

# Cala Violina

Text and photos by Alberto Conte

## Località di partenza:

Regione Toscana, Provincia di Grosseto, Scarlino

## Tipo di itinerario:

a piedi

## Fondo stradale:

Misto

## Difficoltà a piedi:

Turistica

## Dislivello in salita (m):

170 m

## Dislivello in discesa (m):

170 m

## Tempo (hh:mm):

2:45

## Periodo consigliato:

All seasons

## Segnavia:

red and white sign posts of Bandita di Scarlino

## Uffici informazioni:

For further informations on Costa Toscana:

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

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[www.lamaremma.info](http://www.lamaremma.info)

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## Accesso al percorso e note:

Taking the provincial highway between Follonica and Castiglione della Pescaia, we arrive at Puntone, where there is a bus stop. We turn right after the bridge, along Lungomare Garibaldi, in the direction of the Port. We go straight on as far as Ristorante il Cantuccio, where we arrive at a barrier and take path 1. Near the restaurant there is a small car park and a place where you can hire bicycles

From the access barrier we take path 1 that descends into the wood. After walking for about 5 minutes we arrive at the first junction where we turn left. The path starts climbing slightly through the wood until the sea appears, giving us a splendid view of the Gulf of Follonica and the Isle of Elba.

After walking for another 25 minutes through the wood and with fine views over the sea, we cross path 6 and go straight on descending towards Martina, where there is a monument to Garibaldi. The epigraph reminds us that the general departed for his historical enterprises from this very beach. We go straight on towards Cala Violina, an enchanting bay of white sand that we can see behind the headland. After an inevitable stop, we continue along path 1 reaching, after some meters an obvious

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ITINERARI E VIAGGI NELLA NATURA



The most interesting aspect of this itinerary is the breath-taking views we have every time the wood and the Mediterranean scrub that shade most of the path open up. The view sweeps from the Isle of Elba over the whole Gulf of Follonica as far as Piombino. Along the path we can see the vegetation that is characteristic of the rocky coast, but the protagonist is the holm-oak. Near Cala Violina, considered to be one of the most beautiful beaches in Italy, we find the wild Olive tree.



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junction where we take path 2A, on the left. We go straight on to the next junction for Cala Martina, and when we arrive at the fire-break, we follow it to the left and turn left again onto path 3.

A few meters on and we turn left again on path 3 which takes us into the Mediterranean scrub that every now and again clears to give us wonderful views of the sea.

We follow the path, up and down, for about half an hour until we arrive at a junction where we continue along path 3. When we reach another fire-break we follow it on the left, going down, following sign post no. 7. We go straight through the next junctions, with paths 3 and 6, following the ridge line. Finally we arrive at path 5 which we take and descend until we reach 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.

