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## Pleasures of the Carso – Summer 2020

**7 nature trails on the Carso around Trieste and Gorizia**  
**Nature, culture, history and gastronomy**

**On Sundays, from 9 August to 27 September**

**Carso environments and ecology presented by "Curiosi di Natura" guides**  
**With live readings (in Italian) about local nature, history and culture**

**Easy itineraries along shaded paths, suitable for all ages and fitness levels**  
**Long trousers and closed shoes with treaded soles recommended**

**Possibility of discounted meals at affiliated "Saperi del Carso" restaurants**

### CALENDAR OF EXCURSIONS

**On Sundays: 9, 16 August (17.30-20.30); 30 August (6.40-10.00)**  
**6, 13, 20, 27 September (9.30-12.30)**

**Meeting time: 20 min before departure, at indicated venue (see GPS & Google Maps)**

#### **SUNDAY 9 AUGUST and 13 SEPTEMBER - From Duino to the Mithraeum and the Rilke Trail**

A walk led by a nature guide and a tour guide up to the Cave of the Mithraeum, with its temple devoted to the god Mithras, a cult that originated in Asia Minor and spread across the Roman Empire. Return to Duino for a walk along the suggestive Rilke Trail.

**Meeting venue:** in front of **Duino Castle**. Bus n. 44 from Trieste and n. 51 of the APT Gorizia bus service.

**GPS:** [45°46'19.5"N 13°36'13.3"E](https://www.google.com/maps/place/45°46'19.5\)

#### **SUNDAY 16 AUGUST and 20 SEPTEMBER - Prosecco, through the woods overlooking Miramare**

On the Carso rim, among the pine trees, oaks, rocky screes with fragrant savory shrubs, and clearings overlooking the beautiful Miramare promontory. With live readings (in Italian).

**Meeting venue: Prosecco War Memorial** (close to the chemist's). Bus n. 42 and 44.

**GPS:** [45°42'30.5"N 13°43'50.4"E](https://www.google.com/maps/place/45°42'30.5\)

#### **SUNDAY 30 AUGUST - Sunrise on the Rilke Trail (6.40-10.00 am)**

Sunrise walk along the panoramic trail that inspired the works of poet Rainer Maria Rilke, to admire the cliffs and the gulf that light up with the rising sun. With live readings (in Italian).

**Meeting venue: 6.30 am, Sistiana Infopoint** (at the start of the Rilke Trail).

**GPS:** [45°46'20.5"N 13°37'40.0"E](https://www.google.com/maps/place/45°46'20.5\)

## **SUNDAY 6 SEPTEMBER - Sgonico and the Gemina Trail**

At the foot of Mount Lanaro, along the ancient Roman road that connected Aquileia to today's Ljubljana. Amid the magic atmospheres of woods featuring ancient oaks, hazelnut trees and ferns, clearings with stone walls and panoramic views of the gulf. With live readings (in Italian).

**Meeting venue: Piazza del Municipio, Sgonico.** Bus n. 46.

**GPS:** [45°44'08.2"N 13°44'49.1"E](#)

## **SUNDAY 27 SEPTEMBER: World War I Park in Monfalcone**

Across pine forests and meadows with fragrant savory shrubs, up to the Castle that dominates the plain and the Carso. Trenches and fortifications from WWI, with readings of the personal accounts of soldiers on the two fronts that fought each other on these sites.

**Meeting venue: Monfalcone Town Hall.** Can be reached by bus and train.

**GPS:** [45°48'33.7"N 13°31'58.5"E](#)

**PRICES: € 10.00 adults; € 5.00 children under 14 years; free: children under 6 years**

**BOOKING IS REQUIRED**

**FOR GROUPS, ON REQUEST: excursions also possible on other dates, all year round**

**Tour languages: IT, ENG, DEU, SLO - [www.piacevolmentecarso.it](http://www.piacevolmentecarso.it)**

**INFO & BOOKING: CURIOSI DI NATURA**

**mob. (+39) 340.55.69.374 - [curiosidinatura@gmail.com](mailto:curiosidinatura@gmail.com) - [www.curiosidinatura.it](http://www.curiosidinatura.it)**

**Press: Maurizio Bekar – [www.bekar.net](http://www.bekar.net)**

## **Pleasures of the Carso Summer 2020**

### **AFFILIATED RESTAURANTS**



**All participants in a "Curiosi di natura" excursion will receive a coupon for 2 persons, valid from 9 August to 27 September 2020, entitling them to a 10% discount on menus of the following "Sapori del Carso" restaurants**

**BOOKING IS RECOMMENDED**

**Trattoria - Gostilna OŠTERIJA FERLUGA** – Conconello / Ferlugi (TS), Via / Ulica Bellavista 12, tel. 347 1396133 - [dimitriferluga@gmail.com](mailto:dimitriferluga@gmail.com) - *Closed: lunchtime from Mon to Thurs*

**Trattoria - Gostilna VETO** - Opicina / Opčine (TS), Via di Prosecco / Proseška ulica 35, tel. 040 211629, [pizzeriaveto@libero.it](mailto:pizzeriaveto@libero.it) - *Closed: Tues*

**Hotel&Restaurant KRIŽMAN** - Repen 76, Monrupino / Repentabor, tel. 040 327115 [www.hotelkrizman.eu](http://www.hotelkrizman.eu) – *Closed: lunchtime Mon, all day Tues*

**Trattoria - Gostilna GUŠTIN** - Sgonico / Zgonik 3/a, tel. 040 229123, [www.gustintrattoria.com](http://www.gustintrattoria.com) - *Closed: dinner time Mon, all day Wed*

**Trattoria - Gostilna SARDOČ** - Precenico / Prečnik 1/b, Duino Aurisina - Devin Nabrezina tel. 040 200871 - [www.sardoc.eu](http://www.sardoc.eu) - *Closed: Mon, Tues*

**Trattoria - Gostilna AL REFOLO - Hostaria creativa** - Monfalcone / Tržič, Via / Ulica IX Giugno 69 tel. 333 4022509 - [alrefolo@yahoo.it](mailto:alrefolo@yahoo.it) - *Open lunchtime from Mon to Fri, Fri evening upon reservation*

**Trattoria - Gostilna LOKANDA DEVETAK** - Savogna d'Isonzo / Sovodnje ob Soci (GO), San Michele del Carso, Vrh sv. Mihaela / Brežiči 22, tel. 0481 882488 - [www.devetak.com](http://www.devetak.com) - *Closed: all day Mon and Tues, and lunchtime Wed and Thurs*