



THE FAUNA



**Biacco Common**  
It is 1.30 cm.long and in some cases it can reach 2 metres. Adults have got a green-yellowish upper side colour. During the daytime the coluber can often be found , on both rocky,sunny, dry grounds and on wetter grounds. It eats reptiles, especially lizards but also small mammals and amphibians such as frogs;from time to time it can swim under

water looking for small fish.  
**Did you know that.....** It is a very swift agile snake (it can reach 11 kmph) a perfect climber and swimmer. when threatened with no further hope of defense, , it pretends to be dead, laying motionless on its back and begins to move again after a few minutes of remaining still .

The Wild Rabbit

In Capraia it is easy to see wild rabbits in open areas at sunset or in the evening. It is smaller than the domestic rabbit and has got shorter ears. Its grey tawny fur has got some white hues on the stomach and under its tail.  
**Did you know .....** the wild rabbit is a very cautious animal. It carefully looks around and, once reassured, it runs for long stretches, often along the same paths. When it is frightened it beats the ground over and over with its hind legs so that the other rabbits flee and reach their burrows.



**Peregrine Falcon**  
The female is 46 cm.long while the male is 38 cm.long. It has a wing span of between 95 and 110 cm and its beak is yellowish and hooked. Both the male and the female have got the same feathers; they are greyish riblue on the upper-side and pale beige with light black stripes on its underside. It nests in small hollows on the side of the rocks where the predators can not reach them.



**The Peawit Seagull**  
This bird is very sensitive to pollution and to human disturbance; therefore its presence is symbol of clean sea and of an environment which is not polluted by human beings. It is similar to the herring gull but it differs from it, in adulthood, by its coral red beak which has got a dark stripe at the end, by the pearl-grey feathers of the back, the white neck and stomach and its red rima palpebrarum and the black end of its wings. Its webbed feet are a dark olive green colour. When it flies, it can be seen because it is smaller and more agile than the herring gull and it has got long and narrow wings. It nests on the rocky coasts and it lays its eggs in April. These hatch after nearly a month later. The male helps the female in brooding.  
**Did you know ...** the peawit seagull is the symbol of the Tuscan Archipelago.

The Herring Gull

The Herring gull is 55cm.long and has a wing span which can reach 155cm. It has got a yellow strong and curved beak and the ends of its light-grey wing feathers are black with white tips.  
**Did you know .....** It is very easy to see it in Capraia.It settles on the rocky coast where thousands of couples build their nests.



**TThe Kestrel**  
The Kestrel is a brown reddish colour, with dark grey spots on its back, head and tail. The tail ends with a white stripe and its inferior parts are a greyish white colour. Its flight is characterized by a swaying movement ans it is often confused with the common hawk. It is easy to see it when it is perched on the posts, on telegraph wires or while hunting, as it soars making its characteristic iHoly Spiriti flight.

Green Cormorant

It has got black shiny feathers, which are not completely waterproof and greyish-black webbed feet. It loves perching on rocks rather than flying and it can be confused with the cormorant which is part of the same family but has a thinner shorter neck, a smaller head and a less long beak. They are very sociable birds and often gather in several flocks.The fishing areas are generally near the gulfs and sheltered bays; rarely they go to the widest point.  
**Did you Know that.....** the tuft which gives it its name,is only there in the brooding season. All green cormorants reproduce at the same time in order to protect their nests. After laying the eggs both parents keep them warm.



The Mouflon



The Mouflon has got a longbody which is 1.30 metres long.??? Its fur is very short and has a brown or reddish colour while its stomach, muzzle and lower part of its legs are whitish. It is found throughout the island and it is easy to see him during excursions. Its horns, which are curved backward, can reach a length of 65cm.  
**Did you know .....** During the winter you can hear the sound of horns hitting each other when it fights with other males. This specie moves in herds led by an old female which warns the whole herd letting out a characteristic cry at approaching danger. In April or May, 20 weeks after mating, the female gives birth to one or two young.

REGANICO ITINERARY



“SCUOLE OUTDOOR IN RETE”



OUTDOOR SCHOOLS IN THE NET

The *Reganico* route was regenerated in 2006 and 2007 by the students of ITCG *Sansovino in Oderzo* and by other groups belonging to the outdoor schools network the lead school of which is the ìInstitution Collegio Pio X ì in Treviso.

Founded in 2006, the Network, has the aim of promoting educational and cultural projects where freedom of movement and experience in a natural environment are an active part of integrated education, for the development of citizens-to-be who respect human, civil and environmental values.

This experience, apart from giving back to the community something of great historic and scenic value , has highlighted the pedagogic and educational value of a school trip that is considered a iworking campusì. Following a clear educational methodology the trip becomes an ioutdoor laboratoryi where you can put into practice what you learn at school.

The trip also represents an excellent moment of training outside the school timetable where you can devote some time for discovery , to meet other people and get to know other places, providing an enriching experience as

The schools which have taken part in these working campuses are: Scuola Media C. *Casteller* in Paese (TV) and *Scuola Media in Capraia*, Liceo A. *Canova* in Treviso, ITCG *Scarpa* in S.Donà in Piave (Ve), ITG G.B. *Marinoni* in Udine, Istituto *Duca degli Abruzzi* in Treviso, ITCG *Sansovino* in Oderzo(Tv) and ISIS in Badia Polesine (Ro).

Moreover the following sections of the Italian Alpine Club have collaborated: . Treviso, Castelfranco Veneto(Tv), and S. Donà di Piave(Ve)

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INTRODUCTION

The Reganico path was regenerated in 2006 by students from the ITG iJacopo Sansovinoì in Oderzo, near Treviso and in the following years enhanced by classes from the schools in the “Network” (the name of the association that links these schools together) that managed to increase its appeal as an easy-to-use tourist route . It is 1015 mt long and it has some small gradients. From the old quarry in the south, with a height of 90 mt it reaches its lowest point, the ifordi, 38 mt high, a descent of 52 mt. It then goes upwards and northwards and it links to the path from Cala Zurletto, in the high part of Cala Zurlitello, with a height of 61 mt, and a 23 mt descent. . From here it goes upwards towards the town center.  
Walking time: 30-45 minutes. At every rest area you can observe some of the many aspects of nature , and appreciate the typical colours and smells of this Mediterranean spot.





I THE VADO MAJOR AND THE STRAWBERRY TREE

**Itinerary:** from the old quarry, on the path that leads towards Mount Campanile, we can observe the Vado Major, the path gradually descends towards the sea. The name Reganico indicates a place where a lot of water gathers round. It can be derived from iRigunatai, groove of water. **The Strawberry Tree** is an evergreen shrub usually from 3 to 5 mt high, unmistakable for its cherry-like fruits that can be green, but full of seeds.

The best period for the blooming is from October to March. **Did you know that....** the livestock feed on the berries of the Strawberry Tree. Its wood is used in artisan small handcrafted works and it provides excellent fuel and coal., An berry jam can be made by adding some honey to its fruits.

II THE OLIVASTER

**Itinerary:** on the left, down some steps, we continue along the path until we meet, on the right, a small Olivaster plant. **Olivaster:** the unmistakable leaves are green-coloured at the top and silvery at the bottom, stretched oval-shaped and evergreen. The green berries become black-reddish once they become ripe.. **Did you know that....** the Olivaster wood is used for cabinetwork; inlay and lathe and even as firewood. The leaves are used as feed for the livestock and were used in the past in a blend to a cure for fever with the bark fabrics were dyed yellow.



III THE MYRTLE AND HEATHER HIGH BUSH



**Did you know that**Ō. you can prepare the famous myrtle liquor with these berries? It's an interesting plant as, because of its oil, tannin and resins, it has medicinal and aromatic properties, as well as being balsamic, anti-inflammatory, astringent and mildly antiseptic. .

IV SEASONAL SPRINGS

**Route \ itinerary:** Walking down the road, we can find some seasonal springs on the right, from which the water that joins the Vado Major overflow in rainy periods.

V METEORIC EROSION

**Route \ itinerary:** at the end of the dry low wall, the route winds eastward in a natural channel. The rocks in this place are composed of several layers of very compact soil which leans on a rocky plateau of grey volcanic rock. Rain and spring water continuously reshape this landscape because of the friability due to the break. **Did you know that**Ō the island is completely composed of rocks of volcanic origins, as in the Third Era there were, in different periods, two volcanos: the Cala Rossa and the Zenobito, which have deeply marked the morphology of the island.



VI – AROMATIC PLANTS

**Itinerary:** Going down, on both sides we can see two kind of aromatic plants: Wild Lavender and Rosemary. **Lavender** can be spotted because of its spike shaped flowers and its big, showy flowers which attract insects. According to the kind of plant, this species flowers in different periods. **Did you know that...** Lavender was known among the ancient populations because of its antiseptic, vasodilator, antineuralgic qualities, and it is considered as a mild sedative for muscular aches. In aromatherapy, it is used as an antidepressant and tranquillizer. Lavender flowers maintain their scent for a long time, even after being dried. It is a customary to put some little bags full of lavender flowers in the drawers in order to perfume linen.

VII ROCKY PLATEAU

**Itinerary:** the path winds across a hard and rocky plateau-shaped area: it shows a clear rocky platform eroded by the water that then flows into Reganico ditch. **Did you know that...** The phases of magmatic activity can be divided into two different periods. The first one, dated 7,5-7,1 Ma (Tortonian - Messinian), formed most of the surfacing effusive rocks. We can find traces of the second period, dated 4,6 Ma (early Pleistocene), only in the southern area of Capraia ( Zenobito's cape).



VIII SHRUB LAND MADE UP OF HEATHER, STRAW-BERRY TREES AND MYRTLE

**Itinerary:** The path winds eastwards, entering a high shrub land which is mainly made up of heather, straw-berry trees and myrtle. **The arboreal heather** is an upright evergreen shrub with many branches. It's



**Did you know that**Ō the Maro, usually called catnip is a very redolent wild species that belongs from the same family of Lavender and Rosemary. Cats rub themselves against it, but don't eat it: when they smell or nibble it they feel pleasant sensations. Its leaves give off a strong, exciting and sneezing smell. It has also a therapeutic use for dyspepsia, gastrointestinal spasms, hiccups and whooping cough.

X A LOW SHRUB AREA

**Itinerary:** after some steps, you go along a small dry wall. There are two little hairpin bends, then you go past a seasonal water spring and you reach the low shrub again, which is mainly made up of cistus and heather, before the steep slope, that finishes at the rio Reganico. To the south-west some Aleppo pine trees, and maritime and domestic pine trees brighten up the scrub. You can also notice some ancient cultivations of fruit trees.



**The sea cisto** is a typical Mediterranean plant. It vegetates in the low scrub in the igarighei, often near the coastal areas. It spreads easily over areas where fires have broken out because the seeds are able to withstand high temperatures. That's why the area is covered with a large number of these plants. It has small white flowers, and its corolla has 5 petals with a small, yellow spot at the base. It blooms between March and May. During the summer it is in vegetative rest because of droughts and it restarts its activity with the autumnal rains. **Did you know that**Ō in traditional Sardinian medicine the leaves were used in compresses to heal wounds and contusions. On the island of Giglio a healing tincture is obtained from this plant and it is also used to soothe decubitus ulcers. From the Cistus monspeliensis leaves you can obtain an oleoresin called iIabdanumi, that is very important in perfumery. Like other strongly aromatic plants, animals are not attracted to the Cistus monspeliensis.

XI THE WOOD, THE STRAWBERRY TREE

**Itinerary:** going beyond the passage you proceed eastwards between a low wall on the left and a bed of reeds on the right. After that you come across a straw-berry tree on the right and a cluster pine before the slope. **The cluster pine** is an evergreen tree. Its bark is thick and cracked. Depending on the tree's age, the bark varies in colour: it's light grey, when the tree is young, and dark red when the tree is older. This tree has light green needles which can be from



12 to 25 cm long. **Did you know that**Ō In the Far East, the pine tree symbolises immortality thanks to the incorruptibility of its resin and of its evergreen leaves. The pine tree resin thus producing, in the course of a thousand years, the ifu lingi, a mushroom which gives immortality. iFrench turpentinei that is used as a solvent for paints, linoleum and soap is made from this resin

XII VIEW ON CALA ZURLETTO

**Itinerary:** the path passes below the rocks where we notice a series of big *tafuni* with an underlying little dry wall. Both sides, that go down to Zurletto Cove, are covered with fine white asphodels and with yellow spiny genista. Under a big grotto, along the path, there is an interesting combination of helichrysum, of low plants of lentisk and of spiny genista. The **Helichrysum** is a little shrub up to 50 cm high with silvery needles whose flowers are bright yellow. It grows in stony and littoral environments, in scrublands and in low bush lands which have been abandoned by man. Highly aromatic plant, it flowers between June and August. **Did you know that...** the leaves of the helichrysum give out a light aroma of curry and that they are used to give flavour to soups and risottos. It has also therapeutic properties; it is a pain killer, it has an astringent effect and it helps asthma sufferers.



XIII – THE WEAVING OF MASTIC AND OF MEDITERRANEAN BUCKTHORN



**Itinerary :** at the end of the climb, on the left, you can admire the Stachys Glutinoso, a little plant which, after being touched, emanates a typical gas smell. Now there are two dry-stone walls alongside the path, which winds among the ancient lay-bys, recently restructured by the local people. On the left, some branches of Mastic and Mediterranean Buckthorn, raise from the ground trying to reach sunbeams. **Mastic:** it is a usually bush-shaped plant, but here it shows an arboreous shape. The bark is ash grey, the wood is rosy, the leaves are evergreen. The flowering takes place in Spring, from April to May. You can notice the vivacious, red fruits from Summer to Autumn, the ripening is complete in Winter. **Did you know that**Ō? In the past, mastic oil was appreciated for his aroma and it was also used to fuel the lamps, especially in Sardinia. Moreover its resin, mastic, was and is, still today, used as a component of chewing-gum. Its leaves, rich with tannin, are exploited for tanning. Its wood is excellent as firewood and its ashes were used to fertilize the soil in the past. The whole plant gives off an intense pitchy smell.

XIV THE FALL OF THE ROSEMARY AND THE BROOM

**Itinerary:** after a few steps, on the left we can see natural falls of Rosemary plants of a gorgeous light blue colour, brightened up by yellow Brooms. **The thorny Broom** is a shrub which is very widespread at its natural state on scarps and impassable grounds, exposed to the sun. From one to two meters high, it's got sparse and deciduous leaves. Its golden-yellow flowers are mildly perfumed. The flowering begins in January and ends in May. **Did you know that..** the broom is a very suitable species for ambiental rebuilding and colonization of marginal areas on slopes. It is called iScannabeccoi or iAmmazza-caprei. That is iGoat killeri.



usually between 1 and 4 metres high but it can grow up to 10-15 metres. Its many little, hanging, white and perfumed flowers bloom between February and April. **Did you know that...** the heather's flowers symbolize solitude and peace. The heather branches bound into bundles are used to make brooms and, in the past, they were used to cover the walls of poor houses. The reddish wood taken from the basal part of the collar is the so-called icioccoi that is usually used to build pipe stoves because of its high-silica content and its non-combustibility. In Capraia it's called iscopai because it was, indeed, used as a broom.



IX VIEW ON VADO MAJOR

**Itinerary:** passing a seasonal spring on the right, the route rises, opening up to a heather and sea cistus maquis shrubland until it reaches, before descending, a wonderful panoramic spot. Observation point: eastwards, you can progressively see oleasters, an imposing stone-pine and the Elba island with her Monte Campanile (=bell tower mountain) unmistakable shape. North-eastwards we can notice thei tafunii, natural cavities which have developed from meteorological and aeolian erosion of volcanic rocks. A dry wall, on the north side of the Vado, separates the area above, a, harsh, rocky area, called Petrerà. It hosts an old rural Capraia house. Here it's easy to sight herds of Mufloni. Westwards, Mounts Castello and Castelluccio dominate the penal colony/settlement in the distance. Looking down, near the rocky platform, a choreography of aromatic plants such as the maro and the rosemary emanate their typical perfume.



XV THE IMPERIOUS ALATERO

**Itinerary:** going on along the trench we run into an imperious Alaterno in the middle of the path. From both sides we can see the clear spaces which were once wisely tilled by the Capraians and farther on there are some young Myrtle plants. The Alaterno grows in the Mediterranean spots. It is an evergreen shrub, tall up to 5 mt and it's distinguished from the lentisk because of its leaves. They're simple, alternate, oval-lanceolate shaped. The fruits are drupe and roundish, as big as a pea and dark red coloured, verging on black towards ripeness. **Did you know that....** the dark yellow coloured wood emanates a characteristic smell that earned it the common name ilegno puzzoi (stinky woodi).



XVI THE ASPHODEL STEPPE

**Itinerary:** along the path we can see some uncultivated clear spaces now become steppes, where Asphodel reigns in abundance. In the distance we see the yellow hues of Gorse and further still, some Prickly Pear plants and fruit trees. **Asphodel:** it is a perennial herbaceous plant that grows in poor soils such as prairies and steppes. It's about one mt high and leaves, resembling small roses, branch out from the central stalk. From the center of the small rose a bare stalk stands out bearing a spike of flowers. Asphodels resemble white lilies. Flowering begins in March but especially between April and May. **Did you know.....** that the ituberizzato'i root is edible being rich of pectic and amyloseous substances. It has different names according to different regions: in Sardinia it is called Cardillon or Cibudda; in Capraia, however, Zurletto means Asphodel. In ancient times the Greeks believed that the lawns of the kingdom of the dead were scattered with asphodels. For this reason the Asphodel was considered a funeral plant.

