

In the Monterufoli Caselli Nature Reserve

Text by Filippo Brancoli, Photos by Filippo
Brancoli and APT archives

Località di partenza:

Regione Toscana, Provincia di Pisa, Monteverdi
Marittimo

Tipo di itinerario:

a piedi

Fondo stradale:

Misto

Difficoltà a piedi:

Turistica

Dislivello in salita (m):

70 m

Dislivello in discesa (m):

70 m

Tempo (hh:mm):

2:00

Periodo consigliato:

always, except the rainy season because the
river has to be crossed

Cartografia:

SELCA, Alta Val di Cecina trekker and tourist
map, scale 1:50000. Alternatively SELCA ,
GEOSITI , Alta Val di Cecina, scale 1:50 000

Segnavia:

red and white and green and white. Path no.16

Uffici informazioni:

For further informations on Costa Toscana:
www.toscanacosta.it

Pisa Tourist Agency, Via Pietro Nenni 24 - 56124
Pisa

Tel. 050 929777

Fax 050 929764

www.pisa.turismo.toscana.it

info@pisa.turismo.toscana.it

This is a splendid itinerary that offers all the major attractions of the area within the Monterufoli Reserve, a nature reserve populated by numerous species of animals and flowers. After passing the bridge over the river Sterza we reach two bends, the second of which is wide, where we see to the left, the start of the path marked on an iron bar. This first section winds through the wood and is not difficult to follow because there are plenty of signs. We follow the main path, turning right at the first junction, and keep straight on meeting other small paths that come out onto ours. The



This is a splendid itinerary that offers all the major attractions of the area within the Monterufoli Reserve, a nature reserve populated by numerous species of animals and flowers.



Unione Europea
Fondo Europeo di Sviluppo Regionale

www.trekbike.it

path climbs and descends until we reach a section that borders a farm with grazing animals. In a few minutes, coming out for a second into the sunshine, among the lower vegetation, we reach a wider path that we follow towards the right, descending slightly. Thus we reach a wooden building in a visible area, near a large clearing bordering the provincial highway. A path climbs from near the wooden building which we take, leaving it shortly after turning right, at a sharp bend. Between the trees we can see the hills with their farms located around the Monterufoli reserve and in less than ten minutes we must look out for a path that enters the wood on our right, going down. This is a junction that is marked by both the path signs we find in this area, but care must be taken not to miss it. We go down towards the valley floor where, in a few minutes, we reach a good path that follows the old tracks of a railway used to transport material extracted from the lignite mine.

The path comes from an old stone bridge (to which access is banned), the first of three we will meet and which used to be part of the railway track that served the mine. Going further along we come to a junction, indicated on the left, that we ignore. In spite of the path signs, we must go right and pass an old ruin, before entering a wood. About ten minutes after leaving the first bridge we arrive at a second one, near which we wade across the river Ritasso, still following the signs, we climb the opposite steep bank to find the path half way up which leads us, on the left, to the mine and continues parallel with the river. Near the third bridge, about a quarter of an hour from the second, we cross the river and go straight on until we meet the Ritasso for the last time. Still guided by the signposts we cross the river and arrive near la Pompa farm where we come out onto the provincial highway which we follow on the left until we arrive at the starting point of the route.

After an initial section in the wood, we take the old railway track used for transporting products from the mines that we meet during our walk. Three old bridges over the river Ritasso are still visible and very impressive. The final part runs parallel with the river, and crosses it three times, forcing us to wade across. When we reach la Pompa farm we go south until we arrive at our starting point.

This itinerary is part of a collection that the magazine "Trekking", together with the APT (Provincial Tourist Authority) of the Tuscan Coast, has dedicated to the most beautiful trekking routes in this area. A series of itineraries that will help you discover lovely places and will introduce you to a district that has great environmental and cultural appeal.

