



PHUSICOS  
Nature-based solutions in rural mountain areas

SNOW  
AVALANCHES

ROCKFALLS

EROSION  
and  
LANDSLIDES

FLOODS  
and  
DROUGHTS

Project  
Partners

Social  
Media



PHUSICOS, meaning “According to nature” in Greek, is an Innovation Action project funded by the EU Horizon 2020 program. The aim of the project is to support the implementation of Nature-Based Solutions as sustainable and cost-effective measures for reducing the hydro-meteorological risk in rural mountain landscapes.

This project has received funding from the European Union's Horizon 2020 Research and Innovation Programme under Grant Agreement No 776681





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An aerial photograph of a rugged, mountainous landscape. The terrain is dark and rocky, with a prominent river valley cutting through the center. The river is a bright white line, contrasting sharply with the dark, textured ground. The surrounding hills are steep and appear to be covered in sparse, brownish vegetation. The overall scene is one of natural beauty and complexity.

# Nature-based solutions are...

“...solutions that are inspired and supported by nature, which are cost-effective, simultaneously provide environmental, social and economic benefits and help build resilience. Such solutions bring more, and more diverse, nature and natural features and processes into cities, landscapes and seascapes, through locally adapted, resource-efficient and systemic interventions.” (EU, 2015)

<https://ec.europa.eu/research/environment/index.cfm?pg=nbs>



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**NBS**  
EROSION  
and  
LANDSLIDES

Vegetated  
terraced  
slopes

NBS

Kaunertal  
valley

Concept  
Case

Portalet  
Santa Elena

Case  
study

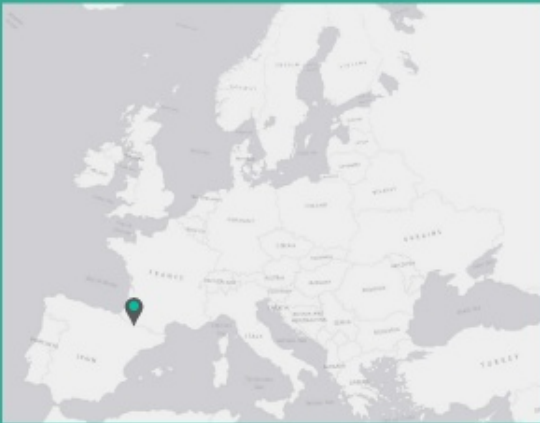
Seed  
mixture  
technique

NBS

## The case study site at Portalet Santa Elena (Pyrenees-Spain)

The international road connecting the French and Spanish sides of the Pyrenees is vulnerable to natural hazards.

The till slope is prone to erosion and landslides that can cause traffic accidents and damages to the main road.









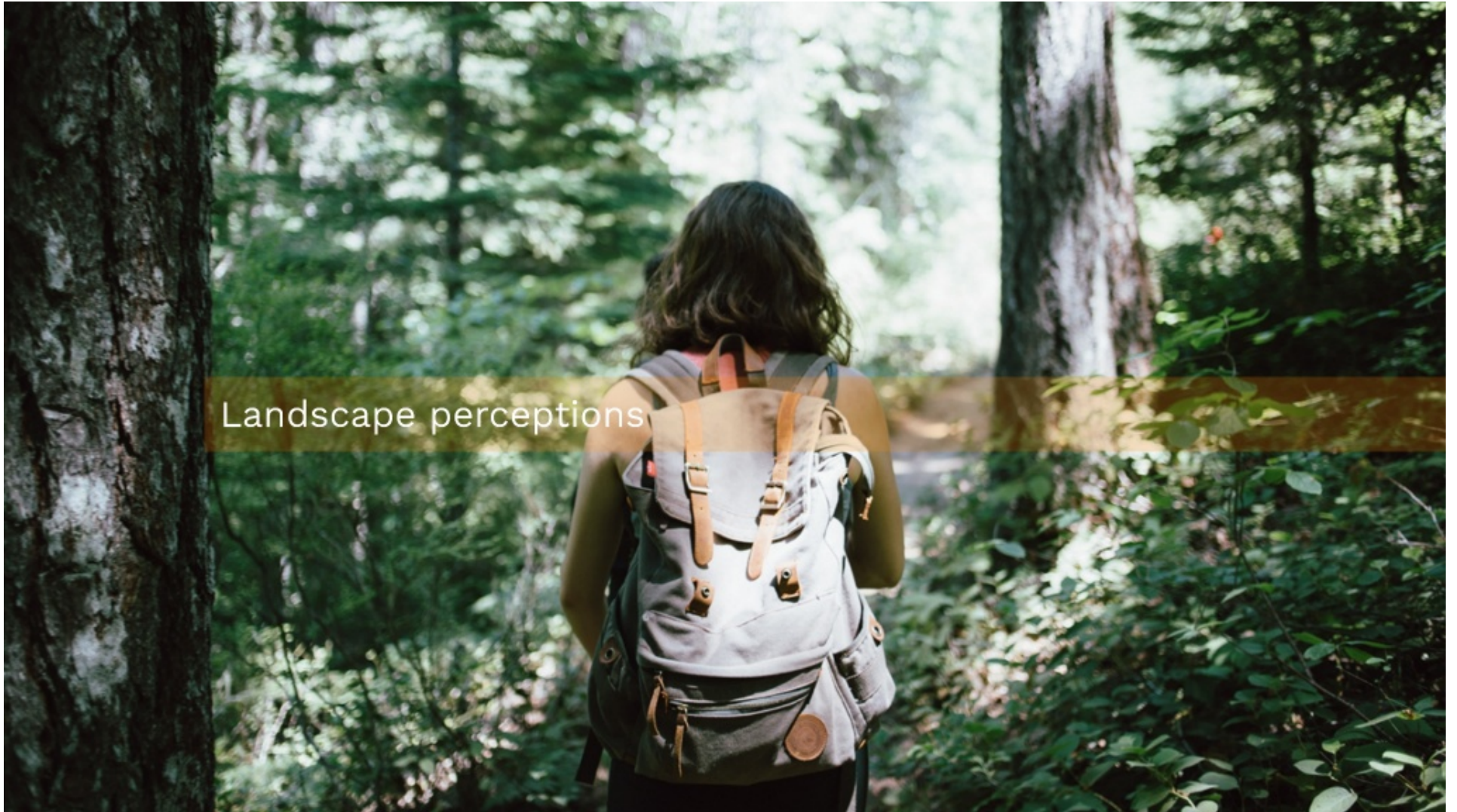
Reduction of the slope steepness  
and vegetation to reduce the soil erosion



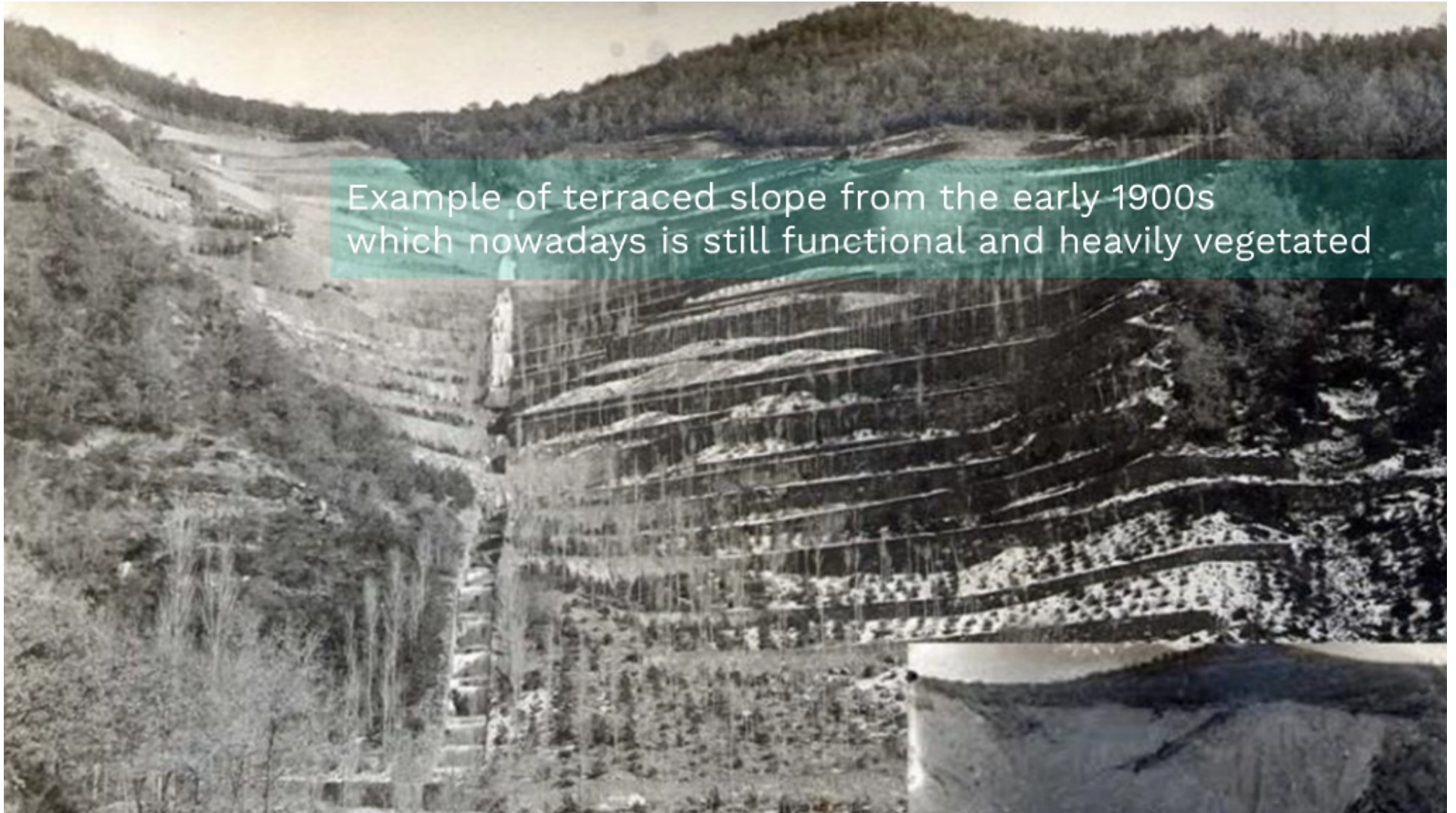
Increasing carbon sink capacity



Reduction of the potential damages  
to the exposed road



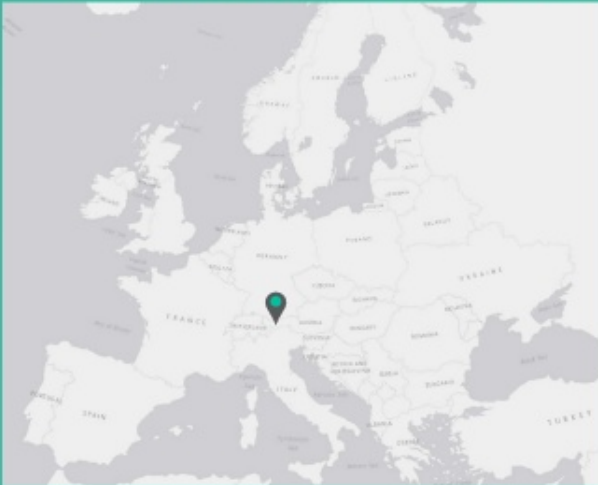
Landscape perceptions

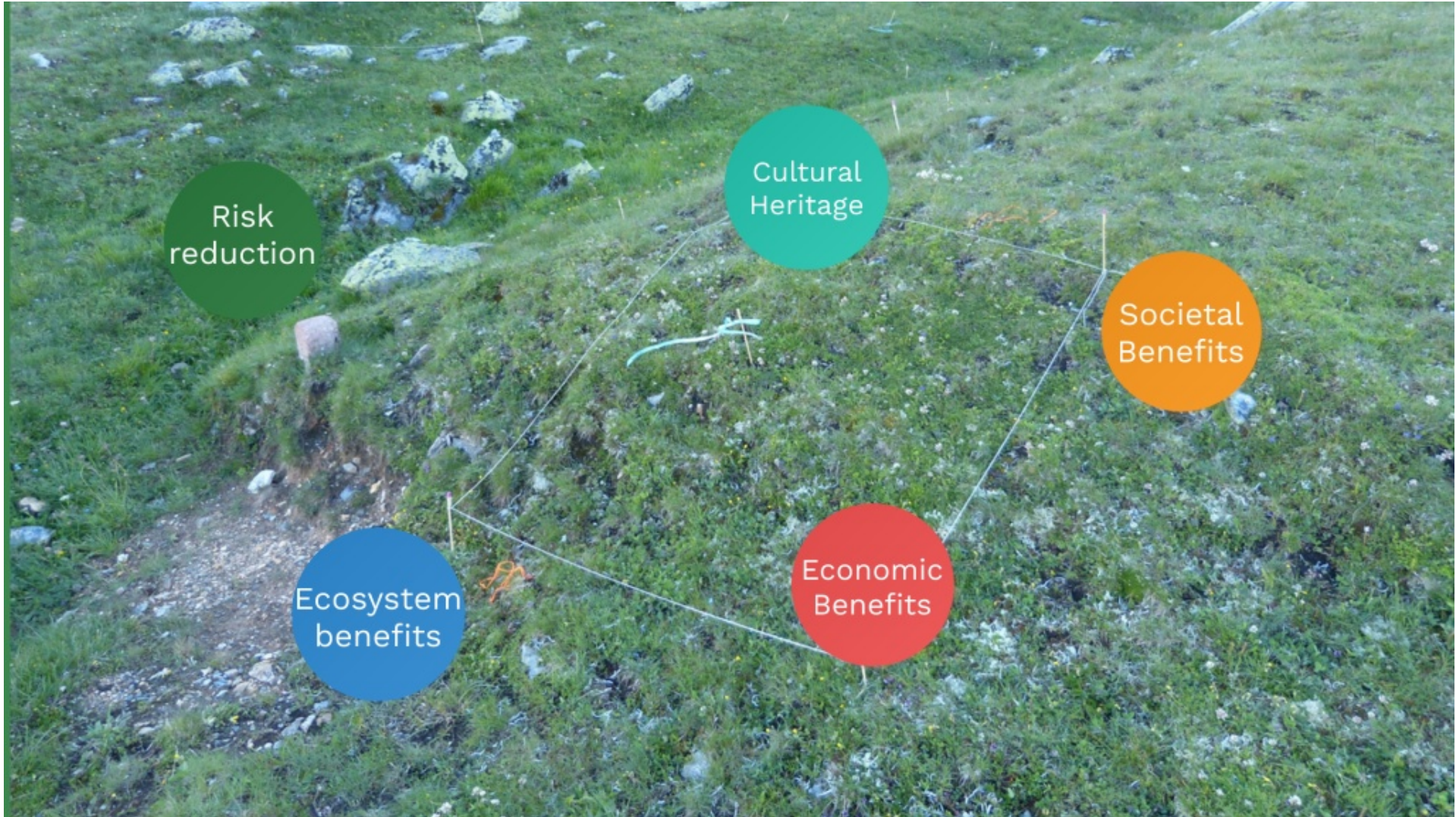


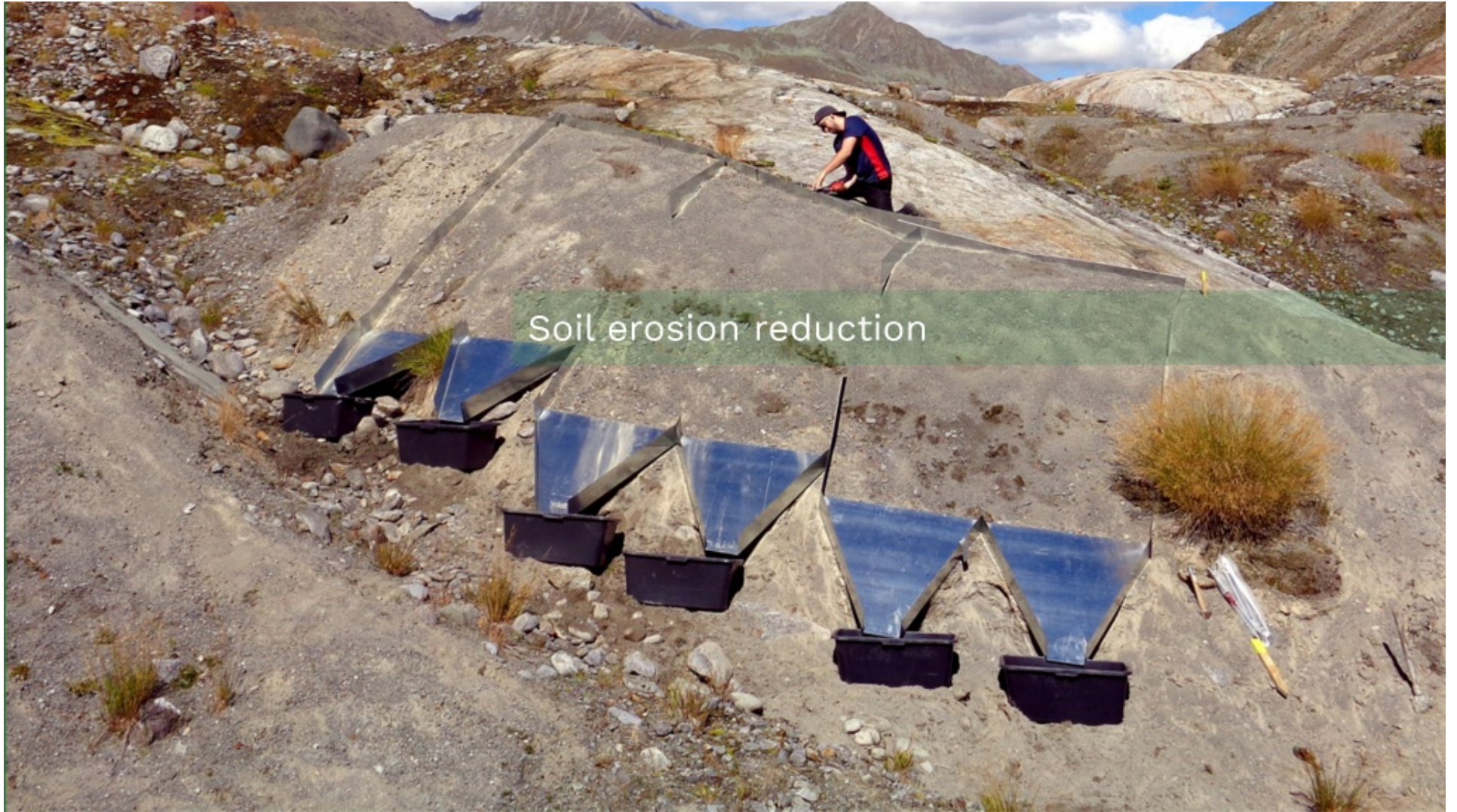
Example of terraced slope from the early 1900s  
which nowadays is still functional and heavily vegetated

## The Concept Case at Kaunertal valley (Austria)

Infrastructures in high mountain environments is affected by increased sediment loads. The retreating glacier has left massive deposits of the lateral moraine prone to erosion.













Reduced costs for eroded sediment removal



Citizen awareness



Heritage for future generations



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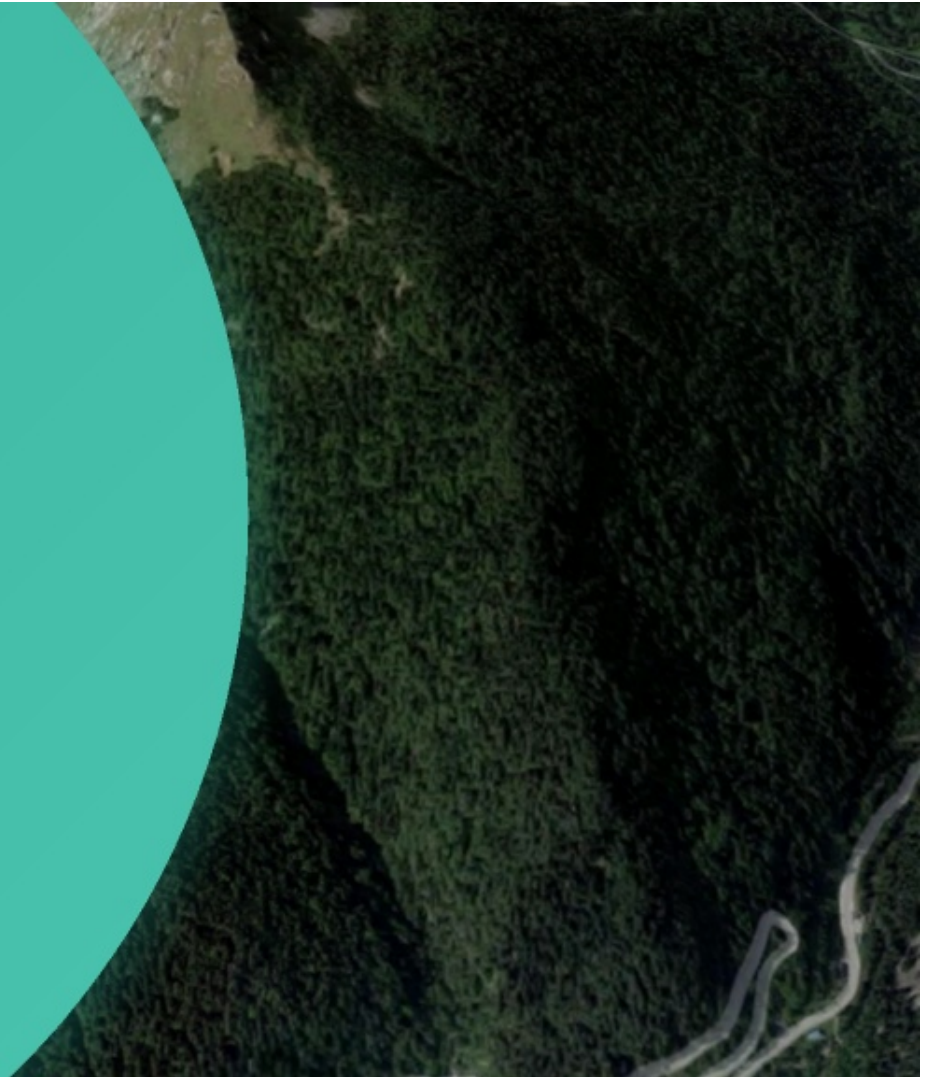
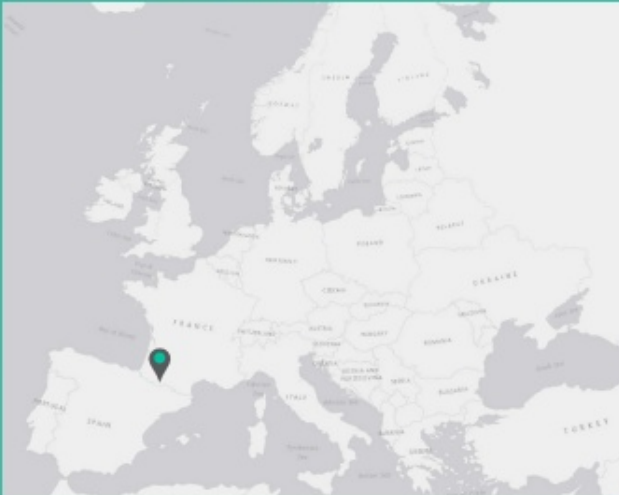
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## The Case study site at Portalet Artouste (Pyrenees-France)

The steep slope along the portalet Artouste road is regularly affected by rockfall, falling onto the road and causing damages and loss of lives.









Vegetation diversity



Rockfall risk reduction

A photograph of a person hiking on a dirt trail in a forest. The person is seen from behind, wearing a striped shirt, shorts, and a backpack. The trail is surrounded by tall, thin trees and fallen logs. Sunlight filters through the canopy, creating dappled light on the ground. A semi-transparent green banner is overlaid on the upper part of the image.

Potential hiking trails



Reduction of road damages





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Afforestation

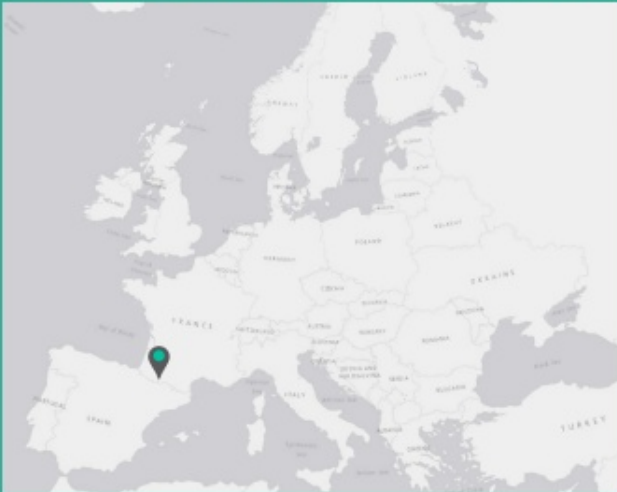
NBS

Bastan  
Capet

Case  
study

## The case study site at Bastan Capet (Pyrenees-France)

The forest of Capet has been devastated several times by snow avalanches that have reached the touristic village of Barèges, causing extensive damages.










Protection of the exposed village

An aerial photograph of a dense forest of evergreen trees, showing a variety of shades of green. A semi-transparent blue horizontal bar is overlaid across the middle of the image, containing the text "Increased forest carbon sequestration" in white. The text is centered within the bar and is clearly legible against the darker background of the forest.


Increased forest carbon sequestration



Avoided maintenance costs

Citizen sense of involvement and ownership





Example of recent afforestation



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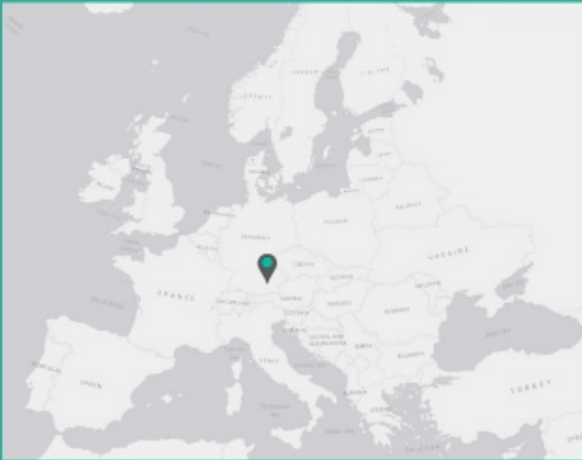
Social Media





## The Concept Case at Isar river (Germany)

The Isar river has been affected by severe flooding events in the past. The project for restoration was adopted and successfully improved protection against flooding through developing more of a natural river landscape, which allows space for the river to flood.







More room for the river



Boost to the local economy

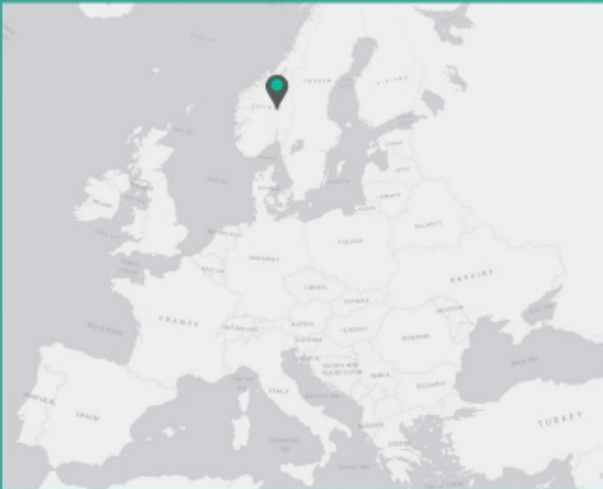






## The case study site at Gudbrandsdalen valley (Norway)

Historically, the valley is susceptible to spring snowmelt flooding. This is now changing with more frequent flood events from heavy rainfall also during other seasons.







Ecosystem  
benefits

Economic  
Benefits

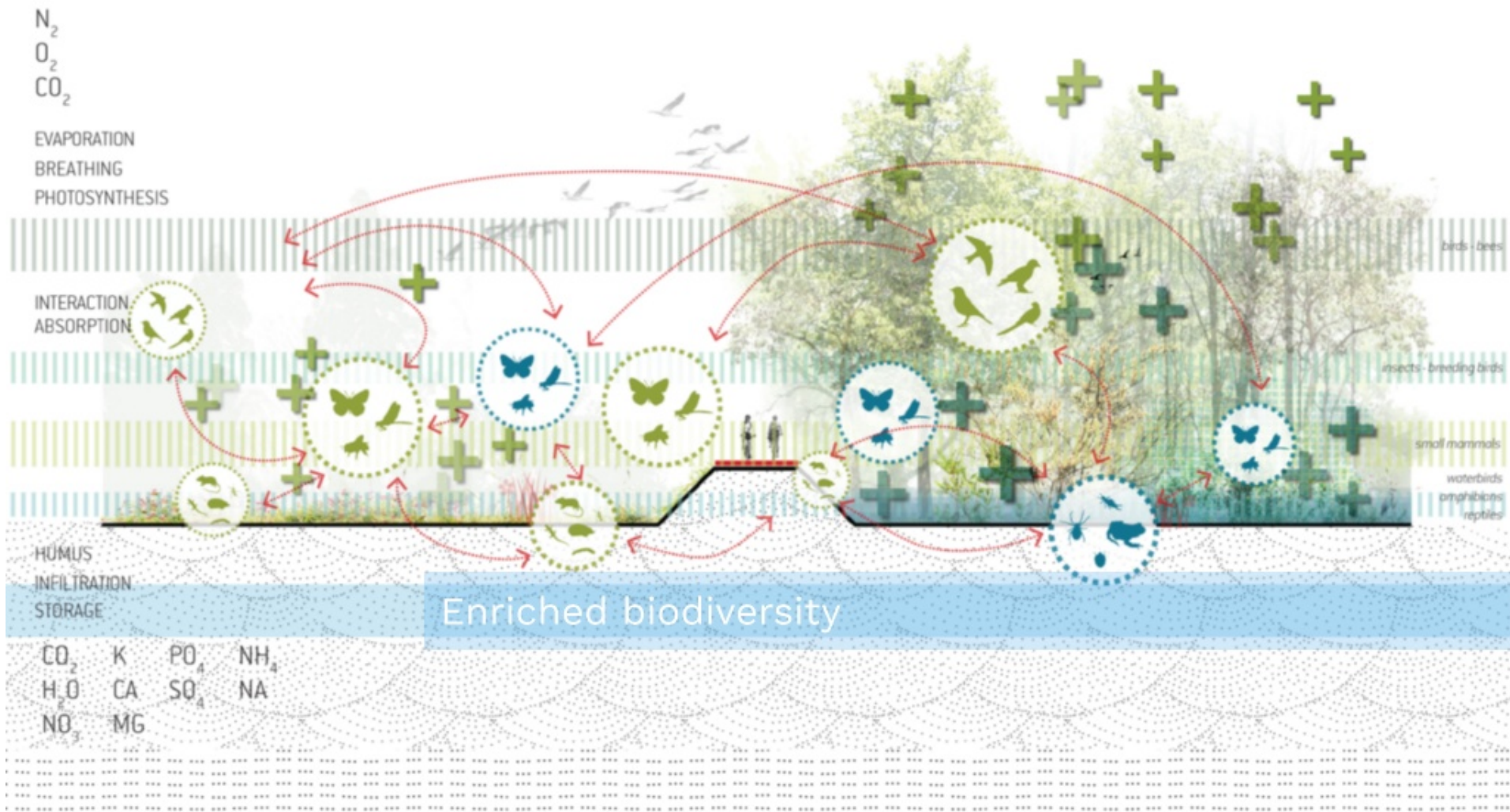
Societal  
Benefits

Risk  
reduction

Cultural  
Heritage



Protection of people and property







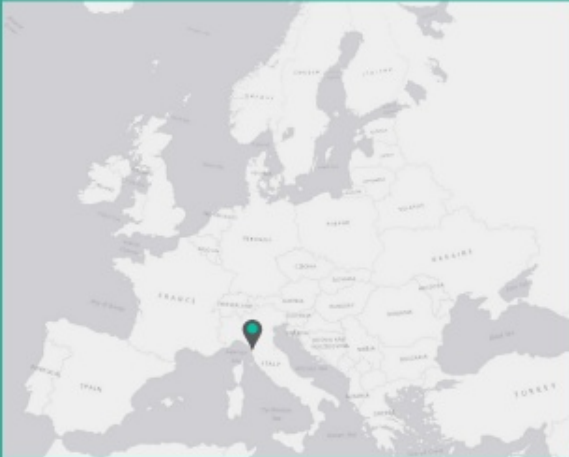
New opportunities for outdoor activities



## Landscape heritage

## The case study site at Serchio river basin (Italy)

Many of the irrigation channels between the Serchio River and the Massaciuccoli lake are affected by droughts and water pollution due to the heavy loss of soil in agricultural lands and the transport of soil.










Reduction of sediment runoff



Improvements for fish and fauna



Enhanced agricultural activities

## New recreational opportunities

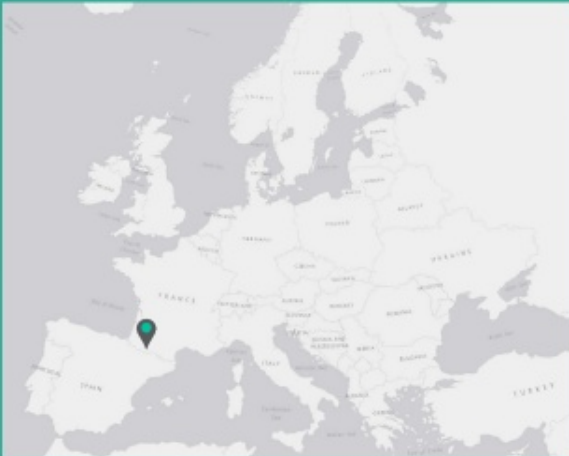




Landscape heritage

## The case study site at Bastan river (Pyrenees-France)

The Bastan river was affected by severe flooding events initiated by significant snow melting and heavy precipitation. Its confluence with the Gavarnie River represents a point of high flood risk.







Reduction of peak flows





Enhanced river vegetation



Increased sheep-farming and agricultural activities  
along the river

Recreational activities along the riverside





Restore and improve local fish stocks



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