

Exploring the Wonders of Cividale del Friuli

IO SONO
FRIULI
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February 2 – Rest Day of the World Masters Championships



During the rest day of the World Masters Championships, we invite all participants to enjoy a unique experience of culture, history, and authentic flavors with a guided tour of the splendid town of Cividale del Friuli, located in the heart of Friuli Venezia Giulia.

The Friuli Venezia Giulia Region

A borderland and crossroads of cultures, Friuli Venezia Giulia represents a fascinating mosaic of landscapes, languages, and traditions. From the majestic Friulian Dolomites to the Adriatic Sea, passing through the gentle hills of the Collio and the Alpine valleys, this land embodies the history of ancient peoples and the authenticity of a culture deeply connected to its territory.

It is a region that speaks of hospitality, art, nature, and taste, where every village holds a treasure and every dish tells a story.

Cividale del Friu

Founded by the Lombard King Alboin in 568 AD, Cividale del Friuli was the first capital of the Lombard Duchy in Italy. Today it is a charming town rich in history and heritage, recognized as a UNESCO World Heritage Site for the exceptional value of its early medieval monuments

Day's Program

- **08:30 a.m.** Meeting point for participants and departure by coach to Cividale del Friuli. The journey will take about 1 hour and 40 minutes, crossing some of the most beautiful landscapes of Friuli, with its mountains, hills, and villages nestled in nature.
- **10:00 a.m.** Arrival in Cividale del Friuli. Stop at Caffè San Marco, followed by a walk through the “Piazza delle Donne”, the oldest house in Cividale, and on to the Lombard Temple, the Devil’s Bridge, and the Church of San Francesco.
- **11:45 a.m.** On the first floor of the convent, presentation of the **Friuli Venezia Giulia Region**, curated by Promoturismo FVG.
- **12:15 p.m.** Aperitif with an introduction to local wines and typical regional products. Local market exhibition with direct sales.
- **2:30 p.m.** Coffee and dessert at Caffè San Marco.
- **5:00 p.m.** Return trip to Sappada / Forni Avoltri

Day's Program

Caffè San Marco

Caffè San Marco is located in the very heart of Cividale del Friuli, beneath the arcades of the historic town hall building, which gives the café a strong architectural presence. Tradition dates its origins to 1793, although some documents trace it back to 1761, when it was initially reserved exclusively for nobles. In 1856, it was opened to the public, while still keeping a private room for the aristocracy.



Day's Program

Church of San Francesco

The Franciscan Friars Minor have been present in Cividale del Friuli since 1246, and in 1285 they moved to the area where the church now stands.

In 1296, with authorization from Patriarch Raimondo della Torre, construction began on the church and convent complex.

The current façade dates back to 1495, the result of work carried out by the friars themselves; after the 1511 earthquake, further restoration was required.

During the Venetian period (around 1769), the convent was suppressed and the building was converted to various uses — a residence, a warehouse, and later a military facility.

During the retreat following the Battle of Caporetto in **1917**, the building was set on fire and severely damaged, including the roof





The Lombard Temple

The Lombard Temple (*Tempietto Longobardo*) is considered the most precious jewel of Cividale del Friuli and one of the most important monuments of Lombard art in Europe.

Built in the 8th century, probably as the chapel of the Monastery of Santa Maria in Valle, the temple amazes visitors with the refinement of its decorations: the six stucco female figures, representing saints or nuns, are among the most extraordinary sculptures of the Italian Middle Ages.

The frescoed vaults and geometric and floral ornaments reveal the fusion of Roman, Byzantine, and Germanic art, symbolizing the cultural richness of that era.

Entering the temple means embarking on a true journey into the spiritual and artistic heart of the Early Middle Ages.



The Devil's Bridge

The Devil's Bridge (*Ponte del Diavolo*) is the undisputed symbol of Cividale del Friuli, rising majestically over the Natisone River and linking the two banks of the historic town center. Built in the 15th century, it owes its name to a legend according to which the devil helped the townspeople complete the bridge in a single night, in exchange for the soul of the first being to cross it. The clever citizens, however, tricked him by sending a dog across first, thus deceiving the devil.

From the bridge, visitors can enjoy a spectacular view of the Natisone Gorge, with its emerald-green waters framed by rocky cliffs a breathtaking panorama that captivates everyone who visits.



Presentation of Friuli Venezia Giulia and Tasting of Local Products

The day will continue at the Convent of Cividale, where participants will be welcomed for a guided tasting of local wines, an authentic expression of Friuli's winemaking tradition.

During the event, the Friuli Venezia Giulia Region will be presented, with insights into its **cultural, tourist, and** gastronomic highlights.

This will be followed by a buffet of local specialties, allowing participants to savor the region's delights: cheeses, cured meats, traditional sweets, and other delicacies that tell the story and passion of local producers.

5:00 p.m. – Return to Sappada / Forni Avoltri
Cost of the day: €15 per person



Reservation required

