

Second week | 3rd day

The Marano Lagoon

Grado - Aquileia - Lignano Sabbiadoro

From Grado and Aquileia to the Marano Lagoon and the estuary of the Tagliamento river near Lignano Sabbiadoro

This stage can be carried out by **bike** and by **boat**, it makes its way into the lagoon habitat of Grado and Marano until reaching the seaside resort of Lignano Sabbiadoro. It is a private service and must be booked, with the possibility of embarking at Grado, Terzo di Aquileia (estuaries of the river Ausa), Marano and Lignano Sabbiadoro.

Alternatively, the cycling route goes around the Marano lagoon touching on important historical sites. You pass through **Aquileia**, a magical archaeological site, a rich empire during Roman times and the administrative centre during the X Reign (*Venetia et Histria*). It took on an important role with the arrival of Christianity, becoming the largest diocese of the whole Middle Ages (Patriarchy of Aquileia). It is a Unesco World Heritage site due to the exceptional value of the enormous archaeological areas and the early Christian mosaics in the Cathedral of Saint Mary of the Assumption, which represent a fundamental stage in Italian history of art.

When you arrive at Cervignano, turn to the west towards **Torviscosa**, an example of urban rationalism during the fascist period, or go north for 10 kilometres following the cycle path indications. This way you reach the fortress city of **Palmanova**, a masterpiece of Friuli military architecture thanks to the nine-pointed star shape and the hexagonal central square. At the gates of the town there is the picturesque medieval village **Strassoldo** which still treasures the Upper and Lower castles and the church of Holy Mary in Vineis. Taking once again the road towards **Lignano Sabbiadoro**, you pass through reclaimed countryside and come upon the centres of Marano lagoon, Preceicco on the Stella river and ride alongside the edge of the lagoon until reaching the well-known seaside resort.



ROUTE INFORMATION

Starting point: Grado

Arrival: Lignano Sabbiadoro

Length: km 82

Conditions: a long stretch of cycling path from Grado to Cervignano, then the route progresses on very light traffic roads (except Cervignano-Torviscosa)

Indications: present (except some parts)

Inter-modality: bike + boat

USEFUL ADDRESSES

Infopoint Turismo FVG

Grado: tel. +39 0431 877111

Aquileia: tel. +39 0431 919491

Lignano Sabbiadoro: tel +39: 0431 71821

Transport: SAF – Società autoservizi FVG
tel. chiamata gratuita 800 915303 (from land line)
+39 0432 524406 (from mobile)

e-mail: numeroverde@saf.ud.it

Boat service: www.friuliinbarca.it

tel +39 339 633 02 88

www.lagoonboatexcursionsaquileia.it

tel. +39 333 257 12 59



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3



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1 Grado, Cathedral of Saint Euphemia
2 Marano, *casoni* in the lagoon

3 Grado, tourist harbour
4 Aquileia, archaeological area

TRAVELLERS' DIARY

You leave Grado following the cycle path built alongside the trans-lagoon bridge, up to Belvedere where the route connects to the new path built on the former railway line Cervignano-Belvedere.

At Aquileia, one of the capitals of history and art in Friuli, you park your bike to relive the fascination of history strolling in the archaeological area, to visit the national museum and the Cathedral of St. Mary of the Assumption. Follow the cycling path again to reach Cervignano and, if you have time, you can make a short detour to the north on the Alpe Adria cycle path to reach the village of Strassoldo and the fortress city of Palmanova. Turning back, pedalling with no difficulty, head towards Torviscosa,

an urban centre built during the fascist period following the development of the cellulose and artificial fibre cloth industries.

Now the route leads into lower Friuli among artificial and natural canals, passing close to the villages of San Giorgio di Nogaro and Carlino: head south towards the Marano lagoon to reach the beautiful centre, where you can feel the centuries-old influence of the Republic of Saint Mark. Among canals and squares we can admire the nice fishermen's houses, the loggia, the Palace of the Proveditors and the thousand-year-old tower. Continue along the spectacular edge of the lagoon and you pass through Precenicco and then you reach the Foci dello Stella Natural

Reserve. Then you head south, towards the beautiful peninsula where Lignano Sabbiadoro rises between the sea and the lagoon. In the 1960's it became one of the most well-known resorts on the Adriatic. The stage has another "flavour" if you do it by boat: the environment of the lagoon is exalted by the perspective from the water. In an hour's slow sailing you can be absorbed into the silence of a natural environment full of aromas and golden reflections. The boat goes close to the fishermen's islands with the characteristic *casoni* of the valley. We advise you to embark at the source of the AUSA river in the town of Terzo di Aquileia and reach the tourist resort of Lignano Sabbiadoro.