

CRANIO-SACRALE UPLEDGER ITALIA

Piazza San Antonio Nuovo 6

TRIESTE – ITALY

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RECOMMENDED ACCOMMODATIONS IN TRIESTE

(**affiliated** – non-affiliated – **Very cheap**)

In the following list you will not find the cost of the accommodation we recommend, given that the cost may vary according to individual needs for the stay.

For each structure included in the list, the following are indicated: telephone number, website, e-mail, Facebook (where found)

so that everyone can inform themselves independently about the costs and booking methods.

IF YOU FIND "Agreement" INDICATED IN THE LIST, AT THE TIME OF BOOKING YOU CAN REPORT THAT: TAKE ADVANTAGE OF THE DISCOUNT BECAUSE YOU PARTICIPATE IN A COURSE OF THE "CRANIO-SACRALE UPLEDGER ITALIA".

However, we inform you that no discounts or reductions will be applied in high season or during local events.

The travel time (on foot) from each site to the Upledger headquarters, where the course takes place, is indicated. The recommended accommodations are in this order in the list: Hotel – B&B / Tourist Accommodation – Apartments.

HOTELS

DoubleTree by Hilton Trieste ★★★★★ - Piazza della Repubblica, 1 – 34122 Trieste

040 9712950 - www.dttrieste.doubletreebyhilton.com - TRSDT_RES@hilton.com

Affiliated - Before booking, write an email or call the Hotel reporting the above, to activate the agreement

fb: <https://www.facebook.com/DoubleTreeTrieste> – Distance from Upledger: 5 minutes.

Hotel Continentale ★★★★★ - Via San Nicolò, 25 – 34121 Trieste

Tel. 040 631717 - <https://www.continentalehotel.com/> - info@continentalehotel.com

Affiliated – fb: <https://www.facebook.com/HotelContinentaleTrieste> – Distance from Upledger: 5 minutes.

Modernist Hotel ★★★★★ - Corso Italia, 12 – 34121 Trieste

Tel. 040 0645690 - <https://themodernisthotel.it/> - info@themodernisthotel.it

Affiliated – fb: <https://www.facebook.com/themodernisthotel> – Distance from Upledger: 10 minutes.

Hotel Coppe ★★★★★ - Via Giuseppe Mazzini 24 – 34121 Trieste

Tel. 0407616 14 - <https://www.hotelcoppetrieste.it/> - info@hotelcoppetrieste.it

Affiliated – fb: <https://www.facebook.com/HotelCoppeTrieste> – Distance from Upledger: 10 minutes.

Albergo alla Posta ★★★ - Piazza Guglielmo Oberdan, 1 – 34122 Trieste

Tel. 040 365208 - <https://www.associazionepostatrieste.it/> - info@associazionepostatrieste.it

Not affiliated - fb: <https://www.facebook.com/profile.php?id=100057482649783> – Distance from Upledger: 15 minutes.

Hotel Centrale ★★★ - Via Amilcare Ponchielli, 1 – 34122 Trieste

Tel. 040 639482 - <https://www.triestehotelcentrale.com/> - info@triestehotelcentrale.com

Affiliated – fb: <https://www.facebook.com/profile.php?id=100063451195998> – Distance from Upledger: 2 minutes.

Hotel Colombia ★★★ - Via della Geppa, 18 – 34132 Trieste

Tel. 040 369333 - 040 369191 - <https://hotelcolombiatrieste.com/> - colombia@hotelcolombia.it

Not affiliated – fb: <https://www.facebook.com/HotelColombiaTrieste> – Distance from Upledger: 15 minutes.

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Hotel Nuovo Albergo Centro ★★ - Via Roma, 13 – 34122 Trieste

Tel. 040 3478790 – Cell. WA: 3291032611 - <https://www.hotelcentrotrieste.it/> - info@hotelcentrotrieste.it

Affiliated – fb: <https://www.facebook.com/HotelCentroTrieste> – Distance from Upledger: 5 minutes.

B&B / TOURIST ACCOMMODATION

Ponterosso Suite - Piazza San Antonio Nuovo, 6 – 34122 Trieste

Tel. 040 9718650 – Cell. WA: 3477662689

<http://www.ponterossosuite.com/> - ponterossosuite@gmail.com

Affiliated – fb: <https://www.facebook.com/ponterossosuite> – Distance: 1 minute (it is in the Upledger Italia building).

Artists' Residence - Via Genova, 14 – 34121 Trieste

Tel. 040 2602631 - <https://www.residenzadegliartisti.it/> - info@residenzadegliartisti.it

Affiliated – fb: <https://www.facebook.com/profile.php?id=100063719431664> – Distance: 5 minutes.

Le Cupole - Piazza San Antonio Nuovo, 6 – 34122 Trieste

Cell. WA: 3289040130 – <https://www.lecupoletrieste.it/> - lecupoletrieste@gmail.com

Not affiliated – fb: <https://www.facebook.com/Lecupoleditrieste> – Distance: 1 minute (it is in the Upledger building).

Bed & Breakfast at Ponterosso - Piazza Ponterosso, 3 – 34121 Trieste

Cell. WA: 3490925955 - 3286613382 - <https://www.alponterosso.it/> - alponterosso@hotmail.com

Affiliated – Distance from Upledger: 5 minutes.

Crops City Stay - Via Niccolò Machiavelli, 13 – 34122 Trieste

Cell. WA: 3392343932 - <https://www.cropscitystay.com/it/> - info@cropscitystay.com

Not affiliated – fb: <https://www.facebook.com/cropscitystay> – Distance from Upledger: 5 minutes.

Residence LE 6 A - via S. Caterina, 7 – 34122 Trieste

Tel. 040 6726715 - <https://residenzale6a.it/> - info@residenzale6a.it

Not affiliated – fb: <https://www.facebook.com/residenza6a> – Distance from Upledger: 5 minutes.

Cats by Rossella Bagnardi - Via Mazzini, 13 – 34121 Trieste

Cell. WA: 3398169899 - https://prenota.camera/Cats_Di_Rossella_Bagnardi - Rossella.bagnardi@gmail.com

Affiliated – Distance from Upledger: 10 minutes.

B&B Petra - via Mazzini, 44 – 34121 Trieste

Tel. 040 2602796 - Cell. WA: 333 5753017 - 346 2298085

<https://www.bedandbreakfastfvg.com/tour/bb-petra-di-minca-giorgio/> - bbpetra.trieste@yahoo.it

Not affiliated – fb: <https://www.facebook.com/petrarieste> – Distance from Upledger: 10 minutes.

Smart Accomodation - Via Machiavelli, 28 – 34132 Trieste

Mobile WA: 3420461220 - <https://www.smartrooms.it/> - info@smartrooms.it

Not affiliated – fb: <https://www.facebook.com/profile.php?id=100063709773486> – Distance from Upledger: 5 minutes.

B&B al Cucherle - Via di Torrebianca, 21 – 34132 Trieste

Cell. WA: 3484302556 - <https://www.hotelitalian.com/bb-empire-1970/> - alcucherle@gmail.com

Affiliated – <https://www.facebook.com/realgiu> – Distance from the Upledger: 10 minutes.

Rooms Boutique Carducci - Via Carducci, 8 – 34122 Trieste

Mobile WA: 335403739 - <https://www.roomsboutiquetrieste.com/> - welcome@roomsboutiquetrieste.com

Not affiliated – fb: <https://www.facebook.com/RoomsBoutiqueTrieste> – Distance from Upledger: 10 minutes.

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Iris Guest House - Via Cecilia de Rittmeyer, 16 – 34132 Trieste
Cell. WA: 3452173791 - 3285909680 - <http://www.irisrieste.it/> - ufficiocamere.iris@gmail.com
Affiliated – fb: <https://www.facebook.com/affittacamereiris> – Distance from Upledger: 15 minutes.

Guesthouse Guerrero Rooms - Via Trento, 13 – 34134 Trieste
Mobile WA: 345 035 6242 - 345 032 8458 - <https://affittacamere-guerrero-rooms.business.site/>
Very cheap but not affiliated – discount for bookings with WA – Distance from Upledger: 15 minutes.

AUXILIUM University Family - Opera Figli Del Popolo - Largo Papa Giovanni XXIII, 7 – 34123 Trieste
- accommodation entrance in via Don Marzari, 6 – RESERVATIONS BY EMAIL ONLY
Tel. 040302612 - <https://www.ofpts.eu/stanze-alloggi-trieste/> - booking@ofpts.it
Very cheap but not affiliated – Distance from the Upledger: 25/30 minutes.

APARTMENTS

Palace Suite - Via San Nicolò, 34 – 34121 Trieste
Tel.. WA: 040 367631 - <https://www.palacesuite.com/> - info@palacesuite.com
Affiliated – fb: <https://www.facebook.com/PalaceSuiteTrieste> – Distance from Upledger: 5 minutes.

Holiday Home Rubino - Via Mazzini, 46 – 34122 Trieste
Cell. WA: 3283095430 - 3934832265 - <http://casarubino.weebly.com/> - casarubinots@gmail.com
Affiliated – fb: <https://www.facebook.com/casarubinots> – Distance from Upledger: 5 minutes.

Tourist Accommodation Casa Vald - Via Valdirivo, 16 – 34132 Trieste
Cell. WA: 3407945014 - <http://casa-vald-apartment.hotels-in-friuli.com/it/> - erikprassel@gmail.com
Not affiliated – Distance from Upledger: 10 minutes.

Domo Premium Apartments Trieste - Via Mazzini, 32 – 34121 Trieste
Tel: 040 9820426 - <https://domostays.com> - info@domostays.com
Not affiliated – fb: <https://www.facebook.com/domohotels> – Distance from Upledger: 10 minutes.

Imbriani 4 Tirabora Short Rent - Via Imbriani 4 – 34122 Trieste
Cell. WA: 3770899908 - <https://tiraborashortrent.it/property/monocale-2-2> - shortrent@tirabora.it
Not affiliated – Distance from Upledger: 5 minutes.

Luxury Residence Adria - Via XXX October 13 – 34122 Trieste
Cell. WA: 3452299613 - <https://residenceadria.it/index.php/contatti/> - info@residenceadria.it
Not affiliated – Distance from Upledger: 10 minutes.

Freetime Holiday Home – various addresses – Trieste
- Via della Ginnastica, 13 – 34125 Trieste
- Via Aurelio e Fabio Nordio, 12 – 34125 Trieste
- Via Francesco Crispi, 11 – 34126 Trieste
Cell. WA: 3398169899 - <http://free-time-apartment.triestehotelsweb.com/it/> - infos.freetime@gmail.com
fb: <https://www.facebook.com/people/Freetime-Trieste/100063661734930/>
Not affiliated – Distance from the Upledger: 15 minutes (for all addresses indicated above).