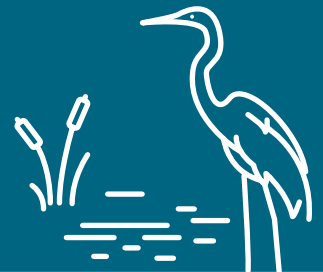




the
WETLANDS



CIRCEO
PARCO NAZIONALE

FOGLIANO LAKE

CIRCEO PARCO NAZIONALE

The Circeo National Park was established in 1934 and is about 8900 hectares wide. Its territory, situated along the coast of the Latium Region, includes various environments: the Circeo Promontory, the "Selva di Circe" forest, the Island of Zannone, a diverse coastline with caves, cliffs, wide beaches and sand dunes, and the wetlands with four coastal lakes: Sabaudia (Paola), Caprolace, Monaci and Fogliano.



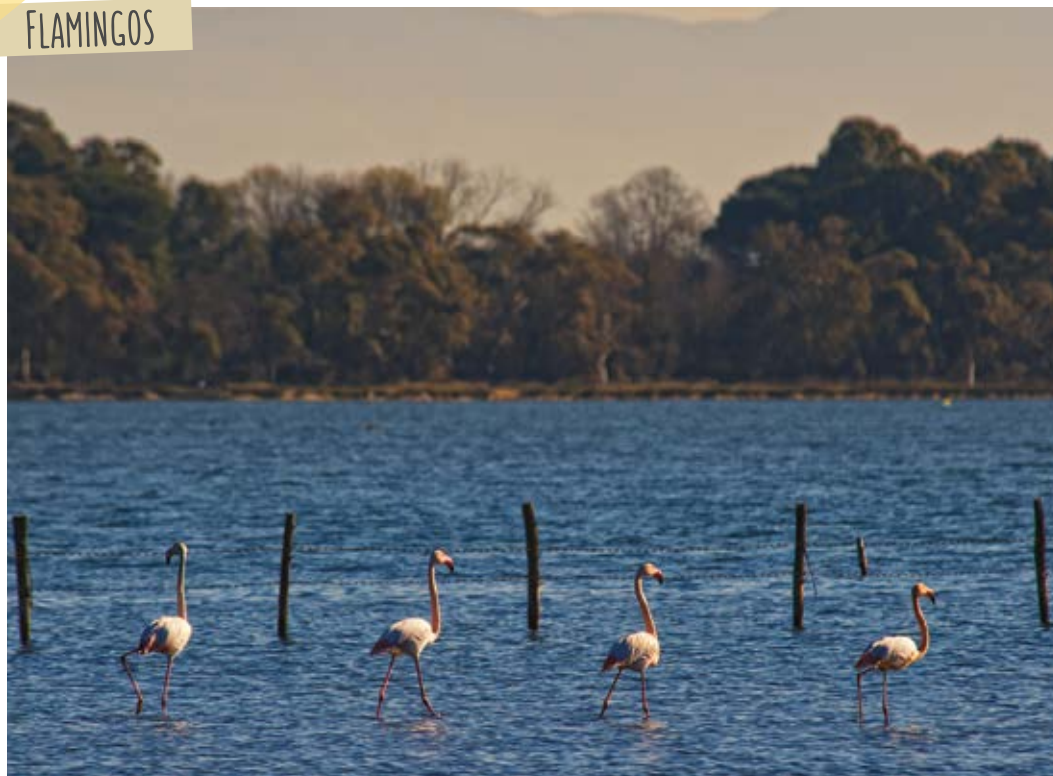
A VITAL RESTING AREA

In the mosaic of environments that characterizes the Circeo National Park's territory, the wetlands include four coastal lakes, the marshy areas called "Pantani" and the wet meadows in which buffalos live in a semi-wild condition.

The lakes of the Park, which could be considered as coastal ponds, have shallow depths, artificial connections with the sea and high salinity variability.

From an environmental point of view, they are very important for the migratory birds which, every year, follow the flyway between Africa and Europe. Birds stop here from their long journey to find food and shelter. At times, individuals of some species may decide to not continue their journey to the South and remain here for the winter, such as the flamingos have been doing for the last few years.

FLAMINGOS



BIRDWATCHING

From late autumn to early spring, it is easy to spot the birds that visit the lakes, the marshes and the wet meadows for just one day or for several months. Over 250 different species have been recorded. You can spot the cattle egrets and the northern lapwings in the wet meadows, where the buffalos are.

The black-winged stilts, the curlew sandpiper and many other shorebirds look for food in the

marshes near the glasswort. In some periods of the year, the lakes are crowded with thousands of ducks and cormorants.

The best birdwatching areas are Pantani d'Inferno and Lake Caproance, along Sacramento road, and Fogliano Lake: around the "Borgo", in the Cicerchia area where there are some birdwatching sheds and along the trails of the eastern side.



COMMON REED

THE LANDSCAPE OF THE WETLANDS IS CHARACTERIZED BY THE PRESENCE OF THE COMMON REED WHICH OFFERS PROTECTION AND SHELTER TO MANY WATERFOWL. THE THICK CANE ALSO PRODUCES OXYGEN, PURIFIES THE WATER AND HOSTS A RICH PLANT AND ANIMAL BIODIVERSITY.



THE GREAT EGRET



AN INTERNATIONAL TREATY

The Ramsar Convention is an International treaty signed in 1971 in the homonymous Iranian town. The signatories Governments commit to protect the wetlands which are vital not only for the resting, but also for the reproduction and wintering of migratory birds.

The four lakes of the Park were included among the wetlands of international concern in 1976.



THE BLACK-WINGED STILT



IT IS VERY COMMON TO SEE FLOCKS OF ABOUT TEN CATTLE EGRETS NEAR THE BUFFALO HERDS, AS THEY ALSO FEED ON PARASITES ON THEIR BACKS.

NOT JUST BIRDS

The wetlands of the park are also home to many other animals. The European pond tortoise, an endangered species, inhabits the canals. In the brackish lakes there are organisms that live in the sea beyond the sand dunes; among them, juvenile fishes that enter the lakes in search of shelter and food. The banks of

the lakes and the canals are covered by a typical vegetation dominated by the common reed and the common rush. The "salicornieto", an association of plants well adapted to the salty environments whose name comes from the Italian name of the common glasswort, colonizes the marshy lands near the banks.

SABAUDIA (OR PAOLA) LAKE





THE FLAT TERRITORY INVITES YOU TO ENJOY PLEASANT WALKS AND BIKE RIDES. EVERYBODY, EVEN CYCLISTS, IS ADVISED TO STAY ON THE MARKED PATH AND TO AVOID UNNECESSARY NOISE AND DISTURBING BEHAVIOURS.

AN ANCIENT VILLAGE AND A SPECIAL GARDEN

The Village of Fogliano was a fishing village from before the land reclamation; the Caetani family built here manor houses used during the hunting season. Some buildings still remain as a testimony of the past, together with the garden designed at the end of 19th century by Lady Ada Wilbraham, Onorato VII Caetani's wife, who also created the Garden of Ninfa.

The Garden, which can be visited only accompanied by a guide upon reservation, offers unsuspected exotic features, as Lady Wilbraham wanted when she collected plants from all over the world that could survive in the Mediterranean climate. In the village there are also an Environmental Education Centre and an Ornithological Museum.



THE GREAT BLACK CORMORANT IS AN EFFICIENT FISHER, ABLE OF LONG LASTING DIVING. ITS PLUMAGE IS NOT WATERPROOF, TO MAKE IT EASIER TO STAY UNDERWATER. FOR THIS REASON, THE BIRD ASSUMES THE TYPICAL "CRUCIFIX" POSE TO DRY IN THE SUN OR IN THE WIND.



CASINO INGLESE





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