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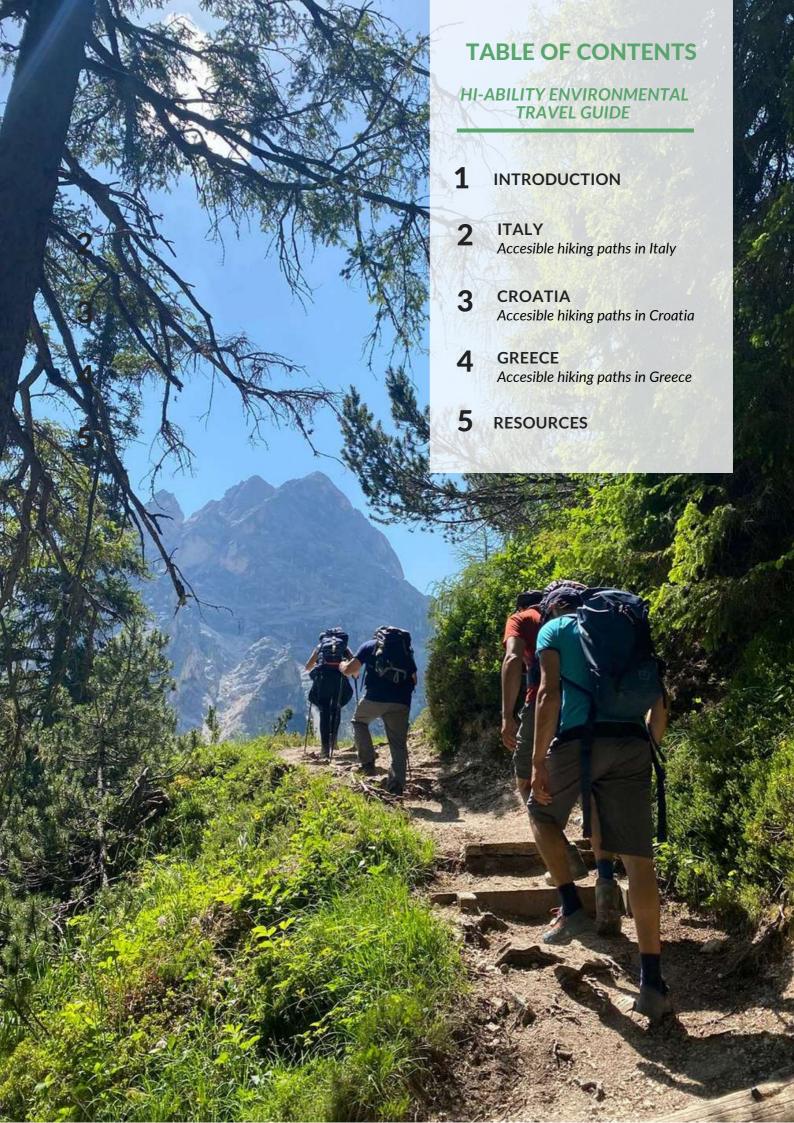


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Hi-Ability - Developing social and professional skills through outdoor experiences.

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#### THE HI-ABILITY PROJECT

Very often, social and cultural interventions aimed at the integration of people with disabilities tend to segregate the beneficiaries, as they are provided within protected, "closed" contexts, taking place in a perspective of "assistance" and isolation, with negative consequences on the perception of disability towards society and a misreading of the real needs of people with disabilities.

The Hi-Ability project wants to "open the doors to new spaces of education", promoting education for autonomy, independent and inclusive life for adult people with intellectual disabilities (PWID), in a context still not very accessible such as hiking and eco-tourism.

Hi-Ability puts the natural environment at the centre of the activities, becoming the theatre of an original methodological approach of a therapeutic-rehabilitation programme based on the socio-educational value of the natural environment. The project's general objectives are the promotion of the empowerment, the autonomy and the social inclusion of people with cognitive disabilities, by enhancing their abilities in the field of outdoor activities and trekking in all its connotations.

The specific objectives of the project are:



improving the knowledge, skills and abilities of adult educators in autonomy education, on how outdoor experience can improve social skills and psycho-physical well-being of people with disabilities;



promoting an innovative educational approach for adults with ID, in order to develop better personal and professional skills, useful to improve their quality of life;



increasing participation in outdoor activities such as hiking and environmental tourism by people with ID, promoting accessibility through technological tools;



defining a European model for the education of adults with disabilities through the use of outdoor activities.

The acquisition of specific skills and competencies by adults with cognitive disabilities is the ultimate goal of the project, which aims at the social and professional integration of target groups at risk of marginalization through the use of the environment as a resource of the community.

#### THE GREEN GUIDE

The Guide is the third project result of the Hi-Ability project and it focuses on accessible hiking paths. Adults with ID involved in each partner country have been responsible for co-creating, with the support of professional educators, a Guide dedicated both to people with disabilities and their families and educators and facilitators working with this target group. During the pilot action activities, PWID from the partner countries had the opportunity to put themselves back into the game by testing the knowledge and skills acquired. In fact, the pilot activities allowed the beneficiaries to test the acquired skills in the field, accompanying people with and without disabilities in outdoor guided tours.

The Hi-Ability pilot actions have been implemented in three partner countries: Croatia (by Health Life Academy), Italy (by Controvento and Trekkify) and Greece (by Epioni and Greek Carers Network). A total of 30 participants and 9 educators took part (20 participants with intellectual disabilities and 10 with mental health disorders).

The main topics of the training have been:

- environmental education
- natural cultural heritage, specific skills related to hiking
- public speaking
- · working in groups.

During the pilot action, project partners were asked to organize basic level excursions to test the skills acquired. In this phase, they mapped accessible trekking trails that can be found in this guide.

The Guide comes in two versions: an easy to ready guide based on pictures and Picture Communication System (PCS) available in English, Croatian, Italian and Greek and an integral version only in English.

In order to comply with European <u>standards</u>, the pictograms used come from <u>ARASAAC</u> which offers graphic resources and materials adapted under a Creative Commons license (BY - NC - SA) to facilitate communication and cognitive accessibility for all people.

In addition, all the mapped trails are available on the Hi-Ability app, an accessible mobile tool that people with ID, their families and educators can use as support when in the outdoors.

Make the best of the Guide and discover some real natural gems in Europe!









### SIMETO OASIS NATURE RESERVE





37°41'49.09"N, 15°06'56.05"E



**Simeto Oasis** 



4,2 Km 2 hrs



**Touristic** 



No



No



From February to June



The area is marshy and the climate is very humid.

Oasi del Simeto is a nature reserve located in Catania (Sicily).

It is an amazing green area created to protect some rare migratory birds.

The mouth of the river Simeto is an ideal for migratory birds, such as kingfishers, black terns, marsh hawks, some herons and many more. Along the river bank it is possible to find plants such as lily of the beaches and cornflowers.

# HOW TO REACH THE STARTING POINT

#### By car

The Simeto Oasis is easily accessible via the SS 114 from Catania proceeding in the direction of Syracuse or via the Catania ring road from the last exit Ponte Primosole.

You have two options:

- 1. Coming from Catania, enter the main entrance to the Reserve a few metres before Ponte Primosole, along the S.S. I14 heading south; continue for about 500 m. and park your vehicle. The visit begins by climbing the left bank of the new mouth of the Simeto and following the path over it until it touches the beach. Here, choosing a sheltered place so as not to disturb the animals present, it is possible to stop and observe. It is imperative to avoid treading on the sandy area.
- 2. Rejoin the SS 114 road, cross the Primosole bridge and take the road that enters zone B as far as the Forestry Service guard post. Here you can park your car and continue on foot towards the wood.

After visiting the pine forest, follow the coast in a southerly direction, staying within zone B, to approach Lake Gomalunga.

#### By bus

It can also be reached by public bus line 538 (Piazza Borsellino-Vaccarizzo) of A.M.T. Catania – stop "Coda Volpe" – then you have to walk 3.58 km/ 47 min.

#### MARKING AND SIGNALS

Signals illustrate the special features of the reserve, the presence of animals and plants to look for along the way.



### SIMETO OASIS NATURE RESERVE



#### INFO AND CURIOSITY ABOUT THE TRAIL

At the mouth of the river Simeto, especially after a strong sea storm, amber, a fossil resin known since prehistoric times, can be collected. The resin from the river Simeto is much sought after in jewelry-making and is considered one of the most valuable in the world, so much so that the powder was once used by master lute-makers to polish the most valuable instruments.

Collectors use a rake along the coast to hold back the amber present, or they chase the wave as it recedes from the shoreline, leaving the deposits to shine in the sun.

Within the Oasis, birdwatching activities are possible thanks to wooden huts placed at strategic points.

#### FLORA AND FAUNA

The vegetation of the final stretch of the river is essentially made up of marsh reeds and tamarisk bushes (woody plants typical of brackish areas) among which a great variety of birds find shelter. Along the dunes flanking the sandy shores grows a vegetation of matting rushes, narrow-leaved rushes, prickly rushes, common willows and the common limonium. The right bank of the river has groves of pine and eucalyptus.

The wetland is one of the fixed stops on the routes of many bird species. Herons, wild geese, ducks and lapwings can be found in the lake areas. During the winter period, thousands of water birds find the environment and climate suitable, such as coots, cormorants and herons.

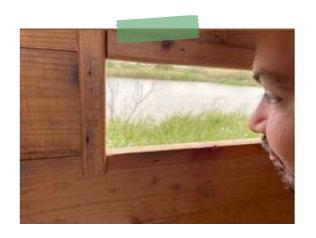


### SIMETO OASIS NATURE RESERVE

#### **TESTIMONIALS**

"I liked very much the possibility to see a lot of animals and plants".





#### EQUIPMENT AND OUTFIT REQUIRED

- Good walking shoes
- Backpack
- Socks suitable for footwear
- Waterproof rain jacket
- Personal medication requirements
- **UV** sunblock
- Insect repellent
- Lunch and snacks (include some for emergency)
- Plastic bag for rubbish
- Water in secure container
- Sunglasses
- **Binoculars**
- Camera

#### RISK AND CHALLENGES

- Presence of dense vegetation.
- Do not get too close to the river because there is a risk that the soil bordering the river, being clayey, will yield.

- **112** Euro Emergency Call
- **1515** Forrest service
- 113 Police
- 115 Fire department



### THE SILVESTRI CRATERS OF ETNA





37°69'96.09"N, 15°00'39.01"E



**The Silvestri craters of Etna** 



1 Km 3 hrs



**Touristic** 



Before starting the trails at Sapienza Refuge



Sapienza Refuge



**Spring and June** 



temperatures can be around 12/15°. Above 3000 metres, temperatures are constantly close to 0°. From December to March, it often snows at the same quotas it often snows.

Mount Entna is an active volcano on the east coast of Sicily, between Messina and Catania.

It is one of the tallest active volcanoes in Europe, and the tallest peak in Italy south of the Alps. It is 3357 meters high.

Covering an area of 1,190 km2, Etna is the largest of the three active volcanoes in Italy, being about two and a half times the height of the next largest (Mount Vesuvius),

This second accessible path is a visit to Silvestri craters situated on the Southern slope of Mount Etna, next to the village of Nicolosi.

The Sivestri Craters, a series of volcanic craters that exist on Etna's south side, were formed during an 1892 eruption.

The Silvestri Craters are extinct, it is possible to walk their rims and explore them upclose.

At the end of the hike it is possible to stop at Refugio Sapienza located at an altitude of 1900 meters above sea level.

# HOW TO REACH THE STARTING POINT

#### By car

The Silvestri craters are on the south side of Etna.

Through the SP92 you can go up and reach the Silvestri square. This road goes from Nicolosi upwards and from Zafferana Etnea. You can park your car in the car park near the restaurant, in front of La Capannina.

Also, a little further away, closer to the cable car, there is great parking area at Rifugio Sapienza.

#### By bus-AST

Only two journeys: outward in the morning and return in the afternoon.

Departure is from Piazza Giovanni XXIII (close to the railway station) at 8:10, every day.

Arrival at Rifugio Sapienza is at 10:15 – 2 hours drive.

The return bus laves Rifugio Sapienza at 4:30 p.m

#### MARKING AND SIGNALS

Signage and wayfinding guides at the starting point of the trial and in the midpoints.



### THE SILVESTRI CRATERS OF ETNA



#### INFO AND CURIOSITY ABOUT THE TRAIL

The area of the Crateri Silvestri and the Rifugio Sapienza is ideal for trekking. One of the options is to climb on foot, but this route can also be done with the 4x4 vehicles of authorised volcanological guides. All along the route, the protagonist will be the volcanic landscape, arid and rocky, or snow-covered in winter. From the Crateri Silvestri it is also possible to see the coastline overlooking the sea.

#### FLORA AND FAUNA

The volcanic soil is very fertile thanks to the wealth of minerals. The lava deposited on the soil releases many nutrients such as mineral salts; moreover it submerged plants, that become natural fertilisers for the soil.

Among the most unusual spontaneous tree species are certainly the Etna birch, with its characteristic white bark, and the Laricio pine.

Around and even above 2,000 meters we find the Beech which reaches its southern limit and the highest altitudes, and the birch, an endemic species, that is exclusive of Etna.

During the winter the birch stands out for its white and bare trunk that contrasts with the blue sky. During the spring it turns light green and stands out from the black lava.

The flora is extremely varied and rich. The fauna of the park of Etna consists of: reptiles, anfibi, birds and mammals. The most common wild animals found in the park are foxes, rabbits and hares. Porcupines, hedgehogs and weasels are also present.

There are numerous species of butterflies: among these, we remember especially the "Aurora dell'Etna".



### THE SILVESTRI CRATERS OF ETNA

#### **TESTIMONIALS**

"I liked the landscape".

"I liked the view from Crateri Silvestri".





#### **EQUIPMENT AND OUTFIT REQUIRED**

		-		
K	Good	wal	king	shoes

- Backpack

- Socks suitable for footwear

  Waterproof rain jacket

  Personal medication requirements

  UV sunblock

  Insect repellent

  Lunch and snacks (include some for emergency)

  Plastic bag for rubbish

  Water in secure container

- During winter you'll find snow so bring heavy jacket, hat, scarf and gloves.
- Camera
- Trekking poles

#### RISK AND CHALLENGES

- Friable rock
- Uphills

- 1515 Forrest service
- 115 Fire department
- 113 **Police**
- 112 Euro Emergency Call



### SPADA LAKES NATURE PARK





43.43197036475156, 12.23684838220877



**Spada lakes** 



3.7 Km <u>1</u>.5 hr



**Touristic** 



Before starting the trails at the Visitor Centre



No



**Spring** 



The area is marshy and the climate is very humid.

The Spada lakes are artificial lakes located in Cà Spada (Umbria region), south of Città di Castello, and are on the green route along the Tiber River from Pistrino to Perugia.

The park is a site of considerable natural interest, as it offers the unique opportunity to practice different activities: hiking, birdwatching, running, cycling etc. Along the trail, visitors can find explanatory panels (QR code) for recognising the various species, above all herons and other birds. This makes the park suitable for all those who enjoy birdwatching and nature photography!

Being a protected reserve with environmental and educational purposes, the Spada Lakes Nature Park, is the perfect place for hosting groups of enthusiasts, school groups and students on educational visits as well as, of course, all those who wish to immerse themselves in the peace of nature!

There are numerous species of small song sparrows and numerous species of larger birds, but by far the most interesting species from a conservation point of view are the herons.

The route is shady, you can run, walk or cycle.

# HOW TO REACH THE STARTING POINT

The starting point is located at the entrance of the park (parking).

and it can be easily reached by car.

#### By car

- From Rome: Highway E45 exiting at Città di Castello Sud, then follow the directions to Spada Lakes Nature Park.
- From Florence: Motorway A1 exiting at Arezzo and then then follow the directions to Città di Castello until Spada Lakes Nature Park.

#### MARKING AND SIGNALS

Signage at the starting point of the trial and in the midpoints; explanatory panels along the trail; QR codes on the bird trail.



### SPADA LAKES NATURE PARK



#### INFO AND CURIOSITY ABOUT THE TRAIL

The area of the Spada Lakes (Città di Castello) was an area of gravel extraction. Today, it is one of the most important naturalistic spaces in Umbria.

At the entrance to the car park is a Visitor Centre that promotes a traditional game: Ruzzola shot game. Ruzzola requires simple equipment: one "ruzzola" (a 26 cm diameter 6 cm thick wooden disc, on average, and a variable weight depending on the category of player) and a hemp tape with its wooden spool. It is well-known in the Apennines and in the mountains of central Italy.

#### FLORA AND FAUNA

The 'Spada Lakes' heronry (a colony of breeding herons) hosts four species of Ardeidae: the grey heron (Ardea cinerea), the little egret (Egretta garzetta), the night heron (Nycticorax nycticorax) and the Cattle Egret (Bubulcus ibis).

The 'Spada Lakes' area hosts one of the most representative heronries in the entire Umbrian territory, studied since the early 1990s by passionate ornithologists who have monitored its progress and safety: the grey heron.

On the bird trail, there are signs indicating the different types of birds. You can listen to the chirping lotus with your smarthpone, thanks to the QR code on the panels along the trail.





### SPADA LAKES NATURE PARK

#### **TESTIMONIALS**

What the beneficiaries liked most was the opportunity to birdwatching and interact with the environment though the QR code explanatory panel.





#### **EQUIPMENT AND OUTFIT REQUIRED**

- Good walking shoes/Trainers
- Backpack
- Socks suitable for footwear
- Waterproof rain jacket
- Personal medication requirements
- **UV** sunblock
- Insect repellent
- <u>Ø</u> Lunch and snacks (include some for emergency)
- Plastic bag for rubbish
- Water in secure container
- Camera

#### RISK AND CHALLENGES

- Presence of dense vegetation and protected fauna.
- Along the trail there is plenty of signage and explanatory panels nut the trail is not marked.

- **1515** Forrest service
- 115 Fire department
- Italian Rescue team 118



### **MARMORE WATERFALLS**





42.558649198231784, 12.722753115407391



**Marmore Waterfalls** 



1 Km 20 min.



**Touristic** 



Yes



Yes



Springtime/Early summer



The climate is very humid

Marmore waterfall is located about 7 km away from Terni, at the end of the Valnerina, the valley of the River Nera.

It is a controlled flow waterfall, one of the highest in Europe, being able to count on a total height difference of 165 m, divided into three jumps, inserted in a large natural park. The name derives from the calcium carbonate salts present on the rocks which are similar to white marble.

Marmore Falls is a man-made waterfall created by the ancient Romans. Its total height is 165 m (541 feet), making it the second tallest man-made waterfall in the world (after the Shasta Dam in California, the spillway of which has a singular drop of 180 m). Of its 3 sections, the top one is the tallest, at 83 m (272 feet). Its source is a portion of the waters of the river Velino (the rest of the river flows into a hydroelectric power plant), after flowing through Piediluco lake near the community of Marmore (italian). It pours into the valley below formed by the river Nera. Its flow is turned on and off according to a published schedule, to satisfy the needs of tourists and the power company alike.

Tourists try to be there the moment the gates are opened to see the powerful rush of water. To admire the jumps, it is possible to enter from two different points: the Lower Belvedere and the Upper Belvedere (Wikipedia).

# HOW TO REACH THE STARTING POINT

#### By car

The starting point is located at the parking of the Lower Belvedere and it is can be easily reached by car. The park is equipped with an with accessible parking.

#### By bus

From Terni Train station, you can reach the *Belvedere Inferiore* in about 30 minutes by bus. Take any of these buses – E622, TR14, or TR7. Check <u>Busitalia</u> for route information and prices

#### MARKING AND SIGNALS

Signage and wayfinding guides at the starting point of the trial and in the midpoints.



### **MARMORE WATERFALLS**



#### INFO AND CURIOSITY ABOUT THE TRAIL

In 1817 during his Italian Grand Tour, Lord Byron visited the Marmore Waterfalls and describe them falls as "horribly beautiful". He liked the falls so much that he dedicated four verses of an epic poem ("Childe Harold's Pilgrimage") to this "horribly beautiful" waterfall.

At Piazzale Byron there is also a lift in the forecourt to the aquatic plant pond below. If you plan to use it, please contact the staff at the infopoint in advance.

The best time to visit waterfalls is from March to September when the area is opened daily and there are lots of water releases during the day. It is good to check the <u>timetables</u> before arrival.

There are also plenty of activities throughout the area, from trekking, caving, canyoning, to rafting, climbing and downhill. Inside the area can be practiced some of these sports under the guidance of qualified instructors and guides.

#### FLORA AND FAUNA

The flora and fauna is typical of the Mediterranean maguis.

However, unlike the river park of the Nera, there are species of birds rare or even unique in our country, such as: the Dipper (nests near the waterfalls on the Alps and the Apennines, but at much higher altitudes than the Marmore Falls), the Kingfisher of the river (it is very rare to meet him in Europe), the Mountain Swallow, the Solitary Sparrow (lives only close to the rocky walls and sunny), the White Wagtail, the Yellow Wagtail, the Common Kingfisher, the Nightingale, the Moorhen and the Mallard.



### **MARMORE WATERFALLS**





#### **EQUIPMENT AND OUTFIT REQUIRED**

- Good walking shoes
- Backpack
- Socks suitable for footwear
- Waterproof rain jacket
- Personal medication requirements
- UV sunblock
- Insect repellent
- Lunch and snacks (include some for emergency)
- Plastic bag for rubbish
- Water in secure container
- (**C**) Camera

#### RISK AND CHALLENGES

! The terrain is rocky, can be slippery.

- **1515** Forrest service
- **115** Fire department
- 118 Italian Rescue team





### **KOPRIVNICA PARK**





46.1591282556488, 16.819524219638982



Koprivnica park



6.3 Km 45 min.



Touristic



N/A



Yes



**Spring and Autumn** 



Moderately warm humid climate with hot summer

The Museum of the City of Koprivnica is a one-storey baroque building built after the great fire of 1736. The museum has several valuable collections, among which the archeological and ethnographic collection stands out. Between the museum and the Franciscan monastery is a ruined building of a valuable Baroque civic house with a specially designed facade. Across the street is the Malančec civic house. It was built by the architect Carnelutti at the turn of the 19th and 20th centuries. Today, it houses an attractive and rich collection of civic furniture and supplies within the City Museum.

Along the main square, the famous Koprivnica city park, which is also one of the most beautiful parks in Croatia, has been arranged on the former moats and ramparts.

Franciscan monastery and church of St. Antun Padovanski hide a really long history of the Franciscans in Koprivnica (they came here around 1290). The Baroque brick monastery, which leaned on the former earthen ramparts, was built by the Franciscans between 1675 and 1685. In the church of St. Antun Padovanski, the Baroque inventory is especially valuable, as well as the added baroque chapel of St. Salvatore. Within the former military fort are still very valuable baroque sacral piles.

# HOW TO REACH THE STARTING POINT

The starting point is the Children's playground, square of King Zvonimir.

#### By car

Starting point is also accessible by car through the Križevačka ulica where there is also a parking spot.

#### By bus

Starting point is accessible by local transfer. It can be reached by bus line Busko exiting on Trg Mladosti which is 10min walking away from the starting point.

#### MARKING AND SIGNALS

Signage and wayfinding guides at the starting point of the trial and in the midpoints.



### **KOPRIVNICA PARK**



#### INFO AND CURIOSITY ABOUT THE TRAIL

Koprivnica trail is a promenade that encompasses the most beautiful natural and cultural sights of the small Croatian town of Koprivnica. the trail is designed in such a way that, through a long walk, you can visit the peripheral part of the city rich in flora and fauna, but also the more central part full of cultural sights and a beautiful park. The peripheral part of the city is known for the green lawn areas that are home to ornamental shrubs, flower beds and tress such as maple, linden, chestnut and spruce. Because of the moderately warm humid climate with hot summer Koprivnica is popular for non-nesting (migratory) populations of birds such as Northern pintail, Eurasian teal, wigeons, mallard and more.

Koprivnica is the only city in Croatia that has a monument to the bicycle. From Leonardo da Vinci to today - Koprivnica Open-air Museum of Bicycles. It starts with a bicycle sketched by Leonardo da Vinci and so on with typical bicycles from a particular historical period. Starting from the aforementioned da Vinci bicycle from 1510, the historical story continues through six more iron replicas.

The first Medieval Christmas Fair on the oldest town square offers visitors products of local craftsmen, and they also organize numerous workshops of old crafts and trades. Christmas fairs are part of the medieval tradition, and this fair has an educational character and all visitors have the opportunity to learn about their history, and on the ground floor of the Museum of the City of Koprivnica are workshops for the youngest.

#### FLORA AND FAUNA

The city of Koprivnica is a green city whose green areas cover a total of 547,000 square meters. Of that, almost 542,000 square meters are lawns. There are about 3,000 square meters of ornamental shrubs, 460 flower beds, and almost 1,000 square meters of evergreen and deciduous hedges. The area of Koprivnica is dominated by maple, linden, chestnut and spruce. From the fauna, there are significant non-nesting (migratory) populations of birds: Anas acuta, Anas crecca, Anas penelope, Anas plathyrhynchos, Anas querquedula, Anas Strepera, Aythya ferina, Aythya fuligula, Bucephala clangula, Cygnus olor, Fulica atra, Netta Rufina etc.



### **KOPRIVNICA PARK**

#### **TESTIMONIALS**

"We enjoyed the walk!"





#### **EQUIPMENT AND OUTFIT REQUIRED**

- Good walking shoes
- Socks suitable for footwear
- Waterproof rain jacket
- Personal medication requirements
- UV sunblock
- Lunch and snacks
- **⊘** Water

#### RISK AND CHALLENGES



- **112** Euro Emergency Call
- 192 Police service
- 194 Ambulance
- **193** Fire department
- 115 Croatia Rescue team



### NATIONAL PARK RISNJAK - LESKA





45.416826457552986, 14.667588599570868



Risnjak National Park - Leska



3.3 Km 40 min.



**Touristic** 



Camp Park - Crni lug



Yes



**Spring and Autumn** 



Moderately warm humid climate with cool summer

During your visit to Risnjak National Park, you must not miss the Leska-Kopa Educational Trail - which is one of the first facilities of its kind in Croatia. It passes through the forest, along the meadows and in a couple of places it has a crossing over stream bridges. By walking down the path you can also see traditional villages with specific architecture. You can also find information panels and rest areas along the trail.

The Leska trail is an educational trail located in the Risnjak National Park. The circular trail is composed of clear paths through the forest with few crossings over small bridges. Walking the Leska trail you can find a lot of different trees as the majority of the trail is covered with forest. Because of the warm humid climate and untouched nature, forest is full for rare fauna species such as birds and insects but also bears, wolfs and lynx. Many of flora and fauna species in Risnjak National Park are on the Red List of endangered plants and animals in Croatia. Apart from flora and fauna, traditional village architecture can also be seen during the walk.

Opened on June 4, 1993, it has undergone two renovations since then. It was designed and created in such a way as to cope with each visitor who passes through it individually.

A series of 23 information boards, united on only 3.3 km of hiking trails, are a great opportunity to get to know the natural and cultural heritage of the national park.

It is located in Bela Vodica near the Park administration which is convenient since there is a parking lot and a ticket office.

At the very beginning of the track there is an adrenaline park.

# HOW TO REACH THE STARTING POINT

#### By car

With road from direction Crni Lug you can arrive at Forest Parking.

#### By bus

Departure: Rijeka main Bus Station Time: 15.30 every working day

Arrival: National Park Risnjak at 17:00

#### MARKING AND SIGNALS

Signage and wayfinding guides at the starting point of the trial and in the midpoints.



### NATIONAL PARK RISNJAK - LESKA



#### INFO AND CURIOSITY ABOUT THE TRAIL

With more than 20 residents per village, the population (mainly elderly) of the area surrounding the National Park is very small.

#### FLORA AND FAUNA

Grassy areas inside Risnjak National Park are small. The largest areas in Risnjak National Park are covered by rocky areas on the tops of the mountains, while grassy areas much smaller. The grasslands of the mountain belt are usually surrounded by forest areas.

#### Flora

- Narrow-leaved blue grass and carnation grass sod (As. Seslerio tenuifiliae- Caricetum firmae)
- Mountain lawn consisting of evergreen sedge and narrow-leaved blue grass (As. Carici sempervirenti-Seslerietum tenuifoliae)
- Mountain grassland consisting of Kitaibel's sedge and alpine stonewort (As. Carici kitabelianae-Helianthementum alperis)
- Sod of sharp fescue (As. Festucentum bosniacae)
- June and fescue meadows (As. Koelerio- Festucentum amethystinae)
- thistle and plantain meadows (Ass. Bromo-Plantaginetum),
- Domestic grass fields (Ass. Arnico-Nardetum)
- Meadows of fescue and dew (As. Festuco-Agrostietum)
- Tall meadows of oats (As. Arrhenatheretum elatioris)

#### Fauna

• Risnjak National Park is home to mammals such as the brown bear (Ursus arctos), wolf (Canis lupus) and lynx (Lynx lynx), more than 114 species of birds, a third of which are nesting birds (26 species) on the Red List of endangered plants and animals in Croatia (Radović et al. 2004), beetles, spiders, centipedes, butterflies, etc.



### NATIONAL PARK RISNJAK - LESKA

#### **TESTIMONIALS**

"The route was easy. Suggestions: carry a hat, carry snacks and a bottle of water, wear sport shoes, carry insect repellent.".





#### **EQUIPMENT AND OUTFIT REQUIRED**

- Socks suitable for footwear
- Waterproof rain jacket
- Personal medication requirements
- UV sunblock
- Lunch and snacks
- **⊘** Water

#### RISK AND CHALLENGES

Personal accidents

- **112** Euro Emergency Call
- **192** Police service
- 194 Ambulance
- **193** Fire department
- 115 Croatia Rescue team



### **VINICA**





46.1591282556488, 16.819524219638982



**Vinica** 



7.3 Km 50 min.



**Touristic** 



N/A



Yes



**Spring and Autumn** 



Moderately warm humid climate with hot summer.

Along the main square, the famous Koprivnica city park, which is also one of the most beautiful parks in Croatia, has been arranged on the former moats and ramparts.

Koprivnica is the only city in Croatia that has a monument to the bicycle. From Leonardo da Vinci to today - Koprivnica Open-air Museum of Bicycles. It starts with a bicycle sketched by Leonardo da Vinci and so on with typical bicycles from a particular historical period. Starting from the aforementioned da Vinci bicycle from 1510, the historical story continues through six more iron replicas.

The first Medieval Christmas Fair on the oldest town square offers visitors products of local craftsmen, and they also organize numerous workshops of old crafts and trades. Christmas fairs are part of the medieval tradition, and this fair has an educational character and all visitors have the opportunity to learn about their history, and on the ground floor of the Museum of the City of Koprivnica are workshops for the youngest.

Vinica trail is a walking / cycling route covering continental nature of Koprivnica-Križevci County. The county is known for its cultural heritage as well as beautiful flora and fauna. The untouched nature is home to numerous species of birds that can be found in ecosystems near the rivers. Moderately warm humid climate with hot summer is suitable for flora so it is common to see a lot of flower beds, especially the rare riverline plants. Alongside green lawn areas the area is home to Kalnik mountain which is mostly covered in forest.

# HOW TO REACH THE STARTING POINT

#### By car

Starting point is from Children's playground, square of King Zvonimir which is accessible by car through the Križevačka ulica where there is also a parking spot.

#### By bus

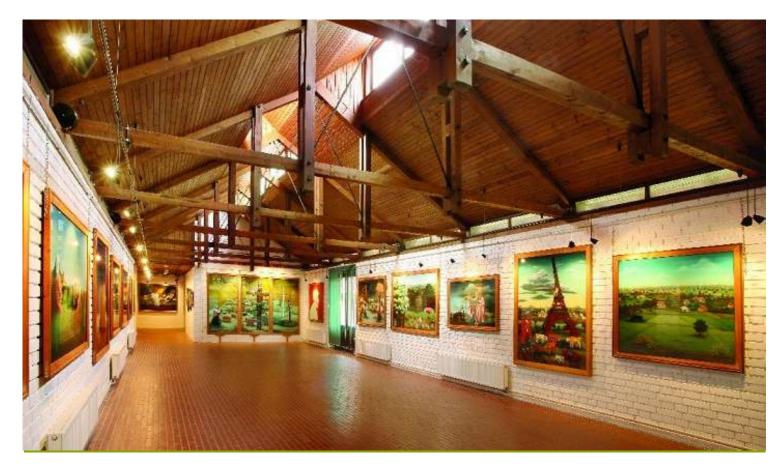
Starting point is accessible by local transfer. It can be reached by bus line Busko exiting on Trg Mladosti which is 10min walking away from the starting point.

#### MARKING AND SIGNALS

Signage and wayfinding guides at the starting point of the trial and in the midpoints.



### VINICA



#### INFO AND CURIOSITY ABOUT THE TRAIL

The Museum of the City of Koprivnica is a one-storey baroque building built after the great fire of 1736.

The museum has several valuable collections, among which the archeological and ethnographic collection stands out. Between the museum and the Franciscan monastery is a ruined building of a valuable Baroque civic house with a specially designed facade. Across the street is the Malančec civic house. It was built by the architect Carnelutti at the turn of the 19th and 20th centuries. Today, it houses an attractive and rich collection of civic furniture and supplies within the City Museum.

#### FLORA AND FAUNA

Koprivnica as part of Koprivničko-Križevčka County is home to lots of protected parts of nature. The area is largely covered with grean areas, but you can see Kalnik mountain which is mostly covered in forest. The area of Koprivnica has mostly trees such as maple, linden, chestnut and spruce. You can also see a lot of flower beds, especially the riverline plants that are rare like german tamarisk (Myricaria germanica) and the dwarf cattail (Typha minima) There are very few wild animals, rather there are a lot of bird species which are migratory according to the season: northern pintail, eurasian teal, eurasian wigeon, mallard etc. Most of the birds can be found in ecosystems near the



rivers.

#### **TESTIMONIALS**

"We enjoyed nature!".





#### **EQUIPMENT AND OUTFIT REQUIRED**

- Good walking shoes
- Socks suitable for footwear
- Waterproof rain jacket
- Personal medication requirements
- **UV** sunblock
- Lunch and snacks
- Water

#### RISK AND CHALLENGES

! Personal accidents

- 112 Euro Emergency Call
- **192** Police service
- 194 Ambulance
- **193** Fire department
- **115** Croatia Rescue team

# **ŠIJANA FOREST**





44.88101885640136, 13.88254878219461



**Šijana forest** 



3.6 Km 60 min.



**Touristic** 



N/A



Yes



**Spring** 



Mediterranean climate (cool, rainy winters and hot, dry summers)

Šijana Forest Park is a city park in Pula located only 2 kilometers from the center of town. The area of Park is 152.13 ha, crossed by narrow winding paths. The forest is a home for flora and fauna species that are deciduous and coniferous.

Some species are of particular value because of their impressiveness or rarity, such as Quercus suber, Quercus pubescens and Pinus brutia. Some researchers state that Šijana Forest Park is a community of medunac and white hornbeam. Because the forest is located near the sea and covers the holm oak vegetation area, holm oak is more common in the warmer parts of the forest.

# HOW TO REACH THE STARTING POINT

#### By car

With road ulica Prekomorskih Brigada and ulica Ante Dukić you arrive at forest parking.

There is a parking spot in front of the forest.

#### By bus

Starting point is located on the forest clearing near the parking and entry point to the forest.

The starting point is accessible by local transfer.

The bus stop name is Šijana and it is 10 min walking from the forest. 10 min walking from the bus station.

Departure: Pula main bus station Time: 8:30 every working day Arrival: Sijana forest: 9:15

#### MARKING AND SIGNALS

Signage and wayfinding guides at the starting point of the trial and in the midpoints



# **ŠIJANA FOREST**



#### INFO AND CURIOSITY ABOUT THE TRAIL

Šijana forest was always one of the most visited picnic spots in Pula. The trails, which were pleasant and passable for cars, lead to the main clearence, a beautiful meadow area. In the clearence there was a handsome pavilion with a restaurant. The forest consisted of ordinary oaks. Immediately to the right, next to the entrance, there was a hunting lodge with a nice view of the valley and shady walnut trees with a pleasant quiet place with benches and tables."

Today, when the city has expanded over the years, Šijanska šuma has almost gain the role of a city park located on the northeastern outskirts of Pula. Moreover, with city transport and at a time when most of the population is mobile, Šijana forrest is much more accessible than in the past.

The special value of the forest is represented by the vegetation of cork oak, honeydew oak, holm oak, hornbeam, bruce pine and laurel. The ground in the forest these days is decorated with violets and other harbingers of spring, and it is already beginning to be covered by entire carpets of beets. The forest is getting greener every day.

The central clearence has been enriched with additional infrastructure, a playground, an exercise area and benches, pedestrian and fitness trails have been arranged that offer unlimited opportunities for walks and recreation. Birthday celebrations, meetings and gatherings are held here. Athletes, recreationists and nature lovers like to stay in Šijana forrest. Regardless of whether a person is in the mood for socializing and recreation or for solitary wandering, it provides and enables people to do both.

#### FLORA AND FAUNA

Rare flora: cork oak (Quercus suber), pubescent oak (Quercus pubescens), Turkish pine (Pinus brutia).

Birds can be found in the Sijana forest: starlings, great tit, blue tit, hummingbirds, woodpeckers, woodpeckers, and some species of owls, kestrel, woodpeckers, woodpeckers, golden crows, brown beetles, thumb, robin, mountain and white shepherdess.



# **ŠIJANA FOREST**

#### **TESTIMONIALS**

"I liked how the forest is clean and green. The forest has a lot of birds and big trees, the route was easy".





#### **EQUIPMENT AND OUTFIT REQUIRED**

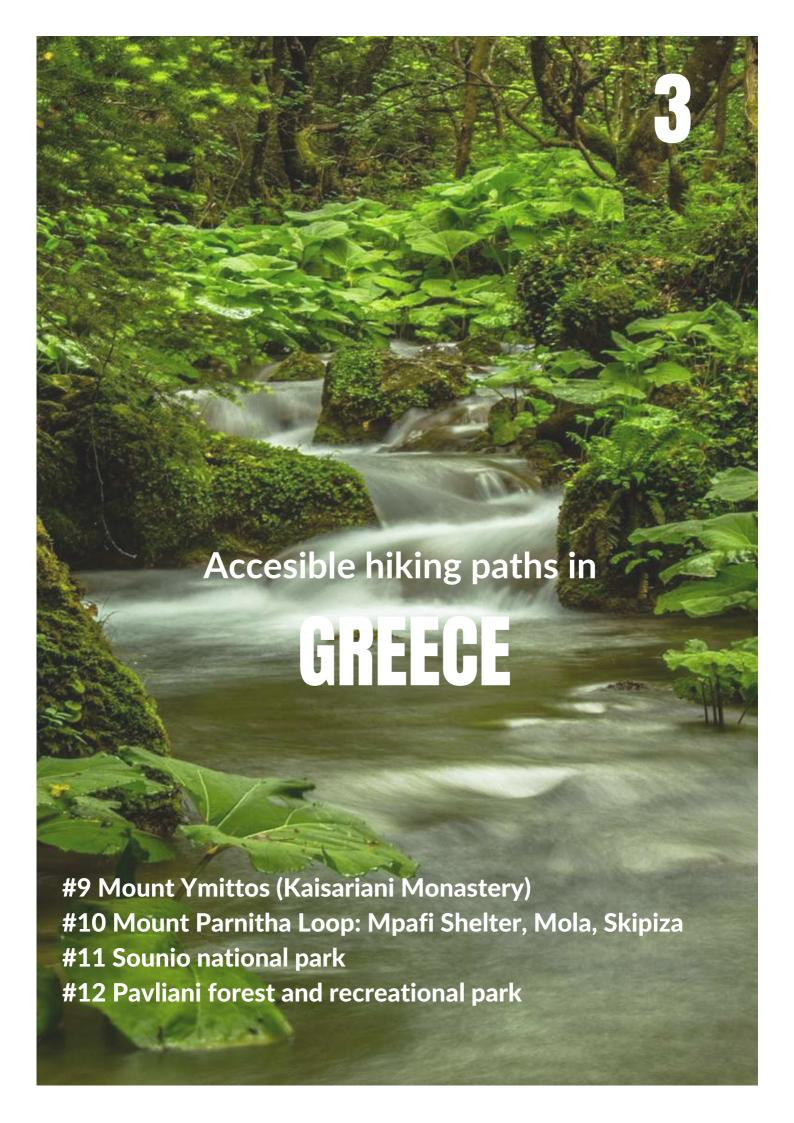
- Good walking shoes
- Socks suitable for footwear
- Waterproof rain jacket
- Personal medication requirements
- Basic first aid and emergency kit
- UV sunblock
- Insect repellent
- Lunch and snacks (include some for emergency)
- Plastic bag for rubbish
- Water in secure container

#### RISK AND CHALLENGES

Personal accidents (e.g. sprained ankle or dehydration)

- **112** Euro Emergency Call
- 192 Police service
- 194 Ambulance
- 193 Fire department
- 115 Croatia Rescue team





# MOUNT YMITTOS (KAISARIANI MONASTERY)





37°57'23.39" N 23°47'32.39" E



**Mount Ymittos** 



8 Km 2 hrs



Touristic



No



Kalopoula Refreshments is a little kiosk located along the road A112 and about 1km after the monastery.



It is not recommended on rainy days or extreme heat or cold.



Summers are hot and dry, and the winters are mild cold, windy, and partly cloudy. The forest around Kaisariani Monastery on the western slopes of Mount Hymettus is one of the last remaining green and natural spots in Athens. The location is very accessible and ideal for a small "break" from the crowded Athens.

Mount Ymittos is also known as Trellós (crazy) or Trellóvouno (crazy mountain); the latter originates from the French "très long" (very long) in awe of its winding length of 16 km.

There are several notable Byzantine monasteries on the mountain, including the Kaisariani Monastery.

The Kaisariani Monastery is built on the north side of Mount Hymettus. It is an Eastern Orthodox monastery and it was probably established in Byzantine times in ca. 1100, which is the date of construction of the surviving church.

A high wall surrounds the buildings, the catholicon (main church), the refectory, the bathhouse and the cells, so that, even today, they seem quite well protected (Wikipedia).

At Kalopoula Refreshments there are many bench tables around and the yard is shaded.

# HOW TO REACH THE STARTING POINT

#### By car

The starting point is Kalopoula Refreshments. It's accessible by car and it's 31 minutes from Monastiraki.

There is the Aesthetic Forest Parking nearby Kalopoula Refreshment.

The parking lot is a 9 minutes' walk from the starting point.

#### By bus

Kaisariani is located about 30 minutes by public bus from Syntagma Square. Take bus number 224 from Syntagma Square (Vasilissis Sofias Avenue on the left side of Vouli) or Evangelismos Metro station.

#### MARKING AND SIGNALS

- Signposting has been added
- There are a few wooden signs
- A map scattered through the forest.



# MOUNT YMITTOS (KAISARIANI MONASTERY)



#### INFO AND CURIOSITY ABOUT THE TRAIL

Tower of Anthousa, is along the way to the mountain (exact coordinates: 37.9709, 23.8063). It is a stone tower overlooking the city of Athens from the slope of Mount Hymettus. Even though we don't know much about its history, it is suggested that it was built during the Ottoman era.

Kaisariani Monastery was built around 1100 AD. However, archeological evidence suggests that the site's history as a place of worship long predates that period. There is a 3-euro entrance fee.

Taxiarches Asterion is a small Byzantine monastery, built around the 10th century

#### FLORA AND FAUNA

Ymittos is a mountain of considerable botanic interest. It is the home of somewhere between 600 and 700 different species and subspecies of plants. For instance, there is the Allium ampeloprasum, the Allium hymettium, the Anacamptis pyramidalis. On the lower parts of the mountain, its fauna is, donkeys which are used for transportation where cars don't go, stray cats and dogs but the real fauna consists of rabbits, foxes, turtles, hares, porcupines, serpents and birds.



# MOUNT YMITTOS (KAISARIANI MONASTERY)

#### **TESTIMONIALS**

"I liked the diversity that the mount Ymittos offers. However, some passages were complicated to cross, especially because of the stones".





#### EQUIPMENT AND OUTFIT REQUIRED

- Good walking shoes, or boots with grip soles
- Socks suitable for footwear
- Waterproof rain jacket
- Trekking poles
- Personal medication requirements
- Basic first aid and emergency kit
- **UV** sunblock
- ✓ Insect repellent
- Lunch and snacks (include some for emergency)
- Plastic bag for rubbish
- Water in secure container
- Day pack with a supporting waistband

#### RISK AND CHALLENGES

- ! Hikers getting lost due sudden fogs
- Accidents and injuries from slip and falls due to steep mountains
- Fatigue and dehydration, and heatstroke during the hot summer months (mid-June to late August)
- Hikers trapped or injured by extreme weather conditions in Greek winter (hypothermia)

- **112** Euro Emergency Call
- 166 First aid measures
- **199** Fire department
- 2310 310649 Hellenic Rescue Team



# MOUNT PARNITHA LOOP: MPAFI SHELTER, MOLA, SKIPIZA





38°10′3″N 23°43′38″E



**Mount Parnitha Loop** 



7.5Km 4/5 hrs



**Touristic** 



Yes



Flabouri refuge



From mid to late September, because it is mating season for the animals.



The climate of the mountain differs from the climate of the Attica plain. In Parnitha the temperatire is 2-6°C lower than the temperature in the foothills.

Mount Parnitha is located in Central Greece, in a very close distance from Athens. It is the highest mountain around Athens. The mount has forest and springs but also the Agios Petros church at Mola.

Parnitha has many places of archaeological interest.

Parnitha suffered extensive damage from a wildfire in 2007 that destroyed approximately 56 km<sup>2</sup> of land.

The trail runs through a beautiful forest and different stunning viewpoints, such as the stonebuilt church of Agios Petros at Mola.

# HOW TO REACH THE STARTING POINT

The starting point is the Mpafi refuge, one hour away from the center of Athens.

It's not accessible by public transport. Mpafi is accessible by car and there is a parking spot nearby.

First, take the direction of Acharnai/Parnitha and followed the signs for the cable car of Mount Parnon casino. Then, pass the bottom station of the cable car and continue towards the top of the mountain through a series of sharp turns.

Once at the top, continue towards Agia Triada, there is a crossroad with an eponymous church and ruins of the Kyklamina chalet. After, turn on the right and follow the asphalt road until spot the roof of the Mpafi refuge.

#### MARKING AND SIGNALS

The trail is clear, well-marked and with only about 450 meters of elevation gain.

From Mpafi to Koromilia the trail is marked by yellow signs.

From Koromilia to Mola the trail is marked by red signs.

From Mola to Mpafi the trail is marked by purple signs. At some point a trail marked by red signs branches



# MOUNT PARNITHA LOOP: MPAFI SHELTER, MOLA, SKIPIZA



#### INFO AND CURIOSITY ABOUT THE TRAIL

Mpafi – Kromilia: at Koromilia there is a stone build spring with running water and a wooden picnic table making. It's a perfect stop for a break.

Mesiano nero - Mola: The main attraction of Mola is the stone-built church of Agios Petros. There is a spring and a couple of picnic tables nearby.

#### FLORA AND FAUNA

Pranitha's flora is one of the richest throughout Greece. 1100 types of plants grow.

Forests of Aleppo Pine cover all slopes beneath 1,000 m altitude, and are often threatened by forest fires.

Parnitha out of the 6000 different species that exist in Greece. The two endemic species of Parnitha are a species of wild carnation (Dianthus serratifolious) and kabanoula (Campanula Celsii).

Parnitha has a rich fauna: more than 79 kinds of mammals have been recorded at Parnitha, such as deers, hare, foxes, badgers, ferrets, jackals, squirrels and hedgehogs. There are 120 different species of birds, endemic and migratory.



# MOUNT PARNITHA LOOP: MPAFI SHELTER, MOLA, SKIPIZA

#### **TESTIMONIALS**

"I liked the diversity of the nature, the fauna and flora. It was really interesting for them to discover this part of Greece".





#### **EQUIPMENT AND OUTFIT REQUIRED**

- Good walking shoes, or boots with grip soles
- Socks suitable for footwear
- Waterproof rain jacket
- Trekking poles
- Personal medication requirements
- Basic first aid and emergency kit
- UV sunblock
- Insect repellent
- Lunch and snacks (include some for emergency)
- Plastic bag for rubbish
- Water in secure container
- Day pack with a supporting waistband

#### RISK AND CHALLENGES

- ! Hikers getting lost due sudden fogs
- Accidents and injuries from slip and falls due to steep mountains
- Fatigue and dehydration, and heatstroke during the hot summer months (mid-June to late August)
- Hikers trapped or injured by extreme weather conditions in Greek winter (hypothermia)

- **112** Euro Emergency Call
- 166 First aid measures
- **199** Fire department
- 2310 310649 Hellenic Rescue Team



### **SOUNIO NATIONAL PARK**





37°43'34.0"N 24°00'49.4"E



Sounio National Park



12 Km <u>1.5</u> hr



**Touristic** 



Nο



**Temple of Poseidon** 



Spring and autumn (during bird migration period.



Summers are hot and dry, and the winters are mild cold, windy, and partly cloudy.

The Sounio National Park is located in the Sounio peninsula and was established in 1974. The area has a forest and is very rich in minerals, such as lead, iron or silver.

Furthermore, the area has tunnels, caves, and galleries. There are several archeological sites of the ancient workshops scattered over the hills.

# HOW TO REACH THE STARTING POINT

The trail starts near the Agios Constantinos village.

#### By car

The distance from the city center of Athens to Cape Sounion is approximately 78 kilometers. Driving from the city center to Sounion would take a little over an hour, depending on the traffic, by inland along highway A6.

#### By bus

On the website <u>Ktel Attikis</u>, you can find a bus from Athens to Sounion. The buses have as a point of departure the place called Pedion Areos (Mavrommateon str. & Alexandras avenue) and they pass through the center of Athens (Klafthmonos Square, Syntagma, Metro Station Syngrou - FIX), Syngrou Avenue and Poseidonos Avenue following an amazing route by the sea passing through places such as Glyfada, Voula, Vouliagmeni, Varkiza, Saronida, Anavyssos and Legrena.

• From Athens to Sounion:

10:30 & 14:30, 17:00 weekend only

• From Sounion to Athens:

13:30 & 17:30, 20:30 weekend only.

#### MARKING AND SIGNALS

There is no marking and signals during the trail, but the trail is pretty straightforward and very easy to find.



# **SOUNIO NATIONAL PARK**



#### INFO AND CURIOSITY ABOUT THE TRAIL

There are nice beaches around the Sounio Park, such as Legrena, or Mavro Lithari.

The Temple of Poseidon is worth visiting with very rich history and culture. The construction of the temple dates back to around 400 BC.

According to the legend, Sounio was the place where Aegeus, the king of Athes, died. When his son Theseas, killed the Minautor in Crete and was returning to Athens he forgot to change his sails from black to white as he agreed with his father. When Aegus saw the black sails, he wrongly understood that his son was dead and fell from the cliff. That's why the sea is called, Aegean Sea.

#### FLORA AND FAUNA

The area of the national park is rich in herbaceous plants, such as the Centaurea laureotica and the Centaurea Attica.

Caves and other karstic formations can be found all around the national park's region. These formations served as traps for a variety of creatures over the course of several geological eras, which frequently produced fossils that have primarily been found in the park's northern region.

These comprise fossilized remains of both plants and animals from extinct or no longer existing species in the region, including Spalax and Cervus elaphus species.



### **#11** SOUNIO NATIONAL PARK

#### **TESTIMONIALS**

''I liked the idea of mixing sport and legend. I was really interested about the history of the site. Also, I liked the fact that I can go to swim after a long walk".





#### **EQUIPMENT AND OUTFIT REQUIRED**

- Good walking shoes, or boots with grip soles
- Socks suitable for footwear
- Waterproof rain jacket
- Trekking poles
- Personal medication requirements
- Basic first aid and emergency kit
- **UV** sunblock
- Insect repellent
- Lunch and snacks (include some for emergency)
- Plastic bag for rubbish
- Water in secure container
- Day pack with a supporting waistband

#### RISK AND CHALLENGES

- Hikers getting lost due sudden fogs
- Accidents and injuries from slip and falls due to steep mountains
- Fatigue and dehydration, and heatstroke during the hot summer months (mid-June to late August)
- Hikers trapped or injured by extreme weather conditions in Greek winter (hypothermia)

- **112** Euro Emergency Call
- **166** First aid measures
- 199 Fire department
- 2310 310649 Hellenic Rescue Team



# PAVLIANI FOREST AND RECREATIONAL PARK





38°44'18.4"N 22°20'27.3"E



Pavliani forest and recreational Park



6 Km 2.5 hr



Touristic



Yes



At the canteen "Casa de Papel", located at the entrance/exit of the park.



All year around. It is not recommended during rain or extreme heat or cold



Summers are hot and dry, and the winters are mild cold, windy, and partly cloudy. Pavliani is a small village located on the slopes of Mount Oiti in Central Greece. In Pavliani local residents have created an artistic park in the springs of Asopos, where visitors can enjoy trekking in a very fun and playful way in a forest scenery. The park includes a music bridge, a watermill museum, cable over the river, hammocks under the trees and many other activities.

The idea to build a leisure area for sports and other activities at the Asopos springs originated around 30 years ago among the young people of Pavliani, who had very few options for sports, relaxation, and amusement.

The path at the Pavliani Park is circular and ideal for everyone. It measures 6 kilometres in length and has a 272 m attitude difference (total altitude difference 1,226m). There is a sign at the main entrance explaining how to activate a thorough digital map on your phone, which will show your whereabouts in real time.

There are numerous locations throughout the park where visitors can unwind and have a picnic in the shade of the trees.

# HOW TO REACH THE STARTING POINT

#### By car

At the entrance of Pavaliani Park there is a plan of the route.

The park is about 2,5 hours away from Athens

The village is 240km from Athens (via the National Road from the junction of Thermopylae) and 340 km. From Thessaloniki, while access from Patras is vias Nafpaktos - Eratini - Itea - Amfissa - Bralos - Pavliani (160km).

#### By bus

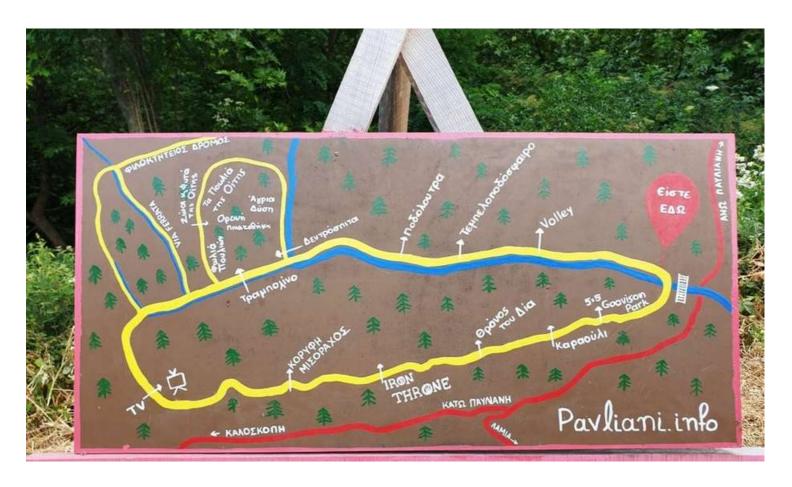
Not accessible by public transportation from Athens. There are many private bus companies accessing the park.

#### MARKING AND SIGNALS

A green route along a trail full of activities for everyone.



# PAVLIANI FOREST AND RECREATIONAL PARK



#### INFO AND CURIOSITY ABOUT THE TRAIL

The "musical" bridge, a beautiful swing set and a big waterfallwill welcome you at the entrance of the Park.

As you travel along the trail, you will stay cool under the tall chestnuts, platans, and maple trees and enjoy the cool sounds of the Asopos River's creeks. You will walk across this river on a musical bridge: it is a tiny rope bridge made of wood that resembles piano keys. It will record every step you take and make a note.

After spending the day in Pavliani Recreational Park, visit the village and enjoy the traditional food!

#### FLORA AND FAUNA

The amazing mountainous village of Paliani has a rich are flora and fauna, as well as a unique natural park at the sources of River Asopus.

The area is rich in larches, maples, walnut, and chestnut trees. As for the fauna, you can find wild boar, deer, roe deer, and many bird species.



# **PAVLIANI FOREST RECREATIONAL PARK**

#### TESTIMONIALS

"I liked the entertainment of the park and the reference with the throne. Also, I appreciated all the games that I discovered during the hike".





#### **EQUIPMENT AND OUTFIT REQUIRED**

- Good walking shoes, or boots with grip soles
- Socks suitable for footwear
- Waterproof rain jacket
- Trekking poles
- Personal medication requirements
  - Basic first aid and emergency kit
- **UV** sunblock
- Insect repellent
- Lunch and snacks (include some for emergency)
- Plastic bag for rubbish
- Water in secure container

#### RISK AND CHALLENGES

- Hikers getting lost due sudden fogs
- Accidents and injuries from slip and falls due to steep mountains
- Fatigue and dehydration, and heatstroke during the hot summer months (mid-June to late August)
- Hikers trapped or injured by extreme weather conditions in Greek winter (hypothermia)

- **112** Euro Emergency Call
- **166** First aid measures
- **199** Fire department
- 2310 310649 Hellenic Rescue Team





### ITALY

#### **OASI DEL SIMETO NATURE RESERVE**

www.sicily.co.uk/things to do/oasi-del-simeto-nature-reserve/

#### **MOUNT ETNA**

www.en.wikipedia.org/wiki/Mount Etna

#### THE SILVESTRI CRATERS

www,experiencesicily.com

#### **MARMORE WATERFALLS**

https://en.wikipedia.org/wiki

### CROATIA

#### NATIONAL PARK RISNJAK - LESKA

https://www.np-risnjak.hr/en/leska/

#### **ŠIJANA FORREST**

https://www.natura-histrica.hr/en/visits/park-forest-sijana-1

### **GREECE**

#### KAISARIANI MONASTERY & AESTHETIC FOREST HIKA DAY TRIP

www.theblogofdimi.com/kaisariani-monastery-aesthetic-forest-hike-day-trip-athens/

#### 3 OF THE BEST HIKES AROUND KAISARIANI MONASTERY (MOUNT HYMETTUS)

www.justforonesummer.com/kaisariani-monastery/

#### MOUNT PARNITHA LOOP: MPAFI SHELTER, MOLA, SKIPIZA

www.justforonesummer.com/mount-parnitha-mpafi-koromilia-mesiano-nero-mola-edasa-skipiza/

#### **NATIONAL PARK OF PARNITHA**

www.mpafi.gr/en/national-park/

#### **PARNITHA**

https://en.wikipedia.org/wiki/Parnitha

#### **HYMETTUS**

www.en.wikipedia.org/wiki/Hymettus

#### **PAVLIANI RECREATIONAL PARK**

www.greecetravelideas.com/pavliani-village-greece/

#### SWINGS, GAMES and an Iron Throne in the most fun village in Greece

www.travel.gr/en/explore-en

#### PAVLIANI VILLAGE AND RECREATIONAL PARK FOR A GREAT DAY OUT!

 $\underline{hwww.familyexperiencesblog.com/pavliani-village-greece/}$ 





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