

MUNICIPALITY OF SAN DORLIGO DELLA VALLE - DOLINA

The municipality of San Dorligo della Valle - Dolina lies 10 km northeast of Trieste - Trst and covers a surface area of 24.5 km2. Located between the territory of Karst and Istria, it borders with the municipalities of Trieste, Muggia - Milje and the Republic of Slovenia.

The municipality is a string of adjacent villages looking over the valley (S. Giuseppe della Chiusa - Ricmanje, S. Antonio in Bosco - Boršt, Moccò - Zabrežec, Bagnoli della Rosandra - Boljunec, Dolina, Crogole - Kroglje and Domio - Domjo).

The main feature of the municipality is the splendid **Rosandra Valley** (Val Rosandra - Dolina Glinščice), today a nature reserve, in the centre of which runs the only river in the Trieste Karst area. The municipal territory of San Dorligo della Valle - Dolina is bilingual Slovenian -**Italian** due to the majority of the population being local-born Slovenian. This feature, laid down in the municipal statute, is reflected in all administrative and private activities, including signposting, billboarding, local traditions and customs.

Thanks to the many footpaths, cycle paths and horse trails, the municipality has always been a destination for excursionists, speleologists, rock climbers and researchers. There are many **gastronomic** opportunities available in the local restaurants, which are renowned for their quality wines and traditional dishes.

ROSANDRA VALLEY (VAL ROSANDRA – DOLINA GLINŠČICE) **NATURE RESERVE**

The Rosandra Valley is a splendid uncontaminated valley offering a natural landscape known for the many plant and animal species and the presence of some rare animals; the territory is also marked by karst phenomena and many caves. The valley is split into two by the **River Rosandra - Glinščica** which enters the sea at Zaule - Žavlje (on the border with the nearby municipality of Muggia). It has all the characteristic features of a pre-Alpine valley, despite being situated at

• from Slovenia: A1 motorway, leave at Kozina, head towards Pesek and follow the signs to Dolina and Bagnoli della Rosandra - Boljunec or leave at Kastelec and head towards Socerb, Prebeneg, Dolina and Bagnoli della Rosandra - Boljunec.

POINST OF INTEREST

Flora and fauna

Rosandra Valley is the only place on the Trieste Karst with a surface river. The word "Karst", is in fact a synonym for a permeable rocky surface with no rivers. The **fauna** is very varied, and all families are well represented. To date 130 species of birds have been spotted, around 70 of which are nesting birds. This data confirms the high naturalistic value of the area.

There are many **mammals**: roe deer, wild boar, deer, hare, squirrel, dormouse, fox, hedgehog, shrew, lynx, badger, stoat and many other

The large number of **caves** in the valley are home to many **bats**, chosen also as the symbol of the Rosandra Valley Nature Reserve.

A The waterfall

The River Rosandra - Glinščica rises beyond the current national border in the municipality of Hrpelje - Kozina, east of Bottazzo - Botač, and from here as far as the first waterfall it has the generic name Potok (stream, river). The etymology of the name Rosandra - Glinščica is rather uncertain, but it appears that it may derive from the noun klin (wedge), klinčica meaning the channelling of the river into the narrow limestone area of the mountains which border this stretch of the valley; the short course of the river Rosandra - Glinščica is home to a waterfall: a drop of around 35 m which carries the water into an eroded basin forming a lake, with colours running from green to pale blue. This is the first of a series of **twenty one pools** which follow into each other in the short space between the waterfall and the village of Bagnoli Superiore - Gornji konec.



Along the River Rosandra - Glinščica and its tributaries from Sant'Antonio in Bosco - Boršt to Domio - Domjo there were 32 mills, used by the people of Dolina, as well as the inhabitants of Trieste up to the Karst plateau. The millers were experts in carving the stones for the wheels, while their wives traded the flour carried by donkey to the city or further afield. Technological progress led to the abandon of this activity in the 1970s. Currently you can see or imagine the **remains** of four mills in the **Bottazzo - Botač** area, one below **Draga** and four just outside the hamlet of Bagnoli Superiore - Gornji Konec.

The cave is the symbol of the **legend of St. Servulus**. In the 3rd century

the cave offered shelter to a 12 year old Christian named Servulus, who

after twenty one months of of living as a hermit returned to the city

with miraculous powers as a healer and exorcist.

Srenje - Comunelle

The term "srenje" is used to indicate the communities of local inhabitants who manage, preserve and make the most of common property. They sprang up across Europe under different names (regole in Veneto, comunelle in Istria, Allmende in Switzerland, mir in Russia, jus on the Karst, Gemeinde in Germany). They were the complement to the organisation of rural villages: farmed land was personal property, while meadows and woods were collectively owned. These are extremely important for the territory of Dolina, because they knew how to preserve their territoty over the centuries; improving it where possible and preserving the natural features: without this work, the Rosandra Valley Nature Reserve would have nothing to protect today.

Rock climbing school

Rosandra Valley became famous in the early twentieth century when it was discovered by rock climbers. The **sheer slopes** of the valley were of great interest even to **expert mountaineers** as they offer some areas of difficulty that reach even the sixth classic grade (eight grade UIAA), just half an hour on foot from the village. There are more than **520 equipped** trails along the valley that attract rock climbers from all over the world, as they can also be enjoyed during the winter. All mountaineering sports associations bring their students here to learn the ropes.

FOOTPATHS

San Lorenzo – Jezero, Mount Stena (approx. 1 hour, suitable for all)

At the start of the route you can visit the San Lorenzo - Jezero lookout, which offers a splendid view. The route starts from the church of San Lorenzo - Jezero. From here you follow the route **CAI no. 1**. A junction



along the path indicates the road to Mount Stena. On the way back, follow the cycle-foot patth to the junction with route CAI no. 15 to reach San Lorenzo - Jezero and the departure point.

Bagnoli della Rosandra - Boljunec, Lookout Moccò - Zabrežec, Botazzo -Botač, Bagnoli della Rosandra - Boljunec (approx. 2 hours, suitable for all)

Starting from the Visitors' Centre at the Rosandra Valley Nature Reserve, to the Bagnoli della Rosandra - Boliunec and on to Bagnoli Superiore -Gornji Konec, following the signs on the **CAI route no. 1.** Right after the first bridge at the junction, follow the indications on CAI route no. 15 to Moccò - Muhov Castle and the outlook which offers a splendid view over the valley as far as the sea. Continue on the CAI route no. 15 to the cycle-foot path and then follow the signs for Bottazzo - Botač. Here you can take CAI route no. 1 to return to Bagnoli della Rosandra - Boljunec. Along the road other routes are well signposted to the **church of Santa** Maria in Siaris - sv. Marija na Pečah and Cippo Comici. CAI routes 1 and 15 are marked by red and white signs and are fairly steep, so take care.

3 Cocusso - Kokoš

Pesek, Grozzana - Gročana, Mount Cocusso Tumulus (Tumulo del monte Cocusso – Velika groblja na Kokoši) (approx. 3 hours, suitable for all)

From the church at Pesek follow track no. 28. From here a footpath heads to the **Mount Cocusso Tumulus**, a stone funeral tumulus dating back to the bronze age, a spot with a marvellous view. At the peak on the Slovenian side there is an **Alpine refuge**. From the peak take CAI route no. 3 towards Grozzana - Gročana to get back to the departure point. The people of Grozzana - Gročana call Mount Cocusso - Kokoš Golina, from the Slovenian Gol (bare). The eastern slope was rocky, with not trees or shrubs. Some authors claim that the name *Golina* was translated

haphazardly and due to assonance into Gallina, chicken, then later retranslated into Kokoš (chicken in Slovenian) and then Italianised into Cocusso (not all historians and scholars however agree with this version). Near Mount Cocusso - Kokoš, between the hamlets of Pesek and Draga, are the **ruins of an ancient** jazera, **ice store**, once used to produce and store ice.

(approx. 4/5 hours, suitable for all, some tough stretches. Non-circular path; can also be started at the Visitors' Centre)

The Footpath marked by the Slovenian Alpine Association of Trieste -SPDT, running between the mountains and the hills along the Italo-**Slovenian border**, in the area inhabited by Italy's Slovenian minority. The vertikala is marked by blue and white circular signs.

Jezero, runs up Mount Stena, descends to Bottazzo - Botač and on the opposite slope climbs to the church of Santa Maria in Siaris sv. Merija na Pečah, descending once more to the other side of the valley under the rock faces named after the Slovenian mountaineer and philosopher Jug.

Socerb by following the signs to the castle. The vertikala path is marked

The Friendship Footpath

Bagnoli della Rosandra - Boljunec, Bottazzo - Botač, Beka (approx. 3/4 hours, suitable for all)

Established in 1981 at the initiative of the cross-border inhabitants for the first edition of initiative **Odprta meja - Confine aperto** (Open Border), and since then has become a constant tradition.

The path corresponds to the ancient salt route, used for centuries by

TYPICAL PRODUCTS

Wine production in the Breg Valley has very ancient roots: the earliest references date back to 1271, and over the centuries it has brought wealth and prestige to the local farmers. In the early 19th century grape production in Breg held pride of place in the domestic economy. In the territory of Dolina, thanks to the favourable position of the fields, the quality of the grapes, the inherent capacity of the soil and the warm climate, the wine produced is of **excellent quality**: the white wines include Malvasia, Glera, Vitovska and Moscato; the reds include Refosco and Terrano.

Today the municipality of San Dorligo della Valle-Dolina is the **heart** of local olive growing industry and at the same time it's the most important reality in the olive farming sector in the region.

Olives can to this area in **Roman times**: Latin writers including Plinius and Pomponius Mela bore witness to the quality of Istrian oil. In more recent times, local olive oil was also appreciated by **Empress Maria Theresa of Austria**. The olive growing vocation of this area is widely demonstrated by the fact that for centuries the port of Trieste was an important centre for storing and sorting the olive oil.

The majority of producers produce oil for their own use, but many bottle and sell their oil also beyond the provincial boundaries, winning several awards in national competitions in Slovenia and Croatia. The local olive is the **Istrian Bianchera - Belica** and the oil produced is

of particularly high quality, appreciated for its aroma and flavour.

OSMIZE - OSMICE AND TOURIST FARMS

A fundamental part of any trip, after a walk along the local footpaths, is trying the local typical products at an *osmiza* - *osmica* or tourist farm. These places, when open, hang out a characteristic frasca, a leafy **ROSANDRA VALLEY VAL ROSANDRA DOLINA GLINŠČICE NATURE RESERVE**

DELLA VALLE DOLINA

MUNICIPALITY OF

SAN DORLIGO



An area rich in history and natural beauty



Useful phone numbers

Emergency telephone number: 112

ACI Breakdown Service: 803 116

Information

+ 39 040 8329111

+ 39 040 8329238

www.sandorligo-dolina.it

www.sandorligo-dolina.it

Rosandra Valley Nature Reserve

Transport company Trieste Trasporti: 800 016675

FVG Tourism - Trieste Infopoint: +39 040 3478312

Municipality of San Dorligo della Valle - Dolina

Dolina 270 - 34018 San Dorligo della Valle - Dolina (TS)

Dolina 270 - 34018 San Dorligo della Valle - Dolina (TS)

Visitors' Centre of Rosandra Valley Nature Reserve

Bagnoli della Rosandra - Boljunec, 507 -

info@riservavalrosandra-glinscica.it

www.riservavalrosandra-glinscica.it

34018 San Dorligo della Valle - Dolina (TS)

Civil Defence "Protezione civile": 800 500 300

Regional Forestry Department "Corpo Forestale Regionale" -

Forestry command station of Trieste: +39 040 214515

branch, at the main crossroads to guide visitors to the osmiza - osmica. Here you can try good local wine and home-made cold dishes including

The origin of the *osmize - osmice* dates back to the times of Empress Maria Theresa, who in 1784 authorized farmers to serve wine for a period of 8 days. Thus the name *osmiza*, form the Slovenian *"osmica"* or *"osem"* (eight).

cured meats, cheese, vegetables preserved in oil and in vinegar.

EVENTS

The oldest and most characteristic event in Dolina is the **Majenca**. An ancient tradition celebrated in the first week of May as nature re-awakes and prepares to ripen the fruits for the arrival of spring. The symbol of Majenca is the Maj (a cherry tree on a 15 m high fir trunk, the symbol of fertility), a clear reference to abundance.

For the event various exhibitions and contests are organised with local artists and wine producers who display their products. This festival is deep rooted in the hearts of the inhabitants of Dolina, its history lies way back in time and its tradition is linked to the national identity. But beware! They say that those who come to Majenca once will come

Caresana - Mačkolje

marked the border between the Republic of Venice and the Hapsburg Empire. The border between the two powerful states ran through here, and each side wanted the little town for its own, with its picture postcard views towards the seas, Istria, Grado and across the Rio Ospo valley. The place is famous for its **cherries**, which have a very special taste and perfume. The particular climate makes the cherries unique in both taste and flavour; for this reason, every year towards the end of May a special cherry fair is held.

Village fairs

From springtime to autumn there are many fairs held in the villages of the municipality. Almost every weekend visitors can take part in a village fair, enjoying local dishes, traditional music and getting to know the local people who are pleased to share a few historical anecdotes. The fairs are organised by the local associations or to celebrate a

village's patron saint.

Mangement body: Municipality of San Dorligo della Valle - Občina Dolina

for the excursions, as well as a reference point for the logistical organisation of **guided tours** in the Reserve and all educational activities provided for private groups and school parties.

Rosandra Valley lies in the municipality of San Dorligo della Valle -Dolina, in the province of Trieste and can be reached: by bus • from Trieste: no. 40 or 41, get off at Bagnoli della Rosandra -

A trip to the valley offers the possibility to discover the history of these

places, with many **archaeological sites**, castle remains, the Roman

aqueduct, the ruins of the medieval castle at Moccò - Zabrežec and the

typical ice stores (jazere) built in ancient times to store the winter ice.

Rosandra Valley is officially a protected area: a regional nature reserve,

established by the Regional Law no. 42, art. 52 of 30.9.1996. It is included

in the National list of Italian protected areas and is part of the Natura 2000

network. In 2006, the municipality of San Dorligo della Valle - Občina

Dolina, became the managing body of the Rosandra Valley Nature Reserve.

VISITORS CENTRE OF THE ROSANDRA VALLEY (VAL ROSANDRA -

The Visitors' Centre of the Rosandra Valley Nature Reserve is located inside

the France Prešeren multi-purpose cultural centre in Bagnoli della Rosandra

- Boljunec, the village at the start of the valley, where visitors can find out

more about the **nature and history** of the Reserve. The centre includes

dioramas, images and films demonstrating the historical and cultural

aspects of Rosandra Valley and its nature, as well as the activities to protect it.

The Visitors' Centre is an **information point** and the point of departure

DOLINA GLINŠČICE) NATURE RESERVE

HOW TO GET THERE

Boliunec - Visitors' Centre: by car • from Trieste on the SS202 freeway or the A4 motorway, leave at San Dorligo delle Valle - Dolina / Grandi Motori, continue to the roundabout, turn left towards Bagnoli della Rosandra - Boljunec;

The aqueduct was built by the **Romans in the II. century b.c.** to carry the waters from the River Rosandra - Glinščica and the springs of Crogole-Kroglje and Dolina to the city of Trieste. A simple construction, formed by a stone base and two side walls with regular arches, connected and overed by a vault. It was 160 cm deep and 55 cm wide, running for 17 kilometres transporting **5800 cubic metres of water** a day to the city of Trieste. Some stretches have been preserved and the **remains can be** seen at the entrance to the valley (footpath CAI no. 1).

The church of S. Maria in Siaris – sv. Marija na Pečah

Blending harmoniously into the wilderness set against the rock, this small church stands on a rocky outcrop to the left of the River Rosandra -Glinščica. In a document dating back to 1367 it is referred to as a **destination** for repentent pilgrims: it is said that those who cursed in public or used vulgar language had to repent by visiting the church of Santa Maria in Siarissv. Marija na Pečah barefoot, to ask for forgiveness from the Virgin.

It is a particularly charming place offering a splendid view: from the rocky peaks you can enjoy a view of the whole valley and the surrounding area, with the River Rosandra - Glinščica below.

Moccò - Muhov Castle

Built in a strategic position on the Moccò - Zabrežec plateau (241m), for centuries it was a defensive outpost for the people of Trieste. The oldest document that mentions the castle dates back to 1190. It was used as a tower, **controlling the salt route** from the sea to Carniola. Destroyed in 1511, the **new castle** was rebuilt slightly lower during the 17th century, using the stone from the old castle. This too was a central character in the history of the territory and in the late 19th century became a restaurant and hotel. The square tower remained intact until the final days of the Second World War, when it was blown up by German troops; only minor traces can be seen today. From the position where Moccò - Zabrežec castle stood, the view over the valley and the **Gulf of Trieste is marvellous.**

The Castle and caves at San Servolo

San Servolo – Socerb Castle, today in Slovenian territory, stands in an area that has been inhabited since prehistoric times. There is a nice view of the partially ruined castle walls and the tower from the village of Dolina. These ruins, set against the serenity of the rest of the are, remind us that for centuries this was one of the **stopping points for the pilgrims on** their way to Jerusalem: many rock carvings along the paths and above all in San Servolo - Socerb cave bear witness to this.

Approximately three hundred metres north-east of the historical castle you will find **San Servolo - Socerb cave**, the only **underground church** in the whole of Slovenia. The cave has an overall depth of 48 m, is 50 m in length and has two entrances, protected by gates.

4 Vertikala San Lorenzo - Jezero, Monte Stena, Botazzo - Botač, Socerb, Dolga Krona

The Vertikala enters Rosandra Valley near the lookout at San Lorenzo -

The path then follows on to the crest. At one junction, you can reach

as far as Muggia - Milje.

the traders of Carniola to reach the salt mines of Trieste in Zaule - Žavlje.

According to a legend this was the path used by Martin Krpan (a

The walk along the friendship path can begin from Bagnoli della Rosandra - Boljunec, following route CAI no. 1 to Bottazzo - Botač. From here you cross the bridge which once marked the **border** between Italy and Slovenia following the sings to Beka - Ocizla. A beautiful walk through the woods and the Karstic landscape.

character from slovenian legends) who smuggled salt from Istria on

6 Cycle and foot path Giordano Cottur

Triest – Trst, Botazzo – Botač, Draga, Kozina (12 km) (approx. 6/7 hours, suitable for all, the path can be started at different points along the route)

This foot path leads to the Val Rosandra - Dolina Glinščice and its uncontaminated nature starting right from the centre of Trieste. On foot or by bike, it is an easy route suited to anyone, reaching as far as Kozina or stopping at Bottazzo - Botač.

The route follows the **old Trieste - Hrpelje railway** which ran from 1887 to 1959 and was dismantled in 1966. The railway was built in just 20 months, employing 2,600 workers from 1885 to 1886 paid for by the Austro-Hungarian government, and linked Trieste to the Transalpine railway which in turn linked Istria to Gorizia - Gorica, then on up to the heart of the then-Austro-Hungarian Empire. Currently, although often used for other purposes, many of the original stations and railway structures have been preserved, such as the tunnels dug into the rock, making the route an interesting one also in terms of industrial archaeology.

From November to March each year at S. Antonio in Bosco - Boršt station up to 8 wagons of wine were offloaded every day. After the First World War the wine trade ceased, but traffic with Istria increased, losing all economic interest after the Second World War and the establishment of the new state border.

back again, year after year.

The village was built in typical Istrian style and for almost four centuries

particular time of the year, such as Majenca, or the

Photos: Claudio Bratos, Roberto Valenti, Mirna Viola.