

## The Trossa stream and the Farneta point



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Type: Hiking | Difficulty: E | ↗ 360 m | ↘ 133 m | ⇄ 7 km

Località di partenza e arrivo: -

*The starting point can be reached by an easy to follow dirt road branching off from the municipal road that goes to Sant'Ippolito.*

*From the Strada Statale 439 road, before the Montecerboli village, at the crossroads go towards Sant'Ippolito to find yourself into the heart of the Monterufoli forest, where a path opens out allowing you to look over a large part of the territory.*

Pian di Creta, the starting point of the hike, is almost a true and proper botanical garden, where the colours of the spring blooms on the serpentine rocks form a rare spectacle: narcissuses, tulip and irises adorn the landscape together with the many endemic species. Beyond the Monna farm, the immense forests of Farneta, rich in biodiversity, are interrupted by permanent wetlands, with hygrophilous plants and valuable fauna, such as the European pond turtle, the yellow-bellied toad and the spectacled salamander.

Among the plants you can meet here there is the yew, a very ancient conifer, and the sessile oak, from which some of the most important furniture woods in Italy are made. Both are well known for their rarity. In late spring this route is the only place where you can admire the extremely rare blooms of the Dictamnus. The surprises, though, are far from over, as the last downhill stretch leads to the confluence of the Secolo and Trossa streams, an enchanting place, where mirrors of crystal-clear water are set between a large boulder and sandy banks, inviting you to rest and meditate.

Finally, in the open areas your attention will surely be captured by the flight of birds of prey, such as the short-toed eagle. You will then climb back up through a rocky path to reach Puntone di Farneta, from



where you can enjoy superb views and then descend to the starting point, walking through a seducing blossoming garden.

## Points of interest



### 1. Viewpoint

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An ideal place for watching birds of prey such as the short-toed eagle and migratory birds in autumn.



### 2. The oak forest with oak, turkey oak and laurel

#### Naturalistic feature

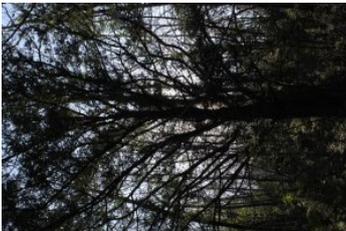
A very rare woodland, with oak (*Quercus petraea*) at the limit of its ability to survive.



### 3. Valuable Wetlands

#### Naturalistic feature

The presence of small springs and backwater areas that characterises the forest of the Trossa valley has allowed the establishment of a particular vegetation. Valuable for the presence of woody species such as alder buckthorn (*Frangula alnus*), laurel and herbaceous species typical of marshes as well as important habitats for all fauna



### 4. The yew tree or "death tree"

#### Naturalistic feature

The undergrowth of the damp oak forest is home to nuclei of this rare and atypical shade and coolness-loving conifer with red 'berries' instead of cones, the yew (*Taxus baccata*). The leaves and seeds are poisonous, hence death tree. Its presence together with that of laurel and holly is interpreted as evidence of the tropical flora that was present before the ice ages.



### 5. Dipper, Grey Wagtail and stream fauna

#### Naturalistic feature, Viewpoint

Two protected species that are very attached to unspoilt, undisturbed watercourses with boulders and pebbles through which they move in search of insects and aquatic invertebrates.



## 6. Older Pricy Juniperuses (*Juniperus Oxycedrus Subsp. Oxycedrus*) Naturalistic feature

Typical of the sandy coasts of the Mediterranean, it is one of the most valuable woody species in the Reserve, dominating the sparse scrub typical of serpentine rock. Along this route it takes on monumental importance in the high scrub dominated by other Mediterranean species.



## 7. Viewpoint Viewpoint



## 8. Viewpoint Viewpoint



## 9. Viewpoint Viewpoint



## 10. A botanical garden in the 'Garighe' on serpentine Naturalistic feature, Viewpoint

A real botanical garden on outcrops of ophiolites, also known as green rocks, represented here mainly by serpentine. The dry or steep slopes are home to a sparse shrub vegetation known as "Gariga", characterised by rare herbaceous plants exclusive to these rocks and beautiful spring flowers.



## 11. A Botanical Garden on Serpentine Naturalistic feature, Start-End

Monterufoli has extensive outcrops of ophiolites, also known as green rocks, represented here mainly by serpentine. The arid or steep slopes are home to sparse shrub vegetation known as garrigue, characterised by rare herbaceous plants with beautiful spring flowers.