

Capodonna in a REFUGE in the Tuscan Appennini

Date:	dal 29/12/2012 al 01/01/2013
	Walking / In the hills and in the mountain
[legend] Difficulty:	
Price:	210 € food and accomodation, transfer in Land Rover, discount for members
Min. participants:	15

REGISTER NOW

PRESENTATION

In Tuscan-Emilian Apennines; S. Pellegrino in Alpe, Castiglione G. (LU)

DETAIL

Some destinations and places of natural interest

- The P.so of Roots and the tops of the Tuscan-Emilian
- The Museum of Life and campaign yesterday - the Giro del Diavolo
- The villages of Castiglione, Pievepelago, Chiozza, Castelnuovo
- Park dell'Orecchiella - Holy Lake

Lodging House. Located in a grassland area surrounded by forests of beech on the ridge with dell'Appennino broad view of the mountains north of that, the entire chain of the Apuan Alps and the wide valley of Garfagnana. The two-storey house and the attic has 50 more beds with mattresses and blankets, facilities, heating, electricity, gas, telephone, running water, connecting with radio receiver, is within walking distance on dirt road (1km). The trip is very simple, even if there is snow. In any case it is recommended to hold the bag in a backpack, tailored to their strengths, not to make the difficult journey.

Projects proposed

The residence is proposed in self-will that some leaders will coordinate and participate in the activities of the group, the kitchen and management of the house according to the regulation that characterizes it. Excursions in the area, visit a museum ethnographic, animation and games, collaboration in the management and organization of daily life in the shelter. The next RadiciGroup Pass is equipped with ski cross country and downhill skiing.

Saturday 29 December 2012

12h00

Meeting in front of the station Castelnuovo di Garfagnana (LU); climb in the car until S. Pellegrino in Alpe and parking, delivery of rental snowshoes and then transfer baggage and people with snowshoes or skis ski mountaineering in the company of guides nature and hiking Gabriele and Luca, estimated time for the transfer 0,30 / 1:00 a.m. according to athletic preparation of each and luggage. There is no lunch on the first day. Cheap rooms.

16.30 Tea biscuits and snack cake home

19h30 Considerations on the program of days and check-up equipment

Aperitif at sunset on Apuane Alps

19h30

Garfagnana dinner, including wine

22h00

Evening dedicated to the discovery of the territory and of the mythical "Linchetto" in the company of guides; tasting liquor with herbs.

Sunday 30 December 2012

08h00> 09h00

Breakfast mountain

10h30> 12h30

A brief excursion Snowshoe to the meadows of St. Gemignano with Guide

13h00 Lunches

As an alternative to packed lunch for those who want to book and only opportunity to lunch at the restaurant: Emiliano typical meal at the restaurant of Prati Fiorentini (not included in the fee)

16h00

Concepts of rescue on the mountain in the absence of vision and normal route over snow (dell'ARVA use on the ground and probes for avalanche recovery with the help of a Guide) race descent with a rubber boat (prizes for the fastest ...)

Aperitif at sunset on Apuane Alps

20h30 Dinner

22h00 evening dedicated to the discovery of the territory and of the mythical "Fears and Spaur" stories and legends of Garfagnana and typical evening in the company of guides; tasting liquor with herbs.

Tuesday 01 January 2012



IMAGES

PHOTOS

NOTES

For information and reservations:

Gabriele Tebano
Environmental Guide (DL 42/2000)
Outdoor Guide Autorised by Tuscan Law
via vecchia di Vorno 3, 55060 Badia di Cantignano Lucca - Italy
tel +39 3331640021
Fax +39 058394274
gabriele@terredimare.org
www.terredimare.org

Terre di Mare di Gabriele Tebano –
via Vecchia di Vorno, 3 – 55060
Capannori (LU) P.IVA 01985470465

- Skype Me! -
info@terredimare.org

Send deposit of € 100 per participant,

§ by postal order:

Association "il Sentiero" via Bergiola
No. 30 - 54100 Massa

On the causal indicate Terredimare and the number of participants

§ Transfer by:

Cassa di Risparmio di Lu Pi Li
**Coordinate IBAN di c/c: IT 03 A
06200 24735 00000220382**

n° 000000220382 ABI 06200 CAB
24735 BIC: BPALIT3LXXX
Intestato a **Gabriele Tebano**
www.terredimare.org

On the causal and indicate **Pradaccio** and number of participants

Please send receipt of payment, along with a telephone number, and an indication of mode of arrival (car or public transportation):

Monday 31 December 2012

08h00> 10h00

Breakfast mountain

10h30> 12h30

Hike Snowshoe along the Apennine ridge on the "Giro del Diablo 13.30 Lunches / Ability to eat in refuge in case of bad weather

14.30 Visit the Museum of the Countryside and Peasant Life in Medieval and Sanctuary and / or in bad weather

17h00> 18h00

Stretching and snack

19h30

Cenone: [click and see the menu ...](#)

Dinner menu includes wines

24h00

Champagne for the New Year

24h05

Music and festivity!

08h00> 09h00

Breakfast buffet;

10h00> 12h00

Short and muscular awakening snowshoes in the company of a guide and visit the country

12h00

"Typical products of Tuscany": fixed lunch menu, including wine

14h00

Back to S. Pellegrino and transfer / drop-down with the possibility of stop and visit a medieval village

Necessary equipment and recommendations

Hiking boots, not overly large backpack heavy, small backpack for hiking, water bottle, clothing suitable for the high-mountain season, sleeping bag, but if you prefer we can provide blankets and sheets (for reasons of hygiene is not allowed to sleep without pillowcase and mattress covers). For the snow: waterproof boots, overalls or waterproof clothes anyway, waterproof gloves, hat, scarf.

If you brought with you: Cross-country skiing or hiking, snowshoes, gaiters snow, tobogganing

If you come with your own car, remember to equip it against the cold and snow. (chains on board and antifreeze required)

The fee includes:

Lodging, meals from dinner on the first day at lunch on the last day, an Environmental Guide for you, transfer service in Land Rover for luggage and people to and from the railway station, for luggage to the country Refuge (provided that the snow conditions permitting passage in km). For those who were 3 days instead of 4 days is entitled to a discount of € 20 but can not use the service transfer to day other than that provided by the program. Towels and sheets are not included (sheets and snowshoes are available by reservation only)

The fee does not include:

Beverages without food; Rental equipment not preventive

Getting there

With half its S. Pellegrino is practically the watershed of the Tuscan-Emilian a 2km from the Passo delle Radici, which passes the SS 324.

From Garfagnana (LU), which arrives in Castelnuovo G.na (from Lucca, from Batesville, the Versilia), take the SS P.so 324, the Roots, following up the pass (where then right is the road that leads up to 2km in the country) or leaving it in Pieve Fosciana (loc. Bivio Campori 3.5 km from Castelnuovo), in a way secondary to the right that leads to Chiozza and then directly to S. Pellegrino (it's much shorter than the SS, but fraught-up to 18% of slope-).

From prov. Modena: follow the S.S. 486 for Montefiorino, or the SS Piandelagotti 12 to Pievepelago, then leaving for SS 324 P.so until the roots where you turn left onto S. Pellegrino (a 2km).

By train Castelnuovo G.na is on the line Lucca - Aulla

§ via fax at no. Tel. 0585 45440

§ via e-mail to
gabriele@terredimare.org

Notice is hereby given that the reservation will be valid until the confirmation of payment.

Thank you