

Terre di
mare



Touring and Adventure: Unique Itineraries to Rediscover Nature



LUCCA FÒRA

Outdoor excursions in Lucca and Surrounding Areas

hiking coupons

carnet escursioni

Gabriele Tebano
e “PIETRAPANA”

DI SESTI GUIDO ARMANDO

Environmental Guide - Instructors of Nordic Walking - Mountain Bike Guides - Sea Kayak - Whale Watching by Sailing Boats - Hiking Companions - Team building - Counsellors and Teachers - Environmental Education

Environmental guides 350 days per year / Guide ambientali 350 giorni all'anno

SCALE PROBLEMS

FOR ALL: on foot or with or without a bike, this short distance will not be a problem.

- **T (tourist):** routes by road, path, or trail are clear and well marked; altitude is above 1000 meters, requires elementary equipment.
- **Mtb - TC:** path on dirt roads range from compact to flowing.
- **E (hiking):** routes that with easy rock climbing; includes exposure problems. may cross snow and impervious areas. proper safety equipment required.
- **Mtb - MC:** grime, uneven, roads with irregular or sliding paths.
- **EE (hikers):** routes with easy rock climbing; includes exposure problems. may cross snow and impervious areas. proper safety equipment required.
- **Mtb - BC:** uneven dirt, mule tracks and footpaths with obstacles.
- **EEA (hikers equipped):** ground and alpine routes. Equipment and the physical effort required when necessary. the high exposure necessitates the use of equipment for safety and any mutual insurance.
- **Mtb: OC:** very uneven trails with significant presence of obstacles.

ACCOMPANIED BY AN ENVIRONMENTAL GUIDE.

Required:

Show the coupon that entitles the service.

Be at starting places on time wearing the shoes, clothing, and equipment required and appropriate for the tour.

Read and understand the regulations.

Persons are responsible for carrying their own equipment in a backpack – including a packed lunch (if required), water bottle, emergency clothing, and any other item deemed necessary. It is strictly prohibited to leave waste of any kind, damage flowers or plants, harass animals, remove rocks or cause any damage or annoyance to other persons, animals, or things passed in crossing.

Is strictly prohibited to leave waste of any kind, tear flowers or plants, animals molest, remove rocks or cause any damage or annoyance to persons, animals or the environment.

The guide may change the tour, at his own discretion. Changes may also be made according to environmental conditions and the preparedness of the tourists. The guide can also cancel the trip completely. The guide may not, in any case, ensure the satisfaction for the tour.

TOURISTS MUST OBSERVE THE ADVICE OF THE GUIDE.

This coupon is not refundable for any reason whatsoever. Info and contacts: Cell 333.1640021 - 333.1323726

Walking, cycling, paddling or sailing. Custom trips are available on demand for individuals or groups.
Weekend sailing - Sea - Kayaking - Caving Experience - Apuan Alps complete Transection - Great Apennine Excursion - Full Periplus of the Elba Island by bike - Nature and Culture Holiday in Gallura and Surroundings - Hot air Balloon Riding - Siena and Val d'Orcia - Dolomites - Asiago plateau
www.terredimare.org - info@terredimare.org - Cell 333.1640021 - 333.1323726

Terre di
mare



Terre di
mare



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

www.terredimare.org - info@terredimare.org

Tel. 0583 570391 - Fax 0583 94274

Cell. 333.1640021 - 333.1323726

Monday

Trekking Bike in Lucca

Difficulties: MC

8 Km; no drop

Beauty: **MEETING:** Lucca Railway Station,
8:30**DEPARTURE:** Lucca Railway
Station, 9:00**HOURS OF EXPECTED RETURN:**
17.00**Price 25,00 €**Valid for one person
Confirmed by 12:00
the previous day**EQUIPMENT:** Mountain Bike or City Bike, shorts, wind breaker jacket, helmet, bagged lunch, bottled water or isotonic drinks, and anything else necessary for a bike trip.**OPTIONAL:** Bike Rental

Monday

Trekking Bike in Lucca

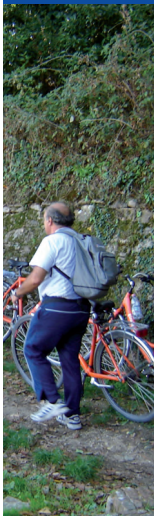
This is an easy ride on a gravel bike path that runs alongside the aqueduct of Nottolini. You'll reach a place called "Words of Gold." This is the area where water is captured to provide for the town. Running water is the thread of this trip. After riding the river park path, we complete the visit to the city of Lucca along the Renaissance walls.

PACKED LUNCH.**Difficulties:** MC

8 Km; no drop

Beauty: **Price 25,00 €**Valid for one person
Confirmed by 12:00
the previous day**MEETING:**Lucca
Railway Station, 8:30**DEPARTURE:**Lucca
Railway Station, 9:00**HOURS OF
EXPECTED RETURN:**
17.00

EQUIPMENT: Mountain Bike or City Bike, shorts, wind breaker jacket, helmet, bagged lunch, bottled water or isotonic drinks, and anything else necessary for a bike trip. **OPTIONAL:** Bike Rental



Tuesday

Orecchiella Park

Difficulties: E

400m altitude, 4 hour walk

Beauty: 

MEETING: Castelnuovo Railway Station, 8:00

DEPARTURE: Orecchiella Visitor Centre (Park) 9:00

HOURS OF EXPECTED RETURN: ore 17.00

Price 25,00 €

Valid for one person
Confirmed by 12:00
the previous day

HAVE: Shoes or trekking boots, fleece or pile, waterproof jacket, backpack with bagged lunch, bottled water or isotonic drinks, energy bars, and anything else necessary for hiking in the mountains.

OPTIONAL: Entrance to the Visitors Centre, Bear fence.



Tuesday

Orecchiella Park

This is the Kingdom of the Wolf and Golden Eagle. Wild sheep live in the area. You'll climb the Pania of Corfino, the mountain that is the heart of the Tuscan Emilian Apennines. You'll discover the wild nature of the Orecchiella State Reserve along its most secret path.

PACKED LUNCH.

Difficulties: E

400m altitude, 4 hour walk

Beauty: 

Price 25,00 €

Valid for one person
Confirmed by 12:00
the previous day

MEETING:

Castelnuovo
Railway Station, 8:00

DEPARTURE:

Orecchiella
Visitor Centre (Park) 9:00

**HOURS OF
EXPECTED RETURN:**
ore 17.00

HAVE: Shoes or trekking boots, fleece or pile, waterproof jacket, backpack with bagged lunch, bottled water or isotonic drinks, energy bars, and anything else necessary for hiking in the mountains.

OPTIONAL: Entrance to the Visitors Centre, Bear fence.

Wednesday

Garfagnana, Flavours, and Ancient

Difficulties: T This is an excursion for everyone.

Beauty: 

MEETING: Castelnuovo railway station, 8:00

DEPARTURE: With your own car from Castelnuovo, 8:00

HOURS OF EXPECTED RETURN: 12.00

Price 15,00 €

Valid for one person
Confirmed by 12:00
the previous day

HAVE: your own car.

OPTIONAL: Laboratory produced cheese tasting with honey, Garfagnana (10,00 € / pax.).



Wednesday

Garfagnana, Flavours, and Ancient

You'll visit the dairy where the typical Pecorino cheese of Garfagnana is produced. You'll also see the old water mill where the "Formenton 8 File" is ground. This original corn imported from Garfagnana is the famous ingredient for tasty polenta. **THIS EXCURSION REQUIRES DRIVING.**

Difficulties: T This is an excursion for everyone.

Beauty: 

Price 15,00 €

Valid for one person
Confirmed by 12:00
the previous day

MEETING:

Castelnuovo
railway station, 8:00

DEPARTURE:

With your own car from
Castelnuovo, 8:00

**HOURS OF
EXPECTED RETURN:**
12.00

HAVE: your own car.

OPTIONAL: Laboratory produced cheese tasting with honey, Garfagnana (10,00 € / pax.).

Wednesday

Introduction to Nordic Walking, Garfagnana

Difficulties: T This is a sport for everyone.

Beauty: 

MEETING: Castelnuovo railway station, 15:00

DEPARTURE: fortezza di Mont'Alfonso ore 15.30

HOURS OF EXPECTED RETURN: 17.30

Price 20,00 €

Valid for one person
Confirmed by 12:00
the previous day

HAVE: Walking/running shoes, sports clothes.
RENTAL OF NORDIC WALKING POLES IS INCLUDED.
OPTIONAL: Eating at the fortress.

Wednesday

Introduction to Nordic Walking, Garfagnana

Over the past 10 years the sport of Nordic Walking has had the highest growth rate worldwide! Born in the '30s as summer training for cross-country skiing in Finland, today it is sweeping across the world. Come find out why it is so popular with a qualified ANWI instructor. You'll enjoy all the benefits you derive from Nordic Walking.

Difficulties: T This is a sport for everyone.

Beauty: 

Price 20,00 €

Valid for one person
Confirmed by 12:00
the previous day

MEETING:

Castelnuovo
railway station, 15:00

DEPARTURE:

Fortress of Mont'Alfonso,
15:30

**HOURS OF
EXPECTED RETURN:**
17.30

HAVE: Walking/running shoes, sports clothes.
RENTAL OF NORDIC WALKING POLES IS INCLUDED.
OPTIONAL: Eating at the fortress.



Thursday

Botri Gorge (Orrido di Botri)

Difficulties: E / EEA

100m altitude, 3 hours walk (bathing excursion)

Beauty: **MEETING:** Railway station in Bagni di Lucca, 8:00**DEPARTURE:** Loc Ponte a Gaio (entrance of the gorge), 9.00**HOURS OF EXPECTED RETURN:** 12.30**Price 25,00 €**Valid for one person
Confirmed by 12:00
the previous day**HAVE:** Shoes or trekking boots, fleece or pile, waterproof jacket, backpack with bottled water, dry change of clothes to leave by the car. A TOUR IS ALSO CONDUCTED IN THE WATER.

Helmet rental is included and mandatory.

OPTIONAL: A break in Ponte a Gaio.

Thursday

Botri Gorge (Orrido di Botri)

Travel into the fascinating gorges of the most famous canyon of Tuscany. This restricted wilderness area is a ZPS (Zone of Special Protection) and SIC (Site of UE Importance) according to Tuscan Law. You'll walk between steep slopes and inaccessible walls. The home of the golden eagle is along the valley in the imposing and rugged gorge of limestone.

Difficulties: E / EEA

100m altitude, 3 hours walk (bathing excursion)

Beauty: **Price 25,00 €**Valid for one person
Confirmed by 12:00
the previous day**MEETING:**Railway station in
Bagni di Lucca, 8:00**DEPARTURE:**Loc Ponte a Gaio (en-
trance of the gorge), 9.00**HOURS OF
EXPECTED RETURN:**
12.30**HAVE:** Shoes or trekking boots, fleece or pile, waterproof jacket, backpack with bottled water, dry change of clothes to leave by the car. A TOUR IS ALSO CONDUCTED IN THE WATER.

Helmet rental is included and mandatory.

OPTIONAL: A break in Ponte a Gaio.

Thursday

The Chestnut Tree and the Ancient Crafts

Difficulties: **T** This is an excursion for everyone. 100m altitude, 1 hours walk

Beauty: 

MEETING: Diecimo Railway Station, 14:30

DEPARTURE: Colognora of Pescaglia, 15:00

HOURS OF EXPECTED RETURN: 9.00

Price 15,00 €

Valid for one person
Confirmed by 12:00
the previous day

HAVE: Car, shoes suitable for walking in the woods along muddy roads, a waterproof jacket, and a water bottle.

OPTIONAL: Visit to the Chestnuts Museum (3,00 € / pers.)



Thursday

The Chestnut Tree and the Ancient Crafts

Pedogna is a tributary of the river Serchio. Its valley is developed in the lowest parts of Apuane, and the economy has always seen the chestnut as a central hub. You'll journey to discover "the tree of bread," as the chestnut is nicknamed. You'll walk along a dedicated path of history, culture, and related activities. You can also visit an ancient iron factory that is famous for its water hammer.

Difficulties: **T** This is an excursion for everyone. 100m altitude, 1 hours walk

Beauty: 

Price 15,00 €

Valid for one person
Confirmed by 12:00
the previous day

MEETING:
Diecimo
Railway Station, 14:30

DEPARTURE:
Colognora of Pescaglia,
15:00

**HOURS OF
EXPECTED RETURN:**
19.00

HAVE: Car, shoes suitable for walking in the woods along muddy roads, a waterproof jacket, and a water bottle.

OPTIONAL: Visit to the Chestnuts Museum (3,00 € / pers.)

Friday

Apuan Alps, Paniamella Croce

Difficulties: E / EE the peak elevation level is 600m, 5 hours walking

Beauty: 

MEETING: Gallicano Railway Station, 8.00

DEPARTURE: Piglionico loc. 9:00
HOURS OF EXPECTED RETURN: 18.00

Price 25,00 €

Valid for one person
Confirmed by 12:00
the previous day

HAVE: Shoes or trekking boots, fleece or pile, waterproof jacket, backpack with bagged lunch, bottled water or isotonic drinks, energy bars, and anything else necessary for hiking in the mountains.

OPTIONAL: Eating at CAI Enrico Rossi.

Friday

Apuan Alps, Paniamella Croce

This excursion is to the mountain "Paniamella Croce." Even if it's not the highest, it is surely the Queen of the Apuan Alps. This is an area rich in plant and wildlife. It is a land of marble and remarkable alpine climbing adventures. The tour aims to reach the "Rossi," a typical example of a mountainous refuge. **Optional:** It is usually possible to ascend to the summit. **PACKED LUNCH.**

Difficulties: E / EE the peak elevation level is 600m, 5 hours walking

Beauty: 

Price 25,00 €

Valid for one person
Confirmed by 12:00
the previous day

MEETING:

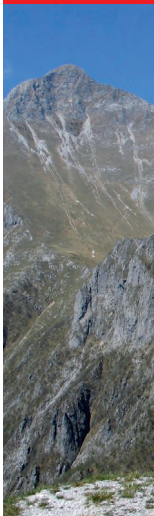
Gallicano
Railway Station, 8.00

DEPARTURE:

Pigionico
loc. 9:00

**HOURS OF
EXPECTED RETURN:**
18.00

HAVE: Shoes or trekking boots, fleece or pile, waterproof jacket, backpack with bagged lunch, bottled water or isotonic drinks, energy bars, and anything else necessary for hiking in the mountains.
OPTIONAL: Eating at CAI Enrico Rossi.



Saturday

The Hills of Lucca, the Village of Camellias

Difficulties: T This is an excursion for everyone. 100 m. altitude, 2 hours walk.

Beauty: 

MEETING: Lucca Railway Station, 8:00

DEPARTURE: S. Andrea di Compito (c/o Cultural Centre), 9:00

HOURS OF EXPECTED RETURN: 12:00

Price 20,00 €

Valid for one person
Confirmed by 12:00
the previous day

HAVE: Walking shoes, waterproof jacket, water bottle.

OPTIONAL: Visit to the Tea Plantation (price to be agreed upon).

Saturday

The Hills of Lucca, the Village of Camellias

"S. Andrea di Compito" is the village where Lucca's annual exhibition of ancient Camellias is held. This is a famous event that attracts visitors from all over the world. Take a relaxing walk in the ancient village. Discover its gardens, rich waters, mysteries, and its famous Cammelietum - the botanical garden of Camellias.

Difficulties: T This is an excursion for everyone. 100 m. altitude, 2 hours walk.

Beauty: 

Price 20,00 €

Valid for one person
Confirmed by 12:00
the previous day

MEETING:

Lucca
Railway Station, 8:00

DEPARTURE:

S. Andrea di Compito (c/o
Cultural Centre), 9:00

**HOURS OF
EXPECTED RETURN:**
12:00

HAVE: Walking shoes, waterproof jacket, water bottle.

OPTIONAL: Visit to the Tea Plantation (price to be agreed upon).



Saturday

Monte Pisano. Night excursion with Stellar Observations

Difficulties: E

150 m. altitude, 1 hour walk

Beauty:



MEETING: Lucca Railway Station,
18:30

DEPARTURE: Vorno (c/o ostello),
19:00

HOURS OF EXPECTED RETURN:
24.00

Price 25,00 €

Valid for one person
Confirmed by 12:00
the previous day

HAVE: Shoes or hiking Boots, waterproof jacket, sweatshirt or
fleece sweater, binoculars, headlamp.

Saturday

Monte Pisano. Night excursion with Stellar Observations

Enjoy a guided night time excursion with star-gazing at the new observatory on Monte Pisano. The observatory is under construction by the municipality of Capannori. This is a relaxing night time excursion to observe the spectacular view of the stars. The tour is absolutely fascinating.

NIGHT EXCURSION: HEADLIGHTS RECOMMENDED.

Difficulties: E

150 m. altitude, 1 hour walk

Beauty:



MEETING:

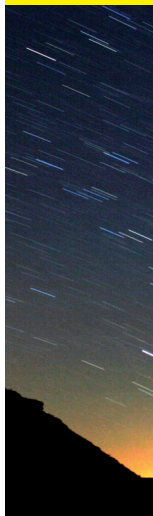
Lucca
Railway Station, 18:30

DEPARTURE:

Vorno (c/o ostello),
19:00

**HOURS OF
EXPECTED RETURN:**
24.00

HAVE: Shoes or hiking Boots, waterproof jacket, sweatshirt or fleece sweater, binoculars, headlamp.



Sunday

Introduction to Nordic Walking, Lucca

Difficulties: T This is a sport for everyone.

Beauty: 

MEETING: Lucca Railway Station,
10.00

DEPARTURE: Lucca – Baluardo
(Bastion) of S. Colombano 10:30

HOURS OF EXPECTED RETURN:
12.00

Price 20,00 €

Valid for one person
Confirmed by 12:00
the previous day

HAVE: shoes for walking, running, or gymnastics; sport or recreational clothing.
RENTAL OF NORDIC WALKING POLES IS INCLUDED.

Sunday

Introduction to Nordic Walking, Lucca

Over the past 10 years the sport of Nordic Walking has had the highest growth rate worldwide! Born in the '30s as summer training for cross-country skiing in Finland, today it is sweeping across the world. Come find out why it is so popular with a qualified ANWI instructor. You'll enjoy all the benefits you derive from Nordic Walking.

Difficulties: T This is a sport for everyone.

Beauty: 

Price 20,00 €

Valid for one person
Confirmed by 12:00
the previous day

MEETING:
Lucca Railway Station,
10.00

DEPARTURE:
Lucca – Baluardo (Bastion)
of S. Colombano 10:30

**HOURS OF
EXPECTED RETURN:**
12.00

HAVE: shoes for walking, running, or gymnastics; sport or recreational clothing.
RENTAL OF NORDIC WALKING POLES IS INCLUDED.



Sunday

Sunset on Lake Massaciuccoli

Difficulties: T This is an excursion for everyone.

Beauty:



MEETING: Lucca Railway Station,
17:00

DEPARTURE: Massaciuccoli (bird
LIPU), 18:00

HOURS OF EXPECTED RETURN:
22:00

Price 30,00 €

Valid for one person
Confirmed by 12:00
the previous day.

HAVE: Clothing, waterproof jacket, sweatshirt or fleece shirt, binoculars, headlamp.

KAYAK RENTAL INCLUDED.

OPTIONAL: Aperitif and snacks on the lake. (10,00 € / pax)

Sunday

Sunset on Lake

Hike or kayak between the marshy lands of the hinterland of Versilia. Follow the paths on the waters of Lake Massaciuccoli that were made famous by the celebrated musician, Giacomo Puccini from Lucca. In the late hours of the sunset there are strong contrasts of light. This creates an ideal setting to observe the flora and fauna at the oasis LIPU. There is also an opportunity to drink in a typical restaurant near the lake: "La Taverna del Lago".

Difficulties: T This is an excursion for everyone.

Beauty:



Price 30,00 €

Valid for one person
Confirmed by 12:00
the previous day.

MEETING:
Lucca Railway Station,
17:00

DEPARTURE:
Massaciuccoli (bird
LIPU), 18:00

**HOURS OF
EXPECTED RETURN:**
22:00

HAVE: Clothing, waterproof jacket, sweatshirt or fleece shirt, binoculars, headlamp.
KAYAK RENTAL INCLUDED.

OPTIONAL: Aperitif and snacks on the lake. (10,00 € / pax)

