

TORRE TRAPPOLA IN MAREMMA

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The Torre Trappola Estate is a rare example of a privately owned estate extending within the confines of a WWF National Park on the coast of the Maremma in Tuscany.

The property of Torre Trappola covers 560 hectares and is incorporated in the National Park with the aim of keeping traditional farming techniques alive. All produce is organically grown, the local cattle with their lyre-shaped horns and the indigenous Maremma horses are raised free. Vast sections of the Trappola estate are wild and serve as a natural habitat to an extensive variety of animals who can be observed grazing and nesting undisturbed. For bird-watchers this is rated among the top ten ideal viewing points in Italy.

The main villa, Villa Trappola, dates back to 1283 when it was a 30 metres tower built to defend the coastline from the raids of the Saracens. The villa Trappola was fully restored by 2005. The landscape fluctuates between hillsides smothered in thick pine, marshland populated by aquatic birds, deep white beaches fringed by dunes, seven ancient towers, one of which is the Torre Trappola, built by the Republic of Siena to guard the coast from the raids of Saracen pirates.

The tower is surrounded by a landscaped garden, planted in the summer of 2005 after the extensive restoration of the villa was completed. Care was taken to plant large shrubs and trees so that, only one year later, the garden looks as though it had always been there.

All that remains of the tower today are the lower ramparts which give the building an arcane aspect of strength and solidity. Villa Trappola extends over three floors. A large, modern kitchen with adjoining dining room and TV lounge occupy the ground floor. The first floor is made up of a large living space and two bedrooms, each with their own bathroom. The top floor has another three bedrooms and three bathrooms. A second kitchen here conveniently serves as a breakfast kitchen.

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DAILY LIFE

Food shops: opening hours are from 9 am – 1 pm and 4 pm – 8 pm, shops are closed on Monday morning.

Should you not want to drive to Grosseto you will find a large number of shops in the village of *Principina a Mare*. As you leave the estate turn left, you will reach the village after 3 km.

Supermarkets: the closest supermarket with a wide range of products is called PAM. Opening hours are from 8 am – 1 pm and 3 pm – 8 pm (also open on Sunday mornings)

It is a huge supermarket located amidst a shopping mall called LE PALME.

Here you will also find a bancomat (cash machine).

From Trappola take the road to Grosseto. When you have passed the horse racing course *L'ippodromo del Casalone* take a right under the railway tracks and again turn to the right. When you have reached the gas station turn left in direction of Cittadella dello Studente. Once you have passed this, take a right and keep driving for another 300 mt. until you see a big sign for PALME on your left.

Shopping on Sundays: in high season (July and August) shops are open on Sunday morning in the village of *Principina*.

Banks: closest bank is *Monte dei Paschi die Siena*. Open from Monday to Friday 9 am – 1 pm and 2 pm – 4 pm.

Address: Via dei Mille (from the commercial center LE PALME continue straight on for 1 km in direction to the centre of town)

Post office: in the village of *Marina di Grosseto*. Marina is a village located 2 km from the village of Principina and 6 km from Trappola

Doctor, Hospital and Pharmacy: in case of emergency please call 118. The telephone number of the hospital in Grosseto is 0564 485111. There is always a pharmacy open in Via dei Mille in Grosseto Tel 0564 416226

Foreign papers: there is only one shop that sells foreign papers in the centre of Grosseto – at the beginning of *Via Manetti*.

Train station: in Grosseto, Tel 0564 26657

Car Rental : AVIS car rental in Grosseto, Via Telamoni Tel 0564 494682

Tourist Information: Grosseto, Viale Monte Rosa 206, Phone. 0564/454527

Markets: there is a large and colourful market along the walls of Grosseto every Thursday from 8 am – 1 pm (clothes, flowers, kitchen ware, typical local food)

Delicatessen: "I Vini di Maremma" It is a large shop with a wide range of local products (pasta, meat, saussages, cheeses, sweets, wine)

It lies in direction of *Marina di Grosseto* on a street called *Strada del Cristo*

Marina Pisaneschi, the owner of Torre Trappola, will give you the exact directions.

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WINE AND FOOD

It is possible to savour this territory thanks to the cuisine's strong character, which unites the flavours of the land and the sea. The numerous products for your enjoyment typical of the Maremma range from olive oil and wine to fish, meat and salami and cold pork meats. Those who love the history of traditions can combine culture with pleasure as they enjoy the genuine wines and foods prepared according to authentic recipes. From the medieval villages to the Etruscan and Roman sites, from the inland hills to the sea, vineyards, large and small, yield celebrated wines and olive groves and old presses produce one of the most prized oils in Italy. Tradition means culture, heart and mind in a land whose products tell its story and keep alive its creativity and roots. A wide range of fish that includes mullet, mollusc, shellfish, sardines, anchovies and many others are a major part in the culinary tradition in which fish soup, known here as "caldaro", is the reigning queen. Just as game can be considered to enjoy unanimous support: wild boar, hare, pheasant, and trush are the basic ingredients for the delicious dishes from the Maremma's most simple and untamed hinterland. Cheese also plays an important role in the local economy. It too belongs to an antique tradition and offers a wide range of daily made products. The Pecorini (cheeses made from sheep's milk) and Caciotte (cheeses made from a mixture of cow's and sheep's milk) are increasingly popular.

WINES

Ansonica – Costa dell'Argentario

Ansonica is the name the Argentario has given its DOC white wine, produced on the promontory and on the hills of the area known as Costa d'Argento. The white Ansonica is the basic wine to which other recommended and authorized white grapes are added. The wine is pale yellow in colour with a slightly fruity fragrance and a dry and harmonious flavour. These fresh and lively characteristics make it an ideal wine to serve with light seafood dishes, especially appetizers and fish, but also as an aperitif.

Capalbio DOC

The "Capalbio" DOC comes from the area that extends from Magliano in Toscana to Capalbio, including the areas of Orbetello and Manciano, as well. The Capalbio DOC exploits the typical vines of the area, both red and white, producing a wide typology for the equally varied local cuisine.

Parrina DOC

The Parrina wines can boast of a long history. They come from a narrow strip of land, almost on the seashore, in the Orbetello area. There are four wines produced (Parrina rosso, bianco, rosso riserva, rosato)

Sovana DOC

The new Sovana Doc makes the most of the black - grape strains, established in the area from the time of the Etruscans. They are used in the area belonging to the towns of Soarano, Pitigliano and Manciano. Sovana Rosso, Sovana Rosso Superiore and Sovana Rosato have a delicate and fruity bouquet with flavour in perfect harmony with the area's cuisine.

Only to name a few among a wide range of wines produced in the Maremma area.

RESTAURANTS IN THE SURROUNDINGS

We highly recommend to book tables in advance.

Grosseto City centre

IL CANAPONE: Tel 0564 24546

A high class restaurant with very good service. Piazza del Duomo

The owner of IL CANAPONE has a further restaurant, which is more simple, but with a good kitchen

It is also on the piazza del Duomo

L'UVA E IL MALTO Tel 0564 411211, Via Mazzini 165 (mid range)

Grosseto Surroundings

NON SOLO PIZZA Tel 0564 417426, Via Aurelia sud

The owner is from Napels, good for the famous Pizza Napoletana (simple, but good)

DA REMO Tel 0564 405014, Rispescia Stazione

The décor is not very appealing, but the fish is fresh and excellent, very good cook (mid range)

LA CHIMERA Tel 0564 402112, Roselle - via Batignanese 206

Fish and desserts of high quality

GLI ATTORTELLATI Tel 0564 400059, on the main road from Trappola

A special tip for those who really like their food!

There is only one menu, typically local fare. Once all guests are seated, the cooks start preparing hand made pasta, roast and desserts. Expect an informal, very popular place where one can eat vast quantities of good quality at a reasonable price.

Please note: we recommend to book a table well in advance. Upon request La Trappola can book a table before you arrive, because getting a table is really difficult.

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Surroundings

Distances

Siena is a 1 hours drive from Trappola, Florence and Pisa approx. 2 hours (160 km) and Rome 2,5 hours (180 km).

The beach

The deserted beach lies only 4 kms from the house and can only be accessed on a private country lane.

You may drive to the beach by car, yet it is also a wonderful opportunity for a bike ride or a walk, as one is able to view fascinating wild life along the way.

On the beach you will find shade under a large sail, which can be fixed onto four poles.

The white fine sand is wonderful for taking long walks, the water is clean and warm enough to swim in from mid-May to October.

Guided Tours on the estate

The estate of Torre Trappola lies within the boundaries of the WWF National parc "Parco dell'Uccellina". The owner of Torre Trappola can organise guided trips, exploring the estate on horses or in a carriage. It is necessary to book in advance.

Tour on horses accompanied by the estate manager (max 5 – 6 people) for 3 hours.

Tour in a horse drawn carriage (for 9 people) for 3 hours.

On this tour you are able to watch various animals such as horses, cows, fallow deer, wild boars and foxes. You have the opportunity to watch birds of the region at small artificial lakes and the swampland. Tours always vary a little (depending on the season and the number of people).

National Park "Parco dell'Uccellina"

You can visit the public National Park called Parco dell'Uccellina. A large variety of Mediterranean flora and fauna as well as spectacular views of an untouched landscape will make this tour unforgettable. The animals you can see are deer, wild boar, roe-buck as well as porcupine, foxes, beech marten and badger. Closer to the shore you will come across many different birds.

Opening hours:

April to September: 8 am – 5 pm

October to March: 8 am – 1 pm

In summer, from June 15th to September 15th, special tours are guided and leave from the information center.

Itineraries with guide:

- Tour „San Rabano“, approx. 4 hours hiking, 7 km long
- Tour „Le Torri“, approx. 3 hours hiking, 4 km long
- 7.30 pm Tour "Notturna" (nocturnal)

Guided Tours in Italian at 8.30 am, 9.30 am, 4 pm

Guided tours in foreign languages only at 4.30 pm, tours in German on Wednesdays. Tours in French on Thursdays, tours in English on Fridays.

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Itineraries without guide:

Tour "Forest and Fauna"
Tour "Ombrone delta"

A bus will take you to the center of the park.

You can choose from 4 itineraries and take the walk on your own.

At the information centre of the park you will find more information about each itinerary. We recommend to call for detailed information 0564 407098.

Even though having to stick to a timetable during your holiday might seem uninviting, we highly recommend a visit, especially in the early morning.

Castiglione della Pescaia

Castiglione della Pescaia – a 15 km drive from Trappola - is one of the most popular and well-equipped seaside resorts in the Maremma. The old centre with its ambattled towers overlooks one of the loveliest landscapes in the Maremma. Its massive defensive walls with 11 towers, 3 gates and the 15th century castle have kept their medieval character, as have the narrow cobbled streets, ancient portals and ever present niches and arcades.

The town is an ancient fishing village, as indicated by the name of Pescaia.

Here you can find everything for sailing, windsurfing and other seaside activities.

Massa Marittima

Is located in lovely position on a hill. Called the "Jewel of the Middle Ages" due to the beauty of its Romanesque and Gothic buildings, it is a monumental city where everything has remained in the harmonious proportions of past centuries. The city has always derived its wealth from copper and silver mines, agriculture and crafts and, in recent years, from tourism.

Capalbio

A land of brigands and wild boar, Capalbio is a splendid medieval town that rises on a wooded hill covered with typical Maremma thatch. The view from the town is astonishing and embraces the entire Maremma from the plain to the coastal pine forests and the silver sea. The atmosphere of the village's narrow streets is unique and has made Capalbio a summer resort destination for Italy's cultural, political and economic elite. Every year, Capalbio is the site of the "Capalbio International Short Film Festival" (beginning of July).

Events

In the Maremma, the entire year is filled with a succession of events linked to folklore, religious traditions, gastronomy or cultural happenings. Below a selection of the most singular and best known events:

"Il Balestro del Girfalco" - Massa Marittima, around May 20 and the second Sunday of August

A medieval spectacle including the participation of 8 crossbowmen from each of the three districts into which the city is divided: the archer who comes closest to the center of the target wins a golden arrow and the district receives a silk flag painted by an artist. Each time, the piazza is filled with thousands of residents and tourists who come to watch the historic procession of over 150 persons in medieval costumes that begins the contest.

Toscana Fotofestival - Massa Marittima, in July and August.

A photographic review consisting of exhibitions of the best masters, meeting-debates on themes connected to photography, projections and workshops.

Capalbio Cinema - International Short Film Festival – Capalbio, at the beginning of July.

This is one of the most important events in the short film industry.

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Rodeo della Rosa - Alberese, 15 August.

The main event for the Maremma's cowboys. They meet in Alberese every 15 August to test themselves in a unique tournament.

Palio Marinario dell'Argentario - Porto S. Stefano, 15 August.

It is a regatta of 4 boats, each with 4 oarsmen and a tiller, who represent the city's four neighborhoods.

Le Carriere del 19 - Scarlino, 19 August.

This popular festival recalls a miracle that occurred in this village in 1855 when a cholera epidemic suddenly stopped. The resident of the three neighborhoods of Scarlino challenge each other to a contest that takes place from 9:00 in the morning until midnight. The events includes a historic procession, a competition between the archers of the three districts and a race through the town. The night before the nineteenth, the village is decorated with wood cathedrals, papier-mâché castles, fountains and everything else until it becomes unrecognizable to its own residents. Towards evening, every village street becomes a theater with local actors playing a scene assigned by the organizing committee.

Hiring a boat

Sailing

During the months of June, July and August sail boats can be rented for day trips with a skipper.

The following day trips are offered:

Etrusco Marina (40 minutes drive from Trappola) – Island of Elba (max 10 persons)

Talamone (20 minutes drive from Trappola) – Island of Giglio (max 6 persons)

Talamone – Island of Giannutri (max 6 persons)

Lunch included in the rent. Be aware that on this tour you will not be able to get off the boat to visit your destinations. Boarding: 8 am; Return: 6 pm

Motor Boats at the port of Marina di Grosseto (10 minutes drive from Trappola):

Motor boats - type Puma 12 - length of 12 metres, up to 10-11 passengers

Boats can be hired for day trips to the islands of Giglio, Giannutri and Elba

A fish lunch is included and served on the boat, lunch can be discussed upon booking, which should be done 3 - 4 days in advance.

Boarding: 8am – 9am; Return: 5pm – 6pm

Island of Giglio:

Visitors are drawn to this granite island in all seasons, attracted by the sparkling sea and the beauty of nature. With its mild clima, flora and fauna are particularly interesting and the Mediterranean scrub blends with olive groves and vineyards. Giglio has a charming main village and castle, and many creeks hidden between the cliffs which can only be reached by boat.

Island of Giannutri:

Tiny Giannutri is a few kilometres from Giglio and, as you draw near, you immediately feel that you have stepped into a mythological world of ancient Mediterranean mariners. With its bare coastline dominated by ruins of a Roman villa overlooking the sea recalls some of the Greek islands, while deep-sea divers can look for sunken Roman galleons on the sea bed. Giannutri is a private property with no hotels and camping is prohibited. However there are guided tours of the island organized by both the island of Giglio and Porto Santo Stefano.

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The peninsula of Monte Argentario (45 minutes drive from Trappola)

The peninsula of Monte Argentario juts into the sea, protecting the land to which it is attached. This unique promontory, once an island, has preserved the historic, artistic and environmental treasures of its two towns, Porto Santo Stefano and Porto Ercole.

Porto Santo Stefano

The town descends along the slopes of the hillside to the picturesque bay on the northern coast.

It has become a well-known and popular seaside resort thanks to the splendid sea and natural beauty of the surroundings. Lovely villas and antique watchtowers are built against the hillside around the gulf.

With its 2 ports, *Porto Nuovo* and *Porto Vecchio*, the town maintains a busy commercial and tourist activity, based on yachting and transportation services to the islands of Giglio and Giannutri.

Porto Ercole

Although it has become an important resort, it has not lost any of its charm. The old fishing village has kept the extraordinary range of colours and fragrances associated with the sea and the people, their history and traditions.

The lifestyle and the traditions of the town are present in the special atmosphere along the docks in the port. The fishing boats return every evening at sunset and the seafront fills with the thousand voices, aromas and colours of the fish market, making a stroll in the light of the setting sun all the more pleasurable.

The Etruscans

Little is known of these people who sprang to importance in the 8th century BC. At the height of their power, their influence spread from the Po Valley to Campania, even encompassing ancient Rome, which defeated them in the 3rd century BC. A trip through what was known as Etruria is one of the most interesting archeological excursions in Italy. The Etruscans' demise may be partly attributed to their ephemeral attitude towards life on this earth, which led them to build their homes of wood and clay. Their tombs on the other hand were built to last forever.

Tarquinia and Tuscania

Tarquinia and Tuscania, 95 km away from the estate, boast worldwide famous archeological excavations which should not be missed. Tarquinia is whimsical, sometimes even bacchanal. The tombs are hidden underground, accessed through small holes cut into the earth, and there are thousands of them. It's impossible to say which tombs your guide will take the group to, because they are opened in rotation to save the magnificent and delicate wall paintings adorning the walls, giving a better idea of what life was like in Etruria than any scholar could hope to do. Tuscania is a beautiful Etrurian walled town with more interesting tombs (ask at the National Museum in Piazza Madonna del Riposo). Other Etruscan sites of relevance to be visited in the area are Populonia, Vetulonia, Ansedonia and Norcia.

Sovana, Sorano and Pitigliano – The Tufa towns

These three towns stand close to each other (approx 77 km drive from Trappola). Sovana is often considered the most interesting spot of southern Tuscany, boasting a magnificent Etruscan necropolis and 2 remarkable Romanic churches. Pitigliano is a medieval town with a dramatic location, interestingly enough with a Jewish quarter and also known for the white wine produced there, Bianco di Pitigliano.

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The Tarot-Garden of the artist Niki de Saint-Phalle (1930 – 2002)

On one of the hills not far from Trappola (56 km) the famous French artist built her „Jardin des Tarots“, twenty-two giant sculptures in ceramic and coloured glass inspired by the figures of the magic tarot cards.

Opening hours: mid May – mid October, daily from 2.30 pm – 7.30 pm

From November to May the park should be open the first Saturday each month (free entrance). Please call to make sure whether the garden is open.

Tel. (+39) 0564-895122 Fax (+39) 0564-895700

The Spas

One hour drive from Trappola is the famous spa of Saturnia. Tuscany is famous for its hot springs, belonging to a geothermal system that more or less encircles the Monte Amiata. Saturnia is the most spectacular, with hot waterfalls in the middle of nature, open to everyone. In summer one might prefer coming here in the evening or, even better, at night.

SPORTS

Golf

The famous “Punta Ala Golf Course, at a 30 km drive, has 18 holes, Par 72. Golf club membership in your own country is requested.

www.puntaala.net/golf Tel: +39 0564 922121

Tennis

Tennis club GORARELLA. Please ask the owner to fix an appointment for you. The tennis club lies close to Trappola on the road to Grosseto close to the *Ippodromo*.

Bycicles

It is possible to rent bycicles for the duration of your stay. They will be delivered to the house.

The choice is the following:

- Bicycle for children up to the age of 12 or 1.65 mt. tall
- Bicycle for adults, height of the person up to 1.75 mt.
- Bicycle for adults, height up to 1.95 mt.
- Tandems for one adult plus one child up to the age of 8
- Baby chair + head protection for children max. 25 kg.

It is important that you advise us as early as possible if and how many bicycles you would like to reserve, there is only a small stock available.

Please view price list on our rental details.