

# TOURIST GUIDE

DISCOVER THE  
UNIQUE  
EXPERIENCES  
OF

ITALY AND  
CROATIA

MAP  
CONSISTING OF  
GASTRONOMY,  
CULTURAL AND  
SIGHTSEEING  
SPOTS



**Interreg**  
**Italy - Croatia**  
**KeyQ+**

European Regional Development Fund



EUROPEAN UNION



## KEYQ+ ITINERARY

## Pazin

Educational Gastronomic Centre of Istria, positioned on Gortan hill overlooking the picturesque City of Pazin, offers a distinct tourist experience which includes the presentation of Istrian traditional culture of food and interactive cooking with professional chefs, according to the principles of Istrian gastronomy: ease of preparation, freshness of raw materials, seasonal and local ingredients. After you learn your way around the Istrian kitchen, hop down to the old city centre and roam through Pazin's charming streets, stopping at the State Archives building where you can discover the rich written traces of Istrian history. Treat yourself to a one-of-a-kind souvenir and head to AZRRI's shop where you can find speciality products – salami and sausages made from the meat of Istrian native breeds. For the perfect end of the day, visit the charming tavern Vela Vrata in Beram, located at the very entrance of the medieval town, foremost famous for Istrian frescoes, work of the Master Vincent from Kastav, set in the church of St. Mary on Škrilinah. We guarantee that at Vela Vrata you will experience a supreme gourmet delight which you will savour in your mind for a very long time.

AZRRI D.O.O.  
PAZINEDUKACIJSKI  
GASTRONOMSKI  
CENTAR ISTREKEYQ+  
POINT

## VELA VRATA

STARA JEZGRA  
GRADA  
PAZINA

## KEYQ+ ITINERARY

## Pula

City of Pula has much to offer to food & culture aficionados, starting with Pula's Green Market. Begin your tour with a guided walk through the open-air stalls with local and seasonal produce in the comforting shade of centuries-old chestnut trees. Then head to the newly equipped edu-kitchen in the imposing covered Market building, where you can transform today's fresh produce into impressive dishes by joining the interactive cookery lessons. If you are hungry for more, little further down the street you will find the charming restaurant Kantina where you can choose if you want to eat on the terrace overlooking the city crowds or in the beautifully decorated cellar under centuries-old stone vaults. After you feast on a special menu inspired by the Austro-Hungarian period, head to the must-see Aquarium Pula situated within the 130-year-old fort "Verudela" nowadays inhabited by hundreds of fish species from the Adriatic. No culinary experience in southern Istria would be complete without savouring the incredible richness of the local extra-virgin olive oils. OPG Chiavalon from Vodnjan, just outside Pula, is one of those places where you can taste carefully curated blends. For dinner, head back to Pula for a more homemade experience in the traditional tavern Vodnjanka.

AQUARIUM  
PULAOPG  
CHIAVALON

## TRŽNICA PULA

KEYQ+  
POINT

## KANTINA



## KEYQ+ ITINERARY

## Lošinj

Osor was once a famous antique town and today it is a lovely open-air museum located where a bridge spans the distance between the islands of Cres and Lošinj. In Ancient Greece olives were served for any occasion and at the Novak Family Farm in Čunski you can taste a variety of olive-based products and see how these healthy delicacies are made. The most famous island symbol representing its antique heritage is the statue of Apoxyomenos displayed at the local Museum of Apoxyomenos. In addition to the famous sculpture, there is the Fritzi Palace collection showing the rich cultural heritage of the island displayed at its historical administrative centre. The island is a true nature's garden famous for its rich flora and its variety can be enjoyed at the Lošinj's Fragrant Garden, affording a wonderful view of its many coves. In addition to the island's Fragrant Garden, the must-see places on Lošinj include the Providenca viewpoint, the Apsyrtides educational trail (300 m) and the local bar featuring an extensive menu of traditional delicacies. Those with a penchant for history can learn about the rich maritime tradition of the island at the Veli Lošinj's Kula Gallery & Museum. The waters around the island are a dolphin reserve and to learn more visit the Veli Lošinj's Blue World Institute & Marine Education Centre.

MIOMIRISNI  
OTOČKI VRTMUZEJ  
APOKSIOMENAKEYQ+  
POINTMUZEJSKO  
GALERIJSKI  
PROSTOR  
KULAPLAVI SVIJET  
- INSTITUT ZA  
ISTRAŽIVANJE  
I ZAŠTITU  
MORA

## KEYQ+ ITINERARY

## Trieste

Starting from the Karst plateau you can choose a naturalistic and enogastronomic itinerary among the olive groves by visiting the Fior Rosso farm of Zeriul Adriana (Loc. Aquilinia, 420 - 34018 S. Dorligo della Valle). Here, upon reservation, you can take guided tours of the olive grove with oil tasting. The most recommended period is from 1 March to 15 October. The visits are made for groups of a minimum of 4 people to a maximum of 50 people. A few kilometers from here you can reach the farm Parovel Group Srl (Zona Artigianale Dolina, 546 - 34018 San Dorligo della Valle) where you can visit the winery and the olive groves. From San Dorligo in 15/18 minutes by car you can reach the town of Opicina where, in the context of the "Youth Village" you can admire the so-called "ship of freedom", an impressive building designed by the famous architect Marcello D'Olivo in 1950. From Opicina you can then go down to the historic center of Trieste ("in the city" for the Triestines) to visit the Borgo Teresiano and make a typical snack (rebechin) at two typical local Trieste, the Bar Buffet da Roby and the Buffet L 'Approdo.

**AZIENDA  
AGRICOLA FIOR  
ROSSO**

**NAVE DELLA  
LIBERTA**
KEYQ+  
POINT
**PAROVEL**

**BORGO  
TERESIANO**


# KEYQ+ ITINERARY

## Cividale del Friuli

5.

Cividale del Friuli, crossed by the Natisone river, welcomes guests inviting them to discover the deep bond that unites historical and artistic heritage with its extraordinary culinary tradition. Starting from Informacittà located in Piazza Paolo Diacono and crossing the Corso, you reach Piazza Duomo, which overlooks the Palace of the Proveditori Veneti house of the National Archaeological Museum and, beyond the majestic cathedral next to the bell tower, you enter the Christian Museum and Treasury of the Cathedral. After a short visit to the sites, the walk continues towards the legendary Devil's Bridge and, after the ritual photo, take Via Monastero Maggiore to reach the entrance to the Monastery of Santa Maria in Valle from which to enter the famous Longobard Temple. Going out on Piazza San Biagio and following the road that runs along the convent, you reach the Medieval House. During the walk it will be difficult to resist the call of the scent of the gubana on display in the windows of the pastry shops of the center, or at the invitation of the many restaurants where you can taste the frico, in its innumerable variations, savour the taste of the craft beers of the territory, and discover the different types of grappa.

### MUSEO ARCHEOLOGICO NAZIONALE



### LA CASA MEDIEVALE



### TEMPIETTO LONGOBARDO CON MONASTERO DI SANTA MARIA IN VALLE

KEYQ+ POINT



### MUSEO CRISTIANO E TESORO DEL DUOMO



## KEYQ+ ITINERARY

## Pramaggiore

Start from Mostra Nazionale Vini di Pramaggiore, the National wine exhibition that promotes the oldest oenological competition in Italy, to dive into the flavours of wines from autochthonous grapes Tai, Raboso, Refosco, Riesling e Verduzzo. Here begins your tour around the must-discover vineyard, carnaroli rice and biancoperla maize fields embracing the Venice lagoon. Visit three museums to disclose, in Torre di Mosto, landscape evolution (as represented by '900 artists' paintings), in San Dona' di Piave, land reclamation interventions and finally, in Belfiore di Pramaggiore, cereal growing and moulding. Next part of the tour reaches the coast and the evidences of fishing, shipping and sailing activities: the lighthouse in Bibione, the coastal garden of Eastern Venice, preserving dunes and other coastal structures, the characteristic "Caorle's casoni" where fishermen lived and to a century ago. Finally, follow back the river Lemene to reach precious findings from the Roman times, unearthed at the end of XIX century and exhibited now at Museo Nazionale Concordiese di Portogruaro and archeological area of Concordia Sagittaria.

**GIARDINO  
MEDITERRAN  
EO DELLA  
VENEZIA  
ORIENTALE**

**MERCATO ITTICO  
COMUNALE DI  
GAORLE**

**MOSTRA  
NAZIONALE  
DEI VINI DI  
PRAMAGGIORE**
KEYQ+  
POINT
**MUSEO  
ETNOGRAFICO  
DELLE ARTI  
MOLITORIE**


## KEYQ+ ITINERARY

*Forlìmpopoli*

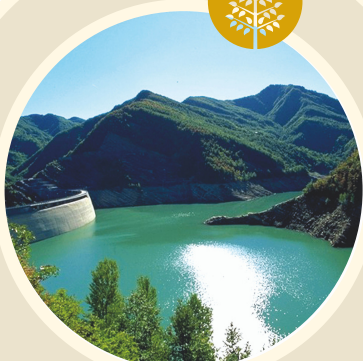
The ideal itinerary to discover the authentic Italian home-cooking starts from its acknowledged father's legacy: Casa Artusi in Forlìmpopoli. Head towards Russi, if you want to appreciate niche products such as the "Bel-e-Cot", a cooked salami produced only in this small village since long centuries ago. Hop over the Po Delta Valleys with its rice fields and then to the coast, to explore the traditions from humid zones and maritime life. Catch, cooking and pickling of eels and typical fish from the Adriatic see (don't miss the Ancient pickling factory of Comacchio!), seafaring (the floating Museum on the Leonardo da Vinci's harbour in Cesenatico worth the visit), sweet-salt extraction from Cervia Saltpans, and Fellini's Rimini streets and markets. Don't forget that Romagna has also amazing hills, covered with fields scattered with farms producing cheeses (Ravignolo and Formaggio di Fossa, to mention a couple), wine and all kinds of prosciutto and salami, ancient forests (such as the UNESCO heritage in Casentino Forests) and villas like Villa Silva-Carducci and Villa Torlonia where poets were inspired real masterpieces, nowadays turned into museums to keep on cultivating arts and culture.

**MUSEO DELLA  
MARINERIA DI  
CESENATICO**

**KEYQ+  
POINT**

**CASA ARTUSI**

**VILLA  
TORLONIA**

**PARCO  
DELLE  
FORESTE  
CASENTINESI**






# PROJECT INFORMATION

The project KeyQ+ is capitalizing the IPA Adriatic Key Q project and is aimed at protecting and preserving historical traditional cuisine and less-known cultural heritage sites of Italy and Croatia, in order to foster the cross-border economy. To that aim, the project has defined an innovative tourist itinerary that is focused on enhancing the local eno-gastronomic attractiveness, and supporting synergies creation among the didactic kitchens, local producers and cultural sites operators. The principal project objective was to create a 7-part tourism itinerary based on agro-food biodiversity and gastronomy heritage from the KEYQ+ territory connected to cultural and historical assets in the area, valorising less known sites and offering to tourists typical products in different seasons. Happy exploring!

### Project title

KeyQ+: Culture and tourism as keys for quality cross border development of Italy and Croatia

### Start and end date

01/01/2018 - 30/09/2019

### Priority axis 3

Environment and cultural heritage

### Specific objective 3.1

Make natural and cultural heritage leverage for sustainable and more balanced territorial development

### Deliverable information

WP3, Activity 3.4, Deliverable 3.4.1

### Lead partner (name and contact)

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