

CURIOSI DI NATURA
cooperative company
Culture, tourism and environmental protection
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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

Possibility of tasting local wine and food at typical eateries

THE CARSO

A territory rich in biodiversity and historical sites, 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.

EXPLORING THE PLEASURES OF THE CARSO

An initiative to explore the many features of the Carso between Trieste and Gorizia: nature, traditions, culture, and food and wine. Charming easy-to-each trails, some accessible by public transport, to be tackled by people of all ages and fitness levels.

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.

We are also on **YouTube**

www.youtube.com/user/curiosidinatura



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.

With the contribution of
Regione Autonoma
Friuli Venezia Giulia

FRIULI VENEZIA GIULIA
www.turismofvg.it

SOME ITINERARIES

“From Santa Croce to Vedetta Slataper” - Amid pine trees, oaks and Mediterranean vegetation, with extensive views of the Gulf of Trieste and Miramare Castle.

“The Sage Walk” - Holm oak woods, rocks imaginatively sculpted by the rain, fragrant sage and savoury shrubs, and spectacular views of the sea.

“The Rilke Trail” - Dedicated to the poet Rainer Maria Rilke, this scenic clifftop walk takes you through the Mediterranean vegetation in the Nature Reserve of the Duino Cliffs.

“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.

“A stroll among vineyards and dolinas” - On the Carso plateau, among rural landscapes, rocks carved by the rain, caves and fascinating karstic phenomena.

“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 waterfall.



“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.

“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 the Conservation 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.

“The sites of the Great War” - **“Mount Cocco and the Prince’s dolina”**: among caves, sinkholes and trenches, around Mount Hermada.

“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. **“Mount Brestovec”**: through the woods, up to the trenches and fortified galleries, now housing an evocative exhibition. **“Nature and History”**: from San Martino del Carso, known for a famous poem by Ungaretti, to the Sacred Area of Mount San Michele.

INFO & BOOKINGS

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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