

Vademecum for Cala Violina

(Spoiler: it's stunning, but you have to earn it!)

How to Get There

You have two options to reach the beautiful Cala Violina:

1. **From Val Martina** – About 1.5 km (one way).
The shortest, most direct and fairly simple trail, but still surrounded by nature.
2. **From Puntone (Terra Rossa area)** – About 6 km (one way), starting from the marina parking lot.
A longer but spectacular route: perfect for those who love walking through pine forests and scenic views.

 Both trails are accessible on foot or by bike.

 *Tip: Check the routes on Google Maps before setting off to better organize your trip!*

What to Bring (and What to Leave Behind)

- **Closed-toe shoes:** essential! The path is unpaved – leave flip-flops and sandals at home.
 - **Light backpack:** water, sunscreen, a hat, and a little food are all you need.
 - **Shade on the beach? Nope** – Bring a beach umbrella or something to shield yourself: the sun is strong.
 - **No trash bins:** there are no garbage containers. Bring a bag and take your trash back with you.
 - **No smoking:** smoking is not allowed on the beach.
 - **No dogs:** pets are not allowed on the beach, even if they're adorable.
-

Who Should Think Twice

- People with **heart conditions**, **pregnant women**, or those with **reduced mobility**: the trails can be challenging, especially under the sun.
 - If you were thinking of bringing your entire beach setup, consider the hike – **bulky bags aren't ideal**.
-



Services Available from June 1 to September 30

- **Snack bar:** sandwiches, ice cream, cold drinks, and coffee
 - **Toilets:** only in the wooded area (not on the beach)
 - **Stewards:** on-site for information, support, and environmental monitoring
 - **Lifeguards:** trained and certified for your safety at sea
 - **Italian Red Cross:**
 - June: weekends starting mid-June
 - July & August: every day, with equipped post and medical off-road vehicle
 - September: first two weeks, weekends only
-



Access and Booking

- Max **700 people per day**, from 8:30 AM to 6:30 PM (June 1 – September 30)
 - **Booking required** at www.calaviolinascarlino.it
 - **Symbolic cost:** €1 per person
 - **Free** for children aged 1–12 (but must still be booked)
 - **No booking needed** for babies under 12 months
-



Final Green & Zen Thought

Cala Violina is one of the gems of Maremma.

Respect it, walk lightly, bring home only memories... and your trash.

Enjoy your adventure and the sweet music of the sea!