GUIDE TO
ALPINE PASTURES
AND BARNS
Friuli Venezia Giulia
Imagine a place suspended in time and surrounded by green. Imagine hands that milk cows and that make cheese. All of this is surrounded by a peaceful silence working together with the harmonious mindfulness of the cheese makers.

Friuli Venezia Giulia is home to a particular microcosm, one that is nice to experience at its fullest. Here in the Alpine Pastures and Barns, you can spend the night breathing the pure alpine environment. Here you can see with your own eyes the wise rituals that accompany artisan production of milk, butter and cheese.

Up there, you can witness an ancient tradition that the people of this land pass down from generation to generation and that starts in late May – early June when the herds are brought to pasture, when the herders bring their herds up to the alpine pastures where the grass is better. Up there, milk will have its own special taste. Up there, where the snow and the ice purified the earth for so many months beforehand.

Up there... where you will observe nature’s wonders that are able to take your breath away at sunrise and sunset, when the light makes everything so surreal that it invites you to stop and observe and take in a moment of pleasant blur.

Throughout the summer, the best Alpine Pastures and Barns in Friuli Venezia Giulia open their doors to a unique reality. Here authenticity translates itself into enchanting peaks and a simple lifestyle from which to learn the secrets of every phase of the cheese making process. Your taste buds will learn the secrets as well, and in their honor, every cheese maker will bring you his work filled with ancient wisdom.
There is wind on the peaks, cold spells are taking over the pastures; the smell of rain is in the air at night. People are coming from every trail: women are accompanied by the men and children, many who carry umbrellas tied to their necks by twine, or sticks shortened along the walk. In the cheese making barn the fire is burning; it’s needed. Good night: a greeting said by people who know each together for years and see each other every day.

To everyone who gets there, the cheese maker offers polenta and ricotta- one needs to replenish after hours and ours of walking.

(Chino Ermacora, “The last days in malga”, from “Carnia” written by Ulderica Da Pozzo)
AMPEZZO (UD)

CASERA DEL PURA
1425m above sea level

**DIRECTIONS**  From Ampezzo drive to Passo del Pura and walk on the southern road.
**PRODUCTS SOLD**  Dairy products

COMEGLIANS (UD)

CASERA CROSTIS
1814m above sea level

**DIRECTIONS**  From Tualis walk towards the mountain on trail 151.
**PRODUCTS SOLD**  Dairy products

FORNI AVOLTRI (UD)

CASERA FLEONS DI SOTTO
1571m above sea level

**DIRECTIONS**  Reachable using the asphalted road from Piano della Guerra to the crossing with trail 140.
**LODGING**  Upon request
**PRODUCTS SOLD**  Dairy products
**DINING**  Use of kitchen upon request
**PHONE NUMBER**  Tel.: 0433 60034

FORNI AVOLTRI (UD)

CASERA TUGLIA
1597m above sea level

**DIRECTIONS**  Reachable from Forni Avoltri heading towards Sappada on SS 355. After the steep rise, go by foot on trail 230 on the left.
**LODGING**  7/8 beds in rooms
**PRODUCTS SOLD**  Dairy products
**DINING**  Typical food from Carnia (preferably cold dishes)
**PHONE NUMBER**  Cell.: 347 6689703
FORNI DI SOPRA (UD)

CASERA VARMOST
1769m above sea level

DIRECTIONS
Reachable with the Forni di Sopra chairlift.

PRODUCTS SOLD
Dairy products

LIGOSULLO (UD)

CASERA CUESTA ROBBIA ALTA
1401m above sea level

DIRECTIONS
From Ligosullo you get to Castel Valdajer and you continue by foot on trail 406-447.

PRODUCTS SOLD
Dairy products

PHONE NUMBER
Cell.: 329 1531530

PALUZZA (UD)

CASERA COLLINA GRANDE
1522m above sea level

DIRECTIONS
Reachable from Passo Monte Croce Carnico first by road and then continuing by foot.

PRODUCTS SOLD
Dairy products

PALUZZA (UD)

CASERA COLLINETTA DI SOTTO
1320m above sea level

DIRECTIONS
From Passo Monte Croce Carnico go left on trail 148-161.

PRODUCTS SOLD
Dairy products

PHONE NUMBER
Tel.: 0433 928805
PALUZZA (UD)
CASERA PLOTTA
1760m above sea level

DIRECTIONS
Reachable from Passo Monte Croce Carnico following trail 148.

PRODUCTS SOLD
Dairy products

PALUZZA (UD)
CASERA PRAMOSIO
1521m above sea level

DIRECTIONS
From Timau follow trail 402, from Laipacco you can get there by car.

LODGING
4 rooms (12 beds) e 1 dormitory with 10 beds. July and August a cabin is available with 2 rooms e 6 beds.

PRODUCTS SOLD
Dairy products

DINING
Typical food from Carnia

PHONE NUMBER
Tel.: 0433 775757 / 0433 70863

PALUZZA (UD)
MALGA LAVAREIT
1470m above sea level

DIRECTIONS
Reachable by foot from Sacrario di Timau by taking trail 155.

LODGING
3 rooms - 9 beds - 2 bath rooms

PRODUCTS SOLD
Dairy products

PHONE NUMBER
Cell.: 335 1356705

PAULARO (UD)
CASERA CASON DI LANZA
1552m above sea level

DIRECTIONS
Found on the Casera Cason di Lanza Pass reachable by car from Paularo.

LODGING
1 dormitory, 4 rooms with bathroom, 4 rooms with 2 bath rooms, (30 beds)

PRODUCTS SOLD
Dairy products

DINING
Typical food from Carnia

PHONE NUMBER
Tel.: 0428 90928
PAULARO (UD)
**CASERA CORDIN GRANDE**
1689m above sea level

**DIRECTIONS**
Go to Paularo by car and then towards Passo Cason di Lanza and then take trail 451. Single ownership with Valbertat Alta and Valbertat Bassa.

**PRODUCTS SOLD**
Dairy products

**PHONE NUMBER**
Tel.: 0433 70553 / 0433 70296 / 0433 70126

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PAULARO (UD)
**CASERA LODIN ALTA**
1680m above sea level

**DIRECTIONS**
Reachable from Paularo heading towards Passo Cason di Lanza, leaving the car at Casera Ramaz Bassa, you will find trail 457 by staying towards the right at the junction.

**PRODUCTS SOLD**
Dairy products

**PHONE NUMBER**
Tel.: 0433 70535

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PAULARO (UD)
**CASERA MELEDIS ALTA**
1513m above sea level

**DIRECTIONS**
From Casera Meledis Bassa go right foot along trail 448.

**PRODUCTS SOLD**
Dairy products

**PHONE NUMBER**
Cell.: 339 3856516

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PAULARO (UD)
**CASERA MELEDIS BASSA**
1085m above sea level

**DIRECTIONS**
Reachable from Paularo, 11 km from Passo del Cason di Lanza.

**PRODUCTS SOLD**
Dairy products

**PHONE NUMBER**
Cell.: 339 3856516
**PAULARO (UD)**

**CASERA PIZZUL**

1532m above sea level

**DIRECTIONS**
Reachable by car from Ravinis di Paularo, along the mostly paved road.

**LODGING**
3 rooms with 30 beds

**PRODUCTS SOLD**
Dairy products

**DINING**
Typical food from Carnia

**PHONE NUMBER**
Tel.: 0433 71079 - Cell.: 338 4252014

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**PAULARO (UD)**

**CASERA RAMAZ ALTA**

1463m above sea level

**DIRECTIONS**
From Casera Ramaz Bassa take trail 457 staying to the right at the junction. Single ownership with Casera Lodin.

**PRODUCTS SOLD**
Dairy products

**PHONE NUMBER**
Tel.: 0433 70535

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**PAULARO (UD)**

**CASERA RAMAZ BASSA**

1055m above sea level

**DIRECTIONS**
Easily reachable by car from Paularo heading towards Passo del Cason di Lanza. Single ownership with Casera Lodin.

**PRODUCTS SOLD**
Dairy products

**PHONE NUMBER**
Tel.: 0433 70535

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**PAULARO (UD)**

**CASERA VALBERTAT ALTA**

1507m above sea level

**DIRECTIONS**
Reachable on foot from Carena Valbertat Bassa along trail 449.

**PRODUCTS SOLD**
Dairy products

**PHONE NUMBER**
Tel.: 0433 70553 / 0433 70296 / 0433 70126
**PAULARO (UD)**

**CASERA VALBERTAT BASSA (AL CIPPP)\(^{1}\)**

1403m above sea level

**DIRECTIONS**
Reachable by car from Paularo heading towards Passo del Cason di Lanza.

**PRODUCTS SOLD**
Dairy products

**DINING**
Typical food from Carnia

**PHONE NUMBER**
Tel.: 0433 70553 / 0433 70296 / 0433 70126

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**PAULARO (UD)**

**CASERA VALDOLCE\(^{2}\)**

1703m above sea level

**DIRECTIONS**
From Passo Cason di Lanza, Casera is reachable on foot. Along the gravel road. Keys available at Cason di Lanza.

**LODGING**
10 beds, wood fired shower

**PRODUCTS SOLD**
Dairy products

**DINING**
Small kitchen available

**PHONE NUMBER**
Tel.: 0428 90928

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**PAULARO (UD)**

**MALGA ZERMULA\(^{3}\)**

1298m above sea level

**DIRECTIONS**
From Paularo take the road that goes to Passo Lanza; near Casera Nelut go by foot along the narrow asphalted road.

**PRODUCTS SOLD**
Dairy products

**PHONE NUMBER**
Cell.: 339 7396349

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**OVARO (UD)**

**CASERA LOSA\(^{4}\)**

1765m above sea level

**DIRECTIONS**
From Latèis di Sauris take the asphalted road to the junction with Casera Gerona and continue along the gravel road.

**LODGING**
14 beds in rooms of 4-6 beds + one dormitory of 20 beds

**PRODUCTS SOLD**
Dairy products

**DINING**
Typical food from Carnia

**PHONE NUMBER**
Cell.: 388 6056583 / 328 2745547 - Lodge: 0433 80223
OVARO (UD)
MALGA POZÔF
1583m above sea level

**DIRECTIONS**
Reachable from Liariis di Ovaro heading towards Monte Zoncolan and after a few turns head left along a gravel road.

**PRODUCTS SOLD**
Dairy products

**DINING**
Typical food from Carnia

**PHONE NUMBER**
Cell.: 368 3745660

PRATO CARNICO (UD)
CASERA MALINS
1672m above sea level

**DIRECTIONS**
Reachable by foot on trail 204 from Sauris di Sopra, near the fountain.

**LODGING**
6 rooms with 18 beds and 6 bath rooms

**PRODUCTS SOLD**
Dairy products

**DINING**
Typical food from Carnia

**PHONE NUMBER**
Cell.: 347 2352471

PRATO CARNICO (UD)
MALGA IELMA
1502m above sea level

**DIRECTIONS**
There are two structures, one is at 1502 m. And the other at 1680 m. Reachable by car from Pesariis heading towards Cuesta di sotto and then by foot on trail 204.

**PRODUCTS SOLD**
Dairy products

**PHONE NUMBER**
Cell.: 334 3515698

SAURIS (UD)
CASERA FESTONS
1833m above sea level

**DIRECTIONS**
Reachable by foot from Sauris di Sopra along trail 204.

**PRODUCTS SOLD**
Dairy products

**PHONE NUMBER**
Cell.: 335 376281
SAURIS (UD)
**CASERA PIELTINIS**
1739m above sea level

**DIRECTIONS** Reachable from Sauris di Sotto along a road marked n. 2 until reaching trail 218.

**LODGING** Hall with 10 beds

**PRODUCTS SOLD** Dairy products

**DINING** Typical food from Carnia (reservation advisable)

**PHONE NUMBER** Cell.: 348 3050308

SAURIS – PRATO CARNICO (UD)
**MALGA NOVARZUTTA**
1625m above sea level

**DIRECTIONS** Easily reachable by car from Latéis di Sauris.

**PRODUCTS SOLD** Dairy products

**PHONE NUMBER** Cell.: 329 6082800

SAURIS (UD)
**MALGA VINADIA GRANDE**
1734m above sea level

**DIRECTIONS** From Sauris follow the signs for Casera Pieltinis and then continue left along the road.

**PRODUCTS SOLD** Dairy products

**PHONE NUMBER** Cell.: 339 2319957

SOCCHIEVE (UD)
**CASERA VALUTA**
1557m above sea level

**DIRECTIONS** From Latéis di Sauris or Miande di Ovaro go by car to the Casera Forchia and then east by foot along a gravel road.

**PRODUCTS SOLD** Dairy products
SUTROIO (UD)
MALGA CASERA AGAREIT DI SOPRA
1602m above sea level

**DIRECTIONS**
Accessible from Fielis di Zuglio, from Zoncolan, from Ovaro and from Lauco.

**PRODUCTS SOLD**
Dairy products

### ALPINE PASTURE AND BARN TRAIL

15 itineraries immersed in an uncontaminated landscape to enjoy by foot between rhododendrons and gentle slopes covered in blackberries, pastures, marmot whistles and the cry of alpine birds of prey. The Carnia Malga Trail winds between Carnia and Carinzia following ancient trails that still today are used by herders and local people. These trails immersed in nature have evocative names: the Cramars Trail, for example retraces the steps of Carnia’s travelling salesmen who sold spices and silks on the other side of the Alps. The Trail of Silence winds along silent alpine pastures and many streams and ponds. The Smugglers Trail follows the steps of smugglers who smuggled spices, salt and tobacco and offers many natural wonders.
AVIANO (PN)
PIAN MAZZEGA
1260m above sea level

DIRECTIONS
Reachable from Piancavallo by following the road to Barcis.

PRODUCTS SOLD
Dairy products

PHONE NUMBER
Tel.: 0434 652038

AVIANO (PN)
VALFREDDA
1260m above sea level

DIRECTIONS
Reachable along the forest road that reaches Collalto, the road heads towards Castalda in Piancavallo.

PRODUCTS SOLD
Dairy products in Pian Mazzega

PHONE NUMBER
Tel.: 0434 652038

BARCIS (PN)
LE VALLI E CAULANA
1017m above sea level

DIRECTIONS
Reachable along the asphalted road that connects Piancavallo to Barcis.

LODGING
10 rooms, 29 beds

PRODUCTS SOLD
Dairy products and pitina

PHONE NUMBER
Cell.: 335 435164

BUDOIA (PN)
CAMPO
1463m above sea level

DIRECTIONS
Along the Piancavallo-Cansiglio road.

PRODUCTS SOLD
Dairy products

PHONE NUMBER
Cell.: 339 4386498
<table>
<thead>
<tr>
<th>Location</th>
<th>Description</th>
<th>Details</th>
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</thead>
<tbody>
<tr>
<td><strong>CERCENEDO</strong>&lt;br&gt;CANEVA (PN)</td>
<td>Alpine pastures and barns</td>
<td>Reachable along the forest road that departs from the state road (SS422) that connects Vittorio Veneto to Cansiglio and Alpago. Dairy products&lt;br&gt;Cell.: 334 8491104</td>
</tr>
<tr>
<td><strong>FOSSA DI SARONE</strong>&lt;br&gt;CANEVA (PN)</td>
<td></td>
<td>Along the Piancavallo-Cansiglio road. Dairy products and pitina&lt;br&gt;Cell.: 348 4407910</td>
</tr>
<tr>
<td><strong>CODA DI BOSCO</strong>&lt;br&gt;CANEVA (PN)</td>
<td></td>
<td>Reachable from Sarone along the provincial road (SP61). Dairy products&lt;br&gt;Tel.: 0434 77126</td>
</tr>
<tr>
<td><strong>VALS CORONA</strong>&lt;br&gt;MONTEREALE VALCELLINA (PN)</td>
<td></td>
<td>Reachable along the road that connects Barcis to Monte Spia. Dairy products&lt;br&gt;Cell.: 338 1239443</td>
</tr>
</tbody>
</table>
POLCENIGO (PN)

COL DEI SCIANS
1315m above sea level

DIRECTIONS
Reachable along the road that connects “Casello della Guardia” to the Piancavallo-Cansiglio road “Busa Bernari”.

PRODUCTS SOLD
Dairy products

PHONE NUMBER
Cell.: 339 2944271

POLCENIGO (PN)

COSTA CERVERA
1120m above sea level

DIRECTIONS
Along the Piancavallo-Cansiglio road.

PRODUCTS SOLD
Dairy products

PHONE NUMBER
Tel.: 0434 748914

POLCENIGO (PN)

FOSSA DEBENA
1040m above sea level

DIRECTIONS
Along the Piancavallo-Cansiglio road.

PRODUCTS SOLD
Dairy products

PHONE NUMBER
Cell.: 348 4407910
CHIUSAFORTE (UD)  
MALGA PECOL  
1517m above sea level

**DIRECTIONS**  
Reached easily at the end of the parking lot that rises from Sella Nevea.

**PRODUCTS SOLD**  
Dairy products

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DOGNA (UD)  
MALGA BIELIGA  
1454m above sea level

**DIRECTIONS**  
Reachable along the Val Dogna road at the hamlet of Chiout where you find a forest road that reaches Sella Bieliga.

**LODGING**  
10 beds

**PRODUCTS SOLD**  
Dairy products

**PHONE NUMBER**  
Tel.: 0429 784413 - Cell.: 338 7814203

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DOGNA - LOC. PLAN DEI SPADOVAI (UD)  
MALGA PLAN DEI SPADOVAI  
1116m above sea level

**DIRECTIONS**  
Located along the Val Dogna road. Follow the road for roughly 12 km.

**LODGING**  
3 rooms - 9 beds

**PRODUCTS SOLD**  
Dairy products

**PHONE NUMBER**  
Tel.: 0433 70609 - Cell.: 347961215 / 339 2613948

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DOGNA (UD)  
MALGA SOMDOGNA  
1427m above sea level

**DIRECTIONS**  
Follow the Val Dogna road to the hamlet of Sella di Somdogna. Five minute walk from parking lot.

**PRODUCTS SOLD**  
Dairy products

**PHONE NUMBER**  
Tel.: 0432 999554 - Cell.: 339 5962797
## GEMONA DEL FRIULI - LOC. MONTE QUARNAN (UD)
### MALGA QUARNAN
1070m above sea level

**DIRECTIONS**
From Stalis near Gemona del Friuli.

**PRODUCTS SOLD**
Dairy products

**PHONE NUMBER**
Tel.: 0432 974022 / 0432 964093 (Azienda Agrituristica Serafini Loris)

## MALBORGHETTO, VALBRUNA - LOC. ROSSBACH UGOVIZZA (UD)
### MALGA PRIU
1250m above sea level

**DIRECTIONS**
From the Valbruna exit of highway A23, reach Ugovizza and rise 6 km towards Rifugio Nordio and the junction with Val Rauna; from here walk 45 minutes following the signs.

**LODGING**
2 rooms - 1 apartment - 10 beds

**PRODUCTS SOLD**
Dairy products

**PHONE NUMBER**
Tel.: 0428 60265 - Cell.: 333 4475021

## MOGGIO UDINESE - LOC. CASERA RIO SECCO (UD)
### MALGA RIO SECCO
1419m above sea level

**DIRECTIONS**
Reachable from Stiudena Bassa, a hamlet of Pontebba.

**LODGING**
3 rooms - 10 beds

**PRODUCTS SOLD**
Dairy products

**PHONE NUMBER**
Tel.: 0428 991279

## PONTEBBA - STUDENA BASSA (UD)
### MALGA GLAZZAT
1348m above sea level

**DIRECTIONS**
From Pontebba, follow the Provincial road to Studena Alta for 8 Km. Once you reach Sella Cereschiattis, follow the signs leading to the Agriturismo (5 Km)

**LODGING**
13 rooms - 5 beds

**PRODUCTS SOLD**
Dairy products

**PHONE NUMBER**
Tel.: 0428 991222 / 0428 90389
PONTEBBA - LOC. PIETRATAGLIATA (UD)
MALGA POCET
1362m above sea level

**DIRECTIONS**
Malga Pocet is on the left part of the Fella Valley at the height of Pietratagliata. Reachable on a road that rises from the valley floor.

**LODGING**
3 rooms - 14 beds

**PRODUCTS SOLD**
Dairy products

RESIA - LOC. COOT (UD)
MALGA COOT
1100m above sea level

**DIRECTIONS**
From Resiutta along the S.S. Potebbana, take the provincial road towards Resia, follow signs for Stolviazza, Cormis and then Malga Coot.

**LODGING**
1 room - 6 beds

**PRODUCTS SOLD**
Dairy products

**PHONE NUMBER**
Cell.: 339 2669713

TRASAGHIS (UD)
MALGA DI MONTE CUAR
1219m above sea level

**DIRECTIONS**
From Avasinis go to Cuel di Forchia along trail 815 (1.5 hours).

**LODGING**
6 rooms - 24 beds

**PRODUCTS SOLD**
Dairy products

**PHONE NUMBER**
Tel.: 0432 970993 - Cell.: 393 9664848 (Agriturismo Allo Scoiattolo)

VENZONE - LOC. MONTE PLAURIS (UD)
MALGA CONFIN - UNGARINA
min 877m - max 1330m above sea level

**DIRECTIONS**
From Val Venzonassa, take the road that starts shortly after the hamlet of Prabunello.

**LODGING**
2 rooms - 10 beds

**PRODUCTS SOLD**
Dairy products

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