

CALULD AISAN LIUIAAT



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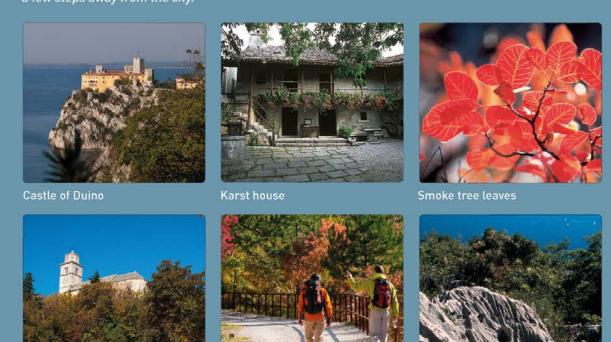
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Trieste's Karst A BORDERLAND, A LAND OF EMOTIONS

The Karst is a plateau situated on the border between Italy and Slovenia (where it has its natural extension). Its particular geographical position, a zone of passage between the Mediterranean and the continental climate, and its peculiar geological structure made of calcareous rock, make it spectacular contrasts with the blue of the sea and the colours of the vegetation: the bright red of the smoke tree in autumn, the brilliant green of the vegetation in spring and in summer. A land that is still strongly based on agriculture, scattered with characteristic small villages, where you will meet the culture of the strong Slovenian minority that is expressed in the traditions and in the customs. A territory that still generates typical products of high quality: cheese, wine, honey, hams, olive oil and where it is easy to see a branch that indicates an open rural house, with two tables and four benches where you can drink a glass of wine in company tasting typical cold cuts. Many are the points of interest to be visited, starting from the spectacular tramway that from the city of Trieste leads to the plateau. And, once on the Karst, you will just have to choose from the many possible destination the Karst caves, from the Grotta Gigante (Giant Cave), the largest tourist cave in the world, to the complexity of an underground world to be explored; the nature reserves where you can enjoy the rocky, wild shores or equipped beaches; the rural villages, which provide evidence of an old tradition a few steps away from the city.







territory along asphalt roads, dirt from the Obelisk) to Trebiciano (on to Venice and Ravenna. roads and paths. The **Ponziana** the border with Slovenia).

On Trieste's Karst you will find a - Hrpelje - Ponziana cycle track The path is always well marked well-structured network of paths; follows the route of the former and is about 6 km long with a thanks to this and to the fact that railway and is in constant climb difference in height of 80 metres. the difference in height is never on the outward journey and in It is interesting to remember that too hard, cycling is easy and very pleasant descent when going the project of Italy-Slovenia crossnice. The map shows two cycle back. It is about 30 km long with a border cooperation includes the tracks, marked on the territory difference in height of about 400 m completion by 2013 of the Alpe and that extend partly on routes — necessary to exit the city and climb — Adria cycle track, which will link especially dedicated to cyclists, to the plateau. This path allows to Kranjska Gora (Slo), already linked partly on normal roads where the reach the Karst by bicycle. The to Tarvisio via a cycle track, to traffic is limited. Other routes can other cycle track that we would Koper and then, across the border be followed on this enchanting like to point out links Opicina (start of Rabuiese (Muggia) to Trieste, up







Nature Reserves and Carsiana Botanical Garden

On Trieste's Karst the largest nature reserve delimits The two other Reserves are in the hinterland: the the territory to the south: the Rosandra Valley. The Reserve of Mount Lanaro, whose forest cover is route starts in Bagnoli, at Italy's lowest CAI (Italian particularly significant because it alternates the Karst Alpine Club) Alpine hut (81 metres above sea level). undergrowth and beautiful oak and turkey oak forests The Reserve includes a beautiful valley crossed by and the Reserve of Mount Orsario, a Karst site with the Rosandra stream, the only visible waterway on the hills, dolinas and other superficial Karst phenomena. Italian karst and the highest summit of Trieste's Karst, Some interesting species of mammals have been seen Mount Cocusso (670 m.). It is a particularly rich area in the area, such as the wildcat and the golden jackal, from the floral point of view, with some endemisms and there have been episodic appearances of the bear. and the presence of rare species. The area is of The Carsiana Botanical Garden, in the municipality extraordinary interest because of amphibians, reptiles of Sgonico, is worth a visit as well: it collects vegetal and because of the avifauna in the forest areas. There species of the Italian and Slovenian Karst, placed are three other Nature Reserves on the territory, the in a habitat that, due to its particular conformation, most spectacular is certainly that of the **Duino Cliffs**. reproposes the typical Karst environment, with a large It comprises the only example of high cliffs in the dolina, brush and undergrowth, screes, natural wells Northern Adriatic Sea, a coastal area characterised by and superficial Karst phenomena (stony ground and cliffs with relative inaccessibility to the sea and short limestone pavements). stretches of Mediterranean calcareous debris heaps.





But, besides the superficial aspect, by the tourist route is at 101.10 of the god Mithras, widespread in there is an underground Karst: metres of depth with respect to the the Roman world from the end of a world of caves, narrow tunnels, entrance. Just to give an idea of its the 1st century to the triumph of ponors in some cases crossed by extension, it was estimated that Christianity, was practiced. The underground rivers. In the caves, it could contain the whole St. Pe- Mithraic temple of Duino is the in addition to the erosion formater's basilica, including the dome. only one in the world to be located tions, it is possible to admire the The tourist route extends around in a cave and is one of the most anso-called deposition formations, the base of the large hall and also cient ever discovered. deriving from water dripping. The shows the Colonna di Ruggero

it is characterised by large rocky surfaces and by a discontinuous vegetal cover.

he term Karst derives from the Indo-European root "kar", which means "rock". The "Kars"

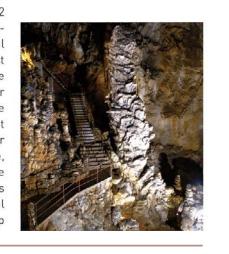
ocks, such as limestones: the word derives from the name of the geographical region that extend

mong Italy, Slovenia and Croatia, where the large extension of calcareous rocks has allowed a large evelopment of these processes. The Karst landscape features no superficial hydrographic network

most characteristic structures are (Ruggero's column), a nearly 12 the stalactites, the stalagmites, metre high stalagmite. One exthe flowstones, the curtains and its along a path that climbs until the various concretions that deco- reaching the viewpoint, the highest rate the walls of the underground point of the cave, from which one caves. The best known cave of the can enjoy a breathtaking view over Karst is the Grotta Gigante (Giant the Large Cave. The temperature Cave), the world's largest tourist inside the cave remains constant cave, listed in the Guinness Book all year round (11/12°C). Another of World Records in 1995: it fea- interesting cave is Mithras' cave, tures a length of 167.60 metres, situated in the area in which the a maximum height of the vault of Timavo river re-surfaces after its 98.50 metres and a width of 76.30 underground course. It is a natura metres. The deepest point reached cave where the mystery worship

The Karst proposes a variety of Oil

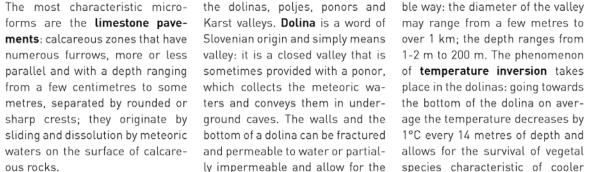
cheeses that ranges from the ricot-



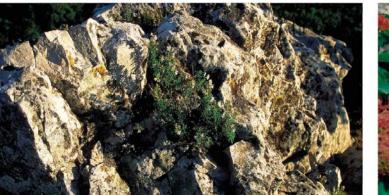
Geology: Karst landforms

Karst phenomena are called epigean when they affect the rocks that emerge on the surface.

The Karst landforms, well represented on Trieste's Karst, are classified on the basis of the scale of ne phenomenon in microforms and macroforms



sharp crests; they originate by ground caves. The walls and the age the temperature decreases by sliding and dissolution by meteoric bottom of a dolina can be fractured 1°C every 14 metres of depth and waters on the surface of calcare- and permeable to water or partial- allows for the survival of vegetal ly impermeable and allow for the species characteristic of cooler Among the most important mac- formation of small sheets of water. climates, which cannot be found in roforms one should remember Sizes may change in a considera- the rest of the territory.



numerous furrows, more or less valley: it is a closed valley that is 1-2 m to 200 m. The phenomenon parallel and with a depth ranging sometimes provided with a ponor, of temperature inversion takes from a few centimetres to some which collects the meteoric wa- place in the dolinas: going towards metres, separated by rounded or ters and conveys them in under- the bottom of the dolina on aver-



The Timavo river

The **Timavo** (Reka) is a **mysteri-** with three sources. After less than of the Aeneid Virgil recalled that course, in San Giovanni di Duino tury B.C., while in the first book

ous and fascinating river, the un- two kilometres it flows in the Adri- "through nine mouths pours the derground course of which is still atic sea, in the Gulf of Panzano. bursting tide amid the mountain's partly unknown. It springs on the However, the underground Timavo dreary moans, and covers the slopes of Mount Snežnik, in Slo- river hides other mysteries. The fields with hoarse waters". Seven venia, and flows on the surface resurfacing points have changed mouths are mentioned again in for about 50 km on impermeable over the centuries: this is also 1556 when bishop Andrea Rupigrounds up to the Škocjan caves confirmed by the documents of the cio wrote: "here are the pools of (Slo) where it sinks in the bowels past centuries. Seven mouths and the Timavo; where it is nice to see of the earth to reappear, after 40 seven courses, wrote the Greek the fresh and crystal-clear waters km of almost completely unknown geographer Strabo in the 1st cen- flow out of seven whirlpools".





Cuisine and peculiarities of the offer

Austrian, Hungarian, Jewish, Slav and flavoured with onion and chilli the Karst you will see ivy branches and eastern suggestions and influ- pepper. These are not dishes for hanging here and there and indiences are harmoniously combined delicate palates, they are strong cating the Osmize. The osmiza has with the local products providing flavours made of almost violent a long tradition, which goes back to the Karst cuisine with interest- contrasts, which reflect the col- the times when Maria Theresa with ing flavours and aromas. Among ours and the land in which they a special edict allowed the peasthe typical dishes the **Jota**, a bean are born. Among the typical cakes ants to sell the wine of the previous soup enriched with sauerkraut, the "strucolo in straza" (strudel in year tax free. This tradition still the **bread gnocchi**, made with **the cloth**), the peculiarity of which continues on Trieste's Karst. Once eggs and ham; the **plum gnocchi**, lies in the cooking: it is historically the peasants sold only their wine made with potatoes and a plum wrapped up in a cloth and boiled; or, at most, hard-boiled eggs and heart, are seasoned with melt- the creme carsoline, particularly homemade bread, which the cused butter and breadcrumbs; the rich custard pastries (try to bite tomers soaked in the typical and porzina con capuzi, boiled pork one if you can!]; the presniz, a sharp Terrano wine. Today, in ad-

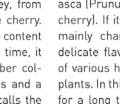


Typical products

In a land so rich in contrasts - the The most characteristic honey of the by the bitterish flavour of the marstone, the red sumac, the sea, the Karst is the marasca honey, from asca (Prunus mahaleb or St. Lucie

bora, the Mediterranean climate the nectar of the St. Lucie cherry. cherry). If it is produced later, it is - there can be only special wines: Because of its high fructose content mainly characterised by a more the red wines, such as the **Terrano** it remains liquid for a long time, it delicate flavour due to the nectar and the **Refosco**, and the white is characterized by its amber col- of various herbaceous leguminous wines, Malvasia and Vitovska. But our with reddish reflections and a plants. In this case it remains liquid you will find many others, some slightly bitter taste that recalls the for a long time and takes a more of which are born out of the great flavour of almonds: it is a rare honey, or less dark amber colour and passion of wine growers for their its production in sufficient amounts sometimes it can be crystallized land and its fruits, such as the is not possible in all years because due to the presence of lime nectar. glera, a white variety of grape that the blossom time of the bush is Another interesting variety is the is cultivated to make Prosecco. We short. Then there is the **mixed-** Karst **forest honeydew** that derives suggest that you visit the many flower honey produced in the area, from the collection, carried out by small wine farms, browse through from the nectar of many herbaceous the bees, of the secretion produced the wine cellars, which are often plants to which one adds the nectar by aphids that feed on the lymph of impressively hollowed out in the of some shrub and arboreal plants. the leaves of some plants and is of







Typical products

Speleology

and caves



The heifers of the Karst pasture on mixed with pepper, then pressed in a paste. This process is called grasslands over a hundred years old the moulds. And then there is a very crushing and the paste produced that are characterized by a very rich peculiar cheese: the cheese of the is thick and compact. The extracand varied flora, Just think that only "Jamar" cave. In Slovenian "Jamar" tion of the oil from the paste is in the Karst area there are about means cave, or rather that particumade with traditional presses or richness in the taste and aroma. crumbly texture.



tas to the extra mature cheeses and Olive growing has been present on

from the varieties made with cow's these lands for centuries; on the milk to those obtained from sheep's Karst an extra-virgin olive oil is and goat's milk. The best known is born of a yellow-green colour, fluthe Tabor, a latteria cheese with id and intense, slightly fruity. Ola delicate flavour and a light yel- ives are hand picked or are picked low texture. The **Tabor** cheese has with the help of large combs that been produced on Trieste's Karst rake the olives from the branches; since time immemorial, transform- the olives must then be processed ng raw milk by means of ancient within a few days from their picktraditional technologies. The **Mlet** ing, after removing the leaves (which in Slovenian means minced), and the branches. They are then is made with Tabor cheeses of vari- washed in cold water, pressed unous aging, minced with the rind and der grindstones and turned into



Road

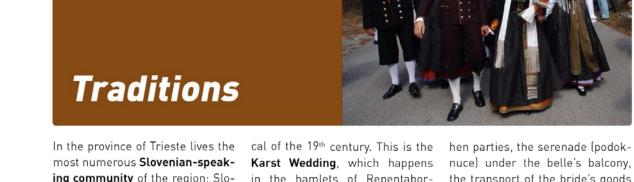
of Terrano

connecting the inns and the restaurants that take part in the initiative and that propose, in combination with their menus, the Terrano wine. Terrano is a dry wine, obtained ments of the Roman age already. The wine is to be matched with from the Refosco vines, which describe the qualities of an excel- dishes characterized by strong

owes its unique and original taste lent wine produced in these areas, flavours: game, cold cuts and to the red earth of the Karst, to also remembered for its medical meat dishes in general. Finding the climate of these lands, to the properties, indicated in particular the signs of the road of Terrano is sun and to the care of the local for anaemic people because of its easy: they are of a brown colour wine growers. It is of a ruby colour iron content. and has a characteristic intense The road extends over the whole bunch of grapes. The restaurants perfume; the taste is dry, agree- Karst and involves inns or restau- and inns taking part in the initiaable, acidulous, full-bodied. The rants where one can taste the most tive are in Malchina and in Opicina,

wine is ancient, deeply rooted in typical dishes of the local tradition in Gabrovizza and in Rupingrande. the Karst territory: some docu- together with this particular wine.

and carry the drawing of a stylized



ing community of the region; Slo- in the hamlets of Repentabor- the transport of the bride's goods venian is spoken almost all over Monrubino and attracts several to the new house on a cart. Obvithe territory by those who belong tourists and onlookers providing ously, everyone is dressed in the to the minority. an original combination of culture, traditional costumes. The rite is Therefore, the Slovenian culture gastronomy and customs.

is very strong and deep-rooted.

Monrupino and is valid for civil and Every two years on Trieste's Karst The folk re-enactment takes place religious purposes. Ideal for those during the last week of August it is in the odd years, it begins on the who want to understand the tradipossible to see spectacular tradi- last Tuesday of August and ends tions of this territory is a visit to tions. People marry in public, with on Sunday with great celebrathe museum of the Karst House in a fascinating ancient rite: the cus- tions open to all. Various rites al- Rupingrande, which reconstructs toms that the future husband and ternate during the celebrations: the environments of a typical ruswife must respect are, in fact, typi- besides the traditional stag and tic house.

celebrated in the Stronghold of





Discovering the sea

There where the Karst ends, to the south, is the sea. A sea that is Mediterranean but also high Adriatic Sea and breaks against the sheer cliff. The coast reflects the hinterland and interrupts sheerly over the sea creating the fascinating contrast between the white of the rock and the blue of the sea.

Descending towards Trieste the frequenters. Further on a private along the fascinating and steep first coastal location you find is the establishment, easier to access fishermen's path that from the historic seaside resort of Sistiana. and with a car park, and then the beach leads to Aurisina. Proceed-Atourist resort open all year round Canovella de' Zoppoli beach, with ing towards Trieste you will still will soon be made in the site that a bar and restaurant. The name find the beach under the marine was the quarry of Sistiana. Along of the beach derives from the lo- biology laboratory, called "i filtri", the whole coast of Trieste are cal fishermen's boats, which are in the waters of which gush out charming bays and small beaches, called Zoppoli. They were simple some fresh water sources. where the water is clear and is boats, of about 7 metres, hollowed Finally, the small port of Santa surrounded by a rich Mediterrane- out in a single tree trunk. They Croce can be reached along a an vegetation. All the beaches are had the advantage of not needing small, rather uneven path, which gravelly with a rocky sea bed: they a dock for mooring, they were left starts from the Strada Costiera are not easy to reach but the effort directly on the stones of the beach. (Coast Road), at a restaurant: it is is worth it. Starting from Sistiana Today one can still see some fish- a less frequented place, where you you will find the so-called Costa ermen going at sea on their row- can still see fishermen mending dei Barbari, a very clean natur- ing boats to throw the nets or the their nets and, further on, a small ist beach jealously cared for by its fish traps and it is possible to walk beach of large pebbles.



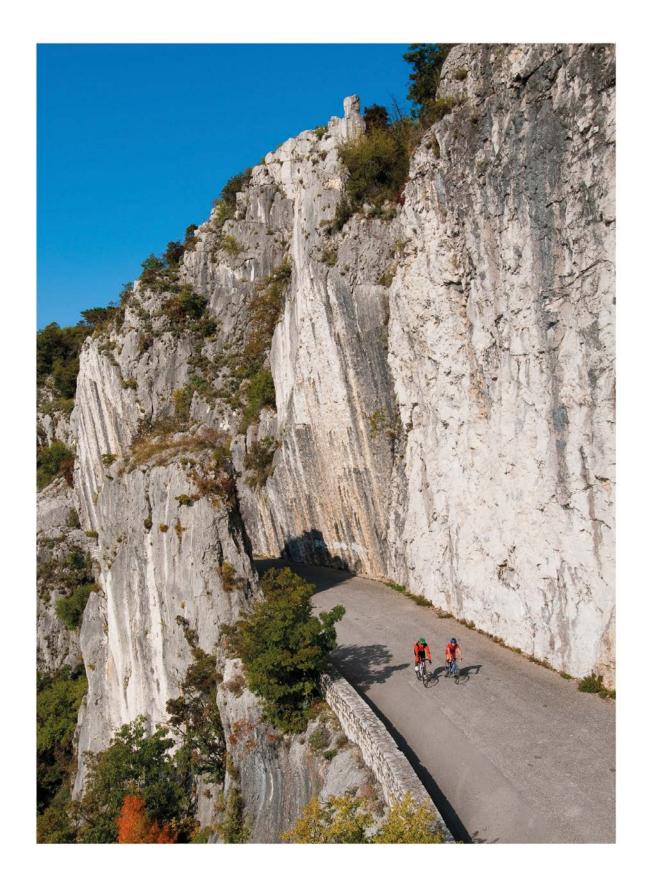
Culture **Architecture** and Archaeology

for production purposes, rather than for residential reason, in general there are few small, leeward opensettlements. The road that linked the various villages ings. Very charming and interesting from the historiwas larger in correspondence of the latter, thus be- cal point of view are the church and the stronghold coming a square; we always find the two heads of the (or Tabor) of Monrupino. They stand on the top of a settlement, which are its entrance and exit.



The villages of the Karst. The structure of the villages
The peculiarity of the square, as a public space, conand the use of the territory have been determined sisted of the presence of a well and the linden tree: over time by the social and economic structure. Since here were held the meetings of the elder council, the prevailing occupation consisted of agriculture and delegated to take decisions concerning the commucattle breeding, the Karst population had the hard nity. Stone is the prevailing construction material in task of modifying the land, characterised by particuthe Karst architecture, while the architecture of the larly stony areas, which in the beginning were useless. buildings is affected by the harshness of the climate, For this reason, the territory was preferentially used in particular by the strong wind, the "bora": for this hill that can be seen from far away, both from Italy and

from Slovenia. The place, at first a castelliere (fortified village), then the setting of battles between Romans and Istrians, has always been an important shelter for the local people also at the time of the Barbarian invasions; it seems that a first small church was built around the year 1000 and that, after falling into ruin, it was replaced by a second church in the first years of the 16th century. Another interesting peculiarity of the territory is the presence of many castellieri: this term indicates the defence structures positioned on top of the Karst rises. They are mostly of circular shape and consist of one or more rings of concentric walls; from a historical point of view they date back to the period from 1600 to 350 B.C. The foundation of the castellieri is very likely to be linked to a historical moment in which there were social disturbances that required the building of fortified defence structures. Besides the dwellings, in some cases some graves were found inside the castellieri.





of researchers per thousand inhabitants, 37.1 per various countries contrary to the project, in 1964 the thousand (data of 2005) and with one of the greatest ICTP (International Centre for Theoretical Physics) concentrations of scientific institutions in Italy. The was opened at Miramare. Basaglia's revolution in the scientific and technological entities of Trieste and its psychiatric field, which led to the law on the reform of province as a whole are named **Sistema Trieste**. The the psychiatric system, the opening of the **SISSA** and history of what in the last decades has become known of other science centres, such as the Area di Ricerca as the Science City, begins at the end of the 19th cen- [Research Area] in 1981 and the **Academy of sciences** tury with the birth in Trieste of various scientific insti- for the developing world, followed. The Immaginario tutions, such as the Astronomical observatory (1898), Scientifico was opened in 1986 and the Genetic Engiand the establishment of associations that dealt with neering and Biotechnology Centre in 1987. In the fol-Karst phenomena, speleology, geophysics and ma- lowing year the International Centre for Science and rine biology. The real change in science occurred in High Technology (ICS) was established in the city. In 1961 thanks to the meeting between Professor Paolo 1993 the Elettra Synchrotron in Basovizza was inau-Budinich and Pakistani physicist Abdus Salam, who gurated in the presence of the highest authorities of proposed to the IAEA the establishment of an inter- the State. The Sistema Trieste is now reality. national centre for physics based in Trieste, which allowed the collaboration of scientists from countries of www.triestecittadellascienza.com



Trieste is the European city with the highest number the whole world. In spite of the controversies with the

In the surroundings of the Karst (Muggia -Gorizia's Karst)



settlements that date back to the houses overlooking the narrow the Child at the centre. Bronze Age. From 931 A.D. it was streets of the centre called "calli",

the Venetian possessions in Istria in the heart of the town, you will an outdoor history museum.

under the patriarchate of Aquileia in the old coats of arms on the fa- To the north Trieste's Karst conand in 1420 it passed to the Re- cades of the buildings but, above tinues in Gorizia's Karst that, with public of Venice, under which it all, in the splendid Piazza Marconi, the many signs left by the First remained until 1797, a fortalice of a real Venetian "campiello". Here, World War on its territory, is like



