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IO SONO FRIULI VENEZIA GIULIA

Con la collaborazione di:

SDGZ URES Slovensko Deželno Gospodarsko Združenje Unione Regionale Economica Slovena

Sapori del Carso Okusi krasa

socie e soci di bancaetica trieste-gorizia

socie e soci di bancaetica udine

E con il patrocinio di:

AITR TURISMO RESPONSABILE

bancaetica

UECOOP

Pleasures of the Carso – Summer 2026

5 nature trails on the Carso
Nature, culture, history and gastronomy

Saturday 15/08, Sundays 16/08, 23/08, 06/09, Saturday 03/10

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

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 "Sapori del Carso" restaurants

CALENDAR OF EXCURSIONS

Saturday 15/08, Sundays 16/08, 23/08, 06/09, and Saturday 03/10
15, 16, 23 August, 6 September (5.30-8.30 pm), 3 October (6.45-10.00 am)

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

SATURDAY 15 AUGUST: Monte Grisa, amidst nature and culture An easy walk across grassland and woods up to the very edge of the Carso, with views spanning over the Gulf of Trieste. With explanations about the natural environments. Themed readings by Maurizio Bekar. Walk length: approx. 5 km. **Meeting venue: Borgo San Nazario (Prosecco),** at the start of Strada Napoleonica (bus no. 42 from Trieste). **GPS:** 45°41'57.0"N 13°44'26.3"E

SUNDAY 16 AUGUST: From Sgonico to Sales Through woods, vineyards and Carsic villages, along easy paths lined by typical dry-stone walls. A themed walk to learn about the flora and how it has changed over time. Walk length: approx. 5 km, with a small rise of 100 m. **Meeting venue: square in front of Sgonico's Town Hall. GPS:** 45°44'08.2"N 13°44'49.1"E

SUNDAY 23 AUGUST: Repen, to discover local culture and traditions A cultural walk between Repen and Col with Vesna Gustin, an expert in local culture and food and wine traditions. To learn about the way of life of the Carsic people, as illustrated by a local who studies their traditions. An easy 5-km walk over essentially flat ground, except for the ascent to the Fortress. **Meeting venue: main square in Repen. GPS:** 45°43'24.9"N 13°47'30.1"E

SUNDAY 6 SEPTEMBER: Basovizza, to learn about the fauna A walk along the Ressel Trail across the Igouza wood, with Curiosi di Natura and young researchers Riccardo Bergamin and Monica Skapin, who will be talking about predators in ecology and illustrate their degree dissertations on wildlife monitoring. An easy 6.5 km-long walk along paths and dirt tracks. **Meeting venue: Basovizza,** parking area at the start of the Ressel Trail (bus no. 51 from Trieste). **GPS:** 45°38'42.4"N 13°51'45.3"E

SATURDAY 3 OCTOBER: Sunrise on the Rilke Trail From 6.45 to 10.00 am, a walk led by our guide Barbara Bassi, with readings commented by Maurizio Bekar. At the break of dawn on the scenic trail that inspired Rilke's "Duino Elegies", one of the most fascinating places of the Carso, with the cliffs, Duino Castle and Trieste lighting up with the rising sun. **Meeting venue: 6.30 am at Sistiana's Infopoint** at the start of the Rilke Trail. **GPS:** 45°46'20.4"N 13°37'40.9"E

Prices: € 12 adults; € 6 under 14 years; free 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

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Press: Maurizio Bekar – www.bekar.net

Pleasures of the Carso Summer 2026

AFFILIATED RESTAURANTS

All participants in a "Curiosi di natura" excursion will receive a coupon for 2 persons, valid from 15 August to 3 October entitling them to a 10% discount on menus of the following "Sapori del Carso" restaurants

Trattoria OŠTERIJA FERLUGA – Conconello / Ferlugi (TS), Via / Ulica Bellavista 12, tel. 347.1396133 - dimitriferluga@gmail.com - *Open Mon-Thurs at dinner time; Fri-Sun at lunch and dinner time.*

Trattoria AL FARO - Scala Giuseppe Sforzi 2 (TS), tel. 040.410092 - www.trattorialfaro.it info@trattorialfaro.it – *Closed: Mon and Thurs.*

Antico Caffè San Marco, Trieste, via Battisti 18/A, tel. 040.2035357 - www.caffesanmarco.com – *Discount on lunch and dinner, daily. Restaurant closed on Sun evening.*

Hotel & Restaurant KRIŽMAN - Repen 76, Monrupino / Repentabor, tel. 040.327002 www.hotelkrizman.eu - *Closed: Mon-Tues. Open: Wed-Thurs at dinnertime; Fri-Sat open at lunch and dinnertime, Sun open at lunchtime only.*

Bar, restaurant, pizzeria SALVIA & ROSMARINO – Avalon Wellness, Borgo Grotta Gigante, 42/B, Sgonico / Zgonik, tel 040 327431 - https://avalonwellness.it – *Open:Tues-Wed 9am-8pm, bar-bistrot; Thurs-Sun 9am-11pm, lunch and dinner. Monday closed.*

Trattoria sociale Društvena gostilna GABROVEC - Sgonico / Zgonik, Gabrovizza / Gabrovec 24, tel. 040.2296036, fulapam@gmail.com - *Open: 10am-3pm and 6-11pm. Closed: Thurs.*

SILENE AgriRistorante - Via Gruden 9, Jamiano (Doberdò del Lago, Doberdob) - cell. 351.9497774 - sileneagriristoro@gmail.com – https://sileneagriristorante.plateform.app/welcome - *Open: Fri, Sat and Mon at dinnertime; Sun lunch only.*

Trattoria Gostilna LOKANDA DEVETAK Savogna d'Isonzo / Sovodnje ob Soči (GO), S. Michele del Carso, Vrh sv. Mihaela / Brežiči 22, tel. 0481.882488 - www.devetak.com – *Closed all day Mon and Tues, and lunchtime Wed and Thurs. Road-side tavern-bar open Sat and Sun only.*

Trattoria Gostilna Primožič - Viale XX Settembre 134, Gorizia, tel. 0481 82117. *Open: Mon-Fri at lunch and dinnertime; Sun at lunchtime only. Closed: Sat.*

CALL TO CHECK IF OPEN - BOOKING IS RECOMMENDED