



— WILD  
TUSCANY  
HIKES —

GUIDED WALKS



## PANIA DELLA CROCE - 1858 mt slm

### THE QUEEN OF THE APUAN ALPS

Hike on the rocky trails of the Apuan Alps.

Starting from the small village of Piglionico theater of strong battles during the second World War, reaching the top through grassy slopes and a huge limestone gorge.



## INTERMEDIATE

The easiest way to reach the top of Pania is the via diretta through the beeches forest until the Rifugio Rossi, one of the ancient mountain hut in Tuscany. From there the last ascent before the summit through the big rocky ravine. We'll come back by the same route.

## DETAILS

Km: 8

Meters of ascent: 700 mt

Time: 5h

### Altitudes

Piglionico: 1130 mt slm

Pania: 1858 mt slm

## CHALLENGE

Complete loop around the Pania's Group as far as the most important humid zone of the Apuan Alps, Foce di Mosceta 1100 mt slm for a coffee break at Rifugio Del Freo. Here starts the steep ascent to the top of Pania. We'll come back down through the limestone gorge up to the Rifugio Rossi.

## DETAILS

Km: 13

Meters of ascent: 900 mt

Time: 7h

### Altitudes

Piglionico: 1130 mt slm

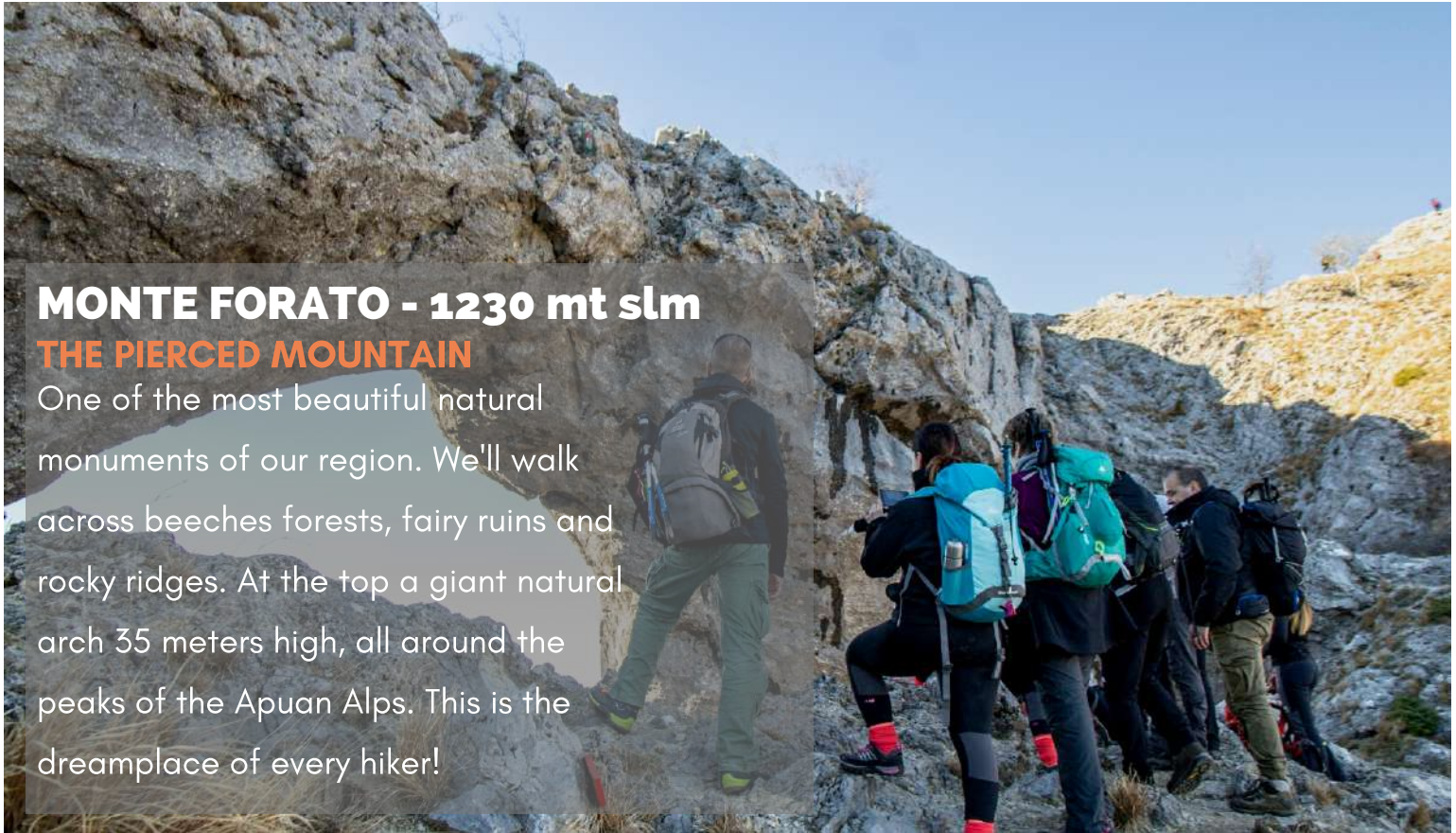
Pania: 1858 mt slm

### EQUIPMENT:

For these experiences it's required a basic mountain kit: Mountain boots or trail running shoes, backpack, Weather-appropriate clothing (moisture-wicking clothes and rain jacket), water, snack or packed lunch.

### EXTRA:

If you choose the intermediate experience you can enjoy the lunch time at Rifugio Rossi tasting the typical mountain food. The cost of lunch is not included in the cost of experience.



## MONTE FORATO - 1230 mt slm

### THE PIERCED MOUNTAIN

One of the most beautiful natural monuments of our region. We'll walk across beeches forests, fairy ruins and rocky ridges. At the top a giant natural arch 35 meters high, all around the peaks of the Apuan Alps. This is the dreamplace of every hiker!

## INTERMEDIATE

Start from the medieval village of smelters call Fornovolasco. The easiest way to reach the big arch is following the stream Turrite and going up to the pass. From there a panoramic rocky ridgeline starts and we'll arrive to Mt.Forato. The descend is from the steep and rapid path n.12.

## DETAILS

Km: 8.5  
Meters of ascent: 700 mt  
Time: 5h  
**Altitudes**  
Fornovolasco: 500 mt slm  
Mt.Forato: 1230 mt slm

## CHALLENGE

The complete loop of Mt.Forato is one of the most beautiful itineraries of the Apuan Alps. Until the arrival to the arch the itinerary follows the intermediate one. The path continues ascending ridgelines and grassy peaks and we arrive at the foot of the Pania della Croce (1858m). The view of the peak is really dramatic and the descent follows the path of the ancient shepherds.

## DETAILS

Km: 11  
Meters of ascent: 900 mt  
Time: 7h  
**Altitudes**  
Fornovolasco: 500 mt slm  
Mt.Forato: 1230 mt slm

### EQUIPMENT:

For these experiences it's required a basic mountain kit: Mountain boots or trail running shoes, backpack, Weather-appropriate clothing (moisture-wicking clothes and rain jacket), water, snack or packed lunch.

### EXTRA:

In summer we suggest to bring the swim wear because at the arrival it will be possible to have a "refreshing" jump in the cold and clear water of the stream Turrite!



## MONTE PRADO - 2054 mt slm

### THE HIGHEST OF TUSCANY

An amazing hike on the Apennines across beautiful forests and panoramic meadows. Following the grassy ridgeline we'll reach the summit of Monte Prado. This is the highest peak of Tuscany, the panorama is just incredible!

## INTERMEDIATE

The walk starts from Casone di Profecchia and crosses the amazing forests of beech trees. After one hour the forest finishes and we arrive to the amazing grazings of the Apennines. On the ridgeline we'll be on the border between Tuscany and Emilia Romagna, the view is great. Now the summit is near, we are on the roof of Tuscany.

## DETAILS

Km: 13 km

Meters of ascent: 800 mt

Time: 5h

### Altitudes

Casone di Profecchia: 1314 mt slm

Mt.Prado: 2054 mt slm

## CHALLENGE

The challenge itinerary follows the intermediate one up to the summit. From the top of Mt.Prado we'll descend down the east face of the mountain leaving Tuscany for a couple of hours. The fairy Lake of Bargetana and the view of the Mt.Cusna (2120mt slm) are the highlights of this long loop. The majesty of the Apennins will impress you!

## DETAILS

Km: 17

Meters of ascent: 900 mt

Time: 7h

### Altitudes

Casone di Profecchia: 1314 mt slm

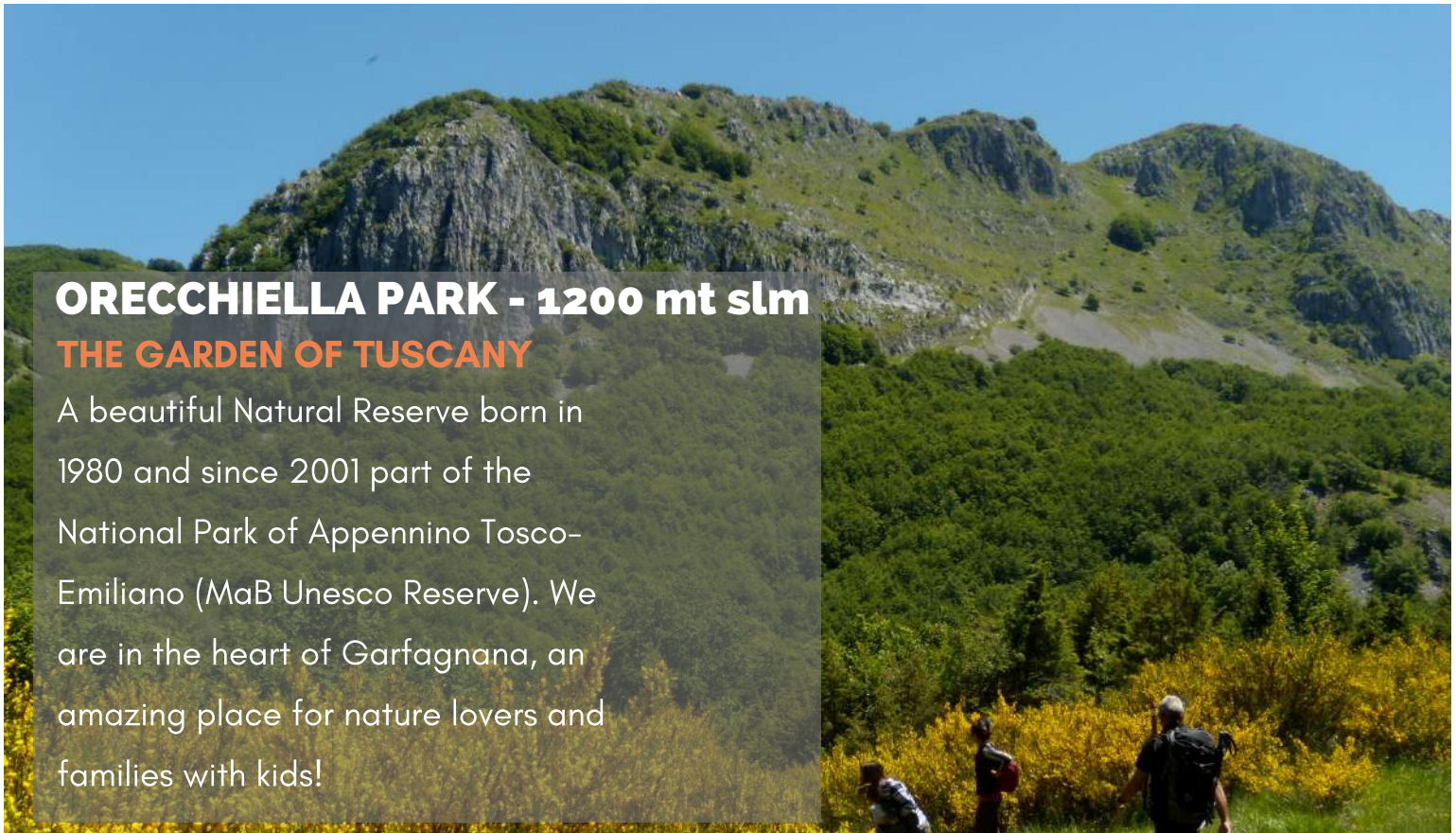
Mt.Prado: 2054 mt slm

## EQUIPMENT:

For these experiences it's required a basic mountain kit: Mountain boots or trail running shoes, backpack, Weather-appropriate clothing (moisture-wicking clothes and rain jacket), water, snack or packed lunch.

## EXTRA:

At the end of the walk it is possible to organise a stop to a very genuine "locanda" where you can have a refreshing beer with a "tagliere" made of typical products!



## ORECCHIELLA PARK - 1200 mt slm

### THE GARDEN OF TUSCANY

A beautiful Natural Reserve born in 1980 and since 2001 part of the National Park of Appennino Tosco-Emiliano (MaB Unesco Reserve). We are in the heart of Garfagnana, an amazing place for nature lovers and families with kids!

## FOR FAMILIES

The walk starts by the entrance of the Reserve, following the path we'll discover the animals that live in the area such as deer, wolves and eagles. After the visit of the little museums we'll walk to reach the enclosures where roe deer, muflone and bears live. This is not a zoo, all the animals have been rescued and it is impossible to let them free again. A nice day in the nature with all the family!

## DETAILS

Km: 5 km

Meters of ascent: 150 mt

Time: 4h

### Altitudes

Orecchiella Natural Reserve: 1200 mt slm

## INTERMEDIATE

Following this itinerary it will be possible to reach the most famous peak of the Orecchiella Natural Reserve called Pania di Corfino (1603 mt slm). The path is easy, wide and safe and is also suitable for kids above 8 yo. The itinerary crosses lush green forests and reaches the summit through beautiful grazings. The view is fantastic! This is why the peak is called "the terrace of Garfagnana".

## DETAILS

Km: 11

Meters of ascent: 450 mt

Time: 5h

### Altitudes

Orecchiella Natural Reserve: 1200 mt slm

Mt.Pania di Corfino: 1603 mt slm

## EQUIPMENT:

For these experiences it's required a basic mountain kit: Mountain boots or trail running shoes, backpack, Weather-appropriate clothing (moisture-wicking clothes and rain jacket), water, snack or packed lunch.

## EXTRA:

Coming back from the walk it is possible to have a stop to the Rifugio Isera and have something to eat and drink. The place is great and they only use typical products of the area.



## GROTTA ALL'ONDA- 700 mt slm

### THE LEGENDARY CAVE

Grotta all'Onda lies in the south of the Apuan Alps where you can admire the history of this land. It is an enormous cave surrounded by waterfalls with an incredible cliff that resembles a giant wave of rock.

Discover the legend!

## INTERMEDIATE

The walk starts in the picturesque village of Casoli situated above the town of Camaiore. We follow the path that will lead us to the entrance of the cave. The place is superb, an enormous cliff with a lot of waterfalls all around. The mouth of the cave is 35m wide and inside can be found the traces of a Neolithic village. We return through beautiful forests, crossing streams and passing old ruins.

## DETAILS

Km: 8 km  
Meters of ascent: 500 mt  
Time: 4.30h  
**Altitudes**  
Casoli: 400mt slm  
Grotta all'Onda: 700mt slm

## CHALLENGE

A long and fantastic loop that will reach the base of Mt. Matanna. We'll admire incredible views along the way and on the ridge. Fascinating forests full of ruins of old buildings and streams of clear water highlight the beauty of the place. At the end of the itinerary we will arrive at the cave and you will be struck by the "power" of this place. An amazing day and a great hike!

## DETAILS

Km: 13  
Meters of ascent: 950 mt  
Time: 6h  
**Altitudes**  
Casoli: 400mt slm  
Foce del Pallone: 1080mt slm

### EQUIPMENT:

For these experiences it's required a basic mountain kit: Mountain boots or trail running shoes, backpack, Weather-appropriate clothing (moisture-wicking clothes and rain jacket), water, snack or packed lunch.

### EXTRA:

Coming back from the walk it is possible to have a "refreshing" swim in the clear waters of the Lombricese stream. We suggest you try, it is amazing!