



Friuli Venezia Giulia

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Best Places to Eat

- ➔ La Frasca (p426)
- ➔ Orsone (p428)
- ➔ Salu Mare (p414)
- ➔ Al Bagatto (p415)

Best Places to Stay

- ➔ Seven Historical Suites (p413)
- ➔ Palazzo Lantieri (p418)
- ➔ Albergo Diffuso Sauris (p430)
- ➔ Locanda Al Cappello (p425)

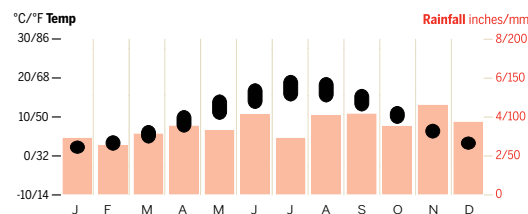
Why Go?

With its triple-barrelled moniker, Friuli Venezia Giulia's multi-faceted nature should come as no surprise. Cultural complexity is cherished in this small, little-visited region, tucked away on Italy's far northeastern borders with Austria and Slovenia. Friuli Venezia Giulia's landscapes offer profound contrasts too, with the foreboding, perpetually snowy Giulie and Carnic Alps in the north, idyllic grapevine-filled plains in the centre, the south's beaches, Venetian-like lagoons and the curious, craggy karst that encircles Trieste.

While there's an amazing reserve of often uncrowded historical sights, from Roman ruins to Austro-Hungarian palaces, this is also a fine destination for simply kicking back with the locals, tasting the region's world-famous wines and discovering a culinary heritage that will broaden your notions of the Italian table. Serene, intriguing Trieste and friendly, feisty Udine make for great city time – they're so easy and welcoming you'll soon feel as if you're Friulian, Venetian or Giulian too.

When to Go

Trieste



Feb Discover the uncrowded slopes of the Carnic and Giulie Alps.

Jun Feast on prosciutto at San Daniele's Aria di Festa.

Oct Watch sails fill the horizon at Trieste's Barcolana Regatta.



Friuli Venezia Giulia Highlights

- ① Communing with the literary ghosts in the grand cafes of **Trieste** (p415).
- ② Retreating to the wilds of the **Carnic Alps** (p430).
- ③ Imagining 4th-century-AD life in the extraordinary mosaic-floored basilica at **Aquileia** (p420).
- ④ Sipping Friulano and scoffing *frico* (fried cheese) at a rowdy wine bars in **Udine** (p425).
- ⑤ Marvelling at an 8th-century Lombard chapel (p427) in **Cividale del Friuli**.
- ⑥ Strolling the lively old town of sun-drenched beach resort **Grado** (p420).
- ⑦ Tasting your way through the **rustic vineyards** (p426) of the Colli Orientali and the Carso.
- ⑧ Skiing some of Europe's snowiest slopes in **Sella Nevea** (p431).

History

The semi-autonomous region of Friuli Venezia Giulia came into being as recently as 1954; its new capital, Trieste, had already traded national allegiances five times since the beginning of the century. Such is the region's history, a rollicking, often blood-stained one of boom, bust and conquest that began with the Romans in Aquileia, saw Cividale rise to prominence under the Lom-

bards, and witnessed the Venetians do their splendid thing in Pordenone and Udine. It was Austria, however, that established the most lasting foothold, with Trieste as its main seaport. While the region today is a picture of quiet prosperity, much of the 20th century was another story. War, poverty, political uncertainty and a devastating earthquake saw Friulians become the north's