

GRAND HOTEL

 **DU
CHI**

DUCHI D'AOSTA

TRIESTE

EXPERIENCES



ACTIVE *lifestyle*
OUTDOOR LIFE

BARCOLANA, HISTORIC INTERNATIONAL SAILING REGATTA



The **Val Rosandra nature reserve** is a little gem for lovers of the outdoors, a special place where the mountains meet the sea. Located only ten minutes from the centre of Trieste, it offers a sublime escape from the hustle and bustle of the city.

If you are short of time, but up for an adrenaline-filled adventure, **La Grande** is a multi-pitch sport climbing equipped route that stretches over the south-west face of Mount Stena. We recommend you hire a mountain guide, for half a day of exciting vibes.

BETWEEN THE MOUNTAINS
AND THE SEA



TIZIANA WEISS NATURE PATH



RILKE PATH



BREATH TAKING VIEWS AND PATHS

Going along the delightful coast road between the white Carso rock, turquoise sea and the blue sky, you will reach Sistiana, the starting point of the **Rilke Path**. Featuring an exceptional naturalistic value, the Rilke Path stretches along the **Duino Crags Nature Reserve**. It boasts white limestone embankments overlooking the sea, with numerous climbing routes that offer unparalleled views onto the Gulf of Trieste. Going along the path, the gaze will point to the **Castle of Duino**, resting on a hill overlooking the sea.

Napoleonic road. 5-km-long, the route is immersed within nature and connects Opicina with Prosecco, with several sections bathed in the sun, protected from the Bora wind. According to legend, the Napoleonic troops opened the route – hence its name – although its other name, Vicenza path, may well refer to the engineer Vicentini who planned it.

Tiziana Weiss Nature Path, the sage path. This trail aims at conveying information on the natural world: you will find 12 observation panels, set along noteworthy points, with useful details on the area. Along the path you will also find a fork with a panel indicating “**Path of the fishermen**”: it is one of the most ancient paths in the Carso.





Water sports, chiefly **sailing**, are a highlight of the entire Gulf of Trieste.

Regattas, historical trophies and social sailings are organised throughout the year, from March through to October. The various competitions are reserved for sailing dinghies and high sea boats. Sailboats with a skipper and sailing lessons can be organised upon request.

Barcolana is a historic international sailing regatta that takes place in the Gulf of Trieste on the second Sunday in October every year. It is famous as it is the regatta with more participants in the world.

The **Miramare Marine Protected Area** was established in 1973 and it is the first protected marine area in Italy and the first WWF marine oasis. Covering 120 hectares of protected sea area below the Castle of Miramare, this is an oasis of marine-coast biodiversity a stone's throw from Trieste.

Sea watching of sea-beds counts as one of the most picturesque activities to explore the bio marine richness of this reserve; this activity will suit everyone as the only proviso is the ability to swim and to use the simple, necessary gear made up by goggles, fins and snorkel.

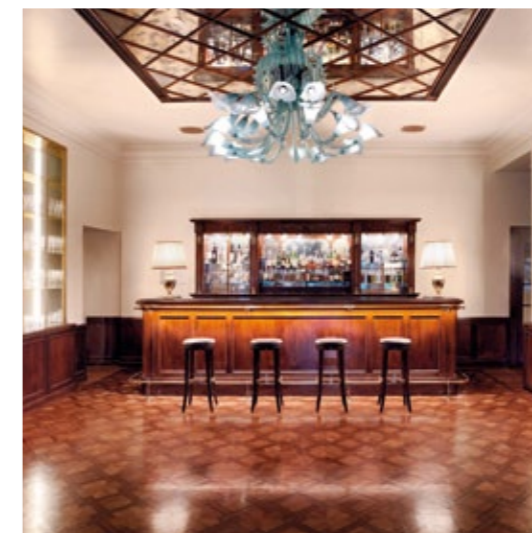
BLUE LIKE THE ADRIATIC SEA





7 nights

- 7 nights, B&B service
- **Dinners**
 - 3 dinners at Harry's Bistrò
 - 1 dinner at Harry's Piccolo, 2 Michelin stars
 - 3 dinners at local Trieste restaurants and *trattorie*
- **active lifestyle**
 - Walking tour of Trieste
 - Hiking, Rilke Path
 - Hiking, Val Rosandra
 - Hiking, Strada Napolenica
 - Hiking, Tiziana Weiss Path
 - Sailboat excursion in the Gulf of Trieste



A private guide will accompany you during all the visits and excursions

For information and booking
tel +39 040 7600011
info@duchidaosta.com



3 nights

- 3 nights, B&B service
- **Dinners**
 - 1 dinner at Harry's Bistrò
 - 1 dinner at Harry's Piccolo, 2 Michelin stars
 - 1 dinner at a local Trieste restaurant
- **active lifestyle**
 - Walking tour of Trieste
 - Hiking, Rilke Path
 - Hiking, Val Rosandra



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**RELAIS &
CHATEAUX**