

Friuli Venezia Giulia **WALKING**

Paths for wonderful excursions



Follow the colours of magical paths

Surrounded by crowns of mountains, enter woods in which large trees breathe with you and where you might get to see the curious elves called *sbilfs* cross clearings where in the past smugglers stealthily ventured, let yourself charm by views which seem to open onto infinity. You can discover the wonderful nature of Friuli Venezia Giulia thanks to 55 trekking routes, marked by CAI (Italian alpine club) signs, which unravel along the whole Alpine area and in the Carso plateau which overlooks the Adriatic Sea. The itineraries we propose unravel around one of the hypothetical directrices which link the main mountain chains of the region, and which are born from the springs of the main rivers of Friuli Venezia Giulia, thus linking to one another the most charming mountain tourist resorts and descending in the Carso area. These are tourist or tourist-excursion itineraries: therefore, they can be followed by everyone, although for some people some training is necessary. They mainly include medium-length paths (five-hour or six-hour walk at most). In this journey across magical scenarios, where nature reigns undisputed and expresses itself by means of treasures of high environmental value, you will be accompanied by enchanting lakes, mountain villages built with wood and stone, mills, Roman aqueducts, ancient parish churches and caves. Neither can you forget the archaeological traces and those left by the First World War, which experienced in the mountains of Friuli Venezia Giulia its bloodiest battles, and the perfumes of a wholesome cooking which expresses itself with excellent recipes handed on from generation to generation. Follow your passions and choose the thematic paths that inspire you the most and...enjoy your walks and your discoveries!

The many paths which interlace in the mountains of Friuli include the most suggestive features of the high ways, the **Via Alpina** (Alpine Path) and the **Sentiero Italia** (Italy Path) and then Carnia Trekking and **Alta Via delle Alpi Carniche e delle Alpi Tarvisiane** (High Way of the Carnic Alps and of the Alps of the Tarvisio area), the **Alta Via Resiana** (Resiana High Way) and of the **Cai** (Italian alpine club) **of Moggio and of Gemona**. Excursion routes of more days, divided into legs in mountain huts and/or in camps for those who love to fully experience life in the mountains.



Seven colours ...

Water paths:

A territory very rich in **water**, crossed by routes which wind across a luxuriant and blooming vegetation. Streams, springs, falls and gorges make the routes lively and thrilling.

History paths:

To recall the events related to the history concealed behind blockhouses and trenches in places in which the Italian and the Austrian troops faced each other.

Smugglers' paths:

To cover the traces left by many smugglers who once lived in these places and imported tobacco, spices, coffee, eluding the control of border police.

Paths of the *Malghe* (shepherd's huts):

Easily practicable routes across territories which are full of *malghe* where the art of cheese production is still alive; the ideal place to taste the delicious dairy products.

“Journey” rules

These itineraries follow Cai (Italian alpine club) numbered paths. In many cases the signboards show the walking time with the destinations. The classic rectangular partly white and partly red signpost often shows the number of the path as well. It is a good rule not to go out of the signed paths. The proposed paths are of a tourist-excursion kind. Take particular care in getting dressed and in preparing your rucksack, as well as in checking the weather forecast. In case of need call the mountain rescue dialling 118.



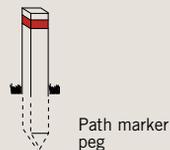
Path marker signpost



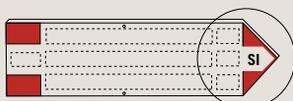
White-red path marker



Place signpost



Path marker peg



Path marker signpost for excursion itineraries with legs



Red-white-red numbered path marker



Water-spring signpost



Pile of stones

...for seven scenarios

Paths of cultures and villages:

Poffabro, Frisanco, Pesariis are just some of the small enchanting villages which can be reached by means of itineraries, often with a slight gradient, which allow to discover the charm of a concealed region.

Paths of legends:

Mythical characters that live in the mountains will accompany you along these paths, and the extraordinary stories handed on from generation to generation will make the journey even more charming.

Naturalistic paths:

Enthralling and charming routes across the Alpine and Carso area to discover the colours, images and perfumes of a rare and still well-preserved environment.



Six rules for hikers

1. For your walking tours in the mountains, choose the itineraries according to your physical and technical capacities, gathering information about the area you will visit. If you walk in a group, foresee walking time according to the slowest hikers. Keep some of your energy for the way back as well.
2. Use equipment and clothes that are suitable to the undertaking and to the length of the excursion and carry in your rucksack everything necessary for possible emergency situations, together with minimum first aid equipment.
3. Preferably, do not go on a walking tour on your own and, in any case, tell someone the itinerary you are going to follow, informing them when you get back.
4. Check the weather forecast and constantly observe the evolving of weather.
5. If you are not sure, go back. Sometimes it is better to give up than risk the dangers of weather or wish to go over difficulties that are superior to your strength, capacity, equipment. Study alternative itineraries for the way back beforehand.
6. Bring your garbage downhill. Respect the flora and the fauna. Do not come out of the path for any reason and do not take short cuts. Respect local cultures and traditions remembering that you are a guest of the people who live in the mountains.

Index of the paths

Water paths

1. Path of the Bordaglia Lake 8
2. "Las Callas" and "la Palma" gorges 9
3. Tour of the Fusine Lakes 10
4. The trails of the Dinosaur - Claut 11
5. Lakes of the Val Tramontina 12

History paths

6. On the Path of the *Crâmars* 13
7. Paths of Mount Coglians - the mountain hut Rifugio Marinelli 14
8. Paths of memory on Pal Piccolo and on Pal Grande 15
9. From Casera Pramosiso to the mountain hut Rifugio Fabiani 16
10. From Pontebba to the huts Malga Poccet and Bieliga 17
11. From Pian dei Spadovai to the mountain hut Rifugio Grego 18
12. Loop tour of the mountain hut Rifugio Grego 19
13. King of Saxony Path in the heart of the Julian Alps 20
14. Path of the Castellieri 21
15. Path of the trenches of Mount Ermada 22
16. From Topolò to Mount Kolovrat 23
17. From Poggio Terza Armata to Mount San Michele 24

Smuggler's path

18. Smugglers' path 25

Paths of the *malghe* (shepherd's huts)

19. Loop route of the Casere of Central Carnia 26
20. Montasio Plateau 27
21. Loop route of the *Malghe* of Sauris 28
22. At the foot of Gentile Hill from Lateis to Losa 29
23. Path of the *malghe* of Mount Zoncolan 30
24. *Malghe* of Piancavallo 31

Paths of cultures and villages

25. The Shrine of Mount Lussari 32
26. Ta Lipa Pot Path in the Park of the Julian Pre-Alps 33
27. Overlooking Rosandra Valley 34
28. Lander Campaniles 35
29. A journey through memory, Vajont 36
30. Frassati Path from Andreis to Poffabro 37
31. From Stupizza - Mersino to the mountain hut Rifugio Pelizzo 38
32. From the mountain hut Rifugio Pelizzo to Topolò 39
33. Among the vineyards of the Colli Orientali 40

Paths of legends

34. Tour of the Predil Lake 41
35. Across the Western Julian Alps 42
36. The path of the Dinosaur 43
37. From Laipacco to Casera Lavareit 44
38. On the Pian delle Streghe of Mount Tenchia 45

Naturalistic paths

39. From Cason di Lanza to the Lomasti Bivouac 46
40. A boundary mountain Gartnerkofel - Pramollo 47
41. From Baita Winkel to Pramollo 48
42. The path of the Forest: from Bagni di Lusnizza to Sella Bieliga 49
43. An easy peak in the area of Pontebba, the Osternig 50
44. Ressel Path 51
45. Rilke Path 52
46. The Grotte Verdi of Pradis and Ceconi Castle 53
47. At the spring of the Tagliamento river 54
48. From Forni di Sopra to Sauris 55
49. Panoramic path with view on the mountains - Ravascletto 56
50. Faith Path 57
51. The tour of Mount Ciavac in Andreis 58
52. Itinerary of Mount Valinis 59
53. Tour of the Cavazzo Lake - Path of Butterflies 60
54. Sentiero Simaz - Musi Valley 61
55. From Passo Tanamea to the former Military Hospital 62

p.



Legend

- Water paths
- History paths
- Smuggler's path
- Paths of the *malghe* (shepherd's huts)
- Paths of cultures and villages
- Paths of legends
- Naturalistic paths
- Main lines

1.Path of the Bordaglia Lake

Water path



Traversata Carnica
(Carnic crossing)
Difference in height: 900 m
Difficulty: T/E
Walking time in hours: 6

Oasi faunistica di Bordaglia (fauna oasis of Bordaglia)

The Lago di Bordaglia (Bordaglia Lake), on the bottom of a glacial valley among the pasture lands below the side of the Monte Volàia (Mount Volàia), is to be found within the Oasi di Bordaglia, the widest fauna oasis of Friuli Venezia Giulia.

Leaving from Pierabech di Forni Avoltri turn into the Cai (Italian alpine club) path n.140; after a stream which is always full of water, the Rio Bordaglia (Bordaglia stream), across a footbridge you will reach the large square of a quarry of peach blossom marble. Along the Cai path n.140 climb up the right bank of the high course of the Torrente Degano (Degano stream). In little longer than half an hour you will get to the narrow pass Stretta di Fleons, a gorge digged by the stream after a violent fall. From these rocks the mineral water "Goccia di Carnia" springs. On the right faces it is possible to see defence posts used during the First World War. After the narrow pass Stretta di Fleons, turn into the Cai path n. 142. This path, which is a short fraction of the Traversata Carnica (Carnic Crossing), runs along the stream Rio di Sissamis and crosses the homonymous casera (hut for cheese production) and goes up to Casera Bordaglia di Sopra, near which you can admire the Lago di Bordaglia (Bordaglia Lake). From Casera Bordaglia, keep descending along the path n. 142 until you get to Casera Bordaglia di Sotto; from here follow the path n.141 which runs along the Bordaglia stream going back to Pierabech.

INFO: Turismo FVG Forni Avoltri

tel. +39 0433 72202 info.forniavoltri@turismo.fvg.it





2. “Las Callas” and “la Palma” gorges

Water path

Difference in height: 230 m
Difficulty: E
Walking time in hours:
2.30

“La Palma” fir tree

Near the gorge Forra de Las Callas there is a specimen of silver free which is registered among the natural monuments of the region. It can be reached from Pian di Zermula, following the asphalt road which leads to Paularo for about ten minutes, following the signs which from the road lead to the mountain.

At the top of the Conca di Paularo (Paularo valley), the Torrente Chiarsò (Chiarsò stream) runs on the bottom of a deep gorge called Forra de Las Callas, which can be seen from a path excavated in the rock above.

Once local woodcutters used this arduous river way to carry the wood downhill. From the village of Paularo walk along the asphalt road towards the Passo del Cason di Lanza (Cason di Lanza mountain pass), until you reach the plain Pian di Zermula (1,082 metres) and park your car near the refreshment-area Ristoro Nelut (1,102 metres). Keep following the asphalt road and then turn left into a narrow road which, across the wood, leads to the top entrance of the gorge. Then follow the evident path excavated on the left face all along the gorge. At the end of the gorge on your left walk along the stream for some hundreds of metres and, just before the valley closes itself again in a rocky gorge, leave the bottom of the valley going up the rapidly climbing path which joins a wide mule track. Along this mule track, after some climbing hairpin bends, you will get back to Pian di Zermula (1,082 metres).

INFO: Turismo FVG Arta Terme

tel. +39 0433 929290 info.carnia@turismo.fvg.it



3. Tour of the Fusine Lakes



Water path

Difference in height: 440 m

Difficulty: E

Walking time in hours: 3

The Forest of Tarvisio

It is the largest Italian State forest, 24,000 hectares of alpine area covered with woods.

Crossed by the Fella River, it extends until the border with Austria and Slovenia.

From the Laghi di Fusine (Fusine Lakes) you can start different excursions of various length. Besides the classic tour of the two lakes linked by comfortable paths (about 3 hours), there is the possibility to reach the mountain hut Rifugio Zacchi (1,380 metres) with a loop route descending to the upper lake. From the Lago Superiore di Fusine (Upper lake of Fusine), which can be reached by car from Tarvisio, turn into the Cai (Italian alpine club) path n. 512, which is first a forest road, then a mule track, until you get to the renovated Rifugio Zacchi (Zacchi mountain hut). Descend along the forest road passing near the hut Capanna Ghezzi.

INFO: Turismo FVG Tarvisio

tel. + 39 0428 2135 info.tarvisio@turismo.fvg.it





4. The trails of the Dinosaur - Claut

Water path

Difference in height: 300 m
Difficulty: T
Walking time in hours
(upward only): 1.00

Museo della casa clautana (Museum of the house of Claut)

This museum emphasises the figure of women, who have always been the fulcrum of housework, of farm work and often pedlars of wooden objects, created by the craftsmen's skilful hands in their houses during winter.

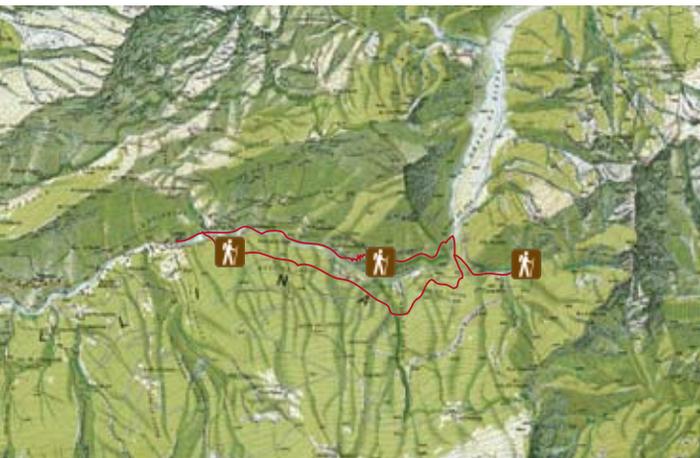
The excursion starts in Lesis - Pian del Muscol, which can be reached from Claut (large parking area). From here, along the forest road on the valley floor, you will reach and go beyond the wide Val di Giere and you will get to Casera Casavento (CAI 966 signposts). From the Casera, (a hut for the production of cheese), specific signs lead to the site of the Trails, impressed on a Dolomitic rock, which broke off from the faces above the Rio di Casavento (Casavento Stream - which is locally called Ciol de Casavento). The discovery dates back to 1994, when school children visiting the Parco delle Dolomiti Friulane (Park of Friulan Dolomites) noticed the fragment of fossil trail. You can go back keeping on the forest road of Pian de Crode (signpost) which goes round the basin of the Cellina springs (called Margòns) upstream.

INFO: Turismo FVG Pordenone

tel. +39 0434 520381 info.pordenone@turismo.fvg.it

INFO: Parco Naturale Regionale delle Dolomiti Friulane

Tel. Cimolais +39 0427 87333 info@parcodolomitifriulane.it





5. Lakes of the Val Tramontina

Water path

Difference in height: 700 m
Difficulty: E
Walking time in hours
(upward only): 2.30

These **three large artificial lakes** are now a characteristic element of the territory of the Val Tramontina (Tramontina Valley). Built in the 1950s for energy production purposes, they supply the irrigation system for the cultivation of the plain, and are a tourist attraction as well.

From Meduno follow the Val Tramontina (Tramontina Valley) as far as the Lago di Redona (Redona Lake), from which you will keep going following the road markings leading to Chievolis Selva (village of Tramonti di Sopra) and to the homonymous lake. After the crowning of the dam of the Lago di Selva (Selva Lake), after about 1 km, the forest road and the path (CAI - Italian Alpine Club - n. 967 and 968) begin, climbing up the woods on the northern sides of the Karst massif of Monte Raut (Mount Raut) as far as Casera Valine (a casera is a hut for cheese production), which is situated in the heart of the Parco delle Dolomiti Friulane (Park of the Dolomites of Friuli). Go back following the same itinerary, as other possible routes are very demanding.

INFO: Turismo FVG Pordenone

tel. + 39 0434 520381 info.pordenone@turismo.fvg.it

INFO: Parco Naturale Regionale delle Dolomiti Friulane

Tel. Cimolais +39 0427 87333 info@parcodolomitifriulane.it



6. On the Path of the Crâmars

History path



Path of the Carnic Malghe - shepherd's huts
Difference in height: 700 m
Difficulty: E
Walking time in hours: 3

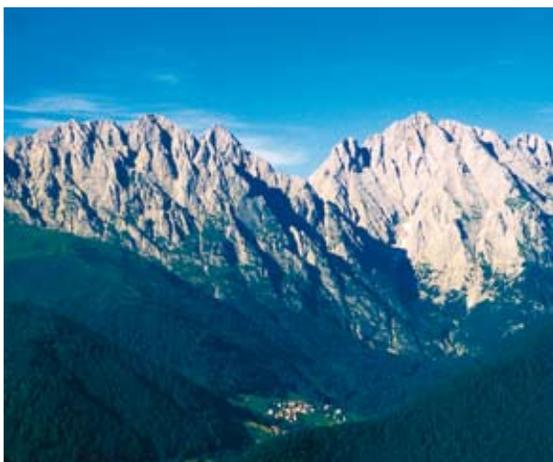
“Geo-Trail” Tour of the Lago di Volaia (Volaia Lake)

This route crosses the most important cliff of Carnic Paleozoic, rich in well-preserved and easy to see fossils.

In ancient times this route was used by Carnic pedlars (Crâmars), who carried spices and textiles towards the territories on the other side of the Alps. Start from the mountain hut Rifugio Tolazzi (1,350 m), which can be reached along the main road from Forni Avoltri. From the mountain hut turn into the Cai (Italian alpine club) path n. 144, climb up until the mountain hut Lambertenghi Romanin (1,950 m) and Passo Volaia (Volaia mountain pass 1,977 m) in about 2 hours. Beyond the mountain pass you can admire the wonderful valley of the Lago di Volaia (Volaia Lake), dominated by the powerful mass of Monte Coglians (Mount Coglians). In the area there is important evidence of the First World War: trenches and blockhouses on the front defence line. Go back to the mountain hut Rifugio Tolazzi following the same path n. 144 or partly along an old military road.

INFO: Turismo FVG Forni Avoltri

tel. +39 0433 72202 info.forniaivoltri@turismo.fvg.it



7. Paths of Mount Coglians - the mountain hut Rifugio Marinelli

History path



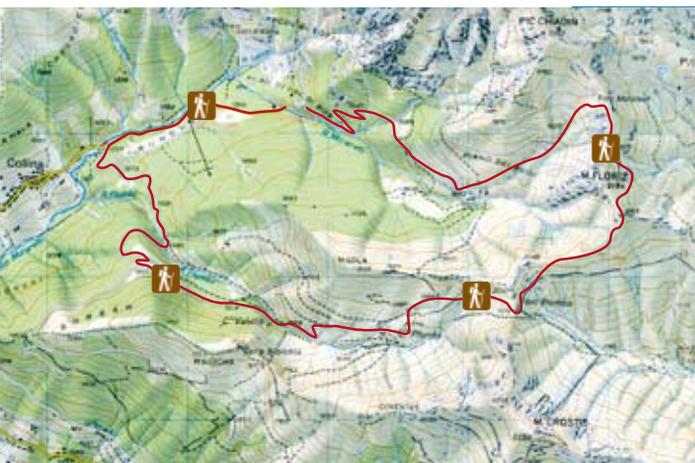
Traversata Carnica
(Carnic crossing)
Difference in height: 750 m
Difficulty: E
Walking time in hours: 6

Monte Coglians
(Mount Coglians 2,780 m) is the highest mountain of Friuli Venezia Giulia and of the Carnic Alps chain. Like all the mountains of the chain it belongs to, it is characterised by intense karstic phenomena; the deepest cave, which has been explored so far, is the Abisso Marinelli (Marinelli Abyss).

S start from the mountain hut Rifugio Tolazzi (1,350 m) near the village Collina di Forni Avoltri. Turn into the Cai (Italian alpine club) path n. 143. After Casera Morareet (a casera is a hut for cheese production) follow the path n.143 to reach, after a short slope, the mountain hut Rifugio Marinelli (2,813 m), from which you can enjoy a wonderful 360° view on the mountains of the surrounding Carnic Alps. From the mountain hut Rifugio Marinelli, climb up to Monte Floriz (Mount Floriz), descend along the path n. 174. Near Forcella Plumbs (Plumbs saddle) turn into the path n. 150 which leads to Casera Plumbs and then to the Edelweiss bar on the road which leads back to the mountain hut Rifugio Tolazzi.

INFO: Turismo FVG Forni Avoltri

tel. +39 0433 72202 info.forniaivoltri@turismo.fvg.it



8. Paths of memory on Pal Piccolo and on Pal Grande

History path



**Traversata Carnica
(Carnic crossing)**
Difference in height: 500 m
Difficulty: E
Walking time in hours: 4.30

Historical Museum of Timau

In Timau there is the Museo storico della Grande Guerra (Historical Museum of the First World War), where you can find hundreds of finds, unpublished documents, photographs. Recall the dramatic events which saw Carnia as a front of the First World War. It is possible to take guided tours through the trenches.

Leaving from the mountain pass Passo Monte Croce Carnico (1,360 m), turn into the Cai (Italian alpine club) path n. 401 leaving the practice wall for rock climbing on your left. Walk on the same path as far as the trenches on the Monte Pal Piccolo (Mount Pal Piccolo 1,866 m). Monte Pal Piccolo is important for the battles which took place here during the First World War. Nowadays on the top of this mountain there is an open-air museum, where it is possible to visit the remains of the trenches and of the barracks used by the *Alpini* (Italian alpine troops) during the war. From here briefly walk downhill along the path you have already climbed up before, turn into a military path which, passing through trenches and military structures which have fallen into disuse, leads back to the foot of the practice wall for rock climbing and then to the mountain pass Passo di Monte Croce.

Variant

Once you have reached the top of Pal Piccolo (1,866 m), following a series of military paths which have fallen into disuse, it is possible to reach the top of Friekofel and of Pal Grande where the open-air museum with many gallery finds is being set up.

INFO: lat Paluzza

tel. +39 0433 775344 info.paluzza@turismo.fvg.it



9. From Casera Pramasio to the mountain hut Rifugio Fabiani

History path



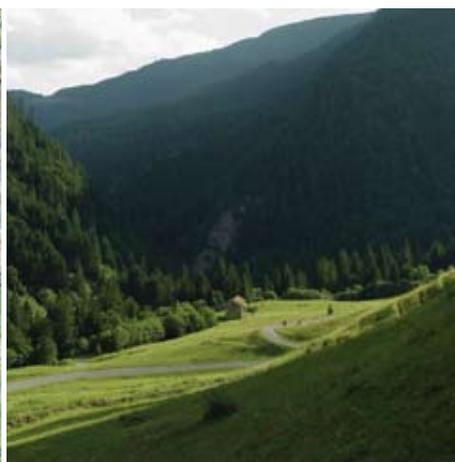
Traversata Carnica
(Carnic crossing)
Difference in height: 400 m
Difficulty: E
Walking time in hours: 5

Among these mountains there are not only the traces of soldiers and officers: in fact, there were also women who walked on these paths and who became historical heroines, the so-called *portatrici carniche* (Carnic carriers). Continuously risking their lives, they acted as a link with the front line trenches, secretly carrying in their panniers food and munitions to the soldiers.

From Casera Pramasio (1,521 m - a *casera* is a hut where cheese used to be produced), which can be reached from the village of Timau following a dirt road along which you can drive as far as the hut, follow the Cai (Italian alpine club) sign n. 407 until you get to Sella Cercevesa (Cerceversa saddle 1,850 m). From here walk downhill as far as the remains of Casera Cercevesa and at the following fork turn into the Cai path which goes onto the southern side of Cuestalta. Walk on the path n. 448a (Traversata Carnica - Carnic crossing) carefully following the signs until you get to the characteristic side of Creta Rossa (1,750 m), with reddish rocky outcrops and remains of fortifications. Then this path descends north of the ridge of the gorge Vallone di Pecol di Chiaula, where there is the mountain hut Rifugio Pietro Fabiani (1,539 m). From the mountain hut Rifugio Fabiani descend along the path n. 454 as far as the asphalt road to Casera Ramaz from where you go back to Paularo. If you want to go back to Pramasio, follow the path n. 407 and you will get there in 4 hours.

INFO: Turismo FVG Arta Terme

tel. +39 0433 929290 info.carnia@turismo.fvg.it



10. From Pontebba to the huts Malga Poccet and Bieliga

History path



Difference in height: 500 m

Difficulty: T/E

Walking time in hours: 6

In this valley you can find paths, trenches, caves, shelters, galleries, cableway wreckages, high-altitude small burial ground remains: the area, in fact, is rich in scars of the First World War.

From Pontebba, drive down the main road as far as Pietratagliata. Enter the village of Pietratagliata and keep driving along the asphalt road which, after a series of hairpin bends, leads to the hut Malga Poccet (1,519 m). From here walk along the forest road, until you get to the huts Malga di San Leopoldo (1,565 m) and Malga Bieliga, still along the forest road. From Malga Bieliga walk down towards Chiout as far as the fork with the path n. 601, along which, across Monte Schenone (Mount Schenone 1,950 m), you will get back to Malga Poccet.

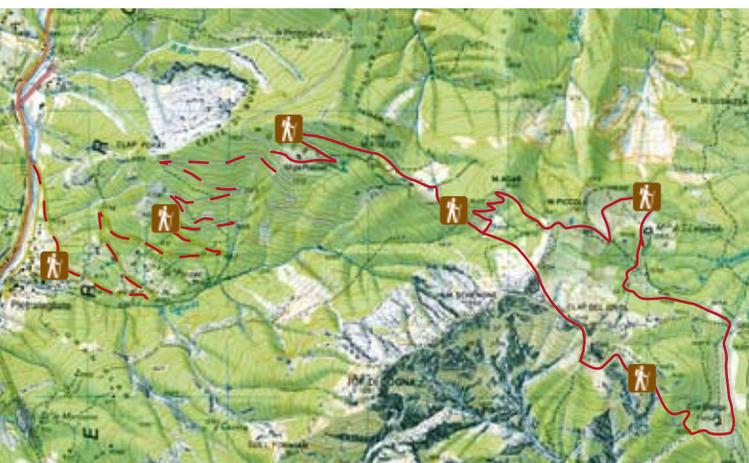
INFO: IAT Pontebba

tel. +39 0428 90693 prolocopontebba@virgilio.it

INFO: Turismo FVG Tarvisio

tel. + 39 0428 2135 info.tarvisio@turismo.fvg.it

----- Car route



11. From Pian dei Spadovai to the mountain hut Rifugio Grego

History path



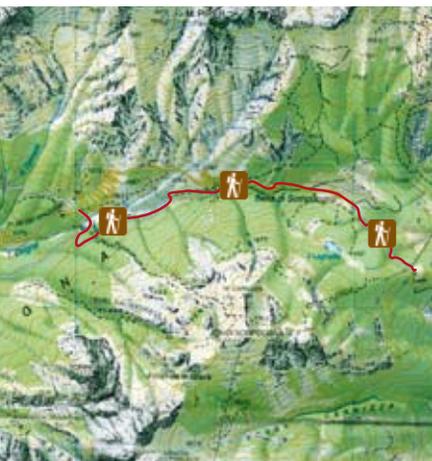
Fraction of the Sentiero Pacifico (Pacific Path)
Difference in height: 400 m
Difficulty: E
Walking time in hours: 4.30

This itinerary offers a wonderful view on the northern faces of Montasio and on the western sides of Jôf Fuart and Nabois.

From the plain Pian dei Spadovai (1,075 m), which can be reached by car from Dogna along the main road, turn into the Cai (Italian alpine club) path n. 651 on a forest road which runs alongside the Torrente Dogna (Dogna stream), reaching Sella Sompdogna (Sompdogna saddle 1,397 m) from which you will briefly get to the mountain hut Rifugio Grego. From the saddle you can reach the Bivacco Battaglione Gemona (Bivouac of the Gemona Battalion) in the historical Bucintoro village, from which you can get to the top of the Jof di Miezegnot in about 30 minutes.

INFO: Turismo FVG Tarvisio

tel. + 39 0428 2135 info.tarvisio@turismo.fvg.it



12. Loop tour of the mountain hut Rifugio Grego

History path



Difference in height: 580 m

Difficulty: E

Walking time in hours: 5

The mountain hut **Rifugio Grego** lies in a clearing in the middle of the wood and is made up of two L-shaped wooden buildings. It is on two floors; on the ground floor there is a characteristic wood-framed porch which serves as a dining room, the kitchen, two bathrooms and two storerooms.

The mountain hut Rifugio Grego (1,389 m) can be easily reached on foot in 15 minutes from the Sella di Sompdogna (Sompdogna saddle 1,397 m). From the mountain hut Rifugio Grego turn into the Cai (Italian alpine club) path n. 651 as far as the fork with the path n. 610. Walking along the path n. 610 you will get to the top of Jòf di Sompdogna, from where you will walk down to Bivacco Stuparich (Stuparich Bivouac 1,758 m) along the Cai path n. 652. From Bivacco Stuparich along the Cai path n. 611 you will get back to the mountain hut Rifugio Grego.

INFO: Turismo FVG Tarvisio

tel. + 39 0428 2135 info.tarvisio@turismo.fvg.it



13. King of Saxony Path in the heart of the Julian Alps

History path



Difference in height: 850 m
Difficulty: E
Walking time in hours:
6 for the whole route

The Museo storico-militare delle Alpi Giulie (Historical-military Museum of the Julian Alps) with important finds of the First World War is close to the **Museum dedicated to the mine of Cave del Predil**; this mine was closed in 1991 but is still a symbol of an intense, not too far, reality.

From Cave del Predil follow the main road as far as the fork with the Cai (Italian alpine club) path n. 625, which leads to the Capanna di Caccia del Re di Sassonia (Hunting Hut of the King of Saxony): the mountain hut Rifugio Brunner (1,432 m), which at present is being renovated. From here keep walking along the Sentiero del Re di Sassonia (King of Saxony Path, Cai path n. 629), which directly leads to the mountain hut Rifugio Corsi (1,874 m). From the mountain hut Rifugio Corsi you can go back along the path n. 629 until you turn into the path n. 650, which leads back to the main road, some hundreds of metres further than the starting point. Following this itinerary, you can walk up to the mountain hut Rifugio Corsi in 2.30 hours.

INFO: Turismo FVG Tarvisio

tel. + 39 0428 2135 info.tarvisio@turismo.fvg.it



14.Path of the Castellieri



Difference in height: 400 m
(walking uphill)
Difficulty: E
Walking time in hours:
4.30

History path

The *castellieri*

Real fortified refuges, far from the sea, built on rises, which protected from attacks and raids. Of circular or oval shape, they were protected by walls which were made up of piled up stones.

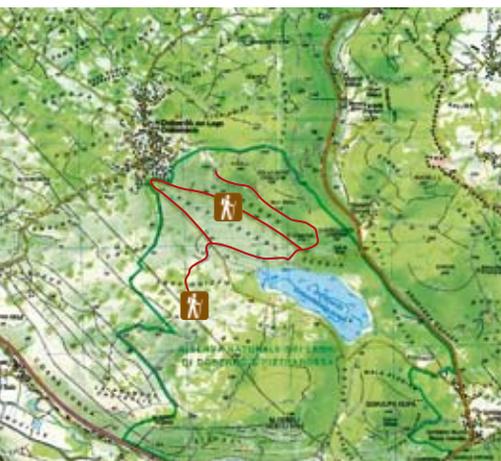
This itinerary starts from the Centro Visite (Visit Centre) of Gradina. Turn into the Cai (Italian alpine club) path n. 77 towards Casa Cadorna (Cadorna House), a building which was an observation post of the First World War. From here, a short stretch of path with steps and wire leads to the ruins of the ancient *castelliere* of Castellazzo (a *castelliere* is an old fortified refuge). Back to Casa Cadorna, keep walking along the Sentiero dei Castellieri as far as the fork with the Cai path n. 72. On your right, a short flight of steps leads to the Cima q 144 (Peak q 144) of Doberdò (Gorjupa Kupa). Walk downhill and turn into the path n. 72 until you cross the main road Doberdò-Jamiano. Keep walking round the western shore of the lake and climb up the slope which leads to Casa Cadorna to get back to the Visit Centre of Gradina.

INFO: IAT Monfalcone

tel. +39 0481 410304 info@monfalcone.it

INFO: Turismo FVG Gorizia

tel. +39 0481 535764 info.gorizia@turismo.fvg.it



15. Path of the trenches of Mount Ermada

History path



Difference in height: 180 m
(walking uphill)
Difficulty: E
Walking time in hours: 2

During the First World War many fierce battles took place in the area which surrounds **Monte Ermada** (Mount Ermada). This itinerary is interesting because of the remains and caves which were used as shelters during these battles.

Leaving from Medeazza, turn into the Cai (Italian alpine club) path n. 3 Sentiero Italia (Italy Path) passing a few metres north of the top of Monte Ermada (Mount Ermada) SW and keep walking, through trenches and caves, as far as the junction with the path n. 8 which leads to the top of Monte Ermada (323 m). Keep following the same path until you get to the path Trincee M. Ermada (Trenches of Mount Ermada) which leads to the top of Monte Gabrnjak (Mount Gabrnjak 297 m). After about 100 m, turn left into the path n. 3a across the wide valley, getting to the Case Coisce (Coisce Houses). Keep walking on the path n. 3a, when you get to a crossroads keep right and walk as far as the starting point.

INFO: Turismo FVG Gorizia

tel. +39 0481 535764 info.gorizia@turismo.fvg.it

INFO: Turismo FVG Trieste

tel. +39 040 3478312 info.trieste@turismo.fvg.it



16.From Topolò to Mount Kolovrat

History path



Fraction of the Sentiero Italia (Italy Path)
Difference in height: 800 m
Difficulty: T/E
Walking time in hours: 4.30

In the centre of Caporetto, visit the **Museum of Caporetto** with records of the war in the Valle d'Isonzo (Isonzo Valley) during the First World War. Various exhibitions, the reliefs of the mountains, a lot of photographic material and the multimedia projection relate this bloody war.

From the small but charming village of Topolò (600 m) along the Cai (Italian alpine club) path n. 746 (Sentiero Italia - Italy Path) you will reach the mountain hut Rifugio Solarie (970 m); from there you will briefly get to Passo Solarie (Solarie mountain pass), until you reach the foot of Monte Kolovrat (Mount Kolovrat 1,138 m), a mount digged by the trenches which reveal part of the history of the Battle of Caporetto. Immersed in the perfumes and colours of the wood, you will discover the places in which the First World War was fought. If you are lucky, then, you will get to see hares, roes, foxes and even hear the bell of deers. Wonderful view on Monte Nero (Mount Nero) and on the massif of Canin. Follow the same route to go back.

INFO: Turismo FVG Udine

tel. +39 0432295972 info.udine@turismo.fvg.it

INFO: IAT San Pietro al Natisone

tel. +39 0432 727975 info@nediskedoline.it



17. From Poggio Terza Armata to Mount San Michele

History path

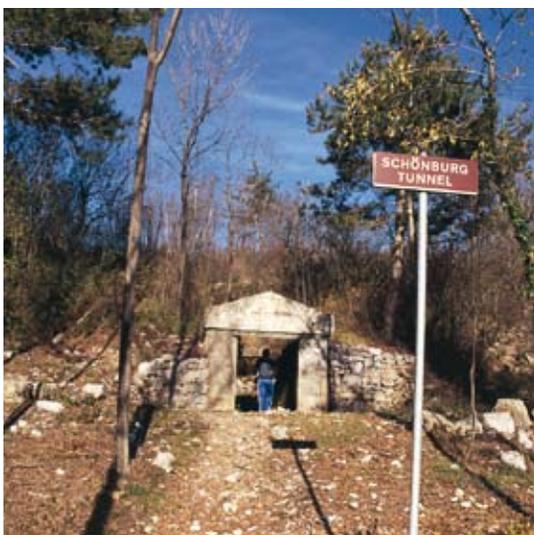


Difference in height:
all walking downhill
Difficulty: T
Walking time in hours: 5

Monte San Michele (Mount San Michele) was conquered on 7th August 1916, after many attempts, by the Italian troops. At the foot of the balcony overlooking the valley, from which the Austro-Hungarian soldiers dominated the Valle dell'Isonzo (Isonzo Valley) and Gorizia, there is the Italian front line trench on which the Austro-Hungarian detachments used poison gas at dawn on 29th June 1916.

Starting from a forest road at the gates of the small town of Poggio Terza Armata, follow a fraction of the Sentiero Italia (Italy Path), which later, on the left, will join the Cai (Italian alpine club) forest road n. 76 which leads to the top of Monte San Michele (Mount San Michele). From here walk down to Doberdò del Lago, where you can visit the wonderful small lakes and the area of the castellieri (old fortified refuges) walking along the paths n. 72 and 73. Go back along the same paths.

INFO: Turismo FVG Gorizia
tel. + 39 0481535764 info.gorizia@turismo.fvg.it





18. Smugglers' path

Path of the Carnic *malghe*
- shepherd's huts

Difference in height: 400 m

Difficulty: E

Total walking time in hours: 5

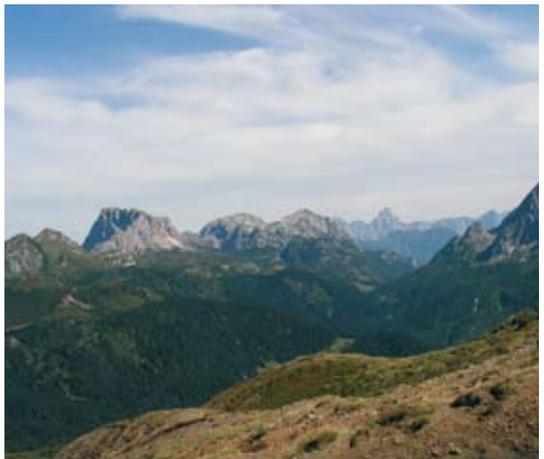
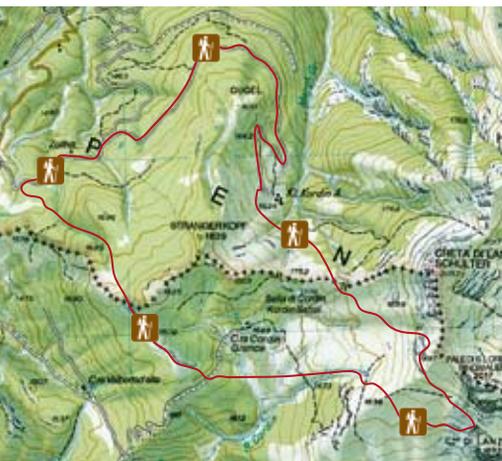
The path with easy hiding-places was covered by smugglers who carried spices, salt, tobacco. Along the whole border with Carinthia, the **smugglers' "job"** was done by many people who lived in the mountains who, avoiding the control of border police, smuggled in Italy many products.

From Passo Cason di Lanza (Cason di Lanza mountain pass 1,552 m) go downhill until you turn into the path n. 451 which leads to Casera Cordin Grande (1,689 m - a *casera* is a hut for cheese production).

Beyond Sella Cordin (Cordin saddle), the Austrian path n. 403 rapidly descends to the Straninger Alm (Straninger hut) in 2.30 hours. From here get back to Cason di Lanza along the path n. 449 as far as the Agriturismo Cippo (Cippo farm holiday centre), and then along the carriageway for about two kilometres.

INFO: Turismo FVG Arta Terme

tel. +39 0433 929290 info.carnia@turismo.fvg.it



19. Loop route of the Casere of Central Carnia

Path of the malghe (shepherd's huts)



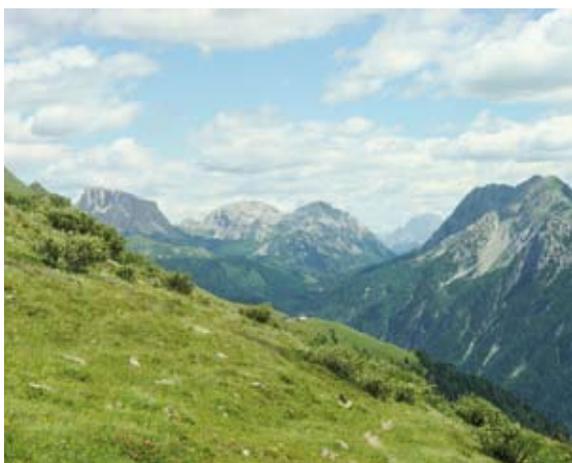
Path of the Carnic Malghe - shepherd's huts
Difference in height: 630 m
Difficulty: E
Walking time in hours: 4.30

From Casera Ramaz Bassa (1,055 m) keep walking until, on your right, you see Casera Valbertad Bassa (1,403 m). Near the hut there is the “**Maria Theresa**” boundary stone. Carved when the sovereign ruled the Austrian Empire, it represented the old State border at 1,403 m of altitude.

S tart from Casera Ramaz Bassa (1,055 m - a *casera* is a hut for cheese production), which can be reached by car on the asphalt road from the centre of Paularo (about 10 km). Near Casera Ramaz turn into the Cai (Italian alpine club) path n. 407, until on your right you cross the Cai path n. 454. Follow it as far as Casera Lodin (1,433 m). From Casera Lodin carefully keep walking on the path n. 454 (partly along a forest track) until you get to the mountain hut Rifugio Fabiani, the former Casera Pecol di Chiaula Alta (1,539 m). The loop route starts again from the Fabiani hut. At the first fork turn left into the path n. 448 until you reach Casera Lodin Alta, from which you can enjoy a wonderful view on the peaks of the valley Val d’Incarajo and of the saddle Sella Valle del Gail. From Casera Lodin Alta leave the path n. 448 and turn into the descending path n. 457, which unravels through a thick wood until it gets to the ruins of Casera Ramaz Alta (1,463 m). From here you will briefly reach Casera Ramaz Bassa along the Cai path n. 457. From Rifugio Fabiani it is interesting, mainly because of the flora, to make a detour of about one hour to the mountain hut Rifugio Steinwender.

INFO: Turismo FVG Arta Terme

tel. +39 0433 929290 info.carnia@turismo.fvg.it



20.Montasio Plateau



Fraction of the Sentiero
Italia (Italy Path)
Difference in height: 480 m
Difficulty: T
Walking time in hours: 5

Path of the malghe (shepherd's huts)

The area is rich in products with original features, the **Montasio cheese** takes the **protected denomination of origin** from the homonymous plateau, full of *malghe* (shepherd's huts) where still today the customs of the ancient job of the *malgaro* (herdsman) are repeated.

At Casera Cregnedul Alta (1,515 m - a *casera* is a hut for cheese production), with the path n. 625 from Sella Nevea (Nevea Saddle 1,175 m) walk along the level forest road Cai (Italian alpine club) n. 624. This road is particularly suggestive as it describes all the plains of Montasio with all the *casere* which are evidence of an intense zootechnical activity of the past years as far as Casera Pecol in sight of the mountain hut Rifugio di Brazzà (1,660 m), wonderful view on the Canin mountain chain. For those who are more expert, in the amphitheatre which dominates the mountain hut Rifugio di Brazzà there are many equipped paths, military roads and Cai via ferratas which allow to reach all the peaks that make up the Jôf chain of Montasio.

INFO: Turismo FVG Tarvisio

tel. + 39 0428 2135 info.tarvisio@turismo.fvg.it





21. Loop route of the *Malghe* of Sauris

Path of the malghe (shepherd's huts)

Fraction of the Trekking Carnia
Difference in height: 700 m
Difficulty: T/E
Walking time in hours: 5.30

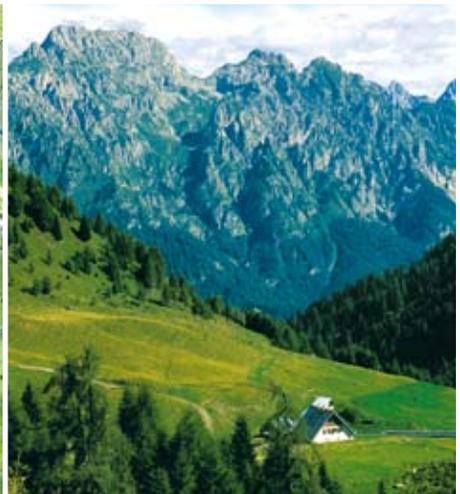
Handicraft

Textiles and wood objects: there are the most characteristic objects which you can buy in Sauris, where it is not difficult to see craftsmen working who create, on ancient wooden looms, carpets, shawls, tapestries, rustic house linen, or who realize wooden sculptures and inlay works.

From the village of Sauris di Sopra, whose name has always been linked to the name of its delicious raw ham, with its unmistakable taste, sweet and slightly smoked, turn into the path n. 204 as far as Sella Festons (Festons saddle) in sight of the homonymous casera (hut for cheese production), then walk towards Casera Pieltinis in sight of Casere Vinadia and Ielma and then follow the path n. 206 and walk downhill along the Cai (Italian alpine club) path n. 218 as far as Sauris di Sotto.

INFO: Turismo FVG Sauris

tel. + 39 0433 86076 info.sauris@turismo.fvg.it





22. At the foot of Gentile Hill from Lateis to Losa

Path of the malghe (shepherd's huts)

Difference in height: 500 m

Difficulty: E

Walking time in hours: 3

Val Pesarina is one of the most beautiful and isolated valleys of Carnia where already in the 18th century **tower clocks** were produced. It was a Genoese pirate called Solari who taught local people how to build contraptions to measure time. In Pesariis it is possible to visit the museum that bears witness of this age-old art.

From Lateis, across the meadows of Casera Gerona (a *casera* is a hut for cheese production), Palazzo and Novarzutta on a forest, partly asphalt, road you will reach the *casera*-mountain hut Losa (1,765 m) Cai (Italian alpine club) path n. 220. From Casera Losa it is possible to make any excursions on the Col Gentile (Gentile hill 2,075 m). To get back to Lateis follow the same route. The forest road from Casera Losa is the natural outlet into Val Degano (Degano Valley). In fact, from Casera Losa you can go (also by car) to Casera Forchia (1,760 m), and then descend as far as Mione and reach the village of Ovaro (UD), from which it is worth visiting the Val Pesarina (Pesarina Valley).

INFO: Turismo FVG Prato Carnico

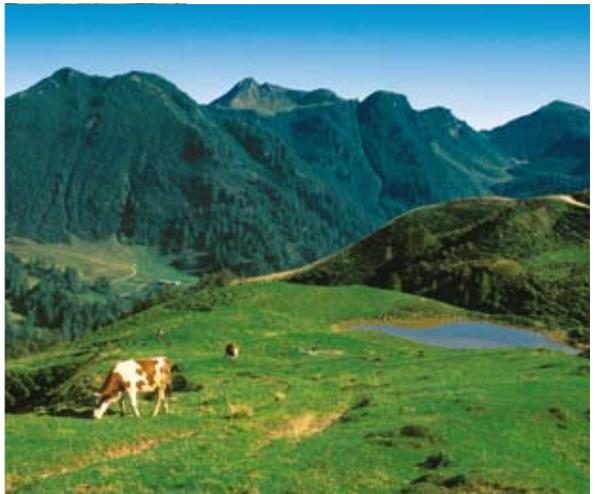
tel. +39 0433 69420 info.pratocarnico@turismo.fvg.it

Turismo FVG Ovaro

tel. +39 0433 67223 info.ovaro@turismo.fvg.it

Turismo FVG Sauris

tel. + 39 0433 86076 info.sauris@turismo.fvg.it





23. Path of the malghe of Mount Zoncolan

Path of the malghe (shepherd's huts)

Difference in height: 250 m
Difficulty: T/E
Walking time in hours:
3 hours as far as Malga Meleit (Meleit shepherd's hut)

Christmas crib of Teno in Sutrio

Wonderful representation of the Nativity, enriched with scale folk scenes which depict the traditional usages and customs of Carnia. Thanks to many mechanical gears, the crib becomes animated and reproduces life in an ancient village.

Go up as far as the parking area of Monte Zoncolan (Mount Zoncolan) from the village of Sutrio. With the cableway get to the top of Monte Zoncolan and from here, with a short digression, walk down to the malga-farm holiday centre Pozof. Walk up to the Zoncolan and on a forest road you will get to Casera Tamai (a casera is a hut for cheese production - 1,594 m). Along the forest path n. 158 you will get to the huts Malga Agareit and Meleit. You can go back to Monte Zoncolan up Monte Tamai (Mount Tamai) along the path n.170 in about two hours.

INFO: Turismo FVG Ravascletto

tel. +39 0433 66477 info.ravascletto@turismo.fvg.it



24. Malghe of Piancavallo

Path of the malghe (shepherd's huts)



Itineraries of Piancavallo
Difference in height: 230 m
Difficulty: E
Walking time in hours: 2.30
with return

In the *malghe* of Piancavallo, do not forget to taste the famous **Pitina**, a kind of aromatized and smoked meatball. Its origin is connected with the need to preserve meat in time.

Immediately before the roundabout to enter Piancavallo (1,260 m) turn right near an ENEL (Italian electricity board) substation (yellow-blue sign); along a forest track through a beech wood you will soon reach the first *casera* (hut for cheese production): “Casera Collalt” (1,238 m). Cross the road which from Castaldia leads to Piancavallo, you will find a slightly descending path which leads to the lowest spot of the excursion. Near the ruins of “Casera Barzan” (1,153 m), situated right of a wide dolina, after a short counterslope you will reach the not far “Casera del Medico” (1,220 m). On a level ground you will walk alongside the slopes of Monte Caseratte (Mount Caseratte 1,264 m). Walk on the cartroad and, slightly climbing, you will get to the last *casera* of the tour, “Casera Caseratte” (1,349 m). The path continues with yellow-blue signs, soon reaching a panoramic saddle between the hills Col delle Lastre and Col Spizzat. After the cartroad, along a path through a beech wood, you will get to the asphalt road near Col Alto, arrival point of the excursion.

INFO: Turismo FVG Piancavallo

tel. + 39 0434 655191 info.piancavallo@turismo.fvg.it





25. The Shrine of Mount Lussari

Path of cultures and villages

Fraction of the Sentiero
Italia (Italy Path)
Difference in height: 300 m
Difficulty: E
Walking time in hours: 2.30

Monte Lussari is a jewel of peerless beauty: from here you can admire a wonderful view on stately, standing out mountains. The shrine on the top of the mount has been for centuries the destination of the pilgrimages of Slav, Italian and German people.

From Camporosso climb up to Monte Lussari (Mount Lussari 1,760 m) with the cableway. From Monte Lussari turn into the Cai (Italian alpine club) path n. 617 until you get to the path n.613. Walk on the path n.613 as far as Cima del Cacciatore (Hunter's Peak, 2,071 m) where you can admire herds of rock goats and get back to Monte Lussari following the same route.

Variant

The Shrine of Monte Lussari can also be reached on foot from Val Saisera (Saisera valley), along the forest road which starts near the farm holiday centre (Prati Oitzinger), or from Camporosso near the Alte Hütte, along the suggestive "Sentiero del Pellegrino" (Pilgrim's path, Cai path n.613), which runs alongside the Rio Lussari (Lussari Stream) and after the hut Malga Lussari joins the path n. 617 which leads to Monte Santo di Lussari (Holy Mount of Lussari) in 2.45 hours.

INFO: Turismo FVG Tarvisio

tel. + 39 0428 2135 info.tarvisio@turismo.fvg.it

----- Cableway route



26. Ta Lipa Pot Path in the Park of the Julian Pre-Alps

Path of cultures and villages



Difference in height: 100 m

Difficulty: T/E

Walking time in hours: 4

Parco Naturale Regionale delle Prealpi Giulie (Natural Park of Julian Pre-Alps)

10,000 hectares of protected area in the Val Resia (Resia Valley). Within the park, the EcoMuseo Val Resia (EcoMuseum of Resia Valley) offers 4 wide routes which reach one of the four most important villages of the valley and let the excursionist discover the charm of the valley.

The permanent circular route “Ta Lipa Pote” (which in the dialect of the Val Resia means “the beautiful road”), with start and finish point in Stolvizza, is an opportunity to get in touch with the environment, culture and history of Val Resia (Resia Valley). It is a naturalistic itinerary which unravels along the paths around the village and takes about 4 hours to be covered. The paths lead to places rich of mountain history and culture and then cross places of rare beauty and richness of traditions. Back in Stolvizza, tourists interested in local culture can visit the Museo dell’Arrotino (Knife-grinder museum), or, walking downhill to Prato di Resia can go to the Centro visite del Parco delle Prealpi Giulie (Visit Centre of the Park of Julian Pre-Alps). By car, they will have the opportunity to go Borgo Lischiazze where, making a short detour, they will be able to admire the waters of Fontanone Barman (Barman Spring) near the village.

INFO: Parco Naturale Regionale delle Prealpi Giulie

tel. +39 0433 53483 info@parcoprealpigiulie.org

IAT Resia

tel. +39 0433 53353 proloco.resia@resianet.org

Turismo FVG Tarvisio

tel. + 39 0428 2135 info.tarvisio@turismo.fvg.it



27. Overlooking Rosandra Valley

Path of cultures and villages



Fraction of the Italy Path
Difference in height: 330 m
walking uphill
Difficulty: E
Walking time in hours: 4.30

Val Rosandra is the destination of excursions for tourists who love nature, speleologists and climbers, it offers a wonderful landscape of cliffs, screes, mountain faces that fall sheer to the gorge of the stream which runs through it.

From Bagnoli della Rosandra, passing near the mountain hut Rifugio Premuda, follow the Cai (Italian alpine club) path n. 1 (Sentiero Italia - Italy Path) which runs through the valley, halfway up the hill, running alongside the stream in some parts, almost always near the stream, until you get to the village of Bottazzo on the border with Slovenia. Just before crossing the Torrente Rosandra (Rosandra Stream), you can make a detour turning into the path n. 46 which climbs up to the Sella del Monte Carso (Saddle of Mount Carso) joining the path n. 25. Walking downhill you will join the path n. 13 along which, turning right, you will get to Cippo Comici (Comici boundary stone), ideal panoramic spot on Val Rosandra (Rosandra Valley). Keep walking on the path n. 13 and you will descend to the Chiesa di Santa Maria in Siaris (Saint Mary in Siaris's Church) until you get to the path n. 1 along which you will walk as far as the ruins of the Roman aqueduct and you will get back to Bagnoli della Rosandra.

INFO: Turismo FVG Trieste

tel. +39 040 3478312 info.trieste@turismo.fvg.it

Riserva Naturale Regionale della Val Rosandra

tel. +39 040 8329111 www.sandorligo-dolina.it





28.Lander Campaniles

Path of cultures and villages

Difference in height: 650 m
Difficulty: E
Walking time in hours: 2.30

In Zuglio, ancient Roman town known as Iulium Carnicum, important trade and exchange centre along the Iulian Augustan Way which linked Aquileia to Norico, the **Civico museo archeologico "Iulium Carnicum"** (Town Archaeological Museum) offers a survey of present archaeological research in Carnia.

Drive as far as Piano d'Arta. After this village, towards Sutrio, keep driving as far as a wide parking area on the left, after the farm holiday centre Randis Ranch. From here, walk into the Cai (Italian alpine club) path n. 408 as far as the Bivacco Lander (Lander Bivouac 1,175 m) along a naturalistic route with illustrating and explaining signs. In the central part of the Circo del Monte Cucco (Cirque of Mount Cucco) many erosion pinnacles of weird shape stand out, the so-called **Campanili del Lander** (Lander Campaniles). According to folk tradition, this place, due to its desolate and inhospitable appearance, was linked to many legends according to which it was peopled by witches and damned souls.

INFO: Turismo FVG Arta Terme

+ 39 0433 929290 info.carnia@turismo.fvg.it





29.A journey through memory, Vajont

Path of cultures and villages

Difference in height: 260 m
Difficulty: T/E
Walking time in hours (upward only): 3

Campanile di val Montanaia (Campanile of Montanaia valley)

A wonderful rock spire, crafted by the erosions of glaciers and the unmistakable symbol of the Parco naturale delle Dolomiti friulane (Natural Park of the Dolomites of Friuli).

From the Vajont Dam, climb up to the village of Casso in about 40 minutes, along the path Sentiero della Moliesa. From Casso you can keep walking along the “Troj dal Scjarbon” as far as the village of Erto. Here you can visit the museum that recalls the Vajont tragedy of 9th October 1963.

The Vajont tragedy

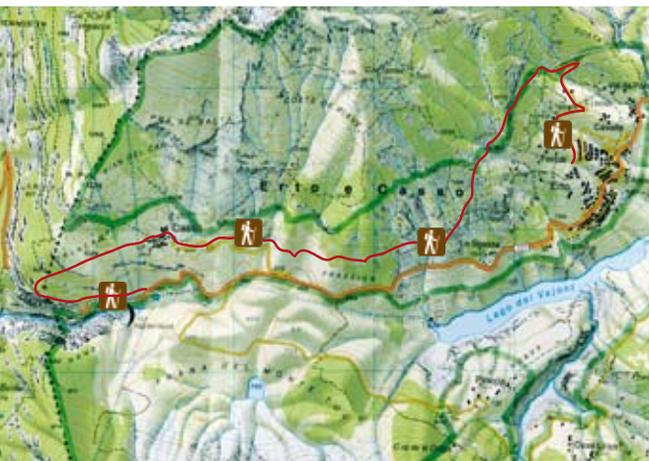
The Vajont Dam, at the foot of Monte Toc (Mount Toc 1,921 m), is sadly famous. Its name is frightening still today: the wide cut on the rock recalls October, 9, 1963, when the mount ruined downhill, crashing everything it found on its way. The silence which still permeates these places gets interrupted, from time to time, by the chiselling of the craftsmen of Erto and Casso, where you might be lucky and meet the writer Mauro Corona.

INFO: Parco Naturale Regionale delle Dolomiti Friulane

tel. Cimolais +39 0427 87333 info@parcodolomitifriulane.it

INFO: Turismo FVG Pordenone

tel. +39 0434 520381 info.pordenone@turismo.fvg.it





30. Frassati Path from Andreis to Poffabro

Path of cultures and villages

Fraction of the Sentiero Italia (Italy Path)
Difference in height: 860 m
Difficulty: E
Walking time in hours: 5

Friscanco e Poffabro, two villages suspended in time, with wood and stone houses that are situated along interlacing small lanes, and the village of Borgo Valdestali, whose naturalistic beauties combine with the architectural beauties of the typical stone and wood houses, where wide balconies open on the small paved streets. Poffabro is among the one hundred most beautiful villages of Italy.

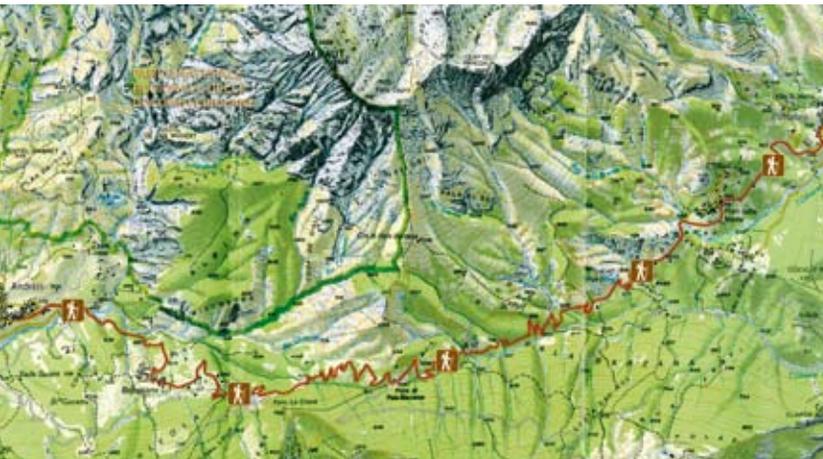
From Andreis turn into the Sentiero Frassati (Frassati Path), with Cai (Italian alpine club) signs n. 899, passing near the fountain di Bosplans; walk up to Forcella “La Croce” (La Croce saddle 756 m) and then to Forcella di Pala Barzana (Pala Barzana saddle 840 m). Keep walking towards Casera di Pala Barzana (a *casera* is a hut for cheese production, 1,119 m) and Pian delle Merie and you will soon get to Poffabro. From the village of Poffabro you can go downhill to the village of Friscanco and get back to Andreis by car or by bus.

Sentiero Frassati (Frassati Path)

It is a wonderful excursion path to immerse oneself in history, faith and nature. From the plain of Maniago it climbs up the mountains of the Carnic Pre-Alps - between the valleys Val Colvera and Val Cellina - crossing very beautiful towns and villages. Some of the places to visit are the “Museo dell’Arte fabbrile e delle coltellerie” (Museum of blacksmiths’ art and of cutlery works) in Maniago and the “Museo delle tradizioni popolari” (Museum of folk traditions) in Andreis.

INFO: Turismo FVG Pordenone

+39 0434 520381 info.pordenone@turismo.fvg.it



31. From Stupizza - Mersino to the mountain hut Rifugio Pelizzo

Path of cultures and villages



Fraction of the Sentiero Italia (Italy Path)
Difference in height: 860 m
Difficulty: E
Walking time in hours: 5

On the roads you will walk on, in the baker's and confectioner's shops you will find the very savoury cake which is the symbol of the Friuli Venezia Giulia region: the *gubana*, which was born in the Valli del Natisone (Natisone Valleys).

In Mersino Alto, along the Cai (Italian alpine club) path n. 725 climb up to the mountain hut Rifugio Pelizzo (1,320 m) in the area of Monte Matajur (Mount Matajur 1,641 m). With a difference in height in 200 m and a thirty-minute walk, from the Pelizzo mountain hut you will get to the top of Matajur, dominating the Valle dell'Isonzo (Isonzo valley) in Slovenia and the massif of Monte Nero (Mount Nero), we are on the Alta Via delle Valli del Natisone (High Way of the Natisone Valleys).

Cividale

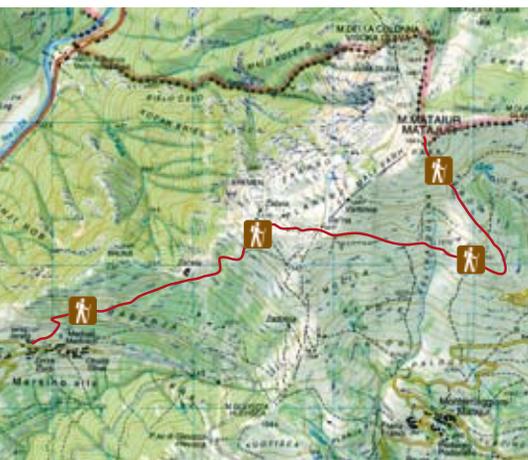
The ancient "Forum Juli" of Julius Caesar, which named the whole region, is a casket full of artistic treasures, from the mysterious Tempietto Longobardo (Lombard small temple) to the peculiar Ponte del Diavolo (Devil's Bridge).

INFO: Turismo FVG Udine

tel. +39 0432295972 info.udine@turismo.fvg.it

IAT San Pietro al Natisone

tel. +39 0432 727975 info@nediskedoline.it



32. From the mountain hut Rifugio Pelizzo to Topolò

Path of cultures and villages



Fraction of the Italy Path
Difference in height: 300 m
Difficulty: T/E
Walking time in hours: 4.30

The **Valli del Natisone** (Natisone Valleys), four valleys crossed by four watercourses and natural link between Cividale del Friuli and the Valle dell'Isonzo (Isonzo Valley). Historically inhabited by a Slovene speaking community, these four valleys represent the southern ridge of the Julian Pre-Alps, symbol of the Valleys is the Monte Matajur (Mount Matajur 1,641 m) which dominates the whole plain.

From the Rifugio Pelizzo (Pelizzo mountain hut 1,320 m) which can be reached by car from Cividale across the Valli del Natisone (Natisone Valleys), walk along the Cai (Italian alpine club) path n. 736 towards Cepletischis. From here, through the Bocchetta di Topolò (Topolò mouth) you will walk downhill to the characteristic village of Topolò along the Cai (Italian alpine club) path n. 745.

Topolò

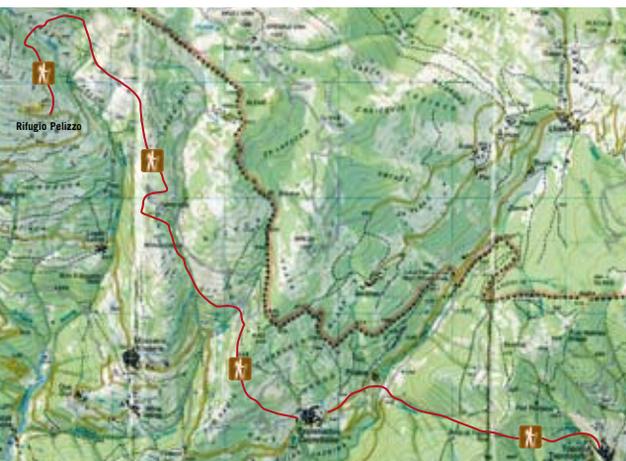
Always borderline between opposed worlds, on the border with Slovenia, in the past with Yugoslavia, you will find traces of violent times. Today Topolò has 33 inhabitants, most of whom still have the surnames of the first document that quotes them: Gariup, Rucli, Filipig, Scuoch. The village is 600 metres above sea level, it is charming because of its characteristic stone houses, its narrow streets and the naturalistic beauty of the woods that surround it.

INFO: Turismo FVG Udine

tel. +39 0432295972 info.udine@turismo.fvg.it

IAT San Pietro al Natisone

tel. +39 0432 727975 info@nediskedoline.it



33. Among the vineyards of the Colli Orientali

Path of cultures and villages



Fraction of the Sentiero Italia (Italy Path)
Difference in height: 500 m
Difficulty: T/E
Walking time in hours: 3

Castelmonte

Ancient village of Roman origin, the whole complex, well structured and surrounded by high walls, keeps its stronghold style unchanged and has always been the destination of pilgrimages.

Along the Cai (Italian alpine club) path n. 748, walking downhill, go **from Castelmonte to Albana**, through villages and in the heart of the hills of the wine of the Collio Goriziano (area of the hills near Gorizia).

The Collio Goriziano

It has always been a privileged area for vine-growing, with hills unceasingly covered by rows of vines, spaced out only by woods and meadows, castles and small churches.

INFO: IAT Cividale

tel. +39 0432 710422

Turismo FVG Udine

tel. +39 0432 295972 info.udine@turismo.fvg.it





34. Tour of the Predil Lake

Path of legends

Difference in height: 0 m
Difficulty: T
Walking time: at least half a day

Museo dell'Arte mineraria (Museum of Mining): In 1991 the mine of Cave del Predil was closed and silence and the domination of a suggestive nature returned to these places. But the mine is still a symbol, to which the Museum of mining tradition is dedicated, an intense cross-section of a close reality which seems to be so far.

Drive to the lake from the village of Cave del Predil, towards Sella Nevea (UD). Park your car near the restaurant Ristorante Al Lago, walk onto the path which runs alongside part of the lake and admiring the "Cinque Punte", the old military fortress along the road with some large cannons on display and in the summer a lake sports school.

The legend of the lake

"Once upon a time, in the place where now the lake lies, there was a beautiful green valley and a village. But its inhabitants were insensitive and had a hard heart. During a dark and freezing night from very far away a poor woman had arrived at the village carrying her little son in her arms. Looking for help for her son and herself, she had knocked and called on every door, but in vain.

She finally walked towards a small lamp that appeared from the small window of a poor house. She knocked on the door which opened. The poor woman entered the small hospitable house and was welcomed by the family with much kindness.

The wind whistled and the earth quaked. But in that small hut old and young slept. In the morning the lake had buried the village. Only the small house remained on a small island and in the house the merciful family was safe. The woman and her son had disappeared."

INFO: Turismo FVG Tarvisio

tel. + 39 0428 2135 info.tarvisio@turismo.fvg.it





35. Across the Western Julian Alps

Path of legends

Fraction of the Italy Path
Difference in height: 200 m
Difficulty: E
Walking time in hours: 6
from the Gilberti mountain hut

From Casera Goriuda, along the Cai path n. 645, you can briefly reach the exit cave of the **Fontanon di Goriuda** (Goriuda spring). With a guide, you can make interesting excursion at the entrance of the Fontanon di Goriuda: in complete safety it is possible to go into it and discover the marvels carved by water in the rock.

From Sella Nevea go up to the mountain hut Rifugio Gilberti (1,850 m) with the cableway walking along the path which starts from the downhill station of the new cableway and runs under the Bila Pec, reaching the Gilberti mountain hut in about 2 hours. From Rifugio Gilberti walk up to Sella Bila Pec (Billa Pec saddle) along the Cai (Italian alpine club) path n. 632, a high-altitude path which runs on a level military mule track and, passing under the Ghiacciaio del Canin (Glacier of Mount Canin) leads to the Bivacco Marussich (Marussich Bivouac 2,043 m). From here you can go back along the path n. 645, which leads to the Casera Goriuda (a casera is a hut for cheese production), recently renovated by the Parco delle Prealpi Giulie (Park of the Julian Pre-Alps). From here, along the "Sentiero Sereno" (Serene Path) you will get back to Sella Nevea in 1 hour and 30 minutes. Monte Canin (Mount Canin) is inhabited by mysterious creatures of various nature. In the nights of the Christmas period, pale ghosts climb out of its caves and, in the full moon silvery nights, fairies dance on its ridges. In the large hole of Prestreljenik there seems to be a window through which the devil is supposed to peep. From the rocks a dreadful giant often rises and with a shrill laugh mocks the sorrows and worries of men.

INFO: Turismo FVG Tarvisio

tel. + 39 0428 2135 info.tarvisio@turismo.fvg.it

Parco Naturale Regionale Delle Prealpi Giulie

tel. +39 0433 53483 info@parcoprealpigiulie.org



36. The path of the Dinosaur

Path of legends



Difference in height: 25 m
Difficulty: T/E
Walking time in hours: 1.30

Grotte del Dio Mithra (Cave of Mithra god)

Walking up to San Giovanni in Tuba, on your right you will find the **Hypogean Temple of Mithra god**. Discovered in 1965 at the southern foot of Monte Ermada (Mount Ermada), it is a hollow in which an inscribed stone was found, from which was deduced that the cave had been used as a hypogean temple dedicated to Mithra.

Loop route starting from San Giovanni in Tuba near the Timavo springs, from where you will walk down to the Villaggio del Pescatore (Fisherman's village). Walking along the path n. 1 you will find the paleontological site, near the restaurant "Pescaturismo", where the skeleton of a dinosaur was found. Keep walking along the path n. 1 which you will soon abandon and crossing the road, turn into an old cartroad (without Cai - Italian alpine club - signs) which will lead you back to the Church of San Giovanni in Tuba. The remains of the dinosaur, that was called Antonio, discovered at the Villaggio del Pescatore, can be admired at the Museo Civico di Storia Naturale (City Museum of Natural History) of Trieste.

INFO: IAT Monfalcone

tel. +39 0481 410304 info@monfalcone.it

Turismo FVG Trieste

tel. +39 040 3478312 info.trieste@turismo.fvg.it



37. From Laipacco to Casera Lavareit

Path of legends



Difference in height: 350 m

Difficulty: E

Walking time in hours: 2.30

In Paluzza there is an ancient tower which dates back to the thirteenth century and was part of a complex defence system along the Julian-Augustan Way which led from Aquileia to Norico and was supposed to serve as a lookout tower of the fortified castle of the hill of San Daniele.

A legend of the Alta Valle del Bût (Bût High valley), which has always involved folk imagery, has as protagonist the Dannato del Moscardo (Damned of the Moscardo). Even Giosuè Carducci - who spent some time in Arta Terme - quotes this character. Leaving from Laipacco near Cleulis go up to the Stavoli Frochies (Frochies rustic houses, 1,102 m), also by car. Turn into the path n. 155 and walk on it until you get to the forest road that leads to Casera Lavareit (a casera is a hut for cheese production, 1,470 m). Go back to Laipacco following the same route. The mountain is over Paluzza and, according to the legend, once belonged to a Silverio (the “Dannato del Moscardo” - “Damned of the Moscardo”), who came into possession of it by fraud. For this reason, when he died, Silverio received a punishment that tied him to the mountain he desired so much: he was condemned by the devil to pull it down with a pickaxe.

INFO: IAT Paluzza

tel. +39 0433 775344 info.paluzza@turismo.fvg.it

Turismo FVG Arta Terme

tel. + 39 0433 929290 info.carnia@turismo.fvg.it



38. On the Pian delle Streghe of Mount Tenchia

Path of legends



Difference in height: 500 m

Difficulty: E

Walking time in hours: 2

In Cercivento there is the “**Farie di Checo**” which dates back to the XV century. This blacksmith's shop, renovated and still operating, is an outstanding example of building reclaiming of ancient working settlements. The visit to the forge allows to reconstruct, observing hydraulic devices and the blacksmith's ancient tools, the whole process of iron working.

From Cercivento di Sopra drive up to the Pian delle Streghe (Witches' Plain) and reach, at 1,840 metres, Monte Tenchia (Mount Tenchia) along the path n. 154. Go back along the same route. You will enjoy a wonderful view on the Valle del But (But Valley) although the peak is full of repeaters. If you want to walk up to Monte Tenchia from Cercivento, it will take you 3.30 hours along the path n. 154 with a difference in height of 1,200 metres.

Legend

At the foot of Monte Tenchia (Mount Tenchia) at 1,600 metres there is a wide slightly steep meadowland which also on the maps is called Pian delle Streghe (Witches' Plain). This is the place where, at night, the witches of Germany, with white dresses and red veils, have been meeting for centuries to dance in the first hours of every Thursday. On these gentle slopes the witches meet with the damned and the elves of Friuli Venezia Giulia.

INFO: Turismo FVG Ravascletto

tel. +39 0433 66477 info.ravascletto@turismo.fvg.it

Turismo FVG Arta Terme

tel. + 39 0433 929290 info.carnia@turismo.fvg.it





39. From Cason di Lanza to the Lomasti Bivouac

Naturalistic path

Path of the Carnic *malghe* - shepherd's huts
Difference in height: 500 m
Difficulty: T/E
Walking time in hours: 5.30

Grotta di Attila (Attila's cave)

According to a legend, the inhabitants took shelter in this cave to escape from the fierce Hun leader.

Piani di Lanza (Lanza plains)

This area is particularly rich of fossil-bearing rock layers that date back to 300 million years ago.

From Cason di Lanza (1,552 m) turn into the Cai (Italian alpine club) path n. 458 ("Sentiero del formaggio" - Cheese path), until you get to Sella di Valdolce (Valdolce saddle, 1,781 m). Walk alongside the foot of the Creta di Aip as far as Bivacco Lomasti (Lomasti Bivouac, 1,900 m), Cai path n. 403. When you get to the bivouac, area of geological interest, go back through an ancient peat bog to Casera di Aip (a *casera* is a hut for cheese production) along the path n. 440. From here, along the forest road which joins the Cai path n.439, walk back to Casera Valdolce and to Cason di Lanza.

INFO: Turismo FVG Arta Terme

tel. +39 0433 929290 info.carnia@turismo.fvg.it





40.A boundary mountain Gartnerkofel - Pramollo

Naturalistic path

Difference in height: 250 m

Difficulty: T/E

Walking time in hours: 5

Carinthian Wulfenia:
look for the Wulfenia,
the very rare violet/
blue Carinthian flower
which blossoms in
June.



Leaving from Passo Pramollo (Pramollo mountain pass, 1,530 m) on a forest road as far as Malga Auernig (Auernig shepherd's hut) and along the naturalistic path which runs along the border, walk up to Gartnerkofel (2,195 m), thus entering Austria. Along the path n. 412, walk down to the Gartnersattel (1,863 m) and turn right into the path n. 411 which leads back to Passo Pramollo.

INFO: IAT Pontebba

tel. +39 0428 90693 prolocopontebba@virgilio.it

INFO: Turismo FVG Tarvisio

tel. + 39 0428 2135 info.tarvisio@turismo.fvg.it





41. From Baita Winkel to Pramollo

Naturalistic path

Difference in height: 400 m

Difficulty: T/E

Walking time in hours: 4

The Vallone del Winkel (Winkel deep valley)

This valley, situated among the mountains Monte Cavallo, Malvuerich and Auernig, lies in an area of wide environmental variety with views of rare beauty, thick fir woods dominated by high mountains, which are the frequent destination of excursionists and climbers.

Before Passo Pramollo (Pramollo mountain pass) near the small barracks of the Guardia di Finanza (Revenue Guard Corps), walk on a dirt road as far as Baita Winkel (Winkel mountain hut, 1,470 m). From here on the Sentiero della Traversata Carnica (Path of Carnic crossing) walk up to Passo Madrizze (Madrizze mountain pass 1,818 m) where, on the border, the Carinthian ski lifts arrive. Walk down to Pramollo along the Austrian path n. 403 and on the footbridge around the Lago di Pramollo (Pramollo Lake). From here, following the path which leads to Baita Winkel, you will get to the parking area of departure.

INFO: IAT Pontebba

tel. +39 0428 90693 prolocopontebba@virgilio.it

INFO: Turismo FVG Tarvisio

tel. + 39 0428 2135 info.tarvisio@turismo.fvg.it



42. The path of the Forest: from Bagni di Lusnizza to Sella Bieliga

Naturalistic path



Difference in height: 800 m

Difficulty: T/E

Walking time in hours: 4

Museo naturalistico

“la Foresta”

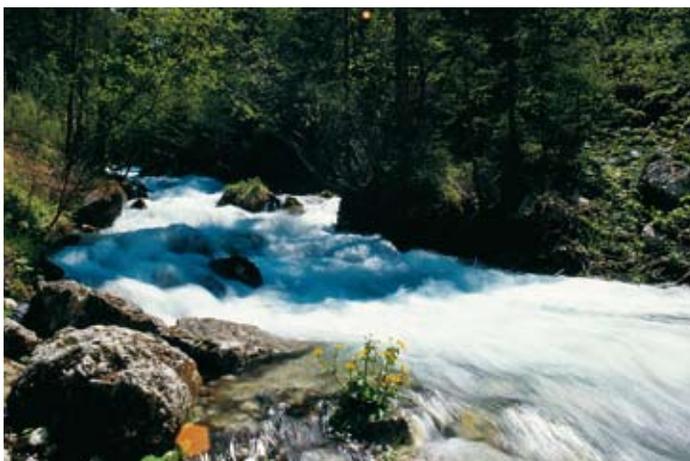
(Naturalistic Museum
“the Forest”):

interesting example of
didactic museum for
tourists and schools,
with material and
finds of flora, fauna
and environment of
the Alpine forest,
in the district of
Malborghetto-Valbruna
(UD).

From Pontebba drive, along the main road, to Bagni di Lusnizza, near the Museo della Foresta (Museum of the Forest); from here, along the forest road and the Cai (Italian alpine club) path n. 603, keep walking as far as Sella Bieliga (Bieliga saddle, 1,479 m).

INFO: Turismo FVG Tarvisio

tel. + 39 0428 2135 info.tarvisio@turismo.fvg.it





43. An easy peak in the area of Pontebba, the Osternig

Naturalistic path

Fraction of the Sentiero Italia (Italy Path)
Difference in height: 800 m
Difficulty: T/E
Walking time in hours: 5

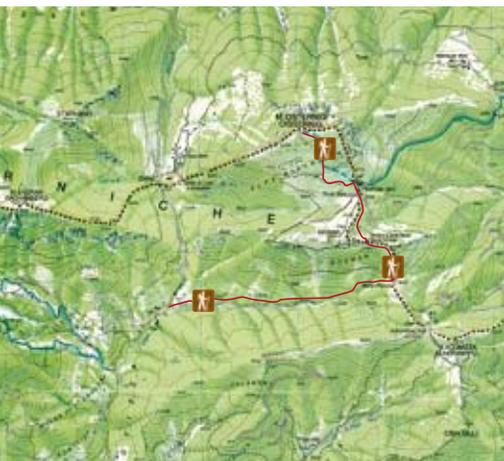
Santuario della Madonna della Neve (Shrine of our Lady of the Snow)

Along an old war mule track you will get to the Madonna della Neve (1,750 m), a very beautiful small church which was built in memory of three brothers who died in the Second World War.

From Ugovizza, turn into the road which leads to the former Rifugio Nordio (Nordio mountain hut, 1,210 m). From here along the path n. 507 and walking along the border line with Austria, you will get to the suggestive Chiesetta della Madonna della Neve (Church of our Lady of the Snow), along the Cai (Italian alpine club) path n. 507. From Sella Bistrizza (Bistrizza saddle) it is possible to reach the Monte Osternig (Mount Osternig, 2,050 m) in about one hour along the path n. 481, with a wide view on the Austrian and Carnic mountains.

INFO: Turismo FVG Tarvisio

tel. + 39 0428 2135 info.tarvisio@turismo.fvg.it



44.Ressel Path



Naturalistic path

Difference in height: 0 m
Difficulty: T
Walking time in hours: 1.5

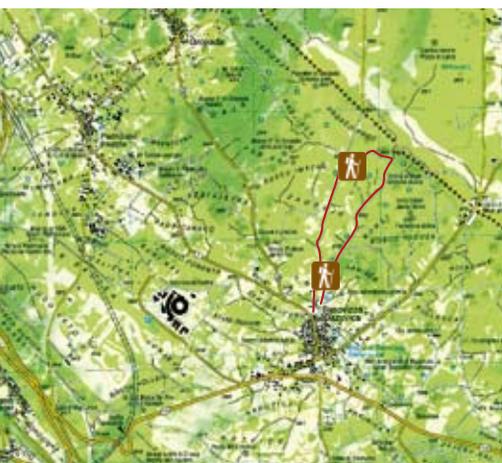
Centro Visite della Forestale of Basovizza (Foresters' Visit Centre): Centro didattico naturalistico di Basovizza (Trieste) - Didactic naturalistic centre of Basovizza (Trieste).

Place of naturalistic interest: Grotta Gigante (Giant Cave): Borgo Grotta Gigante - Sgonico (Trieste).

Naturalistic path equipped for visually-impaired people in the Bosco Iguoza (Iguoza wood) in Basovizza. Leave from the large square near the road which links Basovizza to Opicina, outside the city centre, near a filled in pond. Here begins the Sentiero Ressel (Ressel Path), fraction of the path n. 44, equipped for disabled and partially-sighted people, but also destination of all those who want to walk in the wood. The starting signboard, with a voice guide, explains the features of the route, and the itinerary is supported by transmitters which can be activated by means of receivers that can be picked up at the Centro visite della Forestale (Foresters' Visit Centre) of Basovizza. In the first fraction the route is always straight, at a certain point the path turns left and, still easily, enters the thickest and most beautiful part of the wood. The route will then join the Cai (Italian alpine club) path n. 3 and will come out on the old road which linked Sesana to Basovizza, turn right into this road and you will soon get to the end of the route. Go back following the same itinerary.

INFO: Turismo FVG Trieste

tel. +39 040 3478312 info.trieste@turismo.fvg.it



45. Rilke Path

Naturalistic path



Difference in height: 10 m
Difficulty: T
Walking time in hours:
1/1.30 with return

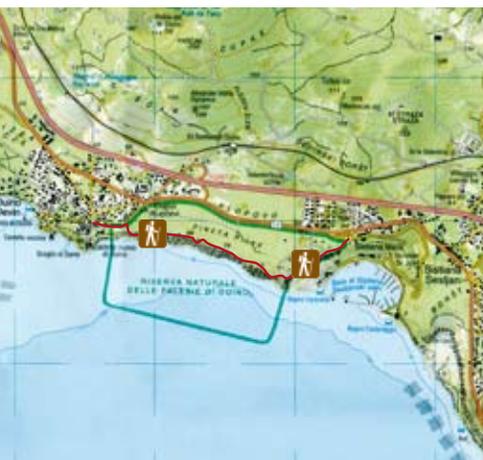
The **Castello di Duino** (Duino Castle)

On a karstic spur rising straight from the sea, with a breathtaking view on the whole Gulf of Trieste, the Duino Castle is a charming tourist destination which is open to visitors in its whole beauty.

From Sistiana to Duino. From the building of the Azienda di Promozione Turistica (Tourist Information Office), at the beginning of the road which leads to the Sistiana bay (parking area), turn into the Cai (Italian alpine club) n. 1 signed path and you will immediately find yourself on the ridge, towards the sea. The path mainly runs externally, whereas internally you can admire the thick black pine wood. Wonderful landscapes, that offer a striking view on the Gulf of the close city of Trieste. Keep walking on the path and you will get closer to the castle Castello dei Principi della Torre e Tasso, which from here is particularly charming. At the end of the path you will get to the village of Duino, very close to the castle. Go back following the same route to enjoy the wonderful view once again.

INFO: Turismo FVG Trieste

tel. +39 040 3478312 info.trieste@turismo.fvg.it



46. The Grotte Verdi of Pradis and Ceconi Castle

Naturalistic path



Difference in height: 0 m
Difficulty: T
Walking time: at your own discretion

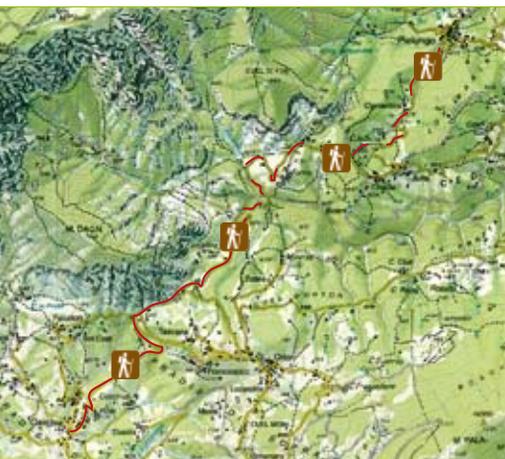
Castel Ceconi which once was the residence of the earl patron who lived between the 19th and 20th century, on whom the title was bestowed by the Austrian Emperor Francis Joseph, who had this stately mansion, which everyone calls castle, which still exists and is the destination of many visits.

The green caves of Pradis, near which there is the equipped route in the gorge of the Torrente Cosa (Cosa Stream), can be reached along the asphalt road from Clauzetto and are worth a visit because of their wonderful inner colours. In about half an hour, walk along the asphalt road to Pielungo, near which there is the wonderful complex of Castel Ceconi (Ceconi Castle), with its playground, in a geographical area full of almost uninhabited villages, in a charming environment of hills with rich vegetation.

INFO: Turismo FVG Pordenone

tel. +39 0434 520381 info.pordenone@turismo.fvg.it

----- Car route





47. At the spring of the Tagliamento river

Naturalistic path

“Anello di bianchi”
Difference in height: 150 m
Difficulty: T/E
Walking time in hours: 5.30

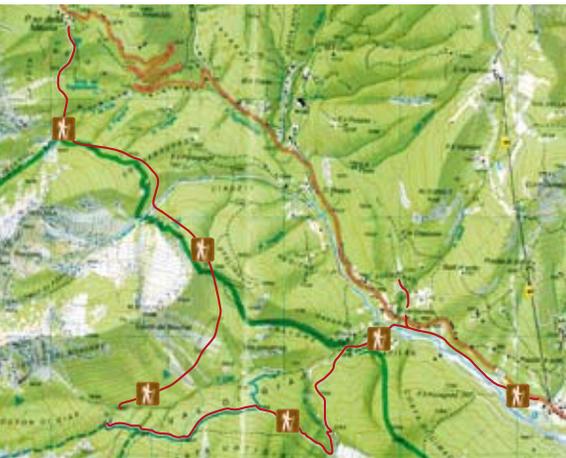
Spring of the Tagliamento river

The main regional river runs freely across the whole region until it flows into the Adriatic Sea. It spurts from a spring hidden by vegetation not far from Passo del Mauria.

From Passo della Mauria (Mauria mountain pass, 1,298 m), near the spring of Tagliamento, walk on a fraction of the Altavia n.6 (Cai - Italian alpine club - path n. 341) until you get to Rifugio Giaf (Giaf mountain hut, 1,400 m). From here walk down the forest road and, turning right into another forest road, you will join the path n. 371, “Sentiero del Von”, which, across an area of big landslides, gets back to Forni di Sopra, near the downhill station of the Varmost cableway (“Anello di Forni” - Loop route of Forni). You can go back to Passo della Mauria by public transport. To shorten the itinerary you can, from the Giaf mountain hut, walk down the forest road or the path until you get to the main road where, by bus, you can go back to the starting point.

INFO: Turismo FVG Forni di Sopra

tel. +39 0433 886767 info.fornidisopra@turismo.fvg.it





48. From Forni di Sopra to Sauris

Naturalistic path

Difference in height: 100 m
Difficulty: E
Walking time in hours: 3

In Forni di Sopra there is a fixed **downhill bike circuit**. This course, loved by extreme bikers, runs down from Som Picol and gets downhill near the departure station of the four-seat chair lift, passing through woods and clearings in the Varmost area.

From Malga Varmost (Varmost shepherd's hut, 1,750 m), which can be reached with the chair lift from Forni di Sopra, walk on a level ground to Casera Tragonia (a *casera* is a hut for cheese production, 1,760 m). From here go back on the Cai (Italian alpine club) path n. 209 along a forest road as far as the hamlet of Vico (Forni di Sopra).

Variant

Those who want to keep walking from Tragonia, along the Cai path n. 209 can get to Sauris in 3 hours, passing through the homonymous saddle and descending to the area of the Piani di casera Razzo (Plains of Casera Razzo).

INFO: Parco Naturale Regionale delle Dolomiti Friulane Forni di Sopra

tel. +39 043388080 info@parcodolomitifriulane.it

Turismo FVG Forni di Sopra

tel. +39 0433 886767 info.fornidisopra@turismo.fvg.it



49. Panoramic path with view on the mountains - Ravascletto

Naturalistic path



Difference in height: 300 m to the top of Monte Crostis (Mount Crostis)

Difficulty: E

Walking time in hours: 1

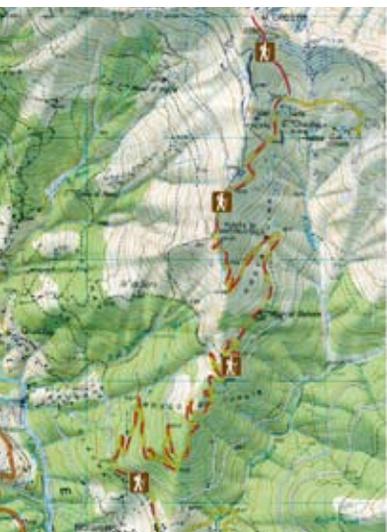
Rich in green meadows and pine woods, the valley of Ravascletto is a renowned holiday resort, especially in winter when on the **Monte Zoncolan** (Mount Zoncolan), at about 2,000 m of altitude, it offers fast ski lifts and comfortable, sunny ski runs for every level of difficulty and snow is guaranteed for the whole winter for real fun!

The name of this itinerary already lets understand the beauty you will enjoy when you cover it. It is now almost totally asphalted and it is ideal for mountain bike riding as well. The loop route, which can be carefully covered by car, goes from Tualis di Comeglians (900 m) to Sella Valcalda (Valcalda saddle 959 m) near Ravascletto, the route is about 29 km long, with a maximum 19% gradient; for about 14 km it unravels above 1,600 m linking the pasture lands of various shepherd's huts, in an open, soft and green landscape, which can be covered by car as well. From Casera Chiadinas (a *casera* is a hut for cheese production) climb up to the top of Monte Crostis in less than one hour along the path n. 151. Along the Panoramica delle Vette (Panoramic path with view on the mountains) you will get to Casera Chiadinas (1,934 m) from where, walking for about one hour, it is possible to reach the top of Monte Crostis (Mount Crostis) along the easy Cai (Italian alpine club) path n. 151.

INFO: Turismo FVG Ravascletto

tel. +39 0433 66477 info.ravascletto@turismo.fvg.it

----- Car route



50.Faith Path

Naturalistic path



Difference in height: 300
Difficulty: T/E
Walking time in hours: 1.30

For centuries, in May on the top of the hill an ancient rite of subjection of the churches which once were subordinate to the St. Peter's Parish, has been taking place.

The **Bacio delle Croci** (Kiss of the Crosses) during which every church shows its cross on pole adorned with multicolour ribbons to pay homage to the Cross of the Mother Church.

From Arta Terme, turn into the Cai (Italian alpine club) path n. 162 near the Spa centre in S. Pietro, from here go downhill to Zuglio through the Troi di S. Pieri. Built around 1312 in a safe position from the many barbarian raids, the Pieve di S. Pietro (St. Peter's Parish) is considered a "matrix" as it was one of the first centres of spread of Christianity in Carnia and is considered the Mother Church of the eleven churches into which the religious structure of Carnia is divided. Around the Church: the *botanical garden* which includes hundreds of botanic species; the *Polse di Cougnes*, whose name derives from the rest that the parishioners allowed themselves before getting to the graveyard to bury their dead relatives.

INFO: Turismo FVG Arta Terme

tel. +39 0433 929290 info.carnia@turismo.fvg.it





51. The tour of Mount Ciavac in Andreis

Naturalistic path

Difference in height: 300 m
Difficulty: E
Walking time in hours: 3.00

The area of the avian fauna of Andreis is a structure of the Parco naturale delle Dolomiti Friulane (Natural Park of the Dolomites of Friuli) which includes a recovery centre for wounded birds of prey, a modern and well-equipped didactic-ornithological room, a permanent exhibition dedicated to the birds of the park, a naturalistic laboratory.

Leaving from Andreis, walk on the naturalistic path of Monte Ciavac (Mount Ciavac 784 m). This circular itinerary is an important and suggestive outlook on the geological peculiarities that characterize the territory. Here it is possible to observe the geological phenomenon known as “periadriatic thrust”. This area is particularly interesting for bird watching: many birds of prey and birds find here their habitat in the aviaries of the clinic of the park to recover from their wounds. Start and finish from the centre of Andreis, Cai (Italian alpine club) signs n. 975-976.

INFO: Turismo FVG Pordenone

tel. +39 0434 520381 info.pordenone@turismo.fvg.it

INFO: Parco Naturale Regionale delle Dolomiti Friulane

tel. Cimolais +39 0427 87333 info@parcodolomitifriulane.it





52. Itinerary of Mount Valinis

Naturalistic path

Difference in height: 750 m
Difficulty: E
Walking time in hours:
5 as far as Piani di
Clauzetto (Clauzetto plains)

Grotte Verdi of Pradis (Green Caves)

The structure of the soil of karstic origin and the corrosive action of the water taken by the Torrente Cosa (Cosa Stream) have produced a spectacular natural representation. Once the green caves were the shelter of prehistoric men and animals.

From Sottomonte, near Meduno, along the path n. 819 walk up to Malga Valinis (Valinis shepherd's hut, 967 m), one of the main departure stations for air sports, and return. From the hut, you can do the crossing of Monte Ciaurlec (Mount Ciaurlec 1,148 m). Along the path n. 819 climb up to the top of Monte Ciaurlec, to enter a karstic wood environment as far as the area defined as Piani di Clauzetto (Clauzetto plains) near the caves of Pradis. **Riserva naturale del Lago di Cornino (Natural Reserve of the Cornino Lake):** an area, with many watching spots, where the majestic griffons fly, which nest on the rocks which overlook the Lago di Cornino (Cornino Lake): for the most equipped there are many trekking routes which allow to reach the dominating Altopiano del Monte Prât (Plateau of Mount Prât, 841 m) and Monte Cuar (Mount Cuar 1,350 m).

INFO: Riserva Naturale Regionale del Lago di Cornino

tel. +39 0427 808526 www.riservacornino.it

Turismo FVG Pordenone

tel. +39 0434 520381 info.pordenone@turismo.fvg.it



53. Tour of the Cavazzo Lake - Path of Butterflies

Naturalistic path



Difference in height: 300 m

Difficulty: T/E

Walking time in hours: 2.30

Lago dei tre comuni (Lake of the three villages)

It is called like this because on its shore lie the three villages of Cavazzo, Bordano and Trasaghis, the largest lake of Friuli Venezia Giulia.

At the foot of Monte San Simeone (Mount San Simeone), the town council of Bordano projected and realized the entomological path, a guided route to discover the small fauna of the “Paese delle Farfalle” (Village of Butterflies). Ten signboards, placed along the route, will guide the visitor to discover the fauna of Monte San Simeone, with more than 100 species of day butterflies and about 550 of moths.

Casa delle farfalle (House of butterflies)

Of all colours, shapes and dimensions, they fly free in the Casa delle farfalle (House of butterflies) of Bordano, a real living museum with species coming from the forests of the whole world.

INFO: IAT Bordano

tel. +39 0432 988049 prolocobordano@libero.it

INFO: Turismo FVG Tarvisio

tel. + 39 0428 2135 info.tarvisio@turismo.fvg.it





54. Simaz Path Musi Valley

Naturalistic path

Difference in height: 150 m

Difficulty: E

Walking time in hours: 2

Sentiero dei Ciclamini (Path of Sowbreads)

Didactic naturalistic path which, starting from Pian dei Ciclamini (Plain of Sowbreads) in the municipality of Lusevera, will lead you to Tanamea.

Pian dei Ciclamini (Plain of Sowbreads) very modern path equipped for visually-impaired people.

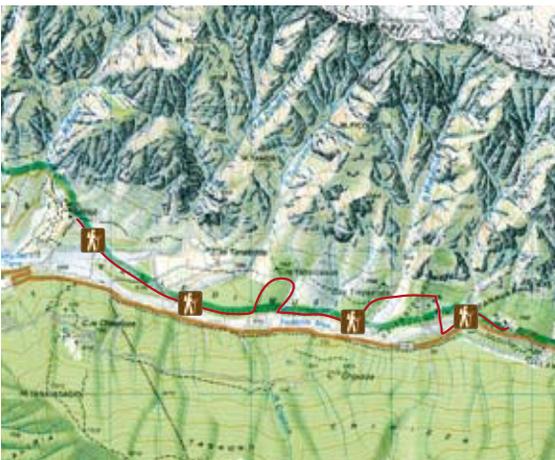
From the springs of Torre, in Simaz, along the valley of the Torrente Mea (Mea Stream), with a total difference in height of 150 metres, the itinerary gets to Pian dei Ciclamini (Plain of Sowbreads) after about 4 kilometres. This resort is the centre of the Parco delle Prealpi Giulie (Park of Julian Pre-Alps) and from here also starts a path equipped for visually-impaired people. We are at the foot of the Catena dei Musi (Musi mountain chain) in an area of rapid reforestation with some small villages.

INFO: Turismo FVG Udine

tel. +39 0432295972 info.udine@turismo.fvg.it

INFO: Parco Naturale Regionale Delle Prealpi Giulie

tel. +39 0433 53483 info@parcoprealpigiulie.org



55. From Passo Tanamea to the former Military Hospital

Naturalistic path



Fraction of the Sentiero
Italia (Italy Path)
Difference in height: 800 m
Difficulty: E
Walking time in hours: 3

Grotte di San Giovanni d'Antro and Lusevera (San Giovanni d'Antro and Lusevera Caves)

Situated between the Alta Val Torre (High Valley of Torre) and the Valli del Natisone (Natisone Valleys) these are two spectacular natural caves that can be visited with interesting excursions.

From Passo Tanamea (Tanamea mountain pass) start climbing along the path n. 711 and then on a former military mule track to the former Hospital of the First World War, where you will get in about two hours. Today this structure is partially renovated to bivouac. From Bivacco Montemaggiore (Montemaggiore Bivouac - former military hospital), in two hours you can either descend to Montemaggiore or, in another hour, climb to the top of Monte Montemaggiore (Mount Montemaggiore) from which you can enjoy a wonderful view as far as the Gulf of Trieste.

Villaggio degli orsi of Pulfero (Village of bears)

A visit centre where it is possible to follow the tracks of the bears that live undisturbed in the area. In the centre it is possible to watch the videos about the activities of search and capture of the specimens of lynx, bear and boar, and about the life of these species. Search instruments for the study of big wild carnivores are exhibited. It is possible to consult posters and photographs on biology, ecology and on the research on big carnivores and other fauna species that are typical of the area and that are dying.

INFO: Turismo FVG Udine

tel. +39 0432295972 info.udine@turismo.fvg.it

IAT San Pietro al Natisone

tel. +39 0432 727975 info@nediskedoline.it





This guide was realized with the advice of the Club Alpino Italiano (Italian Alpine Club) of Friuli Venezia Giulia and with the “Commissione Giulio Carnica Sentieri” (Committee for the paths of Friuli Venezia Giulia).

These maps are just an indication, have exclusively a graphic value, we advise you to get equipped with a specific and up-to-date map.



Presidenza del Consiglio dei Ministri

MINISTERO PER LO SVILUPPO E LA COMPETITIVITÀ DEL TURISMO



REGIONE AUTONOMA
FRIULI VENEZIA GIULIA



FRIULI
VENEZIA
GIULIA

Guests of unique people

Inglese

Realizzato nell'ambito del progetto interregionale di sviluppo turistico L.135/01 "Incontri per Sport", col cofinanziamento del Dipartimento per lo sviluppo e la competitività del turismo, Presidenza del Consiglio

Informazioni Turistiche/Tourist Information
Touristische Auskünfte/Informations Touristiques
Turistične informacije



ARTA TERME

Via Umberto I, 15
33022 Arta Terme
Tel. +39 0433 929290
Fax +39 0433 92104
info.carnia@turismo.fvg.it

GORIZIA

Corso Italia, 9
34170 Gorizia
Tel. +39 0481 535764
Fax +39 0481 539294
info.gorizia@turismo.fvg.it

PORDENONE

Via Damiani, 2c
33170 Pordenone
Tel. +39 0434 520381
Fax +39 0434 241608
info.pordenone@turismo.fvg.it

TARVISIO

Via Roma, 14
33018 Tarvisio
Tel. +39 0428 2135
Fax +39 0428 2972
info.tarvisio@turismo.fvg.it

TRIESTE

Piazza Unità d'Italia, 4b
34121 Trieste
Tel. +39 040 3478312
Fax +39 040 3478320
info.trieste@turismo.fvg.it

UDINE

Piazza 1° Maggio, 7
33100 Udine
Tel. +39 0432 295972
Fax +39 0432 504743
info.udine@turismo.fvg.it

AEROPORTO RONCHI DEI LEGIONARI

Via Aquileia, 46
34077 Ronchi dei Legionari
Tel. +39 0481 476079
Fax +39 0481 776729
info.aeroporto@turismo.fvg.it

AQUILEIA

Via Julia Augusta
parcheggio/bus terminal
33051 Aquileia
Tel. +39 0431 919491
Fax +39 0431 919491
info.aquileia@turismo.fvg.it

GRADO

Viale Dante, 72
34073 Grado
Tel. +39 0431 877111
Fax +39 0431 83509
info.grado@turismo.fvg.it

LIGNANO

Via Latisana, 42
33054 Lignano Sabbiadoro
Tel. +39 0431 71821
Fax +39 0431 724765
info.lignano@turismo.fvg.it

PIANCVALLO

Via Collalto, 1
33081 Piancavallo
Tel. +39 0434 655191
Fax +39 0434 655354
info.piancavallo@turismo.fvg.it

0039 0432 734100

