



IO SONO
FRIULI
VENEZIA
GIULIA



BEACH VACATION IN FRIULI VENEZIA GIULIA: multisensory and outdoor experiences

A beach vacation combined with active tourism to fully experience the lagoon, the sea, and the iconic sites of Friuli Venezia Giulia. The itinerary combines accessible water sports, nature, culture, and local cuisine with multisensory activities designed for people with visual impairments and their friends, family members, and companions.

The program is particularly suited for small groups, families, teenagers, and young adults with visual impairments who wish to experience the sea in an active, safe, and engaging way, alternating between sports activities and cultural and relaxation experiences. Tandem kayaks can be provided for those who wish to use them over multiple days (free of charge, but reservations are required). The base for the trip is Grado.



Detailed itinerary::

- Day 1 - Arrival and Welcome to the Lagoon
- Day 2 - Adaptive Sailing with Tiliaventum (Lignano Sabbiadoro)
- Day 3 - Stand-Up Paddleboarding
- Day 4 - Aquileia: Archaeology and the Surrounding Area
- Day 5 - Trieste and Its Historic Cafés
- Day 6 - Miramare and Nature on the Gulf of Trieste
- Day 7 - Departure

Programme:

Day 1 – Arrival and Welcome to the Lagoon

Arrival in Grado and check-in at the hotel. In the afternoon, **there will be an accessible orientation walk to help you get acquainted with the area** and its surroundings. Welcome cocktail and presentation of the week's program. Dinner at the hotel or at a partner restaurant.

Day 2 – Adaptive Sailing with Tiliaventum (Lignano Sabbiadoro)

The day is dedicated **to adaptive sailing with the Tiliaventum accessible sailing school**, based in Punta Faro. A half-day out at sea with **specialized instructors, assisted boarding, and the use of specialized aids**. Activities are conducted safely and subject to weather and sea conditions. During the experience, companions can choose to board with the group or enjoy walks, bike rides along the boardwalk, or beach activities. Lunch at the marina or in the immediate vicinity.

In the afternoon, free time for the sea, beach, or relaxation.

Dinner on your own.



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Day 3 – Sitting Sup

The morning is dedicated to a **stand-up paddleboarding (SUP) lesson with Tiliaventum at Punta Faro**, either out at sea or in the lagoon, or to a second sailing trip, depending on the group's preferences and sea conditions. **This activity offers an active and inclusive way to enjoy the water, with technical support and adapted equipment.**

The afternoon is free for the beach, the sea, or relaxation.

Dinner on your own.



Day 4 – Aquileia: Archaeology and the Surrounding Area

Tandem bike ride or ride on special bikes **along the bike path connecting Grado to Aquileia.**

The morning is dedicated to **visiting the archaeological site, the Basilica, and the famous mosaics, with accessible routes and tactile aids** to help understand the historical heritage. This experience allows you to **discover Aquileia as a major Roman**



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port and cultural crossroads of the Mediterranean through the tactile exploration of various reconstructed and original artifacts in the museum and the basilica.

Lunch at the local restaurant [La Colombara](#), featuring cuisine inspired by ancient Roman tradition (optional).

In the afternoon, return to Grado by tandem bike, followed by free time to enjoy the beach or relax.



Day 5 - Trieste and Its Historic Cafés

A day dedicated **to exploring Trieste**. The morning includes a **guided tour of the historic center**, with a focus on the city's landmarks and the tradition of historic cafés, a defining feature of Trieste's culture.

Lunch will be at a traditional restaurant in the city center (optional).

In the afternoon, return to Grado and free time to enjoy the beach.

Dinner on your own.



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Day 6: Miramare and Nature in the Gulf of Trieste

Transfer to Miramare Castle. The morning is dedicated to an accessible tour of the castle, with various opportunities for tactile exploration of the museum, the informational panels, and the main paths through the park.

Option for a light lunch in Miramare or return to Grado (optional).

In the afternoon, free time for swimming and relaxation.



Day 8: departure

Useful Information:

- Duration: 7 days
- Reservation: required
- Minimum 6 – maximum 8 people

Accessibility:

- Nature and culture with explorations and experiences designed specifically for groups of blind or visually impaired tourists.

Languages:

- Italian



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- English
- French
- Costs: starting at €990; minimum 6 - maximum 8 participants

The tour includes:

- B&B accommodation in a 3-star hotel
- Tour guide for the entire duration of the stay
- Medical and baggage insurance

The tour does not include:

- Lunches and dinners
- Transportation and transfers
- Visits and activities are optional to allow participants to choose what they prefer and give them time to relax and enjoy the sea.
- Anything not specifically mentioned under “The tour includes”



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