

PUANINA TOUR A tour of the alpine mountain cottages of Ugovizza

Čěua, Rossbach, Gáčman are place names that are rich in meaning, the result of a multiplicity of ethnicities, historical vicissitudes and interlacing of languages and cultures. The names of these places that can be traced back to remote times that are the milestones of the themed path that unwinds from the center of the village up to the Alpine mountain cottages of Ugovizza. A minute area of the Carnic Alps located in Friuli Venezia Giulia within the millennial woodlands of the Forest of Tarvisio. A land of forests, prairies and enchanted mountain tops located along the border of Italy and Austria. The PUANINA Tour unveils a corner of the world far from mass tourism covering more than 18 kilometers of alpine mountain pasture that have been designed along the centuries by a slow paced human settlement, seven are the facilities that have dedicated one or more of the dishes of their cuisine to this theme. Scrumptious delicacies made with local products are the combination of genuineness and tradition are our added value. The PUANINA Tour is a trekking adventure in an uncontaminated environment and a pledge to offer unique places and food accompanied by silence and infinite views.

**Up here, from the mountain pasture of Ugovizza,
the world is even more enchanting!**



The value of Identity

The Puanina Tour reveals the strong heritage that binds its people to the territory. In the local language, the term "Puanina" means mountain pastures and it is how the locals call "their" mountain, a land of remote traditions and rural culture, of songs with Slovenian and German lyrics and their secular relation with the forest woodlands.

The theme of the trail of the Puanina Tour will take you to the Alps of Ugovizza, located in the heart of the Valcanale, a land in which livestock and cattle breeding still counts as many cattle as centuries ago and is still done according to tradition.

Along the trail, the signs that will direct you illustrate the rural life of the past, with images that are still familiar as the roots of a population with secular traditions. Customs and traditions that Ugovizza does not intend to abandon.

How to get here

The Puanina Tour is a circular trail, you can start taking the tour by walking from the town of Ugovizza where there are two points of access that are both located in the center: the first takes you to the trail in the direction of Malga Priu (Mountain Lodge) and Val Rauna while the second gives you the tour in a opposite direction towards the location called Cristo and the Agriturismo (Farm Hotel) Gacceman. For those who would rather walk less, there are many points of access along the local route Ugovizza- Rifugio Filli Nordio – Deffar (by car), and you may park in the many parking lots:

Parking in the location "Cristo"

Parking in the location Segherie and Val Rauna

Parking in the location of Rifugio Gortani

Parking in the location of Locanda al Camoscio,

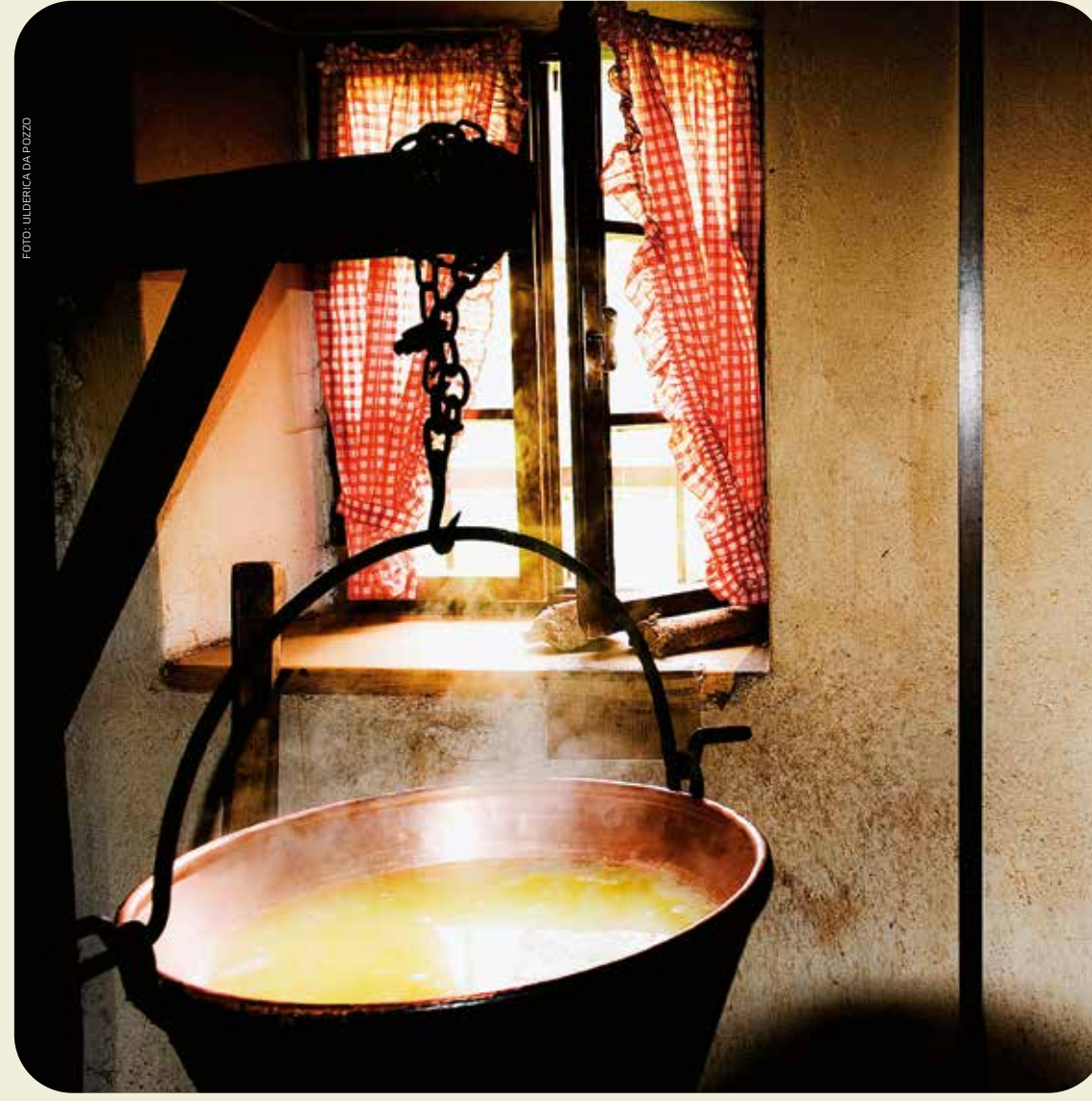
Parking in the location of Agriturismo Rosič

Parking in the location of Agriturismo Da Michael

Local Route Strada della val Filza Bassa-Fork for Gacceman at the height of the Filza River Crossing


The Puanina Tour offers everyone a choice, according to your endurance and time, to reach the farm hotels and mountain lodges of the Alps of Ugovizza with a wide range of solutions and several starting points that are all illustrated by the map.

The Puanina tour may also start from the town of Campososso, in the vicinity of the church of St. Egidio, following the directions for the Farm Hotel Agriturismo Gacceman, from which the whole trail may be completed.





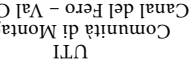


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 info@visitvalcanale.it
 www.visitvalcanale.it
 Promoturismo FVG Tarvisio +39 0428 2135
 www.turismoFVG.it
 www.discoversalpiuile.eu
 www.alpfriliane.com

Photographs made by:
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Map:  www.comar.info

Bibliography of the place names:
 La toponomastica del Comune di Malborghetto-Valbruna di Alessandro Oman (Quaderno n. 7 del Museo Etnografico Palazzo Veneziano,
 Comunità Montana del Gemonese, canal del Ferro e Valcanale, 2016)

For more information, please refer to



Genuine Flavors

The Puanina Tour is not just relaxing mountain trekking; it is above all a unique tasting experience of the authentic cuisine of these mountains! A stop in all seven of the Puanina Tour accommodation facilities will give you a chance to enjoy the sophisticated traditional delicacies of homegrown local products: organic meats, local cheese, fresh herbs, homemade pies and much more; such a wide selection that everyone will find something to meet their taste!

Rifugio Gortani (Mountain Lodge)

Location: Pod Rauna (toponym: pør Suåle)
Tel. +39 331 7907427 · angelavirgallito@pec.it

Goratani Jausen, antipasti misti con formaggi di Ugovizza e assaggi di dolci con ricotta.

Agriturismo Malga Priu (Farm Hotel)

Location: Rossbach (Mezesnik) – (toponym: Májérčaua sanážæt)
Tel. +39 333 4475021 · cristinadelf@hotmail.it
Frico with polenta (made according to the original recipe!)

Locanda al Camoscio (Lodging)

Location: Val Uque (toponym: Črníkálnaua sanážæt)
Closed temporarily

Agriturismo da Rosič (Farm Hotel)

Location: Val Uque (toponym: Pàuraua sanážæt)
Tel. +39 368 3023019 | +39 388 9422503 rosicpeter@gmail.com
Fettuccini with venison ragout and homemade pies.

Rifugio Flli Nordio – Deffar (Mountain Lodge)

Location: Val Uque (toponym: na Ljaləh)
Tel. +39 320 8151052 · lianaspitali@libero.it
Canederli, gulasch, frico e dolci fatti in casa.

Agriturismo Jausenstation da Michael (Farm Hotel)

Location: Val Filza Alta (toponym: Rájdənvjərtəaua sanážæt)
Tel. +39 339 2966841
Beef Goulash (homemade) with bread dumplings and polenta.

Agriturismo Gacceman (Farm Hotel)

Location: Val Filza Bassa (toponym: Gačman – Klampuhaua sanážæt)
Tel. +39 339 2967939 info@gacceman.com
*Skutnje Krape (large ravioli made with ricotta and local herbs).
Gnocchi with smoked ricotta. Kaiserschmarren (traditional pie)*



PUANINA TOUR – Standard Trail

Length of the itinerary (standard trail, starting from Ugovizza that connects all the accommodation facilities)
km 16.5 – Overall time foreseen approximately 7 hours.

Ugovizza – Malga Priu	1.00	km 2
Malga Priu – Rifugio Gortani	0.50	km 1.92
Rifugio Gortani – Agriturismo Rosič and Locanda al Camoscio	1.00	km 2.20
Agriturismo Rosič – Locanda al Camoscio- Agriturismo da Michael	1.00	km 2.30
Agriturismo da Michael – Agriturismo Gacceman	1.00	km 2.40
Agriturismo Gacceman – Ugovizza (via alta della Zafratta)	2.10	km 5.62
Locanda al Camoscio – Rifugio Flli Nordio – Deffar	1.30	Km 2.8 ** not mapped for the moment

Variant 1: direct route Ugovizza – Rifugio Gortani, without passing by Malga Priu

Variant 2: Malga Priu – Rifugio Gortani (along the high pass Collarice-Val Rauna)

· Length of the path, starting from Ugovizza, including the variant Malga Priu-Sella Collarice-Val Rauna km 18,5 – Overall time foreseen: approximately 8 hours

· Overall difference in altitude starting from Ugovizza 1,000 meters

· Degree of difficulty:

Full trail: medium difficulty, recommended for excursionists that walk on a regular basis

Trail with stops: easy, recommended for everyone

** in case the Uque river has overflowed, in the vicinity of the ford near the Locanda al Camoscio, to reach the Agriturismo da Michael and the Agriturismo Gacceman do not cross the river but proceed in the direction of Agriturismo Rosič, where there is a bridge to cross.

· Recommended clothing: trekking boots, backpack with food, water and a spare pair of shoes, wind breaker jacket.

· Area partially covered by the telephone signal.

Where to spend the night

Agriturismo Malga Priu (Farm Hotel)

Rifugio Gortani (Farm Hotel)

Agriturismo Gacceman (Farm Hotel)

Rifugio Flli Nordio – Deffar (Mountain Lodge)

Chalet Rauna (Mountain Chalet)

Location: Val Rauna
Tel. +39 335 7810542 · +39 338 6715505
info@chaletalpigiulie.com

Baita Ciuet (Mountain Lodge)

Location: Val Uque
Tel. +39 333 2888997 | +39 328 9276023
matteopreschern@alice.it

Baita Alpenrose (Mountain Lodge)

Location: Val Uque
Tel. +39 328 3798944 · baitaalpenrose@gmail.com

