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NATURALISTIC - ETHNOGRAPHIC TRAILS AND VISITOR CENTRES

## TRAMONTI DI SOPRA: SACUÌDIC MEDIEVAL CASTLE



### 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 an excursion to Sacuìdic Medieval Castle. Excavations have brought to light numerous findings and made it possible to date the castle to the XII-XIV centuries. Among the findings were fragments of ceramic and glass, as well as metal objects and coins that are suggestive of a clandestine mint.  
A site excavation also involved numerous volunteers from the "For da Difiendi" committee.  
Near the village of Andrazza, excavations of a Lombard necropolis are under way along the trail, with some remains having already been found.  
The route is interesting because it allows visitors to get to grips with the idea of evolving landscapes, both in terms of history and geology. This theme can be tackled via the concept of "layers," starting with the oldest (geology and glacialism) layers, and proceeding to vegetation and the history of mankind (the effects humans have had on the environment, recognising material signs in the landscape).
- 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

