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NATURALISTIC - ETHNOGRAPHIC TRAILS AND VISITOR CENTRES

## TRAMONTI DI SOPRA: ANCIENT KILNS, EMERALD POOLS AND FRASSANEIT GHOST TOWN



### PROGRAMME

The trail is located in the village of Tramonti di Sopra, a delightful village that has retained all the charm of its past and which today offers visitors the opportunity to learn about its different characteristics: its history, via murals dotted throughout the streets, its traditions, especially its culinary ones, such as its "pitina" meatballs and the expression of nature and water, with the presence of wonderful "emerald pools."

- Meet with the nature guide in Tramonti di Sopra (PN) at the park's visitor centre.
- Departure for an excursion along the "Strada da lis Fornas" route, along which there are several ancient restored lime kilns and barns, but also new farms engaged in the production and supply of local produce. The route also enters the Meduna river channel, where water creates a natural wonder known as "emerald pools." Arrival at Frassaneit "ghost town," a trip into the recent past: the abandoned village feels like a magical place where visitors can imagine the lives of the people who once huddled in the warmth of the fireplace thanks to stories, myths and legends.
- Packed lunch in the surrounding area.  
*(if the weather is bad, packed lunches will be enjoyed at the visitor centre).*
- Visit to exhibitions at the visitor centre, such as the "Water: Nature, Heritage and Energy" exhibition, which was created in order to promote the values of this natural resource in various aspects of life on earth, including its use as a natural source of energy. The exhibition is mainly curated for educational purposes, and has been adapted for schools. However, there are also opportunities for adults to enjoy themselves and find out more, together with the kids, about the topics and games offered at the visitor centre.  
The route splits into two different areas: in the first room visitors can learn about history with the help of old photographs illustrating how water was used in the past. There is also a model showing Val Tramontina's lake system. A wall installation shows visitors how hydroelectric plants work and demonstrates their importance in the production of electricity by using the movement of water.  
An entire wall is dedicated to experiments. Large drawers contain all the materials required to carry out various experiments, which are useful for getting to grips with various chemical concepts. Visitors can learn about abstract concepts such as: Pascal's Law, Archimedes' Principle, superficial tension, capillarity and solubility.  
In the second room, visitors can watch a video called "Water Routes - from the mountains to the sea - from the source to the mouth" in an environment created using real river stones. Option to visit the Fossil Museum where topics related to geology will be discussed with a particular focus on fossilisation and the history of rocks.
- 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

