



# Living the Park

Capraia



calendar  
**2021**



**LA SALATA" ENVIRONMENTAL EDUCATION CENTRE**  
**Information Point of the Tuscan Observatory for Biodiversity**

The new information centre located in the tourist port provides all the information needed to enjoy the island's breathtaking beauty. It houses a tourist information point - run in collaboration with the National Park, the Capraia Isola Municipality and the Pro Loco - which is also an Environmental Education Centre dedicated to learning about Capraia. Multimedia displays, including virtual reality and interactive applications, make it possible to relive the geological development of the Tuscan Archipelago and in particular the volcanic apparatus from which the island of Capraia formed, as well as the various opportunities for enjoyment through the local trail network. A specific exhibition is dedicated to the International "Pelagos" Sanctuary for Marine Mammals with images of its extraordinary inhabitants, in-depth information on marine fauna and information on the Tuscan Observatory for Biodiversity. The interactive environment allows visitors to enjoy a series of multimedia experiences providing emotions and knowledge: the scenographic walls, animated by a number of monitors; the diffusion of the sounds of nature; the multimedia contents accessed through tablets provided by the centre; the virtual reality viewers. Lastly, the courtyard houses three splendid life-size models of a common bottlenose dolphin, a common dolphin and a stenella. Excursions with a Park Guide to explore the trails, geological and archaeological treasures and the island's extraordinary marine protected area can be booked here (Tel. 320 9606560). Free admission.

**From 3 April to 31 May:**

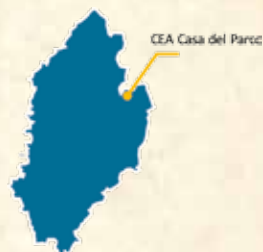
Friday, Saturday and Sunday  
9.30 am -12 noon / 5.30 pm - 7 pm

**From 1 June to 15 September**

Monday 9 am - 1 pm / 3.30 pm - 7.30 pm  
Tuesday 9 am - 1 pm / 3.30 pm - 7.30 pm / 9.30 pm - 11 pm  
Wednesday 9 am - 1 pm / 3.30 pm - 7.30 pm / 9.30 pm - 11 pm  
Thursday 9 am - 1 pm / 3.30 pm - 7.30 pm / 9.30 pm - 11 pm  
Friday 9 am -1 pm / 3.30 pm - 7.30 pm  
Saturday 9 am - 1 pm / 3.30 pm - 7.30 pm  
Sunday 9 am -1 pm / 3.30 pm - 7.30 pm

**From 15 September to 1 November**

Friday, Saturday and Sunday  
9.30 am -12 noon / 5.30 pm - 7 pm



## PALMENTI

The Municipality of Capraia, under the scientific supervision of the Soprintendenza Archeologia, Belle Arti e Paesaggio (Superintendency for Archaeology, Fine Arts and Landscape Heritage) for the provinces of Pisa and Livorno and thanks to funding from the INTERREG ISOS-Sustainable Islands project implemented by the National Park, has set up a cultural itinerary for rediscovering the island's ancient agricultural traditions, with the possibility of visiting ancient "palmenti": vats dug out of the rock for wine production, in which the grapes were pressed to obtain their juice, probably used from the 16th century onwards. In addition to the three wine presses already open to visitors, Forte San Giorgio, San Leonardo and Segalaio, recent excavations have led to the addition of others located in Il Piano, which can be accessed from a special path with explanatory panels.

## ARCHAEOLOGICAL EXHIBITION - THE RETURN OF THE WARRIOR

The Church of St. Anthony houses the exhibition 'The Return of the Warrior', which displays a series of important archaeological finds from the island and its surrounding waters. Among these, the most striking ones come from so-called Tomb 13, discovered close to the eastern side of the Church of Santa Maria Assunta during the 1983 archaeological digs: in addition to a series of medieval and modern burials, a late antique tomb dating back to the 5th century AD was discovered. The remains of the skeleton and the grave goods allow us to attribute the burial to a soldier of probably non-autochthonous origin, perhaps a Frank from Avitus's imperial army, who died during the battle of Corsica in AD 456.

The exhibition is part of a wider framework of interventions - implemented by the Municipality of Capraia, in collaboration with the Tuscan Archipelago National Park, under the scientific supervision of the Soprintendenza Archeologia, Belle Arti e Paesaggio (Superintendency for Archaeology, Fine Arts and Landscape Heritage) for the provinces of Pisa and Livorno - which aim to enhance the historical and archaeological heritage of the island of Capraia. Admission € 3.

## THE MONK SEAL

Sightings of marine mammals such as dolphins, fin whales and sperm whales are frequent around Capraia, which is part of the Pelagos International Sanctuary for Marine Mammals. After an absence of decades, the monk seal was sighted along the island's coasts. This species is endemic to the Mediterranean and the adjacent Atlantic waters, where it survives in breeding groups of a few hundred individuals concentrated in the southernmost areas of the Mediterranean Sea and along the Atlantic coasts of the Sahara and the Island of Madeira. The Tuscan Archipelago National Park organises special boat trips along the island's coasts to discover Capraia's marine fauna. If you are navigating with your own boat, pay attention to a few simple rules so as not to disturb the monk seal or other animals and consult the map to find out in which areas you can navigate freely.

[www.parcoarcipelago.info/wp-content/uploads/2020/12/capraia-avviso-natanti-fronteretro.pdf](http://www.parcoarcipelago.info/wp-content/uploads/2020/12/capraia-avviso-natanti-fronteretro.pdf)



## THE BLUE MILE

Swimming, snorkelling, swimtrekking in an extraordinary natural pool. Capraia's Miglio Blu (Blue Mile) is a freely accessible corridor reserved for safe swimming, within which navigating, anchoring and mooring are prohibited. It is a long strip in front of the town of Capraia, from Grotta sotto la Torre to Torretta al Bagno, both accessible from land. The corridor is 1100 m long and 25 m wide and is bordered by 22 buoys. If navigated both ways, it is possible to swim for over a nautical mile.

## PRO LOCO ISOLA DI CAPRAIA – EVENTI 2021



**Capraia, Scoglio DiVino.** Festival of island and Tuscan wines with tasting of typical dishes and local produce.

**Sagra dei sapori delle terre di mare** (Festival of the flavours of the islands). The theme for 2021 will be fish in barrels: anchovies, sardines, salt cod & co. With preparation and tasting of typical dishes and products.

**Oltremare Blue Night.** One Thursday night in July and one in August on the island: nights of partying, music, midnight bathing and spaghetti.

**Festival "Muovasi la Capraia"** (Capraia Moves) between dreams and the sea. Two weeks of music, theatre, cinema and literature. In the evocative setting of the Church of Sant'Antonio, the 17th century Cloister and Convent and the Torre del Porto, evenings of music, book presentations and events organised by the Capraia Library. Cinema under the stars and theatrical performances.

**Festival celebrating Our Lady of the Assumption.** Traditional religious festival with a procession at sea, fireworks, Palio Marinaro Isolano.

**FinEstate in festa.** Stands where the island's restaurants offer fish dishes and local food and wine products will be the setting for a dance and light show on the water, a swimming competition and water polo tournament.

**Capraia OktoberTotanoFest.** Festival of craft beers with tasting of typical dishes and local produce.

**Sagra del Totano** (Squid Festival). A well-established event that attracts thousands of tourists every year, the Capraia Squid Festival comprises two main events: a Squid Fishing Competition and the Festival itself, with stands representing the island's restaurants.

## How to reach the Island of Capraia

The island of Capraia can be reached all year round in about 2 hours and 45 minutes by boat from the port of Livorno. To visit the island, you don't need to ferry the car across, as the only 800-metre road is served by bus, and there are restrictions during peak tourist periods. The ferry company for Capraia is Toremar, tel. 0586 896113.



Avenza Maps

Download the free application on the Avenza maps platform to view the official maps of  
**Capraia**



Capraia

# Walking Festival



## SPRING WALKING FESTIVAL

### SUNDAY 4 APRIL

#### **Capraia, the island of the Palmenti. Excursion to the archaeological area of Tigghielle**

The Mediterranean region is traditionally known for its wine production. Archaeological finds tell of sites and production techniques that characterised the daily life of local communities. A visit to the CEA La Salata will introduce the guided itinerary that will lead from the port to 'Le Tigghielle' to discover evidence of the volcanic island's vocation for the production of wine.

Appointment: 2.45 pm CEA La Salata (harbour) - Duration 2 hours 30 minutes - Difficulty: easy - Advance booking required, free.



### MONDAY 5 APRIL

#### **Easter Monday freedom in the former prison: excursion with lunch break at a farmhouse**

An appointment to spend 'Easter Monday' in an original way, with an excursion to the former penal colony and a tasty lunch at the Valle di Portovecchio Agritourism. Pianosa, Gorgona, Capraia and even Montecristo have been home to agricultural penal colonies. What was their function? How were they organised? What was their relationship with the territory? During the beautiful walk through the former agricultural penal colony of Capraia we will discover this important page in the island's history. A stop for lunch at the Valle di Portovecchio farmhouse will allow us to meet Rossana and Massimo, who have transformed one of the most curious structures of the former colony, and to taste the delicious local produce they serve.

Appointment: 11.30 am at CEA La Salata (harbour) - Duration: 2 hours 30 minutes - Difficulty: Easy - Booking required, € 25.

## SUNDAY 25 APRIL

### **In search of lizards and tree frogs among the rocks and small ponds of Capraia**

A tiny green frog leaps towards a pool of water, revealing its presence: this is the Tyrrhenian tree frog that lives on Capraia, camouflaged among the vegetation and waiting for small prey. Adapted to damp microhabitats, it is the only amphibian living on the island. But among the rocks and trunks of the shrubs, on the dry-stone walls, the expert points out other small animals: lizards, which in some parts of the Archipelago take on very different colours and regulate their body temperature in the sun. With a bit of luck, an elusive and rare gecko, the European leaf-toed gecko, can be observed. Excursion to the Stagnone to learn about the Natura 2000 network.

Appointment: 11.30 am at CEA La Salata (harbour) - Duration: 5 hours

Difficulty: medium – Free, booking required.

## SUNDAY 2 MAY

### **Invasive alien species: a threat to our biodiversity, let's fight them together!**

These are not strange living beings from outer space, but animals or plants that move with us to places far away and different from where they normally live. Some of these organisms are so comfortable in their new surroundings that they start to reproduce and grow, taking resources and space away from other native species; they may even kill them as their prey. But the damaging effects are often not limited to disrupting the natural balance, they also affect human activities, causing serious damage to the economy and sometimes to public health. The bodies responsible for protecting nature now invest many of their resources in combating the expansion of these species, but everyone can contribute with small daily gestures and awareness. By taking part in this initiative, you can help the experts working on the subject by tracking down dangerous intruders. From the port to the village along the 'Roman' road, to San Rocco and Bellavista, to learn about the Natura 2000 network.

Appointment: 11.30 am at CEA La Salata (harbour) - Duration: 3 hours - Difficulty: Medium-easy - Advance booking required, free.

## SUNDAY 16 MAY

### **Habitats and flora, a great value for this small island in the Mediterranean**

In spring, the island is coloured in a thousand shades and the scent of the cliffs, garrigue and scrubland accompanies us on our walk. With the expert at your side, you can recognise the characteristics of the most important and protected habitats in Europe, as well as the dozens of endemic and rare species of flora that grow on the island. It will be easier to become aware of the dangers to which they are exposed. Excursion to the Stagnone to learn about the Natura 2000 network.

Appointment: 11.30 am at CEA La Salata (harbour) - Duration: 4 hours 30 minutes.

Difficulty: medium – Advance booking required, free.





## TUESDAY 1 JUNE

### **The bats of Capraia Island, a walk with an expert to learn about their habits**

Who would think that bats are among the most important fauna of the small Mediterranean islands? Yet they are, and many of these often rare, unattractive and almost unknown flying mammals are listed on watch lists, precisely because they are vulnerable or in danger of extinction. During the night they weave fast trajectories through the sky in search of food, while during the day they rest in secluded places. Our expert will tell us what secrets they hide and how we can protect them. Sunset excursion to the former penal colony to learn about the Natura 2000 network.

Appointment: 6.30 pm at CEA La Salata (harbour) - Duration: 2 hours 30 minutes.

Difficulty: easy - Advance booking required, free.



## WEDNESDAY 2 JUNE

### **The Reganico trail**

Capraia is the only volcanic island in the Tuscan Archipelago. A beautiful hike along the Reganico trail, with an introductory stop at the CEA La Salata. The circular route will take us from the port to San Rocco, where we will observe the use of natural rock as a building material in the so-called 'old quarry'. The route will continue through the Reganico Valley, where we can observe how the volcanic magma solidified and was then modified by atmospheric agents, taking on different curious shapes. A detour to Cala dello Zurletto to admire the spectacular volcanic colours, folds, intrusions and the effects of marine erosion that characterise the island.

Appointment: 9.45 am CEA La Salata (harbour) - Duration: 3 hours - Difficulty: easy - Advance booking required, free.





Capraia

# E... State nel Parco

## Summer in the Park



### **SUMMER IN THE PARK FOR EVERYONE**

Families, young people and children can explore the nature and history of the islands of the Tuscan Archipelago National Park through excursions, guided visits, educational workshops, conferences and citizen science programmes that enable them to find out about and experience the protected area's nature and culture.

### **SUMMER IN THE PARK JUNIOR**

For children aged 6 to 11: environmental education, games and workshops; activities linked to the marine ecosystem and the park's most interesting environments; animal and plant species, natural history, conservation and sustainability.

## Every Monday in summer, seawatching in the park

### MONDAYS IN THE PARK

#### **Tour of the island by boat with observation of marine fauna**

Dolphins, minke whales and sperm whales are among the marine mammals that populate the “Pelagos” International Sanctuary for Marine Mammals around Capraia. After an absence of decades, in 2020 the monk seal was sighted along the island’s coasts. This species is endemic to the Mediterranean and the adjacent Atlantic waters, where it survives in breeding groups of a few hundred individuals concentrated in the southernmost areas of the Mediterranean Sea and along the Atlantic coasts of the Sahara and the Island of Madeira. Cruising along the island’s coastline, you will also have exciting encounters with fascinating winged creatures, such as the magnificent osprey, the friendly European shag, the elegant and rare Audouin gull and the legendary Scopoli shearwater and Mediterranean shearwater. The boat trip around the island with a Park Guide will allow you to discover the sea’s wonderful inhabitants, learn how to recognise them and help monitor their exceptional presence, as well as enjoy a dip in the sparkling Capraia waters. Binoculars for sighting provided by the Park Authority.

Appointment: 5 pm at CEA La Salata (harbour) - Duration: 2 hours – Advance booking required, € 30 full price. Concessions: € 20 for children 5-12 years old, € 10 for children under 5.

## During the summer, Tuesdays are dedicated to two activities....

### TUESDAYS IN THE PARK

#### **An unforgettable island: sunrise excursion with a swim in the crystal-clear waters of Capraia**

Experiencing the dawn and sunrise on Capraia after a night walk among the island’s scents and under the starry sky is an exciting and unique experience. From Bellavista to Monte Campanile, from Patello to the Penal Colony, we’ll discover some of the most beautiful sites from which to enjoy the spectacle of the dawning of a new day. In silence, we’ll enjoy every moment of sunrise, and then dive into the crystal-clear waters of Capri’s marvellous coves for an unforgettable complete immersion in the island’s nature.

Appointment: time varies according to sunrise, Piazza Milano (in town) - Duration: 3 hours 30 minutes - Difficulty: medium-easy. Advance booking required, € 8. Concessions: € 4 for children 5-12 years old, free for children under 5.

#### **For children: every Tuesday we explore a sea of wonders together**

The Capraia sea is extraordinarily rich in organisms. What do they look like? How do they live? How do they move, feed and defend themselves? Scouring the rocks with a dip in the shallow, crystal-clear waters, we will discover marine life together: the meaning of colours, the importance of shapes, habits, curiosities and how we should behave to protect this wonderful underwater world. Appointment: 10.45 am at Torre del Porto - the Harbour Tower (in town) - Duration: 1 hour 30 minutes - Difficulty: easy - free

**On Wednesdays the Park offers a wide range of activities, from a geological or naturalistic boat tours to trekking with food tasting in local farms.**

**Geogiro: boat tour of the island and 'enter' into the ancient volcano**

**16 AND 30 JUNE; 14 AND 28 JULY; 11 AND 25 AUGUST**

Capraia is the only volcanic island in the Tuscan Archipelago: emerging from the waves of the Mediterranean, it clearly expresses its volcanic nature. Latites, ignimbrites, pyroclastites, trachybasalts, faults, folds, dykes... navigating around the island we'll discover the meaning of terms and definitions, the geological and morphological characteristics of the island and its natural wonders, such as the exciting 'entrance' to the (extinct) volcano of Cala Rossa... and a dip in the wonderful waters of the island! Appointment: 10 am at CEA La Salata (harbour) - Duration: 2 hours and 30 minutes - Advance booking required, € 30. Concessions: € 20 for children 5-12 years old, € 10 for children under 5.

**Seawatching: boat tour of the island observing marine life**

**23 JUNE, 7 AND 21 JULY, 4 AND 18 AUGUST, 8 SEPTEMBER**

Appointment: 10 am CEA La Salata (porto) - Duration: 2 hours - Advance booking required, € 30. Concessions: € 20 for children 5-12 years old, € 10 for children under 5.

**Km0 trek. What plant is this? Properties, uses and flavours of the Mediterranean maquis - Azienda Agricola Arura**

**14 JULY, 11 AUGUST, 1 SEPTEMBER**

Myrtle, lentisk, helichrysum, rosemary... these are just a few of the most characteristic botanical species on the island of Capraia, where the tradition of popular medicinal, veterinary and dietary uses of plant species, naturally favoured by the isolation of the area, was guarded especially by women. Culinary recipes, but also remedies based on observational skills, knowledge of tradition and, with the passage of time, even experimentation. An evocative and easy hike will introduce us to the island's variety of flora, and with Susanna, the wise 'magician' of the Azienda Agricola Arura, we will discover how wild fruits and plants are still harvested and processed today following ethnobotanical traditions or through tasty experimentation. Appointment: 5.30 pm Piazza Milano (village) - Duration: 2 hours and 30 minutes – Advance booking required, € 15. Concessions: € 8 for children 5-12 years old; free for children under 5.





**Km0 trekking. From the past to the future: quality crops in the former agricultural Penal Colony - Azienda Agricola La Mursa**

**16 JUNE, 7 JULY, 18 AUGUST**

In the area once occupied by the Colonia Penale Agricola (agricultural penal colony), established in 1873 and abandoned in 1986, structures and agricultural areas still bear silent witness to the life that once animated this area. In a wonderful panoramic position, in the 'Lavanderia' locality, the Azienda Agricola La Mursa has brought the old terraces, some of which are in the Tuscan Archipelago National Park, back to life with patience and hard work. Today, vegetables, vines and more are growing again. But what, and above all how, does one cultivate in Capraia today? With a splendid walk through the former penal colony and a stop at the farm, we will discover what crops are grown, the adopted techniques and the wonderful flavour of fruits grown on the island. Appointment: 5 pm at CEA La Salata (harbour) - Duration: 3 hours - Difficulty: medium-easy. Advance booking required, € 15. Concessions: € 8 for children 5-12 years old, free for children under 5.

**Km0 trekking. From the garden to the table: the Valle di Portovecchio holiday farm in the former penal colony - Agriturismo Valle di Portovecchio**

**23 JUNE, 21 JULY, 4 AUGUST**

The northern part of the island of Capraia housed the island's agricultural penal colony from 1873; it was organised into 'branches', in each of which specific activities were carried out. Following the road that links the various branches, we'll rediscover the history of the agricultural penal colonies in the Tuscan Archipelago. We'll reach the 'Portovecchio' branch, where the stables, the cellar and what used to be known as 'I Pollai', the large 'rational' henhouse of the colony, once operated. Today the Agriturismo Valle di Portovecchio stands in those spaces. Rossana and Massimo will introduce us to the multifunctional farm which, with passion and vision, they have created by restoring the structure and transforming it, respecting restrictions, into an accommodation facility as well as a workshop for artisan preparations and the tasty zero-kilometre products they will introduce us to. Appointment: 5.30 pm at CEA La Salata (port) - Duration: 2 hours and 30 minutes - Difficulty: easy - Advance booking required, € 15. Concessions: € 8 for children 5-12 years old, free for children under 5.

**Km0 trekking. Walking with the goats in the former Penal Colony - Azienda Agricola Il Saracello**

**30 JUNE, 28 JULY, 25 AUGUST**

One of the hypotheses on the origin of the placename 'Capraia' links the island - like others in the Mediterranean - to the presence of goats, which the ancient sailors left on the island territories to ensure a supply of meat for subsequent landings. Those ancient goats are no longer present on the island, but the Azienda Agricola il Saracello, set up in 2016, has brought a flock of beautiful Alpine chamois goats to Capraia. A lovely excursion into the former penal colony, which once housed livestock farms, will take us to the old cow stable, where the farm's goats now live: together with the shepherd we will be able to discover the characteristics of this breed and take a walk in their company.

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We will be able to enjoy the sweet and friendly nature of the goats, accompany them out to pasture and understand how the Azienda il Saracello uses its skill and passion to produce high quality cheeses from their milk, one containing all the aromas of the Mediterranean scrubland! Appointment: 5 pm at CEA La Salata (harbour) - Duration: 2 hours and 30 minutes - Difficulty: easy - Booking required, € 15. Concessions: € 8 for children 5-12 years old, free for children under 5.

### The Park has chosen Thursdays in Capraia to raise awareness of the Natura 2000 network.

THURSDAYS IN THE PARK

#### **Snorkelling for adults: Amazing marine habitats and organisms along the Capraia coastline, immersed in a Natura 2000 area**

All you need is a pair of flippers, mask and snorkel to discover the extraordinary beauty of the seabed on the island of Capraia: among the dark volcanic rocks and on the sandy seabed you can observe the countless species and habitats recognised at the national and international level that characterise the surprising biodiversity of its sea. This is the opportunity to live an unforgettable experience!

Appointment: 4.30 pm at CEA La Salata (harbour)

Duration: 1 hour 30 minutes.

Difficulty: easy – Advance booking required, free.



### **Fridays are dedicated to discovering the island's produce: fish, honey and wine, with an eye to history. But the evening is reserved for young astronomers...**

FRIDAYS IN THE PARK

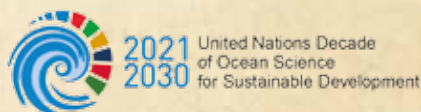
#### **Small-scale fishing in Capraia: meet the fishermen - Decade of Ocean Sciences**

**25 JUNE, 9 JULY, 30 JULY, 13 AUGUST**

Capraia is a very special island, where much of the coastline is protected by the Tuscan Archipelago National Park. A meeting at the CEA La Salata will allow us to discover the wonderful inhabitants of the Mediterranean Sea and the 'Pelagos' Cetacean Sanctuary, the protected areas around the island and the rules safeguarding them. But what is the life of a fisherman on Capraia like and what are the possible choices for the future of this profession in such a precious environment? These and other questions will be answered by the island's fishermen when they return from their catch, with meetings on the quayside dedicated to learning about small-scale fishing as a sustainable local activity... there will also be curiosities and anecdotes about life at sea.

Appointment: 9.30 am at CEA La Salata (harbour) - Duration: 2 hours - Difficulty: Easy

– Advance booking required, € 8. Concessions: € 4 children under 5.



## **Capraia, the island of palmenti. Archaeological itinerary to discover the palmenti**

**18 AND 25 JUNE, 9 AND 16 JULY, 3 AND 10 SEPTEMBER**

Starting from the village, a splendid and easy hike along a dirt road and a short trail through the Mediterranean scrub will allow us to reach and explore the small but surprising archaeological area of 'Le Tigghielle', where we can admire a fascinating group of 'palmenti', ancient structures built for pressing grapes, and understand the significance of these artefacts in the environmental context of the island and the Mediterranean. The magnificent panorama of the splendid vineyard landscape of 'Il Piano' will let us imagine what the island of Capraia might have looked like in the past. Once back at the village we will be able to observe further splendid evidence of the territory's vocation for wine production. Appointment: 5.30 pm Piazza Milano (village) - Duration: 2.5 hours - Difficulty: easy - Advance booking required, € 8. Concessions: € 4 for children 5-12 years old, free for children under 5.

## **Km0 trekking. Capraia island of honey: all the sweetness of nature in a jar - Azienda Agricola San Rocco**

**2 AND 23 JULY, 20 AUGUST**

Capraia could be defined as a 'paradise' for bees. The geographical isolation, the splendid Mediterranean vegetation, rich in flower species attractive to these small and industrious insects, the geological formation and the morphology of the territory, make the island the ideal environment for beekeeping and honey production, which boasts a long tradition that continues to this day. An excursion along the beautiful Reganico Trail will allow us to observe the pollen and nectar species and the island's biodiversity, which insects help to preserve. When we reach the splendid 'San Rocco' locality we will get to know the San Rocco Farm, and at the apiary we'll discover the phases of production and life in the 'super-organism' hive, in which nature becomes a sweet product!

Appointment: 5.30 pm Piazza Milano (village) - Duration: 2 hours and 30 minutes - Difficulty: easy - Booking required, € 15. Concessions: € 8 for children 5-12 years old, free for children under 5.

## **Trekking Km0: Wines from the sea, wines to love! - Azienda Biologica La Piana**

**6, 13, 27 AUGUST**

The island of Capraia can also be called... the island of wine!

With a beautiful, relaxing walk along the dirt road leading to the heart of the island, we'll reach the marvellous 'Il Piano' locality: a broad, gentle natural basin, protected by the mountains to the north and the south, open to the sea to the east, loved also in the past for its characteristics, the site of the settlement of the ancient island community, testified to by the presence of the small Romanesque church of St. Stephan protomartyr and the presence, nearby, of the famous palmenti (vats) used in wine production in the past. Here, in the tranquillity of the island, inside the National Park, the La Piana Organic Farm cultivates a magnificent vineyard in which promising grapes grow and ripen: a stop will allow us to discover the history, cultivation and production methods of the farm and to



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experience how much nature and passion is captured in Capraia wine, a wine of the sea, a wine that you can't help but love. Appointment: 5.30 pm, Piazza Milano (village) Duration: 2 hours 30 minutes - Difficulty: easy - Advance booking required, € 15. Concessions: € 8 for children 5-12 years old, free for children under 5.

### **For children: every Friday the stars tell a story**

Observing the night sky is like reading a great storybook: stars, constellations and planets are the protagonists of fascinating stories, ancient myths and distant legends. Taking a few steps outside the village, we will discover the 'darkness' in Capraia and, with our eyes wide open, we'll admire the marvels of the night sky, learn to recognise the main stars, the constellations, the visible planets and learn about the myths, stories and legends of the celestial vault. Appointment: 9.30 pm in Piazza Milano (in the village) - Duration: 1 hour and 30 minutes - Difficulty: easy - Advance booking required, free.

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## **Saturdays are for history; we travel through time... while remaining in town**

### **Tour of the village of Capraia and visit to the archaeological exhibition**

The small village of Capraia has much to tell: its location and the age of its buildings are in themselves clues to a history that is in part 'elsewhere' and still mysterious. Strolling through the picturesque, cobbled streets, from Piazza della Chiesa to Forte San Giorgio and the Torre del Porto, we'll learn about the most fascinating and recent events in the island's history, while a visit to the small and splendid archaeological exhibition will allow us to discover some of the oldest and most surprising pages of history, evidence of a past that still has much to reveal. Appointment: 5 pm in Piazza Milano (village) - Duration: 2 hours - Difficulty: Easy – Advance booking required, € 4; free for children under 5 + admission ticket for the exhibition € 3.

SATURDAYS IN THE PARK



## Summer Sundays on Capraia offer seas and mountains for those hoping for a breathtaking sighting or for those who want to walk into the past

### Seawatching: boat tour of the island observing marine life

Appointment: 9:30 am CEA La Salata (harbour) - Duration: 2 hours - Advance booking required, € 30. Concessions: € 20 children 5-12 years old, € 10 children under 5.

### An unforgettable island: excursion to the former Penal Colony with sunset at the Dattero locality

The area of the former Capraia agricultural penal colony, with its buildings marked by time, silent witnesses to a not-too-distant past, excites and fascinates anyone who visits it. Walking along the ancient scenic road that connected the various 'branches', besides the structures that have fallen into disuse, we can also observe the new productive activities that have led to the 'rebirth' of buildings and terraces. Through this route between past and present, we will reach the wonderful place called 'Il Dattero' to admire the spectacular sunset over Corsica. Walking under an amazing sky of stars, we'll retrace our steps, enriched by unforgettable emotions.

Appointment: meeting time depends on the time of sunset, CEA La Salata (harbour) - Duration: 3 hours 30 minutes (the hike) - Difficulty: medium-easy. Advance booking required, € 8. Concessions: € 4 for children 5-12 years old, free for children under 5.

## SPECIAL EVENTS

### SATURDAY 7 AUGUST

#### Trekking to 'Le Tigghielle' with the archaeologist: a wine territory?

The Mediterranean region is traditionally known for its wine production. Archaeological finds tell of sites and production techniques that characterised the daily life of local communities. A visit to the CEA La Salata will introduce the guided tour: with films and tablets we will discover what 'palmenti' are and how they were used. From La Salata we will set off on an easy hike in the company of archaeologist Alessandro Bartoletti, who, on behalf of the Società Cooperativa Archeologica ARA, collaborated on the archaeological digs carried out in Capraia in 2019 by the Soprintendenza Archeologia, Belle Arti e Paesaggio (Superintendency for Archaeology, Fine Arts and Landscape Heritage) for the provinces of Pisa and Livorno. In the vicinity of the 'Il Piano' locality, situated in the interior of the island, Dr Bartoletti will show us the archaeological area 'Le Tigghielle', where we will be able to admire an ancient group of palmenti (vats) and understand the significance of these fascinating artefacts in the environmental context of Capraia.

Appointment: 4.30 pm at CEA La Salata (harbour) - Duration 3 hours - Difficulty: easy - Advance booking required, € 8. Concessions: € 4 for children 5-12 years old, free for children under 5.

## Capraia

### Discovering the archaeology of Capraia Island with dott.ssa Lorella Alderighi

A landing and supply site along important sea routes, colonised since prehistoric times, the site of a permanent community and of a villa in Roman times, a place of spiritual retreat but also of pirate and corsair raids, the island of Capraia has been the theatre of complex, fascinating historical events, some of which have yet to be defined. Through the artefacts found to date in the sites identified at sea and on land, archaeologist dott.ssa Lorella Alderighi will retrace the stages of human frequentation of the island in antiquity, allowing us to discover its history also in the light of the most recent archaeological campaign, which has opened up new perspectives on Capraia's role in the Mediterranean context. Evening conference. Information at CEA La Salata.



### FRIDAY 13 AUGUST

#### From rock to wine: volcanic effects explained by the oenologist and agronomist

In collaboration with Azienda Biologica La Piana. Legend has it that the seven islands of the Tuscan Archipelago are scattered pearls from the necklace of Venus emerging from the waters... each differing from the other, unique and precious. From a geological standpoint, the legend becomes reality: the peculiar formation, geological history and morphology have conditioned human life in the area and traditional production. Agricultural activities and in particular winegrowing, both in terms of production techniques and results, are a direct expression of the geological makeup of the land. A splendid easy walk in the company of oenologist Leonardo Conti and agronomists Stefano Dini and Dario Ceccatelli, consultants for La Piana organic farm, with a stop at the vineyard located in the marvellous 'Il Piano' locality will help us discover how the substrate has dictated the choice of vines and how it determines the organoleptic properties of the wines produced on Capraia, the only volcanic island in the National Park. Appointment: 5.30 pm Piazza Milano (village) Duration: 2 hours and 30 minutes - Difficulty: easy - Advance booking required, € 15. Concessions: € 8 for children 5-12 years old, free for children under 5.



Capraia

# Walking Festival



## AUTUMN WALKS IN CAPRAIA

### SATURDAY 25 SEPTEMBER

**The Mediterranean maquis: get to know it! Excursion along the Reganico path with a final stop at the Arura laboratory to discover Capraia's ethnobotanical tradition and test new recipes.**

Myrtle, lentisk, helichrysum, rosemary... these are just some of the most characteristic botanical species on the island of Capraia, where the tradition of popular medicinal, veterinary, dietary and dyeing uses of plant species, naturally favoured by the isolation of the area, was specially guarded by the island's women. An evocative and easy hiking trail will introduce us to the variety of flora on the island of Capraia and the spontaneous fruits and plants that are still skilfully collected and processed today. A visit to the Arura Azienda Agricola will show us how the precious herbs of the maquis lend a Mediterranean character to dishes. Appointment: 15:30 CEA La Salata (port) - Duration 3 hours 30 minutes - Difficulty: Medium-easy - Advance booking required, € 7.

### SUNDAY 26 SEPTEMBER

#### **Capraia's alien species, a threat to native communities**

Having arrived on the island at different times and in different ways, what they have in common is their ability to adapt to their new environment, often to the detriment of other native species. The mouflon, introduced in the 1970s, now grazes on almost the entire island and, should the population continue to grow, it could seriously threaten the protected flora. Rats and rabbits, which landed with man in ancient times, have a negative impact on animal and plant communities. Excursion to the former penal colony to learn about the Natura 2000 network.

Appointment: 3 pm at CEA La Salata (port)

Duration 3 hours - Difficulty: easy - Advance booking required, free.



### SATURDAY 2 OCTOBER

#### **Walking with goats, lunching with squids!**

In the former agricultural penal colony, the prisoners assigned to the various 'branches' carried out farming and animal husbandry activities. A beautiful excursion from the Port to Portovecchio will allow us to observe the production structures of the past and their new destination: we will accompany the goats of the Azienda Agricola Il Saracello to pasture and stop for lunch at the Agriturismo Valle di Portovecchio where we can enjoy the flavours of autumn, including squid! Appointment: 11.30 am at CEA La Salata (harbour) - Duration 4 hours - Difficulty: easy - Advance booking required, € 25.

## SUNDAY 3 OCTOBER

### **Flying over the island in search of shelter, food and nesting places**

In Capraia more than 50 species of birds are strictly protected by the European “Birds” Directive; among these are birds that spend most of their time in the sea, the Mediterranean shearwater and Scopoli shearwater, Audouin’s gull and the European shag . The scrubland is home to two small woodland birds, Marmora’s warbler and the Dartford warbler; the red-backed shrike frequents more open habitats and agro-systems. The expert will help us recognise them by their song. Route from the port to the village through the Vado del Porto and the Roman mule track, and from the village to the Terrazza della Bellavista, to learn about the Natura 2000 network.

Appointment: 11.30 am at CEA La Salata (harbour)

Duration 3 hours - Difficulty: easy - Advance booking required, free.



## SATURDAY 9 OCTOBER

### **Stagnone lake: the indescribable beauty of the habitats of conservation interest**

One of the wonders of the island of Capraia is the so-called ‘Stagnone’, a small natural lake (the only one on the entire archipelago) set among the rocks of the volcanic island. Step by step, following the historic mule track and the paths through the Mediterranean maquis, we will reach the heart of the island and this small treasure trove of biodiversity and beauty. Continuing along the high path on the west coast, amidst breathtaking views over the island’s protected marine area, we will reach the natural terrace on the magnificent Monte le Penne and then, following the northern part of the ridge that characterises the island, we will pass the ancient wall of the island’s former agricultural Penal Colony, descending among the terraces now reused by local farms, to learn about a page of the island’s history that is as important as it is little known. Appointment: 11.30 am in Piazza Milano (town) - Duration 5 hours 30 minutes - Difficulty: Medium-difficult - Advance booking required, free.





## SUNDAY 10 OCTOBER

### **The world of insects, let's take a closer look at them among the garrigues and scrublands of Capraia**

A scientific work published in 2018 notes that one million species of insects have been described in the world; although an enormous number, it is low compared to the number estimated to live on earth. An expert from WBA onlus will accompany us to discover these small animals that colonise many types of habitats and micro-environments, each with a particular ecological function. Let's not forget the pollinators, bees, bumblebees and butterflies, which transfer pollen from one flower to another, making the reproduction of thousands of plants possible. Excursion along the Reganico path to learn about the Natura 2000 network. Appointment: 11.30 am at CEA La Salata (harbour) - Duration 3 hours - Difficulty: easy - Advance booking required, free.



## SATURDAY 16 OCTOBER

### **The Mediterranean maquis: get to know it!**

Introduction to the Mediterranean maquis at the Arura Laboratory, with an excursion to Punta della Teglia. Appointment: 11.30 am at CEA La Salata (harbour) - Duration 3 hours 30 minutes - Difficulty: Medium-easy - € 7, advance

## SUNDAY 17 OCTOBER

### **From honey extraction to nature, a journey backwards to discover the world of bees: excursion along the Reganico trail with a stop at Azienda Agricola San Rocco**

The Island of Capraia boasts a long tradition of honey production, favoured by the environmental conditions and the presence of numerous melliferous species of flowers. A splendid, easy hike along the Sentiero del Reganico (Reganico Trail) will help us discover the pollen and nectar species that bees love and the island's biodiversity, which the insects help to preserve. At the end of the hike, a stop at the apiary of the Azienda Agricola San Rocco, located in San Rocco, to learn about the production phases, the beekeeping tools and equipment, and the fascinating life of the beehive 'super-organism'. Appointment: 2.30 pm in Piazza Milano (village) - Duration 3 hours - Difficulty: Easy - Booking required, € 7.

## SATURDAY 23 OCTOBER

### **Goats and sunsets: with the goats of the Azienda Agricola Il Saracello and sunset at the Dattero**

An original event in the context of Capraia's former Agricultural Penal Colony, where we'll take a beautiful walk along the road that once joined the ancient 'branches' of the Colony to the 'Il Dattero' locality, where we'll witness a magical sunset. Part of the route will be in the company of the friendly Alpine chamois goats from the Il Saracello farm, which eat the island's wild herbs in the peace and beauty of its landscapes, giving their milk all the flavour of the Mediterranean scrub. Appointment: 3 pm at CEA La Salata (port) - Duration 5 hours - Difficulty: Medium - Advance booking required, free.

## SUNDAY 24 OCTOBER

### **The Mediterranean maquis: get to know it!**

Excursion along the Vado del Porto with a stop at the Laboratorio Arura.

Appointment: 11.30 am at CEA La Salata (harbour) - Duration 3 hours 30 minutes - Difficulty: Medium-easy - € 7, advance booking required.

## SATURDAY 30 OCTOBER

### **Monte Arpagna: where the eye can wander**

A splendid excursion will take us from the harbour up to the summit of Monte Arpagna, where the Royal Navy Observatory once stood, controlling maritime traffic in the Corsica Channel, and of which there are only a few wind-resistant remnants. The panorama from the summit is breathtaking, allowing a 360° view of the Capraia hills, the sea, the coast and the other islands. If the destination is marvellous in itself, the route is no less fascinating. It follows the old service mule track to the Observatory, immersed in the Mediterranean maquis, along which we can observe the buildings that once housed the garrison near the summit. Appointment: 11.30 am at CEA La Salata (harbour) - Duration 5 hours - Difficulty: Medium-difficult – Advance booking required, free.

## SUNDAY 31 OCTOBER

### **From honey extraction to nature, a backwards journey to discover the world of bees at Azienda Agricola San Rocco**

Appointment: 2.30 pm, Piazza Milano (village) - Duration 3 hours - Difficulty: Easy - By appointment, € 7.

## MONDAY 1 NOVEMBER

### **Capraia, from the warrior to the palmenti. Historical and archaeological itinerary**

L'isola di Capraia ha visto antiche frequentazioni, testimoniate da interessanti e preziosi The island of Capraia has been visited in the past, as can be seen from the interesting and valuable finds on display in the archaeological exhibition 'Il ritorno del Guerriero e altre storie di archeologia capraiese'. The preciousness of these finds suggests that the island was not simply a landing site, but a production centre that explains the presence of luxury items and refined works of art. Where could such wealth have come from? The archaeological survey carried out on the island in 2019 also included a census of the 'palmenti', which yielded unexpected results. What are palmenti? How many and where are the palmenti on Capraia? An archaeological itinerary through the village and its surroundings, starting with a visit to the archaeological exhibition, will allow us to discover the surprising and still mysterious role of Capraia in the Mediterranean and observe evidence of the island's vocation for wine production.

Appointment: 9.30 am at CEA La Salata (harbour) - Duration 2 hours 30 minutes - Difficulty: Easy. Advance booking required, free. Admission to the exhibition € 3.

# Capraia







Information and bookings

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www.islepark.gov.it



Foto: Fabio Guidi; Fondazione G.G.Azionemare Daedalus;  
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