

Barcolana regatta. The regatta is a celebration of the sea and full of competitive spirit.



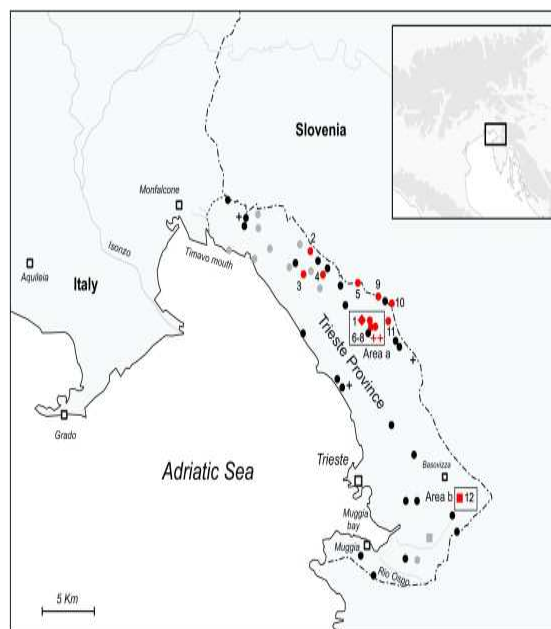
- **Bavisela**: the European marathon or Bavisela is one of the most important sport events at a national and European level. It takes place every year on the first Sunday of May.
- **Trieste Film Festival**: It is nowadays the richest and articulated Italian film festival dedicated to films from Central and Eastern Europe and beyond.

### TYPICAL PRODUCTS:

- **Wine**: in a land so rich in contrasts there can be only special wines: the red wines, such as the Terrano and the Refosco, and the white wines, Malvasia and Vitovska.
- **Honey**: The most characteristic honey of the Karst is the marasca honey, from the nectar of the St. Lucie cherry.
- **Cheese**: The Karst proposes a variety of cheeses that ranges from the ricottas to the extra mature cheeses and from the varieties made with cow's milk to those obtained from sheep and goat milk.

### How To Get There:

- **By Plane**: Regional Airport of Trieste
- **By Car**: Motorways (A4 Torino - Trieste, A23 Palmanova-Udine )
- **By Train**: [www.trenitalia.com](http://www.trenitalia.com) visit the website and discover the best option for you.



***SEE YOU SOON!!!***

## ***TRIESTE AND KARST IN A QUIET CORNER OF ITALY***



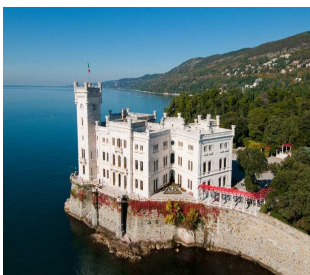
*The Karst plateau is a limestone borderline region extending in south-western Slovenia and north-eastern Italy. When talking about the Karst one can't avoid mentioning Trieste; the region's capital. Equally fascinating is the culture and the traditional customs where Latin, Germanic and Slavic heritages mix.*

## History:

Trieste was one of the oldest parts of the Habsburg Monarchy. As a prosperous seaport in the Mediterranean region, Trieste became an important city of the Austro-Hungarian Empire. Trieste was an important site in the struggle between the Eastern and Western blocks after the Second World War.

## Absolute must see:

- [Miramare Castle](#): it is surrounded by an exceptional park and it has a charming panoramic view due to its location on a high cliff above the sea.



- ["Museo della Risiera di San Sabba"](#): a former Nazi concentration camp, Museo della Risiera di San Sabba is now well-preserved as a museum and chronicles Trieste's trials during the Second World War.
- [Synagogue of Trieste](#): it's one of the largest in Europe and it was built in 1912.
- ["Il Faro della Vittoria"](#): it was built during the Fascist Regime in Italy but nowadays it is one of the chief symbols of the city.

- [Science Centre Immaginario Scientifico](#): interactive and multimedia science museum which combines interactive games and multimedia shows with the pleasure of discovery and knowledge.
- ["Grotta Gigante"](#): the cave complex is the largest in the world, with one cavity large enough to fit St. Peter's Basilica in the Vatican.
- [Nature reserves](#):
  - ★ [Rosandra Valley](#): it is a natural reserve recognized worldwide for its canyon. The Rosandra torrent forms a marvellous waterfall. In the Valley there are also some remains of the ancient Roman aqueduct.
  - ★ [Duino Cliffs](#): it comprises the only example of high cliffs in the northern Adriatic Sea.



- ★ [Reserve of Mount Lanaro](#): whose forest cave is particularly significant because it alternates the Karst undergrowth with oak forest

## Activities:

- [Footpaths](#): you can follow many paths on the territory of Trieste's Karst: the two most significant and famous are the "Strada Napoleonica" (4 kilometres from Opicina to Prosecco) and the Rilke Path (one of the most charming walks overlooking the Gulf of Trieste).
- [Bicycle Routes](#): for bicycle lovers Trieste offers a well-structured network of paths for example The Ponziana cycle track that allows you to reach the Karst by bicycle. The other cycle track that we would like to point out links Opicina to Trebiciano (on the border with Slovenia).
- For a wonderful sea and city view, jump on the vintage *Villa Opicina tram* that links directly the Karst with the city.
- Another activity for sea lovers is diving in the clear waters of the Sistiana Bay.



## Main Events:

Trieste is a lively city rich in events such as:

- [Barcolana](#): every year, on the second Sunday of October, the city hosts the