

Livorno, On foot along the Etruscan coast: 1st Part

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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

Cartografia:

IGM - Topographic map of Italy - Scale 1:50,000
- Sheet 294 - Cecina

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ITINERARI E VIAGGI NELLA NATURA



Tomboli di Cecina

The itinerary starts at the entrance of the Marina di Cecina Nature Reserve, in a cool pine forest, near a picnic area equipped with tables and benches. We proceed along a good path meeting shortly afterwards an arboretum that shows all the rich vegetation to be found in the Nature Reserve. After the visit we continue our trek arriving at a turn-off where we keep to the right and pass a bridge. We walk through the pine forest until we arrive at the bridge over Fosso Nuovo which we cross. After a last section of road without any detours we take a bend approaching the sea and at the next crossroads we carry on parallel to the coast, until we reach the outskirts of a picnic area near a clearing. Here we see a path which enters the sand-and-gravel bar between gentle sand dunes and the typical vegetation of holm oaks and junipers. We arrive at the sea shore walking parallel to a wooden fence, just before a ditch to the south.

We climb up towards the village, walking along the beach, the third environment, together with the pine forest and the sand-and-gravel bar, of which the Nature Reserve is composed, with its particular vegetation with plants that are resistant to sand and salt. Still in the midst of the Mediterranean scrub we approach the town of Marina di Cecina. After passing Fosso Nuovo, just after the village, we come to a detour on the right that brings us back to our point of departure.



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