



United Nations  
Educational, Scientific and  
Cultural Organization



International Center for  
the Mediterranean Biosphere Reserves  
under the auspices of UNESCO

Network of  
Mediterranean  
Biosphere Reserves

**COLLEMELUCCIO-MONTEDIMEZZO**

**ALTO MOLISE**

# UNESCO

## Division of Ecological and Earth Sciences

### Man and the Biosphere Programme (MaB)



**Dr. Miguel Clüsener-Godt, Director, Division of Ecological and Earth Sciences**  
**Secretary, UNESCO Man and the Biosphere Programme**

Nowadays, when society is confronting challenges such as climate change, the disappearance of species, the degradation of ecosystems, the contamination of extensive areas and the overexploitation of resources, among others, biosphere reserves have emerged as a tool to find a balance between human beings and their environment.

These sites of excellence, internationally recognized by UNESCO, are "learning sites for sustainable development". They are spaces intended to test interdisciplinary approaches to understand and manage the changes and interactions of social and ecological systems. Biosphere reserves are real incubators of ideas, sites where local solutions for global challenges are put to the test.

At present, the worldwide network consists of 686 biosphere reserves in 122 countries, including 20 cross-bordering sites. They all vary greatly, being both land and sea ecosystems, mountain peaks and ocean abysses but, although they are different, they are linked by a single idea: to be spaces where communities and nature can coexist harmoniously and find specific ways of interacting to be able to guide sustainability in action for the future.

The World Network of Biosphere Reserves is a unique instrument for international cooperation. They are sites of great importance for cross-border cooperation and joint management of natural

resources. In June 2015, the Network of Mediterranean Biosphere Reserves (RRBBMed) was created, currently bringing together more than 70 sites in 15 countries.

For thousands of years the Mediterranean, a region of great cultural and landscape diversity, has been a crossroads for flows of people and exchanges, a meeting place between Southern Europe, North Africa and Western Asia.

This region is currently facing the challenge of being a focal point for migration, with people who are fleeing conflicts.

In the spirit of UNESCO and of biosphere reserves, as a place where contemporary social challenges are addressed in an active and innovative manner, we can also begin to think about how biosphere reserves can participate in various new forms of hospitality. The myriad of examples in this region and in the rest of the world makes us confident that biosphere reserves can truly make a difference.

The experience that is being gained and the lessons that are being learnt in each of these sites are shared in this great family which makes up the World Network of Biosphere Reserves so that, hand in hand, they can all find solutions to the current challenges and together can contribute to attaining the Sustainable Development Goals.

## The MAB Programme in Spain and the Spanish Network of Biosphere Reserves (RERB)



**Ministry for the Ecological Transition. National Parks Autonomous Agency.**  
**Government of Spain**

One of the objectives of the United Nations Educational, Scientific and Cultural Organization (UNESCO) is to help member countries to establish national strategies for sustainable development which reverse the loss of environmental resources. The UNESCO Man and the Biosphere Programme (MAB) helps to develop the foundations, in the framework of natural and social sciences, for the conservation and sustainable use of biological diversity and to improve relations between human communities and their environment. Spain joined the MAB Programme in 1974 and, since then, has worked intensively to disseminate and apply the programme and the biosphere reserves, both within its territory and internationally. Spain is in first position in the worldwide network in number of biosphere reserves established, with 49 in June 2017.

The designation of a territory as a biosphere reserve is proposed by the country in question and granted by UNESCO. These areas, protected by international instruments, as described in Spanish legislation, are conceived as "areas of land, coastal or marine ecosystems established to promote and demonstrate harmonious and sustainable interactions between biodiversity and socioeconomic well-being of the population through research, education, monitoring, capacity building and shared management".

The 37<sup>th</sup> UNESCO General Conference, held in November 2013, adopted, at the proposal of Spain, a resolution which approved the proposal to create, in Castellet i la Gornal (Barcelona) - the headquarters of the Abertis Foundation - the International Centre

for Mediterranean Biosphere Reserves, as a category II centre under the auspices of UNESCO. The promoters were: UNESCO, the National Parks Autonomous Agency (OAPN) and the Abertis Foundation.

The International Centre for Mediterranean Biosphere Reserves was the first to be approved by UNESCO in relation to the MAB Programme. This centre arose from a commitment between UNESCO, the Spanish State General Administration, through the National Parks Autonomous Agency of the MAPAMA, with extensive and fruitful experience in the subject, and a private entity, the Abertis Foundation, which offers the means and infrastructures necessary to promote activities in the biosphere reserves of the Mediterranean environment, and in other connected networks. The centre therefore has the experience and the most appropriate means to extend the efforts of UNESCO to promote sustainable development.

The Category II Centre for Mediterranean Biosphere Reserves will undoubtedly contribute to the role played by Spain as a bridge between different countries of the Mediterranean, which will favour the conservation of biodiversity and the integration of the man-environment nexus in the search for sustainable development in the Mediterranean. Furthermore, the experience acquired by Spain in the other thematic and regional networks of the MAB Programme in which it participates will be taken advantage of for the development of the Network of Mediterranean Biosphere Reserves.



# UNESCO International Centre for the Mediterranean Biosphere Reserves



The UNESCO International Centre for the Mediterranean Biosphere Reserves (UICMBR) was created in a 2014 Agreement signed by the National Parks Autonomous Agency, the Spanish Ministry of Agriculture, Food and the Environment and the Abertis Foundation, which undertook to engage in support of UNESCO's strategic programme objectives. The Centre is located in **Castellet Castle**, in the town of Castellet i la Gornal, a few kilometres south of Barcelona (Spain).

As a UNESCO **Category II Centre (CC2)**, UICMBR provides technical assistance in the context of the Man and Biosphere (MAB) Programme through capacity-building, training, research, networking, facilitation and knowledge-sharing in the Mediterranean region. The CC2 distinction refers to a special kind of centres within the United Nations system, where the Member States are responsible for their creation and funding but their purpose is to achieve the strategic goals of the UNESCO programme. On the basis of this structure, the UICMBR is the first centre on the MAB Programme to combine public commitment with the support of private funding under the auspices of UNESCO. Its pioneering nature can serve as an example for scientific cooperation between the two shores of the Mediterranean Sea and constitutes a platform for the exchange of expertise and information on aspects related to BR and their sustainable development.

The Centre seeks to boost knowledge exchange by creating a Documentation Centre to compile, structure, synthesise and publish the experiences acquired by Mediterranean Biosphere Reserves. Likewise, its plan of activities is based on the same aims. By facilitating events, seminars, scientific and academic meetings and training activities, the Centre hopes to disseminate and promote the main topics of relevance to Mediterranean BR.

On 3 November 2016, the Abertis Foundation and the Institute of Environmental Science and Technology at the

Universitat Autònoma de Barcelona (ICTA-UAB) signed an agreement to create the **International University Campus for Mediterranean Biosphere Reserves**. The University Campus is currently receiving bachelor degree students, students from the ICTA-UAB Master's in Interdisciplinary Studies on Environmental, Economic and Social Sustainability (María de Maeztu Master's of Excellence) and PhD students. However, the Centre is also open to new academic and scientific proposals related to matters of interest to the Network.

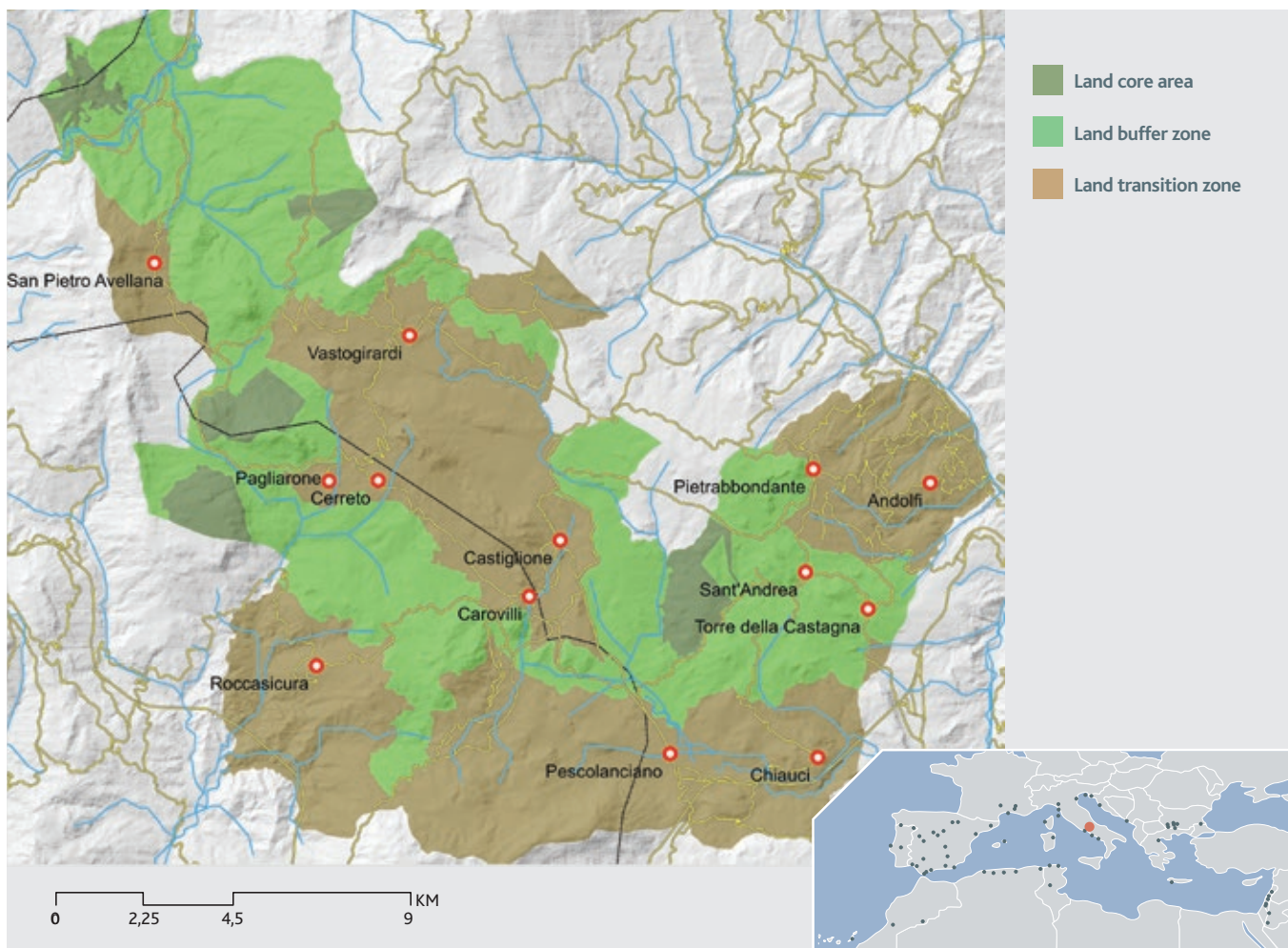
## Functions, Strategies and Activities

- Strengthening of relations among Mediterranean Biosphere Reserves
- Enhance North-South-East-West international cooperation
- Provide support to territories which would like to become Biosphere Reserves
- Encouragement of initiatives tackling the objectives of MAB in the Mediterranean and the World Network of Biosphere Reserves
- Foster education, research and training in Mediterranean Biosphere Reserves
- Work towards the achievement of Sustainable Development Goals # 1-7, 10-17
- Facilitate events, seminars, meetings, talks and conferences
- Create and maintain a documentation centre



# COLLEMELUCCIO-MONTEDIMEZZO ALTO MOLISE

## BIOSPHERE RESERVE



### Surface:

Total Alto Molise Biosphere Reserve 25,268 ha:

- Land core area: ha 1,367 (5.4%)
- Land buffer zone: ha 11,968 (47.3%)
- Land transition zone: ha 11,933 (47.3%)

### Location:

The Collemeluccio-Montedimezzo Alto Molise Biosphere Reserve (BR) is located in the middle-south part of the Apennines, in the Molise region, Italy.

### Biographical region/province:

*Realm Palearctic, Biome of Mixed Mountain, Province of Central European Highlands* according to Udvardy classification (1975); *Palearctic, Temperate broadleaf and mixed forests, Apennine deciduous montane forests* according to the WWF Terrestrial Ecoregions, same as the DMEER (2000) unit of the same name; *Mediterranean region* according to the European Union Habitat Directive 43/92.

### Administrative division:

There are seven Municipalities in the Alto Molise BR: Carovilli, Chiauci, Pescolaniano, Pietrabbondante, Roccasicura, San Pietro Avellana and Vastogirardi.

### Country:

Italy.

### Population:

5,500 permanent inhabitants.

### Date of declaration:

June 2014 (deriving from the enlargement of the Collemeluccio and Montedimezzo BR, instituted in 1977).

### Managing body:

Governance Executive Board, Molise Region.

### Other figures of protection:

State Natural Reserve of Montedimezzo and Collemeluccio. Regional forests of Pennataro, Monte Capraro and San Martino and Cantalupo. Natura 2000 sites: special protected areas (SPA) IT7221132 "Monte di Mezzo" and IT7221131 "Collemeluccio"; Special Areas of Conservation (SACs) IT7212124 "Bosco Monte di Mezzo - M. Miglio - Pennataro - M. Capraro - M. Cavallerizzo", IT7212134 "Bosco di Collemeluccio - Selvapiana - Castiglione - La Cocozza".

### Main human activities:

Agriculture, pasture, dairy and cheese production, recreational activities, tourism and ecotourism.

### Purpose:

Conservation of biodiversity of forest and grassland communities. Conservation of plant and animal species. Valorization of cultural landscape of area characterized over the centuries by transhumance. Fostering sustainable development implementing tourism and ecotourism sectors. Agri-food valorization by conservation of local agricultural landraces. Fostering environmental education and tourism based on participatory process with the local communities and stakeholder.



## LOCATION

The Reserve has a predominantly matrix forest landscape with large areas formed by natural grassland and mowing lawns with morphological features typical of mountain areas (alternating hills and small fluvial-lacustrine plateaus) with an altitudinal range from 450 to 1,730 m a.s.l.

The human settlements (7 municipalities) are concentrated in foothill villages and the presence of buildings in a discontinuous spatial pattern is very limited.

The Core area includes the beech-turkey oaks and silver fir forests of Collemeluccio, Montedimezzo, Pennataro, Monte Capraro and San Martino-Cantalupo.

The Buffer zones, both of public and private ownership, comprise vast areas of two of the largest sites of community

importance present in the Molise Region and they have a particular intrinsic value related to connecting wide areas and to the maintenance of anthropogenic, biological and cultural diversity.

The transition/cooperation area also has considerable conservation value, for its both natural and anthropic components: rivers, pastures, farmlands, small towns of medieval origin.



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Hilly country – Carovilli

## SOCIOECONOMICS

The communities of the Biosphere Reserve are characterized by groups of interacting people living in a common location that is organized around common values and economical activities: the reserve contains several private and public tourist facilities, including B&Bs, farmhouses and small restaurants.

Small typical dairy and cheese products represent the main local production. The local community, generation by generation, is rooted in the territory and is increasingly linked to the ancient cultural values of the past and, in particular, to agro-silvo-pastoral activities. Furthermore, local communities

are involved, with income derived from a good number of tourists and from overnight stays, restaurants, local typical products such as truffles, cheese, sausages and ham.

In the reserve, activities linked to tourism are: eco-tourism, farm holidays, educational tourism, tourism linked to sport, health, wine and food, etc. Other prevalent tourism activities are: bird watching, camping, hunting, orienteering, cycle tourism, solitary walks, guided tours, and focus on fauna, flora and cultural heritage, horse riding.





# BIODIVERSITY

The extended area of the MAB Reserve is characterized by remarkable phytocenotic diversity, mainly in a forested landscape matrix. The forests are composed of: Downy oaks (*Quercus pubescens*), typical of Mediterranean and sub-Mediterranean zones, Turkey oaks (*Quercus cerris*), characterizing mesophilic forests, beech (*Fagus sylvatica*) and riverine woodlands dominated by willows (*Salix sp.pl.*).

The presence of bioclimatic belts ranging from hills (450 m above sea level in the valley of Verrino) up to mountain level (1730 m above sea level, Monte Capraro) allows the establishment of different plant communities, related to each other because of spatial contacts.

Turkey oaks are widely distributed throughout the area, followed by thermophilous beech forests located on the main peaks (e.g. Monte Totila, Monte Miglio, Pian di Lago, etc.). Stands of beech woodlands with micro thermal character can be found on the slopes facing north or at least in colder areas, sometimes on drifts and rock outcrops (Monte di Mezzo and Monte Pizzi).

Silver fir forest represents a distinctive element of the landscape of this area, either as dominant species or mixed with other broad-leaved trees. The forest of Collemeluccio and the small populations growing on Monte Lupone slopes are silver fir glacial relict populations.

These glacial relict populations are sensitive species that may be used to monitor and investigate adaptation to climate change.

Small hop hornbeam (*Ostrya carpinifolia*) populations grow on slope sites, as in the piedmont zone of Monte Totila, where they surround the sub-mountain beech forest.

Important patches of riverine forest vegetation dominated by willows and poplars can be found along the main rivers and their tributaries.

Remarkable forests dominated by white willows and white poplars occupy the banks of the Sangro River (Isola della Fonte della Luna), and some parts of the Trigno River, particularly in the Piana Fumatori (Pescolanciano).

Black alder (*Alnus glutinosa*) communities can be found along the Vandra River and, given their high localization at regional and national level, are considered worthy of preservation.

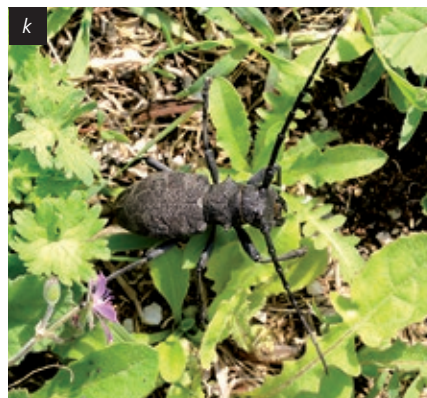
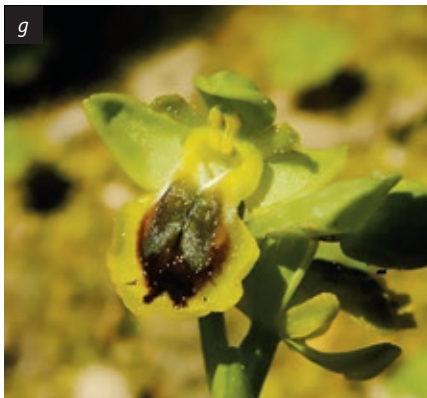
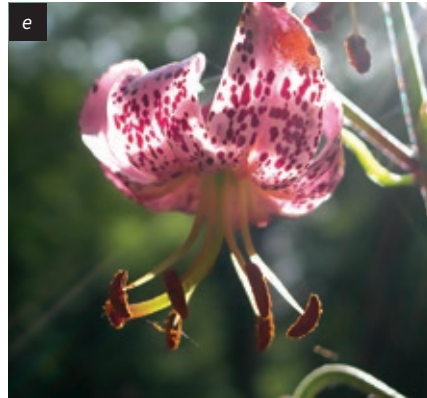
Other important communities are represented by grasslands whose appearance is determined by morphological and microclimatic conditions. Mesophyle grasslands are mainly found on gently sloping hills and plains, near streams or in soils with high water content. Often these communities are enriched with macrophytes, forming heterogeneous mosaics of grasslands (Piana San Mauro). Xerophyle grasslands can be found on steep slopes characterized by detrital limestone lithology.



*Abies alba*

Scrubland type distribution in the area is influenced by the altitude, by the contacts with forest communities and by the microclimatic conditions. Shrublands dominated by Alpine juniper (*Juniperus communis subsp. alpina* (Suter) Celak.) grow at high altitudes in contact with beech forests; shrublands dominated by common junipers and by broom form vegetation communities in the area of mesophilic and thermophilic forests of Turkey oaks. Shrublands with dominance of brooms are enriched with thermophilic elements (*Rosa sempervirens*, *Rubia peregrina*) in contact with the secondary forests of Downy oak (Fondovalle Verrino). The shrublands dominated by plants of the Rosaceae family (blackthorn – *Prunus spinosa*, common hawthorn – *Crataegus monogyna*, and different species of the genus *Rosa*)





- (a) *Salamandrina perspicillata*
- (b) *Acer cappadocicum* subsp. *lobelii*
- (c) *Milvus milvus*
- (d) *Himantoglossum adriaticum*
- (e) *Lilium martagon*
- (f) *Lobaria pulmonaria*
- (g) *Ophrys lutea*
- (h) *Lanius collurio*
- (i) *Bombina pachypus*
- (j) *Lilium bulbiferum* subsp. *croceum*
- (k) *Morimus asper*

are widely spread and seem not to depend on particular environmental conditions.

The last inventory of flora was carried out from 2010 to 2014: more than 900 species in 90 families and 400 genera.

Rare species in the Molise region grow in grassland and woodland natural clearings: *Euphrasia liburnica*, *Euphrasia minima*, *Lathyrus nissolia*, *Lilium bulbiferum* subsp. *croceum*, *Onobrychis arenaria* subsp. *tommasinii*, *Ophrys lutea*, *Vicia loiseleurii*. Species rare in Molise, present in the woods:

*Abies alba*, *Acer cappadocicum* subsp. *lobelii*, *Anemone ranunculoides*, *Cerastium sylvaticum*, *Cucubalus baccifer*, *Euphorbia corallioides*, *Euphorbia dulcis*, *Festuca altissima*, *Hypericum androsaemum*, *Lamium galeobdolon* subsp. *montanum*, *Lilium martagon*, *Paris quadrifolia*, *Ruscus hypoglossum*, *Silene viridiflora*, *Smyrnium perfoliatum*.

During the same period a check-list was carried out on mammals (48 species), birds (112 species), 10 species of amphibia, 8 reptile species, 5 fish species.



# LANDSCAPE AND CULTURAL HERITAGE

The Biosphere Reserve has been marked by intense land use over the centuries. Indeed, during prehistoric times the population present in the territory exploited local raw materials for the creation of tools: two thousand seven hundred artefacts have been found testifying to human settlements in the territory since prehistoric times.

In the classical period, evidence has been collected showing that the Samnites exploited the whole area for husbandry and their sustenance. The ability to make good use of the land led to population growth back in the second century before Christ, and also to the building of important monuments strongly influenced by Greek culture. In the Middle Ages, the mountains of the MAB Reserve were significant in the so-called phenomenon of "encastellation": in the same period, small urban centers were developed in a circle around a castle or surrounding the watchtowers.

During the 15th century (Aragonese period), the area was characterized by the institution of the "Dogana della Mena delle pecore". This was a complex system of regulation of seasonal migration or transhumance from the Apulia lowland pastures, to the mountain pastures of the Abruzzo and Molise Apennines through a network of drove roads.

The transhumance system played a key role in the Reserve landscape until the end of World War II. Indeed, the shepherds and livestock migrations involved traditional silvo-pastoral practices that strongly influenced the landscape structure. The most common practices of transhumance of which there is evidence are: pastoral settlements such as sheepfolds (circular or polygonal dry-stone walls), tholos huts, forest trees pollarding for fodder, harvesting and grazing of acorns in the forests. In the reserve area, the forests have mainly been used for pasture. The management of Montedimezzo forest, which was part of a Royal estate and one of the most important agro-pastoral farms in southern Italy (linked by the transhumance system to a large estate in Apulia from the 17th century), was unique. In fact, regular cuts were made in sections with massive fellings to allow the success of herbaceous and shrub species for livestock feed. However, the majority of forests were subject to similar practices, with different intensities: the Monte Capraro core area until 1955 was composed of pasture with scattered forest trees interspersed with high density forest; the Pennataro and Collemeluccio core areas were used annually for pig acorn grazing, while San Martino-Cantalupo core area was subjected to limited deforestation for agricultural use.



D'Alessandro Castle (Pescolanciano)





The drove road Castel di Sangro-Lucera (Pescolanciano)



The Hermitage of S. Amico (San Pietro Avellana)



Samnite Sanctuary and Theatre (Pietrabbondante)

The area is characterized by subsistence agriculture, with few scattered farm buildings (the peasants move daily from villages towards the fields) and very fragmented land ownership. The main annual crops are wheat, corn, potatoes, lentils and beans. The most interesting cultural heritage features are the Italic Temple (S. Angelo – Vastogirardi), the Samnitic Fortifications of Monte Ferrante (Carovilli), Monte Caraceno and the Samnite

Sanctuary and Theatre (Pietrabbondante), Monte S. Onofrio (Chiauci), D'Alessandro Castle (Pescolanciano), S. Onofrio's Church (Chiauci), the Sanctuary of Madonna of Vallisbona (Roccasicura), the Hermitage of S. Amico (San Pietro Avellana), the drove roads Castel di Sangro-Lucera and Celano-Foggia and their artefacts (Taverna della Valle, Chiesa di S. Domenico).



## OTHER ASSETS OF THE BIOSPHERE RESERVE

One of the most important functions of the Collemeluccio-Montedimezzo Alto Molise Biosphere Reserve is logistic support for demonstration projects, environmental education and training, research and monitoring related to local, regional, national and global issues of conservation and sustainable development.

In particular, the buffer and transition/cooperation areas, and the related economic activities, guarantee the preservation of the traditional practices ensuring sustainable development and logistic support of eco-tourism, environmental education and research. In fact, in these areas, tourists, scholars and cyclists are informed and guided through educational programs supported by panels and ICT guides about the value of the core areas, thanks to the similarity of habitats and fauna.

These are real “field laboratories” where the achievement of research on forest ecosystems of the core area (e.g. silviculture and climate change adaptation, area of expansion of plant species and rare or threatened animals, conservation and improvement of the status of natural grasslands, etc.) and of programs or cooperative activities (eco-tourism, environmental education, recreational activities) is simulated and implemented.

An important example is the “Colle S. Biagio” path in the Montedimezzo core area, where there are facilities for the disabled and an eco-museum, one of first examples for the disabled in Italian protected areas. Level surfaced paths with gentle inclines have been provided and they are wheelchair-friendly. Electric motor wheelchairs have been acquired for more comfortable use. Educational Braille panels with information on trees and environmental features along the path have been installed, as well as a Braille guide on the features of the path. Audio devices can be used as tools on the educational path.

A forum of environmental, traditional and cultural associations is enhancing the principal activities concerning environmental and cultural educational programs and public awareness of the elements which characterize the cultural heritage of the reserve.

An important feature for slow tourism is represented by the historical Carpinone-Sulmona railway train: every week, in all seasons, the association “Le Rotaie”, together with “Fondazione FS”, organizes a tour from Abruzzi to Molise with participation for a single event of around 400 persons (from all Italian regions).

In many tours, trains (post WWII model) stop at the stations (4) located in the Reserve, and tourists can visit and appreciate the landscape and villages features.

Another useful tool is an ICT self-guided tour implemented in IOS and Android operating system for smartphones and



Nordic walking in the Collemeluccio Natural Reserve



Transiberiana d'Italia arriving at the station of San Pietro Avellana-Capracotta



Mountain bike on the Castel di Sangro-Lucera drove road

tablets: it is an offline (no cell and no data signal, only GPS) application created to offer a smart guide to visitors. In the application, visitors can find information on 10 paths for trekking and/or mountain bike, point of interests, pdf guides.

The different paths cover around 117 kilometers with various difficulty levels. Each path is also well described in a pdf guide and visitors can download kml or kmz files to use with google earth app.

# CULTURAL TRADITIONS



Sfilata dei covoni" in Pescolanciano



Tresca at Carovilli

Traditional representations, local community expressions, knowledge, religious, historical, political, social and ethnological heritage of the MAB Reserve are very important for the preservation of cultural identity. This intangible heritage, transmitted from generation to generation, depends on the communities' response to their environment, their interaction with nature and history, and gives them a sense of identity and continuity.

In particular, examples of intangible heritage in the extended reserve are: transhumance practices, traditional methods of dry stone construction, traditional cheese making, ancient recipes, etc.

In addition, it is relevant that the cultural and religious practices, which are celebrated every year by the local communities, attract hundreds of foreign visitors; these practices will be preserved and promoted by the future forum of cultural operators to conserve communities' identity.

Cultural and religious practices, which are celebrated every year by the local communities, attract hundreds of foreign visitors and need to be preserved and promoted.

In Vastogirardi's church, every first two days of July, during the ritual ceremony of Our Lady of Graces, the flight of an angel is simulated and played by a child dressed like an angel. This religious event is called "Volo dell'Angelo" and attracts hundreds of tourists who return to their place of origin to see



Volo dell'Angelo at Vastogirardi

the ritual dedicated to Our Lady of Graces. This customary practice has its origins in the middle ages and there is evidence of the ritual in Vastogirardi since 1911.

The "Tresca" in Carovilli is another ancient tradition whose name is related to the art of threshing, during which the straw is separated from the chaff. Years ago, threshing involved all the members of local families and at least ten men from the neighborhood. The work cycle lasted from two to three weeks. From the seventies, in the month of August, a group of willing people handed down the gestures and the traditional practices. It is a true piece of rural culture transformed into a compelling representation that, as in the past, involves the whole community.

Pescolanciano is the village of the "Sfilata dei Covoni", an evocative parade of sheaves of wheat. It is an ancient tradition which was possibly initiated in thanks to S. Anna by the survivors of the great earthquake of 26 July 1805. On that occasion, as in many other traditional rites of the Molise region, elements of religious devotion have been inserted into ancient elements of peasant and pagan culture. Indeed, the sheaves are also the representation of gratitude to Mother Earth, a reason of collective joy for the end of the wheat harvest. On the 25th of July each year, at sunset, people bring, in a parade, the sheaves (called "r' manuocchie"), symbolically donated to the saint, with a popular involvement of particular beauty and charm.



## GASTRONOMY



Caciocavallo di Vastogirardi

The area is well known for truffles, landraces of beans, lentils and potatoes, cheese (*caciocavallo*, *stracciata*, *ricotta*), and salami (*soppressata*).

Traditional dishes are: gnocchi, "Sagn'e fasciul" (homemade pasta and beans), "Cazzariégli e Fasciuóle" (homemade pasta and beans), "Pizz' e foje" (baked corn cake with field vegetables), "Pizza d' randin" (baked corn cake, often with pork meat), "Patane e cococce" (stewed potatoes, zucchini and stale bread), "Polpette cacio e ova" (fried balls made with cheese, eggs, and stale bread cooked with tomato sauce), "r' muacche" (plain polentaa or polenta with meat sauce).

## MAIN FACILITIES OF THE BIOSPHERE RESERVE

### Centers of environmental education and publication:

- Visitor center in the Natural Reserve of Montedimezzo (Vastogirardi)
- Visitor center in the Natural Reserve of Collemeluccio (Pescolanciano)
- Association of Social Promotion "Intramontes" (Pescolanciano)

### Museums and cultural facilities:

- Eco-museum in the Natural Reserve of Montedimezzo (Vastogirardi)
- Santuario Italico (Pietrabbondante)
- Museo civico arti, mestieri, costume e archeologia (San Pietro Avellana)
- Museo della Civiltà contadina (Pescolanciano)
- Museo della ceramica di Pescolanciano "Pasquale M. D'Alessandro" (Pescolanciano)

### Documentation center:

- Association of Social Promotion "Intramontes" (Pescolanciano)

### Other facilities:

- Astronomical Observatory "Leopoldo Del Re" (San Pietro Avellana); Path for disabled visitors "Sentiero di Colle S. Biagio" in the Natural Reserve of Montedimezzo (Vastogirardi).

### Accommodation and food with tasting of local products and cultural heritage promotion:

- **Campsite:** "Cerritelli" (Vastogirardi)
- **Hotel/restaurant:** "Cona" (Pescolanciano)
- **Holiday farms:** "La Grande Quercia" (Carovilli); "Il Tratturo" (Roccasicura); "Masseria Monte Pizzi", "La Locanda" (Carovilli); "San Mauro" and "Il Vecchio Granaio" (Vastogirardi)
- **Bed & Breakfast:** "Il Tratturo" (San Pietro Avellana); "La Dimora del Sergente" (Carovilli); "Da Clara" and "Il Torchio" (Roccasicura); "Sul Tratturo" and "Villaggio Casina del Duca" (Pescolanciano), "Fontevicchia", "Il rifugio dei briganti" and "La dimora del Duca" (Vastogirardi); "La Terrazza" (Pietrabbondante)
- **Restaurants:** "Da Adriano", "Osterija dei Tratturi", "Il Vecchio Mulino", "Al borgo" and "La bacca rara", (Carovilli), "Il Pozzo" (Roccasicura); "Nostrano" and "L'inferno di Dante" (Pescolanciano); "La Taverna" (Vastogirardi); "La Taverna dei Sanniti" (Pietrabbondante); "La Volpe" (Chiauci); "Il Perticone" (San Pietro Avellana)

## Contact:

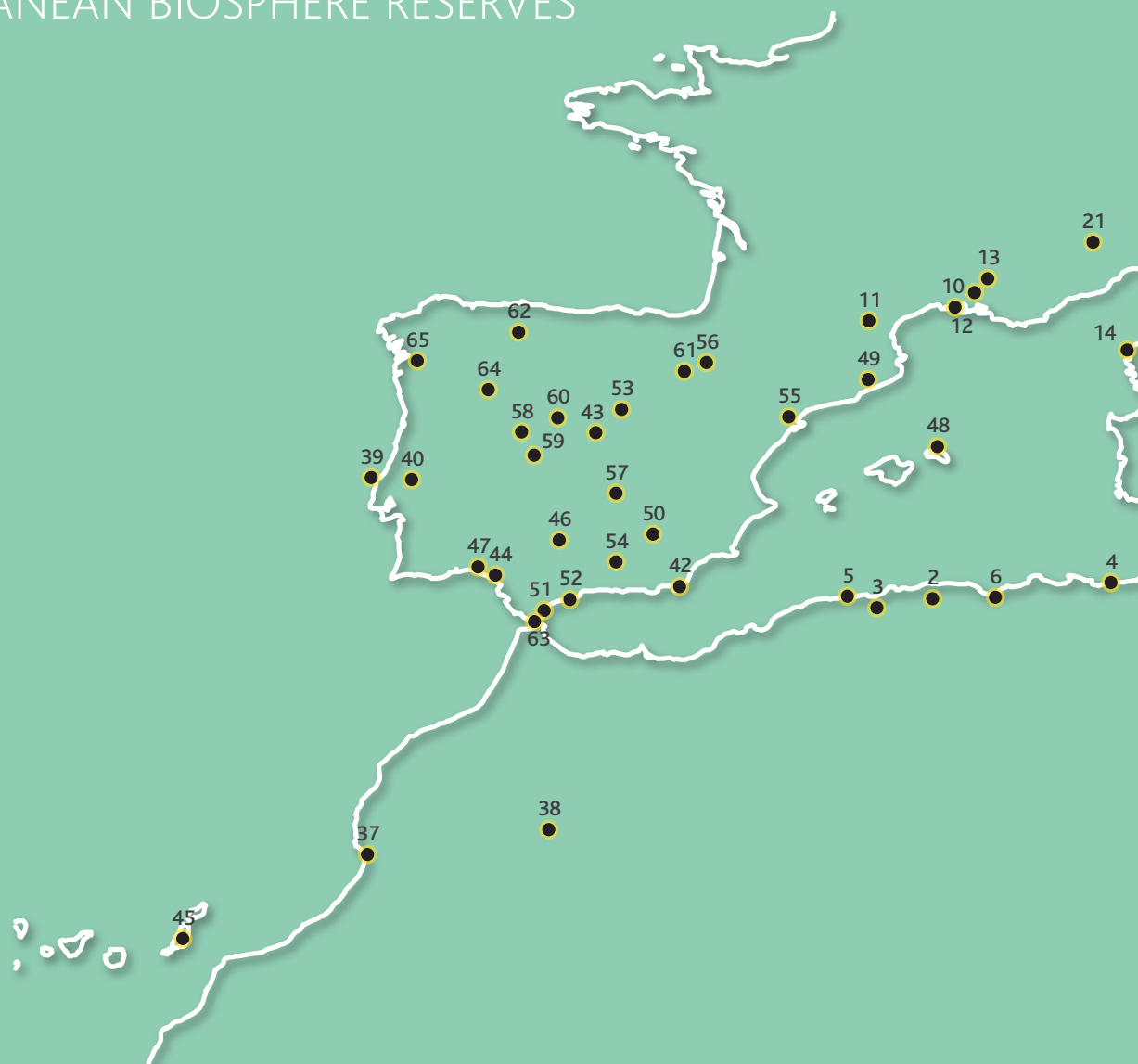
### Riserva MAB Collemeluccio-Montedimezzo Alto Molise

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### Related links:

<http://www.riservamabaltomolise.it/>

# MAP OF THE NETWORK OF MEDITERRANEAN BIOSPHERE RESERVES



- 1 OHRID-PRESPA
- 2 DJURDJURA
- 3 CHREA
- 4 EL KALA
- 5 GOURAYA
- 6 TAZA
- 7 TCHERVENATA STÉNA
- 8 OUZOUNBOUDJAK
- 9 VELEBIT MOUNTAIN
- 10 CAMARGUE (DELTA DU RHÔNE)
- 11 GORGES DU GARDON
- 12 LUBERON-LURE
- 13 MONT VENTOUX
- 14 VALLÉE DU FANGO
- 15 GORGE OF SAMARIA
- 16 MOUNT OLYMPUS
- 17 MEGIDDO
- 18 MOUNT CARMEL

- ALGERIA
- ALGERIA
- ALGERIA
- ALGERIA
- ALGERIA
- ALGERIA
- BULGARIA
- BULGARIA
- CROATIA
- FRANCE
- FRANCE
- FRANCE
- FRANCE
- FRANCE
- GREECE
- GREECE
- ISRAEL
- ISRAEL

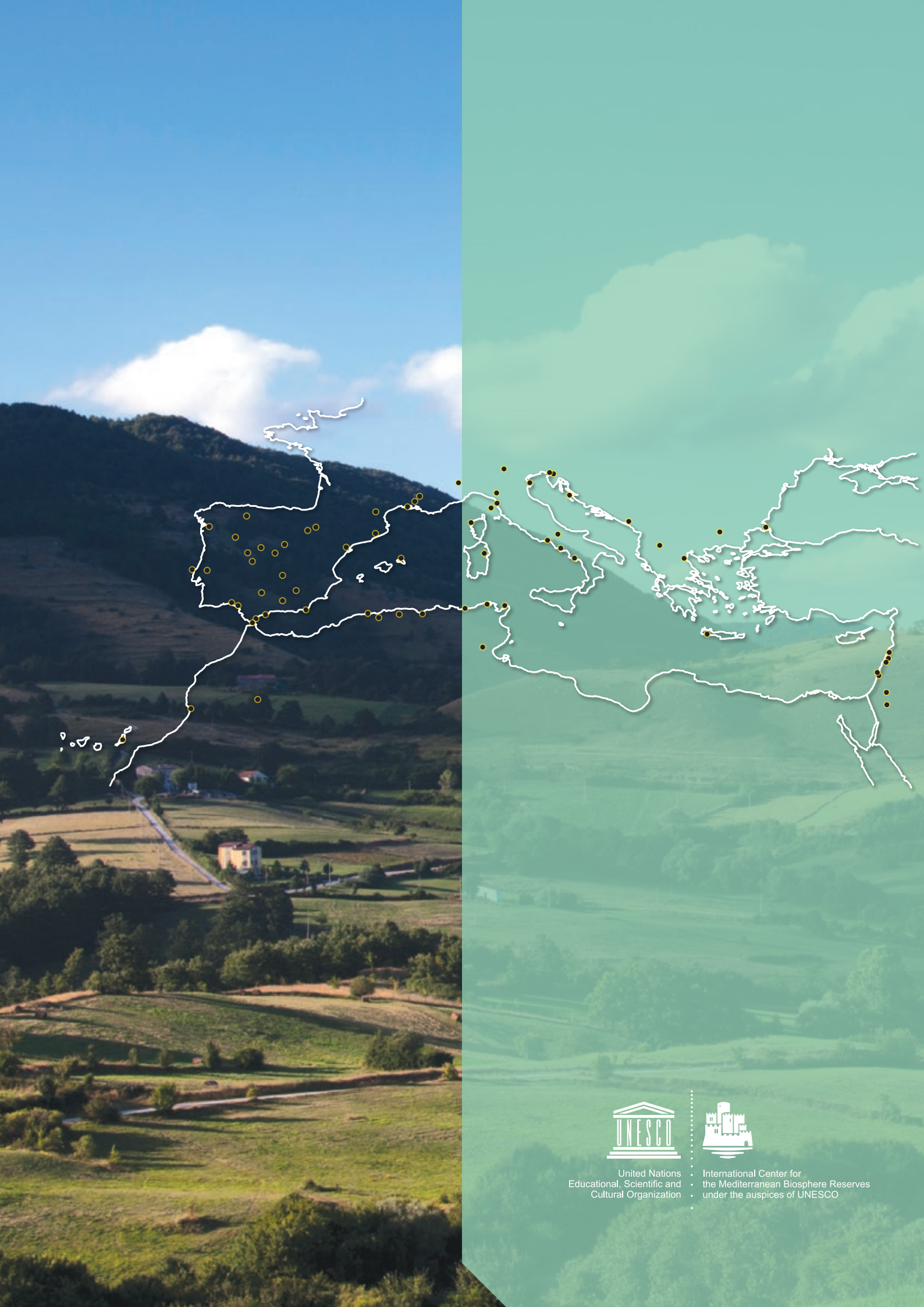
- 19 APPENNINO TOSCO-EMILIANO
- 20 COLLEMELUCCIO-MONTEDIMEZZO ALTO MOLISE
- 21 COLLINA PO
- 22 LEDRO ALPS AND JUDICARIA
- 23 MIRAMARE
- 24 SELVE COSTIERE DI TOSCANA
- 25 TEPIORA RIO POSADA AND MONTALBO
- 26 TUSCAN ISLANDS
- 27 CILENTO AND VALLO DI DIANO
- 28 CIRCEO
- 29 PO DELTA
- 30 SOMMA-VESUVIO AND MIGLIO D'ORO
- 31 DANA
- 32 MUJIB
- 33 JABAL MOUSSA
- 34 SHOUF
- 35 JABAL AL RIHANE
- 36 TARA RIVER BASIN

- ITALY
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- ITALY
- ITALY
- ITALY
- JORDAN
- JORDAN
- LEBANON
- LEBANON
- LEBANON
- MONTENEGRO





37	ARGANERAIE	MOROCCO	55	TERRES DE L'EBRE	SPAIN
38	OASIS DU SUB MAROCAIN	MOROCCO	56	BARDENAS REALES	SPAIN
39	BERLENGAS	PORTUGAL	57	MANCHA HÚMEDA	SPAIN
40	PAUL DO BOQUILOBO	PORTUGAL	58	LAS SIERRAS DE BÉJAR Y FRANCIA	SPAIN
41	THE KARST	SLOVENIA	59	MONFRAGÜE	SPAIN
42	CABO DE GATA-NÍJAR	SPAIN	60	REAL SITIO DE SAN ILDEFONSO-EL ESPINAR	SPAIN
43	CUENCA ALTA DEL RÍO MANZANARES	SPAIN	61	VALLES DEL JUBERA, LEZA, CIDACOS Y ALHAMA	SPAIN
44	DOÑANA	SPAIN	62	VALLES DE OMAÑA Y LUNA	SPAIN
45	FUERTEVENTURA	SPAIN	63	INTERCONTINENTAL BIOSPHERE RESERVE OF THE MEDITERRANEAN	SPAIN / MOROCCO
46	LAS DEHESAS DE SIERRA MORENA	SPAIN	64	MESETA IBÉRICA TRANSBOUNDARY BIOSPHERE RESERVE	PORTUGAL / SPAIN
47	MARISMAS DEL ODIEL	SPAIN	65	GERÊS/XURES TRANSBOUNDARY BIOSPHERE RESERVE	PORTUGAL / SPAIN
48	MENORCA	SPAIN	66	ÎLES ZEMBRA ET ZEMBRETTEA	TUNISIA
49	MONTSENY	SPAIN	67	DJEBEL BOU-HEDMA	TUNISIA
50	LAS SIERRAS DE CAZORLA Y SEGURA	SPAIN	68	ICHKEUL	TUNISIA
51	GRAZALEMA	SPAIN			
52	SIERRA DE LAS NIEVES	SPAIN			
53	SIERRA DEL RINCÓN	SPAIN			
54	SIERRA NEVADA	SPAIN			



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International Center for  
the Mediterranean Biosphere Reserves  
under the auspices of UNESCO