



Parks and Trails

General information

Name of the Park/Trail	MAREMMA REGIONAL PARK
Address	Via del Bersagliere 7/9 - Tel. Tel. +39 0564 393238 E-mail: centrovisite@parco-maremma.it https://parco-maremma.it/
City	Alberese (GR)

TESTED AND REVIEWED BY: [Handy Superabile Social Promotion Association](#) in 2024

Please note The following information refers to the date of verification shown at the bottom of each sheet. **The Association** is not responsible for any significant changes made by the property after the visit.

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Description

The Maremma Regional Natural Park is over 10,000 hectares wide, located in southern Tuscany, extends along the Tyrrhenian coastal stretch from Principina a Mare to Telamone while to the east it reaches the Aurelia state road. It was established in 1975 by the Tuscany Region with regional law no. 65 of 5 June 1975. The central and southern part is occupied by the Uccellina Mountains, covered by dense scrub, which have the highest point in the Poggio dei Lecci (451 m.a.s.l.): from these hills you can overlook the entire Tyrrhenian coast and the Tyrrhenian Sea with the islands of Giglio, Elba and Corsica for a truly unsurpassed panorama; the view of the Ombrone river when it flows into the sea is very beautiful and characteristic and whose dark waters go out to sea, gradually mixing with the green waters of the sea. The territory includes extremely different environments, from cultivated fields to pastures, from Mediterranean scrub to rocky areas, from pine forest to marsh, to sand dunes. North of the mouth of the Ombrone, the territory is flat and is occupied by the Trappola marshes, a system of temporary and/or permanent bodies of water; to the left of the Ombrone there is an area characterized by dunes and pine forests and crossed by artificial canals dating back to the first reclamations carried out by the Lorraine; the central and southern part of the Park is dominated by the Uccellina Mountains, a set of reliefs that culminates in the 417 m. of Poggio Lecci and which are completely covered by dense vegetation mainly formed by Mediterranean scrub. On the Uccellina Mountains there are ancient towers and religious buildings (towers of Castelmartino, Collelungo, Cala di Forno, Bella Marsilia and Abbey of San Rabano). The fauna of the park is made up of various species: wild boars and fallow deer prevail, but there is no shortage of roe deer, porcupines, badgers, foxes, wild cats, martens and weasels, as well as it is rich in birdlife; As for the flora we can find holm oaks, oaks, strawberry trees, brooms, thyme, marine cistus and rosemary.

To the left of the mouth of the Ombrone

To the left of the mouth of the Ombrone there is an area characterized by a compact system of dunes interspersed with blades of limited extension and largely covered by a pine forest. The stone pine forest is separated from the sea by a strip of maritime pine, which performs the function of protecting the territory behind it from the harmful action of salt winds. This area is crossed by some artificial canals that partly date back to the first Lorraine reclamations of the eighteenth century.

The central and southern part of the Park





The central and southern part of the Park is dominated by the Uccellina Mountains, a set of reliefs partly of a calcareous nature, partly siliceous, which culminates in mt. 417 of Poggio Lecci. These reliefs are now almost completely covered by dense forest vegetation (Mediterranean scrub). Only the lower part of the slopes facing east has been deforested and transformed into pasture or olive grove. On the Uccellina Mountains there are ancient towers and religious buildings that testify to the past presence and activity of man in this land: we remember the abbey of San Rabano, largely ruined, the towers of Castelmarino, Collelungo, Cala di Forno and Bella Marsilia. The history of man is not only remembered by these medieval vestiges: near Talamone we meet the ruins of a Roman villa, while in the caves formed at the foot of the limestone escarpment prehistoric testimonies have been found that take us back to the Paleolithic.

How to reach the Park

By car

From the North:

Leave the Aurelia (SS1) about 7 km south of Grosseto. Take the exit Rispeccia – Alberese – Parco Naturale della Maremma. Continue for a few kilometers on the S.P. di Alberese until you reach the town of the same name.

From the South:

At Km 166 of the Aurelia (SS1) there is the junction for Alberese – Maremma Natural Park. Continuing for a few kilometers on the road that crosses a picturesque countryside, you will soon reach the small hamlet of Alberese where the Visitor Center of the Parco. Il Talamone Visitor Center is located, is located in the locality of the same name that can be reached by following the signs for the Aurelia (SS1).

Geographical coordinates for your navigator
GD (decimal degrees)





	Latitude: 42.620062Longitude: 11.143538000000035 GMS (degrees, minutes, seconds)Latitude: 42° 37' 12.223"Longitude: 11° 8' 36.736"
By plane	Pisa Airport
Assistance service for people with disabilities	YES
Embarkation/disembarkation of passengers with reduced mobility	with courtesy chair and ambulift /Finger
Tactile paths for the blind and visually impaired	YES
There is a toilet room accessible with grab handles	YES
By train	
Nearest station	For those traveling by train, it is advisable to get off at Grosseto station and then take a bus to the Alberese Visitor Center.
Assistance service for people with disabilities	YES
Blue Hall Reference	Location Florence
Carriage access	with forklift
There is a toilet room in the station accessible with grab handles	YES
By public transport	
Nearest bus stop	Alberese
Eventual notes	For information, timetables and the presence of adapted buses, consult the website www.at-bus.it
Eventual notes	Shuttle to Marina di Alberese with round trip stops Rispeccia, Alberese, Pinottolai (for those who make the itineraries), Marina di

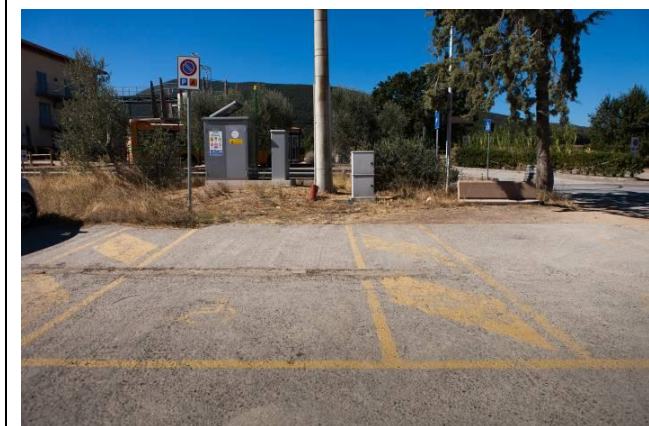




	Alberese. For information and timetables consult the website www.parco-maremma.it
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Car park

Public parking near the visitor center	YES
Type of public parking floor	asphalt
Presence of parking space reserved for people with disabilities	YES
Electric charging stations	Not detected
Eventual notes	Marina di Alberese parking area: Presence of parking spaces reserved for people with disabilities. Parking for these subjects, who must display the regular valid card, is free. In particular, there are 3 reserved parking spaces. which allow direct access to the beach via a walkway.





Route from the car park to the entrance

Route from the car park to the starting point	flat
Distance from parking to entrance	50 meters
Type of trail surface	asphalt
There are indicators and tactile maps	NO
	
	





	<p>Marina di Alberese rest area. The parking spaces reserved for guests with reduced mobility allow direct access to the beach via a walkway.</p>
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Description of the Park and the internal routes

<p>Length</p>	<p>Variable (see description of itineraries and possible notes)</p>
<p>In the internal paths and paths there are maps and tactile signs for the blind</p>	<p>SI, Tactile signs for the A6 Wildlife route and loc. Marina di Alberese, made with bas-relief tiles descriptive of the various naturalistic aspects of the Park, accompanied by embossed writings and QR to allow users to access audio/video content, subtitled for deaf or foreign users.n.1 Descriptive sign of the plants of the Mediterranean scrub.n.1 Descriptive sign of the mammals present in the Parcon.1 Descriptive sign of the birdlife present in the Parcon.1 Tactile naturalistic sign descriptive of the Coastal pine forest and beach</p>
<p>Description of carriage routes</p>	<p>The carriage itinerary allows, especially those with a motor disability, to enjoy the natural heritage of this immense park while sitting comfortably on a horse-drawn carriage, with the capable carriages with 18 seats for the able-bodied and 8 seats for</p>





	<p>disabled wheelchairs. The velvety step of heavy draft horses allows you to approach wild animals and observe them closely without frightening them, as well as herds of horses and cattle that live in the wild. The horse-drawn carriage is also very well suited for the use of existing itineraries but far from the urban area of Alberese, which require visitors prepared for the long journey on foot.</p> <p>The carriage tour is also ideal for winter birdwatchers, in fact, sheltered inside the waterproof wagon, you can reach the wintering sites of the birds even during days with bad weather.</p>
<p>Eventual notes</p> 	<p>There are two itineraries proposed, which mostly cross areas not accessible on foot. The first itinerary takes us to the Lasco grove, one of the most beautiful in the Park, rich in animals, at the foot of the Uccellina hills and along the edges of a large plain where herds of Maremma cattle graze.</p> <p>The route, about eight kilometers long, takes about an hour and a half and is only done between September and May.</p> <p>The second, longer itinerary has the beach of Collelungo as its destination. The route crosses the Valloni area, a small plain squeezed between the Scoglietto canal, now transformed into a swamp full of life all year round, and the rocky cliffs where many birds of prey nest in the northern offshoots of the Uccellina. Due to its large pine trees, the herds of Maremma among which you pass and the possibility of spotting wild animals, the Valloni resemble a small Maremma savannah. The arrival is behind the dune of the beach, where you stop for a swim, and in the evening also for an aperitif with typical products of the farm.</p>





The route, about 18 kilometers long, takes about three and a half hours including a stop on the beach and takes place all year round, in the morning or afternoon. Both itineraries start from Spergolaia, near Alberese.





Description of the A6 wildlife and A7 Foce Ombrone route



A6 = 1 km, about 1 hour, equipped for people with reduced mobility.

The A6 is a wildlife-forest route. The unusual beauty of the environment of this walk is that of an ancient community pasture, created in the nineteenth century between the agricultural land of the plain and the forest of the hunting reserve of the Uccellina hills. The path winds through large scattered oaks – turkey oaks, holm oaks mainly downy oaks and cork oaks – under which cows grazed. Today domestic animals have been replaced by fallow deer, wild boar and roe deer, which gladly leave the forest shelter to take advantage of such a rich and varied nourishment, as well as by hares, foxes, porcupines and badgers that are more typical of these semi-open environments. Among the birds that can be spotted are jays, greenfinches, goldfinches, shrikes, green woodpeckers. The most conspicuous presence in summer are wild turtledoves, in winter instead wood pigeons and thrushes. The route is a loop. The first part is made up of short climbs and descents just below the tree line, from where panoramic views open up of the Grand Ducal Villa and the reclamation network in the plain, and ends at the entrance reserved for the disabled. The second winds through large cork oaks and a dense undergrowth of cistus and other Mediterranean shrubs, which in spring offer spectacular blooms, almost flat and accessible to the disabled. It is an almost flat path accessible to the disabled, also equipped with tactile educational panels for



Project promoted by



Regione Toscana



Project carried out with the contribution of the



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Consiglio dei Ministri
Ministro per la disabilità



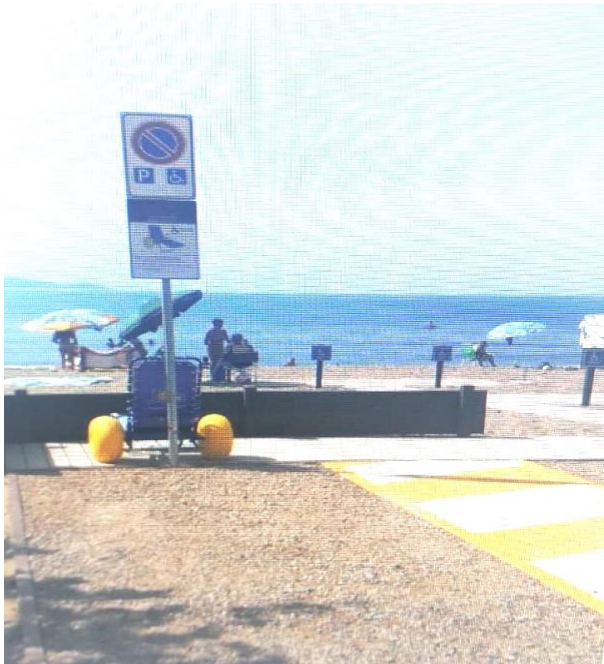
A7 = Free itinerary accessible up to the lookout hut located at the mouth. It is possible to access by vehicle at the service of the person with disabilities, equipped with the prescribed valid permit, with parking at the Hydraulic Toll Booth. In this case, contact the Local Police service of the Authority at no. 333.6191686.

The route starts from the road to Marina di Alberese, about 200 meters before the arrival, at a crossroads. Here a magnificent straight road starts between plains, woods and pine forest until you reach Bocca d'Ombrone, where the river and the sea meet.

Behind the toll booth, a short path leads to the birdwatching hut, in one of the favorite places for nature photographers who frequent the Maremma Park.





<p>Access to the sea</p> 	<p>The Maremma Regional Park also offers beautiful access to the beach, near Marina di Alberese, where the access point to the Park is located and not far from the mouth of the Ombrone river.</p> <p>Access to the beach Presence of parking spaces reserved for people with disabilities. Parking for these subjects, who must display the regular valid card, is free. There are, in particular, 3 reserved parking spaces that allow direct access to the beach via a walkway. There is also a job chair on site that also allows direct access to the sea.</p>
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Bar/restaurant

<p>Type of venue</p>	<p>With the project to remove architectural barriers, an accessible and safe connection path has also been created between the parking lot and the Marina di Alberese Integrated Service Center, where there are toilets, refreshment points and Park infopoints.</p>
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Toilets





Location of the toilet room	At the visitor center
How to access the premises	flat
Usable width of the entrance door	Above 80 cm
Type of door	with inwardly opening door
Type of handle	lever
Toilet height	50 cm
Toilet seat with open front tooth	YES
Support handles	on both sides
Flexible shower on the side of the toilet	NO
Free space on the sides of the toilet	left 25 cm approx. right Above 90 cm front greater than 90 cm, but at about 60 cm presence of washbasin
Electric doorbell/telephone on the side of the toilet	YES
Washbasin with space underneath for wheelchair approach	Above 70 cm
Height from the ground lower edge mirror	not sufficient for use by a person in a wheelchair
Baby changing table	Not detected
	





Medical practices/healthcare facilities

Hospitals near the property	Misericordia Grosseto Hospital Via Senese 161, phone +39 0564485111
Other healthcare facilities	Information point, toll-free number 8006133, open Monday to Friday from 8.00 a.m. to 6.00 p.m., Saturday and Sunday from 9.00 a.m. to 1.00 p.m. Nephrology and Dialysis Unit c/o Grosseto Hospital telephone +39 0564 485159 email alberto.papi@uslsudest.toscana.it

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