

Smart and Slow Tourism Supporting Adriatic Heritage for Tomorrow

TAKE IT SLOW



„EMBRACE THE PACE OF
ADRIATIC HERITAGE EXPERIENCE“



PELJEŠAC

TAKE IT SLOW is capitalizing on the natural and cultural heritage of the Adriatic region and creating new slow tourism offering through sustainable smart specialization concepts - GREEN, INNOVATIVE and CREATIVE. Tangible and intangible natural and cultural heritage of the Pelješac region is being interpreted in the newly renovated Rector's Palace in Ston, through engaging cultural and creative industries. Through the project, Pelješac's gastronomy value chain is being strengthened by engaging various stakeholders in an interactive process of creating new slow tourism offering.



Photo credit: Ston Municipality Tourist Board

STON CAKE

Ingredients:

- 0,5 kg macaroni
- 0,25 kg sugar (crystals)
- 0,10 kg chocolate (cooking)
- 0,25 kg almonds
- 0,15 kg walnuts
- 0,04 kg sugar (vanilla)
- 0,001 kg cinnamon
- 0,09 kg lemon 0,09 kg
- 0,25 kg butter
- 6 eggs

Dough for shaping in the pan:

- 0,40 kg flour (hard)
- 2 eggs
- 0,05 l olive oil
- 0,004 kg salt

Preparation: Cook macaroni in boiling water, then cool. Grate chocolate and lemon. Add sugar, ground almonds and walnuts, vanilla sugar and cinnamon to the chocolate. Cut the butter in small squares. Beat the eggs slightly. Make a dough from the flour, eggs, olive oil and salt. Let it rest. Spread thinly with a roller to the shape that will cover the entire form. Grease the form with olive oil and cover with a sheet of dough so that the surplus dough falls over the edges. Layer the macaroni, sprinkle with chocolate, sugar, walnuts, almond, vanilla sugar and cinnamon mixture. Pour a beaten egg over and sprinkle with pieces of butter. Repeat for all layers to the top or until the mixture is used. Add butter pieces to the top of the dough with slight pressure so that the dough sinks into the filling in the form. The surface is covered with melted butter and baked at 180 C approximately 45 minutes. Remove the cake from the form when it's done and sprinkle it with sugar.

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BLACA HERMITAGE

Blaca monastery was built in the 16th Century on the southern side of Brač Island. It began in a stone cave where a couple of monks of the Croatian Glagolitic Order used it as a place of solitude to dedicate themselves to God. Blaca is much more than a monastic complex. It is also a unique ecosystem with a lot of vineyards, olive trees, and big apiary, in a landscape of extreme value as well as a unique historic metaphor through which, as if in a time capsule, the entire history not only of the island but the whole Adriatic can be comprehended.



Photo credit: Željko Skoko

HRAPOČUŠA

- Ingredients:**
- Biscuit:
 - 12 egg yolks
 - 4 egg whites
 - 1/2 teaspoon baking powder
 - 4 tablespoons water, cold
 - 300g white sugar
 - 300 g all-purpose flour
 - 1 vanilla sugar (or vanilla essence)
 - 1 orange zest
 - Optional: 1 tablespoon of olive oil
 - Topping:
 - 8 egg whites
 - 800 g white sugar (2.5 cups)
 - 800 g walnuts (6 cups)
 - juice of 1 lemon

Preparation:
 Biscuit: Separate the 8 egg yolks, and add 4 whole eggs, sugar, and vanilla sugar. Mix it with an electric mixer, until it's light and airy. Add water, flour, baking powder, and orange zest and mix once again so everything is well blended and bake it in the preheated oven for 20 minutes at 180°C.

Topping: Mix the egg whites into a foamy consistency but not too firm. With a wooden spoon, fold in the walnuts and sugar and mix well. Put the mixture into a medium saucepan and cook over medium heat. It will take around 15 minutes to become thick, sticky, and golden brown. Pour in the lemon juice and keep stirring for a further few minutes.

When the bottom layer of the cake is baked, remove it from the oven and reduce the oven temperature to 100°C and let it rest for a while. Add the walnut mixture over the cake, starting from the edges and moving toward the middle of the cake, spread the mix evenly and bake it for a further 30 minutes until the top is light brown.

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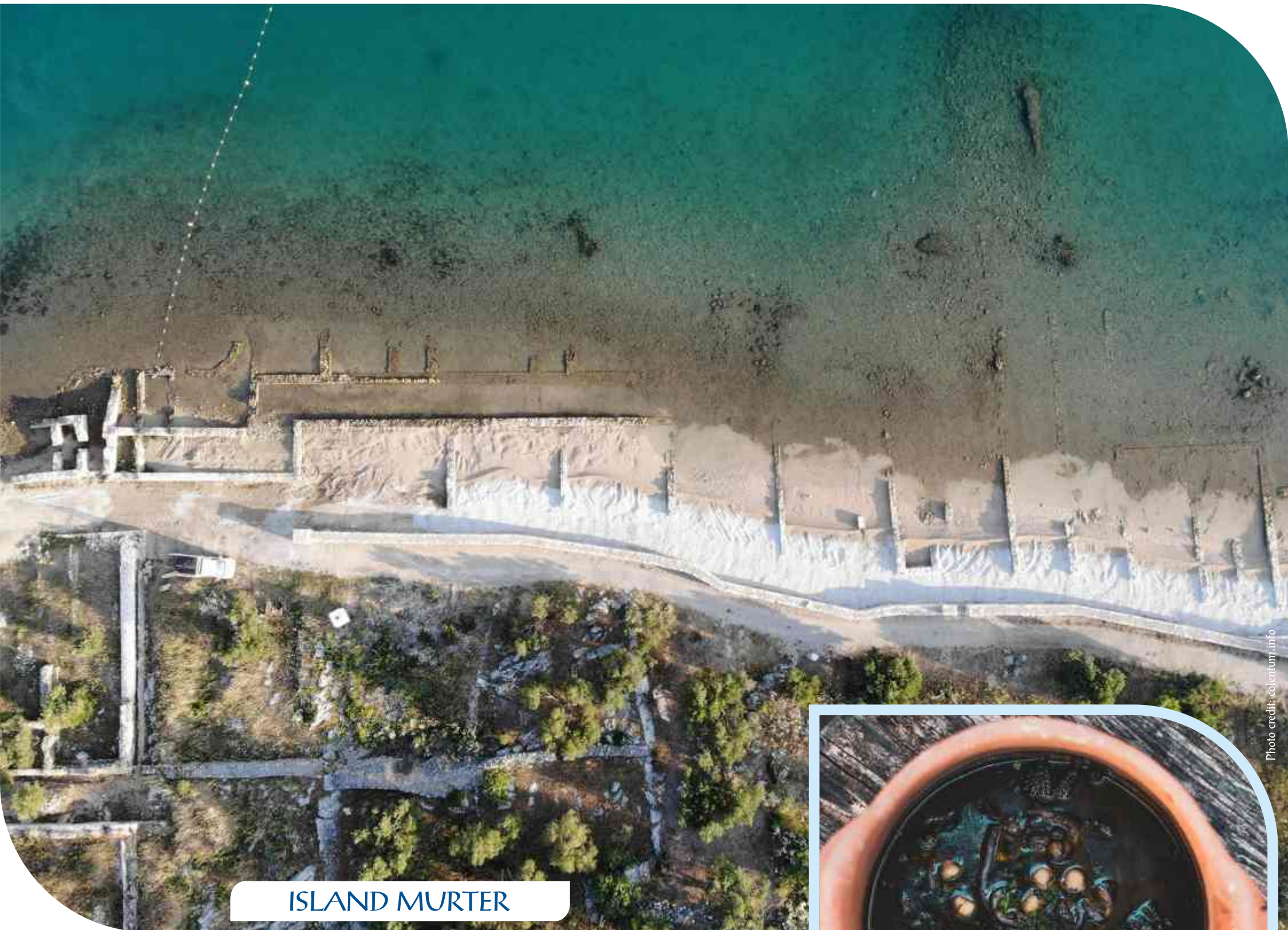
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ISLAND MURTER

Murter, this unusual jewel in the sea adorned with numerous islands linked by karst and blessed with islanders' resilience, has been building its history for thousands of years. From prehistoric times, when the sovereign rulers of the Adriatic Liburnians built their port city of Colentum here, to the ancient times, when Colentum was settled by the Romans, to this day one can trace the continuity of the population of the island of Murter. The sea has always shaped the history of the island. It provided life potential and protection, while limiting and shaping the life habits of the islanders.



Photo credit: Konoba Boba

MANIŠTRUN FROM CUTTELFISH

Ingredients:

- 2 onions
- 100 ml of olive oil
- 200 ml of red wine
- 1 kg of chickpeas
- 1 kg cuttlefish
- 1/2 hot pepper
- 300 ml of fish stock

Preparation:

Leave the chickpeas to soak overnight, then cook them the next day. Stew the onion in oil, then add the spices so that the onion absorbs them. Add the cuttlefish, cover it with wine and fish stock, then cook on low heat for about 90 minutes and serve the cuttlefish with chickpeas.sugar.

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RAVNI KOTARI

Ravni kotari represent the hinterland of the highly developed touristic coastal area of Zadar County (Zadar and Biograd riviera). Geographically, Ravni kotari are located in northern Dalmatia and, administratively, they are mostly located in Zadar County and, in a smaller part in the southeast, in Šibenik-Knin County. This area is rich with natural and cultural tangible and intangible heritage, some of which is protected under UNESCO (traditional ojkanje singing and the art of drywall construction).



Photo credit: Vransko Jezero Lake Nature Park

PRISNAC

Ingredients:

- flour
- salt
- yeast
- lukewarm water
- cottage sheep or cow cheese
- eggs
- clotted cream

Preparation:

Knead the flour dough, add a little salt, yeast on the tip of a knife, and lukewarm water. Roll out the dough into a crust and cover the bottom of a shallow round dish with it so that the excess goes over the edge. Put a mixture of crumbled cottage sheep (or cow) cheese, eggs, and clotted cream into the crust. If the cheese is not salted, add a little salt. Return the excess crust to the dough (approximately 2 cm wide). Spread egg yolk in the middle. You can also add a little sugar to the mixture for a sweeter prisnac. Prisnac is traditionally baked under the bell (peka), for about twenty minutes. Be careful not to burn the skin!

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MOTOVUN

Istria, a heart-shaped region in northwest Croatia and the largest green peninsula of the Adriatic with a coastline full of beautiful bays and beaches emerged as a multicultural province with Italo-Romance, Germanic and Slavic cultural heritage in the Middle ages. Medieval castles with their architecture and historical heritage reveal Istria as a border region marked by numerous European historical factors, such as emperors of the Holy Roman Empire, powerful noble families, weakened ecclesiastical dignitaries and the Most Serene ruler of the Adriatic, the Republic of Venice.



Photo credit: Istarska kuhinja, Franko Lukež i Branko Lovrić, Petko, Pula, 1994.

ISTRIAN BRUDET

- Ingredients:**
- 500 g red scorpionfish
 - 250 g angler
 - 250 g conger eel
 - 150 g squid or cuttlefish
 - 5 crabs
 - 0.8 dl oil
 - 250 g onion
 - 50 g garlic
 - 300 g fresh tomatoes
 - 40 g flour
 - 1.5 dl white wine
 - 20 g parsley
 - 2 bay leaves
 - 2 g peppercorns
 - 15 g salt

Preparation:
Clean the fish. If the fish is large, cut it into pieces, roll in flour and deep fry until golden brown. Add the squid, the crabs, minced onions, sliced garlic and parsley, chopped tomatoes, bay leaves, peppercorns and salt. Add the water so that it covers the fish and simmer over moderate heat. Halfway through cooking, add the wine and continue cooking for around 30 minutes, giving the saucepan an occasional shake. Serve with polenta. om the form when it's done and sprinkle it with sugar.

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Photo credit: Foliage in Fusine Lakes_Fabrice Gallina

FRIULI VENEZIA GIULIA

Friuli Venezia Giulia encloses all the characteristics that have made Italy a place loved by writers, poets and travellers, from the peaks of the Alps and the Dolomites, to the waves of the Adriatic, the squares of elegant cities, the streets of old villages and the vine-clad hills of the Collio region. On the border between three countries yet at the heart of Europe, this region has made its geographical position its main strength: in just two hours, you can get to see the Italian, Slavic and Germanic cultures, expressed in some sort of a kaleidoscope of traditions, languages and religions.



Photo credit: PROMOTURISMOFVG

TRADITIONAL FRICO

- Ingredients:**
- Biscuit:**
- Potatoes
 - Montasio stravecchio (very mature cheese)
 - Montasio fresco (fresh cheese)
 - Salt
 - Extra Virgin Olive Oil
 - Sage
 - Curled leaved Parsley
 - Sunflower oil

Preparation:

Peel the potatoes and grate them with a 4-sided grater on the coarse side. Put the potatoes in a bowl and season with a pinch of salt. Heat a frying pan with a drizzle of oil. Toss in the potatoes and let them cook for a few minutes. Once they are soft add the chopped Montasio cheese, mix and press the mixture. Continue cooking till it forms a crust on both sides, keeping it moving in the pan. Heat a little oil and fry the parsley and sage.
Plate up and serve hot.

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May

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VILLA PISANI

Photo credit: Direzione Regionale Musei Veneto

Bigoli in Salsa is one of the most famous main courses of Veneto Region, the land of gastronomic excellence. The recipe combines the taste of the coastal area (salty anchovies) with the local pasta called „bigoli” from the outback. Your “tasting travel” will take you to know the traditions and culture of the Land of Venice covering the provinces of Padua, Rovigo and Venezia. Venetian Villas, historical centers, natural areas are welcoming you.



BIGOLI IN SALSÀ

Ingredients (4-6people):

- dozen salted medium-sized anchovie
- 1 onion
- 1 glass of dry white wine Veneto "Valpolicella" "Euganei-Berici" and "del Grappa" extra virgin olive oil P.D.O. (Protected Designation of Origin)
- 400 g bigoli (a sort of pasta made with durum wheat flour) or bigoli mori (a darker version made with mixed flours, such as rye and barley)
- salt (be careful, because the anchovies are already salty)

Preparation:

For bigoli, preferably "mori" (the dark version made with mixed flours, such as rye or barley), a very simple sauce is prepared. Heat some finely chopped onion in a pan with extra virgin olive oil until lightly coloured, then add the desalted boned anchovies. Add some white wine so that the anchovies dissolve with the onions to form a creamy "saór". Reduce the sauce and use it to season the bigoli, cooked al dente.

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JULY 2023

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VALMARECCHIA

Valmarecchia, from Santarcangelo di Romagna to Pennabilli, comprises excellences, natural and cultural beauties and lifestyles of ancient lands transversal to the Adriatic, of the plains, hills and mountains overlooking the sea. It does so through horizontal lines, parallel to the sea, offering visitors a more attentive and aware look at what surrounds them, at the often lesser known "horizons" of Romagna land.



Photo credit: Chef Daniele Succi

PIADINA WITH ANCIENT GRAIN FLOURS

- Ingredients** (for 10 piadine):
- 500 g flour mixture of ancient grains
 - 250 g water at room temperature
 - 40 g extra virgin olive oil
 - 7 g salt

Preparation:
Place the flour in the middle of the work surface and create a well in the center of the flour. Add salt, olive oil and water. Knead until dough is smooth, cover with a cloth and let rest for 15 minutes.

Shape the dough into ten 70 g balls, roll them out with a rolling pin in a round shape about 2 mm thick.

Cook on a cast iron pan. Pierce the bubbles with a fork to flatten them. Serve hot and steaming.

AUGUST 2023

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MONASTERY OF FONTE AVELLANA

The Monastery of Fonte Avellana is located on the wooded slopes of Monte Catria, in Serra Sant'Abbondio (Marche Region), in the highest part of the Central Apennines. It dates back to late 10th century and it belongs to the Camaldolese Congregation of Fonte Avellana Monks. The Monastery is visited every year by thousands of tourists, as symbol of history, spirituality and culture. In fact, the religious site is an integral part of the historical, artistic, natural and cultural heritage of the local territory.



Photo credit: Unione Montana del Catria e Nerone

PENCIANELLE

Ingredients:

Kneading:

- Local semi-wholemeal flour
- Eggs
- Water

Sauce:

- Oil
- Beans
- Tomato Sauce
- Mixed minced meat (beef and pork)

Preparation:

First dish of the local tradition, proposed in the original recipe handed down by the housewives of the Municipality of Serra Sant'Abbondio, the "Pencianelle" are a sort of maltagliati pasta based on flour and water. The traditional recipe is quite secret. Those who keep the art of making them reveal neither the type of flour nor their proportions. We only know that two type of flours are used. Today it is possible to taste them in a revisited version of Pencianelle with bean sauce.

SEPTEMBER 2023

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GREEN WAY OF THE TRABOCCHI COAST

The Green Way of the Trabocchi Coast is a 50 km-long cycle path next to Abruzzo's Adriatic coastline from Ortona to Vasto, and winds along a stretch of the abandoned railroad. Visitors will ride their bikes all the way through, with unparalleled views of the Majella and Gran Sasso parks on one side, and the trabocchi on the other – perhaps the oldest fishing machines in the world, now the symbol of Abruzzo. The area is renowned to produce local wines, olive oils, dairy products and cured meats made from the typical black pig of Abruzzo, as well as for a variety of fish species.



Photo credit: Abruzzo region

BRODETTO ALLA VASTESE

Ingredients:

- 1.5 kg of mixed fish – recommended: giant gobies, monkfish, slipper lobsters, cod, cuttlefish, scampi, as well as reef fish such as redfish, red mullets, shrimps, mussels, and clams
- garlic
- 1 kg of "mezzo tempo" tomatoes typical of the local area
- 500 grams of cherry tomatoes
- half a fresh chili pepper
- extra virgin olive oil from the Vasto hills
- salt
- fresh chopped parsley

Preparation:

Clean the fish and set it aside. Wash and chop the tomatoes, pour plenty of extra virgin olive oil in the terracotta pan and add garlic, chili pepper, and salt. Cook for about 15/20 minutes. Gradually add the fish to the sautéed mix, starting with the fish that need longer cooking, such as cuttlefish, slipper lobsters and scampi. Cover the pan and keep on cooking the soup for about 5 or 6 minutes. The fish should not be reduced to pulp smash, so do not overcook, or stir vigorously. Add the fresh chopped parsley and serve in the terracotta pan with some slices of toasted bread.

OCTOBER 2023

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MOLISE REGION

Molise, a middle ground where history, men and culture meet, giving life to millenary traditions that have been handed down over the centuries and echo in foreign languages among sunny villages inhabited by people who "come from beyond the sea".

Sunset

The sun dies every evening in one way, but always in the midst of colours. Red, yellow, blue, green, you could dye a rainbow, so whoever passes underneath, doesn't grow anymore, remains a child, or dye a few numbers of butterflies, which go dancing in your hair and tickle you to make you laugh. (A poem in Na-nasu language of Nicola Clijosca)



Photo credit: Agriturismo Fontefredda

"PALLOTTE CACIO E OVA" OR BALLS WITH CHEESE AND EGGS

- Ingredients** (for ten balls):
- 150 g of stale bread
 - 200 g aged pecorino cheese
 - 3 eggs
 - 150 g of dry sausage
 - Onion
 - A pinch of salt
 - Tomato sauce
 - Parsley
 - Olive oil
 - Celery

A poor dish of pastoral origin, born from the need to put protein sources on the table despite the scarcity of available meat, the "pallotte cacio e ova" (balls with cheese and eggs) still remain one of the cornerstones of the Molise culinary tradition.

Preparation:

Coarsely chop the sausage and finely chop the stale bread. Combine everything with the eggs, parsley, grated pecorino cheese and a pinch of salt, mixing until you will obtain a homogeneous mixture. Form balls with slightly moistened hands and place them on a tray. Then heat the oil in a saucepan together with the onion and celery, finally adding plenty of tomato sauce. Wait for the sauce to come to a boil to place the balls on the fire so that they do not touch each other and that the tomato completely covers them. Allow to simmer for 45 minutes.

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October

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LE TERRE DI FASANO

Fasano is a city where history and nature intertwine multiple elements of natural and cultural value in an unbreakable union. It is a land-sea bridge with sandy and rocky shores and, at its centre, a valley immersed in monumental olive groves among ravines and rocky settlements. The ancient heart of the city is a tangle of streets always in the shade, the hill is a treasure trove of biodiversity. The valley, surrounded by millennial olive trees, is the custodian of an ancient history, with ravines, rupestrian villages, historic farmhouses and underground oil mills. The coast is made up of fragile habitats and rocks, on which the archaeological heritage of the ancient Egnatia, one of the most important ports of antiquity, has been lying for centuries.



Photo credit: Orecchiette - Credit Pasificio Cardone

ORECCHIETTE PASTA WITH TURNIP TOPS

Ingredients (for 2):

- 600 g turnip (the tops should then be separated), boiled in water, drained
- 200 g orecchiette pasta (fresh)
- 1 clove of garlic
- 3 fillets of fresh anchovies
- salt
- extra virgin olive oil
- 1 chilli pepper
- breadcrumbs

Preparation:

Orecchiette pasta with turnip tops is one of the typical dishes of the Terre di Fasano area. The recipe combines strong flavours and is made up of the ingredients of centuries-old peasant culture in the land. The homemade orecchiette pasta, made with a selection of ancient wheats (such as the Senatore Cappelli variety), are cooked together with turnip tops, whipped with an anchovy and bread sauté and spiced with garlic and a pinch of chilli pepper. The special feature of the dish is the turnip, of which Fasano boasts a historical tradition in its production. It comes from an ancient, coarse-capped variety, vulgarly known as the "three-star" turnip. It has a dark green colour and its flavour is bitter and intense, yet pleasant to the palate.

DECEMBER 2023

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TAKE IT SLOW

Smart and Slow Tourism

Supporting Adriatic

Heritage for

Tomorrow



ENG

TAKE IT SLOW "Smart and Slow Tourism Supporting Adriatic Heritage for Tomorrow" is a strategic project within the INTERREG VA Italy Croatia Cross-Border Collaboration Programme 2014 - 2020, designed to establish, manage & promote Adriatic Region as an innovative, green, sustainable, creative and accessible cross border destination aimed at empowerment and promotion of the concept of slow and smart tourism. Slowing down the pace and appreciating the natural and cultural heritage of the Adriatic coast is the ultimate invitation.

HR

TAKE IT SLOW "Smart and Slow Tourism Supporting Adriatic Heritage for Tomorrow" strateški je projekt Programa prekogranične suradnje INTERREG VA Italija Hrvatska 2014. - 2020., osmišljen s ciljem upravljanja i promicanje jadranske regije kao inovativne, zelene, održive, kreativna i dostupne prekogranične turističke destinacije usmjerene na osnaživanju i promicanju koncepta sporog i pametnog turizma. Usporiti tempo i cijeniti prirodnu i kulturnu baštinu jadranske obale ultimativni je poziv.

IT

TAKE IT SLOW "Smart and Slow Tourism Supporting Adriatic Heritage for Tomorrow" è un progetto strategico realizzato nell'ambito del Programma di Collaborazione Transfrontaliera INTERREG VA Italia Croazia 2014 - 2020, con lo scopo di affermare, valorizzare e promuovere la Regione Adriatica come una destinazione transfrontaliera innovativa, verde, sostenibile, creativa e facilmente raggiungibile, incentrata sul rafforzamento e la divulgazione del concetto di turismo lento e intelligente. Un invito finale è quello di rallentare il ritmo e ammirare il patrimonio naturale e culturale della costa adriatica.

Follow TAKE IT SLOW project at:

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