

FishTourFVG

FISH EXPERIENCES IN FRIULI VENEZIA GIULIA REGION

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MIRAMARE MARINE PROTECTED AREA & BIOMA

Marine Biodiversity, UNESCO Biosphere Reserve and Guided Snorkelling Experiences



Photo: WWF Italia – Area Marina Protetta di Miramare

EXPERIENCE OVERVIEW

Located a few kilometres from Trieste and at the foot of the iconic Miramare Castle, the Miramare Marine Protected Area, managed by WWF Italy, is Italy's first marine reserve and part of a UNESCO Biosphere Reserve. Through the immersive BioMa visitor centre and guided marine activities, visitors discover the biodiversity of the Gulf of Trieste and the importance of marine conservation in the Northern Adriatic.

AT A GLANCE & PRACTICAL INFORMATION

Item	Details
Location	Viale Miramare, 345 – 34136 Trieste
Area	Gulf of Trieste
Experience Type	Marine Nature, Ecotourism, Environmental Education
Duration	2–4 hours
Availability	Seasonal outdoor activities; BioMa open year-round
Activity Level	Easy to moderate
Target Groups	Families, educational groups, ecotourists, nature lovers
Languages	Italian; English available
Operator	WWF AMP Miramare
Booking	Required for guided activities

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EXPERIENCE HIGHLIGHTS

- ✓ Italy's first Marine Protected Area
- ✓ UNESCO Biosphere Reserve
- ✓ BioMa immersive marine biodiversity centre
- ✓ Guided snorkelling and seawatching
- ✓ Marine wildlife observation
- ✓ Miramare Castle and coastal landscapes

EXPERIENCE FLOW

Discover BioMa

Begin with a visit to the Biodiversitario Marino (BioMa), an immersive interpretation centre introducing the habitats, species and ecological processes of the Gulf of Trieste.

Understanding Marine Biodiversity

Learn how marine protected areas contribute to conservation, scientific research and sustainable management of coastal ecosystems.

Guided Snorkelling Experience

Accompanied by WWF guides, visitors explore the waters surrounding the reserve through a seawatching experience using mask, snorkel and fins. Participants observe fish, marine invertebrates and underwater habitats while learning to recognise the species that inhabit the protected area.

Exploring the UNESCO Biosphere Reserve

Discover how the Miramare Biosphere Reserve promotes the balance between nature conservation, scientific research and human activities along the Northern Adriatic coast.

Coastal Nature and Landscapes

Enjoy spectacular views of the Gulf of Trieste, the Miramare promontory and the surrounding coastal environment.

WHY VISIT

- ✓ Unique combination of marine conservation and visitor experience
- ✓ Access to one of the most important protected marine areas in the Northern Adriatic
- ✓ Guided snorkelling suitable for non-divers
- ✓ Strong educational and sustainability focus

COMBINE WITH

- ✓ Miramare Castle and Trieste city
- ✓ Santa Croce Fishing Museum
- ✓ Duino Cliffs Nature Reserve
- ✓ Mussel farming experience

