

# Manziana Nature Guide

The environment, the itineraries, the services

Tolfa Mountains  
Life+ Natura Project





## Foreword

I take great pleasure, on behalf of myself and the entire Administration, in welcoming the preparation of this guide to the territory of Manziana.

Having an informative tool like this is the first tangible step to promoting not only the natural features that characterise the Tolfa Mountains Life+ Nature Project. It also stimulates the economy of our town. This guide targets two important and ambitious goals: first, to familiarise locals with the best our Municipality's territory has to offer. The second goal is to attract and inform visitors about Manziana's most beautiful natural areas.

This may seem strange, but speaking of nature means concretely talking about the economy: developments of recent years have made this dimension even more apparent. Towns, regions and nations that have recently made cultural as well as economic investments in nature now have a network of tourism relationships that extend beyond professionals or sector enthusiasts.

Experiencing nature does not, and should not, mean just walking in the countryside. Our natural beauty, along with historical, artistic and archaeological beauties, provides an occasion to speak of Manziana, to encourage tourists to visit the town, to create what is technically called tourism spinoff. This publication is a tangible step in this direction, providing natural, historical and artistic information, as well as services. Beyond that, it also details interesting folklore, patron saint festivals, places to eat and sleep and routes for horseback riding and walking. In short, it is a small, easy-to-use treasure trove of useful information. In addition to the print version, it is available on the websites [www.lifemontidellatolfa.it](http://www.lifemontidellatolfa.it) and [www.comune.manziana.rm.it](http://www.comune.manziana.rm.it) in digital PDF format, to be viewed and downloaded totally free. These features emphasise the promotional and informative intent of this initiative for a wide audience. A version of the guide is also available in English, as there are no other booklets of this nature available to foreign tourists, though our town has always attracted international visitors.

The history of Manziana has indeed been related by the Russian painter Karl Bryullov, King Gustavus Adolphus of Sweden and figures linked to the world of cinema, who have visited and enjoyed our town. Most recently, the Municipality's website portal has been widely visited from beyond Italian borders: there were hits from no fewer than 66 different countries around the world!

Finally, on behalf of myself and the entire Administration, thank you to the authors and all who have worked on this publication. We will continue to support and promote all initiatives aimed at the discovery and exploitation of our natural, historical, artistic and cultural heritage.

Bruno Bruni  
*Mayor of the Municipality of Manziana*



## Introduction

As President of the Manziana Agricultural University, I take pleasure in introducing the Manziana Nature Guide, as part of the “Tolfa Mountains” Life+ 08 NAT/It/000316 project.

The Tolfa Mountains Life+ Project began in 2008 and operates in the Tolfetano-Cerite-Manziate Special Protected Area and the two valuable habitats included within it: the Manziana Woodlands and the Allumiere Beechwoods.

The Project actions are intended as examples, to be pilot operations to offer models for managing the territory in the future. Responsible management aims at coexistence between nature conservation and traditional activities that have created and preserved these environments.

This guide, an important tool for discovering the great wealth of natural environments and the historic and cultural values in the Manziana area, is a useful means for jump-starting economic development opportunities linked to nature tourism.

In this context, I heartily thank all my colleague presidents of the Agricultural Universities that participate in the project.

Realisation of the Life Project, and especially discussion of nature conservation and opportunities for economic development associated with its fruition, has been made possible by local Agricultural Universities. They have strived to conserve and protect large swaths of natural territory from all kinds of speculation. These areas were later added to the Natura 2000 network, as being worthy of protection at the Community level.

I am certain that this publication will stimulate curiosity and interest, and encourage the reader to observe the territory more carefully, understand it and exploit to best advantage.

Alessio Telloni

*President, Manziana Agricultural University*

## GEOLOGY

by Marisa Ceccarelli

**The territory** of the Municipality of Manziana is a natural northeast-southwest hinge between the volcanic group of the Sabatine Mountains and the Tolfa Mountains, and lies on the outer western slope of the ancient Sabatine crater, between 177 and 467



*Tuff formations along the Lenta Ditch*

metres above sea level.

The geology of this part of Lazio, between the sea to the west and the Tiber Valley to the east, is traceable to the tectonic distension that began in the territory around 7 million years ago (Late Miocene), which determined the formation of depressions and rises in the ancient Mesozoic basement and large regional faults,

through which magma rose to the surface, giving origin, among other things, to the volcanic districts in this area, the Tolfetano-Cerite-Manziate and the Sabatine.

**The Tolfetano-Cerite-Manziate volcanism**, along with that of the Cimini Mountains and the Pontine Islands, is the oldest in Lazio. Beginning around 2.6 million years ago (Late Pliocene) in the Tolfa area and later in Cerite-Manziate, there was a vast intrusion of an effusive type, phenomena of metamorphism in the surrounding sedimentary rocks and the formation of highly viscous lava accumulations near centres of eruptions (domes).

Volcanic activity in the Tolfetano-Cerite-Manziate area left dome-like hills with steeper slopes and clefts in the area of the Municipality of Manziana and adjacent areas (Monte Calvario, locally known as Eremo, Sasso, Monte San Vito, Monte Arsiccio, Monte Castagno and Monte Oliveto).

On the edges of Monte Calvario one can note protruding patches of Pliocenic clay, which can cause significant problems of stability of land and roads.

**Sabatine volcanism** began 600,000 years ago with prevalently explosive activity, due to the interaction of magma with deep, extensive aquifers. Sabatine volcanic activity reached its apex around 400,000 years ago with the emission of large amounts of falling matter and the gradual emptying of magma chambers. This phase provoked the collapse of the basin now occupied by Lake Bracciano.

Sabatine volcanism left the rocks that make up much of the territory of the Municipality of Manziana, undulating reliefs like the one covered by the Great Scrub, extensive plains composed of volcanic deposits of various kinds, larger or smaller but very rich in potassium, which can be more than 30 metres thick.

**t** of the Sabatine system, which became inactive around 40,000 years ago, is characterised by sharper reliefs to the north, which gradually become shallower to the south. In the southern area the monotony of the volcanic landscape is broken by nar-



row, deep valleys carved by gullies and streams mainly running north to south, or radiating outward from the volcanic system.

The gullies (fossi) have modest, practically continuous flows (Fosso del Gufo, della Mola, della Lenta, del Diavolo, della Porcareccia and delle Macerine).

When volcanic phenomena ceased, there was **hydrothermal phase** in which rising mineralised fluids altered the chemical-physical characteristics of the rocks (metasomatism). Examples of this type can be seen in the locales of Solfatara, Solfaraticchie and Camillo, which have metamorphosed areas with formations of alunite, whit, clayey soil, and mineralisations of iron sulphide, sulphur, marcasite and other minerals of alteration.

Among the many **springs** in the Manziana area, mention should be made of the Praecilia and the Matrice springs. The former, north of town, has chemical characteristics that were thought to cure urinary disorders. The water was sold briefly in the early 1900s. The latter fed the fountain in the town square, but wells dug in the area altered the balance of the fault, reducing the spring's flow.

Other mineralised springs, recognisable by the rusty reddish or frothy deposit caused by carbon dioxide, can be found in the locales of Scalette, Fosso Lenta, Porcareccia, Mola and Fosso del Gufo.

**La Caldara (Callara, or Boiler)** is the most important and picturesque degassing structure in the Sabatine Mountain area, in an oval depression measuring 450x350 metres, with a north-south axis. The bottom is covered with clay due to hydrothermal alteration of the volcanic rocks.

In this area, roughly 5 metres lower than the surrounding terrain, there are a pool of cold water to the north, and various emission points of fluids, rich in carbon dioxide and hydrogen sulphide, which can be seen easily in winter or when the area is under water. The amount of gas emitted by the Caldara is very high. Carbon dioxide, though within tolerable levels for human health, is more dense than the air, collects on the ground and often reaches concentrations that are fatal for dogs, porcupines, other small mammals and birds, which are sometimes found dead on the ground.

Gases emitted by the Caldara, potentially dangerous, are due to the interaction between shallower aquifers in the Sabatine vulcanites and fluids from a deep geothermal reservoir, probably located in Mesozoic carbonate rocks over 2,000 metres deep.



*Caldara di Manziana*

## Stones and quarries

The Sabatine and Tolfetan territories have been subject to mining activities of various kinds since ancient times, with quarries and mines for the collection of materials used for various kinds of production. Tuff, easy to work, was essential for the construction of the Etruscan necropolis of Cerveteri and smaller ones in the area of Manziana. Other noteworthy mining sites on the outskirts of Manziana are accumulations of peperino listato, pozzolans, gravel and kaolin, in several places.

In Madonna delle Grazie, quarries were dug in the white clayey lands with solfataric alterations. Finally, mention should be made of the so-called *Manziana stone*, a trachytic lava quarried from the slopes of Monte Calvario along the road between Oriolo and Manziana, used as refractory material for chimneys or building material for stairways, doorways and lintels.

In his 1828 book *"Delle Pietre Antiche"* (on ancient stone) Faustino Corsi (Rome 1771-1846) tells that Vitruvius gave the name *Lapis Anitianus* to a type of stone gathered around Lake Bolsena, like that near Albano, which *"could not be harmed either by seasonal cold, nor by fire, but remains firm and lasts centuries... as it is compact and hard, it is not harmed by weather conditions of the air and not even by fire"*. He then recounted that stone with such characteristics had also been found on Monteverginio, on the northern slope of Monte Calvario, and hypothesised that *"the nearby castle now called Manziana had taken its name from the mine of the said stone"*.



*Manziana stone*

## HISTORY AND ARCHAEOLOGY

*by Mascia Zullo – Roman Archaeological Group (GAR), Manziana section*

Traces of prehistory in the territory of Manziana are very scarce: the discovery of a few arrowheads and flint core, not scientifically documented, only allow speculation that the first permanent settlements date from the end of the second millennium BCE. The Villanova civilisation certainly affected the area, but in recent decades almost all funerary evidence - the shaft tombs that held biconical urns containing the ashes of the dead and the fascinating tombs, which could tell us much about the first inhabitants of the area - have been lost or destroyed.

Ancient and precious evidence of the people who occupied these lands, unfortunately not related with certainty to any civilisation or historical period, are the pagan *arae* (altars) in the valley of the Lenta (called the Cupellara Valley by the locals).

Fortunately, from the eighth century BCE, the Etruscan civilisation left still-visible traces, and the strong Ceretan influence is seen in pottery shards, in the internal structure and the architectural decoration of graves.

The richness of the territory was reflected by the large amount of available timber and the fertility of the surrounding lands. Timber, in fact, was required in abundance for both mineral casting (one of the bases of the Etruscan economy) and for building: most buildings in fact were made of wood.



It is very likely that the "Macchia Grande" (Great Scrub) forest was significantly reduced in size until at least the Muraccioli, as evidenced by the remains of tombs within the current boundaries of the forest.

An inhabited nucleus may have been built on the spur of Santa Pupa, just north of the forest; small settlements appeared in Ponte Mariano and the countryside south of the Lenta gully, especially between the Quarti and in the area of Le Pietrische.

Tomb remains and water supply works (the Pozzali) characteristic of the countryside

around Manziana testify that the Etruscans lived and worked in this area for a long time and that the local inhabitants belonged to different social classes: aristocratic and wealthy families, farmers and ranchers, artisan experts in bronze decorations for weapons and furniture, loggers and stone quarrymen.

Of particular interest are the burial grounds of Torara and Pero, and the pestarole (wine presses) present in Le Pietrische.

The Tomb of Torara is located south of Casale delle Pietrische, on top of a tufa knoll, bounded to the west and south by two rivers. The tomb was damaged by time and gratuitous human vandalism, and had



*Tomb of the Torara*

already been plundered when it was first discovered. It dates to the mid-sixth century BCE.

The interior layout has a *dromos* entrance with 7 steps, opening onto a central chamber that leads to 4 other small chambers, 2 on the sides and 2 in the middle. The presence of 4 thrones on either side of the entrance, two circular and two rectangular, date the monument to what is known as the "Orientalising" period. The presence of the thrones and the care in the architectural decoration (especially the doors, the gabled ceiling with a finely carved central *columen* and the border between the floor and the wall) suggest that the tomb belonged to a wealthy family, probably of vast landowners and winemakers, as evidenced by the many "wine vats" or pestarole spread around the area of Casale delle Pietrische. A peculiar element of construction is the arrangement of funeral beds: contrary to Etruscan custom of placing several pallets within a single environment, the Tomb of Torara has only one bed for each room, for a total of 4 beds, one for a women and three for men.

Scattered in the same locality, in the fields around Casale delle Pietrische, there are also Etruscan tombs of lesser importance, including Pero's Tomb and the Hypogeum of the Casale. In the same area are so-called pestarole (vats) each with at least two tanks, the first rectangular, the second circular, staggered in height and



*Tomb of Pero*



*Wine vats or "pestarole"*

connected by a hole.

The presence of a round cavity on the bottom of the second tank, and comparison with other similar structures not only in the territory of Viterbo and nationally, but also in the whole Mediterranean basin, suggest that these artefacts were used for wine production.

At the end of the hegemony

of Caere (IV-III century BCE), modern-day Cerveteri, the Romans began to populate the area around Manziana and changed the appearance of the area over time: they built many rustic and residential villas, and planted vines, olives, fruit trees and cereals, more intensively over time.

Of particular interest are two artefacts from Roman times, a short distance from each other: the first is a sacrificial altar with steps (3.60x1, 60x2 m), above Quadroni, which has a round basin on top, with a drain spout on the rear edge. It connects to the gutter running down the steps facing northwest, the direction dedicated to the gods of the underworld or Fate.

The second is located several hundred metres to the northeast of the altar of Quadroni, in a thicket of trees. It is a cube-shaped monolith, slightly tapered at the top, which measures between 1.89 and 1.64 m. There is a cornice around the base and on the side facing northwest that reads: N • PVLLIVS • V - *Numerius Pullius v (ovit?)*. Perhaps dedicated to Bona Dea (the good goddess), the monument was erected by Pullius, a rich gentleman of Forum Clodii, in the first century BCE.



*Via Clodia diverticulum*

No doubt the Roman penetration and presence

in our territory was facilitated by the construction of the Via Clodia and its multiple arteries. Built between the Via Cassia and the Via Aurelia, it is peculiar in comparison to them: whereas the two larger roads were designed primarily for long-range movement of military troops, the Via Clodia was a short-range thoroughfare for commercial traffic with the colonies in Etruria.

This thoroughfare was called "way of the baths", partly because it led to various spas, and because according to some it ended in Saturnia. Via Clodia is already mentioned at the end of the third century BCE and from 225 BCE it was paved. The pre-existing road was probably used as a way of penetration and conquest of Etruria by the Roman army, beginning in 310 BCE.

The road never seems to have had heavy traffic, but was only a link between Rome

and the northwest Etrurian inland. Like the Via Clodia, the artery through the town of Manziana was probably built in the Republican era and restored during the Empire. Since this is a secondary road and not consular, the artery is 2.40 metres wide, including the kerb stone which defines its width. It was built with large paving stones of basalt and probably owes its design and implementation to the "health" needs of the Roman state. The armies re-entered Rome only after having benefited from several bath complexes and thermal springs (the Terme di Stigliano or the alum available at Allumiere). The animals in the troops' entourages were bathed in the waters and mud of the Caldara, avoiding such well-travelled roads as the Cassia, the Aurelia and the Cornelia, which the Clodia meets in Stigliano. It is plausible to assume that the meeting point of the Via Clodia and its artery was just outside modern-day Bracciano.

In fact, after crossing Monte Castagno, the last traces of the artery in the area of Manziana and the border with Bracciano are located in Ponte Mariano (a small side road of Via Lazio: this road runs along the western edge of the Manziana Great Scrub Forest, and certainly the remains of the artery from the countryside into the woods lie below the modern road).

Here some paving stones are visible, and until the 1960s there was a small bridge, ripped up later by mechanical means, the remains of which can still be seen stacked in a corner of a field.

Today, visible and usable stretches of the artery can be found within the "Manziana Great Scrub" forest and in La Mola: along this stretch of the road in the Municipality of Manziana, we come to the famous Devil's Bridge.

90 metres long and 9 high, it is built entirely of local volcanic stone in *opus quadratum* (overlapping blocks of dry stone - without mortar) with a single round arch in the middle. The blocks were lifted using iron tongs called *ferrei forfices* (ironclad forceps). In fact, some blocks reveal the holes made by the iron tongs and those of the wooden scaffolding and lifts.

The structure is also known as the "*Sejanus*" bridge, named for the prefect of 14 CE who was commissioned by the Emperor Tiberius to oversee the restoration of the bridge.

The name "Devil's Bridge" was given in more recent times when the area was plagued with brigands: the local population thought it was cursed.

The Silva area was famous, among other things, for the aqueduct of Trajan, which was first fed by springs in the hills between Oriolo and Manziana (109 CE).

The *caput aquae* of Trajan's aqueduct lies just below the church of the "Madonna della Fiora".

Then the decline began, alongside the confusing events of the third century that led to military anarchy and the Tetrarchy of Diocletian, while Christianity gradually grew



*Devil's Bridge*

in importance.

While the rich country villas had already defined their role as autonomous entities, the land gradually lost productivity and vigour and was largely abandoned in the early fifth century.

The *Silva Mantiana* again spread, while in the southwest the Tyrrhenian coast was



*Hypogeum of Santa Pupa*

*Pupae*'.

In this regard, it is worth mentioning the monumental Hypogeum Santa Pupa (or Macerine), located just a short distance from the *castrum*, in what is today Via Poggio della Torre. It is a long artificial tunnel, divided into two sections. The first, slightly uphill and barrel-vaulted, is about 70 metres long, with a skylight (the Occhialone, or large spyglass); the second, smaller in height and width, is more fascinating visually: the floor rises noticeably, and a series of small caves opens on both sides of the tunnel. After about 60 metres, a landslide of about 30 metres hides the outlet, which lay past a slight curve to the left.

The dating and function of the Hypogeum have not yet been clarified, despite various - and sometimes odd - hypotheses.

In the fifth century CE, a small, fortified village grew up, and soon after the year 1000, it was in the hands of the lords of Vico.

Between 3 February 1290 and 1 March 1291, the Roman Arch-Hospital of the Holy Spirit bought the village of Santa Pupa and the nearby woods. The Holy Spirit is a religious order founded by Guy de Montpellier in Provence for the care of the sick by lay groups, officially established by Pope Innocent III (1161 - 1216) in Santo Spirito in Sassia in Rome. For centuries it was responsible for the management of hospitals throughout Europe and also owned much land, including the territories where Manziana now stands.

Throughout the 1300s, the inhabitants of Santa Pupa lived under the sign of Santo Spirito, but in the fifteenth century Santa Pupa ceased to exist.

The village was called "*dirutum*", in ruins, in a document by Pope Callixtus III in 1456. It is not clear why the village was abandoned. But the territories around the current Manziana did not remain completely uninhabited. In the second half of the 1400s and in the early years of the next century the forest housed rustic shelters, coalmen and woodcutters, who provided timber for Rome, artistic embellishments and construction of the city, especially the rebuilding of the Vatican Basilica.

The first stable group of huts near the forest dates to 1526. Around 1550, Santo Spirito decided to switch to direct management of their lands, due to the significant and on-going need for coal and food.

This led to the idea of attracting settlers to the feudal estate of Santa Pupa - to work for the hospital - providing them with tracts of land to be cleared and planted. And

slowly becoming covered with marshes; it is not unreasonable to suppose that people fleeing the malarial coastline, and the inhabitants of the ruined *vicus* on Eremo, moved to Poggio della Torre.

The Barbarian Invasions led to the economic collapse of the area, from which nearby Monterano and the village of Poggio della Torre survived. The village eventually acquired the name of '*Castrum Sanctae*

settlers began to come from inland Tuscany, Umbria and the Marche. These were the first "Capannari" (hut dwellers), poor people in need of work.

On 8 October 1560 in Rome, the preceptor Bernardino Cirillo signed the first and most famous agreement with the "Capannari". They were given long leases (usufruct of land belonging to others) - to the fourth male generation - on a half rubbio of land (one hectare), to build their wooden dwellings, later brick. A fifth of the yield was to be consigned to Santo Spirito. The feudal labourers were also assigned - in rotation for a period of two years - other lands to the southwest of the forest, to be worked for the hospital.

As evidenced by the peculiar cross on the main facade, the Casale delle Pietrische belonged to the religious Order of the Holy Spirit: it is a reminder of the labourers' long days in the fields, of the shepherds' and farmers' care for their flocks, the hard work of the miners and stone quarrymen, and the smell of wood freshly cut by the "Capannari".

In recent decades, the old farmhouse has frequently been used as a backdrop for film and television productions, including "Il Marchese del Grillo" in 1981.



*Casale delle Pietrische*

## THE NATURA 2000 NETWORK

The Natura 2000 network is the European Union's most important initiative for the protection of natural heritage. It aims to reverse the decline of biodiversity by integrating the needs of conservation with the development of human activities. This ambitious project involves all 27 EU nations, which must work together to protect hundreds of characteristic species and habitats, in over 24,000 areas identified as fundamental for nature conservation in Europe.

There are 2 different types of sites that make up this large network: **Special Protection Areas (SPA)**, which are home to important populations of one or more species of birds found in Annex 1 of Directive 2009/147/EC (the so-called "Birds Directive"), and **Sites of Community Importance (SCI)**, which host a variety of habitats and plant and animal species listed in Annexes I and II of Directive 92/43/EEC (also known as the "Habitats Directive") considered to be seriously threatened in Europe.

At this time almost 600 SPAs and more than 2,200 SCIs have been identified in Italy. The latter, when the process of identification and designation by Member States is





*Manziana Scrub Trail*

completed, will then be referred to as “Special Areas of Conservation” (SAC).

The Natura 2000 network introduces some major changes in terms of nature conservation: first, it proposes to manage a number of areas very distant from each other in a uniform and coordinated way, forming a large network. Birds, mammals and insects, as well as other plants and animals, know no regional or national boundaries and their conservation cannot be confined to limited and isolated areas.

In addition to maintaining the best-preserved natural environments, the broad Natura 2000 project also gives full importance to protecting semi-natural environments, those that have in some way been modified by humans over the centuries, such as traditional farmlands, pastures and

forests subjected to certain forms of periodic use (coppicing). In this way, the value of conserving biodiversity has finally been recognised in all those areas affected by centuries of interaction between traditional human activities and nature, of which the Tolfa Mountains are one of the most extraordinary examples. From this viewpoint, the purpose of the project is to create a system that coordinates the development of human activities with nature conservation.

## THE “TOLFETANO-CERITE-MANZIATE DISTRICT” SPA

The “Tolfetano-Cerite-Manziate District” SPA covers nearly 70,000 hectares, occupying the entire area between Lake Bracciano, the Mignone River basin and the Tyrrhenian Sea.

The geographical location, protected on one side by the Pre-Apennines and on the other by the Tyrrhenian coast, makes this area almost unique in terms of nature.

One of the characteristics of the area is the abundance of vegetation environments resulting from climatic, microclimatic, bio-geographical and human influences. The traditional use of land has been particularly influential on the composition of the vegetation, giving rise to typical environments, rich in terms of landscape and nature. Open pastures, bushy meadows and traditional crops alternate with cliffs recently colonised by pioneer vegetation, and streams where the riparian vegetation forms gallery forests of Willows and Alders. Among the forest environments, stands of Turkey Oak, Beech forests and Mediterranean scrub predominate. As for wildlife, the entire area is home to many endangered species, rare and even endemic, that is, exclusive to central Italy (see p. 26). Mammals include Wolves, Pine Martens, Wild Cats and sev-





*Common Buzzard*

eral Bats (pipistrelles) of interest. There are also numerous important and endangered species of insects, particularly Carabid Beetles, Odonata (dragonflies), and Lepidoptera (moths and butterflies), as well as reptiles and amphibians. But the Tolfa Mountains are famous mainly for being one of the most important areas for bird conservation. The area is well known, even internationally, and is a favourite destination for European and American ornithologists and birdwatchers. This is the best place on the Italian peninsula to observe many Mediterranean species. The area is located along an important migratory route, and 99 bird species nest here. Among the most important nesting species are the Black-eared Wheatear, the Black-headed Bunting, the Red-backed Shrike, the Lesser Grey Shrike and the Woodchat

Shrike. Of regional importance are the Sparrowhawk, the Hobby and the Spectacled Warbler. No fewer than 11 species of diurnal birds of prey breed in the Tolfa Mountains. In particular, the area is the last stable breeding ground of the Red Kite in Lazio.

### **The "Manziana Scrub" SCI**

The "Manziana Scrub" Site of Community Importance extends over 801 hectares and includes the Great Scrub forest of Manziana, one of the most expansive stands of



*Manziana Scrub*



*Robin*

Turkey Oak in Upper Lazio. The wood is in the Municipality of Manziana and extends for around 545 hectares on volcanic terrain, at an average altitude of about 317 metres above sea level. The dominant species of trees is the Turkey Oak, with specimens as tall as 30 metres, along with Hungarian Oak, which grows on the northern edge of the area. In the stratum of large shrubs, the dominant species is the Medlar, and, in lesser numbers, Common Hornbeam, Montpelier Maple, Field Maple, Common Holly, and in even fewer numbers, Manna Ash, Wild Service, Elm and Wild Apple. The wood was heavily used in the past, for the production of firewood and railroad ties. For several years, various head of livestock were kept in the wood, both Cattle and Donkeys, which contributed to the shrinkage of the

shrub stratum and interfered with its natural renewal.

The wood has many interesting species of wildlife. Among the invertebrates, two large beetles have been added to the Habitats directive of the European Community: the Great Capricorn Beetle and the Stag Beetle. Mammals include the Crested Porcupine, Pine Marten and Hazel Dormouse.

There is a notable presence of birds, including the Great Tit, Blue Tit, Marsh Tit, Long-tailed Tit, Goldcrest and the Firecrest, Hawfinch, Jay, Blackbird, Nuthatch, Short-toed Treecreeper, Lesser Spotted Woodpecker, Great Spotted Woodpecker and the Green Woodpecker.

## OBJECTIVES OF THE PROJECT

The general objective of the Tolfa Mountains Life+ Nature Project is to ensure the conservation of endangered birds and natural habitats. The project also aims to facilitate harmonious coexistence between human activities and nature conservation, and improve the awareness of residents and visitors about the importance of the environmental heritage in the area.

Coordinated by the Municipality of Manziana, the project is almost 50% funded by the European Commission, and the rest by the region, the Agricultural Universities of Tolfa, Manziana and Allumiere and the Municipalities of Manziana, Tolfa, Canale Monterano and Allumiere. Specifically, the project calls for a series of urgent measures for the protection of the "Tolfetano-Gerite-Manziate" SPA and the two SCI "Manziana Scrub" and "Allumiere Mesophilic Woods".

The project aims to implement a joint strategy between the Agricultural Universities, the Municipalities concerned and the Lazio Region, to obtain a series of concrete results:

- **Apply the most effective practices and actions to protect species and habitats of Community importance.**
- **Reduce and eliminate, where possible, factors that threaten species and habitats.**

- Increase the level of awareness among locals and visitors, about the natural and landscape value of these habitats, and as a valuable economic resource for the development of communities where accessibility and use of land can be implemented in a sustainable manner.
- Promote the maintenance of traditional practices necessary to maintain the ecosystem of the area characterised by the presence of semi-natural environments.
- Spread awareness of how traditional activities do not conflict with conservation, but rather help to perpetuate it.

## ACTIONS

To achieve the goals set by the Tolfa Mountains Life+ Nature Project a series of actions is called for, managed by the Municipalities concerned and the Agricultural Universities. In particular, in the Municipality of Manziana, project actions apply to nature management of mature forests and semi-natural grassland environments. Other actions concern communication and awareness among locals and tourists, environmental education in schools and the redevelopment of the former SO.TE.MI mining area. The Municipality is in charge of these actions, but the work is undertaken together with the Agricultural University.

### Nature management of mature forests

These are actions to safeguard a habitat of Community importance (called “Habitat 9280 Quercus frainetto woods”) in the Manziana Scrub SCI and in few other places in Europe. Interventions in the forest areas are needed because of poor health and high mortality of plants, both Oaks, especially Turkey Oak, but also Maple, Hornbeam and Manna Ash.

Plants in poor health exhibit widespread yellowing and discoloration of leaves, attenuated foliage, dry branches and brown spots on the trunk with dead tissue below in varying degrees of extent and depth. Sometimes the symptoms are accompanied by the presence of numerous tunnels dug by wood-eating insects and the appearance of the fungus *Biscogniauxia mediterranea* (an indicator of the poor condition of the Oak trees), which cannot infect healthy plants.

The major environmental factor causing the deterioration of the forest is repeated summer drought, a frequent occurrence in recent years.

The areas subject to interventions in the Life programming were chosen based on scientific studies



*Thinning in the woods*

conducted in the past by the University of Tuscia and were already provided for in the Agri-Forestry-Grazing Management Plan of the territories owned by the Agricultural University of Manziana approved and enforced by the Lazio Region, Department of Land, Regional Environment Authority, Forest Conservation Area.

The intervention within the high forest consisted of low-impact forestry actions, geared to solve troubling problems of forest deterioration, on two tracts of 10 acres each in the locales of Incotti and Muraccioli. The objective is to assess a correct management model that combines the needs of nature conservation with those of maintenance and perpetuation of the forest, based on sustainable felling of timber.

In selected areas, so-called "patch thinning" was performed on surfaces between 300 and 700 square metres, so that stands of trees would regenerate naturally. In each area a maximum of 25% of the biomass was removed. This removal affected decaying trees except those that are breeding sites for woodpeckers. Some decaying plants were retained to maintain the habitats and ecological chains of invertebrates of Community interest, including the Stag beetle (*Lucanus cervus*) and the Great Capricorn beetle (*Cerambyx cerdo*).

As the University of Tuscia studies show, grazing and felling of wood contribute predominantly to the degradation of the Manziana Scrub. For this reason, the two areas have been fenced and closed to grazing, civic use for the collection of wood and underbrush, and leisure activities.

Life Project experts hope that evolutionary dynamics in the two areas of interventions will lead to the reseedling of wooded area, with the development of plants of different ages to perpetuate the valuable habitat. In addition, the lowered density of vegetation cover will result in less competition for water resources. The intervention is being monitored within the Life Project. Monitoring will continue in the coming years to test the ability of natural regeneration, and plan possible interventions to plant seedlings from native acorns gathered in the forest, grown in the forest nursery as part of the same project.

The experimental forest conservation interventions, on 20 hectares of surface, can then become priority management models, ensuring richer biodiversity and, with it,

the full natural potential of the forest.



*Nursery in Prati del Bologno*

### **Creating a forest nursery connected to nature management of forest habitats**

One of the most important and delicate actions of the Tolfa Mountains Life Project is in the Turkey Oak woods, an area of high landscape-

environmental value. It is particularly significant because of its proximity to the town of Manziana and as an important tourism and recreation area.

Management interventions in the area are aimed at the conservation and recovery of the natural environment defined by the European Community as "habitat 9280 *Quercus frainetto* woods" in the Manziana Scrub SCI. The attempt is to limit the escalation of soil degradation caused by the fragility of the forest and the worrying phenomenon of drying up of the ecosystem observed in the last decade.

The action to create a forest nursery, provided for by the Life project, which began in 2012, involved planting native seeds in phytocells. About 5,000 seedlings have been planted on about 4,000 square metres.

In the spring of 2013, the seedlings were moved to a fenced area near the watering hole in Prati del Bologno, equipped with a drip system for water supply. After careful monitoring, patches of Turkey Oak and *farnetto* will be planted in thickets in forest clearings in the autumn. In order to prevent disturbance, mainly caused by humans, the renovation areas will be enclosed by wooden fences.

Deadwood on the ground will not be removed, to promote the ecological dynamics mainly linked to the biology of wood-eating insects and their food chain. An estimated 2,500 Oak seedlings will be planted.

In the fall of 2014, possibly, there will be pinpoint plantings of nursery stocks.

### **Management and conservation of grasslands**

The grasslands in the Tolfa Mountains are a semi-natural environment of great importance, for both landscape and nature. Nature management of semi-natural grasslands, called for in the Tolfa Mountains Life+ Nature Project, is designed to solve two important problems. In

the first place, it is intended to prevent overuse by herd livestock in degraded habitats of species covered by the directive. The second objective of the measure is to stop the invasion of open spaces by shrubs, and the resulting decrease in bird species that find this an ideal



*Locality of Ginestreto near Casale delle Pietrische*

habitat for feeding and nesting.

In the whole area of the Tolfa Mountains, we are witnessing a constant encroachment of bushy areas at the expense of open pasture areas.

This phenomenon, a prelude to the return of the forest, is mainly due to the decrease in cattle grazing with the abandonment of traditional pasturing activities. At the same time, some areas, those served by better roads, are affected by excessive grazing that causes serious degradation.



To protect and conserve this precious natural environment, the Life Project calls for some specific actions in the territory around Manziana. The planned interventions were already included in the Agri-Forestry-Grazing Management Plan for the territories owned by the Agricultural University of Manziana approved and enforced by the



*Dry-stone wall and milestone*

Lazio Region, Department of Land, Regional Environment Authority, Forest Conservation Area.

These interventions were in the southern portion of the Tolfa Mountains, in "Pietrische-Ginestreto", the property of the Agricultural University of Manziana, but located in the Municipality of Tolfa.

Measures are mainly to regularise grasslands, build and repair traditional dry-stone walls, enclosures and fences (traditional "Tolfetana" type), build and maintain water sources (Imbastaro and Pietrische), repair rural roads, eliminate bushes and shrubs in Ginestreto by releasing islands of biodiverse shrubbery. This careful management and conservation will benefit the conservation of bird species specially protected by the European Community: Stone-curlew, Nightjar, (Greater) Short-toed Lark, Woodlark, Tawny Pipit, Lesser Grey Shrike and their natural predators, birds of prey.

The interventions will ensure perfect functioning of this delicate ecosystem, which covers a total area of about 30 hectares. The result will be to enhance the traditional activities of the area and promote the conservation of the environment and the species for which the Special Protection Area was established.

### **Usability of sites - Redevelopment of the former SO.TE.MI. mining area in Solfatara in the Manziana Great Scrub**

One of the most delicate Life Project actions is the reclamation of the abandoned "Solfatara di Manziana" mining site on the eastern perimeter of the Manziana Great Scrub SCI. The area, used since 1700, was most recently the subject of a fifty-year mining concession that began in 1942 for the extraction of refractory soils, iron sulphides and sulphur. After several events under various corporate structures, the lease was awarded to SO.TE.MI. In 1988, the lease was not renewed because the land was needed by the lawful owner, the Agricultural University of Manziana. On 6 September 1993, NOE (the Ecological Operations branch of the Carabinieri) sequestered the area, because structures and drums on the site contained toxic substances.

In fact, buildings in the area housed equipment for various mining activities for a total of about 500 cubic metres potentially contaminated with oils and PCB.

Following seizure by NOE, the Mayor of Manziana, for reasons of public health, issued



an injunction against SO.TE.MI calling for waste to be removed and taken to landfills. The Mayor's order did not result in any effective judicial proceedings against SO.TE.MI since the company could not be traced in a search carried out by the Ministry of Economic Development in 2008. In a nutshell, the Agricultural University, the



*Mining area in Solfatara*

legitimate owner of the land, could not enforce the sacrosanct principle that the "polluter pays". Finally thanks to EU LIFE funding, the organisation obtained the funds and provided for the removal of pollutants in the spring of 2013.

The measure, in addition to more effective isolation of the area, called for the removal of damaged bins and

toxic substances, and cleaning up the premises.

### **Monitoring the environment and wildlife of Community importance**

Steady and methodical monitoring activities are directed to the study of species of Community interest in the places where assistance is provided to protect and conserve, called for in the Life project. Monitoring has been performed to check for possible changes in population, and environments generally (woods, grasslands and arable land) identified within the SPA and SCI. The work will take three years and will be articulated according to species, using points of listening, playback and linear paths, as well as direct research on nesting sites. Drop traps have been set for insects, amphibians and reptiles, to identify and analyse specimens, which will then be set free in their original environment. Work is already underway, by a team of experienced, competent naturalists and biologists, who have produced specific reports on individual species.

### **Communication and awareness**

There is an extensive program of actions of communication and awareness for the local population. Plans include publications and educational materials (fliers, brochures, guides, excursion maps, postcards, etc.), public events, a documentary and a project website.



*Monitoring insects of Community Importance*

For awareness and visits to the area, nature paths will be set up, with information and educational panels. Also called for are package itineraries for nature tourism. For this purpose, a seasonal information point to promote tourism in the area was set up in 2011 at the port in Civitavecchia.

### Environmental Education

One of the Life Project's most important objectives is the environmental education project in the Manziana schools, at all levels.

This program, already carried out in part in 2012 and scheduled again in 2014, addresses the need to develop in young people, particularly those of school age, a thorough understanding of the environment in which they live.

The Environmental Education Project's main goal, through a series of specific educational interventions in schools, is to expand awareness of the Natura 2000 network, the SPA and SCI, the habitats and birds to be protected, and to stimulate their taste and enthusiasm for studying issues linked to environment resources, and about regional, national and EU initiatives for the protection and proper use of the environment.

## THE NATURAL ENVIRONMENTS

In the "Tolfetano-Cerite-Manziate" SPA, there are many very valuable natural environments. Among the mesophilic forests are stands of mature Oak and Common Beech. The most common Oak in the area is the Turkey Oak, which although it has been exploited intensively, strongly characterises the landscape, offering shelter to many wildlife species. Along with the Turkey Oak are the Hungarian Oak and the Downy Oak: the former is evidence of the Eastern origin of Tofa Oak groves; the Downy Oak was formerly a real stand of vegetation, but is now reduced to isolated specimens within the forest, or found in small patches between the Turkey Oaks and the Mediterranean scrub. Several species of Hornbeam and Maple are found alongside Turkey Oaks. In areas of high humidity, greater insolation, or where the forest is more open, other species appear, such as Common Hawthorn, Manna Ash and Blackthorn. Among the mammals that live in the forest are the Fox, Wild Boar, Badger, many small mustelids and rodents. Among birds, the most significant are Black Kite and Red Kite, Buzzards, Woodpeckers, Jays and Tits. There are many insects, including butterflies like the colourful Vanessa, Satyridae and small,



*Manziana Scrub Turkey Oak woods*

colourful Lycaenidae.

**Beech forests** in the district are a relic of cold periods in the past. Apennine Beech forests usually grow above 1,200 metres above sea level, but the particular climate of the district has encouraged the conservation of broad swaths of

this formation. In the company of the Common Beech are Sycamore, Common Hornbeam and European Hop-hornbeam and sparse Sweet Chestnut. In the undergrowth are Common Holly, Butcher's Broom, and many colourful flowering plants such as Anemones and Cyclamen. The fauna in the Beech forest includes such mammals as the Pine Marten and Fat Dormouse, and birds such as the Sparrowhawk, the Great Spotted Woodpecker, Green Woodpecker, Nuthatch and Coal Tit.

In the warmest and sunniest areas, **Mediterranean scrub** is widespread. This is not the real forest that once occupied these hills, but rather the low scrub of typical Mediterranean shrub species such as Pistache, Phillyrea and Strawberry Tree, interspersed with isolated Holm Oak, or Cork Oak closer to the coast. Centuries of cutting, fire and grazing have indeed turned the ancient Mediterranean forest into another environment, just as valuable and distinctive. The dense and often impenetrable scrub provides shelter for many species of animals, such as the Wild Boar, the Fox, the Pine Marten and the Crested Porcupine. Numerous forest birds nest in this environment: the Whitethroat, the Dartford Warbler, the Spectacled Warbler and the Blackcap. The Cleopatra and the Two-tailed Pasha are the most colourful and common butterflies in the Mediterranean scrub. The Manziara area has some stretches of Mediterranean scrub above the rocky walls along the gullies of the Devil's Bridge, the Mola, the Lenta and in the area of Le Pietrische.

A complex water network has allowed the significant development of **riparian vegetation** that runs through open areas and sometimes into the woods along riverbeds. In warmer areas, tree species include Ash and Tamarisk, while in colder areas Willows, Alders, Poplars and Elms prevail, and often form picturesque wild gallery formations. On the banks of rivers and streams we find Horsetail, Butterbur, Rushes and Purple Loosestife. Among the fish most frequently encountered are Chub, Barbel, South European Roach and Eels, which feed mainly on aquatic insects and molluscs.

Amphibians are the Common Toad, Red and Green Frogs, the Italian Tree Frog and the rare Yellow-bellied Toad. Among the reptiles are the Grass Snake and Dice Snake. Still quite widespread is the European Pond Terapin. Among birds, you can find common Moorhens, Kingfishers and several species of Herons, while mammals include the Coypu. In cleaner and more oxygen-rich waters, rare freshwater Crayfish can still be found.

**The cliffs** are another valuable area in the district of the Tolfa Mountains. In the rock walls warmed by the sun, Holm Oaks, Heather and Phillyrea grow. Sweet Chestnut, Oriental Hornbeam, Flowering Ash and Common Beech grow on the colder slopes. We find natural rock walls along the valley of the Mignone, on the Vesca, in Ripa Maiale, and in Sasso. In the Manziara area, we find rocky outcroppings along



*Lenta Ditch*

the Lenta, the Mola, the Gufo and Magnaferro gullies. In the Tolfa Mountains there are also artificial walls in the old abandoned quarry where tuff, alum and gypsum were once mined. Today, these environments are slowly being re-colonised by natural vegetation. These areas, natural or re-naturalised, are nesting grounds for the Peregrine Falcon, Little Owl and Blue Rock thrush. Many Bats also find valuable refuges of survival in caves and crevices.

The pastures, once regarded as “degraded areas” of nature, are crucial for many species of birds, as well as being an environment of extraordinary scenic charm. Here the environment is dominated by Blackberry bushes and Hawthorn Trees and



*The Stone curlew nests in the I Quarti meadows*

rare Wild Pear Trees, Judas Trees and Christ's Thorn. Boundless expanses of Asphodels are adorned with long flower spikes in spring. Spectacular Orchids make the area popular among lovers of these wonderful species. Here Maremma Cows and Horses graze throughout the year, with no need of stables or shelters. This is the kingdom of Orthoptera and butterflies, which can be admired busily sucking nectar from the large flowers of wild artichokes. Many birds inhabit this natural environment.

The rarest include Stone curlews, Shrikes, Black-headed Buntings, Woodlarks, Candalra Larks, Tawny Pipits, (Greater) Short-toed Larks and Great Spotted Cuckoos. Many birds-of-prey go to these wide-open spaces to hunt for small mammals and reptiles: Kestrels, Red Kites and Short-toed Eagle. In the area of Manziana this environment lies in the southern part of the Tolfa Mountains, in the locale of Le Pietrische, an area owned by the Agricultural University, but within the jurisdiction of the Municipality of Tolfa.

Among the environments in the “Tolfetano-Cerite-Manziate” SPA, we mention **traditional crops**. These man-made environments constitute the habitat of choice of some species of Community importance, including the rare Montagu's Harrier.

In the district there are plots of land planted mainly to wheat, separated by natural hedges and strips of natural vegetation. In the Tolfa Mountains in general and in the locale of Quarti di Manziana in particular, the reduction of traditional agriculture and the subsequent fragmentation of cultivated land, together with the extensive use of pesticides and other chemicals, put this semi-natural environment at great risk.

## La Caldara di Manziana

The Caldara Natural Monument of Manziana was established by a special Regional Law in 1988 (Law n. 64 of 26/09/1988). The area, included in the Regional Natural Park of Bracciano and Martignano, is managed by the Municipality of Manziana, while the land and management rights of public use belong to the Agricultural University of Manziana.

The Caldara Natural Monument of Manziana, with an area of about 90 hectares and an altitude of 260 metres above sea level, is one of the most important habitats in central Italy for its geology and vegetation. The marshy environment has a mineralised spring that comes out at a temperature of about 20°C with emissions of hydrogen sulphide and carbon dioxide. It represents the late Sabatine volcanic activity, dating to 60,000 - 40,000 years ago.

The environment is colonised by a wet prairie of a rare Italian grass: *the Agrostis canina ssp. monteluccii* (Velvet Bentgrass) and a birch forest.

There has been much debate on the presence of birch in the Caldara area: some say it was introduced; for others - and recent research on the sequence of pollen sediments seems to confirm this - it is a relic of past cold climates. In this case, its presence appears to date from the early Holocene, about 11,700 years ago.

The fauna, in addition to almost all species in the Park, also includes some crustaceans, insects, reptiles and amphibians typical of marshy environments.

Particularly interesting are two insects: the *Lophyridia littoralis nemoralis* beetle, usually present along the sandy beaches, and the *Drepana falcataria* moth, whose life cycle is related to the birch.

Since antiquity, the post-volcanic activity of La Caldara drew people's attention for religious reasons and for the healing effects of water and mud.

On the perimeter of the small crater, a small Etruscan necropolis was found, with 5 tomb chambers; according to some, the same area holds the remains of an Etruscan temple with two wells on the sides of the foundation. It also seems that Roman legions stopped at the hot springs to purify themselves after long military campaigns, before returning to the capital.

We know with certainty that the curative action of the mud was applied to humans and animals. Up until the middle of the last century, sheep, cattle and other domestic animals were washed here regularly.

A nature trail was set up in the protected area in 2010. It was the first trail built in the district, and can also be used by the blind, if they are accompanied. It was created by the Municipality of Manziana, with contribution from the Lazio Region. The National Federation of Institutions for the Blind has issued specific material in Braille. The nature trail is circular and is 1,445 metres long. It has 9 stations or stopping points, to discover the naturalistic aspects of the protected area. Three stations have touch panels with texts in Braille.

The area is under hydro-geological and landscape protection, and has been declared a Site of Community Importance (IT6030009 Caldara di Manziana) and, recently, has been included within the Tolfetano-Cerite-Manziate Special Protection Area (SPA IT 6030005). The area is also a Geo-site because of the geological importance of the volcanic area.

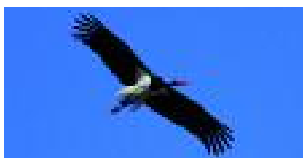


Caldara di Manziana



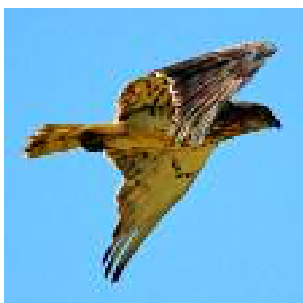
## SPECIES OF COMMUNITY IMPORTANCE PRESENT IN THE SPA

### Birds



#### **Black Stork (*Ciconia nigra*)**

A large wading bird, regularly migratory, rare and vulnerable, in a poor state of conservation. In the Tolfa Mountains, these birds have tried to nest both on cliff walls and in forest trees.



#### **Short-toed Eagle (*Circaetus gallicus*)**

Medium-to large-sized bird of prey, similar to an eagle, a migrating species that nests in the summer. It is a predator of snakes, and has been dubbed the “snake eagle”. It feeds mainly on green whip snakes. In 1977, there were 5-9 nesting pairs of Short-toed Snake Eagles. According to recent figures, there are now around 20 nesting pairs of Short-toed Snake Eagles in the Tolfa Mountains SPA. They frequent the areas of Pian Curiano, Ginestreto, Pietrische, and the Manziana Scrub SCI. Some have been spotted flying over the town.



#### **Black Kite (*Milvus migrans*)**

Medium-sized bird of prey, migratory and nesting during the summer in the Tolfa Mountains. The species is distributed evenly in all the major forests of the area and tends to compete for nesting sites with the Red Kite. In 1977 there were 15-20 nesting pairs of Black Kite in the Tolfa Mountains. According to research of 2012 the number of breeding pairs in the Tolfa Mountains SPA increased significantly: it is estimated that there are about 60 pairs, mainly due to ready availability of food in the Bracciano landfill. It is not uncommon to see them flying over Quarti di Manziana and La Caldara.



#### **Red Kite (*Milvus milvus*)**

Medium-sized bird-of-prey, regularly migratory, wintering and sedentary, nesting in the woods in the area. The species is in danger of extinction. The winter population in the Tolfa Mountains is 100-120 specimens. In 1970, 3 nesting pairs were recorded; the species later grew to about ten ascertained pairs in 2011. In 2012, due to several factors of disturbance, only 5 pairs mated in the entire the SPA. In 2013 were 10 breeding pairs. In the area of Manziana they can be spotted easily in the area of Pietrische, in Quarti and close to Monte Calvario.





### **Honey Buzzard (*Pernis apivorus*)**

Medium-sized bird-of-prey, migratory, nesting in the summer in all major wooded areas of the district. Predator of hymenoptera, it hunts in natural grasslands. In 1977, 10-20 nesting pairs were sighted. In 2011, over 60 regularly nesting pairs were recorded. In the Manziana area, they can easily be spotted in Pietrische, Pian Curiano and the Manziana Great Scrub SCI.



### **Montagu's Harrier (*Circus pygargus*)**

Medium-sized bird-of-prey, in Lazio it is migratory and nests in summer in fields planted to cereals and fodder crops. In the Manziana area, it can be seen during migration. In 2013, 2 pairs mated in the Tolfa Mountains SPA and 3 chicks flew from the nest.



### **Peregrine Falcon (*Falco peregrinus*)**

Medium-sized bird-of-prey, sedentary, nesting on rocky cliff walls. They eat almost exclusively birds caught in flight. In 1977, only 2 pairs nested in the Tolfa Mountains district. Currently, the species is expanding nationally and regionally, and 8 pairs nest in the SPA. In the Manziana area they can be spotted hunting for starlings in the locale of Quarti.



### **Lanner Falcon (*Falco biarmicus*)**

Medium-sized bird-of-prey with a typical Falcon silhouette. Sedentary species nesting on tuff rock walls. In 1977, the species nested in at least two sites in the district. Later the species did not nest until 2007, when a pair successfully mated and produced 3 chicks. In the Tolfa Mountains district the species did not reproduce in 2012, despite its presence throughout the year.



### **Lesser Kestrel (*Falco naumanni*)**

Small bird-of-prey, sedentary and nesting in colonies on tuff rock walls, in farmhouses or in crows' nests. The species was seen nesting in Lazio for the first time in 2011, in the Tolfa Mountains SPA. Sightings in July 2011 of flocks of up to 15 near Manziana would indicate nesting in other localities in the area.



#### **Stone curlew (*Burhinus oedicnemus*)**

Rather large mud-dwelling bird with large head and long claws, migratory and regularly nesting, with partially sedentary populations in Lazio. It nests in the grasslands and pastures in the Tolfa Mountains, in dry zones and along riverbeds. The population is growing, and there are currently 20-30 nesting pairs. In 2012, a nesting pair was also sighted in the Manziana area.



#### **Nightjar (*Caprimulgus europaeus*)**

Long-bodied bird with large head and crepuscular and nocturnal habits. Regularly migratory, it nests on the ground in woods and shrubby pastures. It is well conserved, and 15 of 40 nesting pairs are found in the Tolfa Mountains area. It also nests regularly in the Manziana area.



#### **Kingfisher (*Alcedo atthis*)**

A small, brilliantly coloured bird, with compact body, this is a nesting and sedentary species. It is an indicator of well-conserved rivers and streams. There are 10 nesting pairs in the SPA. In the Manziana area they can be seen soaring along the Lenta gully.



#### **Roller (*Coracias garrulus*)**

Sturdy-bodied bird, similar to a small crow but with extremely brilliant plumage. It is regularly migratory and nests in the area in natural cavities left by man. The European roller is in a good state of conservation. Over 70 nesting pairs are estimated in the SPA.



#### **Calandra Lark (*Melanocorypha calandra*)**

Relatively small but larger than the common lark. It is a sedentary and nesting species in the area's grasslands. In recent years it has gradually become rarer, because of transformation of pastures and croplands. Its state of conservation is not considered favourable at present.



#### **(Greater) Short-toed Lark (*Calandrella brachydactyla*)**

Small bird that looks like a little lark. It is a trans-Saharan migratory, nesting in the area of the Tolfa Mountains and in the Manziana territory. The population in the district is in constant decline, however. In the summer, 5-10 nesting pairs frequent the fields and pastures in the area.



**Woodlark (*Lullula arborea*)**

Sparrow-like and small, with a rounded body like a lark's. The population in the Tolfa Mountains is sedentary, but European specimens also pass through and winter in the area. The population is in decline. It nests on bushy slopes with wide clearings. At present there are 30 to 50 nesting pairs. Some nesting pairs are also present in the Manziiana area.



**Tawny Pipit (*Anthus campestris*)**

Small migratory bird, nesting in open, dry, sunny environments on the strip overlooking the sea, especially in the Municipalities of Tolfa and Allumiere. The population is estimated at 30-50 nesting pairs.



**Dartford Warbler (*Sylvia undata*)**

Small bird that frequents the Mediterranean scrub. It is a stationary species, regularly migratory, partially wintering and nesting, with a small population in an area of roughly 100 hectares along the coast of the district.



**Red-backed Shrike (*Lanius collurio*)**

Small bird, regularly migratory, nesting. In the Tolfa Mountains and in the Manziiana territory, it nests on the edge of woods on isolated plants and sometimes on hedgerows. The nesting population in the Tolfa Mountains is 300-400 pairs.



**Lesser Grey Shrike (*Lanius minor*)**

Small bird, regularly migratory and nesting in trees and shrubs in grazing areas with sparse vegetation of trees and shrubs. Considered an endangered species, it breeds in the area with a population of 15-30 nesting pairs.



**Ortolan Bunting (*Emberiza hortulana*)**

Small sparrow-like bird, migratory, nesting in the summer in the area. In the Tolfa Mountains, the species is localised and rare. It nests in planted fields, hedgerows, trees and isolated shrubs. The nesting population is in steep decline and there are few nesting pairs.

Other species of Community importance in the SPA, either wintering or birds of passage, are the Hen Harrier, the Merlin, the Red-footed Falcon, the Eleonora's Falcon, the Booted Eagle and the Marsh Harrier. Until fairly recently, the area was also one of the last in central Italy to be frequented by the Egyptian Vulture.

Nesting species considered vulnerable or rare include the Hobby, the Scops Owl, the Long-eared Owl, the Barn Owl, the Great Spotted Cuckoo, the Black-eared Wheatear, the Common Sandpiper and the Red-rumped Swallow.

## OTHER SPECIES OF COMMUNITY IMPORTANCE

### Insects

#### Stag Beetle (*Lucanus cervus*)

This is the largest European beetle, the male reaching 8 centimetres in length. The female is smaller, with small head and jaws. The larvae feed on wood and reach maturity after 5 years, sometimes 8, while the adults eat the sap of plants. They fly actively at twilight. The species is common in the Manziiana Scrub and forests of Oak, Chestnut and Beech in the district, but the population in Europe is shrinking. The Stag Beetle is threatened by destruction of its habitat caused by fire, felling of old trees and the removal of tree stumps and deadwood from forests.



#### Great Capricorn Beetle (*Cerambyx cerdo*)

One of the largest European beetles, reaching 6 centimetres in length. Males have antennae up to 10 centimetres long. The larvae feed on wood and reach maturity at 3 to 4 years. Adults feed on leaves, flowers, fruit and sap. It flies actively at twilight. Common in the Manziiana Scrub and the Oak forests in the district, but in decline or extinct in various parts of central Europe. The species is threatened by coppicing of Oak and removal of old decaying plants.



#### Cassandra (*Zerynthia cassandra*)

A member of the family of swallowtail butterflies, endemic to the Italian peninsula. The larva feeds on the plant *Aristolochia*, and adult insects measure 50-60 mm. In the Tolfa Mountains and in the territory of Manziiana, it flies in wooded areas and abandoned fields from mid-March through April. The Cassandra is threatened by the use of herbicides and by being captured by collectors.



### Amphibians and reptiles

#### Spectacled Salamander (*Salamandrina perspicillata*)

A urodelan amphibian 10 centimetres long, on average. The Spectacled Salamander is only present in Italy. It is active mainly at twilight and at night, but can sometimes be spotted during the day following a long rainy spell or in early spring during its mating season. It lives near springs and watering holes in humid areas, hiding amongst rocks, beneath leaves and in tree stumps. When threatened it can play dead, or sometimes it turns, showing its colourful belly and tail. The species is threatened by pollution of rivers and the abandonment or artificial management of watering grounds.





#### **Italian Tree Frog (*Hyla intermedia*)**

A tail-less amphibian 3-5 cm long, with nocturnal habits, that dwells in trees. It frequents open, sunny areas with trees and shrubs. From the end of March, the males begin their mating song near streams, ponds, puddles and watering holes with aquatic vegetation. The species is threatened by the destruction or alteration of breeding sites or the entry of predatory fish in streams and rivers.



#### **Hermann's Tortoise (*Testudo hermanni*)**

Reptile measuring about 13-24 centimetres, rare and localised. In the Tolfa Mountains, it prefers forest environments, scrublands and planted fields. Mostly vegetarian, it also eats invertebrates. In the SPA it is declining, with increasingly scarce and isolated populations. The species is threatened by modern farming techniques, fire, being captured as garden pets, and growing wild boar populations that feed on its eggs and young.



#### **European Pond Terrapin (*Emys orbicularis*)**

A reptile of 20 centimetres, rare and localised, which prefers still or slow-moving water like ponds, or riverbeds with rich vegetation. Its habits are mainly aquatic, but it also frequents land environments. Prevalently carnivorous, it feeds on invertebrates and small mammals. It is in decline in the SPA, with increasingly scarce and isolated populations. Especially along the Mignone River, the species is threatened by the illegal introduction of the Red-eared Slider, of American origin.



#### **Four-lined Snake (*Elaphe quatuorlineata*)**

This reptile can reach a length of 2 metres and can thus be considered the largest snake in Italy. It prefers open woods and thickets of Mediterranean scrub with grasslands and shrubs, grazing meadows, dry-stone walls and wetlands. In the SPA, the species is threatened by fires, grazing land alteration (removal of stones from fields) and the destruction of dry-stone walls.



Western green lizard



## Chiropterans or Bats

Bats are very useful animals because they eat large quantities of insects, including mosquitoes and agriculture pests.

They are the only mammals that can fly long distances, they

suckle their young and have bodies covered with air.

Their wings are made of thin skin



*Greater Horseshoe Bat*



*Greater Mouse-eared Bat*

stretched between the bones of the hands and long fingers. Bats have a unique system of biological radar: they emit high frequency sounds that bounce off the surrounding environment and return to the animals' large ears, allowing them to orient themselves and locate prey. They spend the winter hibernating in caves, cellars, mines, buildings and inside tree trunks. In summer they live in colonies, and give birth to one

offspring, which they nurse for about a month.

Today we are witnessing a dramatic decrease in the number of bats. These important mammals are threatened by the degradation of natural environments, from uncontrolled forest felling, unplanned and excessive removal of dead or decaying trees and disturbance of breeding and wintering sites.

All the Italian species are protected. The Tolfa Mountains are home to several species of bats, including the Lesser Horseshoe Bat, the Greater Horseshoe Bat, Mediterranean Horseshoe Bat, the Lesser mouse-eared Bat, the Common Bent-wing Bat, the Long-fingered Bat, and the Greater Mouse-eared Bat.



*Mediterranean Horseshoe Bat*



*Common Bent-wing Bat*





*The Little Owl, though nocturnal, also flies by day*

## ITINERARIES

To encourage enjoyment of sites of natural interest, the Municipality of Manziana, besides redeveloping the area formerly occupied by the SO.TE.MI mine, in the locality of Solfatara, has set up a nature trail to the most significant areas of Manziana's territory.

By visiting and getting to know these places, locals and visitors will understand the importance of nature and environment in the area. This awareness can be the basis for responsible use of the land. The trail has been designed to offer an overview of the most distinctive natural environment in the area, and the protection and redevelopment measures called for in the "Tolfa Mountains Life+ Nature Project".

The main trail (to Monte Palarese), begins from the Municipality of Allumiere (Colle di Mezzo trail) and continues in the territory of Tolfa to the Casale delle Pietrische, which belongs to the Agricultural University of Manziana.

Near the Casale delle Pietrische, the trail continues toward the Manziana Scrub until the centre of the town. Along the way, near Via del Condottino, a branch goes to the Caldara Natural Monument of Manziana where there is a path accessible to blind people. Inside the Manziana Scrub, another branch takes you to the Roman road and the Devil's Bridge.

These paths are also part of a wider network, and will link up with those made by the Agricultural Universities of Allumiere and Tolfa and the Monterano Regional Natural Reserve.

The purpose of the trails is to unite all the Municipalities and Agricultural Universities involved in the Life+ Nature Project. The trails are equipped paths with appropriate signs: illustrative panels, directional arrows and signposts.

The trails follow existing tracks and have no mechanical ground transport, so as not to interfere with conservation species. All paths can be followed on foot, horseback and mountain bike (MTB). At the time of publication, work is already underway.

### Recommended equipment

Though the paths are not particularly difficult, it's wise to wear comfortable clothing and suitable shoes for an uneven terrain. In autumn and winter, or following rains, waterproof shoes are advised. It's also good to wear camouflage clothing, especially for observing wildlife. In this case, bring a good pair of binoculars. Always carry a water bottle, especially in summer.



*Mountain biking in the Manziana Scrub*

## Rules of behaviour

The Tolfa Mountains SPA holds an extraordinary environment, where the low population density and continuation of traditional farming, forestry and grazing have made this district a real hot-spot for birds. It is our task to maintain the environment intact, by not leaving traces of our passage or taking away souvenirs from our walks. Therefore, don't pick flowers, damage plants, set fires or leave rubbish. Close gates to keep livestock from escaping, and do not disturb the animals by shouting or making noise.

## Pian Curiano - Casale delle Pietrische – Macchia Grande di Manziana - Piazza Tittoni, Manziana Trail

Geographical coordinates: UTM coordinates system-Fuso 33 North-ED50 (Italy-Sardinia).

Pian Curiano North 4664450 East 255583 Altitude 250 metres.

Casale delle Pietrische North 4663753 East 257244 Altitude 250 metres.

South entrance Macchia Grande di Manziana North 4665654 East 260248 Altitude 300 metres.

North entrance Macchia Grande di Manziana North 4667602 East 262069 Altitude 360 metres.

Piazza Tittoni, Manziana North 4668316 East 263101 Altitude 360 metres.

Degree of difficulty: easy.

Trail length: Pian Curiano – Casale delle Pietrische 3,900 metres

Trail length: Pian Curiano – Piazza Tittoni circa 9,000 metres.

## Description:

The trail from the Municipality of Tolfa (Monte Palarese trail), starts from the large Pian Curiano plateau. Before taking the main trail, it's well worth a visit to the mature Downy Oak grove with large tuffaceous boulders embedded in its roots, to the south of the plateau. The path continues along the dirt road to the right of the small Pian Curiano watering hole and adjacent shed. The path goes downhill initially and after 200 metres begins climbing to the summit of a small hill dotted with mature Oak trees (Poggio dell' Imbastaro). After a sharp curve to the left, the path again descends. At the end of the descent, after a sharp bend to the right, the trail crosses the Fosso dell' Imbastaro gully. After crossing the stream, the trail continues uphill to the right again. On the left, the dirt road leads to Fosso Lenta, and, at the first fork to the left, to the Fontanile dell' Imbastaro watering hole. Taking the main



*Pian Curiano*

trail instead, after the river, climb up to the bushy pastures in the locality of Ginestreto-Pietrische. This environment is the result of an important Life Project intervention. The systematic work of trimming was needed to open meadows overgrown by vegetation, restoring the pasture, thus encouraging perching and nesting of rare birds protected by the European Community. The path continues uphill for a short distance, and then onto the plain overlooking the wonderful valley of the Fosso Pietrische, with panoramic views of the Lenta, the plateau of Le Pietrische and, on the horizon, Monte Calvario overlooking Manziana.

Beyond the gate, on the left you will see an impressive dry-stone wall built with funding from the Life Project. Beyond the wall, still on the left, a stile in the fence leads to an ancient Ash and, a little farther on, the Tomb of the Torara, a clear example of Etruscan funerary architecture.

Back on the dirt road, the trail continues uphill to a junction: on the left, after a few metres you will reach the Casale delle Pietrische from the 1600s. Around the Casale you can visit several examples of Etruscan origin: the Hypogeum of the Casale, the Tomb of Pero and the Pestaroles (wine vats).

With your back to the Casale, the path continues along the Via del Casale delle Pietrische to the first curve on the left. Here we leave the main trail and turn left along the road downhill and then uphill (Via della Transumanza) to the first curve on the right. Just at the curve, open the barbed wire gate on the left and follow the path down along the fence to Fosso Lenta.

As you continue into the valley, the route, steep in sections, passes large tuffaceous boulders interspersed with towering Holm Oaks.

Just across the gulley, a branch to the left (you have to cross a wooden fence) leads to a small pagan funerary altar and then to the Caves of Bat-

tilocchio, a huge cavity inhabited during World War II.

The main trail, lovely from a nature standpoint, skirts the river and then rises beyond the valley, along the steep slope to the top of the hill. The valley is known by the locals as Valle Cupellara. The path is used seasonally by farmers to move herds of cattle from the Great Scrub to Le

Pietrische. At the top of the hill, the trail continues along the dirt road called Via del Pontone Corto. Heading north, we find Via del Condottino.

Turn right and walk along the asphalt road for 1,400 metres to the junction



*Birches at Caldara di Manziana*

on the left with the Via di Mezza Macchia. The main route follows the Via di Mezza Macchia to the Manziana Great Scrub.

A 733-metre-long branch continues along Via del Condottino, crosses Via Lazio and meets Via della Caldara, finally reaching the Caldara Regional Natural Monument. Here the nature trail is also accessible to the blind. The area is characterised by gaseous emissions, an interesting grove of Birches and numerous monumental trees.

Following the Via di Mezza Macchia, after 1,350 metres the main route enters the Manziana Scrub. Another branch starts just past the gate. Take the road to the left, parallel to the fence for 415 metres, to the ruins of Roman paving on a branch of the ancient Via Clodia leading to Ponte del Diavolo (Devil's Bridge).

Subsequently, the branch continues for another 300 metres until you reach another entrance to the woods. Turn right and walk slightly downhill along Via della Mola, cross the small bridge, turn left and in the meadow there is a nice stretch of the artery of the Via Clodia. Proceeding along the Roman paving, walk the slight incline to the intersection with Via della Mola. To the left of the farmhouse facing us, we see the Roman paving of the branch of Via Clodia that reaches the Devil's Bridge. To enter the gate you must ask for keys from the Municipality of Manziana.



*Via di Mezza Macchia*

The main trail continues down the Mezza Macchia road.

We are in a beautiful wood of about 600 hectares, with towering Oak trees (Turkey Oaks and Hungarian Oaks), a realm of abundant wildlife. Here, domesticated cattle and horses graze in the winter months.

Within the forest is a network of trails set up by the Agricultural University of Manziana (identified by letters of the alphabet) that reveal the area's most interesting sights.

Along the convenient Via di Mezza Macchia, 2,975 metres long, we come to two fenced areas where the Tolfa Mountains Life Project has carried out forestry operations. We pass two watering holes and cross the entire wood to the Braccianese Claudia State Road. Across the road, the trail continues along Via Civitavecchia for 670 metres to the junction with Via Roma. Turn left and go straight for 510 metres along Via Roma, to Piazza Tittoni, in the centre of Manziana.



## VISIT MANZIANA

### How to get there

Manziana is about 40 km from Rome and can be reached in several ways. First, you can take the Cassia, the S.S. 493 Braccianese Claudia, and follow the signs for Bracciano and then Manziana. Alternatively, you can reach Manziana along the S.S. 1 Au-



*The town of Manziana seen from Quadroni*

relia to Furbara and then take the Via Furbara Sasso Provincial Road and then Via Lazio SP2c, which meets the S.S. 493 Braccianese Claudia, to Manziana. You can also take the A 12 motorway to Civitavecchia, take the Cerveteri-Ladispoli exit, and follow the Via Settevene Palo Provincial Road to the intersection with the S.S. 493 Braccianese Claudia, and then continue to Manziana. From Viterbo, take the SS Cassia towards Rome. After Cura di Vetralla, take the S.S. 493 for Vejano, Oriolo and Manziana. The public bus services provide Cotral connections with departures from Cornelia (Metro A) and Saxa Rubra (Roma Nord Railway, reachable by ATAC bus or Roma Nord train from the Metro A Flaminio).

By train, take the Trenitalia RM-F3 Rome-Viterbo line and get off at Manziana-Canale Monterano.

For both Cotral buses and trains, tickets must be purchased before boarding.

See [www.trenitalia.it](http://www.trenitalia.it) for train timetables and [www.cotralspa.it](http://www.cotralspa.it) for bus schedules.

### Where to stay

#### Hotels

Villa Clodia, Via del Mattiolo, 3 Tel. 06 9962966 Fax 06 99337376 Cell. 392.8130498 333.3186908 e-mail [info@villaclodia.com](mailto:info@villaclodia.com) website <http://www.villaclodia.com/>

### **Agritourism Farm Stays**

Agriturismo le Fontanelle, Via della Mola, 8 Cell. 329.6920274 – 329.4498202

*e-mail: lefontanelleagriturismo@gmail.com*

Agriturismo La Caldara, Via Lazio, 52 Tel. 06.99800146

*e-mail: info@agriturismolacaldara.it*

Az. Agricola Il Palombaio Via Oriolese s.n.c. Tel. 06.9952939 Cell. 333.4505607

*e-mail: info@ilpalombaio.it website: <http://www.ilpalombaio.it/>*

### **Bed & Breakfast**

B&B Acqua Praecilia, Via Roma, 70 int. 59 Tel. 06.99674228 Cell. 333.4654986

*e-mail: info@acquapraecilia.com*

*website: <http://www.acquapraecilia.com/ita/homeita.htm>*

B&B Casa Ciabrelli, Via del Travertino, 1 Cell. 333.3236116

B&B Casa Cocò, Via Fonte del Gatto Cell. 348.3174038 - Fax 06.9962524

*e-mail: info@casacoco.it website: <http://www.casacoco.it/home/>*



*Fountain of the Mask and Palazzo Tittoni*

B&B Dafne, Via Allumiere, 3/5 Cell. 329.0705953

B&B Il Borghetto Rosa, Via del Forconcino, 3 Cell. 339.2080034

B&B Il Castagno, Via Campo di Mare, 12 Tel 06.9963145 Cell. 333.9733964

*e-mail: info@ilcastagnobeb.com website: <http://www.ilcastagnobeb.com/bedbreakfast.php>*

B&B Il Ciliegio, Via della Matrice, 31 Cell. 339.8372973

B&B Il Gatto Matto di Dora, Via della Costa, 22 Cell. 339.2734759 – 388.7953963

*e-mail: d-o-r-a@live.it*

B&B Il Poggio del Gallo, Via Poggio del Gallo, 14 Tel. 06.9962271 Cell. 335.8036105

*e-mail: mariagabrisanti@tiscali.it website: <http://ilpoggiodelgallo.it/>*

B&B La Meridiana, Via Don Celestino Roghi 19 Cell. 335.6135641

B&B Mamobel, Via Poggio della Tarantola, 26 Cell. 377.3003705

B&B Pepè le Moco, Via Trevignano, 5 Tel. 06.9962736 – Cell. 320.5626728

## Where to eat

Agriturismo le Fontanelle, Via della Mola, 8 Cell. 329.6920274 – 329.4498202

*e-mail: lefontanelleagriturismo@gmail.com*

Agriturismo La Caldara, Via Lazio, 52 Tel. 06.99800146

*e-mail: info@agriturismolacaldara.it*

Agriturismo Sciambreto, Via delle Trafogliette, 3 Tel. 06.99800174

*e-mail: info@sciambreto.it website www.sciambreto.it*

Antichi Saporì, Piazza A.Valentini, 14 (Quadroni) Tel. 06.99674716 - Cell. 333.1007727

Camillo – La Pergola, Via Poggio della Torre, 1 Tel. 06.9962102

Il Posticino, Via Siena, 31 Cell. 328.8735534

Sorcetto, Via Civitavecchia, 24 Tel. 06.99674579 – 06.99674505

La Cantina del Sorcetto, Piazza Tommaso Tittoni, 12 Tel. 06.9964366 – 06.99675014

Trattoria “da Antonio”, Via delle Trafogliette, 5 Tel. 06.99800122

## Pizzerias

Al Vicinato, Via Siena, 27 Tel. 06.9964090

Pizze Da Urlo, Corso Vittorio Emanuele, 27 Tel. 06.9963850

Pizzeria Il Castello, Corso Vittorio Emanuele, 8/A Tel. 06.99674992 – 347.5489826 – 339.2489464

Pizzeria, Via Roma, 31 Tel. 06.9952867

Tom & Jerry, Via Braccianese km 27,300 Tel. 06.99674879

## Local cuisine and typical dishes

The skilled use of wild plants for food, handed down by older generations, is still widely popular in the Manziana tradition. The local cuisine still uses local products such as durum wheat, wild herbs, mushrooms, truffles, snails and beef and horse-meat from animals living in the wild. Even the desserts are made using local produce such as chestnuts, honey and raisins.

Here are some typical dishes of traditional cuisine.

**Acquacotta** (literally, cooked water): a soup of vegetables in season, with dry durum

wheat bread and seasoned with pork lard, sausage, eggs, onion, garlic, potatoes, tomatoes, hot chilli peppers and marjoram.

**Maccheroni di Natale**

(Christmas Macaroni): a typical Christmas sweet made with thin egg noodles, chocolate, cocoa, sugar, walnuts, hazelnuts, cinnamon, sachets of vanilla, nutmeg, dry biscuits and a mixture of liqueurs



*Preparing Christmas macaroni*

(equal parts rum, limoncello and alchermes).

**Pane dei morti or Pane degli etruschi** (Bread of the Dead or Bread of the Etruscans): typical autumn sweet with bread dough, yeast, water, flour, dried fruit and nuts.

**Pane del vescovo** (Bishop's bread): sweet made throughout the year with flour, yeast,

butter, eggs, sugar, hazelnuts, chocolate and raisins.

**Pan giallo** (Yellow bread): typical Christmas sweet made from flour, sugar, chocolate, dried fruit and nuts, honey and candied fruit.

**Pizza with grigliele or sfrizzoli**: pizza dough (flour, water and yeast) with cinnamon, sugar and "grigliele", very small pieces of meat, almost like crumbs, that remain after the processing of pork, especially when fat is rendered to make lard. Sfrizzoli are bits of lean meat marbled in pig fat.

**Pizza di Pasqua** (Easter Pizza): Easter cake with flour, sugar, lard, milk, eggs, yeast, sachets of vanilla, lemon peel, and a mixture of liqueurs (equal parts rum, limoncello and alchermes), dark chocolate, cocoa, anise, cinnamon, nutmeg and water.

**Tozzetti**: biscuits made with flour, sugar, nuts, eggs, butter and yeast.

**Maremma livestock meat**: Maremma cattle and Maremma horses are bred in the wild in perfect harmony with the environment. The Agricultural University, an institution incorporated under public law for the management of civic use, which owns the pastures in the Manziiana Scrub and the locality of Pietrische - Ginestreto - Pian Curiano in the Municipality of Tolfa, promotes breeding in favour of biodiversity and the protection of the environment. Maremma meat is produced and sold by merchants in the town.

**Bread**: following the tradition of the Tolfa Mountains, Manziiana produces typical



*Manziiana bread*

bread made with durum wheat flour and baked in wood-fired ovens. As of 2012, the Agricultural University of Manziiana has provided land to plant grain to produce flour for zero-kilometre bread.

**Chestnuts**: once called "tree bread", chestnuts were a valuable asset for the resident population. The chestnut was in fact a valuable ally in the winter months, to feed families on limited budgets. Combined with corn flour, milk or potatoes, chestnuts were a one-course meal of poor food. For the poorest families, chestnuts replaced even cereals, which were more expensive and rarer, and chestnut flour was used in making bread. Chestnuts are still eaten roasted, used to make chestnut cake and to prepare a cream eaten as a first course.

**Porcini mushrooms and truffles**: Mushrooms and truffles grow wild in the area and are gathered for their nutritional



*Yellow bread*



*Chestnuts*



Porcini mushrooms, Caesar's mushrooms and chanterelles

value from May to October. Truffles, locally known as scorzone, are gathered in the woods in the area from May to September. Mushrooms and truffles are eaten freshly picked, cooked as a condiment, dried or in olive oil.

**Honey:** the Tolfa Mountains and the territory of Manziana are ideal for the production of honey, thanks to the great variety of natural environments. The area produces strawberry tree honey typical of the Mediterranean, thyme honey and mixed wildflower honey from meadows, and sharp-flavoured chestnut honey.

### Arts and crafts

In some workshops, skilled carvers sculpt and hand-craft tuff and paesina stone (typical of Manziana) to produce mosaics, fountains and human figures. One Manziana

craftsman, with great passion, also reproduces Etruscan and Greek art objects in pottery.

### Where to go horseback riding

B&B Il Ciliegio, Via della Matrice, 31 Cell. 339.8372973

Circolo Ippico Fiorani Horses, Via delle Trafogliette, 7 Tel 06 99800226 Cell. 335 6604796 *website* <http://www.fioranihorses.com/> *e-mail* [fioranihorses@libero.it](mailto:fioranihorses@libero.it)

Galoppatoio Comunale di Manziana "C.Vannini", loc. S. Pupa Via Poggio della Torre, 122 Cell. 3286681425 *e-mail* [katipancanonicoclub@alice.it](mailto:katipancanonicoclub@alice.it)  
*website* <http://katipancanonicoclub.xoom.it/index.html>

Good Riding, Via della Caldara 13/15 Cell 328.2874909 - 392 5751953

*e-mail* [info@goodriding.it](mailto:info@goodriding.it) *website* <http://www.goodriding.it/>

L'isola dei cavalli, Via delle Fontanelle 9 Tel: 347.9956674 Cell 3925385430

*e-mail* [info@isoladeicavalli.it](mailto:info@isoladeicavalli.it) *website* <http://www.isoladeicavalli.it/>

### Feast days, harvest festivals and local traditions

Every first Sunday of the month: exhibition of antiques, arts, crafts, collectibles, modern items, knickknacks, original works and sailing gear organised by the Pro Loco Association of Manziana.

#### January

January 6 Epiphany Concert and children's visit from the Befana (the Christmas witch).

January 17 Feast of St. Anthony, with the blessing of the animals in Piazza Tittoni.

#### April

Events for the arrival of spring, "The Library of the Environment", organised by the Municipal Library.





*Country festival at Casale delle Pietrische*

## **May**

May 1 Countryside Party at Casale delle Pietrische, with live music, outdoor games, archaeological and nature walks.

## **June**

Spring Festival organised by Pro-Loco. National Painting Competition, open to all, with the theme: "Landscapes and

views of Manziana". Food stands with typical local dishes. Arts and musical performances.

## **July**

Quadroni "Feast of Memory" - Feast of the Contrada del Lupo. Within the Quadroni village, the Contrada del Lupo Association organises art shows and food stands with local delicacies.

Feast of the Madonna del Carmine in Quadroni: solemn procession accompanied by the "AMA" Band, which ends with fireworks, toasts and free refreshments.

"A dip in tradition" Festival organised by the Piscina District: food stalls with traditional cuisine.

Skewer Festival organised by the Piazza District. Food stands, musical events and children's playground.

Earthworm Festival: gastronomic event organised by Pro-Loco. The "earthworms" are coarse spaghetti made with flour and water and seasoned with delicious red sauces, often with the addition of meat. Traditional dishes, local wines and group dancing in Via IV Novembre (Piazza del Mercato).

## **July-August**

Band Festival sponsored by the "A. Tabirri" Autonomous Music Association. Organisation of musical events, performances and evening concerts. Food stands in Piazza Tittoni.

## **August**

Celebrations of the elderly: organised by the Centres for the Elderly of Manziana and Quadroni. Concerts and informal meetings.

August 29 Feast of St. John the Baptist, the patron saint of Manziana by the Celebration Committee



*Maremma cattle in Piazza T. Tittoni*

for St. John the Baptist. Traditional Trout Fishing in Fontana del Mascherino, liturgical observations and Solemn Procession with the statue of the saint. During the 4 days of celebration: musical events and shows. Games and activities for children. The festivities close with fireworks.

### **September**

September 8 Feast of Our Lady of Grace: Traditional and eagerly anticipated date for the country festival in memory of Manzianna's narrow escape from the plague of 1752, organised by the "Our Lady of Grace Celebration Committee". Packed lunches, outdoor games and religious celebrations, with Mass celebrated at the Church of the Madonna delle Grazie.

### **October**

Chestnut Festival: the streets and squares come alive with food stalls and exhibitions, traditional music and folklore shows, all organised by the Local Chestnut Festival Cultural Association, founded a few years ago to provide perfect management for this event.



*Chestnut festival*

### **December**

Christmas in Manzianna: by the Municipality of Manzianna. Evenings devoted to music, theatre and opera. Decoration of the streets of the town, Christmas trees and traditional nativity scenes overseen by Pro-Loco and the Districts.

Christmas concert held by the "A. Tabirri" A.M.A. (Autonomous Music Association) band at the church of St. John the Baptist.

Concert for St. Stephen's Day held by the "Seventh Note" conducted by Maestro Massimo Paffi at the church St. John the Baptist.

New Year Concert held by the St. John Singers Gospel Choir under the auspices of "the art worksite" at the church St. John the Baptist. The choir sings during the 6:00 pm celebration of Mass.

## Useful public services

**Municipality** Largo Fara, 1 Tel. 06.9962980 Fax 06.99674021

<http://www.comune.manziana.rm.it/> e-mail: [info@comune.manziana.rm.it](mailto:info@comune.manziana.rm.it)  
[info.comunemanziana@pec.it](mailto:info.comunemanziana@pec.it)

**Agricultural University** – Via IV Novembre, 61 – Tel. 06.9964104

e-mail [info@agrariamanziana.it](mailto:info@agrariamanziana.it) website <http://www.agrariamanziana.it/>

**Municipal Library** Piazza Firenze, 17 Tel. 06.09963229 – 06.99675018

e-mail: [manziana@bibliocesbcs.eu](mailto:manziana@bibliocesbcs.eu)

**Pro Loco Association** Piazza Firenze, 9 Tel 06.9962191

e-mail: [info@prolocomanziana.it](mailto:info@prolocomanziana.it)

**Local Police and Civil Defence** Via degli Scaloni snc – Tel. 06.99674194

Fax 06.99675151 e-mail: [vigili@comune.manziana.rm.it](mailto:vigili@comune.manziana.rm.it)

[vigilanza.comunemanziana@pec.it](mailto:vigilanza.comunemanziana@pec.it)

**Carabinieri** Via Braccianese Claudia - Tel. 06.9964103

**National Forestry Service** Via Santa Marinella Tel. 06.99674899

**Post Office** Via dei Platani, 11 Tel. 06.9967001

**Ricci Pharmacy** Corso Vittorio Emanuele, 146 Tel. 06.9964367

**Municipal Para-pharmacy** Via Braccianese Claudia, km 29,000 Tel. 06.99606392  
Fax 06.99675021

**Italian Red Cross** Via dei Platani, 66 Tel. 06.9963903

**Cotral** di Manziana (public bus) 06.9962997

Cassa di Risparmio di Civitavecchia (bank) Corso Vittorio Emanuele, 120  
Tel.06.99675156

Cassa di Risparmio della Provincia di Viterbo (bank) Piazza Tommaso Tittoni, 3 Tel.  
06.99674919

Banca di Credito Cooperativo di Roma (bank) Via Braccianese Claudia, Km.27.300  
Tel.06.52865216.

**Tolfa Mountains Life Nature Project:** [www.lifemontidellatolfa.it](http://www.lifemontidellatolfa.it). Coordination Municipality of Manziana, Largo Fara – 00066 Manziana (Roma) – Tel. 06.99674024 – Fax. 06.99674021, e-mail: [progettolife@comune.manziana.rm.it](mailto:progettolife@comune.manziana.rm.it).



*Manziana Scrub and the Tolfa Mountains*

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### **Cover photo**

Great Scrub forest of Manziana

### **Text**

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### **Photo credits**

All photographs are by Guido Prola except for the following:

Andena L. : Ortolan Bunting pag. 29

Cistrone L. : Greater Horseshoe Bat, Greater Mouse-eared Bat, Mediterranean Horseshoe Bat and Common Bent-wing Bat pag. 32

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Zullo M. : Hypogeum of Santa Pupa pag. 12, Devil's Bridge pag. 11, Tomb of the Torara and Tomb of Pero pag. 9, Pestaroles pag. 10

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