

The Cipresso Calvo Path

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

Località di partenza:

Regione Toscana, Provincia di Lucca, Massarosa, Frazione Massaciuccoli

Tipo di itinerario:

a piedi

Fondo stradale:

Fuori strada

Difficoltà a piedi:

Turistica

Tempo (hh:mm):

2:00

Periodo consigliato:

All seasons

Uffici informazioni:

For further informations on Costa Toscana:

www.toscanacosta.it

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From Massaciuccoli follow the via Pietra di Palude in a southerly direction until the fountain dedicated to Renzo Zia, the geologist who discovered the spring from which the water is captured. A nature path branches off at this point, crossing the reclaimed section alongside Lake Massaciuccoli. In the first part we walk along the banks of the lake, while, on our way back, we come across three characteristic areas that are worth a stop: the Eucalyptus area, a tree introduced in ancient times because it was believed to combat malaria; then the area of the Black Poplar and finally that of the Bald Cypress (Cipresso Calvo), a tree belonging to the Sequoia family, with very high quality wood. We then return to the departure point following signpost no. 1.

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.



This path crosses an area near Massaciuccoli lake, where we can admire stretches of sedge, an aquatic plant that grows in abundance in the stagnant waters of the lake and was used in the past as litter for animals, and as material for binding wine flasks and re-caning chairs. Along the route we can also admire numerous species of birds that nest along the lakeside: towards the centre of the lake diving birds, like the back-necked and eared Grebes and Cormorants, and the more fortunate can admire the antics of the Osprey, the only bird of prey that can catch fish just under the surface of the water by making fast plunges that end in a dive where the prey is caught in the claws of the bird. In the more shallow waters, on the other hand, we find various species of surface Ducks, that feed just by immersing their necks. The ducks share the shallow waters with numerous varieties of Herons: We can admire not only the Grey Heron but the rarer Egret and, in the cane thickets, the Red Heron, that builds its nest in the more inaccessible, thick areas. During the Spring, the lake is home to the Stilt Plover, the elegant wader with black and white plumage and very long bright red legs.



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www.trekbike.it

