

notebook #4



LA VAL
DEL LAGO

a special
welcome



The **receptive realities** of the Val del Lago are able to satisfy the seasonal tourist demand and to respond to the needs of their customers also thanks to the accessory services present on the territory: to meet the needs of the visitor, information and hospitality is provided through the mutual promotion of accommodation realities, but also in newsstands, bars, B&Bs, which become the first tourist operators, in their own way integrated with the institutional system of information offices and welcoming tourist of the territory. A stay in the Val del Lago makes it possible to meet people with the same passions and to allow emotional experiences.





CUISINE The cuisine of the Friulian tradition is **a simple cuisine**, which proposes humble dishes but maximizing the richness and particularity of the flavors, a result of the experience and passion that every Friulian always puts in in carrying out things. The ancient recipes are linked to the **seasonal products of the fields, the stable, the courtyard and the woods**. The dishes and typical products are today sought after for their genuineness and delicacy. In local stores you can buy typical products like salami, sausages in general, fresh and seasoned cheeses, honey, jams, syrups, etc..

DISHES ... the varieties of **bread**; **polenta**, cooked long and compact, to be accompanied with roasts and stews, *frico*, with game dishes or stewed trout; salami, bacon, and other **sausages**; **cheeses**, fresh or seasoned; **omelettes** with wild herbs; the herb or bean **soup**; **risotto** with "sclopit" (maidenstears); potato or pumpkin **gnocchi** seasoned with butter, ricotta and sage or with game sauce; the **tripe**; the **brovada** with *musetto* (a kind of sausage); the pork **shank**; grilled **sausage**, wine sausage or sausage with soft *polenta* and ricotta (*toc di braida*); pork **ribs** with cabbage; vinegar **salami**; **frico**, in the crumbly version or with fresh cheese and potatoes; the grilled trout ...





AROMATIC HERBS AND FLORA The whole territory has very different natural elements, interesting for enjoying the landscape in your free time but also as a resource. Indeed, this resource has been used for centuries as a base for a subsistence economy and today it is an added value for personal well-being and a culinary ingredient for the preparation of typical dishes. Mount San Simeone and Mount Corno are in fact full of **official herbaceous species and plants that can be used for cooking purposes**, including: mallow (for mouth hygiene and care), hypericum (natural antidepressant), the dog rose, wild asparagus, "sbite" or sea buckthorn, maidenstears, wild hop. There are also many species of flowers on our territory: the wild lily, the martagon lily, the carline thistles, the iris, the edelweiss, the gentian.



EVENTS There are plenty of opportunities to celebrate and taste traditional Friulan and lake dishes, from small village festivals to events such as: the **"Festa del Pesce"** (lit. "Fish Festival") in Somplago held in early July, where you can enjoy fresh fish of Friuli and the Adriatic. The festival takes place on the Lake shore, near the Hydroelectric Power Plant of Somplago, for the occasion open to visitors; the **"Festa del lampone e del mirtillo"** (lit. "Raspberry and blueberry festival") of Avasinis (second weekend of August), with the fruits harvested on the slopes of the nearby mountains and always used in the country for snacks, drinks, jams and for health and cosmetics. Summer is also colored by events and meeting opportunities, the splendid setting of the lake will surround a suggestive **fireworks display** (14th August) and sporting events that actually enhance this magnificent part of Friuli, passing by bicycle racing to canoeing, from paragliding to windsurfing all this and much more. In the hamlet of Alesso, on the New Year's Eve, the main square and streets covered with Savoy cabbage, viscja (wild turnip tops) and historic flags are the setting for this highly original festival (**"Festa dei Coscritti"**, lit. "Draftee festival") that has been repeated for over 150 years. A show of dances in traditional costume and parades of decorated floats, where young people greet the new year in a particular historical fusion of ancient rites of initiation into adulthood with the duties derived from the institution of military service.

CALENDAR Festa di S. Antonio (Bordano) 17th January; **Festa del pesce** (Somplago, Cavazzo Carnico) 2nd weekend of July; **Trasaghis in festa** (Trasaghis) last weekend of July; **Festa del panzerotto** (Cavazzo Carnico) last weekend of July and 1st of August; **Festa del paese** (Bordano) 1st weekend of August; **Deles in fiesta** (Alesso, Trasaghis) 1st Saturday of August; **Festa del lampone e del mirtillo** (Avasinis, Trasaghis) 2nd weekend of August; **Fuochi**

su lago (Alesso, Trasaghis) 14th August; **Festa di S. Rocco** (Cavazzo Carnico) 16th August; **Festa del ringraziamento** (Monte San Simeone, Bordano) 1st week of September; **Festa del ponte** (Braulins) 3rd weekend of September; **Festa del patrono S. Martino** (Interneppo, Bordano) 11th November; **Festa della Madonna della salute** (Peonis, Trasaghis) one Sunday in November; **Festa dei coscritti** (Alesso, Trasaghis) 31st December.





EATING

restaurant / tavern / trattoria / pizzeria / ...



BORDANO

1 Alle Sorgenti

Bar / Restaurant

Viale Udine, 4

33010 Bordano

☎ 0432 988200 / 340 6093179

✉ sorgbord@gmail.com

2 All'Aldilà

Bar / Pizzeria / Restaurant

Via Roma, 21

33010 Bordano

☎ 347 9465349



CAVAZZO CARNICO

3 Le Bistrot

Bar / Home cooking

Via di Sotto, 2

33020 Somplago

☎ 339 5987097

4 Angeli Neri

Tavern

Via della Fontana, 26

33020 Cesclans

☎ 0433 93242 / 346 8094455

✉ info@osteriaangelineri.com

5 Borgo Poscolle

Restaurant

Via Poscolle, 21/A

33020 Cavazzo Carnico

☎ 0433 935085

6 Al Pescatore

Trattoria

Località Val

33020 Cavazzo Carnico

☎ 0433 93478

7 La Genzianella

Pizzeria / Restaurant

Via San Rocco, 32

33020 Cavazzo Carnico

☎ 0433 929112

✉ piz.lagenzianella@libero.it

8 Palude Vuarbis

Farmhouse

Località Palude Vuarbis

33020 Cavazzo Carnico

☎ 347 2352471



TRASAGHIS

9 Da Lodo

Bar / Pizzeria / Diner

p.zza IV Novembre, 4

33010 Alesso

☎ 3474054143

✉ dalodobarpizzeria@gmail.com

10 Bar da Ste

p.zza I maggio

33010 Alesso

☎ 329 7967464

11 Alla Darsena

Pizzeria / Restaurant

Via Lago, 81

33010 Alesso

☎ 0432 979533

12 Al molo

Bar / Kiosk

Via Lago – Riva est

33010 Alesso

☎ 338 4257718

14 Bunker 3

Pizzeria / Restaurant

Via O. De Luca, 68

33010 Trasaghis

☎ 0432 984536

13 Alla Trota

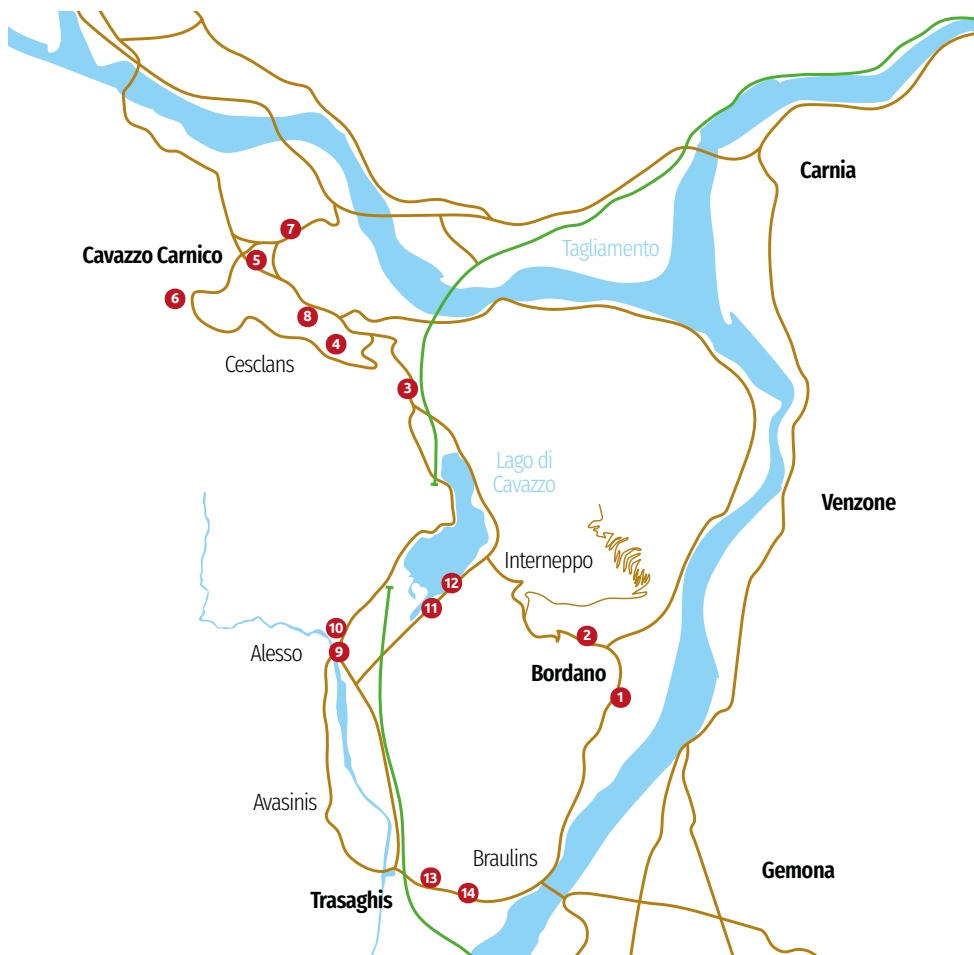
Bar / Trattoria

Via A. Diaz

33010 Trasaghis

☎ 393 0779705

*the plan shows the activities listed;
the numbers correspond to those in the list
(positions are approximate)*





SLEEPING

hotel / b&b / rooms for rent / camping / ...



BORDANO

1 La Casa al Lago

Bed&Breakfast

Via Chiesa, 5

33010 Interneppo

☎ 347 9999407

✉ tarneban@gmail.com

2 La Casa nel Paese delle Farfalle

Bed&Breakfast

Via Culau, 6

33010 Interneppo

☎ +41794850979 (Svizzera)

✉ franca.alessio@gmail.com



CAVAZZO CARNICO

3 Angeli Neri

Tavern / Rooms for rent

Via della Fontana, 26

33020 Cesclans

☎ 0433 93242 / 346 8094455

✉ info@osteriaangelineri.com

4 Cjase Me

Bed&Breakfast

Villaggio Navalascia, 4

33020 Cesclans

☎ 333 2099899

✉ bbcjaseme@gmail.com

5 A li dal Cuac

Bed&Breakfast

Via San Rocco, 30

33020 Cavazzo Carnico

☎ 331 5462475

✉ eddisperandio@libero.it

6 Casa Cappello

Bed&Breakfast

Via IV Novembre, 19

33020 Cavazzo Carnico

☎ 0433 93316

✉ casacappello@bbcarnia.it

7 Cuel dal Nibli

Scout village / Holiday house

33020 Cesclans

☎ 348 5793625



TRASAGHIS

8 Hotel Trilago

Via Interneppo, 2

33010 Alesso

☎ 348 8958706

✉ hoteltrilago@gmail.com

9 Palâr

Bed&Breakfast

Via Napoleonica, 7

33010 Alesso

☎ 340 1001009

10 Al Lago

Bed&Breakfast

Via Tolmezzo 14

33010 Alesso

☎ 347 7726914

✉ ernesto.cavan@mpspec.it

11 Lago 3 Comuni

Camp site

Via Tolmezzo 52,

33010 Alesso

☎ 0432 979464

✉ camping@lago3comuni.com

12 Val del Lago

Camp site

Via Tolmezzo, 54

33010 Alesso

☎ 348 2431337 / 331 6199953

✉ camping@valdellago.it

14 Lo Scoiattolo

Farmhouse

Malga Corno

33010 Avasinis

☎ 366 9509141

✉ compassidilenardo@gmail.com

13 Una culla sul lago

Rooms for rent

Via Lago, 26/A

33010 Alesso

☎ 347 8700386

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the numbers correspond to those in the list
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The territory of the Val del Lago is an ideal environmental context for the practice of physical and sport activity: there are green areas in contexts of peace and tranquility which only a natural environment can guarantee. There is also the possibility of attending playgrounds, present in almost all the towns in the valley, as well as practicing tennis, soccer, basketball. Sports courts are also available in every municipal area (information on site).

What to do on the lake ...

- A walk to the **Bordano lakes**;
- an excursion on **Mount San Simeone**, with a stop on a vantage point that allows you to see the town of Bordano from above and with a visit to the small church on the Mount;
- a walk dedicated to the harvesting of **wild herbs and mushrooms** found on Mount San Simeone;
- a **mountain bike** excursion from the Pass of Interneppo to the Fort of Mount Festa, stopping at the fountains and in the most interesting vantage points;
- a walk through the center of Bordano and Interneppo to see the **murals** representing the butterflies and a visit to the **Butterfly House**;
- a visit to the **Museum of the Fortress**, in Cavazzo Carnico;
- a visit to the **Vuarbis marsh**, in Cavazzo Carnico;

- a **circumnavigation of the Cavazzo lake** or "Lago dei Tre Comuni", appreciating the Roman remains, including the traces of the ancient Salt Road (*Cjasaria Muarta*), the Roman bridge of Somplago and also making an excursion to the Parish church of Santo Stefano in Cesclans. Don't forget a visit to the **Visitor Center of the Interneppo Botanical Park** (operating site of the Ecomuseum);
- bathing in the **Palâr** and **Leale** streams;
- **recreational fishing**;
- an excursion and possible overnight stay at the **Malga on Mount Corno** (mountain hut), known for its endemic flora;
- **excursions on the hills** surrounding the Val del Lago, full of hiking trails that allow you to reach breathtaking landscapes.

... and in the surroundings

The surroundings offer opportunities for visits to the **medieval centers of Venzone and Gemona**, the **Napoleonic fortress of Osoppo**, the natural reserve of the **Cornino lake** where the griffon vultures nest, apart from the occasions to celebrate with the other village festivals of the surroundings such as the **pumpkin festival in Venzone**, the **medieval August of Gemona**, the "**Festa del formaggio**" in Gemona, the "**Purcit in stiaire**" festival in Artegna, the "**Mestieri, arti e sapori in the Val d'Arzino**" in Forgaria, the "**Festa delle castagne**" in Montenars, the **carnival of Resia** and many other meeting opportunities.



Learn more on the website
www.ecomuseovaldellago.it

IN COLLABORATION WITH



Unione Territoriale
Intercomunale
del Gemonese



Comune di
Bordano



Comune di
Cavazzo



Comune di
Trasaghis



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