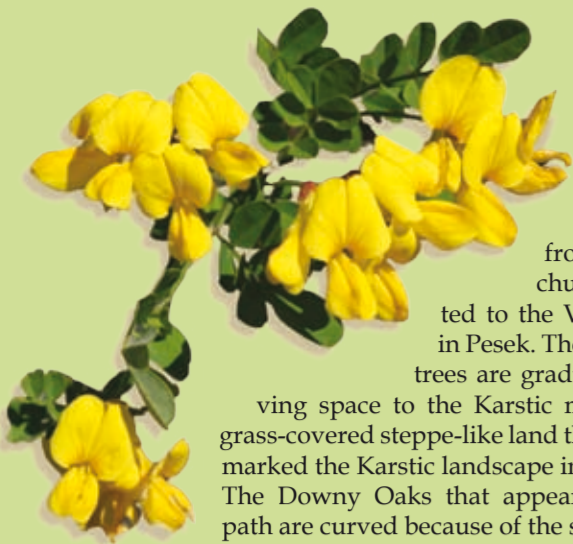


### 1) Monte Cocusso



The path begins to unwind from the small church dedicated to the Virgin Mary in Pesek. The Black Pine trees are gradually removing space to the Karstic moorland, a grass-covered steppe-like land that strongly marked the Karstic landscape in the past. The Downy Oaks that appear along the path are curved because of the strong wind called Bora that violently blows from East-North-East.

After turning to the right you will see a mighty wild Linden with a circumference of 3.53 meters. A badger's lair proves the presence of this plantigrade in this area.

Before entering the European Hophornbeam woods the path runs along some typical Karstic furrowed fields.



From the heap of stones on the top of the Cocusso Mountain the view opens up towards the Istria coastland, the Grado lagoon and the mountains far away.

By turning slightly backwards you move on towards the Vertikala path where you can admire a large Common Beech (with a circumference of 2.73 meters) and some magnificent Turkey Oaks. In the nearby area are situated the highest caves of the Triestin Karst: the Pozzo della Miseria (602 m) and the Pozzo della Determinazione (610 m).

Along the descent that leads to Grozzana you can see a number of ponds and the traces of some animals. Near every single pond there is a jazera, a deep round well, which was built for keeping ice. After visiting the quiet and sunny village of Grozzana the path ends alongside the meadowland Krasno polje, which is situated near the Goli Mountain.



### 2) Monte Stena

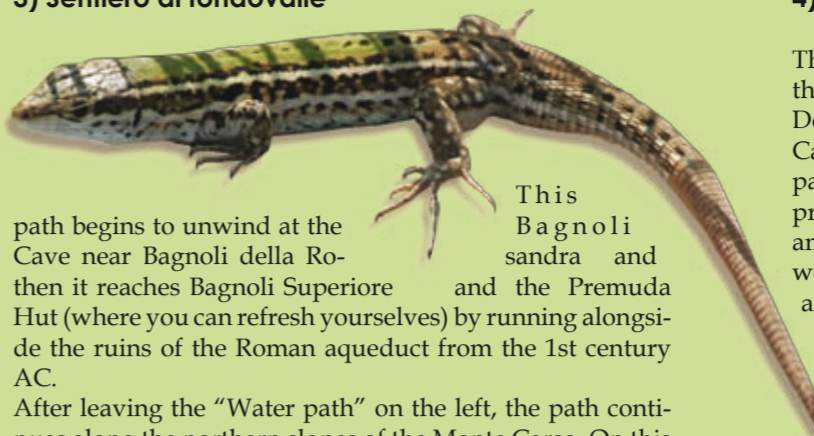
After initially admiring the view over the Valley from the San Lorenzo vedetta, the path begins to unwind from the nearby church and the slope that dominates the valley. After running along a Downy Oak woods the path will bring you to the Black Pine woods, where during the various seasons of the year you can admire the Scorpion Senna, the Squarrose Knapweed, the Mountain Garlic, the Summer Savory and the Hyssop.

The compact and inclined rocky layers of the Stena Mountain are called reggipoggio as opposed to the frannappoggio of the opposite slope (Carso Mountain), where the valley-oriented rocks cause the detachment of rocky material that constitutes the characteristic scree.

Near the pine tree woods and under a magnificent St. Lucie's Cherry there is the entrance of the San Lorenzo Cave. The panoramic view from this point reaches Sant' Antonio in Bosco, Moccò, Trieste, the San Michele Mountain, Bagnoli Superiore, Bagnoli della Rosandra and the Carso Mountain.

In the period from May to June the marvellous and plentiful purple blossoms of the Thistle mark the end of the woods and the beginning of the Karstic moorland, an open space with Smoketree bushes that in autumn are coloured with warm tones of yellow, red and orange. Moreover, in this area there are young Black Pine trees, the advance-guards of an army which is slowly colonising the vulnerable moorland, where most of the endemic species grow. From the Stena Mountain slope you can see the waterfall, the Cippo Comici Memorial Stone, the small church of Santa Maria in Siaris, the Modugno Hut, the Carso Mountain, Bagnoli, the San Michele Moutain and Trieste. The view fly over bushes of Snowy Mespilus, which becomes whitish in springtime. The pines are like flags that wave in the Bora wind.

### 3) Sentiero di fondovalle



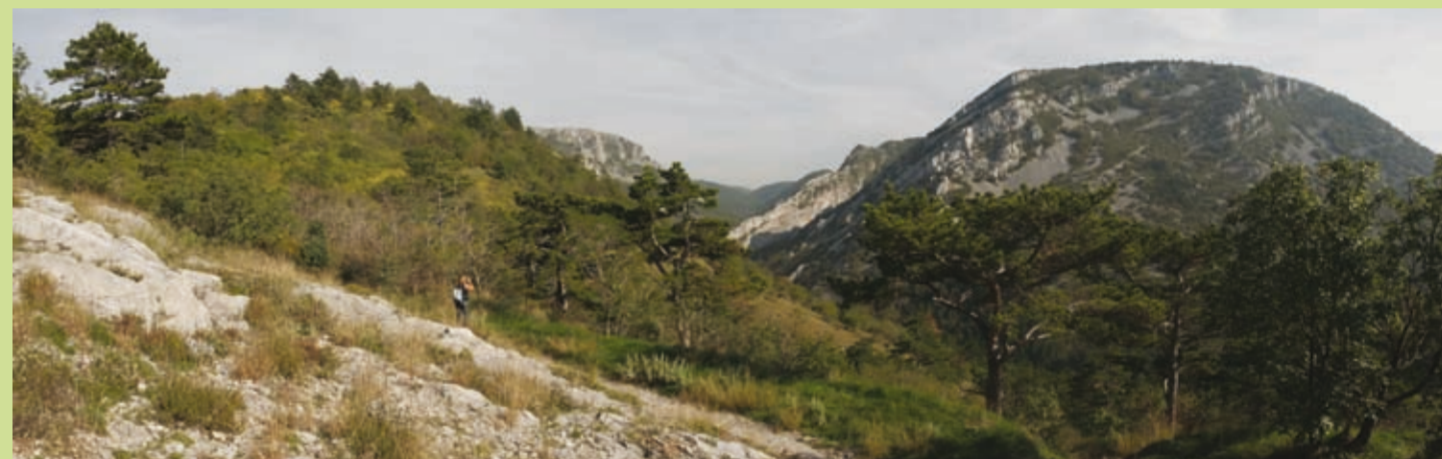
This path begins to unwind at the Cave near Bagnoli della Rosandra and then it reaches Bagnoli Superiore and the Premuda Hut (where you can refresh yourselves) by running alongside the ruins of the Roman aqueduct from the 1st century AC.

After leaving the "Water path" on the left, the path continues along the northern slopes of the Monte Carso. On this stretch of the path you can see the remains of the old water-mills that in the past used the water of the torrent. The path runs over the "salt path" that was used by the merchants, who reached the salines of the city of Trieste.

The paths rises and on the left there is the most important source of the Rosandra torrent, the Fonte Oppia. Here the vegetation is more thinned out and on the Altari slope you might see some rock-climbers. A little bit further up a narrow path leads to the Santa Maria in Siaris church and from here it continues to the Cippo Comici Memorial Stone, that was erected to commemorate the great climber, who died in 1940.

The path runs mostly on scree, where some plants have adapted their roots to withstand the constant moving of the scree: the Prickly Drypis forms the characteristic stinging flowers that bloom from June to August.

Some steps facilitate the short ascent that leads to a mar-



The path begins to descent towards a wood of Black Pines, Flowering Ashes and Downy Oaks. The waterfall marks the point where the limestone separates itself from and the flysch. The limestone is covered with an explosion of blossoms that change their colour according to the season (yellow in springtime and violet-pink in autumn), whereas the vegetation on the flysch area is more compact and green.

After reaching the bicycle path and turning left you can visit an interesting geological and historical site: on a rocky slope there are the ruins of the Draga Tabor, an old tower built in the 15th century. Near the trails of the old Trieste-Hrpelje railroad you can admire the traces of the drillings, that were carried out in 1885-1887.

Under the calcareous walls that dominate the bicycle path up to the Modugno Hut you can admire some small-scale falls. In this area there are many interesting caves of historical and hydrogeological importance (the Grotta dei Pipistrelli, the Grotta delle Gallerie, the Grotta del Tasso, the Fessura del Vento, etc.).

Nearby the Modugno Hut the path leaves the bicycle trail and ascents to a beautiful panoramic point: in late summer this area is completely covered by the Hyssop that melts its light blue and cerulean flowers with those of the Summer Savory which are white. The path ends in the Black Pine woods near San Lorenzo.



vellous view of the waterfall and the small bridge under which run two watercourses: the Rio Grisa and the Rosandra torrent that flows from Bottazzo. Nearby there are the ruins of the Sancin watermill.

Behind Bottazzo you can take the path no. 17 that leads to the bicycle path or refresh yourselves at the famous trattoria near the border. After reaching the Modugno Hut you can take the bicycle path that runs through two tunnels until it reaches a stone bridge and then it descends towards a European Hophornbeam and Downy Oak woods.

Near the Moccò hill and the local vedetta you can see the remains of the Moccò Castle (Fünfenberg). By climbing a few steps you can then descent towards the San Michele mountain and before reaching the Premuda Hut you can admire various specimens of Flowering Ash, European Hophornbeam, Christ's-thorn, St. Lucie's Cherry, False Acacia, Coat Flower and Black Pine trees.



### 4) Monte Carso

The path that unwinds from the source Zgurenc in San Dorligo della Valle to the Carso Mountain is the most panoramic of the four path proposed. After ascending among Black Pine trees, Flowering Ashes, Downy Oaks and Field Maples you reach the Moganjevce pond near the homonymous torrent.

In the woods you might see some predatory birds such as the Buzzard and the Sparrow-Hawk or the more common Blackbird, Jay, Titmouse and Woodpecker.

Behind the Downy Oaks woods there are the first specimens of the Aleppo Pine, which can be 15 meters high and 1 meter wide.

After passing the crossroad that leads to Crogole you reach the homonymous vedetta where the path begins to narrow and ascent more steeply. In this area you can see various flower such as the Primrose, the Hellebore, the Snowwhite, the Iris, the Violet and the Scorpion Senna, which blossom in springtime, and the Chimney Bellflower, the Globe Thistle, the Summer Savory and the Cyclamen, which blossom in late summer.

The panoramic view is marvellous: from here you can ad-

mire the famous dolomitic mountains such as the Pelmo, Duranno and Antelao. On right there are the Tre Cime di Lavaredo, which are more than 160 km away.

After a short walk you can see the Monte Canin (which is 90 km away) and gradually you will discover the villages of Moccò, Sant' Antonio in Bosco, San Giuseppe della Chiusa, Bagnoli, Hervati, San Lorenzo, the Basovizza church and the Santuario di Monrupino. On the south you can see the Monte San Servolo, the cities of Koper and Pirano, the San Rocco hill and the city of Muggia.

After walking alongside the Black Pine woods that cover most of the top of the Carso Mountain, you can turn left and reach the Grotta della Antiche Iscrizioni. If you continue on the slope of the Carso Mountain, where the Iris Illyrica, the Martagon Lily, the Snowwhite and the Broom grow, you can reach the heap of stones that represent the ruins of the ancient Vallo del castelliere, the walls of the largest fortified village in the area of Trieste in the Bronze age. After descending alongside some 100 years old Turkey Oaks (some of them are nearly 4 meters wide) you reach the vertical walls of the Crinale, which is used by rock-climbers, and finally reach the path at the bottom of the valley and the village of Bagnoli della Rosandra.





1) Pozzo della Determinazione - Brezno Determinazione - Determinazione Well; 2) Pozzo della Miseria - Brezno Miseria - Miseria Well; 3) Grotta di S.Lorenzo - Jama pri Jezeru - San Lorenzo's Cave; 4) Grotta - jama Guido - Cave Guido; 5) Piccola Pocala - Jama na Štreki - Piccola Pocala Cave; 6) Grotta - jama degli Altari - Altari Cave; 7) Grotta del Montasio - Jama pod Kamenci - Montasio Cave; 8) Grotta - jama Fessura del Vento - Fessura del Vento Cave; 9) Grotta - jama della Sfesca - Sfesca Cave; 10) Pozzo presso la Grotta delle Gallerie - Brezno pri jami Pečina pod Steno - Grotta delle Gallerie Well; 11) Grotta delle Gallerie - Pečina pod Steno - Grotta delle Gallerie Cave; 12) Grotta delle Tacche - Jama s Stopničkami - Tacche Cave; 13) Grotta sopra i Molini di Bagnoli - Jama nad Gornjim Koncem - Cave above Bagnoli Superiore; 14) Grotta sulla sinistra del Torrente Rosandra - Jama v malem Supetu - Cave close to Mali Supet; 15) Grotta dei Pipistrelli - Jama netopirjev - Bat's Cave; 16) Grotta - jama Gualtiero Savi - Gualtiero Savi Cave; 17) Grotta - jama sulla destra del Torrente Rosandra - Cave on the right-hand side of the Rosandra river; 18) Grotta - jama Martina - Martina Cave; 19) Grotta del Tasso - Pečina pri Rakniku - Tasso Cave; 20) Grotta - jama sul Monte Carso - Monte Carso Cave; 21) Grotta delle Antiche Iscrizioni - Mejna jama - Ancient Inscriptions' Cave; 22) Grotta - jama a Nord NordOvest del Monte Carso - Cave near the Monte Carso Mountain; 23) Grotta di Crogole - Krogljanska jama - Crogole's Cave; 24) Caverna degli Orsi - Medvedja jama - Bears' Cave.

-  Sorgenti/Izviri/Sources
-  Vertikala
-  Stagni, laghetti, vasche/Blake, jezerc, korita/ Ponds and small lakes
-  Confine della Riserva/Meje Rezervata/ Reserve's borders



The Regional Nature Reserve of the Val Rosandra Valley was founded in 1996 and it stretches over an area of approximately 746 hectares. In 2006 an agreement with the Friuli Venezia Giulia Regional Government was signed according to which the Municipality of Dolina became the Managing Authority of the Reserve. The Reserve is situated in the south-eastern part of the Province of Trieste, along the border with the Slovenian Municipality of Hrpolje-Kozina, where the torrent Rosandra has its source. Its canyon dug into limestone attracts groups of nature lovers, speleologists and climbers. Along the paths that wind across the Illyric, Mediterranean and alpine vegetation, visitors can discover numerous caves of historical, naturalistic and speleological interest. From various observation points they can enjoy marvellous views of the Gulf of Trieste and the Alps. The basins and small waterfalls of the Rosandra torrent forebode the spectacular 36-meters-high waterfall which sometimes completely freezes in winter. These places are permeated by a rich history, which is proven by the small church of Santa Maria in Siaris, the ruins of the Roman aqueduct, the ancient watermills and the Moccò Castle. The Val Rosandra Valley is crossed by many paths marked by CAI, the Italian Alpine Club, and the Slovenian Alpine Association of Trieste. In the following pages you will be introduced to four paths that cross the Reserve and are open throughout the year.

**Managing Authority:** Municipality of Dolina  
**Address:** Dolina 270 - 34018 San Dorligo della Valle (TS)  
**Telephone no.:** +39 040 8329237  
**Reserve's visiting centre:** Bagnoli della Rosandra-Boljunec 507  
**Telephone no.:** +39 040 8326435  
**Internet:** [www.riservavalrosandra-giainsica.it](http://www.riservavalrosandra-giainsica.it)  
**Extent:** 746 ha

**Texts:** Dario Gasparo and Elio Polli. **Photography:** Dario Gasparo. **Translation:** Peter Senizza



## Regional Nature Reserve of the Val Rosandra

