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FRIULI VENEZIA GIULIA
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THE THERMAL BATHS OF ARTA
THE MARINE BATHS OF GRADO
THE ROMAN BATHS OF MONFALCONE

WELLBEING FOR BODY AND SOUL



Wellbeing for body and soul in Friuli Venezia Giulia

Friuli Venezia Giulia is a hospitable land: it is in its nature to know how to take care of your body and your wellbeing. And in the wide-open spaces dominated by green, blue and silence, everyone has time to find themselves. There are also special places where wellness becomes the end goal of every action, the corollary of every thought.

By the sea or in the mountains, a SPA break is always rejuvenating thanks to the wellness and beauty treatments, natural infusions and cosmetics that are the result of an ancient herbal tradition.



The THERMAL BATHS of ARTA

The thermal baths of Arta, nestling in the pure air and forest setting of the Carnic Alps

The modern and now-expanded SPA welcomes you with many health treatments and packages, in an innovative wellness centre and with thermal water and SPA treatments.

Arta Terme is the ideal place for a stay with children. The area is full of natural attractions and lends itself to easy outdoor hikes, with many other attractions for small children. Walks in the woods or along well-marked hiking trails, horseback riding, pony rides, lakeside excursions and much more to make your family live a dream come true while

gaining many other benefits. All this thanks also to its perfect microclimate, derived from the presence of varied mountain vegetation at an altitude of just over 400 metres above sea level.

It is equally suited to adults, thanks to the range of treatments benefiting those suffering from articular diseases or of the respiratory tract, and allows for a perfect combination of a healing holiday and cultural outings and visits to villages of rare beauty. The area also offers gastronomic specialties, and is a perfect place in which to enjoy a moment of relaxation after an outing by mountain bike.

Reasons to choose the Thermal Baths of Arta:

- Proprietor of the Fonte Pudia, a source of thermal mineral water containing sulphates, calcium, magnesium and sulphur
- Mud therapy and balneotherapy
- Aerosol therapy and mineral water therapy
- Rehabilitation treatments in water
- Doctors and specialists always present during healthcare activities
- Swimming pools with hydromassage zones with water at 31-36 °C
- Aesthetic and beauty treatments
- Warm and relaxation zone with saunas, Turkish baths, Kneipp cures, multi-sensory showers and hydromassage pool
- Microclimate
- Local cultural, gastronomic and natural offerings





The range of thermal offerings:

Located just a few kilometres from Tolmezzo, the largest town in Carnia, Arta Terme is immersed in a peaceful setting with plentiful fresh air, where a **modern SPA** welcomes you with health packages and many treatments, from thermal water and mud treatments to rehabilitation and physiotherapy. Underlying them all are the beneficial properties of the mineral water emerging from the **Pudia spring**, known and used since ancient times.

This mineral water contains sulphates, calcium, magnesium and sulphur and flows at a temperature of 9 °C; it is particularly beneficial for the prevention of certain diseases.

The treatments offered by the SPA range from mineral water therapy to mud therapy, balneotherapy and inhalation treatments such as inhalation, aerosols, nebulisation and insufflation, all of which make use of Pudia water. Rounding off the therapeutic offers available through the state health

sector, the SPA offers specialist figures to support and complete the curative treatments adopted by each individual patient.

A particular strong point of the centre is its physiotherapy, both with treatments that include the use of machines – such as TECAR therapy – and manual treatments including massotherapy, lymphatic drainage, kinesiotherapy and hydro-kinesiotherapy, a rehabilitation technique that takes place in a therapeutic tub.

In **AquaDea's aesthetic and wellness centre**, the skin and more are the focus of attention that combines the skilled use of herbs with the most comprehensive and advanced treatments.

Nestling in unspoiled nature, the **Water Palace hosts** a large relaxation area, saunas of varying temperatures, Turkish baths, multisensory showers and Kneipp cures. It is ideal as an après-ski destination or for a regenerative break at any time of the year.

Thermal bath treatments:

Balneotherapy:

recommended for dermatological and rheumatic diseases

Mud therapy:

aimed at those who suffer from diseases of the skeletal system and rheumatism

Aerosol therapy:

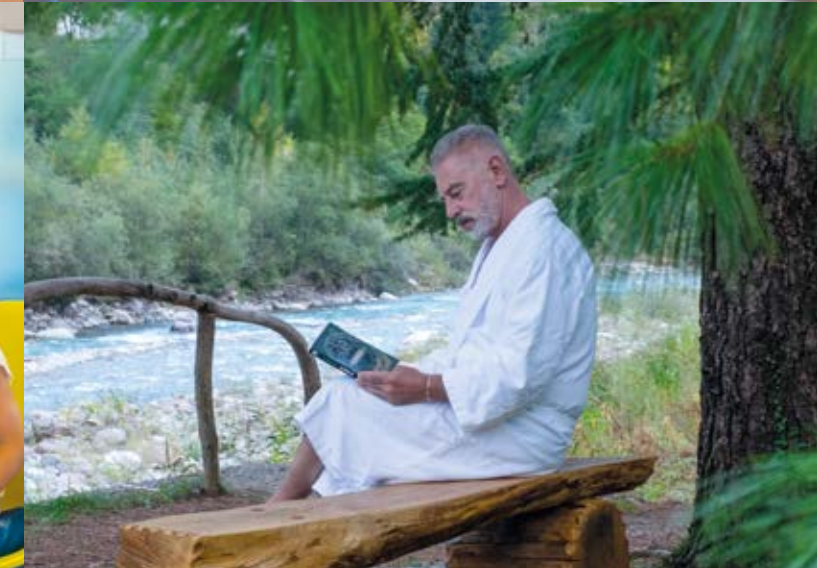
recommended for those suffering from diseases of the ear, nose and throat or of the lungs

Mineral water therapy:

recommended for gastroenteric diseases

Wellness treatments:

- Sauna, Turkish bath, thalasso bath, multisensory showers
- Aesthetic treatments and wellness treatments for face and body
- Pools with hydromassage zones with water at 31-36 °C







Carnia, like a large village with 7 valleys to enjoy slowly

A journey through time in a land that preserves ancient traditions: with its enchanted valleys, Carnia, in Friuli Venezia Giulia, is an authentic melting pot of flavours, coloured by a multifaceted folklore and craft workshops that preserve old skills and create unique objects. Here the environment, history, culture and language are the protagonists of a land with features that differ from village to village, and where the local cuisine offers local dishes with a taste of the past, faithfully making use of fine local foods. Carnia needs to be discovered in this way, slowly, wandering through characteristic villages and hamlets where it is not uncommon to find treasures of art and culture, and ancient sites revealing features of a long architectural tradition. Arriving in Carnia is easy: taking the Carnia exit on the A23, all locations can be reached in a short time.

Tolmezzo is the gateway and main centre of this magical “extended village”, which has always been a crossroads of commerce and people, a protagonist of an ancient story that is told in its Ethnographic Museum. Not far from Tolmezzo, there is a splendid artistic treasure trove: Illegio, with its mills and its ancient church. Illegio is a small village that has become the venue for famous exhibitions of religious art that attract thousands of visitors every year.

Socchieve is one of the oldest villages in Carnia. Every year in the summer there is the most comprehensive showcase of local handicrafts at the Rassegna Carnica: “Art, Culture, Work”.

Forni di Sotto was already inhabited in pre-Roman times: ruins of a fort are still visible in the locality called Chiastelat (at 960 m above sea level).

A short distance away is **Forni di Sopra**, where you can admire the ruins of the castle of Sacuidic, home to a clandestine medieval mint. Forni di Sopra is also an ideal starting point for hiking in the **Friulian Dolomites Nature Reserve**. Moreover, in the new Wildlife Area, some wild animals can be seen in their natural habitat.

Sauris Zahre, dotted with mountain pastures and meadows, is situated between 1000 and 1400 m above sea level; its name is linked to the exquisite lightly smoked cured ham it produces, which is an IGP product (protected geographical indication).

Ravascletto is an ideal destination for hiking, trips to upland dairies (the so-called *malghe*), horseback riding, cycling, or motorbiking to discover enchanted woods and silent peaks. Among the most sought after destinations is the Panorama delle Vette, an impressive road at 2000 m offering breathtaking views.

Sutrio is renowned for the tradition of wood-working. **Ovaro** is the goal for many cyclists during the summer season, who want to take on the “legendary” Zoncolan hill-climb, a famous stage in the Giro d'Italia.

Zuglio is the antique Iulium Carnicum, and boasts a Civic Archaeological Museum and the area of the

Forum; the town was the northernmost Roman settlement in Italy. From here, you can reach the Pieve di San Pietro, the mother church of the Carnic *pieve*, the early Christian churches used to evangelise the valleys.

And for those who love outdoor activities, there are hundreds of itineraries that wind through an unspoilt nature, such as the Via delle Malghe, or the trails between the trenches of the Great War at Timau.

Enthusiasts of snow and **winter sports** can choose from numerous downhill and cross-country skiing pistes in the resorts of Ravascletto-Zoncolan, Forni di Sopra and other locations in Carnia. The local cuisine offers some unique delicacies, such as the *cjarsòns*, the local Carnic ravioli, the party dish and the ham of Sauris, cheese from a *malga* and the dishes prepared with wild herbs.

For those who want to enjoy the charm of a typical alpine village, there are the so-called *alberghi diffusi* or “scattered hotels”, where one sleeps in typical houses reflecting the local architecture. The local rites are very colourful, and include the mischievous elves called *sbilf*, *las cidulas* burning wheels, and traditions that mark the passage of the year: Carnival, Christmas and the changing of the seasons.





Relaxation and well-being at the foot of the Zoncolan

Staying at Arta Terme means being able to combine relaxation and the SPA treatments with sports and wellness in nature. The resort benefits from its close proximity to the famous Zoncolan district, at the heart of Carnia, a wonderful winter resort with over 20 km of slopes, but equally exciting in summer for cycling enthusiasts who can try tackling one of the toughest climbs in Europe, or have fun on mountain bikes and E-bikes. The Zoncolan area offers activities for all tastes: from trekking to nordic walking, horseback riding to hang-gliding to enjoy nature in all its forms. Opposite the Zoncolan, one cannot miss out on the spectacle of the “Panoramica delle Vette”, the highest road in the region, which joins the villages of Ravascletto and Tualis di Comeglians and reaches a height of 2000 m. The Monte Zoncolan in winter is particularly appreciated by downhill skiers and snowboard enthusiasts who have platforms for kickers, landings, rails and boxes in the large Freestyle Arena. There is also plenty on offer for those who prefer cross-country skiing, rides in a carriage and outings with snowshoes.

After a day immersed in the most pristine nature, there is nothing better than relaxing at the Thermal Baths where the recovery of mind and body is facilitated by the therapeutic properties of Arta's thermal waters.

The Thermal Baths of Arta

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The MARINE BATHS of GRADO

The marine baths of Grado: well-being on the Sunny Island

The Marine Baths of Grado were already much appreciated in the times of the Austro-Hungarian Empire. Today, with their renewed structures, they offer SPA, aesthetic and beauty treatments, thermal pools, a gym and sauna area.

They are located on an island that is a jewel of Venetian architecture, with an ancient culinary tradition and a magical lagoon.

The SPA is located by the seashore and enables visitors to combine treatments with a dip in the sea. the beach offers well-equipped facilities, with play areas, entertainment for children, a baby beach, sports areas with beach volleyball and soccer pitches, kite surfing and surfing courses to colour your children's summer... while their parents or grandpa-

rents indulge in relaxing breaks on the beach or in the wellness centre!

Adults too have the ideal place to combine cure and relaxation in Grado, alternating treatments with cultural and gastronomic breaks and discovering the natural and sometimes wild areas of beauty surrounding the island.

The "curative" characteristics of the Island derive from the particular south-facing beach and the clean air that benefits from the special microclimate and from the vegetation immediately behind the shore, allowing the natural division of two different microclimatic zones: the sparkling and stimulating marine area and the restful atmosphere beneath the trees.

Reasons to choose the Thermal Baths of Grado:

- The only thermal baths in Friuli Venezia Giulia to use seawater
- Hydropathic treatments using seawater
- Pools for rehabilitation and play, filled with seawater
- Thalassotherapy and thermal treatments
- Rehabilitation treatments in seawater
- Psammotherapy, or sand bath
- Heliotherapy
- Aesthetic and beauty treatments
- Doctors and specialists always present (specialised doctors and professional staff)
- Aquatic part facing the sea with seawater
- Fully-equipped and safe beach for children, with entertainment
- Marine microclimate
- Local cultural, gastronomic, fun and entertaining offerings





Thermal bath treatments:

Grado, joined to the mainland by a **thin strip of land**, is an island, secluded and nestling around its historic centre, **characterised by an evident Venetian style**.

The fully-equipped beach stands out for the quality of the service and attention to the safety of younger guests: holidaying in Grado, in whatever season, is to relive the pleasures of the Habsburg aristocracy, who came here from early in the nineteenth century for the **thermal baths and SPAs**.

The strong point of the **Marine Thermal Baths** of Grado – immersed in an extraordinary marine climate – is the **thalassotherapy**, a treatment using sea water and its beneficial properties, which effect a cleansing, firming and re-balancing action for our body.

The Marine Baths offer **hydrotherapy treatments** including baths, aerosols, inhalations, nebulisa-

tion and insufflation, manual and mechanical **physiotherapy**.

Plus there is **heliotherapy** and **psammotherapy**, the so-called sand bath, which is the oldest and most characteristic treatment of the SPA.

There are also **two seawater swimming pools**, one for free swimming with water at 31 °C and the other with water at 32 °C with a coordinated hydromassage system, ideal for a relaxing moment. You can then pamper yourself in the **SPA**, and take a massage or beauty treatment, or visit the hot area with Turkish bath, sauna and whirlpool tub, and exercise in the fitness centre.

And in the **Water Park**, located directly on Grado's main beach, you can dive into welcoming salt water pools; trampolines, games, waterfalls and hydromassage are the ultimate fun for both adults and children.

Thermal treatments:

Balneotherapy:

recommended for skin diseases and rheumatism

Aerosol therapy:

recommended for those suffering from ear, nose and throat or lung diseases

Physiotherapy:

treatments recommended for diseases of the musculoskeletal system

Psammotherapy:

treatments recommended for problems of arthritis

Heliotherapy:

treatments recommended for some types of skin diseases



Wellness treatments:

- Finnish sauna, whirlpool tub, Turkish bath with sea mist
- Aesthetic and wellness treatments, massages
- Pool with heated water and hydromassage
- Fitness centre







Grado, well-being, nature, culture and traditions

The whole city and its architectural and natural context invite visitors to a sense of well-being and relaxation thanks to the beautiful strolls to the **lighthouse**, which offers spectacular sunsets, along the **seawall** and to the **Pineta district**, where a dense shade makes for a scented and relaxing time by the sea.

Grado's historic centre is characterised by Venetian grace, a place in which it is enjoyable to lose one's way in the little squares and lanes, overlooked by the picturesque fishermen's houses huddling close to each other: a fascinating world apart where time seems to have stopped.

Not to be missed is a lagoon trip amidst the *casoni*, the huts roofed with reeds used by fishermen and islanders. Starting in the fifth century, with the rise of the sea level and the creation of the lagoon, Grado became an island and started to mirror the features of the environment that now surrounded

it. The whole life of the population revolved around the lagoon in an almost nomadic way, with fishermen moving between the city and the more than 200 islands, between the fish traps and the mainland. Visitors can now choose between a motorboat trip to **Porto Buso** or the **Marian Sanctuary of Barbana**, or a family trip with a chartered boat to enjoy the splendid waters and the wild nature of **Banco d'Orio**. The seafood in this ancient fishing village has a well-established tradition: one should not miss out on the *boreto a la graisana* (a local fish soup), after a walk on the beach at sunset.

Golfing enthusiasts can enjoy a round of **golf** on the **18-hole course**, one of the most appealing and technically appreciated in the region (it lies at a distance of less than 6 km from the Baths).

Cyclists will be able to follow the **cycle paths** to enjoy some breathtaking natural settings: the nature reserves of **Valle Cavanata** and **Foce dell'Isonzo**.

Aquileia and Palmanova, Roman archaeology and Venetian architecture

Aquileia, an important city in the Roman Empire and the main centre for the spread of Christianity in Northern and Eastern Europe, has been declared a **UNESCO World Heritage Site** for the vastness of its archaeological area and the artistic value of its early Christian mosaics. There are two national museums to see, plus the Basilica of Santa Maria Assunta with its crypts and the basilica's bell tower, built around 1000 as a watch tower, which from the top of its 73 metre, offers a breathtaking view. All of which is well worth a day trip from Grado.

Aquileia is easily reached by bike, thanks to the *Ciclovia Alpe Adria*, a splendid route that passes through the most beautiful sites in the region.

Palmanova, also declared a **UNESCO World Heritage Site**, is a masterpiece of Venetian military architecture, a city fortress designed and built to defend the regional borders from foreign threats, especially from the Turks. It is a unique city model of its kind, shaped like a perfectly symmetrical **nine-pointed star** with a central square.



The marine climate, one more reason to choose the Thermal Baths of Grado

The most important component of the marine climate is the marine aerosol, characterised by the presence of vapour, water in small particles, mineral salts and ions from the sea water transported by the wind. Inhalation of this aerosol allows the airways to acquire active ingredients able to effect many therapeutic actions.

Water and air are therefore a valuable help in “cleaning up” the upper airways and reducing inflammation. The ultraviolet and infrared rays of the sun can in turn act on many organs and systems. The marine climatic therapy is useful in the prevention of pathological conditions including: chronic inflammatory respiratory states and skin diseases.

In summary, the benefits of a marine climate are:

- Sea water
- Temperature
- Breezes and winds
- Barometric pressure
- Marine aerosol
- Solar radiation
- Rainfall



The Marine Baths of Grado

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THE ROMAN BATHS of MONFALCONE

The Baths of Monfalcone, miraculous health-giving waters used for the past 2000 years

The Roman Baths of Monfalcone opened in 2014 after major renovations of the SPA buildings. The source, located near the springs of the **Timavo river**, which runs 40 km underground, close to the beach of Marina Julia and not far from Aquileia, has been known since ancient times and used from the Roman period onwards. The baths are located in an important tourist district: there is a beautiful coastline, running from the mouth of the river Isonzo to that of the Timavo, and the rocky, hilly Karst behind the town.

The water of the Roman Baths of Monfalcone flows at a temperature of 38-39 °C, has no chlorine added and is “**sulphurous and brackish, alkaline and earthy, with sulphates**”, suitable for effective therapeutic actions.

Monfalcone is not just the “town of shipyards”, where the largest and most beautiful cruise ships in the world are built, but it is also nature, culture and entertainment. The city also has some unusual historical features, such as the **medieval fortress**, a symbol of the city, standing on top of a hill. It now houses the **palaeontological museum**, with exhibits depicting geological history from 500 million years ago.

The **church of Marcelliana** stands in a place of ancient cultural practices and has been rebuilt on several occasions over the centuries. In the city centre, the restored building of the old covered market is now the **city’s contemporary art centre**, one of the most important exhibition spaces dedicated to contemporary art in Friuli Venezia Giulia.

Reasons to choose the Roman Baths of Monfalcone:

- The only thermal baths in Friuli Venezia Giulia to make use of a curative geothermal spring
- Wellness treatments in water
- The cultural and natural features of the district
- Comfortable spaces for individual treatments, a gym, an aerosol area, a conference and training room, services of various kinds





Thermal bath treatments:

The Roman Baths of Monfalcone are a **healthcare and rehabilitation centre**, with services available via the regional health system, but are also available to those simply seeking a **relaxing wellness break**. The establishment is equipped with individual pools and rehabilitation and relaxation pools, aerosol therapy equipment, a gym, physiotherapy rooms, and medical facilities. The strength of the Roman

Baths in Monfalcone lies in the **thermal waters** themselves, that naturally flow in the SPA at a **temperature of 39 °C** and come from a depth of about 200 metres; they are recommended in the treatment of skin disorders, of the skeletal and circulatory systems. The vaporisation of the waters and use of aerosol are also excellent for the treatment of respiratory illnesses.



Thermal treatments:

- **Inhalation therapy** for adults and children
- **Balneotherapy** with addition of ozone, with or without hydromassage
- **Physical activities** and exercises in thermal water
- **Physiotherapy**, motor rehabilitation in the gym and hydro-kinesiotherapy in thermal waters individually or in groups

The **balneotherapy** consists in the complete immersion of the body, except for the head, in a single tub with or without hydromassage; the water has a temperature varying between 35 and 37 °C. The baths are important therapeutic cures for chronic pathologies of the skeletal system and chronic diseases of the dry skin.

The **waters** are also particularly effective with regard to all forms of vascular insufficiency, in post-phlebotic syndromes, venous stasis and lymphedema.

The different **inhalation treatments** offer a complementary treatment for pathologies of the airways. Via inhalation, the trace elements contained in the mineral waters of the Roman Baths effect an anti-inflammatory and stimulating action on the mucous activity in the airways.



Wellness treatments:

- **Massage** in thermal waters
- **Wellness treatments with thermal water**, aquabalancing and relaxation activities



Monfalcone, beyond the industrial city

Monfalcone has a large and well-equipped beach, **Marina Julia**, ideal both for those seeking a holiday dedicated to sport and outdoor activities, and for those who want to spend relaxing moments on the beach with their family.

Along the coast, the attractions include protected natural areas such as the Foci dell'Isonzo nature reserve, as well as the various nautical and sailing centres, with about four thousand berths, where it is possible to participate in the various related sports. The Karst offers some important characteristic elements near Monfalcone, such as the Pietrarossa lake, and considerable historical interest, from the *Castellieri trail* (the *castellieri* were pre-Roman fortified villages) to the theme **park of the Great War**.

There is a packed cultural programme of events and sites. The **Museo della Cantieristica** (Shipbuilding Museum), inaugurated in June 2017 – in the district of Panzano, a jewel of industrial archaeology

– represents the only museum of its kind in Italy. **The Foce dell'Isonzo Regional Natural Reserve** is a site of great interest, offering countless possibilities for visits and itineraries suitable for everyone. Within the central part of the reserve, the Isola della Cona, visits are only allowed on foot along the marked paths or on horseback by booking a guided tour with qualified guides. In the other areas of the Reserve there are cycle and footpaths, horse riding trails and channels for canoeing excursions. From the **Shrine of Redipuglia**, a First World War cemetery, to the **Great War theme park**, the hills of the Karst in this district are a memorial to the conflict that devastated the area between 1915 and 1918, causing thousands of deaths. Trenches, walkways, artillery posts, defensive lines with shelters for the troops can all be visited, as well as **Quota 85**, a hilltop dedicated to Enrico Toti, one of the symbolic Italian figures of the Great War.



The Roman Baths of Monfalcone

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General criteria for SPA treatment:

- Prescribed after a careful clinical diagnosis.
- It must take into account the individual reactions of the person concerned.
- The response must be monitored and the results evaluated on the basis of the effectiveness of said response and absence of collateral effects.
- It is preferable to evaluate and combine aspects of climate and lifestyle choices.
- It is recommended that rehabilitation be introduced where possible.

Book your holiday on www.turismofvg.it



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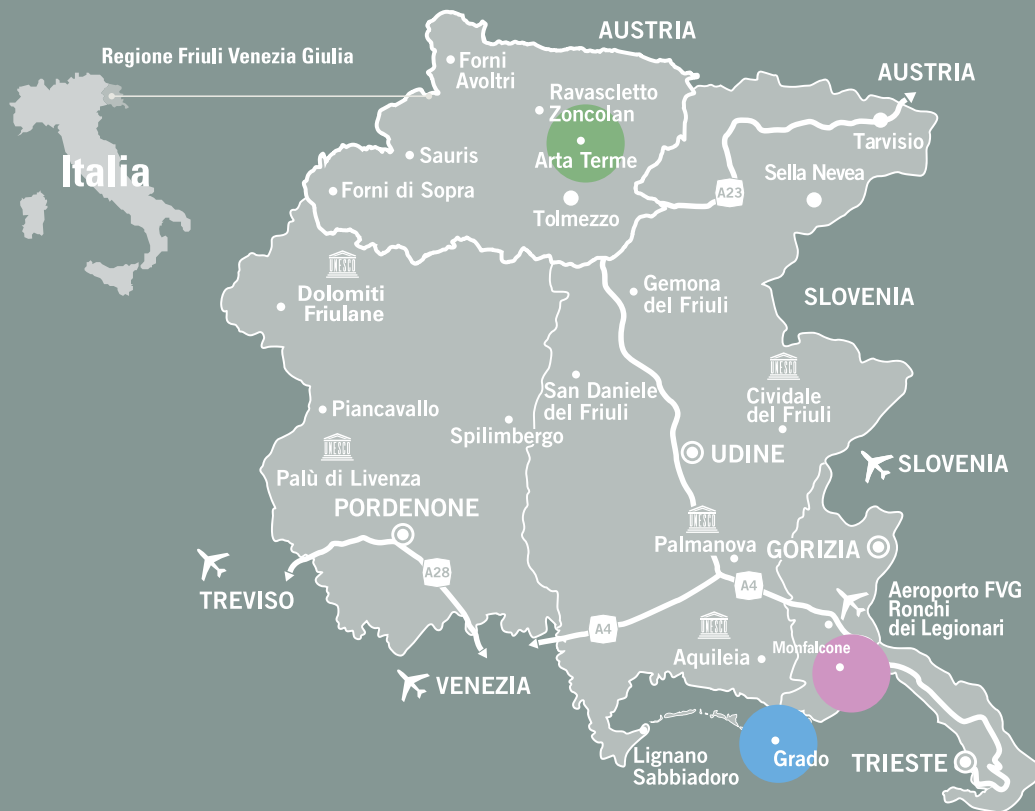
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