

### Trenches Circular Walk

This walk starts at the Railway Station in Redipuglia, close to the Military Sacarium, and it includes some major historic sites of the First World War. At the end of the very first section, the paved roads of Polazzo give way to trails into the evocative Karst scenery, dominated by the moor in this particular section.

Length: **8.600 m**  
Height difference: **100 m**  
Average time: **100 min**  
Difficult level: **medium**  
Starting point: **Redipuglia, Railway Station**

### Sinkholes Circular Walk

This walk leads into a series of sinkholes, where the natural environment is very different from the surrounding areas, as a result of decreasing sunlight exposure and temperature inversion. Trees and woods (common hornbeams and downy oaks) grow in the upper area, while residual endemic species from the ice age grow in the lower area.

Length: **6.000 m**  
Height difference: **80 m**  
Average time: **70 min**  
Difficult level: **low**  
Starting point: **Redipuglia, XV Bersaglieri Sinkhole**

### Moor Circular Walk

This walk leads into a spectacular natural environment between Mount Cosici and Mount Debeli, with many panoramic viewpoints on the Julian Alps and Prealps and on the Isonzo plain up to Panzano Gulf. The Karst moor dominates the scenery, with sumacs and downy oaks. There are several sinkholes, where temperature inversion results into a diverse vegetation that stands out from the surrounding moor.

Length: **10.200 m**  
Height difference: **125 m**  
Average time: **120 min**  
Difficult level: **medium**  
Starting point: **Lago di Doberdò - parking area**

### Scrubland Circular Walk

This walk is ideal to experience the Karst scrubland. Karst vegetation includes illyrian species, typical of the Northern part of the Balkan peninsula, along with European, Euro-Mediterranean and Pontic species. In Doberdò area, manna ashes, hop hornbeams and sesleria autumnalis progressively give way to species growing in humid areas around Doberdò and Pietrarossa lakes.

Lenght: **7.500 m**  
Height difference: **100 m**  
Everage time: **90 min**  
Difficult level: **low**  
Starting point: **Doberdò, Visitors' Center of Gradina**

### Gun tunnel Circular Walk

This ring-shaped path starts out in San Michele del Carso, Devetachi, and points to Mount Brestovec, going back to its starting point. Trails are flanked by low stone walls and sumac bushes, disclosing a complete view on the Isonzo Karst and some interesting historic sites, such as trenches and defensive walls from the First World War.

Length: **7.200 m**  
Height difference : **130 m**  
Everage time: **90 min**  
Difficult level: **low**  
Starting point: **S. Michele del Carso, sport and cultural Center «Danica»**

### Battles Circular Walk

This ring-shaped walk, with a rich and evocative heritage of the Great War, crosses the Sacred Area of San Michele Mount, one of the historic sites of battles in the Karst during the First World War. This walk takes visitors into a tour along both Italian and Austrian-Hungarian major historic sites, while enjoying the typical Karst scenery and its natural environment.

Length: **7.100 m**  
Height difference: **160 m**  
Everage time: **90 min**  
Difficult level: **low**  
Starting point: **S. Martino del Carso, piazza Fontana**

### About Nordic Walking

Nordic Walking is a fitness and sports activity that uses specially designed poles to support coordinated movements and proper load distribution. In Nordic Walking, strength needs to be exerted on the poles at every step. Therefore, it actively involves thorax, back, shoulder and arm muscles. The Nordic Walking technique is based on natural walking and its fundamental principles:

- ☞ Opposing arm and leg swing
- ☞ Range of movement of arms and legs
- ☞ Shoulders and muscles relaxation in the movements of the arms
- ☞ Erect posture
- ☞ Foot rolling.

Using poles and learning the proper technique enhance natural walking to maximize its benefits.

### Reasons for Nordic Walking

Nordic Walking is a popular and sustainable activity, as:

- ☞ The equipment is readily affordable for most people
- ☞ It can be practiced in many environments without having to travel over long distances
- ☞ It's a very effective fitness activity that is significantly enhanced by the proper use of poles
- ☞ It's a slow walk and people can enjoy the natural, cultural and historic heritage as well as the scenery.

### Benefits of Nordic Walking

Nordic Walking is an effective fitness activity, as :

- ☞ It involves 90% of muscles and bones, strengthening them and relieving the load on joints
- ☞ It increases the oxygenation, involving auxiliary muscles in the respiratory system
- ☞ It helps training four forms of physical fitness: resistance, strength, mobility and coordination
- ☞ It relaxes the muscles in the cervical area
- ☞ It contributes to the improvement of posture and the mobility of the spine

Nordic Walking produces benefits on several systems :

- ☞ The immune system
- ☞ The cardio-vascular system, especially on glycaemic values and diabetes
- ☞ The neurovegetative and neuroendocrine system, increasing a sense of well-being by decreasing cortisol and aldosterone and producing endorphins and serotonin
- ☞ The scheletic system, preventing osteoporosis and arthrosis by supporting calcium absorption a and the production of elastin and collagen
- ☞ It improves cell aging process.

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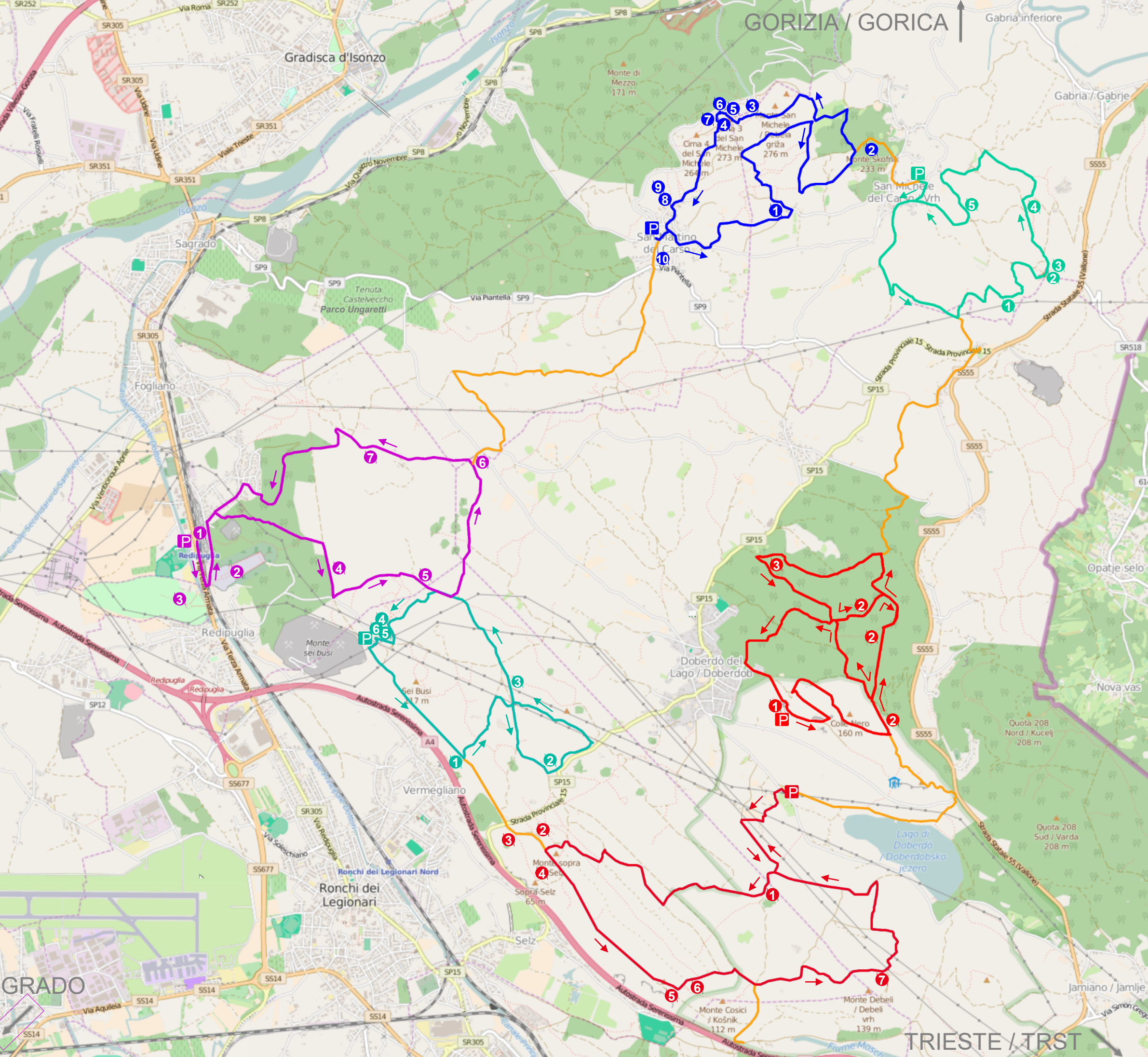
## Nordic Walking Carso 2014+



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Routes created by Giorgio Furlanich, federal instructor of the Scuola Italiana Nordic Walking - [www.scuolaitaliananordicwalking.it](http://www.scuolaitaliananordicwalking.it)

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**Trenches Circular Walk** 8.600 m

- 1 Redipuglia Railway Station
- 2 Military war memorial
- 3 Colle Sant'Elisa
- 4 Busa degli Orologi anti-aircraft position
- 5 U-shaped trench
- 6 Crosara
- 7 Venezian Sinkhole

**Sinkholes Circular Walk** 6.000 m

- 1 Valloncelli di Vermegliano Valley
- 2 Austro-Hungarian trench lines
- 3 Facilities of the Cold War
- 4 XV Bersaglieri Sinkhole
- 5 Military Hospital
- 6 Mass grave

**Moor Circular Walk** 10.200 m

- 1 Backup trench systems
- 2 Italian trench line above Selz
- 3 Brigata Pinerolo Monument
- 4 Monument at Quota (level) 65
- 5 Quota (level) Pelata
- 6 Italian trench line, former Austro-Hungarian line
- 7 Mount Debeli trenches

**Scrubland Circular Walk** 9.500 m

- 1 Gradina Visitors' Centre of the Natural Park of Doberdò and Pietrarossa lakes
- 2 Italian trench line in Doberdò
- 3 Austro-Hungarian backup trench in Doberdò

**Gun tunnel Circular Walk** 7.200 m

- 1 Facilities of the Cold War
- 2 Observatory of Mount Brestovec
- 3 Gun Tunnel
- 4 TrenchesTrench line in Doberdò
- 5 Partisan exchange post

**Battles Circular Walk** 7.100 m

- 1 Antro di Casali Neri Cave
- 2 Facilities of the Cold War
- 3 Schönbürg Tunnel
- 4 Peek 3
- 5 Gun Tunnel
- 6 Museum of the Great War of Mount S. Michele del Carso
- 7 Brigata Ferrara Memorial, Lukachich Cave
- 8 Diruta Chapel
- 9 Memorial of the 4th Honved Regiment
- 10 Museum of the Great War of S. Martino del Carso

