This natural park stretches over a flat and sandy coastal area characterised by wetlands located behind a dune belt. Dunes form a continuous string that is interrupted only by access ways to the sea. Some stretches are home to the typical juniper vegetation (Juniperus oxycedrus, Juniperus Macrocarpa and Juniperus phoenicea). The dunes that are less affected by human activities have the typical sclerophyllous evergreen vegetation with a predominance of broad-leaved Phillyrea and Pistacia lentiscus. The wetlands behind the dunes consist of small brackish lagoons with halophyte vegetation. The innermost areas, in the locality known as ‘Difesa di Malta’, are characterised by a low garrigue vegetation (to be precise the species Thymus capitatus) and large zones with very xerophilous and thermophilous sub-steppe vegetation. Volunteer orchidaceous plants thrive in this area and wastelands with Asphodelus ramosus are found due to overgrazing. Overall, this reserve has a high natural value, as shown by the number and quality of its habitats (4 priority habitats and 4 habitats of Community interest) and its species (5 priority species of Reptiles and as many as 24 species of birds of Community interest), which are included in the lists of the Red Book of the Animals of Italy. Consequently, this area is not only a breeding site, but also and especially a staging post for rare and endangered species of the avifauna, thus playing an important role in the conservation of migratory birds crossing the Adriatic Sea. The reserve aims, among other things, to ease the high human pressure exerted on this ecosystem. For example, the numerous paths between dunes are enlarged to enable bathers to reach the sea and more and more sand dune surfaces are used as car parks in summer.