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NATURALISTIC - ETHNOGRAPHIC TRAILS AND VISITOR CENTRES

## TRAMONTI DI SOPRA: CHILDREN'S TRAIL, TAGLIAMENTO RIVER AND THE BOTANICAL GARDENS



### PROGRAMME

The trail is located in the village of Forni di Sopra, also known as the village of herbs. In fact, one of the most fascinating events in the area takes place here: A herb festival, where you can learn about the principles and uses of aromatic and medicinal herbs found in the mountains.

- Meet with the nature guide in Claut piazza (PN).
- Departure for the excursion along the Children's Trail, which allows visitors to learn more about the natural and anthropic features of an alpine environment, while providing concrete points of reference in the local area. The shape of the mountains, its very diverse vegetation, animal tracks and the proximity of Tagliamento's springs are among the main natural themes, while the presence of ancient barns, ruins and abandoned pastures tell the story of humankind in this valley. A simple walk with a few climbs along a forest road is the perfect activity for a child's "first contact" with the mountains. In addition to the Children's Trail, there is also a visit to Forni di Sopra's School Botanical Garden, which is of great educational and natural interest; in fact, there are many rare and interesting species to look at in the garden.
- Packed lunch in the surrounding area.  
*(if the weather is bad, packed lunches will be enjoyed at the visitor centre).*
- Return to the village of Forni di Sopra and a guided tour of the visitor centre and the "Park Vegetation" exhibition: an exhibition that guides visitors through the different aspects of Friulian Dolomites vegetation. It begins with general information about vegetation in mountain environments and ends by touching on the complex and important historical relationships between humankind and plants. Some interesting natural aspects are also explored, such as adapting in relation to considerable environmental difficulties, endemic species and the different ways plants organise themselves into stable communities. The facility also hosts a botanical educational laboratory, as well as temporary exhibitions about herbs and mushrooms.

- End of guided tour.

### LENGTH OF TIME

- Full day, adaptable half-day  
*If it's raining, activities will take place indoors, and alternative activities will be arranged at the visitor centre.  
The programme can be modified according to group needs.*

### MATERIALS REQUIRED FOR THE EXCURSION

- Hiking boots or sturdy trainers and appropriate clothing for a mountain hike.
- Waterproof jacket

