

Terre di
mare



Escursionismo ed avventura in itinerari unici per riscoprire la natura intorno a te

LUCCA FÒRA

Escursioni fuori porta su Lucca e provincia

www.terredimare.org - info@terredimare.org
Cel. +39 333.1323726 - +39 333.1640021

Hiking in 3 Tuscan Parks

the hiking trail of the three parks



**Associazione
Il sentiero**



Hiking in 3 Tuscan Parks

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This route will lead you through three different natural parks in the north of Tuscany starting from the Apennines to arrive in the Apuan Alps, known all over the world for the precious marbles and the wild beauty of the landscape, and ending on the Tyrrhenian sea.



FIRST DAY



A bus will drive the group from Castelnuovo to the Appennini, to get to **Pradaccio** from Castelnuovo Railway station (or directly from Modena) through the Radici SS . Walking among beech woods, and before getting to our Refuge, we'll reach S.Pellegrino in Alpe with a beautiful panoramic view over the valley of Garfagnana and the Apuan Alps. The refuge is only 1500 meters far from the village. Around the house the guests will be able to walk enjoying the beautiful sight of the Apuan Alps far away and Garfagnana valley far below; Dinner. Overnight.

D. 100 m. T. 4.00 h.

Dinner. Overnight.

Diff. in height 50 m. T. 30 minutes.

SECOND DAY

- We'll see the most beautiful and interesting spots of the area. The ancient little village of San Pellegrino, one of the highest on the Apennines (1500 m.). The church was built in the VII century. In the old pilgrim hostel there is now a rural museum. In the church are preserved the mummies of San Bianco and San Pellegrino, founder of the village. Being easier we'll have time to get to know better the history and culture of these places: the shepherds village of S.Pellegrino was a Sanctuary and a border between ancient states of Lucca and Modena.
- D. 100 m. T. 4.00 h.
- A second possibilities is to climb up to the ridge of the Apennines we'll walk south to Lago Santo, one of the most beautiful lakes on these mountains. In the evening a bus we'll drive us back to Il Pradaccio. Dinner. Overnight.
- D. 400 m. T. 6.00 h.

THIRD DAY



- We'll hike along the Apennines top-trail to Monte Vecchio (nearly 2000 m.). From Pradaccio we'll go through the forest and meadows: Monte Prado and Vecchio. The view is magnificent: the Apuan alps and the coast of Tuscany from Liguria to Livorno, far away islands and the Alps far away on the North direction. We'll descend to the Refuge Battisti. Dinner. Overnight.

D. 500 € T. 600 €

FOURTH DAY

- We'll leave early for the **Orecchiella park** We'll stop in the little village of Capaiana,. There will be time for some sandwich or lunch at a small restourant before walking further and get to the park around 16.30. In the afternoon we'll take a walk in the wonderful woods where deers, roe deers, mouflons and wild boars live. Wolves are there too. It's possible to see the botanic garden and the local museum.

- We'll have accomodation in one of the refuge in the park. Dinner. Overnight.

- D. 500 m. T. 6.00 h



FIFTH DAY

- We'll reach a bus stop following the path to the village of Corfino. The bus will drive us to the **Puntato**. We'll stop in the little town Castelnuovo Garfagnana, since middleage the most important settlement in this region. There will be time for some shopping before driving further and get to the path n128 in Tre Fiumi around 13.30.
- To get to **Puntato** valley we'll follow the 128 path from Tre Fiumi. Walking among beech woods, and before getting to our houses, we'll reach a look-out point with a beautiful panoramic view over the valley. Dinner. Overnight.
- Diff. in height 500 m. T. 1.30 h.

SISTH DAY

- We'll climb the highest mountain of this region: Pania della Croce (1859 m.). From Puntato we'll go to see an ancient deserted village: Col di Favilla. Few families used to live here until the II world war. From Col di Favilla our path will lead us to Rifugio Rossi where we'll stop for lunch. Then, climbing up a rocky valley we'll get to the top. The view from Pania della Croce is magnificent: The coast of Tuscany from Liguria to Livorno, islands far away and the Apennines. We'll descend the Pania by following a path on the other slope. At the feet of the mountain we'll take a rest in a green valley, Foce di Mosceta, enjoying fresh water from a mountain spring. After a very easy walk we'll be back in Puntato. Dinner. Overnight.
- D. 900 m. T. 8.00 h.

SEVENTH DAY

- We'll see the most beautiful and interesting spots of the valley. Being easier than the third day we'll have time to get to know better the history and culture of these places: agriculture, marble etc.
- We'll have lunch close to a peat-bog and a spring. In the afternoon we'll climb up to see the marble quarries of Monte Corchia. Romans were the first ones to get marble for their monuments from these mountains, later Michelangelo.
- We'll reach the bus trough the village of Isola Santa following the path 11 and 9. By bus to Lucca/Versilia/Castelnuovo. Accommodation in the hotel. Dinner. Overnight.
- D. 400 m. T. 6.00 h



EIGHTH DAY

Breakfast. Visit of Lucca and/or Pisa. By bus to airport of Pisa (Gallileo Galilei).



PRICE and SERVICE

- **Suggested Equipment:** Walking shoes / hiking boots, backpack, hat and gloves, sunglasses, sunscreen, jacket anti-vento/anti-acqua, Nordic Walking sticks (optional)
- The shelters in Puntato and the hostel in Pradaccio requires our guests' collaboration, being different from the normal hotels. It's our purpose to arrange for your group a real experience in nature, in contact with our team of young italian people used to live as close as possible to these wonderful mountains.
- **The fee includes**
- 6 night in Refuge *Half Board*
- 1 night in Hotel *Half Board*
- **Environmental Guide daily:**
- includes: Service Guide / instructor NW, insurance, support and assistance throughout the tour.
- 3 Bus/train service for all tour
- **Price does not include**
- The trip from / to the airport); of going passenger ferry, ship passage of any car on or minibuses not privent, entrance fees to museums, parks etc. ..., the lunch baskets where otherwise noted, lunch on the first day of vacation and dinner on the last day, the extras and anything not specifically mentioned in "The fee includes".
- **Total Price for 8 Days (10 Pax min number): €484,00**