



Trieste

Photo: Sopotnicki/Shutterstock.com



zakaz86/Shutterstock.com

As the poet Umberto Saba wrote: "Trieste has an unsociable grace. Located between the sea and the mountains of Carso, beautiful and fascinating, she does not like to show off, although she conquers her visitor at first sight."

Tergeste, as Trieste was named during the Roman era, is to be discovered on foot, to fully taste her richness and to breathe, through her streets, buildings and monuments, her 2000-year-old history.



LianeM/Shutterstock.com



elleon/Shutterstock.com

QUIZ

*What Type of Traveller
Are You Based on
Your Travel IQ?*

TAKE THE QUIZ

Top 5



Piazza Unità d'Italia

This is one of the largest and certainly most beautiful squares facing the s...



Teatro Romano

The Roman Theatre was built between the first and second century AD, on beha...



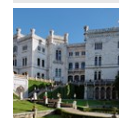
Cattedrale di San Giusto M...

Trieste Cathedral's main feature is a large 14th-century Gothic rose window ...



Civico Museo del Mare

This museum provides an interesting opportunity to get an overview of the hi...



Castello di Miramare

In 1855, the Archduke Massimiliano of Hapsburgs built this palace and lived ...



THE CITY



Dieter Hawlan/Shutterstock.com

Situated in north-eastern Italy on the border to Slovenia, Trieste has always been the meeting point of trade and culture. The likes of James Joyce, Italo Svevo and Umberto Saba were all frequent visitors to this beautiful city. The historic city flourished as part of the Austro-Hungarian Empire during the period of 1867-1918, making it one of Central Europe's most prosperous Mediterranean seaports, as well as its capital of literature and music.

With its close proximity to Slovenia the region has developed its own dialect. The dominant local Venetian dialect of Trieste is called 'Triestine' and is spoken in the city centre, while Slovenian is spoken in several of the city's suburbs. There is also a large German-speaking population in the region. Trieste itself has been divided into eleven zones (beginning with the most southerly) in order to make things easier for visitors to get oriented. The city centre is highly urbanised, while the south contains of small towns and villages such as Sgonico, Monrupino, Duino, Basovizza and San Pelagio, which are predominantly inhabited by the Slovenian-speaking minority.

Visitors to Trieste will foremost notice the numerous examples of Art Nouveau and Neoclassical architecture from its Austrian past.

Visits to some of the small towns outside of Trieste are highly recommended, as they - together with the city centre - give a feeling of the 'true' Trieste. Its history cannot be forgotten, nor should it, as this is what makes up the Trieste of today.

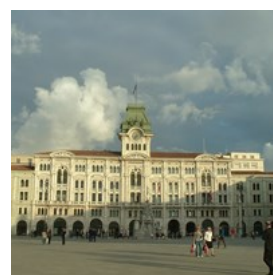
DO & SEE



zakaz86/Shutterstock.com

Trieste's city centre offers a nice walk among criss-cross roads in the Borgo Teresiano part of town, while taking in the many elegant Neo-classical buildings that define the city's architecture. Situated by the sea front, the city holds some gorgeous scenery, which can be experienced when visiting the Castle of Miramare.

Piazza Unità d'Italia



This is one of the largest and certainly most beautiful squares facing the sea in Europe, in the very heart of the city. Looking at the sea, on your right you will find Palazzo Modello, Casa Stratti and Palazzo del Governo. On your left, you will see Palazzo Pitteri and Palazzo del Lloyd Triestino. It is an absolute must to stop and sit in one of the old cafés lining the square.

Photo: John W. Schulze (image cropped)

Address: Piazza Unità d'Italia, Trieste

Teatro Romano

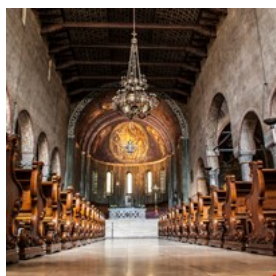


The Roman Theatre was built between the first and second century AD, on behalf of Quinto Petronio Modesto from Trieste and it can hold about 6,000 spectators. The statues that adorned the theatre are now preserved in the Town Museum.

Photo: stefano Merli (image cropped)

Address: Via del Teatro Romano, Trieste

Cattedrale di San Giusto Martire



Trieste Cathedral's main feature is a large 14th-century Gothic rose window and central location. There are three entrance portals, decorated with Roman material. To the side stands the 14th-century bell tower built in large blocks and decorated with a Romanesque style border and Gothic relief work depicting San Giusto, the city's patron Saint.

Photo: stefano Merli (image cropped)

Address: Piazza Cattedrale 1, Trieste

Phone: +39 040 309 666

Internet: www.diocesi.trieste.it

Civico Museo del Mare



This museum provides an interesting opportunity to get an overview of the history of Trieste as a city born of the sea. In connection to that, a comprehensive exhibition of reproductions of

different types of ships and means of navigation.

Photo: PerseoMedusa/Shutterstock.com

Address: Via di Campo Marzio, 5, Trieste

Phone: +39 040 304 885

Internet: www.museodelmaretrieste.it

Email: museomare@comune.trieste.it

Castello di Miramare



In 1855, the Archduke Massimiliano of Hapsburgs built this palace and lived here with his wife Carlotta del Belgio, until 1864.

Though beautiful, this castle holds a tormented story behind it: Massimiliano was killed in Mexico in 1867, and Charlotte died insane in a Belgian castle, sixty years later. The Duke of Aosta, who lived there some sixty years later, died in Africa during World War II.

Photo: Davide Oliva (image cropped)

Address: Viale Miramare, Trieste

Phone: +39 040 224 143

Internet: www.castello-miramare.it

Email: info@castello-miramare.it

Castello di Duino



At the end of the Rilke path, you will find the Castello Vecchio (10th-11th century), which survives today as the ruins of a tower and

an arch. The Castello Nuovo is today a group of buildings of different ages, with a central courtyard and surrounded by a beautiful park.

Photo: usto (image cropped)

Address: Duino Aurisina, Trieste

Phone: +39 040 208 120

Internet: www.castellodiduino.it

Sentiero Rilke

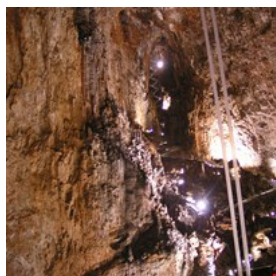


Sentiero Rilke is one of the most enchanting paths in Carso, a wonderful walk starting from Sistiana and leading to the castle of Duino along white cliffs. Named after Rainer Maria Rilke, the famous poet from Prague, who loved walking here.

Photo: manuel.comis (image cropped)

Address: Sentiero Rilke, Trieste

La Grotta Gigante



This cave is a spectacular jewel of natural phenomena. It was discovered in 1840, and opened to the public in 1908. An indeed unusual excursion into what looks like another world.

Photo: Forumblog (image cropped)

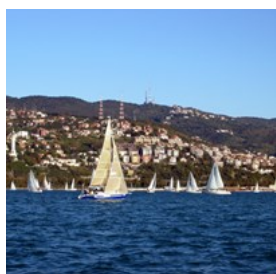
Address: Borgo Grotta Gigante 42/a, Trieste

Phone: +39 040 327 312

Internet: www.grottagigante.it

Email: info@grottagigante.it

Golfo di Trieste



Enjoy the lovely views of Gulf of Trieste with its deep blue waters. On a warm day you can enjoy a picnic here.

Photo: Daniele Dalledonne (image cropped)

Address: Golfo di Trieste, Trieste

Teatro Verdi



there.

Take an evening and visit the lovely Teatro Verdi for an opera or theatre experience. Have a look at their website to see what is on while you are

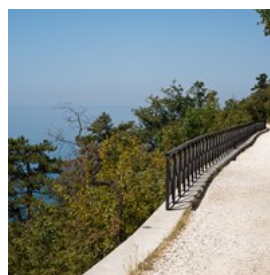
Photo: magalibobois (image cropped)

Address: Riva Tre Novembre, 1, Trieste

Phone: +39 040 67 22 111

Internet: www.teatroverdi-trieste.com

Strada Vicentina



comfortable shoes.

Take a walk along these beautiful trails with gorgeous panoramic views. Following the main trail will take you about 1.5-2 h, so bring

Photo: pcruciatti/Shutterstock.com

Address: Strada Vicentina (Strada Napoleonica), Trieste

Civico Museo Sartorio



furniture from the rococo and neo-gothic style.

This lovely home is a contribution from the Costantinide family because of the legacy of Anna Segre Sartorio. Inside you will find

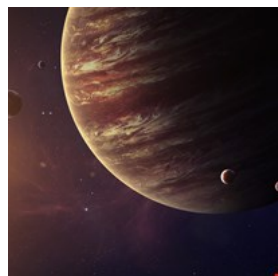
Photo: Tiesse (image cropped)

Address: Largo Papa Giovanni XXIII, 1, Trieste

Phone: +39 040 301 479

Internet: www.museosartoriotrieste.it

INAF Trieste Astronomical Observatory



INAF Trieste Astronomical Observatory was founded by the Empress Maria Theresa of Austria and dates back to 1753. This

Astronomical Observatory is a great place to visit if you love science.

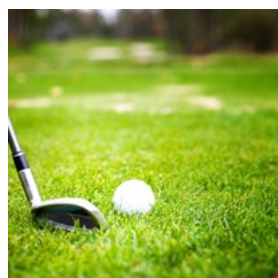
Photo: Vadim Sadovski/Shutterstock.com

Address: Via G.B. Tiepolo 11, Trieste

Phone: +39 040 3199 111

Internet: www.oats.inaf.it

Golf Club



Take the chance and play some golf under the Trieste sun at this 18-hole course. They have a practice area which can be used even on a rainy

day.

Photo: Krzysztof Urbanowicz (image cropped)

Address: Via Padriciano 80, Trieste

Phone: +39 040 226 159

Internet: www.golfclubtrieste.net

DINING



bepsy/Shutterstock.com

The multicultural atmosphere in Trieste is reflected in the cuisine, where culinary influences from Veneto, Austria, Hungary and Slovenia come together. Among the traditional dishes not to be missed are: Brodeto a la Triestina and Granzievola alla Triestina (fish), Gnocchi di patate o pane filled with raisins and the Jota soup. When it comes to cheese, try these local specialities: Tabor del Carso and a wonderful cream cheese called Liptauer. The local wines are a fine compliment to the local cuisine. Vitoska, a white wine ideal for fish, and Maalvasia, perfect for an aperitif, are highly recommended. Buon Appetito!

Ristorante Al Bagatto



Al Bagatto offers, with almost 45 years of experience, unbeatable quality and a wide range of Trieste fish specialities. This is not to be missed in a sea side city.

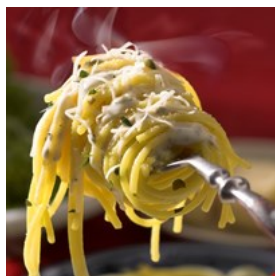
Photo: vsl/Shutterstock.com

Address: Via Cadorna 7, Trieste

Phone: +39 040 301 771

Internet: www.albagatto.it

Al Barattolo



Al Barattolo is located close to the Canal Grande, and offers any type of pizza your heart desires, as well as meat, fish and traditional Italian starters such as gnocchi, pasta and lasagna. To heighten the experience further, they have an extensive wine list, with wine from various Italian regions.

Photo: fotohavran/Shutterstock.com

Address: Piazza S. Antonio Nuovo 2, Trieste

Phone: +39 040 631 480

Internet: www.albarattolo.it

Antica Trattoria Suban



Since 1865, this is one of the most appreciated restaurants by the inhabitants of Trieste. Antica Trattoria Suban serves wonderful local specialities.

Photo: alisafarov/Shutterstock.com

Address: via E. Comici 2/d, Trieste

Phone: +39 040 54 368

Internet: www.suban.it

Trattoria al Nuovo Antico Pavone



At Trattoria al Nuovo Antico Pavone you will find fish of excellent quality and prepared according to original recipes. The chef makes innovative dishes that are simple yet elaborate.

Photo: Timmary/Shutterstock.com

Address: Riva Grumula 2, Trieste

Phone: +39 040 303 899

Internet: www.nuovoanticopavone.it

Tavernetta al Molo



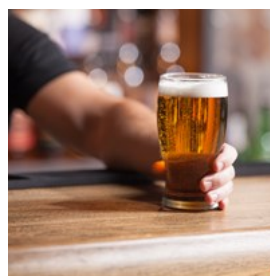
Tavernetta al Molo is one of the best fish restaurants in town. It is located just in the bay under the castle of Miramare, simply charming.

Photo: Magdanatka/Shutterstock.com

Address: Riva Massimiliano e Carlotta 11, Loc. Grignano, Trieste

Phone: +39 040 224 275

Osteria Bier Stube



Osteria Bier Stube is an excellent little pub which serves real traditional food with genuine and tasty flavours. Of course, many come here just for the beer as well.

Photo: BlueSkyImage/Shutterstock.com

Address: Via Madonna del Mare 6/d, Trieste

Phone: +39 040 301277

La Rosa dei Venti



La Rosa dei Venti is a quiet and relaxing place with friendly waiters. The fresh Italian flavours are enhanced with great quality products.

Photo: Giorgio Minguzzi (image cropped)

Address: Via Carnaro 29, Trieste

Trattoria al Pescatore



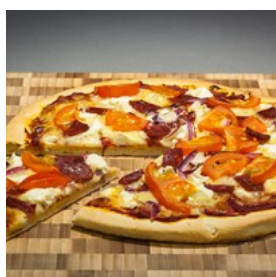
Trattoria al Pescatore has been run by the same family for over 20 years and the quality of the food never ceases to amaze. Not only will you love the food but all the desserts are homemade.

Photo: Lisovskaya Natalia/Shutterstock.com

Address: Viale Miramare 211, Trieste

Phone: +39 040 411 134

Spetic



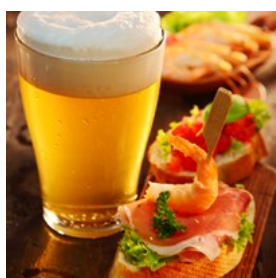
At Spetic you can try a true Neapolitan pizza made out of real quality ingredients. You can also come here for breakfast or brunch.

Photo: russellstreet (image cropped)

Address: Strada di Fiume 425, Trieste

Phone: +39 040 913 114

Mini Pub 2



Maybe you have eaten too much of all the lovely Italian food? If you have, then Mini Pub 2 is a welcoming break. Here you can enjoy a delicious

burger with a cold beer.

Photo: stockcreations/Shutterstock.com

Address: Gatteri 23, Trieste

Phone: +39 040 245 81 86

Ristorante C'era Una Volta



If you are in the mood for meat, then Ristorante C'era Una Volta will give you one of the best steaks in town. Top off your dinner with a delicious

tiramisu.

Photo: Josh Madison (image cropped)

Address: Via di Giarizzole 8, Trieste

Phone: +39 040 827 346

Internet: www.ristoranteceraunavoltatrieste.it

Kapuziner Keller



Being at Kapuziner Keller is like taking a step into a little Germany. Take the chance to try the German cuisine and some real German beer.

Photo: Paralex/Shutterstock.com

Address: Via Pozzo del Mare 1, Trieste

Phone: +39 040 307 997

Internet: www.kapuzinerkellertrieste.it

CAFES



The perfect espresso (image cropped)

In Trieste, the cafés have always been the perfect meeting point to discuss politics, art, literature and philosophy. It is here that the tradition of drinking coffee, prepared in many different ways, started. Tasting the different

cakes that Trieste offers is a must. In particular, you need to taste the Putizza, the Strucolo de Pomi and the Palacinke.

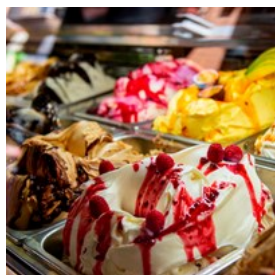
Caffè Tommaseo



At Caffè Tommaseo the rooms are decorated with mirrors. Here you can taste all the coffee and sweet specialties of Trieste. It is one of the oldest coffee houses in Trieste and is part of the Association of the Italian Historical inns.

Photo: Beshef/Shutterstock.com
Address: Piazza Tommaseo 4/c, Trieste
Phone: +39 040 362 666
Internet: www.caffetommaseo.it

Gelateria Udevalla



This ice cream is made of natural ingredients and high quality products, there are no short cuts when it comes to making the best Italian ice cream. Even if you are not a big fan of ice cream, you will surely find something here to satisfy your sweet tooth, such as pie, cannoli and cookies.

Photo: Tuzemka/Shutterstock.com
Address: Strada di Rozzol 117, Trieste
Phone: +39 040 912 887
Internet: www.udevalla.com

Pasticceria Penso



At the Pasticceria Penso bakery you can choose from a variety of typical Triestine specialities and also order cakes for anniversaries and more. It is located close to the harbour and offers a

charming interior.

Photo: Veronika Kovalenko/Shutterstock.com
Address: Via Diaz 11, Trieste
Phone: +39 040 301 530

Caffe Degli Specchi



Both outside and inside it is possible to feel the atmosphere of fin-de-siècle Trieste. The Caffè Vienna, prepared with chocolate and whipped cream, is very famous.

Photo: Petar Milošević (image cropped)
Address: Piazza Unità d' Italia 7, Trieste
Phone: +39 040 661 973
Internet: www.caffespecchi.it

Antico Caffé San Marco



San Marco is a historic café that was founded in 1923, restored and reopened in 2013 following a lengthy period of closure. It was once frequented by intellectuals like Italo Svevo and James Joyce, who sat in it secession style-interiors decorated with frescoes. The choice of pastries is as wide as the one for Trieste's coffee, which comes in many forms. A bookshop can be found here as well, if you'd like to have a good read coupled with your meal.

Photo: Fabio Balbi/Shutterstock.com
Address: 18 Cesare Battisti Road, Trieste
Opening hours: Tue–Thu 8.30am–11pm, Fri–Sat 8.30am–Midnight, Sun 9am–9pm
Phone: +39 040 064 1724

BARS & NIGHTLIFE



Xenja Santarelli (image cropped)

Apart from the "historical caffè", Trieste is full of nice places where you can have a typical aperitive or snack, in Italian called "spuntini," as well as coffee, sweets, beer and wine. For those who want to "Tirare Tardi," Trieste offer night owls many pubs, enoteche, and disco pubs where live music is often played.

Caffè Stella Polare



Caffè Stella Polare is located in the city centre. It is a great meeting point to start the night with the "aperitivo" and continue on into the night.

Photo: John W. Schulze (image cropped)
Address: Via Dante Alighieri 14, Trieste
Phone: +39 040 632 742

Knulp



Knulp is located close to Piazza Unità and is a nice place that comprises of a little bookshop, bar, internet point and a space for expositions while drinking tea, infusions, beers and wines and eating delicate sweets. It is suitable for all kinds of people and tastes.

Photo: Everything/Shutterstock.com
Address: Via Madonna del Mare 7/a, Trieste
Phone: +39 040 300 021
Internet: www.knulp.org

Nettare diVino



This is a lovely wine bar with typical products from Trieste and the region of Friuli-Venezia Giulia. Welcome in and enjoy a glass or more.

Photo: Stas Walenga/Shutterstock.com
Address: Via Armando Diaz 6, Trieste
Phone: +39 040 310 200
Internet: www.nettaredivino.eu

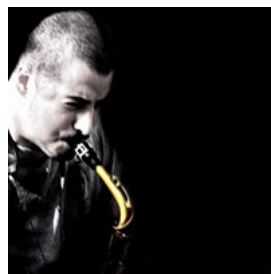
Bar Franza



If you love boats and the sea you will probably love Bar Franza. This is a meeting place that welcomes everyone, both locals and tourists.

Photo: pica82/Shutterstock.com
Address: Viale Miramare 157, Trieste
Phone: +39 040 2460219

Round Midnight Trieste



All jazz lovers can visit Round Midnight Trieste, a bar ideally located near Teatro Rossetti. This place hosts famous musicians, with music ranging from jazz to hip hop.

Photo: David Robert Bliwas (image cropped)
Address: Via ginnastica 39, Trieste
Opening hours: Daily until late

SHOPPING



bepsy/Shutterstock.com

Antiques, second-hand books or unique art pieces can all be found in Trieste.

Libreria Achille



Founded in 1934, Libreria Achille sells new and second-hand books. This is a genuine and historical place.

Photo: connel/Shutterstock.com
Address: Piazza Vecchia 4, Trieste
Phone: +39 040 638 525
Internet: www.libreriachille.com

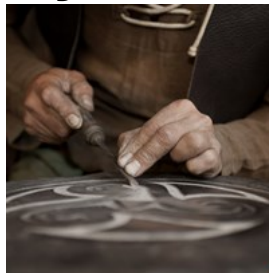
Libreria Antiquaria Umberto Saba



Libreria Antiquaria Umberto Saba is a historical place, where once Umberto Saba himself, was selling books.

Photo: Rob Flickenger (image cropped)
Address: Via San Nicolò 30, Trieste
Phone: +39 040 631 741
Internet: www.libreriasaba.it

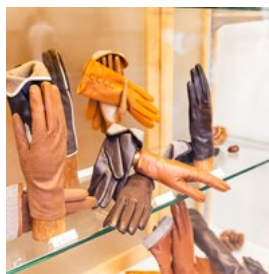
Artigianato Artistico Hrovatin Paolo



Not very far from the Grotta Gigante, this laboratory is specialized in creating pieces of art with Carsic rocks.

Photo: [davidsansegundo/Shutterstock.com](https://www.shutterstock.com)
Address: Borgo Grotta Gigante 9/a, Sgonico, Trieste
Phone: +39 040 327 077

Re Artu'



Re Artu' is a classy boutique ideally located in the city centre. Here you can find famous brands such as Prada, Gucci, Burberry and

Dolce&Gabbana.

Photo: [frantic00/Shutterstock.com](https://www.shutterstock.com)
Address: Via S. Spiridione, 3, Trieste
Phone: +39 040 362887
Internet: www.reartuboutique.it

Luisa Spagnoli



"Class is an innate quality, elegance accentuates it". The key words for Luisa Spagnoli's collection are "Elegant, unique,

unforgettable". It is possible for you to find an entire outfit here, as well as the accessories and the perfume to go with it.

Photo: [Viktoria Minkova/Shutterstock.com](https://www.shutterstock.com)
Address: Corso Italia, 1/B, Trieste
Phone: +39 0403480013
Internet: www.luisaspagnoli.it

Palmanova Outlet Village



If you like a good bargain you can visit the Palmanova Outlet Village, a shopping experience that attracts people not only people from Italy but

also people from the neighboring countries. Here you can find items sold up to 70% on the regular retail price. You can find the outlet outside Palmanova.

Photo: gpointstudio/Shutterstock.com

Address: Strada Provinciale 126, Km 1.6, Joannis-Aiello del Friuli, Palmanova

Opening hours: 10 am-8 pm

Phone: +39 0432 837810

Internet: www.palmanovaoutlet.it

TOURIST INFORMATION



RS.photography/Shutterstock.com

Trieste Airport



The Trieste Airport (The Aeroporto Friuli Venezia Giulia) is located about 33 kilometres from the Trieste city centre. There is a bus connection to the

city centre leaving from outside the Terminal building. This is operated by APT Gorizia. The journey time is 50 minutes and tickets can be

purchased at city bus/coach stations, at the airport in the Arrivals Hall, or with an automatic machine for self-ticketing at the Post Office. Updated schedules and fares are available on the internet site.

www.apggorizia.it

+39 0481 593511

Taxis are available outside the Arrivals Hall from 8 am to 12 am.

Photo: Juan Garces

Address: Trieste Airport, Gorizia

Phone: +39 0481 773224 / +39 0481 773225

Internet: www.aeroporto.fvg.it

Train



Trains leave from the Central Railway Station of Trieste:

Photo: Michael Zenaty

Address: Piazza Libertà, 8, Trieste

Internet: www.trenitalia.com

Public Transport



You can easily walk around the city. However, the public transport system and the bus network is extensive, so you can easily travel

around by bus.

Other means of transportation include tram and ferry. The ferry takes you to Muggia.

Urban Bus Lines:

Photo: Pierre-Luc Auclair

Address: Via dei Lavoratori 2, Trieste
Phone: +39 040 77951
Internet: www.triestetrasporti.it

Taxi



Taxis in Trieste are white.
Radiotaxi
www.radiotaxitrieste.it
+39 040 307 730 Taxi
Alabarda:

Photo: ArrivalGuides
Phone: +39 040 390 039
Internet: www.taxitrieste.it

Post



There are several post offices in the city. Look for the yellow sign. Post Office:

Photo: Andy Fuchs
Address: Via Santa Caterina da Siena 1/A, Trieste
Phone: +39 040 372 7474

Pharmacy



Pharmacies are spread throughout the city.
Farmacia All'Igea:

Photo: Gemma Garner
Address: Via della Ginnastica, 6, Trieste
Opening hours: Mon-Sat 8.30 am-7.30 pm. Closed on Sundays
Internet: www.farmaciaiigeatrieste.it

Telephone



Country code: 39 Area code: 040

Photo: Jardson Almeida

Electricity



230 V, 50 Hz

Photo: Stirling Tschan

Population
204,489

Currency
1 Euro = 100 cents

Opening hours
Shops in Trieste normally open around 9 am both during winter and summer. In the summertime opening hours are generally a bit longer.

Newspapers
Il Piccolo (local)
Corriere della Sera
La Repubblica
La Stampa

Emergency numbers
Fire Brigade: 115
Medical: 118
Police: 112

Tourist information
Trieste Tourist Office
Via dell'Orologio 1, angolo Piazza Unità d'Italia, Trieste
+39 040 3478312
Open: Daily 9 am-6 pm
info.trieste@turismo.fvg.it

