



Comune di Duino Aurisina  
Občina Devin Nabrežina

FRIULI VENEZIA GIULIA  
[www.turismo.fvg.it](http://www.turismo.fvg.it)



REGIONE AUTONOMA  
FRIULI VENEZIA GIULIA



# DUINO AURISINA

between nature, history and legend

# DEVIN NABREŽINA





# Duino Aurisina,

**a terroir to be discovered and loved, a place full of emotions, to be visited and appreciated.**

Duino Aurisina, gateway to the province of Trieste, a place where different cultures come together to offer the best experience to those arriving, those just passing through and those living here.

"Between Nature, History and Legend" is one of our most appreciated and popular tourist segments.

Inside this pocket brochure you'll find the places to visit, the trenches to discover, and the history to delve into: from Antonio the Dinosaur to the Duino Cliffs Nature Reserve, the Towers of Slivia and Duino Castle.

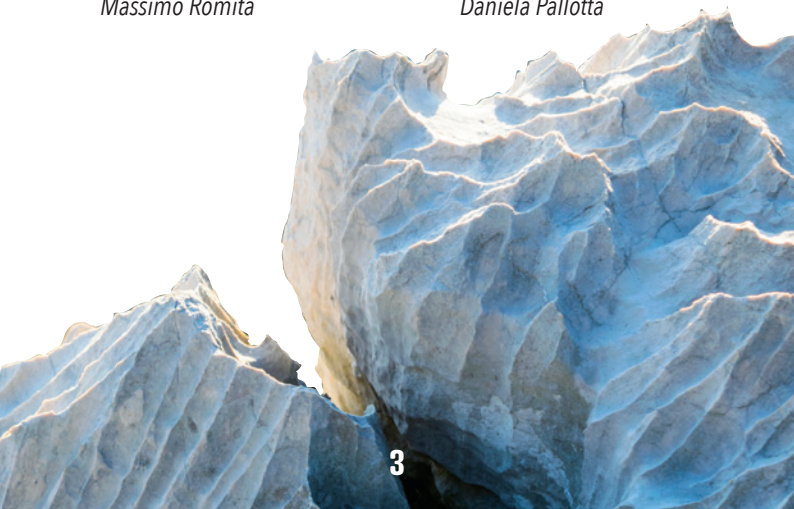
The nature that our terroir offers visitors is unique in its kind, as are the stories that each village tells through the indelible signs of time.

The fantastic legends and myths - the Mithraeum, the Argonauts, the White Lady, the Carso plateau - will enchant the most curious tourists.

An invitation and a welcome to those who decide to spend their time in a territory able to stir emotions, with the hope that Duino Aurisina will remain in your hearts!

**Councillor for Tourism**  
*Massimo Romita*

**Mayor**  
*Daniela Pallotta*



MAP 1 p. 6

Medeazza  
Medjevas

San Giovanni di Duino  
Stivan

Villaggio del Pescatore  
Ribiško naselje

Duino  
Devin

Sistiana  
Sesljan

MAP 2 p. 16

Ceroglie  
Cerovlje

# Slovenia Slovenija

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Malchina  
Mavhinje

Precenico  
Prečnik

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Visogliano  
Vizovlje

Slivia  
Slivno

San Pelagio  
Sempolaj

Prepotto  
Praprot

Ternova Piccola  
Trnovca

Aurisina  
Nabrežina



## Timavo Springs

No place on the Trieste Carso is more sacred and full of memories than the source of the Timavo River. Three springs arise in the shade of majestic trees. The waters of the first spring emerge from cavities located at a depth of more than 80 m beneath the surface. The Timavo River, mentioned by Virgil, Livy and Pliny, originates from the slopes of Mount Snežnik (Croatia) and after a short tract it sinks deep into the Škocjan Caves to re-emerge at San Giovanni of Duino after flowing underground for 38 km.

In Greek mythology, the Timavo was where the Argonauts ended their journey, whereas according to Strabo it was the site of a shrine devoted to the Homeric hero Diomedes.

The point where the church stands today is probably the site of a temple devoted to Spes Augusta. Above the church of San Giovanni are the remains of a Roman mansio, or a stopping place, discovered inside the Randaccio Aqueduct Park.

The building must have been fairly important, to the point of being depicted in the Peutinger Table, the military map of the roads of the Roman Empire. Next to the early Christian church stood a monastery, where pilgrims would stop on their journey to the East, and thus of crucial importance in the evangelization of Slavic peoples. Both buildings were destroyed by the invasions of the Avars and Hungarians.

Archaeological remains found close to the third branch of the Timavo River attest to the presence of a port used in antiquity between the 5th century BC and the 2nd century AD and which continued to be used until the 18th century. During World War I the Timavo River marked the southwestern limit of the Austro-Hungarian front, a key position for gaining access to Trieste.

As a result, this area was the target of heavy bombings during various offensives, bombings that destroyed the church of San Giovanni and all of the many existing watermills. The Italian troops, however, never succeeded in breaching the Austro-Hungarian defence line. Today the park welcomes the visitor as a peaceful oasis, where time seems to pass quietly like the waters of the river that flow placidly down to the sea.



### MORE INFO



San Giovanni di Duino bus stop  
TT city bus no. 43 or 44  
APT intercity bus no. 51

## Church of S. Giovanni in Tuba

The church was rebuilt several times on the same spot near the Timavo Springs, a holy place since pre-Christian times. In addition to an altar to God Timavo, there are votive inscriptions to Saturn, Hercules, and Spes Augusta. The present building, reconstructed in 1949 by the Allied Military Govern-

ment after having been destroyed during the war, reproduces the 15th century church erected by the Walsee family, the lords of Duino. It features a well-defined apse covered by a star-ribbed vault and walls pierced vertically by long narrow windows, the design of which is repeated at the south end of the building. Next to the north side, a smaller building housing the sacristy projects upwards with its very simple bell tower that was reconstructed to reproduce the original design. Of the frescoes once decorating the church, the only surviving fragment can be seen on the rib that delimits the presbytery to the north.



The history of the church of S. Giovanni is testified not only by the archaeological excavations but also by the various finds on show in the sacristy. Among them, a framed slab portraying a cross with arms of almost equal length and with an opening, presumably a *fenestella confessionis* (viewing port). Another important exhibit is a slab showing part of the inscription of patriarch Volderico I of Eppenstein, which made up one of the sides of his tomb and which testifies to the finding and burial of the relics of saints (1113). Even before the 7th century, a Benedictine monastery, none of which has survived, was erected close to the church; this served for many years as a centre for the evangelization of the Slavic world. The church of S. Giovanni in Tuba with its grounds and annexes has in fact always been a sacred place for people of different ethnic origins and cultures. Until the mid 16th century, a very important, week-long, horse fair was held on its grounds every year, with horse buyers and sellers descending on Duino from all over Europe.

### MORE INFO



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**San Giovanni di Duino bus stop**  
TT city bus no. 43 or 44  
APT intercity bus no. 51



**Winter opening times:**  
10.00 -16.00 daily  
**Summer opening times:**  
9.00 - 19.00 daily

## Palaeontological Site of Villaggio del Pescatore

This fossil site is one of major discoveries of Italian palaeontology: it features the only Italian dinosaurs found in stratigraphic correspondence and is still the subject of systematic excavations and scientific research.

Antonio, the first complete dinosaur discovered in the late 90s in Italy is now a celebrity, and Bruno, a dinosaur of the same species, but over 5.5 metres in length, has also recently been extracted. In addition to the dinosaurs, remains of crocodiles, fish, crustaceans and plants have been unearthed, as well as a bone belonging to a flying reptile.

The site has been equipped with an educational trail marked by explanatory panels and replicas of the dinosaurs. It is possible to view these animals "brought back to life" by the augmented reality techniques made available on tablets along the educational trail.

The original specimens extracted to date are exhibited at the Natural History Museum of Trieste.



### Gemina Cooperative

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### Natural History Museum of Trieste

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### MORE INFO



Villaggio del Pescatore bus stop  
TT city bus no. 43 or 44  
APT intercity bus no. 51

## Exhibition “History and Prehistory around the Timavo”

The exhibition illustrates the historical evolution of the Carso in the Timavo and Mount Ermada areas. Following a chronological sequence, it describes the relationship between living creatures and the environment in simple and clear terms.



The first room is devoted to the geological formation of the area, which is interesting for the presence of the hadrosaur “Antonio”. Mention is made of the palaeontological site of Visogliano dating back to 450,000 years ago, with the finding of remains of a Homo erectus (Archaic Homo sapiens), as well as the castellieri (fortified villages) from the 8th century BC.

Several panels and a scale model illustrate the most important sites for the Roman settlements.

It then proceeds with the history of World War I through an extensive body of photographs of the bombings suffered by the villages and towns of the area, and a collection of relics, weapons, remains, utensils and signs found between the Lisert, the Bay of Sistiana and Mount Ermada.

A diorama shows the local situation in 1917, highlighting the trenches, caves and shelters used in the conflict.

Coming to more recent times, a section is devoted to the birth of Villaggio del Pescatore, with the settlement of Italian refugees after World War II, from 1950 to modern times.

A final section shows the tools used by the shipwrights specialised in boat building and those used by fishermen in various types of fishing and in mussel farming.



**Flondar Speleological Group**

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**Villaggio del Pescatore bus stop**

TT city no. 43 or 44

APT intercity bus no. 51

**MORE INFO**



## The monument dedicated to the Tuscan Wolves and the Randaccio memorial stone



The monument - built in memory of a lightning advance that in May 1917 brought the Tuscan Brigade close to Trieste - was executed by architect Guido Cirilli, following the design of a member of such Brigade, and inaugurated in 1923. Destroyed towards the end of the Second World War, it was restored in its present state in 1951. Worth and merit of the Brigade's infantrymen, shown in the course of some heavy fighting, made them deserve the epithet of "Tuscan Wolves". At the foot of the rock on which these bronze wolves stand out, visitors can see a memorial stone dedicated to major Giovanni Randaccio, dead on 28th May 1917 at Monfalcone hospital into his friend and comrade-in-arms Gabriele D'Annunzio's arms.



## The Punta Bratina Trail - SB

This historic natural trail, opened in 2012 by the Flondar Speleological Group on the Bratina Promontory, runs between Villaggio del Pescatore and the Timavo river. The Trail can be entered from the Villaggio del Pescatore or the ancient gothic church of San Giovanni in Tuba. The trail leads a number of interest-

ing viewpoints in the area. In particular, to buildings dating back to the times of WWI and WWII. Equally important are the remains of the road of probable proto-historic origin and the remains of a Roman building of the first century B.C. (Castel Pucino) that is still under study. The Trail is characterized by rows of stones and red-and-yellow flags. It leads to a number of sites of great importance, including the church of John the Baptist and the place where Antonio the dinosaur was found. Tourists will also be attracted by the small museum on the banks of Villaggio del Pescatore, where scale models of the area are exhibited, including the remains of the WWI and the panels on the history of the village since the 50s.



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**Villaggio del Pescatore bus stop**  
TT city no. 43 or 44  
APT intercity bus no. 51

**MORE INFO**



## The Mithraeum Cave

The Duino Mithraeum, among the oldest in the West, is the only one in Italy to have been set in a natural cave.

From the mid 2nd century BC to the beginning of the 5th century AD, the cave served as a place of worship of Mithras, an Indo-Iranian god born from a rock and therefore worshipped in underground environments. Mithraism was an initiatory cult of salvation, reserved for a restricted number of initiates; the climax of the ceremony consisted of the sacrifice of a bull. As in other mithraea, two stone benches had been carved along the side walls. At the bottom end, a niche housed a bas-relief (of which a plaster copy is now displayed) depicting Mithras as he slays the bull.



**Superintendence of Archaeology,  
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### MORE INFO



Saturday 10.00 to 12.00

## Randaccio Aqueduct and Roman Mansio

The water you drink in Trieste comes mostly from the groundwater of the Isonzo River and is conveyed to the city by the imposing Isonzo aqueduct, built in the early 1990s.

The Randaccio Aqueduct, whose construction started in 1929, underwent subsequent expansion works during which interesting archaeological finds dating back to Roman times emerged.

The work of the Superintendence for Artistic, Architectural and Historical Heritage of Friuli Venezia Giulia allowed a 1st century BC Roman mansio to be brought to light, which probably served as a posting station along the road between Aquileia and Tergeste.



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### MORE INFO



## Mithraeum Cave Trail

The trail leads to the Mithraeum Cave. Starting from the Forest Rangers station in Duino, follow the wide track that runs along the railway and, after reaching the flyover, leave the track to turn left and follow the path marked in red and orange until you get to the Mithraeum Cave.

## Fioravante Cave

This cavity represents a legend in the speleological, historical and scientific culture of our region.

Named "Theresien Höhle" by K. L. Moser as a tribute to Princess Theresa of Duino for her hospitality during the early archaeological campaign in 1885, and then renamed "Fioravante" after a fascinating tale of swords and heroes, this long forgotten cave was opened to the public in 2013 after extensive work to clear the debris accumulated after World War II.

Currently, it can be visited on request or on preset days.

The first level tells the geological history of the cave, how it served as a cellar for the Duino Princes and how it was cleared from rubble. The second level, three metres deeper, recounts the early years after World War I through the items recovered from the debris: bottles, jars, crockery.

Descending deeper down into the cave we learn the interesting story of the Austro-Hungarian Kriegsmarine's division that inhabited the cave from 1915 to 1917- the Seebataillon Triest of young Triestine students - through the descriptive words of its commander, Admiral Alfred von Koudelka, against a backdrop of objects retrieved from the debris. The history of the Parco dei Cervi (Deer Park), the hunting reserve surrounding the entrance is also briefly described.

A lower level illustrates the story of the earliest dwellers of the cave, prehistoric men of Mesolithic and Neolithic Ages, even through the reconstruction of vessels and artefacts, and fragmentary finds.



### MORE INFO



**Cooperativa Gemina**  
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**Villaggio del Pescatore bus stop**  
TT city bus no. 43 or 44  
APT intercity bus no. 51



## Duino Castle

Duino Castle, built in 1300, sits on the ruins of a Roman outpost. The magnificent park that surrounds it, with its terraces looking down to the sea, its avenues, multi-coloured flowerbeds, statues and archaeological finds, contributes to enhancing its charm and romantic allure. The Princes von Thurn und Taxis, owners of the castle, have decided to open to the public both their park and a large part of their elegant residence, with its many important masterpieces of art and refined historical relics.

The tour of the Castle lasts about an hour and a half and gives the opportunity to admire the variety of the park's Mediterranean flora, the precious furnishings inside the castle, several historical documents, original letters, family photographs and old prints.

Over the centuries numerous famous guests have stayed at the castle: Elisabeth of Austria (known as Sissi), the counts of Chambord, the Archduke Maximilian of Habsburg with his wife Charlotte of Belgium, the Archduke Francis Ferdinand, Johann Strauss, Franz Liszt, Paul Valere, Gabriele D'Annunzio and, in particular, the poet Rainier Maria Rilke, who composed the first two Duino Elegies during his stay. Over 18 finely furnished rooms can be visited. Of special interest, the fortepiano played by Liszt, the Palladio staircase (an architectural work of art), the 360 view from the top of the tower, and the ramparts looking down to the sea.

Visitors can also walk around the ruins of the Old Castle, built in the first century of the year 1000 on the ruins of a Druid temple devoted the Sun God, and the bunker built in 1943 by the TODT Organisation for the German Kriegsmarine to defend the Sistiana military base against a possible landing of the allied forces.



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Duino bus stop  
TT city bus no. 43 or 44  
APT intercity bus no. 51

### MORE INFO





# OVENIJA





Riserva naturale regionale delle  
**FALESIE DI DUINO**  
Deželni naravni rezervat  
**DEVINSKE STENE**

## Natural Reserve of the Duino Cliffs

Established in 1996, the reserve covers 107 hectares on a narrow strip of land where one can appreciate the transition from the Central European to the Mediterranean biogeographical domains.

The area shows a high level of biodiversity within a landscape of rare beauty, characterised by white limestone cliffs overhanging the sea. The symbol of the reserve is the *Algyroides nigropunctatus*, a lizard commonly found in the Balkans for which the cliffs represent the northern limit of its distribution range.

The Duino Cliffs are the only station worldwide of the endemic *Centaurea kartschiana*, a plant with pink-purple flowers.

The habitat is suitable for reptiles (snakes, vipers and lizards) and for the nesting of birds like the solitary sparrow, the royal seagull, the imperial crow and the peregrine falcon, included in the list of endangered animals.

Between autumn and spring it is easy to see various migratory or wintering species like the black-necked grebe, whereas the pine forest is home to finches, jays, woodpeckers, sparrowhawks and squirrels.



### Getting there:

Take the state road SS14 from Trieste towards Monfalcone, go through the town of Sistiana, and park close to the junction for Sistiana Mare, where you'll find signs for the Rilke Trail.

The trail can also be accessed from the centre of Duino.



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www.falesiediduino.it



Duino or Sistiana Mare bus stop  
TT city bus no. 43 or 44  
APT intercity bus no.51

### MORE INFO



## Rilke Trail - SR

Named after the poet Rainer Maria Rilke and inaugurated in 1987, the trail is about a mile long and allows access to the Natural Reserve of the Duino Cliffs. The trail starts from the parking area in front of the Sistiana tourist information centre. The walk features five panoramic viewpoints placed at strategic locations.

The first, at an altitude of 60m, offers views over the bay of Sistiana. After passing the campsite and the Rifugio Rilke, you walk up a karstic scree (locally known as a *griza*) and karren fields to reach an altitude of 87m where, protected by a low wall, is an observation point looking out over the sea and the Carso, a former anti-aircraft gun station during WWII.

Beneath this panoramic viewpoint is a bunker and at the bottom of the steps is a small cavern with a natural window looking out over the sea. Continuing the walk, parts of which right on the edge of the cliff and protected by fences, we can appreciate the vegetation. Above us, on the hillside is the typical Illyrian-Balkan vegetation of Carso woodland infiltrating the pine forest, whereas along the cliff edge, cliff face and in between the rocks, the Mediterranean vegetation predominates.

Within the span of a few hundred metres, all the surface karst phenomena can be seen: rocks with furrowed surfaces or pierced by holes caused by dissolution, corrosion pits, *grize* made up of incoherent stones and everywhere karren fields covered by small shrubs.

The third viewpoint is also at an altitude of 86m. It consists of an open space delimited by rocks that act as a parapet and from where one can enjoy a beautiful view of Duino Castle. At 1300 metres into the trail, a path to the right leads to state road SS14, whereas the Rilke Trail continues towards an altitude of 83m, where an anti-aircraft unit was lodged.

At 1,700 metres, another path off to the right takes to state road SS14, while the trail itself goes on as far as Duino, with a 20m section accessible to disabled persons. This leads to the fifth scenic point offering views of the whole cliff and Duino Castle.



Bus stop at Camping Village Mare Pineta Sistiana  
TT city bus no. 43 or 44

### Austro-Hungarian emplacements during WWI

Not far from the Rilke Trail lie six groups of Austro-Hungarian military emplacements built by Admiral Alfred von Koudelka's Seebataillon Triest during the First World War.

**MORE INFO**



## Sistiana Bay

Nested between the white walls of the cliffs, Sistiana Bay opens a breach in the limestone overlooking the sea. Once a thriving Austro-Hungarian seaside resort, it has maintained this tradition and offers a range of options from well-equipped private beaches to free pebble beaches open to all. The bay can be reached by car or by sea thanks to the many mooring places for pleasure boats.



Sistiana Mare bus stop  
TT city bus no. 44

### MORE INFO



## Portopiccolo Sistiana

This new settlement on the sea includes a marina with 120 mooring places, a yacht club, a beach club, a luxury hotel, a spa, a congress centre, shops and a wide range of wining and dining options, with restaurants, bars, ice-cream shops, delicatessen and bakery.



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### MORE INFO



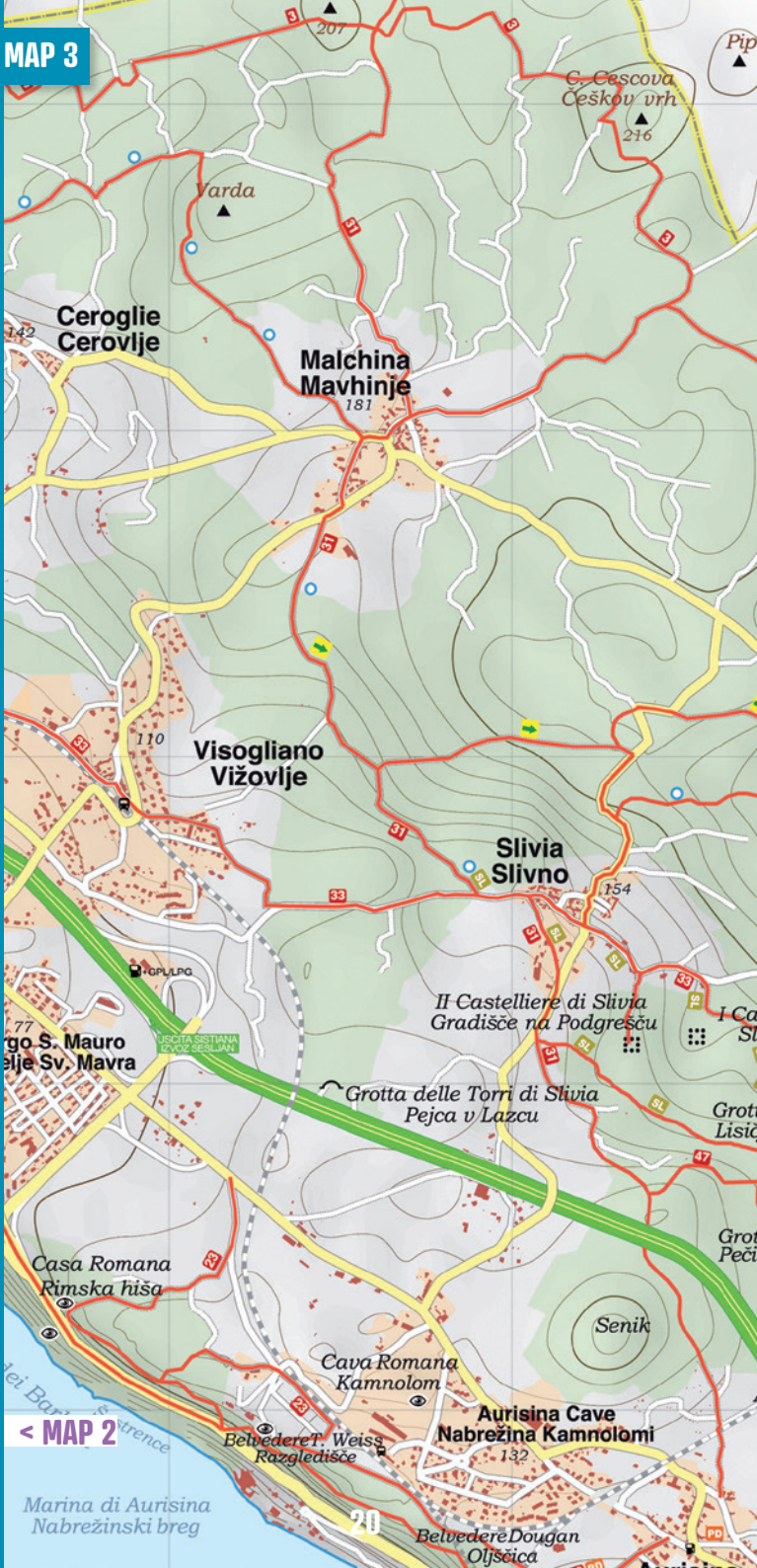
## Sistiana Mare Walk - SM

A 15-minute walk connecting the centre of Sistiana with Sistiana Bay.

## Trail of the Mount Ermada Trenches - ST

The area around Mount Ermada was the scene of fierce battles during World War I. The trail leads through an interesting section featuring the remains of trenches and caves used as shelters during the battles.

From Medeazza, take path no. 3, which passes just a few metres north of the top of Mount Ermada and continue walking among the trenches and caves as far as the junction with path no. 8 that leads to the top of the Hermada (323m). Keep walking along that path until you come to the Trail of the Mount Ermada Trenches that goes to the top of Mount Gabrnjak (297m). After about 100m turn left onto path no. 3a and walk across a wide valley to the group of houses called Case Coisce. Stay on path no. 3a until you reach a crossroads; here keep right and make your way back to the starting point. The walk is moderately difficult and can easily be combined with other waymarked walks taking, for example, to Medeazza or Malchina or even across to Brestovica in Slovenia.





LOVENIJA

GORJANSKO

Na Precnichi  
Dolski Trn  
▲  
253

Precenico  
Prečnik

Prečni vrh  
▲  
276  
Sedlo  
▲

Bitigonia  
Bitagonjek  
▲  
250

San Pelagio  
Sempolaj

Prepotto  
Praprot

Grotta Lesa  
Griznica

Parco-Park  
Skaljunk

Grotta Caterina  
Katma pečina

Frnaza

Castelli  
Gradis

Cimitero Militare Austroungarico  
Austroogrsko vojaško pokopališče

Lišček

Aurisina Stazione  
Nabrežina Postaja

MAP 4 >

## Gemina Trail - GE

On foot, cycling or horse riding, the Gemina is an unsurfaced track that departs from the square in the centre of Malchina and leads to the centre of Sgonico, passing through the pretty villages of St. Pelagio and Prepetto.

The itinerary has been created taking advantage of some farm tracks once used as secondary and access roads for farming activities. The numerous signs – green arrows on a yellow background – placed along the route, indicate the direction to follow as well as the osmize, farmhouse-based tourism and many craft activities encountered along the way. The signs are enriched by information about the flora and fauna along the path and the Gemina can be followed in either direction but a start is recommended from

Malchina. The track was thus named to honour the Roman road that linked Aquileia to Trieste and the name "Gemina" comes, in all probability from the name of the XIII Legion, who built this stretch of road, then needed to connect the Roman Empire, with Ljubljana.

*(UTI Giuliana - Julijska MTU, Gemina - Percorsi nel Carso Rurale, www.percorsiprovincia.it/gemina)*



[www.percorsiprovinciats.it/gemina](http://www.percorsiprovinciats.it/gemina)

## Torri di Slivia Cave

The Torri di Slivia Cave was one of the first caves of the Carso to be explored, among the over 3,000 recorded to date. Its large natural vertical shaft has a depth of 33 metres.

At its base sits a heap of debris caused by rock falling from the roof of the cave, lit by the light filtering in from outside the shaft.

A long staircase descends along the side of the natural shaft to the main chamber, found 60m below the surface.



As you go down the steps, the scenery takes you into another dimension, a space where shapes and colours are moulded by dripping water and time is indefinite, the result of a slow evolution.

The cave roof and walls are covered in stalactites, curtains, tubular or "soda straw" stalactites and stone chandeliers, whereas rising up from the floor is a group of stalagmites, the "towers" that have given the cave its name.

#### MORE INFO



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TT city bus no. 43 or 44

## Slivia Trail - SL

From Slivia, a dirt track leads east until it crosses the trail going to the Slivia Castelliere, one of the most formidable Bronze Age hillforts of the Carso.

On the northern front one can still see the terraces that supported the ruins of the defence wall, probably a reconstruction of the previous wall dating back to the Bronze Age when the first fortified village was built in 1,500 BC.

The site underwent changes during World War I when a cannon battery was installed on the hill top. Still today, this is one of the best preserved of all the hillforts scattered around the Carso in prehistoric times.

A short distance further down the track to Aurisina is the Lindner Cave: a spacious cave lit from above, with a shaft that descends in a steep slope down to a depth of 175m. This small cave has been used by humans since Neolithic times.



## Historical Trail of the Roman House

This trail, which is 4 km long and marked no. 023 by the CAI FVG (FVG Alpine Club), starts at the main curve in the village of Aurisina and continues towards the coast, along the "Fisherman's Trail".

Shortly before the edge of the plateau, it bends to the right, passes over the railway and then runs parallel to it until it reaches the industrial area.



Here, on the left, after a short climb, it joins trail no. 01, with the Tiziana Weiss lookout point affording panoramic views of the Gulf of Trieste.

On the right, instead, the trail continues past the industrial area to join a road leading to provincial road SP1.

Go past the railway underpass on the right (part of the Kugy Trail) that leads to the Aurisina quarries and station, and take the first road to the left that will take you to the Green Wood.

As soon as you enter the wood turn left and cross the karstic scree, the grīže, to reach the edge of the plateau. Here, after a junction, the trail descends in short drops and connects to trail no. 01, whereas on the right it runs along the panoramic cliff edge to the piezometric water tower, where a forest road goes past a Roman house from the 2nd century BC before joining SP1 again at Borgo S. Mauro (altitude 107m).

*(CAI FVG - Commissione Giulio Carnica Sentieri, Rifugi e Opere Alpine, 2016 Carso Triestino - Sentiero n.023, [www.cai-fvg.it/sentieri-cai-fvg/sentieri-cai-fvg-settore-0-carso](http://www.cai-fvg.it/sentieri-cai-fvg/sentieri-cai-fvg-settore-0-carso))*

The ruins of the Roman house were discovered in the mid 1970s, and represent the east wing and a 9m section of the central body of a building. This was probably a workshop for stone cutting and is the oldest Roman construction discovered on the Carso.



Aurisina centre bus stop  
TT city bus no. 44

## Škaljunc Park

Škaljunc is a hill close to the village of Prepotto. The hill is mainly composed of limestone rocks that the action of rainwater has moulded into true works of art, and is crossed by trails and trenches with lookout posts erected by the Russian prisoners during WWI. In the park, named "Park Škaljunc" by Danilo Lupinc who was responsible for its refurbishment for the Great War centenary, are a pond, some small stone houses and a lookout post with splendid views over the Gulf of Trieste.



Several trails lead up to the hill: from the north, walking through the vineyards from Prepotto; from the east, through the Lesa Cave; from the south, from Aurisina Station and passing by the Caterina Cave; from the west, from San Pelagio along the Gemina trail.

All trails are marked "Park Škaljunc Lupinc".

Guided tours can be arranged.

### MORE INFO



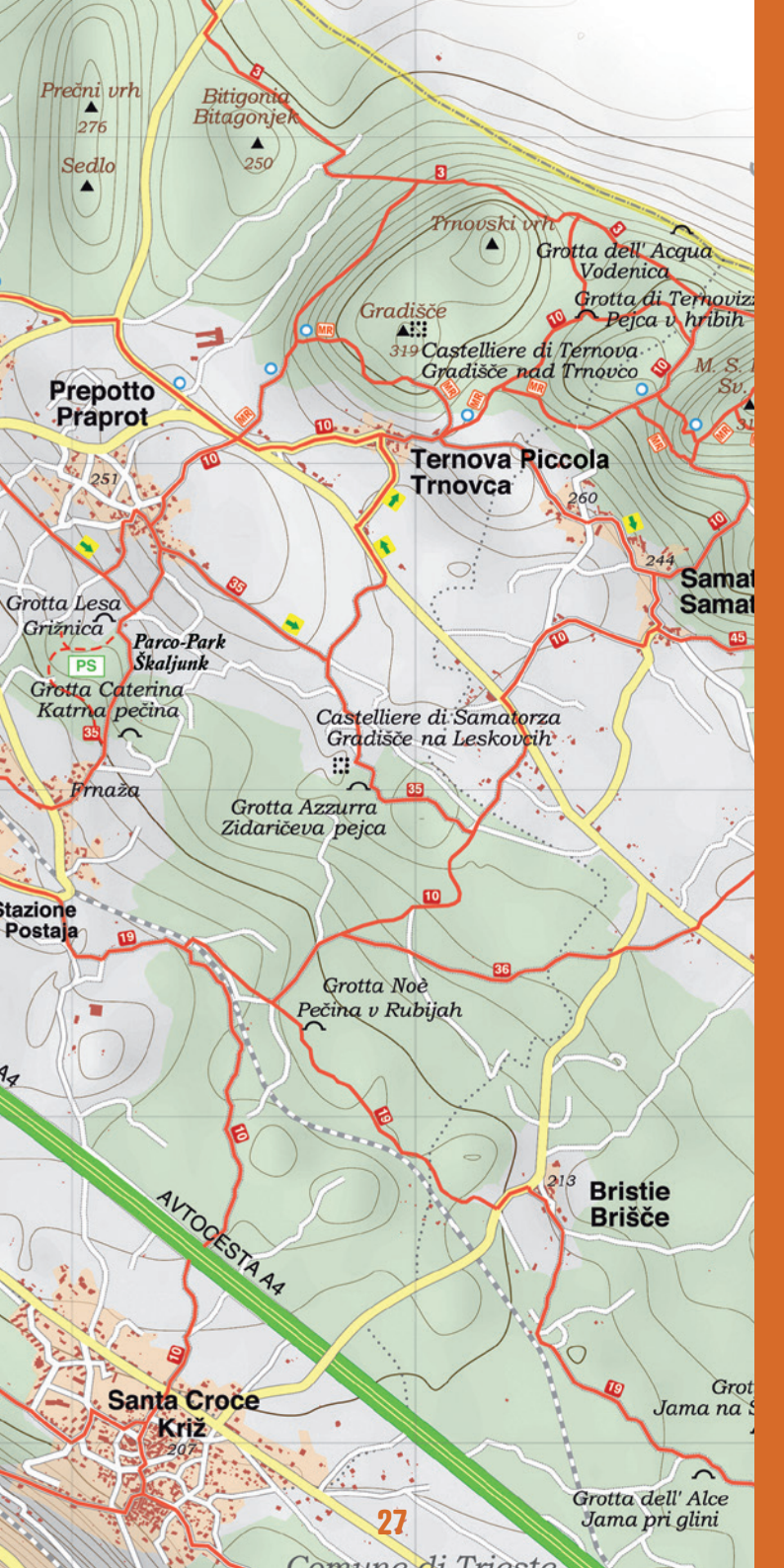
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Prepotto bus stop  
TT city bus no. 43







Prečni vrh  
▲ 276  
Sedlo  
▲

Bitgonia  
Bitagonjek  
▲ 250

**Prepotto  
Praprot**

Trnovski vrh  
▲

Gradišče  
▲ 319  
Castelliere di Ternova  
Gradišče nad Trnovco

Grotta dell'Acqua  
Vodenica  
Grotta di Ternovizza  
Pejca v hribih

**Ternova Piccola  
Trnovca**

**Samat  
Samat**

Grotta Lesa  
Griznica  
Parco-Park  
Škaljunc  
PS

Grotta Caterina  
Katrna pečina  
35

Fmaza

Castelliere di Samatorza  
Gradišče na Leskoveih

Grotta Azzurra  
Zidariceva pejca  
35

Stazione  
Postaja

Grotta Noè  
Pečina v Rubijah

AVTOCESTA A4

**Bristie  
Brišče**

**Santa Croce  
Križ**  
207

Grotta  
Jama na S

Grotta dell'Alce  
Jama pri glini

27

Comune di Trieste

## Fishermen's Trail - SP



An old, 1620m-long track that the Aurisina fishermen would use to go down to the sea to fish tuna in their zoppoli or čupe, typical fishing boats carved out of a single trunk, after which Aurisina beach and harbour have been named. To reach the trail from Aurisina, follow the signs for the municipal gym, where there's space to park.

The trail descends steeply from the cliff down to the sea, immersed in unique scenery suspended between sky and sea. The return route follows the same path.



Bus stop at Aurisina Scuola Igo Gruden  
TT city bus no. 43

## Sage Trail - SA

This is a panoramic walk along the edge of the Carso plateau between Aurisina and S.Croce. The track is wide and easy and is always sheltered from the wind even when the bora wind is blowing. The vegetation consists mostly of sage and savoury. The view takes in the Gulf of Trieste and the Grado Lagoon. With a small detour up the hill, you can reach the Liburnia lookout post to enjoy one of the most breath-taking views of the coast. The trail starts at Aurisina, where parking is available at the municipal gym. The return follows the same route.



Bus stop at Aurisina Scuola Igo Gruden  
TT city bus no. 43

## The educational trail of Aurisina - PD

The educational route, with length around 6 km, is a circular track that starts and finishes at the Igo Gruden middle school. It is divided into 11 stops that highlight the most characteristic geographic, natural, historical, cultural and architectural aspects of Aurisina.

From the school courtyard you head off via the *Fishermen's Trail* (*Ribiška pot*), towards the sea. After crossing the two rail lines you descend via karstic stone steps until you reach the *Pod Oljiščico\** lookout. From here you can take in a picturesque panorama of the coast and the small harbour of Aurisina, the mussel farms and the entire Gulf of Trieste.

The third stop is called *Brščice\** that you reach by the *Za vodico\** path that leads to Santa Croce, also known as the *Kugy* path. Here you can see some examples of the karstification phenomenon, the characteristic Mediterranean scrub and the pine forest. At the crossroads you then climb towards the left, towards the North East to arrive at the water tower. The tower was built at the time of the construction of the southern railway to provide water for the locomotives.

Crossing the pine forest you arrive near to the crossroads with the provincial road and that leading to San Pelagio. From this point you head to the left towards the birthplace of the poet Igo Gruden, then to the right until you reach the Piazza San Rocco. Here you can visit the parish church and, on the other side, the Monument to the Fallen of World War II.

From the left hand side of the church a narrow path leads to the monument to Igo Gruden (1893-1948). The next stop is *Kržada*, a little square in the heart of the old town centre of Aurisina, where you can admire various examples of karstic architecture. On the North Eastern side of the old town you head towards cultivated fields, for the most part planted with vines. You then descend via the sinkhole called *Lišček* that is the most extensive karstic doline in the region. Earlier still, heading to the left, there is another sinkhole called *Šišček\**, the site for the World War I cemetery. From here you descend on the opposite side towards the *Lišček* doline that is cultivated for the most part. It is of interest for its microclimate and vegetation and for its natural waterholes. Climbing again from the doline, you follow a section of path that is rather narrow due to thick vegetation. The route continues via the motorway underpass towards Aurisina. Close to the cemetery you climb to the right following the *Fishing Trail*. Arriving at the provincial road you cross it close to the petrol station and then reach the marble workshop, where you can learn about an activity that was for a long time the main industry of Aurisina.



Bus stop at Aurisina Scuola Igo Gruden  
TT city bus no. 43

## Austro-Hungarian Cemetery in Aurisina

The Austro-Hungarian military cemetery of Aurisina, a very silent and peaceful location surrounded by nature, is situated on the bottom of a doline (Karst sinkhole), immediately after crossing the motorway underpass and leaving the village at your back. In the middle of the Šišček dolina, the biggest in this area, you'll find almost 1000 simple crosses protected by a white fence and a small monument with the inscription "Qui riposano 1934 soldati austro-ungarici" ("Here lie 1934 Austro-Hungarian soldiers"), written in both Italian and German.

Each cross has the name of two fallen soldiers written on it. The area was the scene of fierce fighting during the eleventh battle of the Isonzo in 1917, when Italian troops failed to penetrate the Austrian defensive line on Mount Ermada. All the neighbouring villages were razed and both fronts suffered many deaths. Even the Castle of Duino was heavily damaged during WWI.

*(UTI Giuliana - Julijska MTU, Cimitero Austroungarico - Aurisina, [www.percorsiprovincia.it](http://www.percorsiprovincia.it))*

**MORE INFO**



[www.percorsiprovinciats.it/1914-1918](http://www.percorsiprovinciats.it/1914-1918)



# Legends of the Carso

## The rocks of the Carso

According to the legend, the Carso started out as very green and fertile land, full of meadows, woods and cool streams. One day, God noticed that in a corner of the earth lay a large heap of rocks that was damaging agriculture. So he told the Archangel Gabriel to collect them and throw them all into the sea. Gabriel filled a big sack and flew off towards the Adriatic Sea. As the angel was flying over the Carso, the devil saw him and, curious to see what he was carrying, he pierced the sack with his horns. Disaster! All the rocks fell to the ground and turned the Carso plateau into a massive mound of stones.

## The bora wind

According to an old tale, Bora is a witch that lives in the Carso caves to hide from humans. During the winter she leaves her shelter in a rage and, together with her son Borino, she devastates everything with her violent gusts of icy wind. In vain, humans have tried to imprison her in her cave by building thick stone walls, but each time with greater impetus she breaks free and blows down to the sea. Related to other traditions is the legend whereby Bora was a sweet nymph that lived in the Carso woods. She would blow during the summer heat to bring respite to the farmers working this difficult land. One day some bellicose men arrived from afar and built their homes on the Carso. One of them killed the God that Bora loved so deeply, and out of revenge the nymph started blowing icily and with incredible violence. That way, she became an enemy and every winter since then she cries out her icy rage.

## Prosciutto and terrano

According to the legend one day Jesus was trudging through the villages of the Carso. He was travelling alone and carried only some water and some ham in his knapsack. When it was time to have something to eat, Jesus opened his knapsack and realised that the ham had gone. Someone had stolen it. An expression of disdain appeared on Jesus's face, and Jesus said: "From now on whoever lives on the Carso will suffer from a shortage of water, because that way the man who stole my ham will never be able to quench his thirst". So that's how all the surface waters disappeared underground. But the Devil, on hearing Jesus's words, decided to play a trick on him and gave the Carso inhabitants the excellent terrano wine. And that explains how the Carso ended up having prosciutto and terrano.

## The legend of the White Lady

This legend tells of a noblewoman who lived many, many years ago. One day her evil husband lured onto a rock to throw her into the sea. The lady was literally petrified with grief. Every night since then, the White Lady wanders through the rooms of the castle until she finds the cradle in which her daughter slept. Here she remains until sunrise, when she returns to her rock and the renewed grief turns her back into stone.

# ALPE ADRIA TRAIL



The Alpe Adria Trail, a 750-km hiking trail (divided into 43 stages) between Carinthia, Slovenia and Friuli Venezia Giulia touches on some of the most beautiful spots of the Duino Aurisina area. The final section of Stage 33 (Gradisca d'Isonzo – Duino) goes through San Giovanni di Duino, Villaggio del Pescatore and the palaeontological site of dinosaur Antonio, and ends in the centre of Duino, where interested hikers may visit the Castle. The next stage opens with the evocative views that only the Rilke Trail can offer and goes on to explore the most genuine Carso atmospheres with Slivia and San Pelagio.

 [www.alpe-adria-trail.com](http://www.alpe-adria-trail.com)  
[www.turismofvg.it](http://www.turismofvg.it)

## Duino Aurisina, NATURE, HISTORY AND LEGEND

The project aims to promote the landscapes, the nature and the history of our area and has been developed with the cooperation of local speleological, cultural and naturalistic associations. The project envisages guided tours of the main tourist attractions (Natural Reserve of the Duino Cliffs, Duino Castle, Fioravante Cave, Towers of Slivia, Škljunc Park, Palaeontological site, Mount Hermada Trenches and Fishermen's Trail) and the production of multilingual tourist information to promote the area's trails and tourist sites. Special attention is placed on the initiatives promoted by Promoturismo Fvg, such as the Alpe Adria Experience, and those of other associations selecting the Duino Aurisina area as a base for their excursions.

## Duino Aurisina, CITY OF FLAVOURS



The Municipality of Duino Aurisina is part of the national wine and oil associations, "Città del Vino" and "Città dell'Olio". It adheres to terroir-promoting projects realised at a national level by the National Association "Città del Vino", whose aim is to develop all those activities revolving around wine, local produce and food that allow a better quality of life of the territory in question. The Municipality also adheres to promotional projects developed by the National Association "Città dell'Olio" which aims to disseminate nationally the culture of olive growing

and quality olive oil, to protect and promote the olive-growing environment and landscapes, to organise events and put in place communication and marketing strategies to publicise Italy's important olive-growing heritage. Within this framework, the following events are organised: TERRANUM (March), SAPORI DI PRIMAVERA (April - Duino Castle), MARE & VITOVSKA (June - Duino Castle), STREET FOOD FESTIVAL (June - Villaggio del Pescatore), CALICI DI STELLE (August - Sistiana), FESTIVAL DI SAN ROCCO (August - Aurisina), CAMMINATA TRA GLI ULIVI (October - Prepotto). The Municipality carries out, alone or in collaboration with others, actions to promote the *Strada dei Vini e dei Sapori* of Promoturismo Fvg.

## Duino Aurisina, CARSO & HORSES

This is a project to use the internet to promote the horse and horse-riding facilities of the Municipality of Duino Aurisina. In this context, the following appointments are organised: exhibition of Friesian Horses (among the oldest breeds in Europe) in the village of Malchina in July, a stop in Sistiana of a travelling event devoted to historical carriages with amateur actors in period costumes in Sistiana in September; Horses and Smell of Grape Must at Me-deazza in October; and the traditional blessing of horses on Boxing Day at the Church San Giovanni in Tuba.



## WALKING, RUNNING & BIKE

The Carso offers many options for outdoor sports or spending time in contact with nature, on paths that are accessible all year round.

Many associations work to organise sporting events in the area, some of international scope, which attract professionals and amateurs from Italy and beyond. The Municipality of Duino Aurisina supports healthy sports and collaborates with associations to promote these events so that visitors can appreciate the world of running, biking and walking and the places where they take place.



[www.comune.duino-aurisina.ts.it](http://www.comune.duino-aurisina.ts.it)  
[urp@comune.duino-aurisina.ts.it](mailto:urp@comune.duino-aurisina.ts.it)  
tel. + 39 040 2017372

# Tradition and Gastronomy



Dining on the Carso is a treat. The local cuisine is based on genuine ingredients; the dishes are prepared with great care and always accompanied by good wine. You start with beautifully presented cold cuts. Among the local specialties is the bread-crusted ham. Beef and game meat gravy are used as condiments for gnocchi and home-made pasta (*bljeki*). Among the many soups, a typical one is jota, i.e. beans and sauerkraut, with pork rind for extra flavour.

Meat maybe grilled or boiled and served with *kren* (horseradish). Sea food cuisine shows the influence of the Veneto tradition. Seafood dishes include *brodetto* (fish soup), *sardoni in savor* (fried and marinated anchovies) and mussels (*pedoci*, in the Trieste dialect). The central European tradition, with its sweets (apple, walnut and ricotta cheese strudels and typical *pinze* and *presniz*), will complete the meal.

But the highlight of Carso gastronomy are its typical products: honey, milk and dairy products, olive oil, etc.. Small firms work taking care to respect tradition and follow the pace of nature.

>>> Addresses on page 37

## THE WINE

The presence of vineyards on the Carso is a miracle, resulting from the unflagging management of a rocky, wind-swept terroir. The vine trellises appear as a mirage in the jagged and craggy environment of the Carso plateau. Wine lovers will relish Terrano red wine, Malvasia white wine, the novel autochthonous Vitovska and Glera.

>>> List of producers on page 36



## THE OSMICA

As you go through some villages on the Carso, at crossroads or outside some houses you will see a bunch of ivy, known as a *frasca*, which indicates the presence of an osmica; this is an absolutely unique tourist offering of the area. The origin goes back to Maria Theresa's times, when the empress granted farmers permission to sell their wine and some of their produce (bread, boiled eggs, and cold cuts) directly to customers from their homes, in their cellars or courtyards, for a period of 8 days (osem is eight in Slovenian).



Anyone wishing to discover the Carso is almost obliged to visit an osmica and immerse themselves in the rhythm of life on the Carso, tasting the area's specialities, like the Refosco, Terrano, Malvasia and Vitovska wines and buying products of excellent quality like wine, oil, honey and cheese. Osmicas are open in different periods of the year; to find out which ones are open ask the tourist information offices or look out for a *frasca* along the road!

>>> List on page 37



[www.osmize.com](http://www.osmize.com)

## FARM TOURISM

In addition to the osmicas on the Carso, recent years have seen the development of many farm tourism businesses capable of combining accommodation with an enogastronomic offer.

In the quiet setting of farms surrounded by greenery, guests will have the chance to taste genuine dishes made with home-grown produce and local meat.



>>> List on page 39



## WINE PRODUCERS

### **AGRIRISTORO ANTONIČ**

*Vitovska, Terrano*  
Ceroglie - Cerovlje, 44  
Tel. e Fax +39 040 299798  
Tel. +39 340 5847185  
info@kmetijaantonc.it  
www.kmetijaantonc.it

### **FRUŠKE**

*Malvasia, Terrano, Vitovska*  
Medeazza - Medjevas, 7  
Tel. +39 040 208375  
Tel. +39 333 1051239  
fruske1@alice.it

### **AZIENDA AGRICOLA KANTE**

*Malvasia, Sauvignon, Chardonnay, Vitovska, Pinot Nero, Terrano, Rosso, Brut KK Spumante, Brut KK Rose, Extro*  
Prepotto - Praprot, 1/A  
Tel. +39 040 200255  
Fax +39 040 245 74 71  
kante@kante.it - www.kante.it

### **AZIENDA AGRICOLA KERIN**

*Malvasia, Vitovska, Terrano*  
Malchina - Mavhinje, 22/f  
Tel. +39 339 5338782 -  
Tel. +39 349 3029088  
KerinBio@gmail.com

### **KOŠUTA SILVANO**

*Malvasia*  
Aurisina S.Croce  
Nabrežina Križ, 21/b  
Tel. +39 040 220708

### **LUPINC**

*Malvasia, Vitovska, Terrano, Ruje, Stara Brajda, Dulcis in fundo*  
Prepotto - Praprot, 11/B  
Tel. + 39 040 200848  
Tel. + 39 345 57171274  
info@lupinc.it - www.lupinc.it

### **PERNARCIC PAOLO**

*Medeazza - Medjevas, 21*  
Tel. +39 040 208601  
Tel. +39 388 6103104  
irena.zivec@libero.it

### **PERTOT GABRIEL**

*Malvasia, Terrano*  
Aurisina - Nabrežina, 10  
Tel. +39 040 200957  
Tel. +39 349 5221395

### **PIPAN KLARIČ**

*Malvasia, Vitovska*  
Malchina - Mavhinje, 58/a  
Tel. +39 040 2907049  
roklari@tin.it

### **RADOVIČ NEVO**

*Malvasia, Vitovska, Terrano, Refosco*  
Aurisina - Nabrežina, 138/A  
Tel. + 39 040 200173  
info@agriturismoradovic.it  
www.agriturismoradovic.it

### **STUBELJ IVANA**

*Malvasia, Chardonnay, Vitovska, Terrano*  
San Pelagio - Šempolaj, 52/b  
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### **ŠEMEC RADOVAN**

*Chardonnay, Vitovska, Terrano*  
Preccenico - Prečnik, 3/b  
Tel. +39 040 200613

### **ŠKERK**

*Malvasia, Sauvignon, Vitovska, Terrano, Idila*  
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Tel. +39 040 200156  
www.skerk.com  
info@skerk.com

### **UŠAJ MARTIN**

*Vitovska, Aroma, Vino rosso da panel*  
Aurisina - Nabrežina, 8  
Tel. +39 339 4193779  
info@agriturismousaj.it  
www.agriturismousaj.it

### **AZIENDA AGRICOLA ZIDARICH**

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www.zidarich.it



## TYPICAL PRODUCTS

### FINOTTO CATERINA

*Olive Oil*

Aurisina Cave

Nabrežina Kamnolomi, 79/F

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### AZIENDA AGRICOLA KERIN

*Olive Oil*

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www.kmetijaantonc.it

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r.daria@libero.it

### PERNARCIC PAOLO

*Cheese and ham*

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irena.zivec@libero.it

### AZIENDA AGRICOLA PRESELJ MICHELA

*Cheese*

Sistiana - Sesljan, 56

Tel. +39 338 4009364

### RADETIČ SIDONJA

*Cheese and ham*

Medeazza - Medjevas, 10

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sidonja.radetic@libero.it

### ZIDARICH DARIO

*Cheese*

Prepetto - Praprot, 36

Tel. +39 392 5594992

zidaric@tiscali.it

### AZIENDA AGRICOLA FARMA JAKNE

*Honey and olive oil*

S. Giovanni di Duino - Štivan, 19/B

Tel. +39 335 7780427

farma.jakne@gmail.com

### FRUŠKE SOCIETÀ AGRICOLA

*Honey and ham*

Medeazza - Medjevas, 7

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fruske1@alice.it

### CAMPING AGRITURISTICO CARSO

*Vegetables*

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Fax +39 040 200459

info@campingcarso.gmail.com

www.campingcarso.com



## OSMICAS

### GRECO CORRADO OSMIZZA LE TORRI DI SLIVIA

*Cheese and ham*

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Nabrežina Kamnolomi 62/a

Tel. +39 338 3515876

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**PERTOT GABRIEL**

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**NORMA ANGELINI**

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www.fabec.it

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## **FARM TOURISM**

### **ONLY FOOD**

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Ribiško naselje  
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www.alpescaturismo.it  
alpescaturismo@gmail.it

### **WITH ACCOMMODATION RADOVIČ NEVO \*\*\***

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info@fabec.it  
www.klarceva.it

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Malchina - Mavhinje, 54/A  
Tel. / Fax +39 040 291529  
info@mezzalunanet.it  
www.mezzalunanet.it

**LA MADRUGADA \*\*\*\*\***

Malchina - Mavhinje, 22/f  
Tel. +39 339 5338782  
Tel. +39 349 3029088  
www.kerin.it  
kerinbio@gmail.com

**FRUŠKE \*\*\***

Medeazza - Medjevas, 7  
Tel. +39 040 208375  
Tel. +39 333 3649175  
contatto@fruske.com

**LUPINC \*\*\***

Prepotto - Praprot, 11/B  
Tel. + 39 040 200848  
Tel. + 39 345 7171274  
info@lupinc.it  
www.lupinc.it

**TERRA DEL CARSO****KRAŠKA ZEMLJA \*\*\***

San Pelagio - Šempolaj, 28/B  
Tel. +39 3472204133  
info@terradelcarso.com  
www.terradelcarso.com

**GRADEC \*\*\*\*\***

Slivia - Slivno, 31/c  
Tel. +39 040 201116  
Cell. +39 338 7659709  
info@gradecl.it  
www.gradecl.it

**RESTAURANTS****BIRRERIA BUNKER**

Aurisina - Nabrežina, 97  
Tel. +39 040 200228  
www.birrieriabunker.it  
info@birrieriabunker

**NUOVO FORNO SAVINI**

Aurisina S. Croce  
Nabrežina Križ 16  
Tel. +39 328 1760109

**FRANZ JOSEF STUBE**

Aurisina Stazione  
Nabrežina Postaja, 39  
Tel. +39 040 2024127  
Tel. +39 340 5765322

**AL CAVALLUCCIO**

Duino - Devin, 61/d  
Tel. / Fax +39 040 208133  
www.alcavalluccio.net

**AL PESCATORE**

Duino - Devin, 69  
Tel. +39 040 208188  
Fax +39 040 2071162  
hotelalpescatore@email.it  
www.alpescatoreduino.it

**ALLA DAMA BIANCA**

Duino - Devin, 61/C  
Tel. +39 040 208137  
Fax +39 040 208258  
info@alladamabianca.com  
www.alladamabianca.com

**RISTORANTE PIZZERIA  
BOWLING DUINO**

Duino - Devin, 5/D  
Tel. +39 040 208238  
Tel. +39 040 208362  
Fax +39 040 2070108  
info@bowlingduino.it  
www.bowlingduino.it

**PIZZERIA AGLI ELFI**

Malchina - Mavhinje, 57/A  
Tel. +39 040 290 7048

**TRATTORIA TERZONI****(Osteria Boris)**

Malchina - Mavhinje, 1  
Tel. +39 040 299449

**RISTORANTE MEZZALUNA**

Malchina - Mavhinje, 54/A  
Tel. / Fax +39 040 291529  
info@mezzalunanet.it  
www.mezzalunanet.it

**ALLEGRA FATTORIA**

Malchina - Mavhinje, 23/A  
Tel. +39 040 299939  
Tel. +39 338 4817783  
allegra.fattoria@hotmail.it  
www.allegrafattoriaincarso.it

**CANOVELLA DE' ZOPPOLI**

Marina di Aurisina  
Nabrežinski breg  
Tel. +39 040 200616

**TRATTORIA DA PINO**

Medeazza - Medjevas, 10/A  
Tel. +39 040 208296

**MAXI'S RESTAURANT**

Portopiccolo Sistiana - Sesljan  
Tel. +39 040 9977777  
maxis@ppst.it  
www.portopiccolosistiana.it

**BRIS**

Portopiccolo Sistiana-Sesljan  
Tel. +39 040 291291  
info@ppst.it  
www.portopiccolosistiana.it

**L'ORO DI NAPOLI PIZZERIA**

Portopiccolo Sistiana-Sesljan  
Tel. +39 040 9977766  
info@portopiccolosistiana.it  
www.portopiccolosistiana.it

**CLIFF RESTAURANT - FALISIA**

Portopiccolo Sistiana-Sesljan  
Tel. +39 040 9974910  
clif-slim@falisiaresort.com  
www.falisiaresort.com

**TRATTORIA SARDOČ**

Precenico - Prečnik, 1/B  
Tel. +39 040 200871  
info@sardoc.eu  
www.sardoc.eu

**TRATTORIA DA FRANZ**

Precenico - Prečnik, 14  
Tel. +39 040-200525

**TRATTORIA GRUDEN**

San Pelagio - Šempolaj, 49  
Tel. +39 040 200151  
Fax +39 040 200854  
info@myresidence.it  
www.myresidence.it

**PANINOTECA LA GIOSTRA**

Slivia - Slivno, 36  
Tel. +39 349 1037144

**TRATTORIA SARDOČ**

Slivia - Slivno, 5  
Tel. +39 040 200146  
info@sardoc.com

**GRAN OSTERIA TRE NOCI**

Sistiana - Sesljan, 33  
Tel. +39 040 299222 -  
Fax +39 040 2032975  
info@trenoci.com  
www.trenoci.com

**RISTORANTE VANILIJA**

*a LA CARTE*  
Sistiana - Sesljan, 42/A  
Tel. +39 040 2907042  
Tel. +39 339 4783591  
Fax +39 040 2908253  
info@edensistiana.it  
www.edensistiana.it

**RISTORANTE AL CAVALIERE**

Sistiana - Sesljan, 54/E  
Tel. +39 040 299170  
Fax +39 040 291481  
hotelsettenani@hotmail.com  
www.hotelsettenani.it

**RISTORANTE GAUDEMUS**

Sistiana - Sesljan, 57/E  
Tel. +39 040 299255  
Tel. +39 347 2241926  
Fax +39 040 2908021  
gaudemus@gaudemus.com  
www.gaudemus.com

**RISTORANTE PIZZERIA  
SAN MAURO**

Sistiana - Sesljan, 122  
Tel. +39 040 299486  
Fax +39 040 2916071  
ristorantesanmauro@yahoo.it

## **TRATTORIA DA GINO**

Sistiana - Sesljan, 59  
Tel. +39 040 299273  
Tel. +39 040 291515  
trattoriadagino@virgilio.it  
www.dagino.wpeople.it

## **FISH HOUSE**

Sistiana - Sesljan, 43  
Tel. +39 040 2907203

## **PIZZA JOY**

Sistiana - Sesljan, 49  
Tel. +39 040 2907233

## **TAKE AWAY SISTER MA**

Sistiana - Sesljan, 46  
Tel. +39 351 8126010

## **CHIOSCO VERDE**

Sistiana Mare - Sesljanski zaliv  
Tel. +39 339 4783591  
Tel. +39 334 6690608  
vincenzopinto\_006@fastwebnet.it  
www.chioscoverde.com

## **RISTORANTE IL GABBIANO**

Villaggio del Pescatore  
Ribiško naselje, 103  
Tel. +39 040-208145

## **BAIA DEGLI USCOCCHI**

Villaggio del Pescatore  
Ribiško naselje, 162  
Tel. +39 040 208799  
Fax +39 040 208799  
info@baiadegliuscocchi.com  
www.baiadegliuscocchi.com

## **RISTORANTE SOCIALE**

(Società nautica Laguna)  
Villaggio del Pescatore  
Ribiško naselje, 72  
Tel. +39 040 208651

## **TRATTORIA SUBAN**

Ternova Piccola - Trnovca, 16  
Tel. +39 040 200175



## **BAR, CAFES, ICE-CREAM SHOPS**

### **BAR IGOR**

Aurisina - Nabrežina, 103  
Tel. +39 334 3811599

### **BUNKER WINE**

Aurisina - Nabrežina, 149  
Tel. +39 040 200228

### **BAR SPORT**

Aurisina Cave - Nabrežina  
Kamnolomi, 24/B  
Tel. +39 338 8005588

### **CANOVELLA DE' ZOPPOLI**

Marina di Aurisina  
Nabrežinski breg  
Tel. +39 040 200616

### **BAR LE GINESTRE**

Marina di Aurisina  
Nabrežinski breg, 153/S

### **BAR SOCIALE SCI CLUB 70**

Aurisina Stazione  
Nabrežina Postaja  
Tel. +39 040 200246  
www.sciclub70.com  
info@sciclub70.com

### **BAR POLISPORTIVA SAN PRIMO**

Aurisina Stazione  
Nabrežina Postaja  
Tel. +39 040 201179  
sanprimotennis@gmail.com  
www.polisportivasanprimo.eu

### **AUTOGRILL DUINO SUD**

Autostrada - Avtocesta A4  
Tel. +39 040 208234

### **AUTOGRILL DUINO NORD**

Autostrada - Avtocesta A4  
Tel. +39 040 208262

### **BAR MICKEY MOUSE**

Duino - Devin, 28  
Tel. +39 040 208351

**BAR AL CASTEL**

Duino - Devin, 28/A  
Tel. +39 3331571400

**BAR CASTELLO DI DUINO**

Duino - Devin, 32  
Tel. +39 040 208120

**SALA GIOCHI "ONLY BOWLING"**

Duino - Devin, 4  
Tel. +39 040 208238  
Tel. +39 040 208362  
Fax +39 040 2070108  
[www.bowlingduino.it](http://www.bowlingduino.it)  
[info@bowlingduino.it](mailto:info@bowlingduino.it)

**BAR GRANDUINO**

Duino - Devin, 5/F  
Tel. +39 040 208109

**RIFUGIO RILKE**

Sentiero Rilke - Rilkejeva Pešpot  
Sistiana - Sesljan, 60/D  
Tel. +39 373 8424280

**CAFFETERIA & SAPORI**

Sistiana - Sesljan, 50/A  
Tel. +39 040 2907219

**BAR AI SPORTIVI**

Sistiana - Sesljan, 126  
Tel. +39 040 299160

**PASTICCERIA GELATERIA  
COSTA DEI BARBARI**

Sistiana - Sesljan, 34/F  
Tel. +39 040 299963  
[info@costadeibarbari.com](mailto:info@costadeibarbari.com)  
[www.costadeibarbari.com](http://www.costadeibarbari.com)

**BAR ALABARDA**

Sistiana - Sesljan, 43  
Tel. +39 040 299218

**WHY NOT**

Sistiana - Sesljan, 45/A  
Tel. +39 392 3924463

**GELATERIA ARTIGIANALE  
IL SORBETTO**

Sistiana - Sesljan, 45/F  
Tel. +39 040 299086

**CAFÈ METRÒ**

Sistiana - Sesljan, 46  
Tel. +39 348 2436833

**BAR INTER**

Sistiana - Sesljan, 47  
Tel. +39 040 299168

**CHIOSCO BIANCO**

Sistiana Mare - Sesljanski zaliv  
Tel. +39 393 9678272

**CHIOSCO BAR DORJE LING**

Sistiana Mare - Sesljanski zaliv  
Tel. +39 3490063987

**CANTERA**

Sistiana Mare - Sesljanski zaliv  
Tel. +39 335 1287724  
[cantera@baiadisistiana.com](mailto:cantera@baiadisistiana.com)  
[www.baiadisistiana.com](http://www.baiadisistiana.com)

**CASTIGO**

Sistiana Mare - Sesljanski zaliv  
Tel. +39 3478082607  
[info@baiadisistiana.com](mailto:info@baiadisistiana.com)  
[www.baiadisistiana.com](http://www.baiadisistiana.com)

**BAR PANETERIA VILLAGGIO**

Villaggio del Pescatore  
Ribiško naselje, 66  
Tel. +39 040 209865

**BA BAR**

Portopiccolo Sistiana - Sesljan  
Tel. +39 040 9977733  
[babar@ppst.it](mailto:babar@ppst.it)  
[www.portopiccolosistiana.it](http://www.portopiccolosistiana.it)

**GO FRESH**

Portopiccolo Sistiana - Sesljan  
Tel. +39 040 9976635  
[gofresh@gmail.com](mailto:gofresh@gmail.com)  
[www.portopiccolosistiana.it](http://www.portopiccolosistiana.it)

**MAXI'S BEACH BAR**

Portopiccolo Sistiana - Sesljan  
Tel. +39 040 9977775  
[maxisbeachbarclub@ppst.it](mailto:maxisbeachbarclub@ppst.it)  
[www.portopiccolosistiana.it](http://www.portopiccolosistiana.it)

## **LA PIAZZETTA - LOUNGE BAR**

Portopiccolo Sistiana - Sesljan  
Tel. 040 9974907

## **PEK - PANE E CAFFÈ**

Portopiccolo Sistiana - Sesljan  
Tel. +39 040 997 7770  
pek@ppst.it



## **SPORTS AND FREE TIME ACTIVITIES**

### **TRIESTE ADVENTURE PARK**

*Amusement park on trees*  
Ceroglie - Cerovlje  
Tel. +39 346 6326133  
Tel. +39 040 0640283  
info@triesteadventurepark.it  
www.triesteadventurepark.it

### **PORTOPICCOLO SISTIANA-SESLJAN**

*Marina and boat rental*  
Portopiccolo Sistiana - Sesljan  
Tel. +39 040 9977713  
marino@ppst.it  
www.portopiccolosistiana.it

### **MARINA TIMAVO**

*Boat rental and trips*  
S. Giovanni di Duino - Štivan, 29/A  
Tel. +39 040 209868  
Fax. +39 040 299265  
info@marinatimavo.it  
www.marinatimavo.com

### **SPA & BEACH CLUB PORTOPICCOLO SISTIANA-SESLJAN**

*Swimming pool*  
Portopiccolo Sistiana - Sesljan  
Tel. +39 040 9975900  
portopiccolospa@ppst.it

### **BOWLING DUINO**

*Swimming pool and Bowling*  
Duino - Devin, 5/D  
Tel. +39 040 208238  
Tel. +39 040 208362  
Fax +39 040 2070108  
info@bowlingduino.it  
www.bowlingduino.it

## **CENTRO IPPICO LA FATTORIA**

*Horseback riding*  
Ceroglie - Cerovlje  
Tel. +39 346 5143336

## **GOLA OGRADA RANCH**

*Horseback riding*  
Medeazza - Medjevas 5  
Tel. +39 347 4836436  
leghi14@yahoo.it

## **LA MEZZALUNA**

*Horseback riding*  
Malchina - Mavhinje, 54/A  
Tel. e Fax +39 040 291529  
info@mezzalunanet.it  
www.mezzalunanet.it

## **ASD SHERBA**

*Horseback riding*  
Visogliano - Vižovlje, 1/C  
Tel. +39 346 9493293  
www.sherba.org

## **CARSOKRAS.COM**

*Bike rental and boat trips*  
Duino - Devin, 50  
Tel. +39 347 4400895  
Tel. +39 349 0095369  
info@carsokras.com  
www.carsokras.com

## **SISTIANA SERVIS**

*Bike rental*  
Sistiana - Sesljan  
Tel. +39 040 299252  
sistianaservice@virgilio.it

## **ALTERNATIVA SPORT**

*Bike rental*  
Sistiana - Sesljan, 41/D  
Tel. +39 040 2916120  
alternativasport@alternativasport.com  
www.alternativasport.com

## **SISTIANA DIVING**

*Diving*  
Sistiana Mare - Sesljanski zaliv 1  
Parco Caravella  
Tel. +39 337 1250049  
info@sistianadiving.com  
www.sistianadiving.com

## **ASD TOP SPIN**

*Tennis*

Aurisina - Nabrežina 10

Tel. +39 040 201179

+39 3931063002

asd.topspin@gmail.com

## **ASD Sistiana - Sesljan**

*Football field*

Complesso sportivo di Visogliano

Tel. +39 040 291314

info@asdsistiana.it

www.asdsistiana.it

## **SCI CLUB 70 TRIESTE**

Impianto sportivo Neve sole

*Ski slope and tennis field*

Aurisina Stazione - Nabrežina

Postaja 54A

Tel. +39 040 200246

info@sciclub70.com

www.sciclub70.com

## **ASD POLISPORTIVA SAN MARCO**

*Tennis*

Villaggio del Pescatore

Ribiško naselje 33/A

Tel. +39 3311842641

info@polisportivasanmarco.it

www.polisportivasanmarco.it

## **NAUTICAL ASSOCIATIONS**

### **ASD DIPORTO NAUTICO SISTIANA**

Sistiana - Sesljan, 50/a

Tel. +39 040 291.207

info@dnsistiana.it

www.dnsistiana.it

### **CIRCOLO VELICO DUINO**

Duino - Devin, 62

Tel. +39 333 2477724

cvduino@libero.it

www.circolovelico duino.it

### **ASD SISTIANA89**

Sistiana - Sesljan, 215/b

Tel. +39 040 299936

sistiana89@hotmail.com

www.sistiana89.it

## **YACHT CLUB-**

### **JADRALNI KLUB ČUPA**

Sistiana Mare - Sesljanski zaliv

Tel. - Fax +39 040 299858

info@yccupa.org - www.yccupa.org

### **SOCIETÀ NAUTICA PIETAS JULIA**

Sistiana Mare - Sesljanski zaliv

Tel./Fax +39 040 291213

pietas.julia@tiscali.it

www.pietasjulia.it

### **SOCIETÀ NAUTICA LAGUNA**

Villaggio del Pescatore

Ribiško naselje, 72

Tel./Fax +39 040 208020

nautica.laguna@libero.it

www.nauticalaguna.it

### **ASD POLISPORTIVA SAN MARCO**

Villaggio del pescatore

Ribiško naselje, 33/A

Tel. +39 040 208432

info@polisportivasanmarco.it

www.polisportivasanmarco.it

### **DUINO 45° NORD**

Villaggio del Pescatore

Ribiško naselje, 66

Tel. +39 345 4499798

info@duino45nord.com

www.duino45nord.com

### **ASD GRUPPO DI PORTISTICO RISORGIVE DEL TIMAVO**

Villaggio del Pescatore

Ribiško naselje

### **MARINA & YACHT CLUB PORTOPICCOLO**

Portopiccolo Sistiana - Sesljan

Tel. +39 040 9975102

ycportopiccolo@ppst.it

marina@ppst.it

## **BEACHES**

### **PORTICCILO DI DUINO**

Duino - Devin 61/C

## CASTELREGGIO

*Free beach, accessible  
to disabled persons*

Sistiana Mare - Sesljanski zaliv 74

## PARCO CARAVELLA

*Beach accessible  
to disabled persons*

Sistiana Mare - Sesljanski zaliv

## COSTA DEI BARBARI

*Nudist beach*

tra Sistiana Mare  
e Marina di Aurisina

## CANOVELLA DE'ZOPPOLI

*Free beach*

Marina di Aurisina - Nabrežinski breg

## FILTRI

*Free beach*

Santa Croce - Križ

## PORTICCILO SANTA CROCE

*Free beach*

Santa Croce - Križ

## BEACH ESTABLISHMENTS

### DAMA BIANCA\*\*

Duino - Devin, 61/C

Tel. +39 040 208137

Fax +39 040 208258

info@alladamabianca.com

www.alladamabianca.com

### LE GINESTRE\*\*\*

Marina di Aurisina

Nabrežinski breg

Tel. +39 040 200364

www.ginestre.ts.it

### BEACH CLUB

Portopiccolo Sistiana-Sesljan

Tel. +39 040 9977776

beachclub@ppst.it

www.portopiccolosistiana.it

### PARCO CARAVELLA

Sistiana Mare - Sesljanski zaliv

Tel. +39 348 09 82593

caravella@baiadisistiana.com

www.baiadisistiana.com



## ACCOMODATION

### HOTELS

#### HOTEL AURORA \*\*\*

Duino - Devin, 15

Tel. +39 040 208212

Tel. +39 3493337839

info@auroraduino.com

www.auroraduino.com

#### DAMA BIANCA\*

Duino - Devin, 61/C

Tel. +39 040 208470

Fax +39 040 208258

info@alladamabianca.com

www.alladamabianca.com

#### VILLA GRUBER pensione \*\*

Duino - Devin, 61/F

Tel. +39 040 208115

Fax +39 040 2071119

villagruber@alladamabianca.com

www.alladamabianca.com

#### AL PESCATORE\*\*

Duino - Devin, 69

Tel. +39 040 208188

Fax +39 040 2071162

hotelalpescatore@email.it

www.alpescatoreduino.it

#### ALLEGRA FATTORIA \*\*

Malchina - Mavhinje, 23/A

Tel. +39 040 299939

Tel. +39 338 4817783

allegra.fattoria@hotmail.it

www.allegrafattoriaincarso.it

#### GRAN OSTERIA TRE NOCI\*\*\*

Sistiana - Sesljan, 33

Tel. +39 040 299222

Fax +39 040 2032975

trenoci@trenoci.com

www.trenoci.com

#### HOTEL POSTA\*\*\*

Sistiana - Sesljan, 51

Tel. +39 040 299103

Fax +39 040 299859

info@hotelposta.ts.it

www.hotelposta.ts.it

**LOCANDA GAUDEMUS\*\*\***

Sistiana - Sesljan, 57  
Tel. +39 040 299255  
Fax +39 040 2908021  
gaudemus@gaudemus.com  
www.gaudemus.com

**HOTEL EDEN\*\*\***

Sistiana - Sesljan, 42/A  
Tel. +39 040 2907042  
Fax +39 040 2908253  
info@edensistiana.it  
www.edensistiana.it

**AI SETTE NANI\*\*\***

Sistiana - Sesljan, 54/E  
Tel. +39 040 299170  
Fax +39 040 291481  
hotelsettenani@hotmail.com  
www.hotelsettenani.it

**HOTEL alla DOLINA garni \*\***

Sistiana - Sesljan, 54/F  
Tel. +39 040 299350  
Fax +39 040 2908287  
info@hoteldolina.it  
www.hoteldolina.it

**BAIA DEGLI USCOCCHI\***

Villaggio del Pescatore  
Ribiško naselje, 162  
Tel. +39 040 208799  
Fax +39 040 208799  
info@baiadegliuscocchi.com  
www.baiadegliuscocchi.com

**FALISIA, A LUXURY COLLECTION  
RESORT & SPA****PORTOPICCOLO\*\*\*\*\***

Portopiccolo Sistiana - Sesljan  
Tel. +39 040 9974444  
info@falisiareSORT.com  
www.falisiareSORT.com

**BED & BREAKFAST  
CANOVELLA**

Aurisina - Nabrežina, 153/F1  
Tel. +39 040 2024153  
bed4u@canovella.it  
www.canovella.it

**CASTELLO**

Duino - Devin, 35/A  
Tel. +39 040 208120  
Fax +39 040 2071398  
visite@castellodiduino.

**CASA DEL SALE**

Duino - Devin, 74  
Tel. +39 040 209103  
Cell. +39 348 3437048

**PORTO DEL BIVIO**

Duino - Devin, 75/V  
Tel. +39 040 208300  
Tel. +39 339 2864170  
federica.marchesich65@gmail.com  
www.portodelbivio.it

**PANE E TULIPANI**

Duino - Devin, 75/Z  
Tel. +39 329 7213197  
pantulipani@gmail.com  
www.pantulipani.wordpress.com

**DUINO STELLA MARIS**

Duino - Devin, 78/D  
Tel. +39 347 2311979  
Tel. +39 392 9569896  
info@duinostellamaris.it  
www.duinostellamaris.it

**STRUPETOU**

Malchina - Mavhinje, 16  
Tel. +39 040 2907126  
Tel. +39 347 7950723  
info@strupetou.it  
www.strupetou.it

**CASA ROSMAR**

Medeazza - Medjevas, 6  
Tel. +39 040 209887  
Cell. +39 393 9229443

**CASA 900**

Sistiana - Sesljan, 20  
Tel. +39 3406127800  
lutman500@gmail.com

**SOLEMARE**

Sistiana - Sesljan, 230/B  
Tel. e Fax +39 040 2907143  
Cell. +39 339 3259225  
gabriellasil@alice.it

### **LE FALESIE**

Sistiana - Sesljan, 29/A  
Cell. + 39 380 7023047  
bb@lefalesie.it  
www.lefalesie.it

### **BAIA ARCOBALENO**

Sistiana - Sesljan, 57/T  
Tel. +39 392 4204404  
info@baiaarcobaleno.it  
www.baiaarcobaleno.it

### **BONAVIA**

Sistiana - Sesljan, 59/i3  
Tel. +39 338 8436342  
bonaviabnb@gmail.com  
www.bonaviabnb.it

### **VILLA CAMILLA**

Sistiana - Sesljan, 119  
Tel. +39 347 7662689

### **FLÒ**

Villaggio del Pescatore  
Ribiško naselje, 37  
Tel. +39 340 1035514  
bedandbreakfastflo@gmail.com

### **AL PESCATORE CONTENTO**

Villaggio del Pescatore  
Ribiško naselje, 91  
Tel. +39 331 9280241  
alpescatorecontento@gmail.com

### **LA CINCIARELLA**

Visogliano - Vižovlje, 9/M  
Tel. +39 347 7657934  
barbara.perasti@gmail.com

### **HOLIDAY APARTMENTS ALLA CANTINA**

Aurisina - Nabrežina, 130  
Tel. +39 347 5710149

### **CASA IN RIVA AL MARE**

Aurisina Cave - Nabrežina  
Kamnolomi, 153/S  
Tel. +39 040 631767

### **RESIDENCE VILLA SUSY**

Duino - Devin, 25/D  
Tel. +39 040 208188  
Fax +39 040 2071162  
villasusy@hotmail.it  
www.residencevillasusy.it

### **CASA MARGOT**

Duino - Devin, 26  
Tel. +39 320 4854593

### **BURRO & MARMELLATA APARTMENTS - DUINO**

Duino - Devin, 62  
Tel. +39 340 3641992  
www.burroemarmellata.eu

### **VILLA AVE**

loc. Duino Cernizza, 67/G  
34011 Duino-Aurisina  
Tel 040 2473628  
Cell. 338 9332579  
www.triestevillas.com

### **CUORE DEL CARSO**

Sistiana - Sesljan 6  
Tel. +39 347 4980161

### **FIORENZA**

Sistiana - Sesljan 10/M  
Tel. +39 347 9249778

### **NOTTI DI STELLE**

Sistiana - Sesljan, 60  
Cell. 347 0336195  
info@nottidistelle.com  
www.nottidistelle.com

### **BEACHFRONT VILLA**

Duino - Devin, 67  
Tel. +39 335 1804858

### **PORTOPICCOLO - RENTAL**

Portopiccolo Sistiana - Sesljan  
Tel. +39 040 9974904  
info@ppst.it  
www.portopiccolosistiana.it

### **AVOLARE PORTOPICCOLO**

Sistiana - Sesljan 231  
Tel. +39 366 8784156

## **RESIDENCE GRUDEN**

Prepotto - Praprot, 14  
Tel. +39 040 200151  
Fax +39 040 200854  
info@myresidence.it  
www.myresidence.it

## **RESIDENCE RUJE**

Prepotto - Praprot, 31  
Tel. +39 334 1702979

## **CUORE DEL CARSO**

Sistiana - Sesljan, 6  
Tel. +39 347 4980161

## **LEPA VIDA**

Sistiana - Sesljan, 11/b11  
Tel. +39 349 7138147  
leghissagiulia@gmail.com

## **RESIDENCE OLIVETO MARE CARSO**

Sistiana - Sesljan, 26/C1  
Tel. +39 333 8334826  
residenceolivetomarecarso@gmail.com

## **MARZI SANTINA**

Sistiana - Sesljan, 26  
Tel. +39 3338334826

## **HOUSE CAROLINA**

Sistiana - Sesljan, 32/A  
Tel. +39 3485161235

## **CASA VACANZE SAN MAURO**

Sistiana - Sesljan, 122  
Tel. +39 040 299486  
Tel. +39 348 7056088  
Fax +39 040 2916071  
ristorantesanmauro@yahoo.it

## **EUROPA BEACH HOUSE**

Le Ginestre Sistiana - Sesljan, 153/L  
Tel. +39 349 6612649

## **MATIJEVI**

Visogliano - Vižovlje, 11  
Tel. +39 333 4577347

## **PRIVAT ACCOMODATION**

### **CAVE 82**

Aurisina Cave -  
Nabrežina Kamnolomi, 82  
Tel. +39 338 7892091  
facchinettiennio@alice.it

### **STAZIONE 8**

Aurisina Stazione -  
Nabrežina postaja 8  
Tel. + 39 339 2074456  
info@stazione8.com  
www.stazione8.com

### **Ristorante Locanda Bar AL CAVALLUCCIO**

Duino - Devin, 61/D  
Tel. / Fax +39 040 208133  
alcavalluccio@libero.it  
www.alcavalluccio.it

### **VILLA RILKE**

Duino - Devin, 75/E  
Tel. +39 347 0197928  
Fax +39 040 2070030  
info@villarilke.it  
www.villarilke.it

### **IL VELIERO**

Duino - Devin, 50  
Tel. +39 349 0095369  
info@ilveliero.org  
www.ilveliero.org

### **VILLA BORGODUINO**

Duino - Devin, 75/PR  
Tel. / Fax +39 040 208872  
Tel. +39 345 8562602  
info@villaborgoduino.it  
www.villaborgoduino.it

### **ALLE FALESIE**

Duino - Devin, 69/D  
Tel. +39 347 0602054  
cupri@gmail.com

### **GRUDEN**

San Pelagio - Šempolaj, 49  
Tel. +39 040 200151  
Fax +39 040 200854  
info@myresidence.it  
www.myresidence.it

## CAMPING

### CAMPING VILLAGE MARE \*\*\* PINETA

Sistiana - Sesljan, 60/D  
Tel. +39 040 299264  
Fax +39 040 299265  
info@marepineta.com  
www.marepineta.com

### CAMPEGGIO AGRITURISTICO CARSO \*\*\*

Aurisina Cave  
Nabrežina Kamnolomi, 55  
Tel. +39 339 5472401  
Fax +39 040 200459  
info.campingcarso@gmail.com  
www.campingcarso.com

See also p.39

### FARM TOURISM - WITH ACCOMODATION



## FOOD STORES

### ALIMENTARI ELISABETTA

Aurisina Stazione - Nabrežina  
Postaja, 18

### DESPAR KUKANJA

Aurisina - Nabrežina, 106/B  
Tel. +39 040 200172  
info@kukanja.it

### PANIFICIO - PEKARNA GRILANC

Bakery Aurisina - Nabrežina, 109  
Tel. +39 040 200231

### PANIFICIO - PEKARNA JAZBEC

Bakery Aurisina - Nabrežina, 98  
Tel. +39 040 200174

### IL PASTIFICIO "Pasta" factory

Aurisina Cave - Nabrežina  
Kamnolomi, 35  
Tel. +39 335 770 4032

### MACELLERIA CARSIKA

Butcher's shop  
Aurisina - Nabrežina, 144/a  
Tel. +39 040 200020

## CONAD

Sistiana - Sesljan, 24/h  
Tel. +39 040 291496

### PANETTERIA - PASTICCERIA

LEGHISSA Bakery  
Sistiana - Sesljan, 41

### MACELLERIA MPQ

Butcher's shop  
Sistiana - Sesljan, 41/d

### ORTUCCI

Fruitshop  
Sistiana - Sesljan, 45/f

### CONAD SUPERSTORE

Duino - Devin, 5/f  
Tel. +39 040 208357

### TUTTIDI MARKET

Alimentari  
Duino - Devin, 50

### PESCHERIA SISTIANA

Fishshop  
Sistiana - Sesljan, 44

### PESCHERIA DESTE Fishshop

Villaggio del Pescatore - Ribiško  
naselje 47



## CLOTHING STORES

### ALTERNATIVA SPORT

Sportswear  
Sistiana - Sesljan, 41/d  
Tel. +39 040 2916120

### MERCERIA KATJA

Sistiana - Sesljan, 45

### SAIL SISTIANA

Sportswear  
Sistiana - Sesljan, 59  
Tel. +39 040 291074

### GO PIÙ

Portopiccolo Sistiana - Sesljan, 231  
Tel. +39 040 997 7730

## ISSIMI BOUTIQUE

Portopiccolo Sistiana - Sesljan, 231  
Tel. +39 040 997 7730

## MALO

*Knitwear*

Portopiccolo Sistiana - Sesljan, 231  
Tel. +39 040 9976629

## AL DUCA D'AOSTA

*Boutique*

Portopiccolo Sistiana - Sesljan, 231  
Tel. +39 040 9976622

## BARBARA BELTRAME ATELIER

Portopiccolo Sistiana - Sesljan, 231  
Tel. +39 48 0115231

## SUNDEK

Portopiccolo Sistiana - Sesljan, 231  
Tel. +39 040 9976627

## ORIANI

*Menswear*

Portopiccolo Sistiana - Sesljan, 231  
Tel. +39 040 9976634

## SLAM

*Sportswear*

Portopiccolo Sistiana - Sesljan, 231  
Tel. +39 040 9976621

## #TOP

Portopiccolo Sistiana - Sesljan, 231  
Tel. +39 040 9976610

## IL PORTICO

Duino - Devin, 26



**CAR REPAIRS**

## FRATELLI BRAIDA

Aurisina Cave - Nabrežina  
Kamnolomi, 63/a  
Tel. +39 040 201168

## MIDENA E PIRAN

*Car electrical repairs*

Sistiana - Sesljan, 226/a  
Tel. +39 040 291056

## MASTEN E SANTINI

Sistiana - Sesljan, 24/H  
Tel. +39 040 299178



**BANKS**

## BCC STARANZANO E VILLESSE

Duino - Devin, 25/D  
Tel. +39 040 2070141  
[www.bancastaranzano.it](http://www.bancastaranzano.it)

## ZKB

Aurisina - Nabrežina, 106  
Tel. +39 040 2149401  
[fil.aurisina@zkb.it](mailto:fil.aurisina@zkb.it)  
[www.zkb.it](http://www.zkb.it)

## ZKB

Sistiana - Sesljan, 50/a  
Tel. +39 040 2149521  
[fil.sistiana@zkb.it](mailto:fil.sistiana@zkb.it)  
[www.zkb.it](http://www.zkb.it)

## CASSA RURALE DEL FVG

Sistiana - Sesljan, 54/d  
Tel. +39 040 2149521  
[filialesistiana@cassaruralefvg.it](mailto:filialesistiana@cassaruralefvg.it)

## UNICREDIT

Sistiana - Sesljan, 43/b  
Tel. +39 040 9740106  
[ag07007-italia@unicredit.eu](mailto:ag07007-italia@unicredit.eu)



**FLORISTS**

## FIORI KRISTINA

Aurisina - Nabrežina, 142

## AGRARIA STANISSA

Aurisina - Nabrežina, 160  
Tel. +39 040 200171

## FIORI DALIA

B.go San Mauro - Naselje Sv.  
Mavra 126  
Tel. +39 040 299022

## FIORI LIDIA

Duino - Devin, 28/a  
Tel. +39 040 208578



## OTHER SHOPS

### CASALINGHI GOLEMAC

*Household articles*

Aurisina - Nabrežina, 99

### DROGHERIA PIERI

*Grocer's shop*

Aurisina - Nabrežina, 100

Tel. +39 040 200396

### EMPORIO ELETTRODOMESTICI

#### KOSMINA

Aurisina - Nabrežina, 156

Tel. +39 040 200123

### FERRAMENTA TERČON

*Ironmongery*

Aurisina - Nabrežina, 124

Tel. +39 040 200122

### ROLICH

*Bathroom furniture*

Aurisina - Nabrežina, 35/c

Tel. +39 040 200371

### CLISS ALL FOR HOME

*Bathroom furniture*

Aurisina Cave - Nabrežina

Kamnolomi, 63

Tel. +39 040 201216

### TRILOBITE DESIGN ITALIA

*Fossils sales*

Aurisina Stazione - Nabrežina

Postaja, 20

[www.trilobiti.com](http://www.trilobiti.com)

### BAUBAU MICIO MICIO

*Pet store*

Sistiana - Sesljan, 41/D

### CARTOLIBRERIA SISTIANA

Sistiana - Sesljan, 46

### BAZAR RUSSO ANTONIO

Sistiana - Sesljan, 27/a

### SPACCIO OCCHIALI VISION

*Glasses shop*

Sistiana - Sesljan, 27/l

### PUPIS

*Furniture shop*

Sistiana - Sesljan, 59/b

Tel. +39 040 299269

### RICEVITORIA/TABACCHI

*Tobacco shop*

Sistiana - Sesljan, 47

### ALTERNATIVA MOTO

*Motorcycle spare parts*

Sistiana - Sesljan, 55/e

Tel. +39 040 299633

### MOTOR BIKE

*Bicycle repair shop*

Sistiana - Sesljan, 54/d

Tel. +39 040 291233

### COINCASA

*Home decoration*

Portopiccolo Sistiana - Sesljan, 231

Tel. +39 040 3728000

### ZINELLI & PERIZZI

*Furniture shop*

Portopiccolo Sistiana - Sesljan, 231

Tel. +39 040 9976625

### ZAMPAUTO GP MOTORS

*Car sales*

Duino - Devin, 5/e

Tel. +39 040 208181

### STURLI ALADINO

*Boating equipment*

Villaggio del Pescatore - Ribiško

naselje 29

Tel. +39 040 208663

### NAUTISERVICE 360

*Sale, rental and repair boat*

Villaggio del Pescatore - Ribiško

naselje 70

Tel. +39 3922007756

### MARINA TIMAVO

*Shipyard*

Villaggio del Pescatore - Ribiško

naselje 29/a

Tel. +39 040 209868



## JEWELLERY SHOPS

### **BOTTEGA ORAFA POMO D'ORO**

Sistiana – Sesljan, 45/b

### **DOBNER**

Portopiccolo Sistiana – Sesljan,  
231/m

Tel. +39 040 997 6632

### **PREZIOSE FOLLIE**

Duino – Devin, 26



## BEAUTY

### **SALONE PATRIZIA**

*Hairdresser*

Aurisina – Nabrežina, 142

Tel. +39 040 200203

### **BLUE**

*Hairdresser*

Aurisina Cave – Nabrežina

Kamnolomi, 78/d

Tel. +39 040 200295

### **SALONE 2M**

*Hairdresser*

Sistiana – Sesljan, 46

Tel. +39 040 2916112

### **SALONE CLARA**

*Hairdresser*

Sistiana – Sesljan, 52

Tel. +39 040 299021

### **PARRUCCHIERI STILELIBERO**

*Hairdresser*

Sistiana – Sesljan, 41/D

Tel. +39 351 665 6150

### **IL PORTALE DELLA BELLEZZA**

*Hairdresser*

Sistiana – Sesljan, 52

Tel. +39 351 665 6150

### **CENTRO DI BELLEZZA**

#### **MADAME JOLIE**

*Beauty center*

Duino – Devin, 5/f

Tel. +39 333 6755501

### **SPA BY BAKEL**

Portopiccolo Sistiana – Sesljan, 231

Tel. +39 040 997 5900



## MARBLE AND STONES

### **ABRASMARMI**

Aurisina Cave – Nabrežina

Kamnolomi, 77/b

Tel. +39 040 200193

### **CAVA ROMANA**

Aurisina Cave – Nabrežina

Kamnolomi, 29

Tel. +39 040 200101

### **MARMI CAHARIJA**

Aurisina Cave – Nabrežina

Kamnolomi, 35/C

Tel. +39 040 201255

### **MARMI CORTESE & FIGLI**

Aurisina Cave – Nabrežina

Kamnolomi, 35/b

Tel. +39 040 200886

### **MARMI GRAMAR**

Aurisina Cave – Nabrežina

Kamnolomi, 35/F

Tel. +39 040 201171

### **PIZZUL**

Aurisina Cave – Nabrežina

Kamnolomi, 74

Tel. +39 040 200102

### **ZENITH**

Aurisina Cave – Nabrežina

Kamnolomi, 74

Tel. +39 040 2025399

### **MARMI ZIDARIČ**

S. Pelagio – Šempolaj 4B

Tel. +39 040 200297



## HEALTH

### PHARMACY SAN ROCCO

Aurisina - Nabrežina, 106  
Tel. +39 040 200121

### PHARMACY FURIGO

#### DR.A. FRANCESCA

Sistiana - Sesljan, 45  
Tel. +39 040 299197

### PARAPHARMACY GRANDUINO

Duino - Devin, 5/f  
Tel. +39 040 2070174

### PARAPHARMACY

#### DOTT. BEARZOT

Duino - Devin, 10  
Tel. +39 040 208185

### PINETA DEL CARSO

*Medical clinic*

Aurisina Viale Stazione, 26  
Tel. +39 040 3784111

### ROSSI E FERLAN

*Dental surgery*

Aurisina - Nabrežina, 96  
Tel. +39 040 201181

### DR. VASJA JARC

*Dental surgery*

Aurisina - Nabrežina, 142  
Tel. +39 040 200298

### DR. UMARI PAOLO

*Dental surgery*

Sistiana - Sesljan, 57/l  
Tel. +39 040 291023



## PETROL STATIONS

### KEROTRIS

Duino Sud - A4 km 123.000  
Tel. +39 040 208453

### KEROTRIS

Duino Nord - A4 km 3.000  
Tel. +39 040 208454

### ESSO

Sistiana - Sesljan, SS14  
Tel. +39 040 299252

### OIL ITALIA

Aurisina - Nabrežina, 129  
Tel. +39 366 159 3531

### VEGA

Raccordo autostradale A4  
Sistiana - Sesljan  
Tel. +39 040 9778190



## POST OFFICES




Aurisina - Nabrežina, 140/b  
Tel. +39 040 201305

Sistiana - Sesljan, 43  
Tel. +39 040 291375

Duino - Devin, 25/a  
Tel. +39 040 208797

#### Photos:

E. D'Elia, L. Lalovich, F. Gallina, A. Sain,  
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Archivio PromoTurismo FVG POR FESR 2007-2013,  
Castello di Duino

TRAIL	DURATION	ROUTE
<b>GE</b> 	2 h 30	<b>GEMINA:</b> Malchina/Mavhinje - S. Pelagio/Šempolaj - Prepotto/Praprot - Blue Cave provincial road SP6 ex border crossing S. Pelagio/Šempolaj - Gorjansko - Ternova Piccola/Trnovca - Samatorza/Samatorca - Sgonico/Zgonik <b>Vertikala SPDT:</b> Medeazza/Medjevas - path n. 3 at junction - Ceroglie/Cerovlje - Malchina/Mavhinje - path n. 31 at junction - Slivia/Slivno - path n. 32 at junction - Ternova/Trnovca - continue towards Repen
		
<b>SR</b>	1 h	RILKE TRAIL
<b>SP</b>	0 h 45	FISHERMEN'S TRAIL
<b>ST</b>	1 h 30	MOUNT HERMADA TRENCHES TRAIL
<b>SM</b>	0 h 15	SISTIANA/SESLJAN - MARE TRAIL
<b>SA</b>	0 h 30	SAGE TRAIL
<b>SL</b>	3 h	SLIVIA TRAIL
<b>SB</b>	1 h 30	BRATINA TRAIL
<b>PD</b>	1 h 30	AURISINA/NABREŽINA EDUCATIONAL TRAIL
<b>GM</b>	1 h 30	MITHRAEUM CAVE TRAIL
<b>MR</b>	1 h 30	MIRKO ŠKABAR TRAIL
<b>PS</b>	1 h	ŠKALJUNK PARK
<b>1</b> 	6 h	Timavo Springs - Villaggio del Pescatore/Ribiško naselje - Duino/Devin - Sistiana/Sesljan - S. Croce/Križ
<b>1a</b> 	1 h	S. Giovanni di Duino/Štivan - Mithraeum - Duino/Devin
<b>3</b> 	15 h	Iamiano/Jamlje - Medeazza/Medjevas - Mount Ermada/Grmada - Carso Ridge - Pese/Pesek
<b>3a</b> 	1 h 45	Medeazza/Medjevas - Mount Cocco - path n. 3 at junction
<b>8</b> 	2 h	Duino/Devin - Ceroglie/Cerovlje - Mount Ermada/Grmada
<b>10</b> 	3 h 30	S. Pelagio/Šempolaj - Prepotto/Praprot - Ternova Piccola/Trnovca - Mount S. Leonardo/Sv. Lenart - Samatorza/Samatorca - S. Croce/Križ
<b>16</b> 	0 h 25	Path n. 3 at junction - Regional road SR55 - S. Giovanni di Duino/Štivan (path n.1 and 1a at junction)
<b>19</b> 	2 h 45	Aurisina/Nabrežina - Aurisina/Nabrežina Station Bristie/Brišče - Gabrovizza/Gabrovce
<b>23</b> 	1 h 20	Borgo S. Mauro/Naselje sv. Mavra - Piezometric Water Tower Tiziana Weiss lookout - Aurisina/Nabrežina
<b>31</b> 	2 h 15	Aurisina/Nabrežina - Slivia/Slivno - Malchina/Mavhinje - path n. 3 at junction
<b>32</b> 	2 h	Aurisina/Nabrežina - Austro-Hungarian Cemetery - Pocala Cave - Lindner Cave S. Pelagio/Šempolaj - Precenico/Prečnik - Path n. 3 at junction
<b>33</b> 	3 h 10	Duino/Devin - Mithraeum (path n. 1a at junction) - Visogliano/Vižovlje - Slivia/Slivno - Path n. 32 at junction
<b>35</b> 	1 h 30	Aurisina/Nabrežina (path n. 32 at junction) - Aurisina / Nabrežina Station - Provincial road SP5 - Prepotto/Praprot
<b>47</b> 	0 h 20	Path n. 31 at junction - Path n. 32 at junction (Pocala Cave)



## USEFUL INFORMATION

### **COMUNE DI DUINO AURISINA - OBČINA DEVIN NABREŽINA**

Aurisina Cave, 25 - 34011 Duino Aurisina (TS)  
tel. +39 040 2017111 fax +39 040 200245

### **Education, Culture, Sports, Youth, Tourism and Public Relations Office**

Aurisina, 102 - 34011 Duino Aurisina (TS) -  
tel. +39 040 2017372 fax +39 040 201307  
turismo@comune.duino-aurisina.ts.it  
www.comune.duino-aurisina.ts.it - www.marecarso.it

### **PROMOTURISMO FVG Sistiana Infopoint** (from April to October)

Sistiana, 56/B - 34011 Duino Aurisina (TS) - tel. +39 040 299166  
info.sistiana@promoturismo.fvg.it - www.turismofvg.it



## How to get there

### **BY PLANE**

*Trieste Airport Friuli Venezia Giulia*  
www.triesteairport.it

### **BY TRAIN**

*Railway routes: Venezia-Trieste and Udine-Trieste*  
Stations: Trieste, Monfalcone, Sistiana - Visogliano and Bivio di Aurisina  
www.trenitalia.com

### **MOTORWAY**

A4 Trieste-Venezia, exit Monfalcone Lisert, Duino or Sistiana

### **BY BUS**

*APT Gorizia*  
Tel. 800955957 www.apgorizia.it  
Line E 51 (Trieste - Airport - Udine)  
Line E 21 (Grado - Trieste)

*Trieste Trasporti*  
Tel. 800016675 www.triestetrasporti.it  
Line No.44 (Trieste - San Giovanni al Timavo)  
Line No.43 (Ceroglie - Aurisina)

### **BY BOAT**

*Trieste Trasporti*  
Tel. 800016675 www.triestetrasporti.it  
Sea line Trieste - Sistiana  
Season service from June to September

### **TAXI**

Tel. +39 392 3939955



## Useful phone numbers

European emergency number: **112**  
Emergency at sea: **1530**