

TOSCANA



Experiencing the water lands

Livorno, Capraia Island and Collesalveti
between history, culture and tradition

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Livorno Experience
Experiencing the water lands

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COMUNE DI LIVORNO



COMUNE DI CAPRAIA ISOLA



COMUNE DI COLLESALVETTI

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HOW TO GET THERE



BY CAR

Coming from Milan, you can take the A1 motorway, reaching Parma, and then take the A15 motorway towards La Spezia and then the A12 towards Livorno, while from Rome you take the A12 motorway, the section which connects Rome to Civitavecchia, and then continue along the Aurelia, now called E80, up to Livorno. Coming from Florence you have to take the Florence-Pisa-Livorno (FI-PI-LI) highway, while coming from Bologna the A1 highway to Florence-Signa and then the highway (FI-PI-LI) that connects Florence to Livorno via Pisa.



BY PLANE

The Livorno territorial scope, like Tuscany, is mainly served by the national and international lines of the airports of Pisa and Florence. Please visit the web site for further information <https://www.toscana-aeroporti.com/en/>



BY TRAIN

Livorno is located on the Rome-Genoa line and is frequently connected for both directions. From Florence it can be reached by direct trains. Please visit the website for further information (routes and timetables): <https://www.trenitalia.com/en.html>



BY BUS

From Livorno Central Station, the main lines leave to reach the city centre, "Lam Blu" which crosses the city centre and seafont, "Lam Rossa" which crosses the city centre and arrives at the hamlets of Montenero and Antignano. The urban Line 12 connects the city centre of Livorno to the Benedetta Valley and Colognole. The extra-urban Line 104 connects Livorno with Collesalvetti. The extra-urban Line 105 connects Livorno with Nugola and Colognole. Please visit the website for further information (lines and timetables) www.cttnord.it (in Italian only)



BY BOAT

The port of Livorno is one of the main ports of call in Italy. There are daily direct ferry routes between Livorno and the Island of Capraia. You can also reach the islands of Sicily, Sardinia and Corsica. Please visit the websites for further information (routes and timetables): <https://www.toremari.it/en/> (Livorno, Capraia Island, Gorgona Island) <https://www.mobyline.com/> (Sardinia, Corsica) <https://www.grimaldi-lines.com/en/> (Sardinia, Sicily) <https://www.corsica-ferries.co.uk/> (Corsica, Sardinia)



Livorno



Capraia Island



Collesalveti

Experiencing the water lands

Livorno, Capraia Island and Collesalveti between history, culture and tradition

Livorno, Capraia Island and Collesalveti between history, culture and tradition.

A “red thread” links the destinies of the territories of Livorno, Capraia Island and Collesalveti: water.

The water that bathes the coasts of Livorno, a city built by the Medici in the heart of the Mediterranean, the sea that once was the centre of empires and civilizations with a great history. Livorno is a port from which over the centuries people come and go, meet, trade, communicate. In Livorno you speak through the sound of the waves and the meeting of peoples can still be read today in the numerous traces of history, culture, architecture, art, cuisine. It is the water, the sea, always the Mediterranean, the primary route of communication, which links the island of Capraia with Livorno. An authentic pearl of the Tuscan Archipelago, inclusive and welcoming, open to those seeking ideals and experiences of social, cultural and environmental sustainability. A privileged place to immerse yourself in a still uncontaminated nature.

It is still the water that leads to the lands of Collesalveti, along the path of the Acquedotto Leopoldino which dominates the ancient paths of villages lying on the hills of lush Mediterranean scrub.

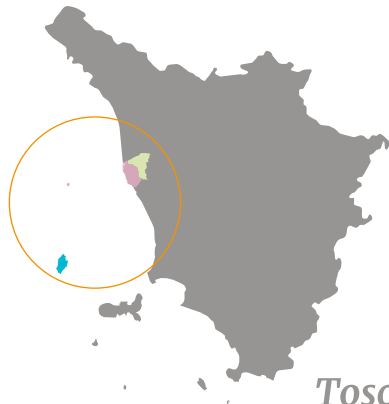
Wheat, vines, olive trees: the plants at the base of Mediterranean civilization, here give rise to the recovery of ancient agricultural and artisan traditions, restoring flavours, sensations and food and wine experiences lost over time. “Immersing yourself” in the “water lands” will give each visitor the certainty of living a unique experience for its beauty and complexity.



-  HISTORICAL BUILDINGS AND MONUMENTS
-  TOWERS
-  PLACES OF WORSHIP
-  MUSEUMS

-  ARCHAEOLOGICAL SITES
-  NATURAL FEATURES
-  PORT
-  TOURIST INFORMATION OFFICE

-  TRAIN STATION
-  AQUARIUM
-  STREET



Italia

Toscana



DISTANZA
67 km



DISTANZA
36 km



Livorno

Collesalvetti

3 Travel reasons

Welcome to the lands of Livorno, washed by the waves of the Tyrrhenian Sea and beaten by the hot sirocco and leveche winds that lap the coasts and envelop the green hills and islands of the Tuscan Archipelago with warm puffs.



Livorno

A trip to Livorno, the bluest city in Tuscany, a land that has made the sea its main resource by telling its story. The sea and its light are in the eyes of the people, in the traditional dishes, in the colours of the navigable canals that cross the characteristic district of Venice. Here “infinity blue” is appreciated in a walk along the seafront at sunset, in the comfort of a beach resort, on the colourful surfboards dragged by the wind between the waves and in the crystalline depths along the coast.

1

The scents of the sea arrive on the cliffs of Livorno to penetrate into the thickest green of the Mediterranean scrub, between holm oaks and brooms, until getting lost in the high hills that surround the city.



Capraia Island

Solid and fragile at the same time, the island is the ideal destination for the sustainable traveller, attentive and sensitive to seeking the most authentic beauty in nature and in the sea. Feeling an integral part of this free and genuine community will not be a difficult experience: just strip yourself of formalities, conditioning and pre-established rules and ... let yourself go.

2

Capraia is an overseas, pelagic and wild island, where the smell of the sea mixes with the scent of helichrysum italicum and myrtle. Place of escape, refuge and lair, off the beaten track.



Collesalvetti

It is the countryside behind the city to the east, a territory that still preserves the memory of its past rich in ancient rural traditions. This area of green hills, dotted with vineyards and cultivated fields, is the ideal place to disconnect and regenerate in nature, along itineraries in the shade of the woods and on the banks of the Contessa Oasis.

3

The scents of the sea arrive on the cliffs of Livorno to penetrate into the thickest green of the Mediterranean scrub, between holm oaks and brooms, until getting lost in the high hills that surround the city.



Livorno



*“But look around you
[and see] which gifts you’ve been given:
For you, they invented the sea eh! You
say: “I have nothing”
Do the sun seems nothing to you!
Life, love, Wonderful”.*

Domenico Modugno, Meraviglioso

The bluest city in Tuscany

Ideal city, wanted by the first Grand Dukes of Tuscany, designed in perfection of a pentagon, Livorno is like a jewel set between the green of the hills and the open sea. The sea that from the coast seems to never end, bringing here peoples and traditions from distant lands. All welcome guests, they arrived with different desires and destinies, invited in 1591 by Grand Duke Ferdinando I de' Medici, that with the revolutionary Livornine laws, called “people” from all over the world to give life to a new city, a refuge of peace, work and prosperity. The Jews, who were not relegated to the ghetto, lived and worked side by side with Greek sailors, Armenian and Turkish merchants, British and French commanders. Founded in 1590 Livorno is a Renaissance city par excellence; its streets are straight, wide and airy, the light never fails and there is always the smell of brackish in the air. Ferdinando I himself made it a safe land, free from the attacks of Moorish piracy. Today his marble effigy is still there to testify it, at the port entrance, in the magnificent sculptural group of the Quattro Mori by Maestro Pietro Tacca. The old town centre is a beating heart of



Statue of the Quattro Mori

streets and streams that lap the historic buildings, which are called “Fossi” here, with cellars on the water, which have become clubs and restaurants where you can rediscover dishes typical of the “Labronica” (Leghorn) tradition. Livorno is the youngest city of Tuscany with a large industrial, commercial and tourist port, with a tradition that dates back to the 17th century, when it was one of the largest landings in the Mediterranean Sea with its emporiums, rich in precious materials. Its longest way is the seafront, 7 km from the port area to the village of Antignano. To be covered on foot, by bike, by car, the waterfront collects the identity of this city by concentrating the essence of the “beauty” of Livorno in this stretch of coast. History, culture and tradition flow in the eyes of the visitor between the façades of 19th-century buildings, historic beach resorts, such as the ancient “Scoglio della Regina”, up to the splendid Mascagni Terrace, with its privileged view, opening up to the islands of the Tuscan Archipelago.

ALTITUDE

3 m a.s.l.

SURFACE

104,5 km²

INHABITANTS

156.299

DENSITY

1.495,68
inhabitants/km²

PATRON

Santa Giulia
May 22nd

TOURIST INFORMACION OFFICES

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Ph. +39 0586 894236
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www.turismo.li



*“Livorno, when she passed by,
she smelled of air and boats.
What a desire to work was born
when she swayed!”*

Giorgio Caproni

Travel Notes

Maybe because the port was born first and then the city, Livorno promises all the experiences that the sea can offer. In summer, the beach resorts, which can also be reached on foot, offer services for a holiday dedicated to disconnection and relaxation, while along the coast water sports rules. Surfing, snorkelling, sup and underwater fishing are the activities that animate the Livorno coast along the Romito cliff overlooking the sea. It is always pleasant



to pause for a delicious break based on seafood at the kiosks of the port to satisfy the palate and then return to the promenade along the avenues, lulled by the sea breezes, observing the flight of the seagulls. Mostly flat and with an excellent climate, Livorno is the ideal place for outdoor lovers for whom it is very easy to practice outdoor activities on the beautiful seafront at all hours of the day. On the nearby hills, close to the Romito cliff, the trekking routes be-

come an unforgettable experience. From the hills to the sea there are itineraries tailored to runners, cyclists and hikers, offering a stunning view over the Calafuria cliff and the tip of the Piombino promontory.

In the centre of the city it is worth taking a relaxing stroll through the large parks, full of centuries-old trees, where beautiful 19th-century historic residences remain as testimony of a glorious past. Villa Fabbriotti, Villa Mimbelli, Villa Henderson, former residences of wealthy merchants, are now museums and green areas of the city.



Viale Italia



Castel Boccale



Villa Fabbriotti

Fortezza Nuova



Not to be missed

The Mascagni Terrace

If you are in the mood of light and elegance, air and blue, the Mascagni Terrace is a must. Since 1925, the year of its construction, the thirty-five thousand black and white tiles that compose it, make it like a carpet, with a sinuous profile, an open-air living room between the city and the sea.

For Livorno citizens there is always a good reason to come here for a walk and experience an intimate moment with the sea. Following the avenue, the elegant Gazebo opens up, an original classic construction, which has now become a privileged photographic setting. Beyond the Terrace, towards the south, there are the historic beach resorts, shacks, palaces and the imposing Naval Academy up to the Rotonda pinewood; a small green oasis with trees bent by the force of the sea winds.

The Livorno Aquarium

It is the place where the word “immersing yourself” means to explore, observe, marvel and get to know about the “Mare Nostrum”.

Here, just a few steps from the Mascagni Terrace, in a suggestive and spectacular environment, highly engaging and interactive, it is possible to discover more than 3000 specimens of 400 different marine species. A magical place where nature takes on the guise of beauty and fun.



INFORMATION
THE LIVORNO AQUARIUM
 P.zza Mascagni, 1
 Ph. +39 0586 269111
www.acquariodilivorno.it

The two ancient Fortresses of Livorno

What remains of the ancient adventurous life of this city is the Fortezza Vecchia in the Medici port, an ancient 16th century building, immersed in the sea, surrounded by pleasure and fishing boats.

Its presence has defended entire generations of citizens who took refuge here in case of pirate attacks and wars. Its circular keep and the red colour of the bricks are the first welcome for those arriving from the sea. At the beginning of the good season, this imposing fortress hosts concerts, meetings and events. Then there is another Fortress, called the

“Nuova” built a century later to fulfil the same military and civil uses; it is located in the heart of the historic district of Venezia Nuova. Today, the Fortezza Nuova is a splendid green setting, where events and happenings are organized. The large basements house the famous “gozzi”: the rowing boats belonging to the different city districts, that compete for the water challenge of the rowing races summer show, an unmissable appointment, awaited all year round both by the Leghorns and tourists, who appreciate its cultural and traditional value.



Fortezza Vecchia

One of the bastions of the Old Fortress is called “Ampolletta” in memory of the hourglass that regulated the duty of the soldiers who guarded the sea.



Fortezza Nuova

There are several legends about tunnels and underpasses between the Fortezza Nuova and the adjacent district; it is said that they were built in the 17th century to allow an escape in case of attack.

Venezia District

Conceived just like the Venetian lagoon city, this part of the city is today considered the true historical heart of Livorno. A neighbourhood, a city within a city which is then a real island crossed by bridges and canals, a unique and original place that seems to be designed by the inspiration of a painter. The district still reveals its original structure and all its charm intact. The tall mansions had direct access to the canal, just below street level, to facilitate the entry of goods directly into the internal courtyard. On the docks, tobacco, spices, chocolate, coffee, indigo, Greek mastic and even diamonds were unloaded. The sea enters between the buildings and streets, forming navigable canals that surround the pentagonal perimeter of the historic city.



HUIGENS PALACE

A typical example of a merchant residence, Palazzo Huigens, along Via Borra in the Venezia district, is one of the most representative historic buildings in Livorno. It was built in 1706 by the wealthy Cologne merchant Odoardo Brassart, and later bought by the merchant Antonio Huigens, who left his name to the residence. It is worth a visit for the beauty of its architecture which has been preserved unchanged over time, with its characteristic cloister and its three-level structure typical of the commercial buildings of the time, equipped with warehouses and cellars directly overlooking the canal.

Central Market

When it was built by its architect Angelo Badaloni, in the last years of the 19th century, the “Mercato delle Vettovaglie” was one of the largest in Europe, built with the most avant-garde materials of the time: iron, cast iron and glass, to make up what the Livorno people called the “little Louvre”. Its magnificence and the floral style of the metal trusses frame the friendly voices of the merchants, ready to guarantee the exclusivity of their products. The first fruits of the sea can be bought among the marble counters in the Salone del Pesce, where you can find the catch of the day at a good price, raw material for the preparation of local dishes. Visiting the Livorno market is a sensory experience: colours, scents and sounds mix, creating a unique and original emotion that stimulates the palate to taste the savoury “roschette” (like a cracker formed into rings) of the Jewish tradition, the very white eggs of the “Leghorn hen”, samples of cacciucco (sort of fish soup) and the typical “ponce alla livornese” (sort of hot alcoholic drink).



Salone del Pesce





City Museums

The brand-new **Livorno City Museum** and the **Biblioteca Labronica** are housed in the same old building as the Bottini dell'Olio in the Venezia district. Past, present and future live again today in the 18th-century structure, formerly used as a warehouse for storing oil.

Students and scholars alternate in the large rooms of the modern library on the first floor, while on the ground floor a large exhibition wing hosts important temporary exhibitions in a continuous cycle. Works by Schifano, Vedova, Manzoni are on permanent display in the section dedicated to Contemporary Art in the gilded, romantic and baroque spaces of the deconsecrated church, the Chiesa del Luogo Pio. The one dedicated to Giovanni Fattori is another unmissable city museum, which is located in the splendid setting of Villa Mimbelli, a few steps from the Mascagni Terrace.

The Macchiaioli painting finds its home in this 19th-century villa, commissioned by the Dalmatian merchant Francesco Mimbelli, who built the villa and the park to better

take advantage of the rich free port of Livorno. A small Moorish room on the ground floor, the smoking room, recalls the fairy-tale architecture of the Alhambra in Granada. Noteworthy is the staircase decorated with glazed ceramic cherubs and a large hall with mirrors that evokes the precious splendour of a bygone era. Not far from the **Fattori Museum**, the **Mediterranean Museum of Natural History**, located in the historic Villa Henderson, is worth a visit. In an evocative itinerary accessible to all, it is possible to retrace the evolution of the human species through the encounter with the Neanderthal man, the rock paintings of the Lascaux caves, reproduced in copies, and the imposing skeleton of the whale Annie, absolute protagonist of the Whale Room.

Mediterranean Museum of Natural History



Amedeo Modigliani Birthplace

For those visiting Livorno, the house where this world-famous artist was born and lived, is a must. The apartment is located in the city centre, on the first floor of the building in Via Roma n. 38. Here on July 12th, 1884, Amedeo Modigliani was born, Dedo for the citizens of Livorno, who lived with his large family and always under the Livorno sun began his artistic training. The apartment, which has kept its original structure, houses an exhibition of photographs, documents and reproductions of paintings, evoking life, personality and art of the great Dedo.



Amedeo Modigliani Birthplace



Yeshivà Marini Museum

Not far from the city centre, along Via Micali, it is the Yeshivà Marini Jewish Museum with its precious collections of coral jewellery, prayer books and ancient wedding dresses. The museum bears witness to the strong presence of Sephardic Jews, who had asylum here in a tolerant environment.

INFORMATION

LIVORNO CITY MUSEUM

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FATTORI MUSEUM

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Ph. +39 0586 808001
www.museumfattori.livorno.it

MEDITERRANEAN MUSEUM OF NATURAL HISTORY

Via Roma, 234
Ph. +39 0586 266711
www.musmed.provincia.livorno.it

AMEDEO MODIGLIANI BIRTHPLACE

Via Roma, 38
Ph. +39 320 8887044
www.casanatalemodigliani.it

YESHIVÀ MARINI MUSEUM

Via Micali, 21
Ph. +39 0586 839772 - 320 8887044

The Goldoni Theatre

Strolling through the historic heart of the city, between 19th-century palaces and modern profiles, Piazza Goldoni makes its way: little more than an open space where the beautiful neoclassical-style façade of the Goldoni theatre stands out. In the 19th century, in the middle of the Lorraine period, the city is now an established centre as a summer resort and one of the main ports in the Mediterranean Sea. The growth of the mercantile bourgeoisie makes it necessary to develop

new civil buildings. Hence the construction of a new and extraordinary theatre, so as to surpass the others already existing in the city, which will be built, from 1843 to 1847, by the young architect Giuseppe Capellini. The name of the theatre underlines the strong link between the city and Carlo Goldoni, who set the trilogy of "Le smanie per la villeggiatura" in Livorno. In 1921, the theatre hosted the Congress of the Socialist Party from which the Italian Communist Party was born.



Itineraries to experience

"Fossi" Tour

It is an unmissable experience for those who want to get to know Livorno from an unusual and evocative perspective. Comfortably transported by a boat, you travel slowly into the historic heart, navigating through the canals, passing under the bridges, delighted by the ochre and pinks of the ancient noble palaces of this district, very similar to certain glimpses of Venice. The canals curve sinuously between the profiles of the palaces passing under the bridges, through the stairways that give access to the cellars on the water, where the ancient seafaring tradition is still visible on fishermen's faces, intent on repairing their nets.

Important churches and palaces make a fine show of themselves during the boat trip, such as the octagonal dome of the Church of Santa Caterina, which houses the precious 16th century Coronation of the Virgin by Giorgio Vasari. Adjacent to the church, it is the Palazzo dei

Ponte dei Domenicani, Venezia District



"If I were a Leghorn, one of the real ones who say "dé" and speak with open hands, moving their fingers, as if to show that there is no cheating in their words, I would like to live in some of the houses of the Scalo della Venezia district".

*Curzio Malaparte,
Maledetti Toscani.*



Domenicani, a former convent, later transformed into a prison where well-known anti-fascists such as Sandro Pertini and Ilio Baronti were imprisoned. Lulled by the sound of water, the spectacle of the city opens up to the picturesque San Marco Pontino district, where the palaces and cellars stand out for the vivacity of colours reminiscent of the old seaside villages. The emotion is strong when the boat disappears into the darkness of the long vault of Piazza della Repubblica, known as the "Voltone", the largest square-bridge in Europe with its 215 meters in width. It was built in 1838, to connect the ancient part of the city with the more modern one that was being born.

On the trail of the most cosmopolitan city in Europe

The foreign traveller can always find something of their own homeland in Livorno: a tradition, a character, a church, an ancient cemetery, even smells and colours. Via della Madonna, perpendicular to the main artery of the centre, contains, like a casket, churches and altars of the ancient foreign communities present in the city since the 1600s. A few steps away from each other are the Church of the Greci Uniti, the Church of the Madonna with its altars, which come from foreign Nations, and the Baroque façade from the Armenian Nation.

In a few minutes, beyond the market area, you arrive at a large and modern Synagogue, with a decidedly unique architecture that symbolizes the large tent that housed the Ark of the Covenant. The Synagogue is located in the same block as the 17th-century Duomo, confirming how much the Jewish community was held in great esteem by all citizens. Another visit not to be missed is the Church of Santa Giulia, consecrated to the patron saint of the city, whose story is linked to the history of the Mediterranean Sea. The small place of worship stands next to the Duomo, a short distance from Piazza



Church of the Greci Uniti

Grande. Annexed to the church are the Oratory of San Ranieri and the Museum of Santa Giulia, where sacred furnishings and a board of the Giotto school depicting the homonymous saint are preserved. Not far away, towards the Medici harbour is the Church of San Giovanni which preserves, almost hidden by the richness of a Baroque altar, a sculpture of the Black Madonna, a rare and unique object of de-

Sinagoga



The legend of Santa Giulia

The patron saint of the city could only come from the sea and have the beautiful features of a foreign girl. According to legend, Giulia, a young Carthaginian girl, was captured during a trip to Corsica, forced to repudiate the Christian faith and to suffer the martyrdom that will lead her to holiness. The feast of Santa Giulia is celebrated on May 22nd, the day of her martyrdom.

The path of Santa Giulia

Livorno is one of the 25 stages of this evocative itinerary that from Tuscany arrives in Lombardy, through Emilia, connecting historical and religious places dedicated to the devotion of Santa Giulia. From the sea to the mountains passing through the plains, the journey is an experience of great spiritual, historical and naturalistic environmental value.



Church of Santa Giulia

Montenero

This area, frequented in past centuries by the Grand Dukes of Tuscany, by visiting monarchs and by intellectuals and artists of the past, is today a delightful village surrounded by greenery. Its elegant historic villas frame the Sanctuary of the Madonna di Montenero which has always been a destination for religious pilgrimage in all seasons of the year. The ex-votos, the sumptuous Baroque furnishings, the polychrome richness of the marbles inside the Sanctuary make it a must for art lovers too. An unmissable experience is the journey with the characteristic funicular, recently modernized, which offers a suggestive ascent from the Piazza di Montenero to the top of the hill. A “dark” place, dense with woods and centuries-old trees, in ancient times it was considered unsafe, perhaps the home of brigands and bandits. From here the toponym Montenero seems to come from.

A “dark” place, dense with woods and centuries-old trees, in ancient times it was considered unsafe, perhaps the home of brigands and bandits. From here the toponym Montenero seems to come from.



Sanctuary of the Montenero



Livorno on the plate

Perhaps it is only in the culinary aspect that Livorno could resemble other Tuscan cities, meaning food as an authentic pleasure and a way of life. But it is the fish-based products and dishes that make the difference: from the most elaborate to small tastings suitable for street food, now loved and known outside the city. Our gastronomic itinerary starts early in the morning in the Darsena Vecchia, where the fishing boats dock.

On marble counters, the freshest fish awaits the most astute buyers to negotiate the best price. Not far away, around the Fortezza Vecchia, fishmongers-restaurants and small kiosks are close at hand to buy seafood, steak fish but also gluten free proposals. From the port, along Via Grande, in a short time you will arrive at the open-air market in Piazza Cavalotti, a lively and colourful place, full of Leghorn food, where you can buy fruit and fresh vegetables. A short distance away is the Covered Market, a place full of charm and tradition. In addition to raw materials, there are many food points for a delicious brunch, snack or a real typical lunch based on "cacciucco", the Livorno dish of excellence. Cooked according to tradition, it can be tasted accompanied by a good glass of wine. The other gastronomic specialty is called "5 and 5", made up of a boiling chickpea cake just released from the wood oven and served in

a focaccia bread or "French pan". There are numerous cake makers that guarantee this delicacy to be consumed at any time of the day standing up or walking through the streets of the city.

In the evening the whole city shines with bars and restaurants renowned for their typicality, imagination and variety of proposals. After dinner, there is nothing better than a fine "ponce alla livornese", a hot drink based on coffee and "rum" so dear to the people of Leghorn, whose history is intertwined with the maritime traditions of the city.

For lovers of authentic flavours, a fish-based dinner is worthwhile, along the Romito cliff with a breathtaking view and alternatively, you can enjoy excellent game and good Tuscan wine on the hills of Castellaccio and the Benedetta Valley.



5&5

Only 5 cents of cake (of chickpeas) and 5 of bread were needed for a delicious and fragrant "meal". Legend has it that it was during a storm that the sea water mixed with the barrels of chickpea flour along with some jars of oil on board. The weather and the warmth of the sun worked the miracle.



PONCE

It is a very hot blend of coffee, rum or "sassolino" liqueur in the proportion of half for each ingredient in a low, wide glass with a thick base so as not to burn your fingers. Sugar and lemon peel (triangularly cut) are added for an excellent "sailing punch", the same one that warmed the fishermen who were chilled by the west and mistral winds.



CACCIUCCO

The one with 5C is the flagship of the Livorno gastronomic tradition. It is an ancient dish based on various fish, those that remained unsold in the fishermen's baskets and that were "recycled" for a red coloured dish, prepared with tomatoes and "garlic-rubbed" bread. For the authentic recipe to be successful, the ingredients must be combined "artfully", according to a precise order, molluscs, crustaceans and half-sized fish with bones.



Green Experiences

The belt of the Livorno hills that surrounds the city offers for trekking lovers a wide range of proposals with its rich network of paths. In the Park area, you can explore places such as the Benedetta Valley, with its incredible forest and its paths that lead to the Sambuca

Hermitage. On the opposite side, we discover a jewel such as the Leopoldine Aqueduct of Colognole, a work of water architecture that is worth a visit. From the gentle hills it is easy to reach the coast through itineraries that show breathtaking scenarios.

The sacred forests of the Valle Bendetta



A few steps from the city there is a place of peace, protected over the centuries by an intricate wood, known as the Eremo della Sambuca dating back to the 13th century. What remains of the structure suddenly appears, at a bend in the path, a place that seems straight out of a fairy tale and that gives an immediate feeling of peace. Here the Ugione stream flows silently along its path and with its gurgling, it still seems to accompany the ancient prayers of the friars.

From the hills to the sea

The beauty of the Monti Livornesi Park lies in the rapid passage between the different ecosystems, from the Mediterranean scrub to the forest and it naturally comes up to the coasts.

From the locality Le Palazzine in the village of Nibbiaia there are walkways that allow you to travel through areas that are



Quercianella, a small jewel by the sea

A few kilometres from the city of Livorno, Quercianella rises above the sea, a pretty town surrounded by pine forests and the scents of brackish. Its crystalline sea, awarded with the Blue Flag, breaks on a coast made of rocks, pebble beaches and coves hidden in the greenery. The seabed is perfect for fans of scuba diving, surfing and snorkelling.

still wild, stretches of Mediterranean scrub along the Chioma Valley up to the sea.

Walking on this path in spring or summer it is a true sensory experience, where the scents of wild plants mix with the brackish air that you breathe as you get closer to the sea. Here, it will not be possible to give up a dive in the fresh and crystalline water of the Gulf of Quercianella.



The Canyon of Calignai

Starting from the locality of Castellaccio, immersed in the green hills, you can reach the cliff of Calignai. Through scrubland vegetation, the downhill path leaves behind a dense forest and quickly leads to the Romito road, in the Calafuria nature reserve, rich in naturalistic features and historical memories. From here opens up the characteristic Canyon of Calignai, a unique experience, in an incredible natural environment, created by the interaction between water and rock.

From these reddish rock ridges, you can enjoy a splendid view of the islands of the Tuscan Archipelago.

Gorgona Island

Inhabited by the Etruscans who founded it with the name of Ur-gon, it is the smallest island in the Tuscan Archipelago. Every traveller, who loves to immerse himself in the silence of an uncontaminated nature and a crystalline sea, dreams to visit it. This is the heart of the International Cetacean Sanctuary. Part of the island housed a penal colony which guarantees, thanks to the precious work of the inmates, the conservation and protection of nature, the development of cultivation and breeding up to tourist accommodation, in a logic of promotion of sustainable tourism.



Livorno, the little Jerusalem

This how Livorno is still remembered by the descendants of ancient Sephardi families who lived here in past centuries. A safe and prosperous refuge for many Spanish and Portuguese Jews, Livorno in the early 1600s already had a synagogue as grandiose as the one in Amsterdam. The city and the port grew together with the Sephardi community, in the exceptionality of an absent and never planned ghetto, with the coral trade and with the first large print shops for book in Hebrew characters which reached as far as India and Yemen. The strength and importance of this community are evident in the Jewish places, today visiting destinations and of cultural attraction such as the new Synagogue, the active centre of the contemporary community where all the feasts of the Jewish calendar take place and the ancient cemeteries where the great rabbis Koriat, Benamozegh, Israel Costa and the best-known Kabbalists were buried.

In the centre of the city, a small but precious museum is worth a visit, the Yeshivà Marini, where jewels and small coral objects for religious use, ancient damask wedding dresses and a precious library with ancient books of the Jewish school are kept. The Jewish identity of Livorno lives on in the flavours and aromas of the cuisine; from mullet "alla mosaica", to the spun eggs introduced by the Portuguese Jews, up to the couscous imported by the Levantine Jews and renamed by the Leghorns: "Cuscussù".

Livorno was the European coral capital in the 18th century. Huge quantities of liturgical jewels were exported all over the world, rosaries to Europe, Islamic Misbaha to the Middle East and Buddhist malas to the East.

The ancestors of the current beach resorts were the so-called "bagnetti" at the end of the 18th century: frequented by noblewomen, aristocracy and crowned heads. They were small buildings inside which many tubs channelled directly into the sea conveying salt water and algae, curative for the body. A practice that has become modern thalassotherapy over time.

If you want to discover the fish that cannot miss in the cacchiucco go to the end of Via Grande, towards the port, and you will find them sculpted on copies of the bronze fountains "Mostri Marini" by Pietro Tacca.

The Bollo is the bread served with quince jam on the occasion of the end of Kippur, the Jewish religious holiday.

A legend says that the Monument of the Quattro Mori by Pietro Tacca can bring luck if you can observe the four noses of the Quattro Mori at a single glance. All this is possible by observing them from a single point of view.

The great artist Amedeo Modigliani loved the good food of his Livorno and in particular the "roschette" and the typical "5 and 5" of the gastronomic tradition.

Do you know that...

The uncontaminated rock in the middle of the sea

An island guards and protects, even when the wind blows hard and winter seems far to end, because growing up in beauty is a gift, but also a daily challenge. Those who live in Capraia know this, this is why nature is the host here, it is treated with respect and is perceived as the shield, but abo-

ve all the means to achieve happiness. For its inhabitants, the wind rose, with petals expanded in every direction, is the most important flower of this land: it is the diagram that indicates the route to follow, guidance and protection, the sense of freedom and the search for equilibrium.

The third largest island of the Tuscan Archipelago, since 1996, it has been part of the National Park and the UNESCO MAB Biosphere Reserve. A Protected Marine Area has been established in its sea with areas of different degrees of biological protection. It is also included in the International Cetacean Sanctuary as it is strongly affected by the presence of dolphins, fin whales and sperm whales and from 2020 even the very rare monk seal has started to frequent its coasts again. It is the smallest town in Tuscany and the closest to Corsica and 67 kilometres from Livorno, its provincial capital.

Capraia Island



“Capraia is a tiny strip of land, perhaps emerged from the sea by a strange spell, only to disappear in a remote silence. Like a fleeting dream”.

Tina Santini Loli,
Capraia d'altri tempi: aspetti di vita parlata locale.

ALTITUDE	SURFACE	INHABITANT
450m a.s.l.	19,3 km ²	392
PATRON	COORDINATES	
Saint Nicholas of Bari December 6th	43° 02' 60" North 9° 50' 32" East	

TOURIST INFORMACION OFFICES

Pro Loco Isola di Capraia e Info Park
Via Assunzione, Porto (next to la Salata)
Ph. +39 347 7714601
prolococapraiaisola@gmail.com

www.visitcapraia.it
www.prolococapraiaisola.it
www.comune.capraiaisola.li.it
www.islepark.it/visitare-il-parco/capraia



Travel Notes

The island of Capraia, located halfway between the Ligurian Sea and the upper Tyrrhenian Sea, is the only island of volcanic origin among the islands of the Tuscan Archipelago. Born nine million years ago, it is one of the oldest Mediterranean islands. Its high coasts overlooking the sea open to numerous bays, coves, ravines and caves originating from stratifications of rocks of multiple colours and shaped by erosion, always in different forms. Its elliptical shape extends for 8 km from north to south and is characterized by mountainous areas that alternate with small valleys crossed by

streams called “vadi”. On the island there is the only natural reservoir of the archipelago, called “Stagnone or Laghetto”.

The island was inhabited since the Neolithic age, frequented by the Etruscans and the most ancient navigators, used by the Romans as a naval base to fight Carthaginian and Ligurian piracy and finally chosen by groups of monks as a place of their own faith. Destination of the raids of pirates and corsairs, including the terrible Dragut, in the second half of 1500, Genoa made it safer by building the Fortress of San Giorgio and the coastal towers. In 1925 the Municipality of Capraia Isola definitively passed to the province of Livorno. Seat of a penal colony until 1986, ten years later it was included in the Tuscan Archipelago National Park with the aim of preserving a unique natural reality and promoting tourism and sustainable development.



Although the name Capraia seems to derive from the ancient presence on the island of wild goats, the etymology of the word suggests a reference to its volcanic origin and its being rough and rocky, hence the term Aegylon in Greek “land of goats”, from the Etruscan Karpa which means rock, later becoming Capraria in Latin, Cravaea in Ligurian and Capraghja in the ancient local dialect, an oscillation of Corsican speech with strong Ligurian and Sardinians ties, today unfortunately completely extinct. In this regard, the attempts to recover the ancient language with the aim of restoring the expressiveness, the intimacy of the place and the sense of belonging are interesting.

The 4 Elements of the Island of Capraia



EARTH

The relative season is winter and the associated direction is the north: *Punta della Teglia* is the northernmost where the Torre delle Barbici is still present, albeit in ruins.

Here the coast slopes down towards the sea and colonies of herring gulls stay all year round in its jagged rocks. It can be reached on foot thanks to a path that starts from Portovecchio, runs high along the coast and allows you to admire spectacular views of the coves where the winter sea is tinged with dark green and cobalt blue and captures the intensity of its strength.

AIR

It is associated with spring and the corresponding direction is east: along the road that leads up from the port to the village, there are many flowers begin to bloom from March onwards in a riot of colours and scents: cornflower and linaria, endemic species of the island, helichrysum and cineraria, wild orchids and oleanders, lilies and daffodils, buttercups and jonquil. Thanks to the temperatures that are not yet too hot, this is the ideal season to stroll among the fresh smells of awakening nature and to breathe new energy after the winter calm.



FIRE

It is associated with the summer season and the direction in which it pushes is the south: the Zenobito Tower was built in 1545 with volcanic stones on three floors and with an internal mezzanine. The stones of the tower are red like the magmatic rocks of the cove below which in summer shines in all its shades and which well represents the idea of how this land was forged by fire. The far south can be reached by boat, or by following a path that runs along the spine of the entire island, along which it will be easy to get lost in the scents of the scrub made of myrtles, strawberry trees, lentisks, heather, rock roses, helichrysum and rosemary.

WATER

It is joined to autumn and the corresponding direction is the west: after the environmental restoration by the Ente Parco authority, the Stagnone has once again become an important naturalistic oasis. In addition to giving life to a rich and colourful ecosystem with the flowers of the aquatic buttercup, the big pond is in fact located along the migratory routes of many species of birds moving from the north to Africa. For this it is the preferential point for the observation of avifauna in the seasons of transition when nature is at its peak. Listening to and recognizing small scrub birds such as citril finches, Dartford warblers, white wagtails and goldfinches, but also of the heron, the little egret, the peregrine falcon and the kestrel it is an activity that is only apparently reserved for birdwatchers. It will rather allow you to dive fully in nature by restoring contact with space, water and our spirit.



The terrible Dragut

He lived between 1485 and 1565, and is one of the mythical characters of the history of the seas and one the most ferocious Barbary corsairs, whose history is intertwined with that of the island. The protagonist of raids and pillages, in 1540 he landed in Capraia where he began to bomb the fortified town and to deport the inhabitants. Dragut will be stopped by Andrea Doria's fleet who took him prisoner, and then ransomed him to the pirate Barbarossa.



Itineraries to experience

Overland experience

Comfortable clothing and sturdy shoes, lunch in your backpack, water bottle, binoculars and camera: all you need to do is to face a unique trekking experience, a real moment of disconnection in nature.

Capraia is the realm of green walks with a varied offer of itineraries that differ in difficulty and length, each with its own history and landscape. Due to the average degree of difficulty and the recommended season, starting from March, one of the ideal ring routes to take is the one that starts from the town square in the direction of Stagnone-Monte Le Penne. Seven kilometres, which can be covered in about five hours along an uphill, well-signposted mule track that leads to the centre of the island.

It is immediately possible to observe the typical vegetation of the Mediterranean scrub present throughout the territory, where the splendid insular spring insists: the white flowers of the strawberry trees and the myrtle of the high maquis alternate with the bushes of marine cysts, asphodel, and catnip on the Sella dell'Acciatto, while the hawthorns perfume the air with their small white petals. Continuing on, the view of the Stagnone opens up, suggestive for the flowering of

the water buttercup in this season. In front, the laces of Monte Le Penne dominate and show an uphill path at the end of which sea and sky seem to merge and where the panorama becomes boundless. Continuing, from Monte Castello, the downhill path will lead to the former Penal Colony. Here the ancient building complex of the Aghiale with the guards' lodgings, the canteen, the small shop, the sheepfold and the cheese factory, invite us to an anthropic reflection on the measures for the redevelopment of the area, aimed at favouring rural activities linked to agricultural productions. But it is now time to return. The path, decorated with glimpses of the terraces of the valleys planted with vineyards, slides back towards the port and the town.



Experience by sea

Some say that an island is an island only if you look at it from the sea. The tour of Capraia by boat actually allows you to discover the true nature of this land by offering glimpses of extraordinary beauty among the cliffs shaped by the waves and covered by garrigue, which form recesses of various sizes: rocks, coves, inlets, small caves, all evidence of the geo-vulcanological evolution of the land. Cala Rossa, with the red and white contrasts of its rocks, is the most complete expression of the ancient Zenobito volcano. Some of these places can only be reached from the sea, by renting boats or rafts to proceed even in full autonomy.

Located respectively to the east and west, there are two coves that best identify the experiential character of the stay of those who visit the island. To the north east, Cala della Mortola fills and empties with sand according to the winds: with the Libeccio it arrives, with the Gregale it returns away. Here the sea becomes turquoise and with its seabed rich in marine fauna and flora, it is a must. The beauty of the inlet, which derives its name from the myrtle plant, also lies in the surrounding landscape, an evergreen cliff characterized in spring by the flowering of the white sea lily. On the other side of the island, to the west, Cala del Reciso welcomes its two natural arches, the largest

of which must have once been divided by a rock that collapsed. In the pristine environment it flies over the Osprey, while in the cornflower-coloured waters, with rocky bottoms, it will be easy to find yourself swimming among many species of fish, molluscs, crustaceans and coloured sponges. The island is also a diving and snorkelling paradise, a place of international excellence for scuba diving.

Diving into the sea of the protected area of the island means being ready for a unique and unrepeatable experience. The world that opens up just below the sea line is an incredible scenario where a rich and varied fauna of white bream and Greater amberjack, grouper and barracuda, scorpion fish and mullet swims, among the crystal-clear seabed rich coloured in rocks and a multifiform vegetation.

Fragrances and flavours of the earth

A delicious break

By nature and by vocation, the islands represent the ideal places to encourage small productions that enhance the territories, recovering traditional crafts and processing techniques. In fact, all the restaurants in Capraia offer zero-kilometre products, cultivated with love by those who have chosen to live on this land, accepting the challenge of looking after it, improving it and promoting it. The catch of the day, made up of molluscs, crustaceans and rock fish such as sea bass and sea bream of great quality, is appreciated fried, raw or served according to the rules of the best fishmongers. There are many gastronomic variations of a simple but tasty and genuine cuisine, respectful of the identity of its places. Fresh or aged cheeses derived from the processing of goat's milk, tomatoes, zucchinis, pumpkins, basil and aubergines grown on terraced gardens, syrups and jams made with Mediterranean fruits and berries such as mastic, myrtle, May rose, strawberry tree, rosemary and blackberries. Even honey, with its refined and persistent aroma that comes from the different blooms of the scrub, is obtained from hives located in the hinterland. Everything is aimed at enhancing the resources present, without discarding anything: foraging, horticulture, breeding, production of oil, hops and wine, the latter obtained from vines of different adaptations and types: from the Aleatico, intense and balanced, to Vermentino with its citrus notes and to Grenache, clear and juicy. It is not possible to leave the island without tasting the excellent craft beers that recall the scents of the Mediterranean scrub. All to be tested, the helichrysum blanche, the ipa, the honey-flavoured blonde, the red bitter and the Belgian with myrtle leaves.



THE SAMMOLA

It is a perennial bulbous plant with an intense onion smell very common on the island. The bulb, quite thick, can be used as domestic garlic.

The Sammola, constitutes the basis of many recipes of dishes linked to the gastronomic tradition of Capraia.



How to reach the Island of Capraia

Capraia can only be reached by sea: with the Liburna, the scheduled ferry of the Toremar fleet, which connects the Porto Mediceo of Livorno to the island with a journey of 2 hours and 45 minutes, or by sailing or motorboat, with your own recreational boat, to be moored in the small tourist port managed by the Marina di Capraia.

Once on the island, a small bus shuttles between the quay and the town (distance 1 km) every day throughout the year, but although the services offered are optimally guaranteed in all seasons, it is with spring that in fact tourism is reborn and with it an enrichment of the number and timing of proposals. Accommodations of various types, restaurants, shops and farms, will offer countless alternatives to stay and together with environmental guides, maritime operators and diving, will allow you to get to know the island in all its manifold and singular aspects, savouring paths and ravines, sea and coves, atmospheres and peculiarities, flavours and typical products.



Advice from those who live on the island

The people who live on the island are true citizens of Capraia. Some were born there, others have reached this land for work and have decided to stay. Someone has come travelling, and has returned to never leave. Linked to the sea or the land, or both, they all live in symbiosis with the nature that surrounds them, drawing inspiration, strength, a sense of belonging and conviviality from it. Listening to them means immersing oneself with the mind and heart in the stories of wind, salt, clean air, suggestive sunsets and starry skies, violent storms, cool spring evenings and a lot of work faced every day with courage. In this small, almost perfect world, marked by the rhythms of the island, it is advisable to enter without making any noise, letting ourselves be guided only by our sensations. It is recommended to observe and understand. Appreciate, if possible. Perceiving by touch. Breathe the air that surrounds us walking along the paths in the soft light of the dawn or in the sea, to the west, lying on the boat while the sun disappears under the horizon. It is recommended to free the mind from conditioning. To rediscover the true meaning of being with others. And, first of all, with oneself.



Not to be missed

The Palmenti

During a walk along the paths of the island, the traveller may be surprised in front of the large quadrangular basins carved into the rock, spread throughout the island, and in particular in the Tigghielle area and on the rocky esplanade overlooking the Castle. These are ancient structures that were used for the pressing of grapes and the production of wine. The word "palmento" derives from the Latin "pavimentum" (pavire: to beat, to pound), but they are also called "pigiatoi or pestarole".

The former Penal Colony

The Colonia Penale, an open-air working colony, occupied almost a third of the island for about a hundred years. Closed in 1986, the prison has left evident architectural marks in the structures, called "branches", of its complex which, from the Arco dell'Aghiale, runs uphill throughout the northern area of the island. It can be reached after a walk of about half an hour along the Cornero road, immersed in a natural setting with a spectacular view over the harbour bay and the town.

Time to go back

For the island, 2020 was the year in which important presences from the past returned home. In the Cala del Ceppo area, the Monk Seal has been sighted, an elusive and difficult to see species but above all at risk of extinction. In the same year, the exhibition "Il ritorno del guerriero" (The return of the warrior) was inaugurated in the Church of Sant'Antonio, which collects a series of archaeological finds that come from the Tomb of the Warrior, attributed to a young soldier who died during the battle of Corsica in 456 A.D.. Of great historical value is its military equipment consisting of weapons and buckles, which can be traced back to the imperial manufactories of Gaul.

San Giorgio Fortress

Considered one of the symbols of the island, the Castle of San Giorgio, has dominated the north-east side of the island since 1540, a period in which the Republic of Genoa intervened to free the island from the pirate Dragut. In its place stood the Castello Pisano, built in 1200 and destroyed by the pirate himself. Today the castle has been renovated and reveals some secrets such as the pre-existing church, active since the 1400s, which was also the burial place of many people from Capraia, perhaps killed by an epidemic.

Church of San Nicola

It will welcome you in the main square of the town, with its ancient pink bell tower that tolls the hours of sunset. Inside it houses a wooden statue dedicated to the saint, recovered from the sea.



In summer 2020, 22 buoys have been placed at a distance of 50 meters from each other, along a marine line that extends for 1100 metres, from the Grotta, under the Torre del Porto, to beyond the Torretta del Bagno, under the Fortezza San Giorgio and where there is a ban on navigation, anchoring and mooring. A dedicated itinerary for swimming, swimtrekking, snorkelling, reserved for bathing in freedom and safety which takes the name of the Blue Mile.

Capraia has always been a "laboratory in nature" for the study of natural sciences and marine biology. Here scholars, researchers and students are active in research and training activities related to the development of outdoor projects.

In September 2020, a community library was inaugurated inside the 16th-century Torre del Porto, where more than 1500 volumes have found space: novels, non-fiction, local bibliography, as well as archival documents that tell the history of this land and the traditions of the people who have populated it over time. A place of culture, loan and consultation, but also a service and updating centre for islanders and tourists.

The first or second Sunday after the summer solstice, the organization of a charity lunch open to everyone, donates its proceeds to the Meyer Hospital in Florence, to support childcare. Participating will mean living a profound experience and sharing projects and expectations.

Squids, which are called "calamari" in Capraia, are fished from autumn to late winter, from land or boat. "Andare a totani" (fishing for squid) is an ancient and deep-rooted tradition, but also a typical "Capraiese" saying. Rich in mineral salts and low in fat and calories, its meat is of excellent quality and becomes tender and delicate when cooked to perfection. Whichever way you like it: carpaccio, stewed, grilled or fried, it is sure to delight the palate.

It's easy to make the Sammole Pie. Just take a bunch of sammole, 200 g flour, salt, pepper, 5 tablespoons of extra virgin olive oil and water. Cut the sammole into small pieces in a bowl, add the flour, salt and enough water to obtain a not too liquid batter. Put the oil in a low pan and pour in the batter. Bake in the oven at 180° for about 30 minutes. It should be crispy on top and when cooked, add some black pepper.

Do you know that...

Regenerate yourself in the green of the Mediterranean Scrub

Wooded areas, cultivated fields and waterways are the elements that make up the Collesalveti area, a natural heritage that is part of the Monti Livornesi Park.

A real green lung that extends for 1300 hectares, dotted with numerous small villages, where traces of a rural past still persist. A few kilometres from the coast, the area unfolds between plains, rolling hills and streams, offering a meaningful experience for all outdoor enthusiasts. Already frequented by the Etruscans and Romans, during the Middle Ages this

land saw the progressive swamping of the ancient Pisan port, only to rise again with the Medici in a hunting reserve and agricultural production area.

Today, along the panoramic paths it is possible to admire the remains of the Leopoldine Aqueduct, designed and built in the 19th century by the Grand Dukes of Tuscany for the water supply to the city of Livorno, and enjoy an environment where nature and the work of the man meet, in the past as in the present.

Collesalveti



*“I remember an ancient church,
hermit, in the hour when the air
turns orange and every voice
is splintered
under the arch of the sky”.*

*Come un'allegoria (1932-1935),
by Giorgio Caproni, Work in verse*

ALTITUDE	SURFACE	INHABITANTS	DENSITY
40m a.s.l.	107,96 km ²	16 401[3]	151,92 inhabitants/km ²
PATRON	FRACTIONS		
San Quirico and Santa Giulitta June 16th	Castell'Anselmo, Colognole, Guasticce, Nugola, Parrana San Giusto, Parrana San Martino, Stagno, Vicarello		

FRACTIONS

Collesalveti - Livorno (central station):
12 minutes by car · 30/40 minutes by bike
1 hour and 56 minutes on foot 16 minutes by bus (105)

TOURIST INFORMACION OFFICES

Piazza della Repubblica, 32
Ph. +39 0586 980111
www.comune.collesalveti.li.it/site/home/argomenti/turismo-e-territorio.html



Travel Notes

Already inhabited in prehistoric times, the town and the nearby hamlets have very ancient origins, just think that one of the most important communication routes of ancient history passes through these lands, the Aemilia Scauri. In the Middle Ages the area was in unhealthy conditions, due to the swamp that covered it almost entirely. Following a plague epidemic, the area became totally depopulated and the inhabitants, forced to flee to the hills, gave birth to small villages still present today. When the Medici inaugurated a general reclamation plan, favouring the repopulation of the countryside, it began the development of this territory, destined for cultivation. Only after careful control of the waterways that the Medici first and then the Lorraine succeeded in assigning these lands to agricultural use and to repopulate the plains. In the 19th century with the French occupation, the community of Colle was assigned a large territory, which associated the localities of Castell'Anselmo, Collognole, Nugola, Guasticce, Vicarello, Parrana (San Giusto and San Martino) and Gabbro.

The toponym is found for the first time in 1272 as "Collis Salvecti" (Colle di Salvetto) in a land sale contract, drawn up by this "notary Salvetto, son of Borgo, in Villa di Colle". With the victory of Florence, Colle became a Medici villa, a hunting lodge and the driving force of the Grand Ducal Farm - first Medici, then Lorraine - which at the time of its maximum expansion included over twenty farms.



Path along the Colognole Aqueduct

The Villages

Castell'Anselmo, Colognole, Guasticce, Nugola, Parrana San Giusto, Parrana San Martino, Stagno, Vicarello.



The Etruria, Santa Giulia and the Tirreni routes, which cross these territories, offer cultural and multisensory experiences for a slow tourism immersed in the nature of the Tuscan landscape.

COLOGNOLE

Here begins the Lorraine Aqueduct, also called "di Colognole", which covers a distance of eighteen kilometres in the countryside. Along its route the aqueduct crosses the hamlet of Parrana, located 200 metres high above sea level, through a road that alternates tunnels and galleries to the majestic arches. The route continues towards Nugola, formerly known by its name of "Nuvola", because it is enveloped in a fog due to the effect of warm-humid air typical of this area.

NUGOLA

In 1503, the village of Nugola was mentioned on the "Carta della Toscana Marittima" (Map of the Maritime Tuscany) drawn by Leonardo Da Vinci. Its geographical position, the culture and the nature of the place make this town an important hub of the Tuscan paths and routes.

VICARELLO

Like most countries of this area, it has never abandoned its peasant tradition. Following the rows of cypresses and along the banks of the Tora stream can be reached the numerous lands entirely covered with vineyards, where wine has been produced since ancient times.



Not to be missed

In Torretta, along the provincial road (206) is the Archaeological Area of the “Mansio Romana”, discovered in the 1990s. It is believed to be part of a large public thermal baths built near a roadside rest stop for Rome. The area can be visited thanks to periodic openings: part of the system is visible heating of the thermal system and sections of the mosaic flooring with geometric designs as well as portions of masonry in opus mixtum.

In Parrana San Martino, in 2010, a necropolis dating back to the end of the Bronze Age was discovered, which includes 166 burials. The Livorno Museum of Natural History of the Mediterranean has dedicated a section of the archaeological exhibition to this important find.

Inside the Livorno hills, the ruins of the Sambuca hermitage are still striking today for its mystical atmosphere. The presence of hermits of the order of St. Augustine is attested since the 13th century. Subsequently, the place was inhabited by the Gesuati friars who remained there until

the suppression of the order. In the 20th century it was declared a National Monument and the state property but this did not safeguard the convent from continuous looting: the detached frescoes and the bell are kept in the Museum of the City of Livorno.

The path of the Lepoldine Aqueduct amazes for its size: it is dotted with arches, some of which are vertiginous, that lead from Colognole to the little Cistern of Pian di Rota. A neoclassical style building surrounded by a large green lawn, ending in Livorno in the imposing Cisternone, also known as the Gran Conserva, a monumental water reservoir in Livorno. The work was designed by Pasquale Poccianti with the function of restoring water to the city of Livorno, which used it until 1912.



Itineraries to experience

A network of hiking trails unwinds from the hilltop towns, making it possible to appreciate this green island, the ideal place for a perfect reconnection with uncontaminated Nature. On foot, by bicycle or on horseback, it is possible to reach Livorno by following the route of the ancient Leopoldine Aqueduct, which, along woods and streams, reaches the sea. The itinerary crosses the Monti Livornesi Park, a protected area animated by wild boars, foxes and weasels, moving through colourful broom and holm oak and cork woods. For outdoor lovers, the experience of the Oasi della Contessa, a Regional Nature Reserve, is definitely recommended.

It remains as the last testimony of a coastal marsh in this area. The area is equipped for birdwatching and allows you to await the rest of numerous species that make this place a stopping point during migration. Alone or in a group, accompanied by environmental guides who also promote activities for the little ones, it is possible to observe the herons, marine jays and discover the characteristic vegetation of this extraordinary natural habitat.



Oasi della Contessa Nature Reserve



Path along the Colognole Aqueduct



Profumi e sapori della terra

Una pausa sfiziosa

Alcuni dei piatti della tradizione contadina sono nati dall'incontro tra gli ingredienti, gli usi e i costumi dei popoli approdati in secoli di scambi sul porto di Livorno.



THE BORDATINO

It is a buckwheat-based soup, a "farinata" (porridge) with black cabbage lengthened with fish broth; buckwheat today it is replaced by corn flour and fish broth by beans. It is a poor but very nutritious dish, born on sailing ships to support the Marians during long journeys by sea.

THE FRANCESINA AND THE HYMN OF GARIBALDI

They are dishes based on boiled meat "remade in the pan" that embody the ancient wisdom of reusing leftovers, with tomato and onion in the first case, and the addition of abundant potatoes in the second.

Wines and grains

The flagships of the production of this area are the flours, in particular the cultivation of ancient grains, oil production and that of wine. Along the Cerreta provincial road it is possible to see the vineyards planted with Merlot, Cabernet Sauvignon, Cabernet Franc and Petit Verdot. The Insuense area is dedicated to the organic cultivation of wheat, in particular the soft wheat Verna, Gentil Rosso and durum wheat Triticum Turanicum, from which flours of ancient BIO grains are obtained. Also, in this area there are more than 7000 specimens of olive trees, including Frantoio, Leccino and Moraiolo.

The Abbey of twelve Apostles of Collesalveti, since 1200 it housed a congregation of religious who, according to stories handed down, professed a mysterious doctrine living in perennial isolation.

In the Church of the Saints Peter and Paul in Colognole perhaps is preserved the oldest example of piccolo positive organ present in Tuscany. Dating back to the end of the 16th century, it still has the original decorations.

The Collesalveti band maintains the imprint of the old Colligiana musical band, it is in fact a real "wind orchestra", with traditional musical repertoires.

The Collesalveti theatre is set up inside of a former industrial building. In the early 2000s the structure has been restored and the show hall has become a multifunctional cultural space that offers national theatre programs during the winter.

The Historical Garden is an environmental and cultural recovery project of the area where the Antica Fattoria di Nugola Nuova stands, involving the enhancement of the ancient garden and the old granaries.

To get to know the protagonists of Livorno's artistic events between the 19th and 20th centuries such as Renato Natali, Guglielmo Micheli, Giovanni Lomi, Giovanni Marchi, it is necessary to visit the Carlo Servolini Picture Gallery in Collesalveti.

In the central streets some scenes of the film "Tutti a casa" by Luigi Comencini were shot in the small town of Mortaiolo.

Collesalveti takes part to the "The City of Honey" project, a product which represents the excellence of local specialties. The area is rich in beekeepers and organic productions, some of which are internationally awarded.

Do you know that...

Spring

APRIL

CAPRAIA

WALKING FESTIVAL

An event that opens the door to the tourist season. A rich calendar of guided trekking routes, cultural and naturalistic itineraries and experiences in collaboration with local farms.

www.islepark.it/visitare-il-parco/capraia
www.visitcapraia.it

LIVORNO

INTERNATIONAL SAILING WEEK

(between April and May) A sporting event of international appeal organized by the Naval Academy of Livorno and the sailing clubs of the city. A full program of regattas and competitions in the open sea between various classes of boats. The program is enriched with events and cultural initiatives to enhance the city.

www.settimanavelicainternazionale.it

MAY

CAPRAIA

FESTIVAL OF FLAVOURS

OF THE LANDS OF THE SEA
Themed food and wine and cultural history event with tasting of typical dishes and products linked to tradition.

www.visitcapraia.it
www.prolococapraiaisola.it

Summer

JUNE

CAPRAIA

SUMMER IN THE PARK

A calendar of activities and initiatives for all age. Naturalistic and cultural trekking, excursions in boat, snorkelling, educational workshops, gastronomic experiences with local farms.

www.islepark.it/visitare-il-parco/capraia
www.visitcapraia.it

LIVORNO

ROW RACES

(Coppa Barontini, Risiatori, Palio Marinaro, Palio dell'Antenna) Re-enactment of the ancient rowing competitions that feature the colourful boats of the districts that run along the canals of the city and in the stretch of open sea in front of the Livorno lighthouse.

www.gareremierelivorno.it

CACCIUCCO PRIDE

Gastronomic festival that celebrates the symbolic dish of the city, prepared according to tradition by local restaurateurs. Cultural events, guided tours theme and performance of music, animate the Kermesse in the historical places of the city.

www.cacciuccopridelivorno.it

JULY

CAPRAIA

FESTIVAL MUOVASI

CAPRAIA BETWEEN SEA AND DREAM

CAPRAIA MUSIC FESTIVAL

Cultural appointment with the island. Calendar of classical music events, theatre, conferences, book presentations, cinema under the stars, in the setting of historic and evocative places

www.visitcapraia.it

COLLESALVETTI

NOTTE CLARA

July 18th – A festival through the streets of the town that come alive with numerous cultural, musical events and shows. The program is enriched by the presence of food and craft stands that rediscover the ancient handicraft production.

COLOGNOLE

FESTIVAL OF THE BOAR

A typical gastronomic event which focuses on the preparation of dishes linked to the traditional Tuscan cuisine.

AUGUST

CAPRAIA

FESTIVAL OF THE ASSUMPTION

On August 15th festivals and games are held in the port. The evening is dedicated to the procession towards the sea of the statue of the Madonna greeted by sirens and fireworks.

www.prolococapraiaisola.it
www.visitcapraia.it

LIVORNO

EFFETTO VENEZIA

A cultural and gastronomy event full of shows. The typical district of Venice lights up with lights and colours in a festival of music, theatre, dance, art exhibitions and boat tours along the canals.

www.livorno-effettovenezia.it

COLLESALVETTI

(Insuese Loc.)

OPERA BY THE LAKE

Symphonic opera concert at Lake Alberto. The show, held in the splendid natural setting of the Regional Nature Reserve within the Bellavista Insuese Estate.

www.tenutabellavistainsuese.it

SEPTEMBER

LIVORNO

MASCAGNI FESTIVAL

A Classical music festival in the splendid natural setting of the Mascagni Terrace, dedicated to the well-known composer from Livorno. Concerts, shows and cultural performances enrich the event program.

www.mascagnifestival.it

COLLESALVETTI

PALIO OF THE CARTS

As part of the village fair, the typical race of ball-bearing carts takes place within a circuit in the streets of the historic centre.

www.comune.collesalvettili.it

AGRICULTURAL HISTORICAL FAIR

(first Tuesday of September) Exhibition-market of local producers of honey, cheese, fruit and sale of agricultural tools and implements.

Creative workshops and demonstrations of craftsmanship according to ancient traditions.

www.comune.collesalvettili.it

NUGOLA

SEPTEMBER DI... VINE

Una manifestazione all'insegna del divertimento e del buon cibo per salutare l'estate. Sono questi gli elementi chiave di Settembre Di...vino, il consueto evento dove il protagonista è il vino di produzione locale.

www.comune.collesalvettili.it

Autumn

OCTOBER

CAPRAIA

WALKING FESTIVAL

A rich calendar of guided trekking routes, cultural and naturalistic itineraries and experiences in collaboration with local farms.

www.islepark.it/visitare-il-parco/capraia
www.visitcapraia.it

FESTIVAL OF THE TOTANO (SQUID)

(between October and November) Evento gastronomico esperienziale. Oltre alla gara di pesca, molte sono le iniziative musicali, culturali che arricchiscono il programma. Al centro della manifestazione il piatto tipico dell'isola da gustare nella grande varietà dei menù dei ristoranti locali.

www.sagradeltotano.it

LIVORNO HARBOREA

In the splendid setting of Villa Mimbelli takes place the fair market of flowers and plants, seeds, vegetables and spices from all over the world. The market exhibition is enriched by a calendar full of musical events and initiatives, themed shows and workshops.

www.harborea.com

Events

*sport,
art and culture
of Livorno,
Capraia Island e
Collesalvetti*