



"CURIOSI DI NATURA" cooperative company
Culture, tourism and environmental protection

Via M. D'Azeglio 23 - 34129 Trieste (IT)

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www.curiosidinatura.it

PLEASURES OF THE CARSO

Hikes on the Carso around Trieste and Gorizia, all year round
Upon request, for adult groups and schools

Nature, culture and gastronomy trails
among cliffs, hills, seascapes, woods and farmland

Walking trails suitable for all ages and all fitness levels. Duration: approx. 4 hours
Possibility of combining several trails into a longer hike taking one or several days

Possibility of tasting local wine and food at typical eateries

Dear Sir or Madam,

We are writing to inform you that on request we develop and carry out guided walking tours and excursions in the natural settings of the Carso plateau between Trieste and Gorizia.

Slow-paced and suitable for all age groups (from school children to seniors), these walks can be arranged for small and large groups, and can also be arranged in other natural areas of the Friuli Venezia Giulia region. They are held in Italian, English, German and Slovenian.

The excursions, led by professional trekking guides, aim to illustrate the diverse natural, landscape, ecological, historical and cultural settings of the Carso plateau and the regional territory.

They can be integrated with snacks and meals typical of the area's gastronomic tradition, a blend of central European and Mediterranean features, and prepared with local, "zero food mile" produce.

Excursions typically last half a day to one full day. Upon request, longer excursions over several days can be developed, with various accommodation options both in Trieste and on the Carso.

Special itineraries for persons with reduced motor skills can also be arranged.

The closeness of the Carso to the city of Trieste, about half an hour's drive away, makes it possible to combine the nature hikes with visits to a city that is highly attractive in terms of sights and culture and is suitable for longer stays over a few days. On request, we can provide you with all the necessary information.

Our offer is outlined in greater detail below.

If interested, you can visit our website or contact us for further information or to request a personalised proposal to meet your specific needs.

INFO & BOOKINGS

Curiosi di natura - soc. coop. via D'Azeglio 23, 34129 Trieste (IT)

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Press: Maurizio Bekar - www.bekar.net

With the contribution of
Regione Autonoma
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TRIESTE, BETWEEN THE CARSO AND THE SEA

A cultural and commercial centre and a port city; with both central European and Mediterranean features, Trieste has for centuries been a melting pot of different populations, languages, religions and cultures. Known as the "Little Vienna by the Sea", the city is rich in culture and history, spanning from Ancient Rome to Austro-Hungarian to contemporary history.

It is a place where you can walk around admiring the streets and squares with their stately palaces built in neoclassical, liberty, eclectic and baroque style, visit museums, places of worship of different religions (Catholic, Greek Orthodox, Serbian Orthodox, Lutheran Evangelical, Swiss Evangelical churches, and a synagogue), castles, ancient Roman ruins... or where to take in the atmosphere of its historical cafés.

Trieste is surrounded by a rich and varied natural environment: it faces the sea, a source of work, leisure and sports while, just behind it, the Carso plateau stands out rising abruptly over 300 metres above sea level.

A short tram or bus ride is all it takes to go from the city centre to the quiet of the Carso woods, with their evocative atmospheres and views, and where it is not unusual to come across roe deer. You can walk around the Carso without difficulty and visit caves, dolinas, and rocky outcrops shaped by the rain, or just stroll through the vineyards and rural villages. Or again, walk across landscapes like the Karstic grassland, rich in colourful flowers and cotinus shrubs or smokebushes, with their red and orange autumn foliage.

THE CARSO

A territory rich in biodiversity and historical sites - from prehistory to Roman times to the world wars - all within easy reach of the city. From spectacular cliffs overlooking the sea to rocky valleys, from vineyards and olive groves to woods with caves, sinkholes and rocky outcrops sculpted by the rain.

The Carso offers pleasant walks all year round: in spring among the richly coloured flowers; in summer along flat and shaded trails; in autumn among the bright colours of its landscape; in winter along the sun-beaten coastal trails sheltered from the wind.

EXPLORING THE PLEASURES OF THE CARSO

An initiative to explore the many features of the Carso between Trieste and Gorizia: flora, fauna, geology and ecology, with elements of history and culture. And to discover what makes this territory unique and different from all others.

It proposes charming easy-to-each trails, some accessible by public transport, to be tackled by people of all ages and fitness levels. Slow-paced walks to give a chance to take in and savour the experience. Guided tours in Italian, English, German, Slovenian.

With the possibility of visiting local farms and tasting local food and wine at typical eateries.

Itineraries for persons with motor or health problems are also available.

CURIOSI DI NATURA

A cooperative of professionals working in the field of responsible tourism and environmental outreach, it has been operating in Friuli Venezia Giulia, and in particular in the Carso area since 2001. It collaborates with private individuals, agencies, schools and public bodies. It organises slow-paced excursions, and initiatives to valorise the territory and promote ecological culture. We are members of AITR – the Italian Association for Responsible Tourism (member of EARTH - European Alliance for Responsible Tourism and Hospitality).

GUIDED TOUR FEES (per group)

1/2 day (3-4 hours, max 55 persons) with 1 guide: € 150.00

1/2 day (3-4 hours, max 25 persons) with 1 guide: € 125.00

1 day (7-8 hours, max 55 persons) with 1 guide: € 260.00

1 day (7-8 hours, max 25 persons) with 1 guide: € 200.00

(+ VAT)

Groups with more than 55 persons can only be accepted with a second guide.

Hours are calculated as effective hours out with the group (from meet-up time at the established location to when the guide takes leave from the group, including rest stops and meal breaks).

Surcharge for guided tours in languages other than Italian (English, German, Slovenian): + 10%

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WITH THE COOPERATION OF

Associazione Regionale **Ue.Coop FVG**; **Banca Etica & Gruppi d'Iniziativa Territoriale** Trieste Gorizia Udine; **Coldiretti Trieste & Campagna Amica**; **Sdgz-Ures** - Unione Regionale Economica Slovena & **Sapori del Carso**

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PLEASURES OF THE CARSO

SOME AVAILABLE ITINERARIES

COASTAL TRAILS AND CLIFFS – Accessible all year round

FROM SANTA CROCE TO VEDETTA SLATAPER – Amid pine trees, oaks and Mediterranean vegetation, with extensive views of the Gulf of Trieste and Miramare Castle. Flat and shaded, sets off the differences between the sea-facing karstic vegetation and that of the interior.

THE SAGE WALK - From Aurisina to Santa Croce. Holm oak woods, rocks imaginatively sculpted by the rain, fragrant sage and savoury shrubs, and spectacular views of the sea. On this flat itinerary along a forest road, the views span from Istria to Trieste and as far as the Grado lagoon.

THE RILKE TRAIL - This scenic clifftop walk takes you through the Mediterranean vegetation in the Nature Reserve of the Duino Cliffs. Fascinating for its conspicuous karstic phenomena and its romantic aura. Dedicated to the poet Rainer Maria Rilke, who drew inspiration to write his "Duino Elegies" from these places.

A STROLL ABOVE TRIESTE - A walk across the woods and grassland, along the edge of the karstic plateau overlooking the city, which spreads out below you as if on a map. Very close to Trieste, but completely immersed in the peace of nature.

THE RIVER TIMAVO AND THE CERNIZZA FOREST – From the holm oak woods to the grassy fields with brightly coloured smokebushes, to the karstic springs of the river Timavo, which emerges after 45 km of underground course and shortly after flows into the sea. An itinerary near Duino, to learn about the explorations of a river with a mysterious course, and admire the different types of vegetation: Mediterranean, karstic grassland and wetlands.

A STROLL AMONG VINEYARDS AND DOLINAS – On the Carso plateau, among rural landscapes, rocks carved by the rain, caves and fascinating karstic phenomena. A flat and panoramic trail between Samatorza and Prepotto, in the wine-producing area, among the vineyards grown on the "red soil" of the Carso.

INNER CARSO – Recommended between spring and autumn

THE NATURAL RESERVE OF VAL ROSANDRA - Just a few kilometres from Trieste, a charming valley rich in history and biodiversity, with a stream that flows between steep rocks and a 30-metre waterfall. Ancient trade route for the local populations, with remnants of the past immersed in nature, like the remains of a Roman aqueduct or a XIII century chapel perched on a spur of rock.

IN THE THICK OF THE WOODS - In the Natural Reserve of Mount Lanaro, a walk up to the top of the mountain, among grand oaks and hornbeams and, in the spring, blooming peonies and wild irises. Excursion with a rise of about 150 metres, along a shaded forest road.

THE GREAT CHASM OF ORLEK – Up to the plateau, as far the spectacular dolina of Orlek, 100 metres deep and surrounded by sheer rock face. Declared a “natural monument” by the IUCN (International Union for Conservation of Nature). At the bottom of the cool and damp depression grows a hornbeam wood, with mosses and ferns and, in spring, spectacular anemones, snowdrops and peonies in full bloom.

HISTORICAL MONUMENTS AND GEOLOGICAL MONUMENTS - In the Natural Reserve of Mount Orsario, up to the mountain top, with sweeping views of the Carso. On the way, the Monrupino stronghold, a fort housing a church, and the Torrioni, spectacular rock towers measuring 10 metres in height and fashioned by the erosive action of the rain. Itinerary across oak and pine forests, with a rise of 100 metres.

THE SITES OF THE GREAT WAR – Accessible all year round

MOUNT COCCO AND THE PRINCE’S DOLINA - Among caves, sinkholes and trenches, around Mount Hermada. The theatre of fierce battles between the Italian and Austro-Hungarian troops, barricaded on a natural stronghold that barred the way to the conquest of Trieste.

THE WWI PARK IN MONFALCONE - A walk up to the first hills of the Carso, through pine woods and grassy fields, among the remains of trenches and war memorials commemorating the casualties on both sides of the conflict. A nature trail close to the city, in a peaceful wooded area, where to explore the fortifications and get a glimpse of what life was like in the trenches.

MOUNT BRESTOVEC - Through the woods, up to the trenches and fortified galleries that cross the mountain and house an evocative permanent exhibition open to visitors. Located in the Carso surrounding Gorizia, this excursion has a rise of 140 metres. From the mountain top, far-reaching views across the whole plateau.

NATURE AND HISTORY - From San Martino del Carso to the Sacred Area of Mount San Michele. Because of its strategic position – dominating the plains, the Isonzo river and the Carso – this was the theatre of harsh battles. In these battles the village of San Martino was completely destroyed, as recalled in Giuseppe Ungaretti’s poem. A nature and historical trail on flat terrain.

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