



VISIT US

Strada provinciale 201
03010 Fumone (FR)

The natural reserve of Canterno's lake, with its 1824 hectares, is located in the northern-east of Frosinone's province, included in the territories of the municipalities of Ferentino, Trivigliano, Fumone, Fiuggi and Torre Cajetani. Situated in the district of Ernici's mountains, the Reserve shelters the biggest lake of karst origins in Italy with a surface of 2 kmq to 540 meters a.m.s.l.

Although it's used to produce electric energy, the lake nowadays represents an important wetland of Lazio.

VISIT ALSO

LAKE OF FONDI

Fondi - Monte San Biagio (LT)

77 km

PASTENA CAVES

Via delle Grotte,
03020 Pastena FR

53 km

CONTACTS

Via Cavour 46, 04022 Fondi (LT)
0771513644
parcoausoni@regione.lazio.it

FOLLOW US

parcoausoni
Parco Naturale Regionale
Monti Ausoni e Lago di Fondi
www.parchilazio.it/montiausoni



Work made by the Volunteers of the Universal Civil Service
Coordination by Daniela di Fazio

NATURAL RESERVE LAKE CANTERNO

NATURE AND SPORT

PATHS AND OUTDOOR ACTIVITIES

LISTEN TO ME



RISERVA NATURALE
GESTITA DAL



Commissario Straordinario
Giuseppe Incocciati

Direttore dell'Ente Parco
Ermenio Corina



REGIONE
LAZIO



THE GHOST LAKE

Canterno's lake is known as "ghost lake" or lake "who comes and goes", nickname given for the fact that in the past it suddenly got completely drained, and then filled up again. The explanation of this apparent mystery is to be looked on his karst origin. Indeed the lake was formed on a karst plain, when the natural sinkhole (called the "Pertuso"), who conveyed underground rainwater, it got clogged with dirt and debris, permitting all the rainwater and runoff to pile up in the karst basin. During the time when the sinkhole was active the waters were sucked and the lake disappeared. This till 1945 when Enel changed the natural sinkhole, positioned under the visible turret in the lake, with a penstock that brings the water to an hydroelectric plant, stabilizing the lake's water level.



ROE DEER



WHAT TO DO



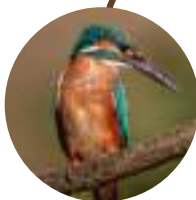
STROLLS AND TREKKING

There are paths on the lake's shores suitable for anyone and the possibility to do longer trekking or pleasant visits to the historical centers of the reserve's municipalities. What are you waiting for?



MOUNTAIN BIKE

A new cycle path, with a dirt bottom and of low difficulty, is waiting for you to enjoy the Reserve on foot or on bike. Proceed with caution!



BIRDWATCHING

In the reserve it is possible to easily spot wintering or nesting birds, some are very rare, some very flashy, others are shy. Watch them without disturbing!



THE HERONRY AND WETLAND

The Reserve hosts one of the highest heronry for Lazio (540 m a.m.s.l.), a site of nidification that welcomes the newborn of the grey heron (in the pic), the cattle egret, the little egret, the night heron, and the squacco heron birds. They depose their eggs in nests made on trees of the flooded area on the lake's north and the reeds of the humid zone on the western side. In addition to the numerous birds, among which there is the grebe, the Reserve's landmark. In the woods and the uncultivated that circle the lake there are lots of different animals such as roe deer, vixen, wolf, weasel, squirrel, wild boar, badger, hedgehog, hare and porcupine. Amphibians, reptiles and fishes populate the ponds and the lake in the years became a rich and dynamic ecosystem, an ideal place for those who love nature, silence and wild life.



Natural photography at Canterno's lake represent an interesting opportunity for the landscapes and local wildlife's lovers.

Photos by Walter Fiore



CRESTED
NEWT