

# the Nature Reserve of Tomboli di Cecina

Text and photos by Filippo Brancoli

## Località di partenza:

Regione Toscana, Provincia di Livorno, Cecina

## Tipo di itinerario:

a piedi

## Fondo stradale:

Misto

## Difficoltà a piedi:

Turistica

## Tempo (hh:mm):

1:30

## Periodo consigliato:

all year round

## Cartografia:

S.E.L.C.A, Trekking Costa degli Etruschi, dalle colline al mare, foglio sud. 1:50.000

## Segnavia:

we partially use the local red and green signposts

## Uffici informazioni:

For further informations on Costa Toscana:  
[www.toscanacosta.it](http://www.toscanacosta.it)

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(Etruscan Coast Tourist Agency) Piazza Cavour 6  
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## Accesso al percorso e note:

How to get to Marina di Cecina: following the SS1 Aurelia, exit at S. Pietro in Palazzi, from here follow the signs. Buses belonging to the ATL company also go to the place.

Coming from the centre of Marina di Cecina we reach the beginning of our route: we either go to the end of viale della Vittoria and then skirt the pine wood until we arrive at the entrance of the State Reserve, or from the roundabout in the centre, we pass via del Galoppatoio and arrive at the beginning of the nature reserve.

Once we reach the boundary of the state forest we head south, through a cool pine forest with picnic tables and benches. We pass signposts and proceed along the good cobbled path until, just after this, we arrive at a wooden panel bearing an inscription. We go straight on until we reach an arboretum containing all the



This is an easy but attractive route under the shade of pines that develops within the Nature Reserve of Tomboli di Cecina, in an area that extends for more than 15 km and is composed of three different kinds of environment that live in contact with the sea. A unique place where you can closely observe the vegetation of the Mediterranean scrub.



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rich vegetation typical of the Mediterranean scrub, and which our route will give us the chance to examine. The area we are in was established by the Grand Duke of Tuscany Leopold II to protect the inland crops from the salinity and winds coming from the sea.

After visiting the arboretum we continue our route, soon arriving at a junction where we turn right and cross the bridge. We walk along the main path through the pines. Every now and again there are paths going off on the right leading straight to the beach, where we can see the profiles of the trees against the light of the shining sea. We continue south without taking any of the turn-offs and arrive at a bridge over Fosso Nuovo which we cross and continue in the usual direction.

After a last stretch without turn-offs, we turn a bend that goes in the direction of the sea and at the next crossroads we proceed parallel with the coast. We meet numerous signs indicating the various routes in the area until we reach a picnic area, still on the main route, near a clearing. Here we see a path that goes off into the sand-and-gravel bar.

The strip between the pine wood and the sea, that is, the sand-and-gravel bar, is a series of gentle sand dunes where the vegetation, having left the majestic pines of the hinterland, offers the shade of the holm-oaks and various types of juniper; there is also a rich fauna including foxes, roe deer, boar and badgers.

We take the path protected by a wooden fence and soon arrive at the coast, coming out onto the beach just before a ditch to the south. We head north, towards Marina di Cecina, walking on the beach that constitutes the third environment composing the Nature Reserve. The coastal strip has its own particular kind of vegetation, with plants that are resistant to the sand and salt such as sea lilies, rocket and the sea poppy. We climb up again keeping close to the wild Mediterranean scrub and proceed towards the village. After passing Fosso Nuovo, just after the village, we come to a turn-off on the left that takes us back to our departure 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.

