

# The Parks and Beaches of Sterpaia and Etruscan Coast

## IL PARCO DI RIMIGLIANO

Rimigliano Nature Reserve stretches along the coast between San Vincenzo and Piombino for about six kilometres and forms part of the Parks of Val di Cornia. The reserve is home to typical Mediterranean scrub containing an exceptional variety of species, shapes and colours and in many places touches the clear blue sea, which laps the long sandy beach. This coastal reserve is ideal for long and reinvigorating romantic walks.



## IL PARCO DELLA STERPAIA - CARBONIFERA E TORRE MOZZA

Nestled in the wide Gulf between Follonica and Piombino you find an area of around 296 hectares composed of beaches, dunes and thick vegetation that all form the Sterpaia Coastal Park.

It is one of the greenest places in this area thanks to the dense Mediterranean vegetation emanating scents of rosemary, maritime pines and aromatic herbs. An enchanting spot to while away warm summer days in the shade of centuries-old oaks.

Make the most of your holiday in Tuscany by visiting the Park and enjoy its fine white sandy beach that slopes gently towards some of the clearest water found in these parts.



**La Carbonifera** belongs to Parco Della Sterpaia. Both private and public beaches are available. With its clear and fine sand and the shallow sea bottom, it is ideal for children too. **Torre Mozza Beach**, which is part of Parco Della Sterpaia, is overlooked by an ancient watchtower dating back to 1500.

## IL GOLFO DI BARATTI

Baratti is certainly one of those beaches that makes you fall in love and that satisfies all its visitors. Characterized by a unique atmosphere, you can breathe an air of peace and tranquility. The gulf is in fact surrounded by a real oasis of nature: green hills, crossed by dirt paths that open onto wonderful panoramas and small hidden jewels, such as the Hexagon House and the Dinosaur House. If you get tired of the sea and the sun and are not fond of walking, fear not: just behind the beach there are pine trees where you can look for some coolness and shade. Today in Baratti there is only a small, very picturesque tourist port, but once it was one of the nerve centers of the Etruscan civilization, not only for trade but also for the working of iron, coming from Elba. In fact, you will notice that even today the sand is characterized by a dark color, which shines under the sun's rays.



## CALAMORESCA



Mixed beach of coarse sand and gravel placed in a small bay, it interrupts a long stretch of high and rocky coast dotted with Mediterranean scrub. Crowded especially by young people during the week. 3 km away from the city centre, reachable downhill from the car/motorcycle parking via a large cemented road which can only be traveled on foot (5 min.) or by bicycle. It has a small bathing establishment with bar and restaurant (Calamoresca beach, also open in winter).

## CALA VIOLINA

Thanks to the fine sand, the crystal clear water and the unspoiled nature, Cala Violina is one of the most beautiful beaches of the Gulf of Follonica and of whole Maremma. Located between Follonica and Punta Ala, 10 km far from both towns, the beach is part of the Natural Reserve of Bandite Di Scarlino.

Forbidden to vehicles, you can get here choosing amongs two paths: or from Punta Ala by bike, after entering the barrier of Portiglioni (near the port of Scarlino), through a beautiful but quite difficult path; either, more easily, leaving from Pian d'Alma and following the signs on the provincial road 158. This will lead you to a dirt road and after 1 km you will find a limited parking lot (since we are inside of a natural reserve).

After parking, you will walk about 1.5 km on a path through the pine wood before getting to the beach. A luxuriant Mediterranean vegetation overlooks the clear beach with quartz granules. The palce takes its name from the sound they emit stepping on them (to hear it, it is necessary a lot of silence, so we recommend you to try very early in the morning, late in the evening or off season). Since there are no beach facilities here, this place gives a really extraordinary experience thanks to the wonderful view and the very clear water but remember that during high season it will be very crowded .



## CALA CIVETTA



Far 11 km from Follonica, the beach takes its name from the Torre delle Civette, which overlooks the small bay. Following the provincial road 158, after arriving in Pian d'Alma, follow the signs for Punta Ala until you reach the river Alma. Probably the wildest beach in the whole Gulf, it is not easy to find, there are no facilities or refreshing points. That is why we suggest you to bring the necessary for a pleasant stay.



# SURROUNDINGS

Rich in history, natural and cultural beauties, tranquility and small villages, the Tuscan Maremma is the perfect place to unwind from the stresses of everyday life. Famous for the hundreds of medieval villages, real gems set in the natural Mediterranean landscape, with their small squares, stone houses, defensive towers surrounded by walls, churches and works of art of great value, the Tuscan territory it is all to visit for a holiday dedicated to the discovery of the most beautiful villages in Italy.

## San Vincenzo



A lovely costal town, ideal for a walk in the centre, at the seafront or at the harbor. There are many restaurants, bars and shops and during summer, several festivals are organized.

## Follonica

It is one of the most famous summer destinations in the Grosseto Maremma and more generally of Tuscany. The progressive urban expansion towards the sea, which took place mainly during the last century, has made Follonica a city with a strong tourist vocation, although its foundation dates back to the 16th century (AD), when it established itself in the Tuscan territory as an important iron and steel pole. In fact, the historic center of Follonica coincides with the ancient perimeter wall (fence) which enclosed the ironworks. The coast of Follonica is particularly appreciated for the sandy seabed which slopes slowly towards the open sea. A feature that allows anyone to be able to immerse themselves in water without running any risks.



## Piombino

Main town in Val di Cornia and important iron and steel center, today Piombino still preserves evidence of its past: from the Etruscan origins to the Principality of Piombino, held by Elisa Baciocchi, Napoleon Bonaparte's sister. There are several monuments and tourist attractions, like the Town Hall, Piazza Bovio, one of the best square in Italy, from which you can enjoy a stunning view of the Tuscan Archipelago, and the marina, at Marina di Salivoli.



## Campiglia Marittima

This medieval village inhabited since the Etruscan era still preserves evidence of its past. The most noteworthy attractions are the Pieve of San Giovanni, the Rocca San Silvestro, built in the 11th century by della Gherardesca family to control the mining area, which had been exploited since the Etruscan era, and the Archaeological Mines Park of San Silvestro. In the Archaeological Mining Park it is also possible to visit the ancient mines. During summer, several events are organized .



## Populonia

Located on the promontory of the Gulf of Baratti, Populonia played an important role during the Etruscan and Roman times and in Middle - Ages, due to the exploitation of the mineral resources of Elba and of Campiglia Marittima. Nowadays, you can admire the Etruscan necropolis and the remains of the old settlements in the Archaeological Park of Baratti and Populonia, the Fortress and the medieval village.





# Suvereto



The **village of Suvereto** is undoubtedly one of the most beautiful and characteristic of the **Etruscan Coast**, a member of the association "The Most Beautiful Villages of Italy", it was also awarded the Orange Flag for the excellence of its offer and hospitality.

In addition to its beauty, Suvereto is known for its typical products, in particular oil and wine, and it is no coincidence that it is also part of the "Città del vino" association.

Nestled in a beautiful natural setting not far from one of the most beautiful and clear seas of the **Tuscan coast** and surrounded by fields of ancient olive trees and beautiful vineyards, Suvereto is definitely a destination to include in your Tour of the **Tuscan Villages**. During your walk in the village you have to spend a few minutes of your time to visit the characteristic former Convent of San Francesco; in a dominant position over the Borgo you can also admire the Rocca Aldobrandesca.

# Massa Marittima



One of the most attracting medieval village of the area, Massa Marittima is rich in historical, architectural and environmental treasures. The main square encloses the most significant monuments: the stunning Saint Cerbonius Cathedral, the Town Hall, the Fonti dell'Abbondanza, with the Fertility Tree, a unique fresco, and the Palazzo del Podestà. Apart from the monuments, Massa Marittima offers tourists remarkable festivals, like Lirica in Piazza and Balestro del grifalco.

# Castiglione della Pescaia

Characteristic village of seafaring about 23 km from Follonica, Castiglione della Pescaia is perched at about 540 meters above sea level. on a promontory at the top of which stands the Aragonese Castle, whose towers give, combined with the coastal landscape, a breathtaking view. The town is also one of the most exclusive tourist destinations in the area, thanks to the enormous number of beaches (from the best equipped to the wildest) and the countless green areas made up of pine forests and Mediterranean scrub. Castiglione della Pescaia, in addition to the luxurious port, is also known for its fervent evening and night life thanks to the numerous leisure offers offered by the locality.



# Castagneto Carducci

Born as Castagneto Marittimo and became **Castagneto Carducci** in 1907 in honor of the famous poet who spent his childhood in these lands, the Borgo is absolutely one of the stops to include in our travelogue during your **holidays in Tuscany**.

Immersed in the Livornese Maremma, in the heart of the **Etruscan Coast**, unlike other Tuscan villages in the area, Castagneto is more like a town, certainly larger and with a decidedly greater number of inhabitants than for example the near Bolgheri, with which it is connected by the marvelous **Bolgheri** road that offers unique sceneries, slipping between vineyards and cultivated fields.

In Castagneto you will have the chance to walk through the streets of the village and see antique shops with **typical products**, restaurants, panoramic squares and wine bars where you can taste the symbolic product of this area: Bolgheri DOC wines





# WINE ROUTE AND CITY OF ART

Among other things, you can taste local wine and oil, by following the Etruscan Coast Wine and Olive Oil Road, which will take you to the most important vineyards of the area, including the birthplace of Sassicaia, one of the most prestigious wines in the world and a symbol of the Etruscan Coast..



The cities of art, famous all over the world, are also easily reachable: Florence, Pisa, Siena, Lucca, Volterra, San Gimignano

## WINE TASTING

### **Petricci e del Pianta**

Loc. San Lorenzo, 20 – Suvereto (LI)  
Tel +39 0565 845140 - Cell +39 335 676 7271  
<https://www.petriccidelpianta.it>

### **Terradonnà**

Loc. Notri, 78 - Suvereto (LI) - Tel. +39 331 4026914  
[HTTPS://WWW.TERRADONNA.IT/](https://www.terradonna.it/)

### **Monte Solaio**

Via di Venturina, 17/A - Campiglia Marittima (LI) Tel +39 0565 843291  
<https://www.montesolaio.com>

### **Tenuta Poggiorosso**

Località Poggio Rosso, 1  
57025 Populonia Stazione - Piombino (LI) - Tel +39 0565.29553  
<http://www.tenutapoggiorosso.it>

## BEACH FACILITIES PARCO DELLA STERPAIA

**Località Perelli 1:** Beach Facilities “ Bagno PASCIA” (also beach dogs) <https://bagnopascia.it>  
Tel. +393358026804

**Località Perelli 2:** Beach Facilities “ LA CAPANNINA” [www.bagnolacapannina.com](http://www.bagnolacapannina.com)  
Tel. +39 379 1229632

**Località Carlappiano:** Beach Facilities “ BAGNO SKIUMA” – [ww.bagnoskiuma.com](http://ww.bagnoskiuma.com) Tel +393917151869  
Beach Facilities “ CURACAO” – Tel +393394252019

**Località Parco Sterpaia:** Bar and renting of long chairs and parasols “ IL NANO VERDE” [www.nanoverde.it](http://www.nanoverde.it)

**Località Mortelliccio:** Beach Facilities “ BAGNO ELIA” [www.bagnoelia.it](http://www.bagnoelia.it) Tel. +393922441369 -  
+393478446562 -+39+3358149207

Renting of long chairs and parasols “ SALMASTRO PUNTO BLU” Tel. +393394812117



**Località Carbonifera:** Beach Facilities " ONDA BLU " – Tel. +393453149021

Beach Facilities " CALYPSO " [www.bagno-calypto.it](http://www.bagno-calypto.it)

**Località Torremozza:** Beach Facilities " MIROLLINO " [www.mirollinobeach.it/](http://www.mirollinobeach.it/) Tel. +39056520511

## BEACH FACILITIES BARATTI

Beach Facilities " BAGNO BARATTI " [www.bagnobaratti.it](http://www.bagnobaratti.it) Tel. +393385253312 /+393476248451  
/+393282618090

Beach Facilities " ALTAMAREA " [www.bagnoaltamarea.it](http://www.bagnoaltamarea.it) Tel. +393387479636

## SUPERMARKETS

**CONAD** -Via Dell'agricoltura 9, 57021 Venturina Tel 0565 853350

**COOP** - Via Don Luigi Sturzo, 11, 57021 Venturina Terme LI Tel. 0565 851177

**PENNY** - Viale delle Terme 1 , Venturina Terme

**incoop** - Via Edmondo de Amicis, 57025 Riotorto LI Tel. 0565 20838

## STREETS MARKETS

**Suvereto**- MONDAYS from 8.00 to 13.00, Piazza Vittorio Veneto

**Cecina** – TUESDAY from 8.00 to 13.00, Corso Matteotti

**Piombino** – WEDNESDAY from 8.00 to ore 13.00, Via Ferrer

**Venturina Terme** – FRIDAY from 8.00 to 13.00, Via della Fiera

**Follonica** -FRIDAYS from 8.00 to 13.00 ,al Parco Centrale (Ex Ippodromo)

**Riotorto** – SATURDAY from 8.00 to 13.00, Via De Amicis

**San Vincenzo** – SATURDAY , from 8:00 to 13:00, Piazza Giovanni XXIII

## BAR / PASTRY

Twins Bar Tabacchi Riotorto – Tel. +39056521180 <https://twins-bar-tabacchi.business.site>

La Conca D'Oro - Via Indipendenza, 102, Venturina Terme Tel. +390565855967 [www.concadorocioccolato.it](http://www.concadorocioccolato.it)

## FOOD AND WINE SPECIALITIES

### OLIVE OIL

Frantoio Giovani Località S. Lorenzo -[www.giovanioilio.it](http://www.giovanioilio.it)

Azienda Agricola Il Bottaccio Via del Bottaccio, n. 16, Venturina Terme -[www.ilbottaccio.com](http://www.ilbottaccio.com)

### MEAT

Salumificio Patrone Via della Tecnica, 4, Venturina Terme Tel. +390565850322 -[www.salumificiopatrone.eu](http://www.salumificiopatrone.eu)

Luca's Meat Via della Pace, 16, Venturina Terme Tel. +393386440612 - [www.lucasmeat.com](http://www.lucasmeat.com)

### CHEESE

Caseificio Deiola Località Valdicciola, Suvereto Tel. +393334387312

Caseificio Spadi Strada Provinciale Aurelia Vecchia, Km 41, Follonica – Tel. +39056658409

Caseificio Ranieri Via del Turismo, 38, Follonica – Tel. +39056651466

Caseificio Toscano Via Archimede, 42, 57027 San Vincenzo LI - Tel. +390565079181

Azienda Agricola Fais e Serra Località Riotorto Vecchio, 3, Riotorto Tel. +393288865063

## RESTAURANTS

### Campiglia Marittima

La Tavernetta Piazza della Repubblica, 2, 57021 Campiglia Marittima LI Tel. +390565838853

*Pizza restaurant in the village square. Tuscan cuisine in a rustic setting. Perfect for children.*

Il Gocchetto vino e taglieri Via Pietro Gori, 2, 57021 Campiglia Marittima LI Tel. +393280244043

*In an alley in the historic center for tastings of local wines, platters and more. .*

Mamanonmama Via Roma, 1, 57021 Campiglia Marittima LI Tel +390565476488

*A small and welcoming discovery where fish is revisited in tasty dishes.*

### Venturina Terme

Ristorante pizzeria Elena Via Indipendenza, 122, 57021 Venturina Terme LI +390565852562

*Cozy family restaurant with both meat and fish specialities.*

Carnaby Street Via Aurelia Sud, 6, 57021 Venturina Terme LI Tel. +390565881119

*Cozy pizza restaurant. Excellent pizzas, gourmet dinners*

Trattoria Le Bimbe Via Indipendenza, 54, 57021 Campiglia Marittima LI Tel. +393713892861

*Homemade restaurant where you can taste meat and fish*

### Cafaggio

Osteria Annalisa Via della Repubblica, 30, 57021 Cafaggio LI Tel+39389 009 2222

*Tuscan-Sardinian cuisine in a familiar and welcoming environment.*

### Suvereto

La Locanda delle stelle Via Palestro, 2, 57928 Suvereto LI Tel +390565829092

*A welcoming place for gourmet cuisine that revisits the Tuscan tradition with imagination. Great selection of wines.*

Osteria l'Ciocio Piazza dei Giudici, 1, 57028 Suvereto LI Tel +390565829947

*In the heart of the village, an elegant restaurant with organic cuisine and a vast selection of local wines. .*

Dal Cacini Via del Crocifisso, 3, 57028 Suvereto LI Tel. +390565828313

*Experience at the table, a real surprise. The menu is decided every day by the chef in a rustic-elegant restaurant with a garden overlooking Elba. The hospitality of the hosts is adorable. .*

Osteria Pizzeria Il Melograno Via Giacomo Matteotti, 45, 57028 Suvereto Tel. +390565828004

*typical dishes of Tuscany and the area fresh handmade pasta, semi-wholemeal and cereal pizzas*

### Piombino

Osteria Volturmo Via Vittorio Emanuele, 41, 57025 Piombino Tel +39056549081

*Traditional tavern that offers fish specialties Adorable for the typically Tuscan hospitality of the landlord. .*

Taverna dei Buoncompagni Via Vittorio Emanuele, 38, 57025 Piombino Tel +390565222176

*Small and welcoming and gourmet environment where you can enjoy fresh fish and crudités. Reservation essential. .*

Il Garibaldi Innamorato Via Giuseppe Garibaldi, 5, 57025 Piombino Tel +39056549410

*Only fresh fish of the day cooked according to local tradition. It is possible to rely on the chef by choosing the menu he selects according to the catch of the day.*

MangiaFoco Via Galileo Galilei, 40, 57025 Piombino Tel +390565880619

*Typical trattoria but exquisite fish cuisine, all fresh and cooked to perfection. Octopus is a delicacy! Reservation essential*

## **Follonica**

Caribia Viale Italia, 212, 58022 Follonica Tel. +390566260059

*Seafront restaurant , where you can eat everything! Varied menu, with fresh dishes such as salads, sandwiches, sandwiches, or sea or land dishes, pizza .. Do not miss the desserts and above all the fabulous ice cream cups*

Ristorante Sottomarino Via Fratti, 1, 58022 Follonica Tel +39056640772

*Gourmet and goodness with excellent and well presented fish with sea view. Absolutely to be booked in advance*

Ristorante Trattoria il Mare Via Martiri della Niccioleta, 14, 58022 Follonica Tel +39056644729

*Ideal from every point of view: kindness, hospitality, service and good food*

## **TREKKING PATHS**

<https://www.komoot.com/guide/535639/hiking-around-campiglia-marittima>

Hiking around Campiglia Marittima is one of the best ways to experience more of the landscape, although finding the right route is not always easy. To help, here are the top 11 hikes and walks around Campiglia Marittima – so you can just get out and go.

## **RENTING BIKES / SCOOTERS**

FN renting bikes /scooters a domicilio +393291877783/+393294877656

PRORENT Noleggio scooter e bici - Via Pisa, 8, 57021 Venturina Terme LI Tel. +39334815 690

## **RUBBERS BOAT RENTING**

Porto di Baratti - +393291317610 /+393391814855 <https://portobaratti.com>

Sulle vie degli Etruschi - Tel: +393357087858/ +393347688571 - [www.sulleviedeglietruschi.org](http://www.sulleviedeglietruschi.org)

## **MAIN ATTRACTIONS & AMUSEMENTS**

Cavallino Matto Via Po' 1, Marina di Castagneto C.ci (LI) [www.cavallinomatto.it/](http://www.cavallinomatto.it/)

Il Parco Archeologico di Baratti e Populonia - [www.toscana.info/livorno/provincia/val-di-cornia/](http://www.toscana.info/livorno/provincia/val-di-cornia/)

Il Parco Archeominerario di San Silvestro - [www.toscana.info/livorno/provincia/val-di-cornia/](http://www.toscana.info/livorno/provincia/val-di-cornia/)

Giardino dei Tarocchi Capalbio (GR) <https://ilgiardinodeitarocchi.it/>

Parco delle Biancane - Via dei Lagoni Boraciferi, Monterotondo marittimo

Acqua Village di Follonica Via Raffaello Sanzio, Follonica Tel. +390566 263735 [www.acquavillage.it](http://www.acquavillage.it)

Osservatorio Astronomico Punta Falcone, Loc. Falcone, Piombino Tel. +393204126725

<https://web.astropiombino.org>

Il Giardino Sospeso Loc. Giardino, Riparbella PI Tel. +393357726323 [www.ilgiardinosospeso.it](http://www.ilgiardinosospeso.it)

## **WELLNESS**

Il Calidario Terme Etrusche Via di Caldana 6, Venturina Terme, Tel +390565853411 cell +393501608695

[www.calidario.it](http://www.calidario.it)

Terme di Venturina Via delle Terme, 36/40 Venturina Terme Tel.+390565855759 [www.termediventurina.it](http://www.termediventurina.it)

La Cerreta Via Della Cerreta 7, Sassetta Tel. + 390565794352 - +393381851877 only *chat WhatsApp*

<https://lucerretaterme.it/terme-spa/>



## **HORSE RIDING**

Centro ippico il Felciaino Via di Cafaggio, 5 a Campiglia M.ma Tel.+390565838750 – +393342255992

*Equestrian center offering riding lessons and horse riding.*

ASD Passioni di Maremma Loc. Fontanella Suvereto. Tel +393479553622 – +393400663458

*Horseback riding through woods and countryside. Pony rides for children.*

## **USEFFUL NUMBERS**

- Emergency number **112**  
(is the service that allows you to request the intervention of the State Police, the Carabinieri, the Fire Brigade or the Medical Aid )
- Road Assistance ACI **116**
- Forestry Corps and fire emergency **1515**
- Rescue at sea **1530**
- Tourist office 0565 837201

## **Emergency Local Number**

- Local Police - 0565 839333
- Police- 0565 851203
- Emergency medical Service - 800 064422

## **Hospital Piombino**

- Via Forlanini, 24 - 57025 - Piombino (Livorno) Tel. +39056567111

## **Pharmacies**

- Gabrielli - Via Roma, 6, 57021 Campiglia Marittima LI - Tel 0565 838124
- Biagi - Via Indipendenza, 139/141, 57021 Venturina Terme LI - Tel 0565 851201
- Cafaggio - Via della Repubblica, 49, 57021 Cafaggio LI - Tel 05651828001
- Comunale Venturina - Via Don Luigi Sturzo, 2 c, 57021 Venturina Terme LI - Tel 0565 850596
- Eliopoli - Via Edmondo de Amicis, 30, 57025 Riotorto LI - Tel. 0565 21121

## **Stazione Ferroviaria**

<https://www.trenitalia.com/en.html>

Campiglia Marittima 6 km

Follonica 15 km

**BB La Vecchia Fonte**  
**via san vincenzo**  
**57021 Campiglia Marittima (LI)**  
**Tel/Phone: +39 0565 8306018 + 39 347 2625190**  
**info@vecchiafonte.it**