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[www.luccaturismo.it](http://www.luccaturismo.it)  
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Booking:  
IAT Garfagnana

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APUANE



Parco Nazionale  
APPENNINO  
TOSCO-EMILIANO



Associazione Rifugi  
Alpi Apuane  
e Appennini

Stefano Romani/Fran Montecatini • Foto: Archivio B. Sesti

### Terms

The excursions are offered at a promotional price and are guaranteed to take place only when the minimum number of 5 participants is reached (3 for the alpine/climbing programme).

If catering is scheduled, the cost will be paid directly to the refuge or the structures which adhere to the programme, upon consumption.

The participation fee will be paid directly to the guide, on the day of the excursion, before departure.

The guide reserves the right to allow to participate in the trip only those who are deemed able and adequately equipped.

It's in the right of the hikers to know and have all possible information concerning the technical aspects of the trip, the guide is committed to ensuring the necessary technical assistance and to provide information about the characteristics of the paths and environment passed through.

Paying the fee, hikers accept the conditions laid down, any waiver will not allow the refund of the amount paid.

To protect hikers, the guide reserves the right, in its sole discretion, to modify the programme making changes to the planned itinerary and / or the final goal.

In the event of damage or injury, the guide is responsible for all cases where the damage is attributable to negligence or fraud.

The hiker, after reviewing these terms, aware of the risks involved in the excursion and of the type of travel through the natural environment.

The Hiker is obliged to analyze his/her health status, and then assess their eligibility for participation.

In step with nature is a program of summer one-day excursions in the Apuan Alps and the Apennines accompanied by professional environmental guides or mountain guide, but also a chance for all to know and learn the secrets of nature, in all safety and **without difficulties**. Every week, day by day, a different mountain shelter and a deal to choose: culture, sport, environment. Every day a brand new trip on foot, on horseback or climbing, to appreciate step by step, slowly, stopping when needed to taste the genuine flavours and products of the land.

WHEN WALKING SLOW IS MOVING...

## IN STEP WITH NATURE TWO THOUSAND ELEVEN

When nature take you by the hand...

June 15th to September 15th:

Apuan Alps, or the Apennines,

every day a brand new trip

## Monday

**The Orecchiella Nature Reserve.** Nature trails in the area inspired by the paths of Airone, to discover the local wildlife, natural habitat of the wolf, eagle, deer and mouflon.

**Where:** Parco Nazionale dell'Appennino Tosco Emiliano - Orecchiella Nature Reserve.

**Meeting place:** Rifugio Isera (Villa Collemantina)

**Time:** 9.30 a.m

**Difficulty:** E (hiking level)

**Price:** 15.00 euro per person (lunch and entrance fee at the park excluded)

**Bookings up to 6.00 p.m. on Saturday**

**Round and Round the Foce di Mosceta.** Walking along paths and trenches, you'll take a journey in recollections of recent history. Passing through woods, meadows and pastures inhabited for centuries before being abandoned. A day spent between peaks and expanses of raspberries and blueberries. There is even the chance of sighting mouflon, bring your binoculars! And when you return, you will find the wonderful underground world of the Antro del Corchia cave.

**Where:** Parco Regionale delle Alpi Apuane

**Meeting place:** Levigliani (LU)

**Time:** 9.30 a.m

**Difficulty:** E (hiking level)

**Price:** 15.00 euro per person (lunch and entrance fee to the cave excluded)

**Bookings up to 6.00 p.m. on Saturday**

## Tuesday

**Cry Wolf!** Discovering the wild world of the Apennines above Barga, the undisputed realm of their most famous predator, site of the old struggle between the wolf and the shepherds looking to protect the herds. From the shady paths of the beech forest to the meadows of the peaks, it will be easy to read traces of the wolf's passage.

**Where:** Valle del Serchio - Barga - village of Renaio

**Meeting place:** Rifugio "Santi" locality Vetricia

**Time:** 9.30 a.m

**Difficulty:** E (hiking level)

**Price:** 15.00 euro per person (lunch at rifugio Santi excluded)

**Bookings up to 6.00 p.m. on Sunday**

**On Horseback in the Apuan Alps.** Discovering nature together with a beautiful animal, the horse. Along ancient mule tracks and traveling on the ridges overlooking the sea. Easy routes for beginners. The instructor will be able to teach the participants the rudiments of riding in the mountains, to enjoy in the utmost security, the pleasure of a journey on horseback.

**Where:** Parco Regionale delle Alpi Apuane

**Meeting Place:** Locality Brugiana (Ms)

**Time:** 9.30 a.m

**Price:** 18.00 euro per person (Lunch at rifugio Monte Brugiana excluded)

Please note this programme is available daily, when arranged directly with the riding guide: Paolo Monteleone Tel. 338 9951215

**Bookings up to 6.00 p.m. on Sunday**

## Wednesday

**On the Edge.** Hiking along the high altitude forests and grasslands, the route starts from the Tuscan slope of the Apennine and arrives at the Emilian slope of the chain, passing the amphitheater dominated by the glacial peaks of Corno alle Scale and the Cornacchia, Cupolino and Spigolino mountains. The final goal is Passo dei tre Termini, close to Lake Scaffaiolo, the border of three provinces, Bologna, Modena, Pistoia and ancient crossing point of passage between the two regions.

**Where:** Appennino - Parco regionale del Frignano

**Meeting place:** Croce Arcana (Cutigliano -PT)

**Time:** 9.30 a.m

**Difficulty:** E (hiking level)

**Price:** 15 euro per person (lunch at rifugio CAI Duca degli Abruzzi excluded)

**Bookings up to 6.00 p.m. on Monday**

**Criba Guida.** (Alpine Guide) Moving through nature, with feet, hands and head, or rather rock climbing with a professional guide. Every Wednesday free climbing approach to a different site with mountain guide Cristian Balducci.

**Where:** Parco Regionale delle Alpi Apuane

**Time:** 9.30 a.m

**Difficulty:** for beginners and experts

**Price:** 50 euro per person (Lunch excluded)

**Bookings up to 6.00 p.m. on Monday**

## Thursday

**The Bizarre Apuan Alps: Mount Procinto and the Southern Alps.** Sweet grass on one side, boldly carved stone on the other. Excursion to discover the rock sculptures, scene of major alpine feats.

**Where:** Parco Regionale delle Alpi Apuane

**Meeting Place:** Stazzema - parking place

**Time:** 9.30 a.m

**Difficulty:** E (hiking level)

**Price:** 15.00 euro per person (Lunch at rifugio CAI Forte dei Marmi excluded)

**Bookings up to 6.00 p.m. on Tuesday**

**A River of History Along the Serchio river.** Between the traditional agricultural landscape of the Garfagnana valley, a network of forgotten mule tracks leads us to the Verrucole Fortress, a blend of Medieval and Renaissance, suspended between the Apuan Alps and the Apennines.

**Where:** Garfagnana

**Meeting place:** Agriturismo Braccicorti - (Pontecosi) Pieve Fosciana (LU)

**Time:** 9.30 a.m

**Difficulty:** E (hiking level)

**Price:** 15.00 (Lunch at Centro Avventura Braccicorti excluded)

**Bookings up to 6.00 p.m. on Tuesday**

## Friday

**Queen of the Stones.** The mountain Pania della Croce, the queen of Apuan Alps chain, divides the Serchio valley and the beaches of Versilia Apuane; marble mountains, but also made up of woods and meadows and over the pasture lands, ridges and peaks.

**Where:** Parco Regionale delle Alpi Apuane

**Meeting place:** Pigionico ( Molazzana)

**Time:** 9.30

**Difficulty:** E (hiking level), E.E. (expert hiking level)

**Price:** 15.00 euro per person (lunch at rifugio CAI E. Rossi excluded)

**Bookings up to 6.00 p.m. on Wednesday**

**Madonna del Cavatore.** Ring-route Apuan marble heart: the village of Arni and the surrounding area recount the history of these mountains, agricultural and pastoral settlements in the stone industry.

**Where:** Parco Regionale delle Alpi Apuane

**Meeting place:** Arni

**Time:** 9.30 a.m

**Difficulty:** E (hiking level)

**Price:** 15.00 ( Lunch at rifugio CAI Puliti excluded)

**Bookings up to 6.00 p.m. on Wednesday**

## Saturday

**Orrido di Botri, the Apennine Canyon.** A fun trekking route to discover the magic of the Orrido di Botri and its curious geological history whilst encountering the waters from which it originates. The route follows the riverbed of the Rio Pelago and in some places you must go into the water to continue. Dress code: shorts or a swimsuit and a complete change, shoes included (the mandatory helmet will be provided by the Nature Reserve's ticket office).

**Where:** Appennino - Ris. Nat. Orrido di Botri - Bagni di Lucca

**Meeting place:** Ponte a Gaio visitors center

**Time:** 10.00 a.m

**Difficulty:** E (hiking level)

**Price:** 15.00 euro per person (Lunch at rifugio Casentini excluded)

**Bookings up to 6.00 p.m. on Thursday**

**San Pellegrino in Alpe.** Walking on the ridge between the wide expanses of grass, rich in protected flora and of great environmental interest, we discover the legend of the Devil's Round. The view here ranges over the sea, islands, the Alps and the Apennines. In the village itself, the treasures of its history and traditions are preserved in the Museum of Ethnology, and in the ancient hospital. Trails are ideal for Nordic Walkers. Also, on request specific courses to learn correct NW techniques, rendering your walking easier, and healthier.

**Where:** Garfagnana - Appennino

**Meeting place:** Castelnuovo di Garfagnana railway station

**Time:** 09.30 a.m

**Difficulty:** E (hiking level)

**Price:** 15.00 euro per person (Lunch at rifugio Pradaccio excluded)

**Bookings up to 6.00 p.m. on Thursday**

## Sunday

**The Pastures Ring-route.** A journey through stories from the past. Among forests of beech, hornbeam and chestnut, meet ruins of ancient hospitals, obsolete mule tracks, grazing animals, the suggestive Fociomboli marsh surrounded by the most beautiful peaks of the Apuan Alps. How to live in complete harmony and peace with nature without sacrificing comfort, using the sun's energy, fire and water? Come and find out. . .

**Where:** Parco regionale Alpi Apuane

**Meeting Place:** Tourist information office of Tre Fiumi - Arni

**Time:** 9.30 a.m

**Difficulty:** E (hiking level)

**Price:** 15.00 euro per person (Lunch at rifugio Il Robbio excluded)

**Bookings up to 6.00 p.m. on Friday**

**Orto di Donna. The Pisanino legend.** This beautiful glacial valley, surrounded by the highest peaks of the Apuan Alps, is characterized by a wild and rare flora, in fact, it is the latest site of Silver Fir, as well as numerous species of orchids and lilies. The hospitality typical of the mountain's people, offered by the two shelters, will give you the opportunity to taste the typical products of the Garfagnana valley.

**Where:** Parco Regionale delle Alpi Apuane

**Meeting place:** Rifugio Val Serenaia (Minucciano)

**Time:** 9.30 a.m

**Difficulty:** E.E. (expert hiking level)

**Price:** 15.00 euro per person (Lunch at rifugio Orto di Donna excluded)

**Bookings up to 6.00 p.m. on Friday**

**Suggested equipment:**

we suggest to wear comfortable sportswear, trekking stiff sole shoes and to bring with you a daily backpack including a waterproof jacket, hat, sunglasses and skin protection, spare clothes and a binoculars. Walking stick could be helpful. A sufficient provision of water is necessary and a packet lunch in case you don't mean to have lunch at the mountain shelter.

**IN STEP WITH NATURE,** a programme of excursions organized by the Association "Rifugi Alpi Apuane e Appennini", in cooperation with the Environmental Guides, Apuan Alps Park Guides and "PIETRAPANNA by Sesti Guido Armando".