

Tuscany in Spring

Naturetrek Tour Report

23 - 30 April 2006

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Day 1

Sunday 23 April

A sunny fine weather outside the small Pisa airport welcomed the tired group traveling from the U.K., while the leaders were picking up the vans at the nearby parking. We then started driving south toward the magnificent medieval town of San Gimignano, making our way through the early stages of spring blossoming countryside. But the first sunny Sunday of the spring (after weeks of bad weather) had not gone unnoticed – crowds of people were converging to San Gimignano, taking also the chance of an incoming national holiday (i.e., 25 April, the Liberation Day). Parking the vans outside the town required some skills by the leaders, while the group relaxed in a garden just at the entrance of the town. The hungry group had then the chance to have some pizza and salads in a fresh and shaded veranda. Soon after lunch we had a taste of San Gimignano, by walking through the stony streets bordered by the typical medieval tower-houses and by visiting the main square - crowded by national and foreign visitors. After tasting a glass of the local famous white wine (Vernaccia), we were ready to start the drive toward Maremma. The welcoming buffet waiting for our arrival at sunset, prepared by Cristina & Fabio - young and nice owners of Il Duchesco country-lodge - was a great and pleasant surprise for everybody: we therefore started our Tuscany food endeavor, beneath a fresh veranda, tasting some wonderful appetizers of locally made cheese, salami and ham, accompanied by three types of red and white wines produced by Cristina & Fabio. Since our very arrival Il Duchesco appeared to us as a very relaxing and greenery place to stay, within the borders of the Regional Park of Maremma and in full sight of the Uccellina coastal hills. Later we enjoyed our first leisurely dinner of local food at a restaurant just next door of Il Duchesco, discussing how to re-shuffle the dates of the itineraries of the tour to come, with the aim of avoiding the crowds expected for the next two days (due to the incoming national holiday) - and also to accommodate a date change of the trip to Giglio island requested by the boat owner.

Day 2

Monday 24 April

After a lovely breakfast made up of fresh locally produced food (including magnificent home-made cakes) we set off for the first itinerary of the tour: the visit of the WWF reserve of Bosco Rocconi, near the medieval village of Roccalbegna. The scenic drive through the blossoming and picturesque countryside enchanted the group, with

tantalizing glimpses of anemones and cyclamens blossoming in profusion at the roadside. A big surprise welcomed us at our first photographing stop, just in sight of Roccalbegna: a Southern Festoon, new to the whole group (including the leaders), made a first magic appearance in front of our astonished eyes – this butterfly was one of the two declared targets for this first day (achieved at the very start of it!) At the same stop, amongst a number of interesting plants, a curious-looking birthwort (*Aristolochia rotunda*) caught the eye, coincidentally the larval foodplant of the Southern Festoon. Therefore WWF guide Roberta had some difficulty in convincing us to leave that parking place, apparently full of marvels, to head to the reserve itself. The guided walk inside the reserve revealed that it was the Southern Festoon Day: we had the chance to see many of these magnificent *Papilionidae* butterflies, not easy to find (rare and very localized) and listed as threatened in Tuscany. Berni was even able to take a superb photo-shot at two festoons mating on a flower, while Roberta showed us an egg of this butterfly on top of an *Aristolochia* leaf. The reserve held a number of attractive and interesting plants, including purple gromwell, Provence, lady and green-winged orchids, sword-leaved helleborine and violet limodore. A number of other interesting butterflies (including Scarce Swallowtail and Large Tortoiseshell), plants and traces of mammals were encountered during the two-hour walk. We then had a pleasant picnic lunch at the outdoor wooden facilities of the reserve. After lunch we headed to Roccalbegna village determined to see the second declared target of the day: the Lanner Falcon, known to breed within an imposing gorge above the village. The main little piazza of the stony village, and the availability of plenty of chairs (probably used, or to be used, for a public gathering) proved to be the perfect open-air setting to accommodate the “auditorium” eager to assist at the so-called Lanner-show - while enjoying a tasty ice-cream. We did not wait long – i.e. soon after we’d swallowed the ice cream - that a pair of lanners was majestically soaring in front of our eyes. The exploration of the meadows growing on top of the old fortress, just before leaving the village, proved to be very pleasant. In the evening we enjoyed a fine dinner at Il Duchesco, while Cristina announced that we were just at the beginning of our “wine therapy” week (i.e., wine served not only as a drink, but also as ingredient in cakes, jells, cosmetics etc.): a wine full-immersion ... The “stracotto” meat from the local breed of long-horned cows, freely grazing within the park borders, raised the overall admiration.

Day 3

Tuesday 25 April

The morning began with a short drive to the nearby WWF reserve of Orbetello lagoon, in front of Argentario Promontory, where we spent the whole morning browsing the blossoming meadows in search of flowers and butterflies, and spotting birds in the lagoon (by means of the several towers and hides available). A very fresh Glanville Fritillary was caught by net and identified by keeping it in a glass jar for a while; other nice sightings were the Speckled Wood, Small Heath and Small Copper. A nice flock of young Flamingos, few Black-winged Stilts, and a large flock of Grey Plovers could be comfortably seen from the hides, while Cattle and Little Egrets, Purple Heron, Golden Oriole, Whinchat, Collared and Pied Flycatcher, Sedge Warbler and Zitting Cisticola were spotted within the vegetation surrounding the lagoon. The meadows held a wide variety of flowers, amongst the commoner species the beautiful dark purple undulate anchusa could be seen. Cork oak, Mediterranean buckthorn and three-cornered leek were among the plants growing at the meadow edges. A lovely flock of bee-eaters resting on a tree, were a good company (and show) for us while having our picnic lunch at the facilities of the reserve entrance. After lunch we explored a nearby WWF reserve (Patanella), again at the edge of the Orbetello lagoon, the declared targets being the Great-spotted Cuckoo and tongue orchids. En-route to the reserve we had a very nice and close up sight of a Hoopoe feeding on the ground. The breeding Great-spotted Cuckoo made a real show for us during this afternoon visit: we were lucky enough to see it several times, sometimes extremely well and close-by, also calling and displaying, even the pair together. During the same walk

we were also able to see Alpine Swifts and to hear a Turtle Dove calling. Many members of the pea family were seen, and tongue orchids were found in abundance. On the way back to Il Duchesco, by chance, we discovered a lovely gargano orchid by the side of the road. The objective of avoiding the crowds during the national holiday was fully achieved! At dusk, Fabio showed us wild boars and fallow deer quietly grazing at the borders of his property; after that we also enjoyed a tour of his canteen. Just before dinner, Berni was able to show us, skillfully using a pocket torch, a calling Scops Owl on a pine tree just in front of the restaurant - where a memorable fish dinner was waiting for us.

Day 4

Wednesday 26 April

We woke up with rainy weather and we therefore headed to the pinewood of Maremma park to enjoy the sight of the majestic Maremma breed of long-horned cattle and horses browsing in the meadows - accompanied by several Cattle Egrets. A ranger we encountered explained us that a pack of wolves had colonized the park during the past 3 years, and it had killed a baby horse just 2 days before – the very first instance of economic damage to human activities due to wolf presence in the area. A quite large flock of Yellow Wagtails engaged us for a while, trying to detect rare sub-species (at least one *feldegg* was seen). Meanwhile at the roadside, rosy garlic, tordylium, a species of salsify and Italian sainfoin were blossoming. A brief stop under the umbrella pines of the woodland allowed us to find pale flax and annual rockrose. By the time we had an early picnic lunch at the sea shore, the weather was already improving (the rain stopped), and a nice show took place in the sea just in front of our eyes: a flock of Yelkouan Shearwaters engaged in spectacular social fishing not far away from the shore. After lunch we aimed at an interesting trail starting from above the visitor center: through the Mediterranean maquis first, and through old olive groves and beautiful pinewoods after, the trail took us in a couple of hours to a very pristine and wild sea-shore, rich in sand dunes and pioneer plants. During the crossing of the maquis we were able to see characteristic plants of this habitat such as strawberry tree, holm oak, Spanish broom and tree germander; we were also able to hear the Sardinian Warbler calling and singing several times, to see green lizards of genus *Podarcis*, and to spot interesting butterflies such as the Cleopatra, the Green-underside Blue and a subspecies of Wall Brown (*paramegera*) – apparently endemic of the Tuscan archipelago and Sicily (but not reported by Tolmen et al. for continental Italy). Moreover, a Short-toed Eagle glided in front of us following the contour of a ridge, while Wild boars, Roe deer, Red squirrels and foxes were also spotted during the walk toward the beach. Some of the group were also able to see an Asp viper (*Vipera aspis*) while it was retreating quickly inside the maquis. Along a channel before reaching the beach, we spotted a lovely Pond Terrapin floating on the water surface, well camouflaged with the aquatic vegetation, and a Purple Heron. Through the dunes near the shore, a range of salt-tolerant plant species were identified, including cineraria, sea spurge and (non-flowering) sea daffodils. Tree spurge could be seen growing on the nearby cliffs. The return walk along the sandy shore, scattered with large white spectral logs and remains of trees, was relaxing and awe-inspiring. Many curious balls of fibrous material were seen washed up on the sand like tennis balls – the remains of leaf material from a submerged plant known as *Posidonia oceanica*. The dinner at the restaurant Il Mangiapane was tasteful - the soup (a local traditional dish known as “Acquacotta”) won the preferences of the most.

Day 5

Thursday 27 April

Finally the long awaited day of the boat trip to Giglio island arrived, with a great luck: both the atmospheric and the sea conditions were excellent. The sky was lightly cloudy (protecting us from full sun radiation) and the sea was flat (ideal for sea mammal watching). The boat was quite large, comfortable and “double-decked” giving

chance to some to accommodate on the roof for better sea scanning. Soon after we left Porto Santo Stefano (main port of Argentario promontory) we inspected an off shore islet known for hosting a breeding colony of Cory's Shearwater and a nest of Peregrine Falcon. Peregrine was not found but some Cory's Shearwaters were spotted floating on the sea surface off the islet. Some of us took interest in watching from the boat the breeding habitat of these burrow-nesting fascinating sea birds. Once arrived in front of the coast of isola del Giglio we started its slow circumnavigation clock-wise. The main declared target was the not easy detection of a breeding colony of Audouin's Gull. This rare gull species, endemic of the Mediterranean, is known for an irregular pattern of breeding colonization of the islands of the National Park of Tuscan Archipelago: it was therefore not sure we would have found them. But we were incredibly lucky again: the spotting of a lone individual of Audouin's Gull first, mixed among tens of Yellow-legged Gulls, lead us slowly to discover a quite large colony soon after, already engaged in incubating eggs. The colony was lying among the shrubs of the edge of a short rocky wall, and was therefore easily seen by all of us. Continuing the sailing northward following the coast contour from close distance a surprise was waiting for us: suddenly those of us on the roof of the boat called for dolphins! In fact, a group of 5-6 Bottle-nose dolphins was slowly cruising at about 3-400 meters from our boat. Everybody took a good look at these lovely sea mammals, as they stayed in front of us for about 10 minutes. After this unexpected and out-of-the-programme show, we entered the port of the main village of the island, and relaxed while having our picnic lunch on the boat (the usual mix of locally produced cheeses, hams and salami, accompanied by a bottle of white wine). Then we stepped out of the boat for a slow-pace exploration of the village – anticipated by a coffee taken at open-air tables of a coffee place of the port, under a lovely warming sun. In the gardens of the port, a few of the group saw a diminutive alien species of butterfly from South Africa – the geranium bronze. The return boat trip gave us another thrill: we passed again in front of the Cory's Shearwater islet, to check again for the Peregrine, and this time we found it! A majestic falcon of the Mediterranean race *brookei* was perched close to the nest, and its sight was enjoyed by the entire group from quite close range. The day was concluded by a 2-hour walk on top of the Argentario Promontory in search of orchids. The area did not betray its reputation as the second in Italy for number of orchids: 6 species of orchids (including pink butterfly, sombre bee and naked man) were found during this short walk as well as other interesting species such as shepherd's needle, a red subspecies of kidney vetch, and the bizarre-looking parasite (of *Cistus*), *Cytinus ruber*, memorably described by Mike as resembling a spilt can of beans!

Day 6

Friday 28 April

This day was mainly a transfer day from Maremma to Casentino but it has been enlightened by the 3-hour visit of the magnificent gothic town of Siena - en-route and at almost mid way. Once reached all together the world renown central piazza of Siena, after a nice coffee taken at open air tables, we decided to split and everybody, equipped with maps made available by the local tourist office, went on to explore and enjoy the historical town on her/his own. Once reunited again, after a briefing on the historical and architectural characteristics of the town, we went to relax and eat at a pleasant pizza place nearby. We left Siena with not too many regrets as it started raining ... A two-hour drive took us to a completely different environment, the Casentino valley, a mountainous area at the north-eastern edge of Tuscany (part of the Appennini mountain range). An area renown for its secular forests, rich in historical memories and scattered with castles and pievi (romanic-style rural churches). We settled at I Tre Baroni hotel, a recently renovated family-run hotel, within the borders of the National Park of Foreste Casentinesi. The young owner (one of three brothers), Andrea, welcomed us with beautiful wines and exquisite parmesan with honey, while comfortably sit at sunset beneath a veranda overlooking a gorgeous forested valley: at the entrance of the valley, in the distance, the imposing squared castle

of Poppi could be admired (like in a painting). Andrea - holding a degree in history and Italian literature - explained us that Dante Alighieri had been living in that castle for 2 years, while on exile and that he composed parts of La Divina Commedia while retreated there. He also added that the Red Deer raids often the garden of the hotel in the night (for the joy of his mother) and that it is not rare to hear wolves howling in the forest surrounding the hotel at night ... The dinner we take soon after was exquisite and very sophisticated.

Day 7

Saturday 29 April

After a luxuriant breakfast, whilst gathering outside the hotel, Serin, Black redstart and Woodlark were among the birds audible singing. We set off for the exploration of the forest habitats surrounding the Camaldoli Monastery, famous and old (known from the year 1000) – quite close to I Tre Baroni hotel. First of all we paid a visit to a venerable and imposing chestnut tree, of an estimated age of 400-500 year old, accompanied by the melodious singing of Mistle and Song Thrushes, and the callings of Firecrests and Bonelli's Warblers. Solomon's seal and yellow anemone grew on the ground in the area. Then we arrived to the monastery where we had a chance to visit its very old and fascinating laboratory, holding beautiful wooden furniture and an interesting exhibit on the tools used by the monks in the lab. After views of crag martin and a brief visit to the visitor centre of the National Park (abundant in informative materials available also in English), we started a beautiful walk across the fir forest following an ancient path connecting the monastery to the Camaldoli Hermitage, located at a higher level. Only the most energetic ones in the group liked to walk the whole way, as this was short and wide but quite steep – the rest walked only the half of it and then continued by the van. Good views of Firecrest were had, and among the interesting plants seen were the parasitic toothwort, lungwort, spurge laurel and coralroot. At the hermitage we found a nice spot to have our picnic lunch on a meadow between the wall of the hermitage itself and the fir forest – few Red Deer females and young were seen nearby at the edge of the forest. Again the group enjoyed other types of local cheeses, hams and salami, and very tasteful bread still cooked on firewood-fueled oven. Meanwhile the weather got worse, and by the time we reached the ridge by the vans, it was raining. We decided nevertheless to try to walk the foggy path on the ridge, across a beech forest. Just before starting, it was explained to the group that the paths along ridges are the best places where to look for wolf tracks and scats. The walk was rewarding, as Jenny was able to spot one scat of wolf (actually she stepped on it ...): a clear evidence of the wolf presence in the forest was found. Amongst the carpets of bulbous corydalis under the beeches, were scattered alpine squill, herb paris and a yellow *Gagea* species. We then decided to go down in altitude to avoid the rain and mist, and explored a small pond close to the hermitage where we found three different species of newts: Italian Alpine Newt, Italian Crested Newt and Smooth Newt. The butterfly net proved to be useful to catch the newts, and the group could enjoy their amazing bright colors from the hand and could take photographs at them from close distance. After a rest at the hotel, Dr Duccio Berzi (also known as the "wolf man") arrived from Florence to give us an interesting presentation about the wolf – just soon after having enjoyed an aperitif kindly offered by Andrea. The presentation of Duccio was quite comprehensive in terms of information about the historical and present occurrence of the wolf in Italy, its ecology, behavior, interactions with man etc. After dinner, everything was ready for the nocturnal wolf howling session ...: everything except the weather, which remained rainy, but luckily not cold.

Nocturnal wolf howling session: Due to unattractive weather conditions, only part of the group felt like joining the nocturnal expedition, led by the Director of the Forestry Service of the National Park of Foreste Casentinesi - who kindly accepted to spend the Saturday evening with us. Despite we did not get any response from the (smart) wolves, we had a lot of fun in scaring the sleepy villages (and their dogs) scattered at the edge of the park

forest. In fact, the very experience of hearing in silence and in the misty forest at night the (recorded) wolf howling - played at very high and amplified volume - was a memorable and quite evocative one in itself ...

Day 8

Sunday 30 April

After an early breakfast, we left I Tre Baroni hotel and, driving through pleasant and blossoming scenic landscapes we made our way toward sleepy Sunday morning Florence (very good traffic-wise!). After parked the vans under the central railway station, we enjoyed a short tour of the historical Florence downtown - flooded with tourists, as usual. Starting from Piazza Santa Maria Novella we made our way toward Piazza Repubblica and then to the cathedral of Santa Maria del Fiore with the wonderful Cupola del Brunelleschi (holding a nest of Peregrine Falcon). From there we walked through tiny medieval streets toward Piazza Signoria, and then we reached the river Arno and the famous old bridge (Ponte Vecchio). We followed the river for a while and then through the elegant via Tornabuoni we returned back to the railway station. Then we were ready to reach, through an easy drive, Pisa airport, on time to check-in and soon after to have some food and relax at the cafeteria.

Conclusion: The (ambitious) tour's goal was that of attempting to maintain its interest focus as broad as possible - at least in terms of history & culture (including local traditional food), plants and flowers, butterflies and vertebrate fauna. Through this holistic approach, everybody from the group, while fulfilling her/his own specific interests, had the chance to expand also her/his knowledge by learning more from other different disciplines. It has been therefore a good chance of learning for everybody - including the leaders! The group seemed to have enjoyed the "responsibility" and challenge of being pioneers of this tour: probably among the first foreigners in approaching Tuscany from a natural history point of view - rather than solely from art, culture and landscapes point of view.

Species lists

Plants

The following is not a fully comprehensive list of every species seen, but should include all species given any attention during the field trips. (N.B. many of the species identified do not have an English name).

Scientific name	Common name
Pteridophytes	
Polypodiaceae	
<i>Polypodium sp.</i>	Polypody
Hypolepidaceae	
<i>Pteridium aquilinum</i>	Bracken
Aspleniaceae	
<i>Asplenium trichomanes</i>	Maidenhair spleenwort
<i>Ceterach officinarum</i>	Rustyback
Aspidiaceae	
<i>Polystichum setiferum</i>	Soft shield-fern
Gymnosperms	
Pinaceae	
<i>Pinus halepensis</i>	Aleppo pine
<i>Pinus pinaster</i>	Maritime pine
<i>Pinus pinea</i>	Stone pine, Umbrella pine
Cupressaceae	
<i>Cupressus sempervirens</i>	Italian cypress
<i>Juniperus communis</i>	Common juniper
<i>Juniperus oxycedrus</i>	Prickly juniper
<i>Juniperus phoenicea</i>	Phoenician juniper
Angiosperms - Dicotyledons	
Salicaceae	
<i>Populus nigra</i>	Black poplar
<i>Populus tremula</i>	Aspen
Betulaceae	
<i>Ostrya carpinifolia</i>	Hop hornbeam
Corylaceae	
<i>Carpinus betulus</i>	Hornbeam
<i>Carpinus orientalis</i>	Eastern hornbeam
<i>Corylus avellana</i>	Hazel
Fagaceae	
<i>Castanea sativa</i>	Sweet chestnut
<i>Fagus sylvatica</i>	Beech
<i>Quercus cerris</i>	Turkey oak
<i>Quercus ilex</i>	Holm oak
<i>Quercus pubescens</i>	Downy oak
<i>Quercus suber</i>	Cork oak
Ulmaceae	
<i>Ulmus ?minor</i>	An elm
Moraceae	

Scientific name	Common name
<i>Ficus carica</i>	Fig
<i>Morus alba</i>	White mulberry
Urticaceae	
<i>Parietaria judaica</i>	Pellitory of the wall
<i>Urtica dioica</i>	Stinging nettle
Aristolochiaceae	
<i>Aristolochia rotunda</i>	A birthwort
Rafflesiaceae	
<i>Cytinus ruber</i>	A cytinus
Polygonaceae	
<i>Rumex acetosella</i>	Sheep's sorrel
Chenopodiaceae	
<i>Beta vulgaris</i>	Sea beet
<i>Halimione portulacoides</i>	Sea purslane
<i>Salicornia fruticosa</i>	A glasswort
Caryophyllaceae	
<i>Cerastium glomeratum</i>	Sticky mouse-ear
<i>Cerastium ligusticum</i>	Cerastium
<i>Silene alba</i>	White campion
<i>Silene colorata</i>	A catchfly
<i>Silene dioica</i>	Red campion
<i>Silene italica</i>	Italian catchfly
<i>Silene sedoides</i>	A catchfly
<i>Silene vulgaris</i>	Bladder campion
<i>Stellaria media</i>	Chickweed
Ranunculaceae	
<i>Anemone apennina</i>	Blue anemone
<i>Anemone hortensis</i>	An anemone
<i>Anemone nemorosa</i>	Wood anemone
<i>Anemone ranunculoides</i>	Yellow anemone
<i>Clematis vitalba</i>	Traveller's joy
<i>Helleborus foetidus</i>	Stinking hellebore
<i>Helleborus bocconeii</i>	A hellebore
<i>Ranunculus ficaria</i>	Lesser celandine
<i>Ranunculus muricatus</i>	A buttercup
<i>Ranunculus repens</i>	Creeping buttercup
Papaveraceae	
<i>Corydalis solida</i>	Bulbous corydalis
<i>Fumaria sp.</i>	A fumitory
<i>Papaver rhoeas</i>	Common poppy
Cruciferae	
<i>Alliaria petiolata</i>	Garlic mustard
<i>Arabidopsis thaliana</i>	Thale cress
<i>Arabis hirsuta</i>	Hairy rockcress
<i>Barbarea sp.</i>	A wintercress
<i>Capsella bursa-pastoris</i>	Shepherd's purse
<i>Cardamine bulbifera</i>	Coralroot
<i>Cardamine sp.</i>	A coralroot
<i>Eruca sativa</i>	Eruca
<i>Lunaria annua</i>	Honesty

Scientific name	Common name
Rosaceae	
<i>Aphanes arvensis</i>	Parsley-piert
<i>Crataegus monogyna</i>	Hawthorn
<i>Fragaria vesca</i>	Wild strawberry
<i>Malus sylvestris</i>	Crab apple
<i>Prunus spinosa</i>	Blackthorn
<i>Pyrus amygdaliformis</i>	Almond-leaved pear
<i>Pyrus communis</i>	Pear
<i>Rosa canina</i>	Dog rose
<i>Sorbus torminalis</i>	Wild service tree
Leguminosae	
<i>Anthyllis vulneraria</i> L. subsp. <i>Praepropera</i>	Mediterranean kidney vetch
<i>Calycotome infesta</i>	Thorny broom
<i>Cercis siliquastrum</i>	Judas tree
<i>Cytisus scoparius</i>	Broom
<i>Dorycnium hirsutum</i>	Dorycnium
<i>Lathyrus montanus</i>	Bitter vetchling
<i>Lathyrus ochrus</i>	A pea/vetchling
<i>Lathyrus setifolius</i>	A pea/vetchling
<i>Lathyrus sphaericus</i>	A pea/vetchling
<i>Lupinus albus</i>	White lupin
<i>Medicago arabica</i>	Spotted medick
<i>Medicago arborea</i>	Tree medick
<i>Medicago lupulina</i>	Black medick
<i>Medicago orbicularis</i> .	Large disk medick
<i>Onobrychis caput-galli</i>	Cockscomb sainfoin
<i>Robinia pseudacacia</i>	False acacia
<i>Spartium junceum</i>	Spanish broom
<i>Trifolium campestre</i>	Hop trefoil
<i>Trifolium fragiferum</i>	Strawberry clover
<i>Trifolium pratense</i>	Red clover
<i>Trifolium stellatum</i>	Star clover
<i>Trifolium tomentosum</i>	Woolly trefoil
<i>Vicia cracca</i>	Tufted vetch
<i>Vicia sativa</i>	Common vetch
<i>Vicia sepium</i>	Bush vetch
Oxalidaceae	
<i>Oxalis corniculata</i>	Procumbent yellow sorrel
<i>Oxalis articulata</i>	Pink oxalis
Geraniaceae	
<i>Erodium cicutarium</i>	Common stork's-bill
<i>Geranium dissectum</i>	Cut-leaved crane's-bill
<i>Geranium molle</i>	Dove's-foot crane's-bill
Linaceae	
<i>Linum bienne</i>	Pale flax
Euphorbiaceae	
<i>Euphorbia characias</i>	Large Mediterranean spurge
<i>Euphorbia cyparissius</i>	Cypress spurge
<i>Euphorbia dendroides</i>	Tree spurge
<i>Euphorbia helioscopia</i>	Sun spurge

Scientific name	Common name
<i>Euphorbia paralias</i>	Sea spurge
<i>Euphorbia peplus</i>	Petty spurge
<i>Mercurialis annua</i>	Annual mercury
Meliaceae	
<i>Melia azedarach</i>	Indian bead tree
Polygalaceae	
<i>Polygala flavescens</i>	A yellow milkwort
Anacardiaceae	
<i>Pistacia lentiscus</i>	Mastic tree
<i>Pistacia terebinthus</i>	Turpentine tree
Aceraceae	
<i>Acer campestre</i>	Field maple
<i>Acer monspessulanum</i>	Montpelier maple
Celastraceae	
<i>Euonymus europaeus</i>	Spindle
Rhamnaceae	
<i>Rhamnus alaternus</i>	Mediterranean buckthorn
Malvaceae	
<i>Lavatera arborea</i>	Tree mallow
Thymeleaceae	
<i>Daphne laureola</i>	Spurge laurel
<i>Daphne sericea</i>	
Violaceae	
<i>Viola tricolor</i>	Wild pansy
Cistaceae	
<i>Cistus creticus</i>	A Cistus
<i>Cistus monspeliensis</i>	Narrow-leaved cistus
<i>Cistus salvifolius</i>	Sage-leaved cistus
<i>Tuberaria guttata</i>	Spotted rockrose
Tamaricaceae	
<i>Tamarix africana</i>	A Tamarisk
Myrtaceae	
<i>Myrtus communis</i>	Common myrtle
Cornaceae	
<i>Cornus sanguinea</i>	Dogwood
Umbelliferae	
<i>Ferula communis</i>	Giant fennel
<i>Foeniculum vulgare</i>	Fennel
<i>Sanicula europaea</i>	Sanicle
<i>Scandix pecten-veneris</i>	Shepherd's needle
<i>Tordylium apulum</i>	Tordylium
Ericaceae	
<i>Arbutus unedo</i>	Strawberry tree
<i>Erica arborea</i>	Tree heath
<i>Erica multiflora</i>	A heather
Primulaceae	
<i>Anagallis arvensis</i>	Scarlet pimpernel
<i>Cyclamen hederifolium</i>	Ivy-leaved sowbread
<i>Cyclamen repandum</i>	Spring sowbread
<i>Primula vulgaris</i>	Primrose

Scientific name	Common name
Oleaceae	
<i>Fraxinus ornus</i>	Flowering ash
<i>Olea europaea</i>	Olive
<i>Phillyrea angustifolia</i>	
<i>Phillyrea latifolia</i>	
<i>Syringa vulgaris</i>	Lilac
Gentianaceae	
<i>Blackstonia perfoliata</i>	Yellow-wort
Apocynaceae	
<i>Nerium oleander</i>	Oleander
<i>Vinca minor</i>	Lesser periwinkle
Asclepiadaceae	
<i>Vincetoxicum hirundaria</i>	Swallow-wort
Rubiaceae	
<i>Galium mollugo</i>	Hedge bedstraw
<i>Galium verum</i>	Lady's bedstraw
<i>Rubia peregrina</i>	Wild madder
<i>Sherardia arvensis</i>	Field madder
Boraginaceae	
<i>Anchusa hybrida</i>	Undulate anchusa
<i>Borago officinalis</i>	Borage
<i>Buglossoides purpureocaerulea</i>	Purple gromwell
<i>Cynoglossum creticum</i>	Blue hound's-tongue
<i>Echium vulgare</i>	Viper's bugloss
<i>Pulmonaria</i> sp.	A lungwort
<i>Symphytum bulbosum</i>	Tuberous comfrey
Verbenaceae	
<i>Verbena officinalis</i>	Vervain
Labiatae	
<i>Ballota nigra</i>	Black horehound
<i>Lamium amplexicaule</i>	Henbit dead-nettle
<i>Lamium maculatum</i>	Spotted dead-nettle
<i>Lavandula stoechas</i>	French lavender
<i>Rosmarinus officinalis</i>	Rosemary
<i>Salvia verbenaca</i>	Wild clary
<i>Teucrium chamaedrys</i>	Wall germander
<i>Teucrium fruticans</i>	Tree germander
<i>Thymus longicaulis</i>	A thyme
Scrophulariaceae	
<i>Antirrhinum latifolium</i>	A snapdragon
<i>Linaria purpurea</i>	Purple toadflax
<i>Parentucellia latifolia</i>	A bartsia
<i>Phlomis fruticosa</i>	Jerusalem sage
Orobanchaceae	
<i>Lathraea squamaria</i>	Toothwort
<i>Orobanche minor</i>	Common broomrape
Plantaginaceae	
<i>Plantago coronopus</i>	Buckshorn plantain
<i>Plantago lanceolata</i>	Ribwort plantain
<i>Plantago major</i>	Greater plantain

Scientific name	Common name
Caprifoliaceae	
<i>Lonicera etrusca</i>	Etruscan honeysuckle
<i>Sambucus nigra</i>	Elder
Valerianaceae	
<i>Centranthus ruber</i>	Red valerian
<i>Valerianella</i> sp.	A cornsalad
Dipsacaceae	
<i>Dipsacus fullonum</i>	Teasel
Compositae	
<i>Anthemis maritima</i>	A chamomile
<i>Bellis annua</i>	Annual daisy
<i>Bellis perennis</i>	Daisy
<i>Bellis sylvestris</i>	Southern daisy
<i>Chrysanthemum segetum</i>	Corn marigold
<i>Evax pygmaea</i>	
<i>Helichrysum stoechas</i>	A hlichrysum
<i>Santolina etrusca</i>	A lavender cotton
<i>Senecio bicolor</i>	Cineraria
<i>Silybum marianum</i>	Milk-thistle
<i>Tragopogon hybridum</i>	A salsify
<i>Urospermum dalechampii</i>	Urospermum
<i>Volutaria lippii</i>	Volutaria
Angiosperms - Monocotyledons	
Posidoniaceae	
<i>Posidonia oceanica</i>	Posidonia
Liliaceae	
<i>Allium neapolitanum</i>	Naples garlic
<i>Allium roseum</i>	Rosy garlic
<i>Allium subhirsutum</i>	A garlic
<i>Allium triquetrum</i>	Three-cornered leek
<i>Allium ursinum</i>	Ramsons
<i>Asparagus acutifolius</i>	An asparagus
<i>Asphodeline lutea</i>	Yellow asphodel
<i>Asphodelus ramosus</i>	An asphodel
<i>Convallaria majalis</i>	Lily-of-the-valley
<i>Gagea ?lutea</i>	Yellow gagea
<i>Muscari comosum</i>	Tassel hyacinth
<i>Ornithogalum narbonense</i>	A Star-of-Bethlehem
<i>Ornithogalum umbellatum</i>	Star-of-Bethlehem
<i>Paris quadrifolia</i>	Herb paris
<i>Polygonatum multiflorum</i>	Common solomon's-seal
<i>Ruscus aculeatus</i>	Butcher's-broom
<i>Scilla bifolia</i>	Alpine squill
<i>Smilax aspera</i>	Common smilax
Amaryllidaceae	
<i>Pancratium maritimum</i>	Sea daffodil
Dioscoreaceae	
<i>Tamus communis</i>	Black bryony
Iridaceae	

Scientific name	Common name
<i>Gladiolus italicus</i>	Field gladiolus
<i>Iris lutescens</i>	An iris
<i>Iris pseudacorus</i>	Yellow flag
Juncaceae	
<i>Juncus acutus</i>	Sharp rush
<i>Juncus bufonius</i>	Toad rush
<i>Juncus maritimus</i>	Sea rush
Gramineae	
<i>Ammophila littoralis</i>	Marram
<i>Anthoxanthum odoratum</i>	Sweet vernal-grass
<i>Arundo donax</i>	Giant reed
Araceae	
<i>Arum italicum</i>	Large cuckoo-pint
Cyperaceae	
<i>Schoenus nigricans</i>	Black bog-rush
Orchidaceae	
<i>Cephalanthera longifolia</i>	Sword-leaved helleborine
<i>Limodorum abortivum</i>	Violet limodore
<i>Ophrys fusca</i>	Sombre bee orchid
<i>Ophrys garganica</i>	Gargano ophrys
<i>Ophrys ?scolopax</i>	Woodcock orchid
<i>Ophrys sphegodes</i>	Early spider orchid
<i>Orchis italica</i>	Naked Man orchid
<i>Orchis morio</i>	Green-winged orchid
<i>Orchis papilionacea</i>	Pink butterfly orchid
<i>Orchis provincialis</i>	Provence orchid
<i>Orchis purpurea</i>	Lady orchid
<i>Serapias lingua</i>	Tongue orchid
<i>Serapias parviflora</i>	Small-flowered tongue orchid
<i>Serapias vomeracea</i>	Ploughshare tongue orchid

Butterflies

Species	Location	Notes
Swallowtail <i>Papilio machaon</i>	San Gimignano	
Scarce Swallowtail <i>Iphiclides podalirius</i>	Bosco Rocconi	
Southern Festoon <i>Zerynthia polyxena</i>	Bosco Rocconi	Seen several, including a pair mating, and an egg
Green-veined White <i>Pieris napi</i>	Camaldoli	
Orange Tip <i>Anthocharis cardamines</i>	Bosco Rocconi, Parco Uccellina	
Clouded Yellow <i>Colias croceus</i>	Parco Uccellina	Seen by Berni only
Brimstone <i>Gonepteryx rhamni</i>	Bosco Rocconi, Orbetello	
Cleopatra <i>Cleopatra gonepteryx</i>	Parco Uccellina	
Wood white <i>Leptidea sinapis</i>	Bosco Rocconi	
Green Hairstreak <i>Callophrys rubi</i>	Bosco Rocconi	
Small Copper <i>Lycaena phlaeas</i>	Orbetello	
Geranium Bronze <i>Cacyreus marshalli</i>	Giglio island	Alien species
Green-underside Blue <i>Glaucopsyche alexis</i>	Parco Uccellina	
Brown Argus <i>Aricia agestis</i>	Orbetello	
Common Blue <i>Polyommatus icarus</i>	Orbetello, Parco Uccellina	
Large Tortoiseshell <i>Nymphalis polychloros</i>	Bosco Rocconi	
Painted lady <i>Cynthia cardui</i>	Bosco Rocconi, Orbetello	Seen male and female
Glanville Fritillary <i>Melitaea cinxia</i>	Orbetello	
Small Heath <i>Coenonympha pamphilus</i>	Orbetello	
Speckled Wood <i>Pararge aegeria</i>	Bosco Rocconi, Orbetello	
Wall Brown <i>Lasiommata megera</i>	Orbetello	
Wall Brown <i>Lasiommata megera</i> (intermediate form between nominate and <i>paramegera</i>)	Parco Uccellina	Photographed by Berni
Dingy Skipper <i>Erynnis tages</i>	Bosco Rocconi	
Cream Spot Tiger Moth <i>Arctia villica</i>	Patanella	

Amphibians

Species	Location	Notes
Italian Alpine Newt <i>Mesotriton apuanus alpestris</i>	Camaldoli	Subsp. <i>alpestris</i> endemic of Italy; seen male and female
Italian Crested Newt <i>Triturus carnifex</i>	Camaldoli	Endemic of Italy and Balkans
Smooth Newt <i>Lissotriton vulgaris meridionalis</i>	Camaldoli	Subsp. <i>meridionalis</i> endemic of Switzerland, Italy and Slovenia; seen male and female

Reptiles

Species	Location	Notes
Wall lizard <i>Podarcis muralis</i>	Parco Uccellina	Most probably a subspecies endemic of Mediterranean or Italy
Pond Terrapin <i>Emys orbicularis</i>	Parco Uccellina	
Asp Viper <i>Vipera aspis</i>	Parco Uccellina	

Birds

Species	Location	Notes
Yelkouan Shearwater <i>Puffinus (p.) yelkouan</i>	Parco Uccellina, off-shore Argentario	Social fishing behaviour observed
Cory's Shearwater <i>Calonectris diomedea</i>	off-shore Argentario	Breeding habitat observed
Cormorant <i>Phalacrocorax carbo</i>	off-shore Argentario	
Night Heron <i>Nycticorax nycticorax</i>	Orbetello	
Squacco Heron <i>Ardeola ralloides</i>	Orbetello	
Cattle Egret <i>Bubulcus ibis</i>	Orbetello, Parco Uccellina	
Little Egret <i>Egretta garzetta</i>	Orbetello	
Great White Egret <i>Egretta alba</i>	Orbetello	
Grey Heron <i>Ardea cinerea</i>	Orbetello	
Purple Heron <i>Ardea purpurea</i>	Orbetello, Parco Uccellina	
Greater Flamingo <i>Phoenicopterus roseus</i>	Orbetello	
Shelduck <i>Tadorna tadorna</i>	Orbetello	
Mallard <i>Anas platyrhynchos</i>	Orbetello	
Garganey <i>Anas querquedula</i>	Orbetello	
Marsh Harrier <i>Circus aeruginosus</i>	Orbetello	
Harrier sp. <i>Circus</i> sp.	Argentario	Not Marsh Harrier
Common Buzzard <i>Buteo buteo buteo</i>	Bosco Rocconi/Roccalbegna	
Honey Buzzard <i>Pernis apivorus</i>	Bosco Rocconi/Roccalbegna	
Short-toed Eagle <i>Circus gallicus</i>	Bosco Rocconi/Roccalbegna, Parco Uccellina	
Kestrel <i>Falco tinnunculus</i>	Ubiquitous	
Lanner Falcon <i>Falco biarmicus erlangeri</i>	Bosco Rocconi/Roccalbegna	See a pair
Peregrine Falcon <i>Falco peregrinus</i> subsp. <i>Brookei</i>	Off-shore Argentario	Breeding on an islet
Pheasant <i>Phasianus colchicus</i>	Orbetello	
Moorhen <i>Gallinula chloropus</i>	Orbetello	
Coot <i>Fulica atra</i>	Orbetello	
Oystercatcher <i>Haematopus ostralegus</i>	Patanella	
Black-winged Stilt <i>Himantopus himantopus</i>	Orbetello	
Ringed Plover <i>Charadrius hiaticula</i>	Orbetello	
Grey Plover <i>Pluvialis squatarola</i>	Orbetello	About 25 (1 breeding plumage)
Curlew Sandpiper <i>Calidris ferruginea</i>	Orbetello	
Curlew <i>Numenius arquata</i>	Orbetello	
Wood Sandpiper <i>Tringa glareola</i>	Orbetello	
Greenshank <i>Tringa nebularia</i>	Orbetello	
Black-headed Gull <i>Larus ridibundus</i>	Orbetello	
Yellow-legged Gull <i>Larus cachinnans</i>	Ubiquitous in Maremma, extensive breeding colonies on Giglio island	
Mediterranean Gull <i>Larus melanocephalus</i>	Giglio island	1 ind. spotted among other gulls
Audouin's Gull <i>Larus audouinii</i>	Giglio island	Breeding colony of about 90 individuals
Common Tern <i>Sterna hirundo</i>	Patanella	Breeding colony
Little Tern <i>Sterna albifrons</i>	Patanella	
Rock Dove <i>Columba livia</i>	Ubiquitous	
Woodpigeon <i>Columba palumbus</i>	Parco Uccellina	
Collared Dove <i>Streptopelia decaocto</i>	Ubiquitous in Maremma	

Species	Location	Notes
Turtle Dove <i>Streptopelia turtur</i>	Patanella	Heard call
Greater Spotted Cuckoo <i>Clamator glandarius</i>	Patanella	Breeding behaviour
Common Cuckoo <i>Cuculus canorus</i>	Patanella, Camaldoli	
European Scops Owl <i>Otus scops</i>	Il Duchesco and vicinity	Heard call and seen
Little Owl <i>Athene noctua</i>	Parco Uccellina	
Common Swift <i>Apus apus</i>	Ubiquitous	
Alpine Swift <i>Apus melba</i>	Patanella	
European Bee-eater <i>Merops apiaster</i>	Orbetello	
Hoopoe <i>Upupa epops</i>	Ubiquitous in Maremma	
Greater Spotted Woodpecker <i>Dendrocopos major</i>	Camaldoli	
Green Woodpecker <i>Picus viridis</i>	Patanella, Parco Uccellina	
Skylark <i>Alauda arvensis</i>	Parco Uccellina	
Crested Lark <i>Galerida cristata</i>	Orbetello	
Woodlark <i>Lullula arborea</i>	Camaldoli	
Crag Martin <i>Ptynoprognis rupestris</i>	Camaldoli	
Barn Swallow <i>Hirundo rustica</i>	Ubiquitous	
House Martin <i>Delichon urbica</i>	Ubiquitous	
Sand Martin <i>Riparia riparia</i>	Orbetello	
(Blue headed) Yellow Wagtail <i>Motacilla flava flava</i>	Parco Uccellina	
(Black-headed) Yellow Wagtail <i>Motacilla flava feldegg</i>	Parco Uccellina	1 ind. among a flock of ca. 20 from European subsp.
Grey Wagtail <i>Motacilla cinerea</i>	Bosco Rocconi/Roccalbegna, Camaldoli	
White Wagtail <i>Motacilla alba</i>	Bosco Rocconi/Roccalbegna, Orbetello	
Wren <i>Triglodytes troglodytes</i>	Camaldoli	
Robin <i>Erithacus rubecula</i>	Bosco Rocconi/Roccalbegna	
Nightingale <i>Luscinia megarhynchos</i>	Ubiquitous	
Redstart <i>Phoenicurus phoenicurus</i>	Camaldoli	
Black Redstart <i>Phoenicurus ochruros</i>	Camaldoli	
Whinchat <i>Saxicola rubetra</i>	Orbetello	
Stonechat <i>Saxicola torquata</i>	Bosco Rocconi/Roccalbegna	
Northern Wheatear <i>Oenanthe oenanthe</i>	Parco Uccellina	
Blue Rock Thrush <i>Monticola solitarius</i>	Bosco Rocconi/Roccalbegna	
Blackbird <i>Turdus merula</i>	Ubiquitous	
Song Thrush <i>Turdus philomelos</i>	Camaldoli	
Mistle Thrush <i>Turdus viscivorus</i>	Camaldoli	
Fan-tailed Cisticola (Warbler) <i>Cisticola juncidis</i>	Orbetello, Patanella	
Sedge Warbler <i>Acrocephalus schoenobaenus</i>	Orbetello	
Cetti's Warbler <i>Cettia cetti</i>	Orbetello	
Great Reed Warbler <i>Acrocephalus arundinaceus</i>	Orbetello	
Sardinian Warbler <i>Sylvia melanocephala</i>	Ubiquitous in Maremma	
Blackcap <i>Sylvia atricapilla</i>	Ubiquitous	
Subalpine Warbler <i>Sylvia cantillans</i>	Argentario	Heard song
Wood Warbler <i>Phylloscopus sibilatrix</i>	Orbetello	
Chiffchaff <i>Phylloscopus collybita</i>	Bosco Rocconi/Roccalbegna, Parco Uccellina	
Willow Warbler <i>Phylloscopus trochilus</i>	Camaldoli	

Species	Location	Notes
(Western) Bonelli's Warbler <i>Phylloscopus bonelli</i>	Camaldoli	
Firecrest <i>Regulus ignicapillus</i>	Camaldoli	
Collared Flycatcher <i>Ficedula albicollis</i>	Orbetello	
Pied Flycatcher <i>Ficedula hypoleuca</i>	Orbetello	
Great Tit <i>Parus major</i>	Ubiquitous	
Coal Tit <i>Parus ater</i>	Camaldoli	
Blue Tit <i>Parus caeruleus</i>	Bosco Rocconi/Roccalbegna, Camaldoli	
Long-tailed Tit <i>Aegithalos caudatus</i>	Bosco Rocconi/Roccalbegna	
Nuthatch <i>Sitta europaea</i>	Camaldoli	
Short-toed treecreeper <i>Certhia brachydactyla</i>	Camaldoli	
Magpie <i>Pica pica</i>	Ubiquitous in Maremma	
Jay <i>Garrulus glandarius</i>	Ubiquitous	
Jackdaw <i>Corvus monedula</i>	Bosco Rocconi/Roccalbegna	
Hooded Crow <i>Corvus (corone) cornix</i>	Ubiquitous	
Starling <i>Sturnus vulgaris</i>	Ubiquitous in Maremma	
Golden Oriole <i>Oriolus oriolus</i>	Orbetello	
Italian Sparrow <i>Passer domesticus italiae</i>	Ubiquitous	
Tree Sparrow <i>Passer montanus</i>	Ubiquitous in Maremma	
Chaffinch <i>Fringilla coelebs</i>	Bosco Rocconi/Roccalbegna, Camaldoli	
Goldfinch <i>Carduelis carduelis</i>	Bosco Rocconi/Roccalbegna, Orbetello, Parco Uccellina, Camaldoli	
European Serin <i>Serinus serinus</i>	Ubiquitous	
Greenfinch <i>Carduelis chloris</i>	Orbetello, Parco Uccellina, Camaldoli	
Bunting sp. <i>Emberiza</i> sp.	Parco Uccellina	Heard song in olive grove
Cirl Bunting <i>Emberiza cirlus</i>	Camaldoli	
Corn Bunting <i>Miliaria calandra</i>	Ubiquitous in Maremma	

Mammals

Species	Location	Notes
Red squirrel <i>Sciurus vulgaris</i>	Parco Uccellina	Seen
Hare <i>Lepus europaeus</i>	Il Duchesco	Seen
Porcupine <i>Hystrix cristata</i>	Bosco Rocconi	Found spine
Badger <i>Meles meles</i>	Bosco Rocconi	Found scat
Red fox <i>Vulpes vulpes</i>	Parco Uccellina	Seen
Wolf <i>Canis lupus</i>	Camaldoli	Found scat
Roe deer <i>Capreolus capreolus</i>	Parco Uccellina, Argentario	Seen
European fallow Deer <i>Dama dama</i>	Il Duchesco	Seen females and young
Red deer <i>Cervus elaphus</i>	Camaldoli	Seen females and young
Wild Boar <i>Sus scrofa</i>	Il Duchesco, Parco Uccellina	Seen + tracks
Bottlenose dolphin <i>Tursiops truncatus</i>	In front of Giglio island	Seen

Traditional local food (i.e., some of the most interesting we had)

"Species"	Description
<i>Appetizers and picnic lunch raw material</i>	
Finocchiona	Tuscan pork sliced meat with different flavours
Salame toscano	
Soprassata	
Mortadella	
Prosciutto toscano	
Insalata di polpo e gamberi	Salad with octopus and shrimps
Crostini toscani	Bread slices with sauce of chicken liver
Bruschetta	Bread slices with olive oil and tomato
Pecorino (fresco e stagionato) fresh to very aged)	Famous type of Italian cheese, in several different aging stage (from very
Pecorino e miele	Pecorino cheese dipped in honey
Parmigiano e miele	Parmesan dipped in honey
Formaggio alle noci	Cheese with walnuts
Formaggio alle erbe	Fresh cheese with herbs
Gorgonzola	Famous type of cheese from northern Italy
Mozzarella di bufala	Mozzarella made from buffalo milk (typical of southern Italy)
Gelatina di vino	Wine gel
Focaccia	An intermediate "form" between bread and pizza (with olive oil)
Pane cotto a legna	Bread baked in the firewood-fueled oven (Casentino)
Olio d'oliva extra vergine	"Extra-virgin olive oil", i.e. finest Tuscany olive oil
<i>First courses</i>	
Acqua cotta	Soup with vegetables (typical of Maremma)
Tortelli di patate with ragu Casentino)	Large tortellini filled with potato, in ragu sauce (i.e. meat sauce) (typical of
Gnocchi alle erbe	Small balls of pasta made of flour and potato, in a wild herb sauce
Pappardelle in wild-boar sauce (typical of Maremma)	Tagliatelle-like pasta (i.e. kind of flat spaghetti) in sauce of wild-boar
Tortelli with asparagus asparagus	Large tortellini filled with ricotta cheese and spinach in white sauce of
Pasta ai 4 formaggi pecorino and fontina)	Pasta in a cheese sauce (i.e. 4 types of cheeses: gorgonzola, parmesan,
Taglierini ai frutti di mare	Thin spaghetti in a sauce of local seafood
Pasta panna e astice	Pasta in a vanilla sauce with lobster
<i>Second courses</i>	
Stracotto hrs	Beef from Maremma long-horned cow breed, stewed in the wine for > 24
Mormore al forno	In-shore sea water local fish baked in the oven
Tagliata di cervo	Sliced meat of Red Deer in aromatic sauce
Tagliata di Chianina thickly sliced served with home-made vegetables under oil	Beef meat from "Chianina" breed (i.e. the most famous Tuscany breed),
<i>Desserts</i>	
Torta della nonna liquor	Home-made cake (made by "nonna" = grand-mother?!) with cream and
Torta vino e cioccolata	Wine and chocolate cake
Crostata alle mele e alle arance	Cake with fresh apple and orange jams

"Species"	Description
Millefoglie alla crema	Cake made using sfoglia-type pasta and cream
<i>Wines</i>	
Vernaccia di San Gimignano	The most famous white wine of Tuscany
Auriga, Buttero, Tarconte	
	"Organic" wines locally produced by Il Duchesco (both white and red)
Vini vari della Toscana Baroni hotel	Very fine selection of Tuscan wines selected for us by Andrea from I Tre
<i>Spirits</i>	
Grappa	Famous spirit typical from the Alps
Limoncello	Lemon-flavoured spirit from southern Italy