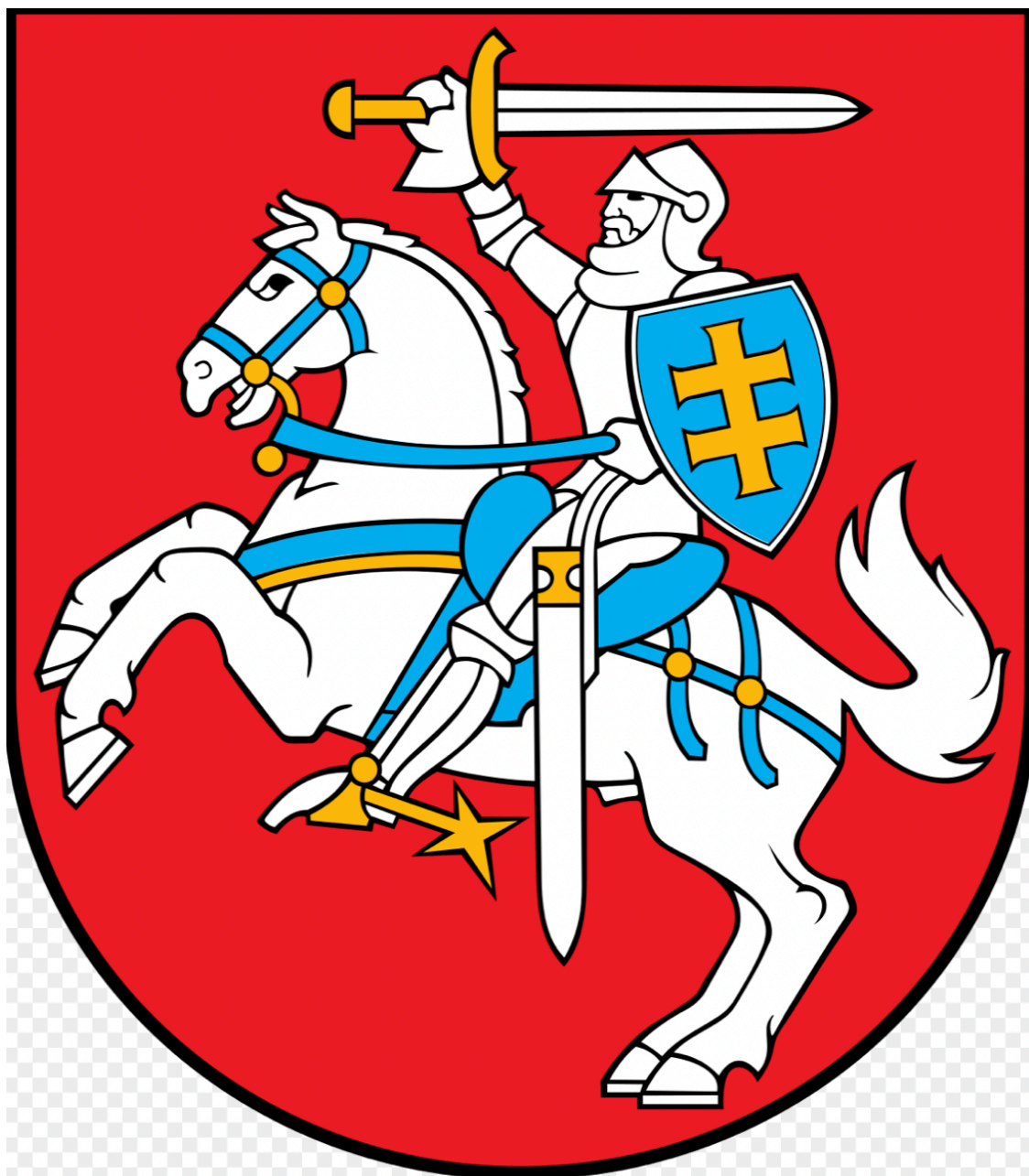


A Green Way

**Presentations made to the Green
Bridges partnership meeting
26th January 2021**

**First drafts of material to be developed into publicly available
information describing the route & its features**

LIETUVA





"GREEN WAY" THE OAK GROVE ROUTE

*Once upon a time there was a huge oak wood, almost an inaccessible forest.
The trunks there lived, the knights were riding and the poems were written here...*

We present You this route as encouragement to explore the present and the past, the urban and the wild.
This route is nothing else, but full of surprises: even not every kaunasian knows about
hidden natural environment treasures of this park, as well as untold stories dating tsarist times.

/1/ SMALL OAK GROVE *objects 1-7*

You may start the route from the area called Small Oak Grove. Originally, it was connected to the main Oak Grove, but as the city developed, the street has divided these two parts.

During the interwar, this place was quite busy: the main country's agricultural exposition was held in this place. Not only was the area named "The Mountain of Exposition", but also the exhibit was the event of the year, as the country's president Smetona and other clerks with a group of journalists came to visit trade stands. Today's companies like Ford, Osram, Toblerone and others also participated in the expo.

During the sovietic period this area was abandoned and left with only few attractions and basketball courts. After decades, the building of Kaunas Country Public Library was built here. This is our starting point of the route.

We encourage You to walk around Small Oak Grove:



Start from the Library building (1).



All the area is covered with old oak trees. Almost all of them are growing here for 200+ yrs.

GO FOR 40 METRES STRAIGHT FROM THE LIBRARY ↑



Go straight to see a sculpture "Morning" (2) made by a woman sculptor Virginija Venckuniene in 1988.

TURN LEFT & GO FOR 80 METRES STRAIGHT ←



Take a left pedestrian road and walk to the sculpture "Kaunas Kachar" (3) to mark a famous Armenian almanach "Millenium Book" release.

TURN BACK & GO FOR 100 METRES STRAIGHT.

↗ TAKE A PATH TO THE RIGHT AND GO TOWARDS THE STREET.
CROSS THE STREET.

Also, there are some vanished objects in the Small Oak Grove: Architect Vizbaras house (4), Ferris wheel (5), Pavilion for Great Duke Vytautas Magnus (6), Old gates to the Agricultural expo (7).

After that, take a pedestrian road leading to the street and cross it to enter the next area of our route.

/2/ AN URBANISTIC INSERT *objects 8-12*

Now as you have entered the urban area of Oak Wood, imagine that in the beginning of 20th century there was an abandoned, swampy field with few trees. In the early 1920s this place was noticed by the government and it was decided to use it for a big palace for Physical Education, as well as build a National Stadium.

These were very ambitious projects that had to set an example for the whole country. But reality was different: after building a stadium, the journalists at a time were writing about protruding nails in the entrance gate and joking about an uneven field that is better for cows grazing, but not for playing football with international teams.

As a square this place has been formed and paved during the sovietic period. Back when, the sportsman cult was popular, so this area was used for propaganda - there were sculptures, posters etc. demonstrating that every sovietic youngster must cultivate sports, be hardy and grow muscles.



After crossing the street on the left side you may see the first private capital cafe "Kregždutė" (8), established after the sovietic occupation in 1986.



In parallel, on the other side you can see a few interwar houses, one of them belonged to the most famous interwar cafe "Metropolis" owner Elena Baronienė. The house (9) projected by a famous interwar architect Bronius Elzbergas in the early 1930s, still has an authentic exterior and Art Deco entrance doors remaining to this day.

TURN TO EAST & GO FOR APPROX. 130 METRES →



Take a few steps forward so You can see a unique Art Deco building "Palace for Physical education" (10) projected in the early 1930s by a famous interwar architect Vytautas Landsbergis-Žemkalnis. Today this building is a University for Sports.

TURN TO EAST & GO FOR 80 METRES TOWARDS THE MONUMENT →

Vanished object on the right – main gates to the stadium (11).

Leave the stadium on the right side and take a straight pedestrian road to enter the Main area of an Oak Grove.

/3/ OAK GROVE – THE MAIN AREA *objects 12-19*

After passing the monument for aviators Darius and Girenas and You may enter the main area of the Oak Grove. In the past, this place looked more like a dense forest, with centuries old oaks and grazing bison. The park tracks were installed only in the late 1920s, but in that time some places still were left wild and even used for farming.

The Oak Grove covers about 84 hectares and is the largest urban stand of mature oaks in Europe. Most of its trees are oaks ranging in age from 100 to 320 years old, but also it holds linden, birch and maple trees.

There are interesting animal and plant species in the park that are protected: Tawny Owl, Western Barbastelle (bat), woodpeckers, almost extinct bugs and several lichen species.



After passing the Darius and Girenas monument, go on a beautiful oaks promenade. You can make a small detour from our route: take a first path on Your right and see the Oak of nesting boxes. There are more dead oak trees like this in the park that are left as an important place to live for birds and insects.

GO ON THE MAIN PROMENADE FOR 360 METRES FROM THE MONUMENT ↑

You may return to the main promenade. Walk a few metres straight to see Leonas Strioga's sculpture "Leisure" (13). Strioga is one of the most famous Lithuanian sculptors. There are also two other sculptures of the maestro in the park: "Mother with child" and "Lying girl".

GO STRAIGHT FOR 315 METRES ↑



Go forward for about 315 metres and you may see a giant bronze bison sculpture by a woman sculptor Ona Matulaitė on your left. It represents Kaunas symbol that is also on the city's herb and has a special meaning for every true kaunasian.

TURN BACK & WALK FOR APPROX. 40 METRES TO TAKE A PATH ON YOUR LEFT ↶

APPROX. 200 METRES FROM THE CEMETERY TO THE VALLEY ⇨

Take a path on your right. As You go, You can explore the Cemetery of old believers (16) on Your left. After approximately 200 metres there's a valley (17) named after a poet Adam Mickiewicz (Adomas Mickevičius), who rested there during his day as a teacher of Kaunas schools. We encourage You to walk around this valley.

If You are in the special mood of exploration, You can look after the Stone for A. Mickiewicz which his friends left after the poet emigrated in 1823. The stone is carved with the initials "A. M." and the date "1823".



RETURN TO THE POINT 17 MARKED ON THE MAP. TAKE A PATH & GO STRAIGHT



TURN LEFT & GO ON THE PATH FOR APPROX. 340 METRES ←

ONCE AGAIN TAKE A LEFT PATH & GO STRAIGHT FOR 270 METRES ↑

TURN LEFT & GO STRAIGHT FOR 170 METRES ←

GO RIGHT FOR 100 METRES →

THERE IS APPROX. 1 KM FROM THE ADOMAS MICKEVIČIUS VALLEY (17) TO THE VALLEY OF SONGS (18) ⇨ (IF OUR INSTRUCTIONS SEEMS TO BE CONFUSING,



PLEASE CHECK THE MAP - THE VALLEY OF SONGS CAN ALSO BE REACHED IN DIFFERENT WAYS :))

As You go, look for squirrels that love this area of Oak Grove. If You are lucky, You can see and hear a protected specie of woodpeckers – Middle Spotted Woodpecker.

Also, look for thicker oaks where You can find a special insect called Osmoderma Eremita. This dark color beetle is listed in the Red Book as its population is almost extinct in Europe. The bug is very rare and lives only in the centuries old oak trees. One more special thing about this bug is that it emits a pleasant smell of peaches.

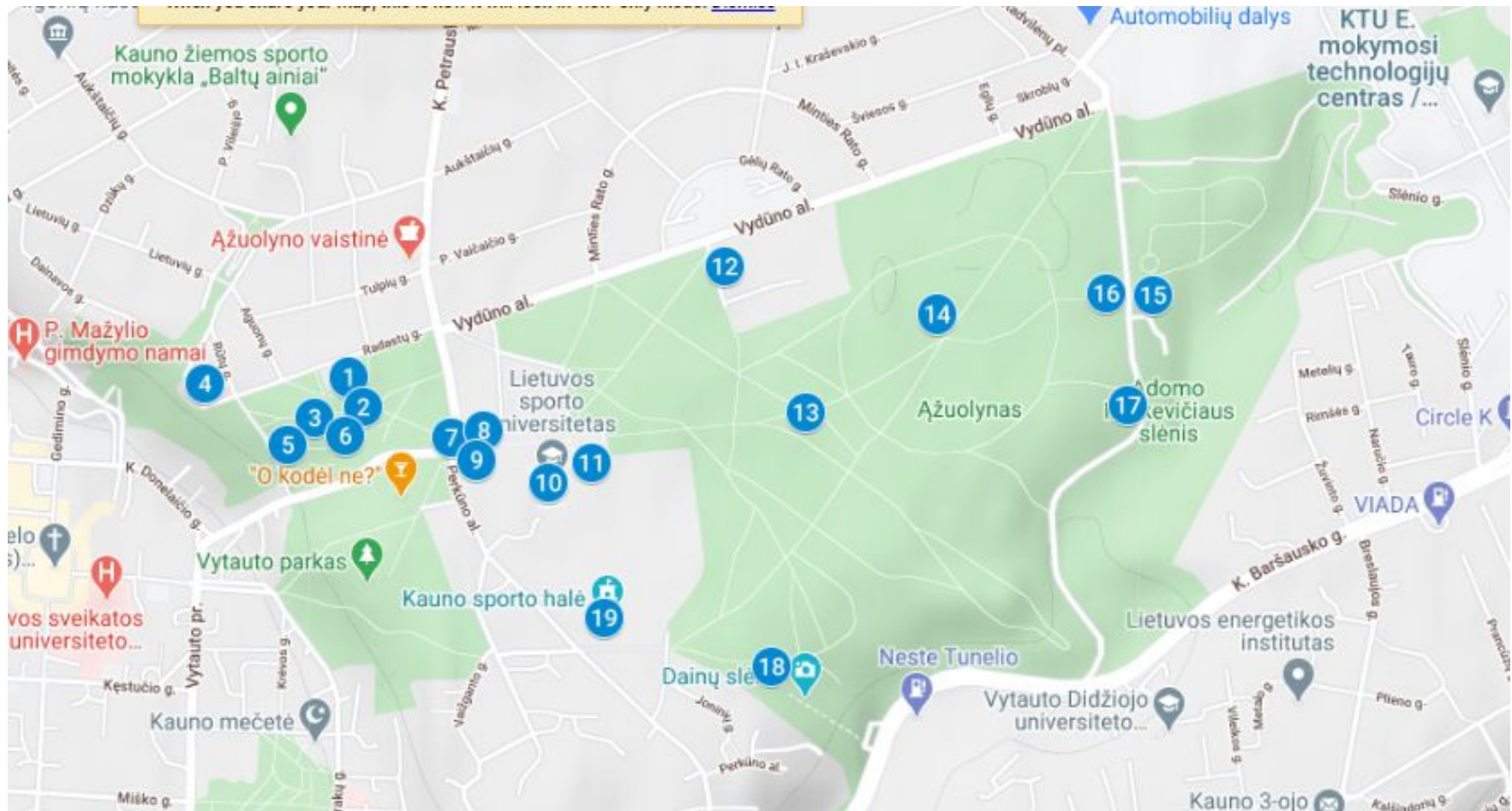
As You may reach the Valley of the Songs (18) explore its naturally formed amphitheater. In this oak surrounded scene the national Celebration of Songs have been held since the interwar.

EXIT THE VALLEY GOING STRAIGHT TO THE TUNELIS STREET
TO END THE ROUTE X

You can also visit vanished objects: Plants Conservatory (12), Old wooden Gates to the Zoo (15) which are marked on the map.

You may end the route exiting the Valley of Songs to the Tunelio street. Another option is to climb stairs back to the Oak Groove and see the Kaunas Sports Hall (19), which hosted Eurobasket 1939. From there You may also reach Vytauto parkas (see on the map) and grab a snack at a local cafe, or You exit in Perkuno alley.

/OAK GROVE MAP/



POLSKA





**Journey from Poznań Central Bus Station
To Meteorites by bus.
Accompanied by map & more details regarding
environment & heritage issues**



Bus to Meteorites Park Morasko from
Poznań Central Bus Station
BUS Service 168 to TROJPOLE (10 stops)
Then

BUS Service 190 or 193 to os.
Sobieskiego (8 stops)- your stop is
WIEDŃSKA

Then
BUS Service 902 to SUCHY LAS/DZIAŁKI (7
stops) and your stop is Forest parking
"Meteoryt Morasko"

Opposite the parking take the road/trail
and follow the signs.

Straight road to the loop road through
meteorites.

You should reach fork of the road and
turn slightly right.

1. On the left you will see one crater
Meteorit 3

You can enjoy and explore the relaxing
experience with a walk in the forest:
Tree therapy: The varieties found on the
trail are: **Oak, Ash, Hazel and Pine**
Oak - strengthens the body, gives energy,
stimulates blood circulation, reduces
stress, the decoction heals skin diseases,
soothes inflammation of the genital tract.
Ash - improves mood, ideal for
overworked and tired.
Hazel - makes it easier to make decisions,
heals a "broken heart".
Pine - has a strong cleansing effect, heals
the respiratory system, prevents
depression, attracts money and
strengthens intelligence

2. Further on the right – Crater
Meteorit 2



The path with educational boards leads along a complex of craters formed as a result of the fall of an iron meteorite.

This occurred several thousand years ago. The meteoroid entering the atmosphere was fragmented, producing the largest iron meteorite shower in Central Europe and a series of craters. The first meteorite was discovered here in 1914, and more meteorites are still discovered today (including the discovery of the largest meteorite in Poland in 2012, weighing 261.2 kg).

On the didactic path you will learn about, among others, information on:

- the formation of craters
- the size and distribution of meteorite craters in the world
- history of discovering fragments of the Morasko meteorite
- the origin of meteorites
- about asteroids and the mechanisms of bringing asteroids near the Earth

There are six craters in the reserve, the largest of which is approx. 90 meters in diameter and 11.5 meters deep. It is commonly believed that it is the remnant of a meteorite fall about 5,000 years ago.

Theories of the origin of craters

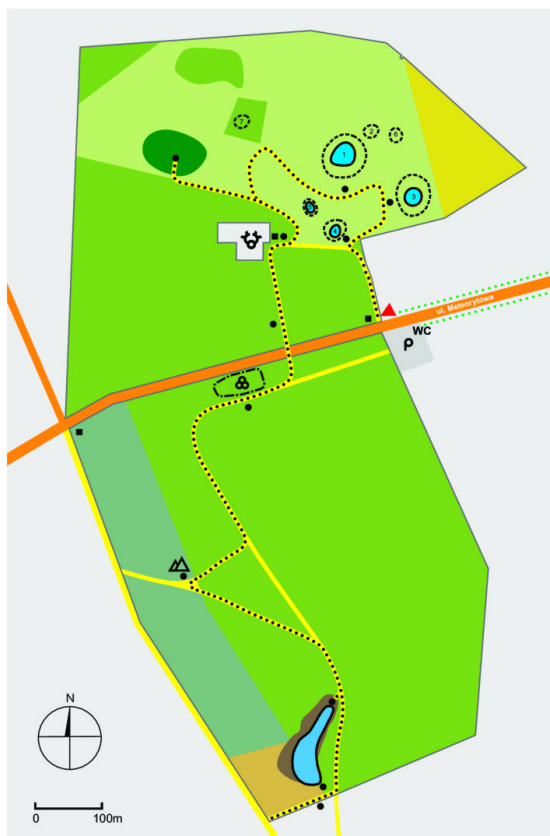
Most scholars are now leaning towards the theory of the meteoric origin of craters. It is supported by the fact that fragments of meteorite matter have been found in their vicinity and the presence of dust probably **of cosmic origin in their vicinity**. After the discovery of craters, next to the theory of cosmic origin, **the theory of glacial origin appeared**. It was justified by the inconsistency of the location of the found meteorites with the predicted locations of the specimens, the fall of which would result in the formation of craters, as well as unusual shapes and positions of craters in relation to each other. Various variants of this theory take into account e.g. the fall of the meteorite on the glacier away from Morasko and their transport to the place of their current occurrence, and then gouging the depressions by the glacier (the phenomena of meteorite transport through the glacier currently occur in Antarctica). **Currently, the glacial theory is a minority view, but the origin of the Morasko craters has still not been finally resolved.** The mineralogical studies of the meteorites themselves are also still being conducted.





REZERWAT PRZYRODY
NATURE RESERVE

Meteoryt Morasko



Legenda

Key

- krater meteorytowy
meteorite impact crater
- zbiornik wodny
water body
- Góra Moraska
Mount Moraska
- droga asfaltowa
hard-surfaced road
- ścieżka
footpath
- ścieżka edukacyjna
educational trail
- przystanek edukacyjny
educational stop
- tablica informacyjna
information board
- budynek mieszkalny
residential building
- dawna żwirownia
former gravel pit
- aleja lipowa - pomnik przyrody
linden alley - nature monument

P

parking
parking lot

WC

toalety
toilets

— granica rezerwatu
border of the reserve

▲ tu stoisz
you are here

Rodzaje siedlisk

Habitat types

- grąd środkowoeuropejski
Central European oak-hornbeam forest
- dąbrowa
oak forest
- bagienny las olchowy i łozowiska
alder swamp forest and willow thickets
- łęg wiązowo-jesionowy
elm-ash riparian forest
- stare nasadzenie sosnowe
old pine plantation
- inne typy lasu
other types of forest
- dawne grunty rolne
former farmland

Ten wyjątkowy rezerwat utworzono dla ochrony 7 kraterów meteorytowych oraz cennego grądu (lasu dębowo-grabowego) z rzadkimi gatunkami runa. Znajduje się tu najwyższe w środkowej Wielkopolsce wzniesienie o pochodzeniu polodowcowym – Góra Moraska (154 m. n.p.m.).

This unique nature reserve was created to protect 7 meteorite impact craters and a valuable oak-hornbeam forest with rare species of the forest floor layer. The highest hill of glacial origin in central Greater Poland, Mount Moraska (154 m.a.s.l.), is located here.

Występują tu także:

Also present in the area:



liczne fragmenty meteorytu Morasko (największy znaleziony odłamek waży ok. 300 kg),
numerous fragments of the Morasko meteorite (the largest piece found weighs about 300 kg),



kilka innych typów lasu, np. łęg wiązowo-jesionowy, bagienny las olchowy (ols), dąbrowa, stare nasadzenia sosnowe o cechach boru,
several other woodland types, such as elm-ash riparian forest, alder swamp forest, oak forest, old pine plantations resembling natural coniferous



bogata flora, w tym gatunki rzadkie i chronione (np. lilija złotogłów),
rich flora, including rare and protected species (e.g. the Turk's cap lily),



śródlądne jezioro zarastające roślinnością bagienną – miejsce rozrodu chronionych gatunków płazów (np. traszki grzebieniastej),
forest pond overgrowing with swamp vegetation – a breeding area for protected species of amphibians (e.g. the great crested newt),



zwierzęta charakterystyczne dla lasów, w tym liczne gatunki ptaków.
animals typical of forest habitats, including numerous bird species.

Fragmenty meteorytu Morasko można zobaczyć w Muzeum Ziemi na Wydziale Nauk Geograficznych i Geologicznych Uniwersytetu im. Adama Mickiewicza, (ul. Dziegiełowa 27 w Poznaniu).

Morasko meteorite fragments are displayed in the Museum of the Earth, located in the Faculty of Geographical and Geological Sciences of Adam Mickiewicz University (27 Dziegiełowa St., Poznań).

Bardzo prosimy:

We kindly ask you to:

- poruszaj się tylko po wyznaczonych szlakach i ścieżkach,
stay on the designated trails and paths,
- zachowaj ciszę – wsłuchaj się w odgłosy przyrody i pozwól na to innym,
keep quiet – enjoy the sounds of nature and let others do the same,
- wszystko, co przyniosłeś, zabierz ze sobą,
take back with you everything you brought here,
- zostaw rośliny, zwierzęta i inne twory przyrody tam, gdzie je napotkałeś.
leave plants, animals and other natural objects where you encountered them.

Postarajmy się, by to wyjątkowe miejsce nie traciło swoich walorów.
Please allow this unique place to maintain its values.

Życzymy miłego pobytu!

We wish you a pleasant stay!

Gospodarz terenu:

Host of the area:



Nadleśnictwo Łopuchówko

Wspieranie finansowe:

Financial support:



POZnań

*Miejsko-know-how

Utworzenie Ścieżki przyrodniczej:

Creation of educational trail:



UNIWERSYTET POZNAŃSKI

Wydział Nauk Geograficznych i Geologicznych



SUOMI

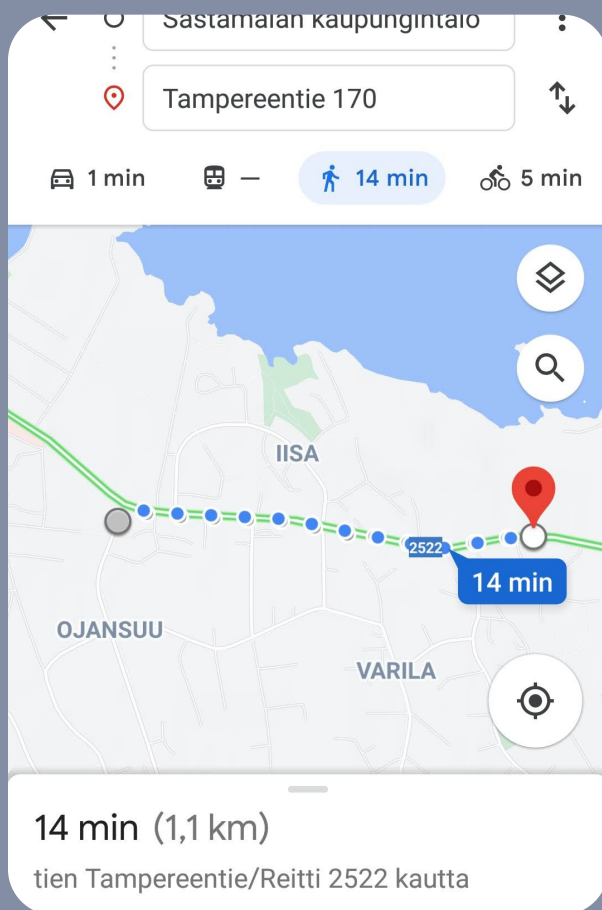


Green

Location:
Sastamala,
Finland

Bridges

A "Green Way" journey to
Tyrvään Manta luontopolku
(Manta of Tyrvää Nature Trail)

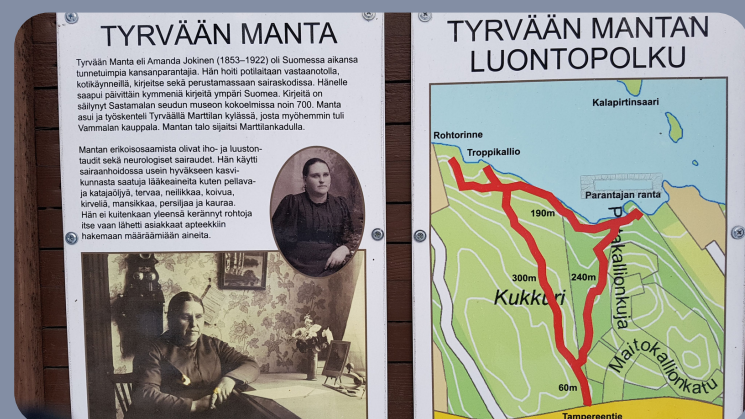


Arriving by bus:

- Take a bus at the main bus station. Many busses from Vammala bus station go towards Tampere.
- You should get off at the **Sastamalan kaupungintalo** bus stop. From there continue walking straight on along the road following the direction of the bus.
- Walk 1,1 km (15 minutes) until you see an instruction board of the nature trail on your left. See picture.

Arriving by car:

- The address for the starting point is **Tampereentie 170, 38200 Sastamala**. There is a small area for parking.





Walk the path 60 meters until the path splits into two. You will see two signs:

Rohtorinne ja Troppikallio and **Parantajan ranta**. Turn left towards **Rohtorinne ja Troppikallio**.

Walk along the path 300 meters through the forest. You'll see a sign. Turn left after which the path splits again.

You can choose which way you want to go to see the lake; up to the rock or downhill.

Option one: turn left:

the path climbs up, about 60 meters, to the rock where you can see a nice view. The path continues forward, but at this point you should turn back where you came from.

Option two: turn right:

down to the lake. There is a good place there to stop for a hot drink or some snacks.

Go back to the sign **Rohtorinne ja Troppikallio**. Continue by following the path on the left (the lake always on your left). Be careful! The path is very steep when you are going downhill.

Walk 190 meters the lake on your left hand side at all times.

Soon you will see a big rock on your left: turn to the right there. The residential area stays always on your left. Walk 240 meters and you will arrive to the same two signs where you started the loop.

Turn left to find your way back to the main road (60 meters).



Preparations for a winter walk

If you go on a nature trail in the winter time you should be aware of the following:

- Wear supportive shoes that are not slippery.
- Dress up! Wear warm clothes (woollen undergarments are a good choice).
- Be careful on the path; some parts can be steep.
- Don't walk on the ice if you are not sure if the ice will carry you.
- Bring with you some snacks and a thermo with warm drink! Eating outdoors makes everything taste better.
- Enjoy, breathe, see, hear, smell, feel and touch everything around you. Just remember not to harm the nature around you.

Stay observant

The forest of *Kukkuri* where the trail takes place, is a unique and whole ecosystem of it's own. Ecologically it is the richest forest area in Sastamala region.

- It is an example of an old and wild forest
- pines, aspens, and decaying trees offer nutrients and living space for many organisms and species.
- 46 different species of polypores (fungi) have been found in the *Kukkuri* forest.

Sources: Löydä Sastamalan luonto (Asikainen & Lepistö), Google Maps, Topo GPS
Pictures & text: Anni Rainio

ITALIA



**A NATURE TRAIL TO DO BY
WALKING**

**SPILINGA THE VALLEY OF THE
WATER MILLS**





HOW TO GET

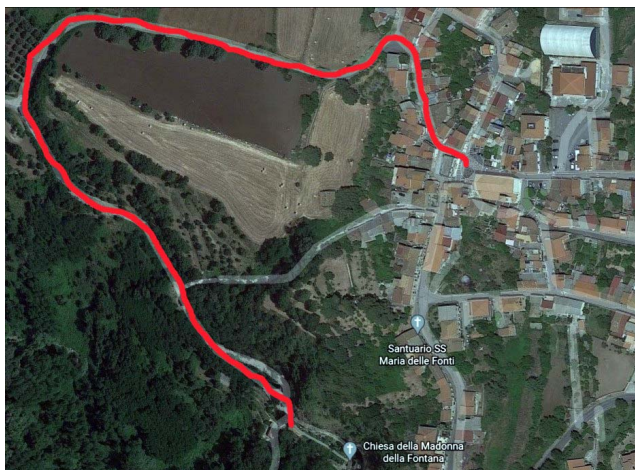
Once you arrive to Lamezia Terme either by plane or by train, Spilinga can be reached with the car in an hour and fifteen minutes, by taking the highways Salerno-Reggio Calabria once take the highways you have to exit on E 45 at Sant'Onofrio, continue towards Vibo Valentia and follow the road signs for Spilinga. (it is about 65 Km.)



Spilinga, a small town in Calabria, in the province of Vibo Valentia. It is situated at an altitude of 457 meters above sea level, at the slope of Monte Poro. The hill on which the inhabited center stands it is bordered by countless valleys of extraordinary beauty. Where numerous streams flow, the name is of ancient origin and it comes from the Greek "Spelinka" which it means cave. This thesis is supported by the presence of numerous cave in the territory.



Departure and Arrive	Piazza G.Verdi
The length of the Path Km	3
Time needed about Hours	3
Difficulty	Low
When to do it	March - October



The nature path it starts from the G. Verdi square, where the church of San Giovanni Battista is located. The church dates back to the period of 1645. The first part of route that goes from the square to the church of Madonna (HOLY) of the Fountain it can also be done by car. Along the walk you can admire centuries-old olive trees, other trees of the Mediterranean coast, and trees of the so called lost fruits. Once you arrive at the Sanctuary of the Holy Mother of the Fountain a quiet and suggestive place surrounded by the green of nature and in an almost mystical and a magical atmosphere you take the path of the so called the valley of the water mills.

The water mills, whose origins date back approximately to the 7/8 century B.C., tell the story and identity of our territory.

The water of the stream, represented the pivotal (main) element, which with its generating and destructive force transformed the various cereals (wheat, barley, oats, etc...) into flours which served to support the population.

The characteristic of this route is that in a few kilometers you can admire not only the remains of 9 water mills but a unique landscape where you can walk for hours in complete silence among the scents of the Mediterranean scrub, the sound of the water that it flows down from the waterfalls, the chirping of the birds and the screech of birds of prey.

The church of San Giovanni Battista dates back to the period of 1645





The road that leads to the Sanctuary of the Holy Mother of the Fountain it is about 900 meters long.



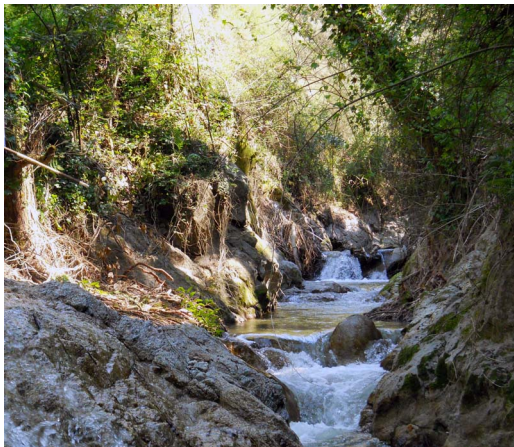
The church of the Holy Mother of the Fountain was built in 1920, but the Holy Mother was found by a woman around the year 1880



This is where it starts the path the Valley of the water mills



The first particular that we meet along the way it is a Roman- style aqueduct built around the year 1870, in the past it was used to bring water from Spilinga to the territory of the Ricadi Municipality.



The stream. The water, the main element, with it's strength he spun a system of stone wheels to grind the grain into flour



Along the stream there are some waterfalls.



The first water mill you come across along the route dates back to 1700.



A detail of a stone in the middle of the stream where a millstone was most likely made.

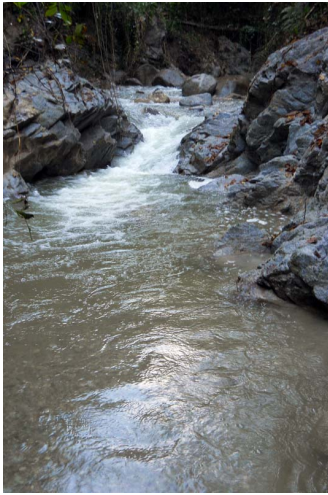
.



The second water mill that we will meet in the 30's, 40's and 50's it was managed by a woman challenging the traditionalist culture.



The third water mill that you meet it was always managed by a Spilinga family. In total there are 9 water mills along this path, one of which has recently been



The Riace stream will accompany us all the way. On the edge there are many water springs once the population went to get water for the needs of the house and at the edges the women chose stone to do



Mediterranean Bush



The start of the exit of the path.



Flora and types of ferns along our walk.

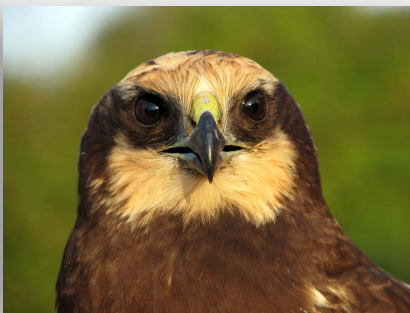


A type of orchid: ***Orchis italica* (omino nudo)**.

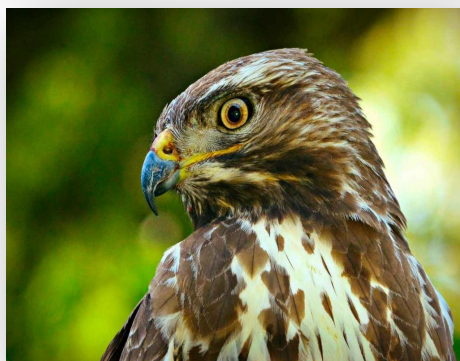
Birds of prey



Gheppio



Falco di palude



Poiana

The presentations were followed by a discussion about use of the Green Way

Users

LT: broad, library users, students, families, seniors

RO: hikers, nature lovers, families, lasi inhabitants

PL: seniors, families, local people (Posnan)

FI: nature lovers, local people, families, fit seniors, smaller children, unfit seniors (summer only), digital users, what is the origin of the trail name

IT: everybody, school, seniors, tourist, blind people's path, web inform for some - youngest to oldest

UK: Local community & pub, improving local understanding

**Group Two to consider results
issue of ability**