

VERSILIA

Tuscany - Italy



Touring Around Versilia





Dear Guest,

with this brochure the tourist board of Versilia wants to invite you to walk along the suggested routes in order to explore and get to know this interesting area, full of cultural, artistic and natural treasures.

Our sea is honoured by the blue flag, symbol of high quality waters, the coastline and the hills are sheltered by the scenic background of the Apuan Alps disclosing typical villages, fascinating paths and a lush vegetation; the prodigious environment will welcome you with its traditions, culture and art, the beautiful handicraft products, excellent wine and food, but also its exciting social life on your way along these tours to be discovered by walking, on the horseback, by bike, car or on the boat.

This is just a selection within a big range of opportunities offered in Versilia and we are sure that you will enjoy to find out by yourself which are the most interesting spots and excursions of your holiday!

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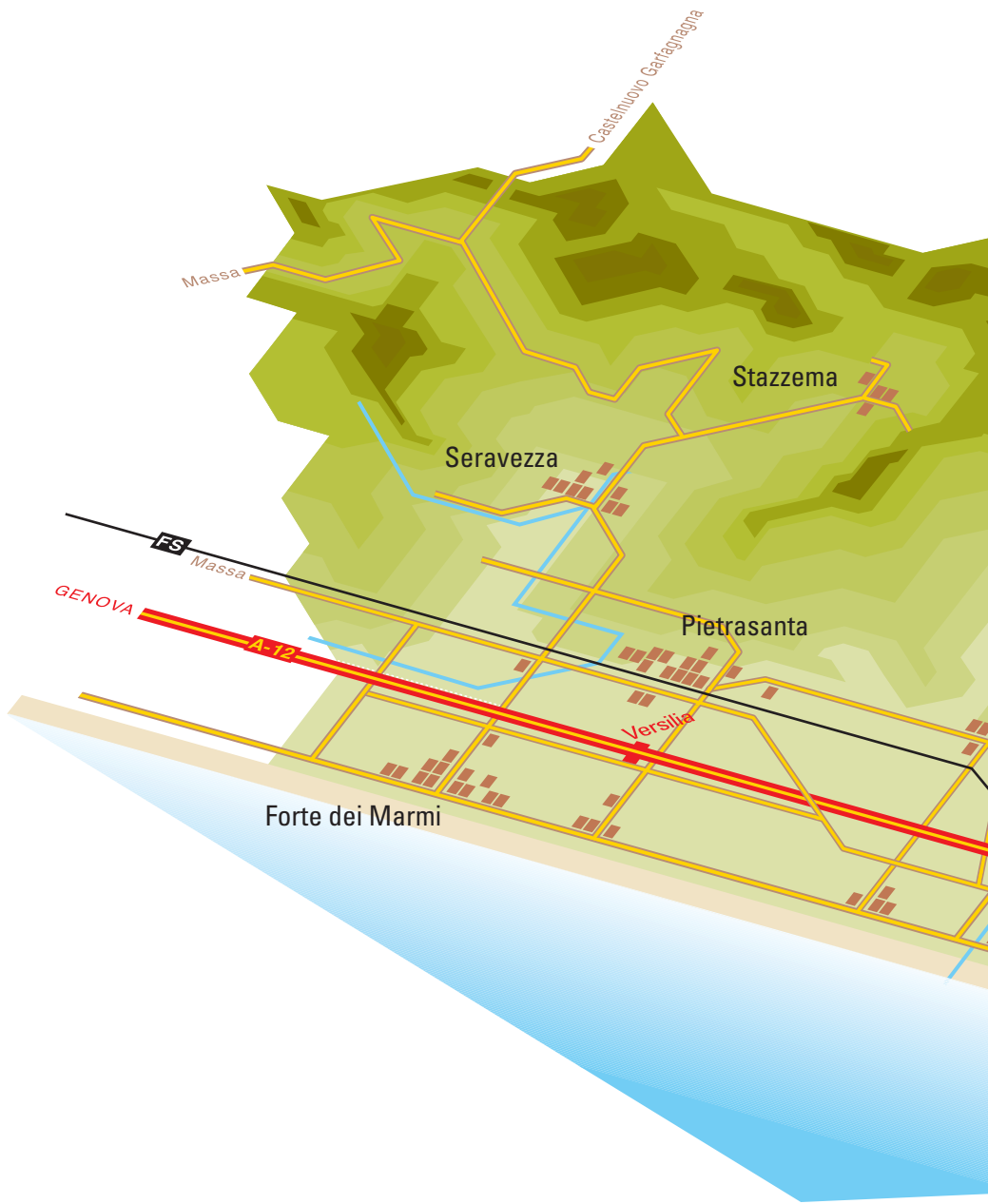


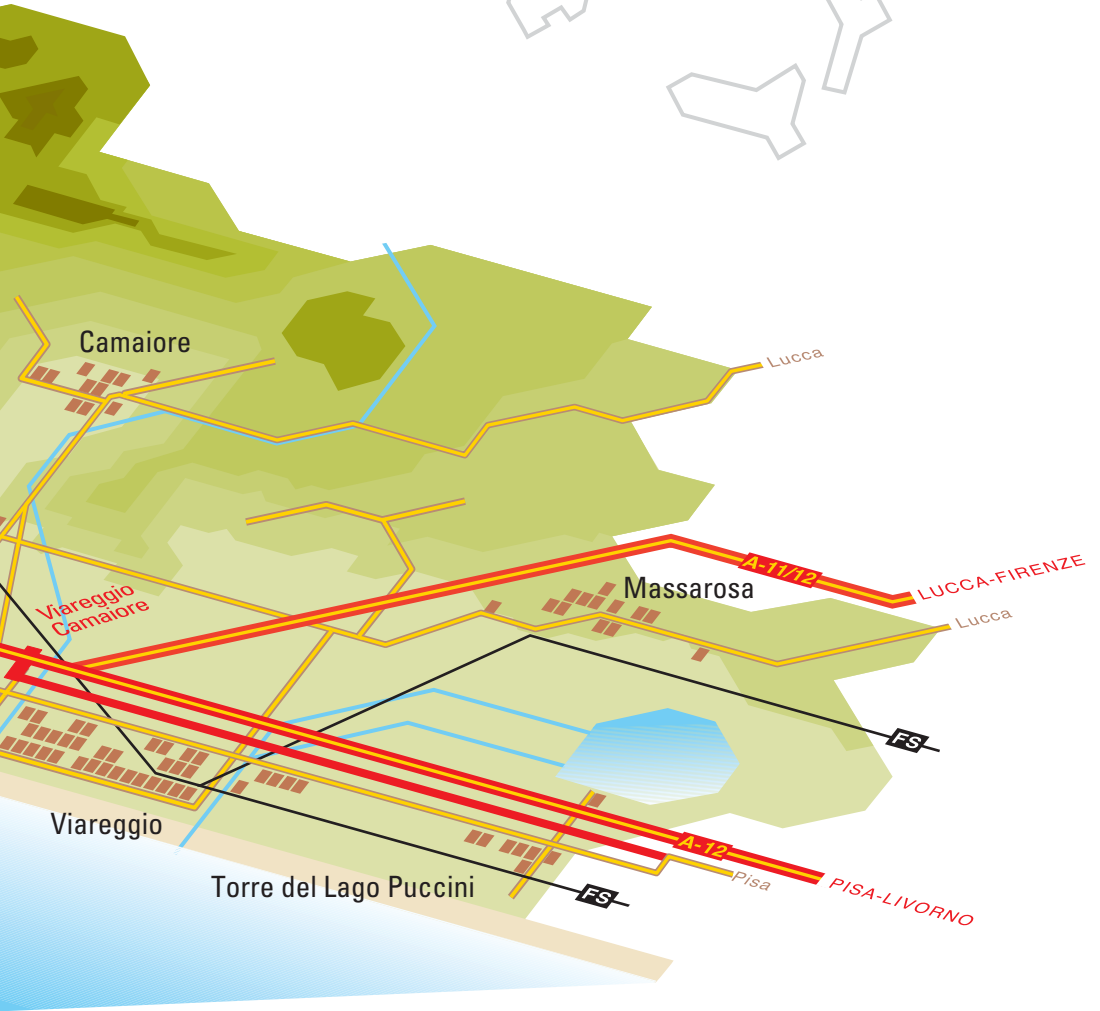
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The best shots will be published on www.aptversilia.it*

You are the main character of holidays in Versilia!

Mr. Massimo Lucchesi
Director of APT Versilia

Versilia / a territory to discover...







Tourist excursions/Index

Itinerary 1

Camaiore - Metato (378 mts.) - Alpe di Cima (850 mts.)
Campo all'Orzo (958 mts.) - Baita Barsi (865 mts.)

Itinerary 2

Camaiore - Casoli (403 mts.) - Grotta all'Onda (708 mts.)
Foce del Termine (978 mts.)

Itinerary 3

Forte the Marmi: artistic and cultural tour

Itinerary 4

Forte the Marmi: Artistic and cultural tour

Itinerary 5

Massarosa: The cork oaks tour: Massaciuccoli - Aquilata

Itinerary 6

Massarosa: Tour of the Pieve (parish church)

Itinerary 7

Pietrasanta: tour of historical town centre

Itinerary 8

Seravezza (55 mts.) - La Cappella - Azzano (452 mts.):
In the footsteps of Michelangelo

Itinerary 9

Ripa (37 mts.) - Cerreta San Nicola (574 mts.)
Seravezza (55 mts.) Detour: Riomagno - Valle del
Serra

Itinerary 10

Farnocchia (650 mts.) - La Porta - S. Anna (650 mts.)
(alternate route: memorial monument – Capezzano
Monte)

Itinerary 11

Pomezzana (592 mts.) - Alpe della Grotta - Rifugio
Forte dei Marmi (865 mts.) - Grattaculo (860 mts.)
San Rocchino (801 mts.) - Monte Gabberi - (1108 mts.)

Itinerary 12

Levigliani (582 mts.) - Passo Croce (1150 mts.) -
Mosceta (1190 mts.) - Pruno (468 mts.)

Itinerary 13

Viareggio: Art Nouveau Tour

Itinerary 14

Tour of the Macchia Lucchese - Lecciona beach (East
Pinewood)

Itinerary 15

Massarosa. Boat tour of the lake and swamp
(LIPU reserve)



foto: Stefano Baroni

/Useful Addresses

Alpine Refuges

Rifugio del Freo: Foce di Mosceta tel. 0584/778007

Rifugio Forte dei Marmi: Alpe della Grotta
tel. 0584/777051

Excursions on foot

Regional Park of the Apuan Alps
Welcoming Centre Seravezza Via del Greco 11
tel. 0584 757325 www.parcapuane.it

Antro del Corchia guided visits/ ticket office
via IV Novembre 70

Levigliani di Stazzema, tel. 0584 778405
www.antrodelcorchia.it

Parco Migliarino San Rossore: via Aurelia Pisa
tel. 050 525500 - Welcoming Centre tel. 050 530101
www.parcosanrossore.it

C.A.I. Sez. M. Bacci: v. Repaci, 1 - 55049 Viareggio
Tel. 0584 56226 www.caiviareggio.it

C.A.I.: via Michelangelo, 47- 55042 Forte dei Marmi
tel. 0584 89808 www.caifortedeimarmi.it

C.A.I Sez. Pietrasanta:
via Mazzini, 105 – 55045 Pietrasanta
tel. 0584 790398 www.caipietrasanta.it

School for Mountaineering Monte Forato:
Piazza Matteotti, 24- 55047 Querceta, tel. 0584 881034

Amici della Montagna di Camaiore:
via Badia, 40 cell. 3394147102
www.amicimontagna.com

U.O.E.I. Seravezza: c/o CRI
via A. De Gasperi, 210 – 55047 Ripa di Seravezza
tel. 0584 768390

Excursions on horseback

Club Ippico Viareggio:
via Comparini, 8 Pineta di Levante
cell. 340.2809628 - 328.4718844
excursions in the park, riding by the sea.

Associazione Cavallo e Noi, Camaiore:
trekking with horse, cell. 349.3381032
www.ilcavalloenoi.it

Bike Excursions

Circolo Don Bosco, Massarosa - Mountain-bike
school, guided environmental cycling, excursions and
racing-team.
Info: Gianluca 347 5791723 / Maurizio 348 2480918
www.arrampibike.it

Camaioire/Apuan Alps Regional Park

Itinerary 1

Percorso trekking - Metato (M. 378) - Alpe di Cima (M. 850)

Campo all'Orzo (M. 958) - Baita Barsi (M. 865)

Leave Camaioire by "Porta Lombricese", pass through the district Sterpi, cross the Lombricese stream reaching, after Vado, (65 m) a narrow valley floor, a path in woodland, branching out into numerous trails into the southern Apuan Alps, dominated on one side by Monte Matanna (1317 m) and by Monte Prana (1221 mts.) on the other, that leads to Lombrici (100 mts.- 10 mins.).

Continue along the asphalt road and visit the old Barsi iron works and the water mill at Candalla.

Amid the olive groves and the wonderful panorama of the Camaioire valley and its coastline, you arrive at Metato.

The village is situated on the rocky slopes of Monte Prana, between Rio dei Colli and Rio Lombricese, in the immediate surroundings there are many caves some of which were inhabited in the Neolithic and Palaeolithic Age. From Metato take path no. 104 and go uphill on a narrow cemented road and after passing the group of houses called "Casette", cross Falcigoli (600 mts.), a typical farming community; climb the rear flank of Monte Ciurlaglia (850 mts.), a NW extension of the crest of Monte Prana, reaching the viewpoint at Alpe di Cima, with a magnificent panorama of the valley of Camaioire, the Tyrrhenian Coast and parts of the Apuan Mountains.

Follow the level path on the northern slope of Monte Prana reaching the wide crest of Campo all'Orzo, hills with terraces which were cultivated in the past; they are located between Monte Prana and Monte Piglione (1233 mts.), close to the old San Rocco church. After a few minutes following the signs, take the descent to the "Baita Barsi al Colle della Poraglia" immersed in verdant countryside.

The trail for Monte Prana begins from the San Rocco church.

The ascent to the summit begins after a small lake and a fountain, along a fairly easy footpath, offering stunning panoramic views.

Itinerary 2

Casoli (403 mts.) - Grotta all'Onda (708 mts.)

Foce del Termine (978 mts.)

From Camaioire follow the signs to Casoli (403 mts.) a typical mountain village already inhabited in 984, perched on protrusions of Monte Matanna (1317 mts.) and enclosed by the Setriana area on the western side and by the Ciurlaglia and Penna mountains in the east.

At about 1 Km. after the main square of the village, a mule track (trails 2 and 112) descending towards the Rio Lombricese trail, begins.

At a fork in the path, where a typical small chapel (marginetta) is situated, on the left, follow trail no. 2 uphill which overlooks the Grotta all'Onda valley and runs alongside a stream for a short distance; continue along this path until the bridge, then turn left.

A brief walk through chestnut woods, leads to a overhanging rock face, where the entrance to the cave "Grotta all'Onda", is situated, a site of great interest due to the palaeontological findings.

Spectacular waterfalls gush out of a covered spring situated above the west side of the cave.

Keeping to the right of the cave the mule track now climbs the left flank of the mountain. Proceed to the right, on the rear until the Foce del Crocione or Termine, important pass, linking the valley of Camaioire to Garfagnana, one of the itineraries of the Francigena road. The pass is narrow between Monte Matanna, Monte Piglione (1233 mts.), the plateau of Campo d'Orzo and Monte Prana (1221 mts.) with spectacular views of the Apennines on one side and the Tyrrhenian Coast, stretching from La Spezia to Livorno, on the other. The gorge is cut off by the steep ascent to the Foce del Pallone until Monte Matanna and below by the backdrop from the Campo all'Orzo plateau, dominated by the imposing mass of Monte Prana's northern side. Follow the same trail back to return to Casoli.

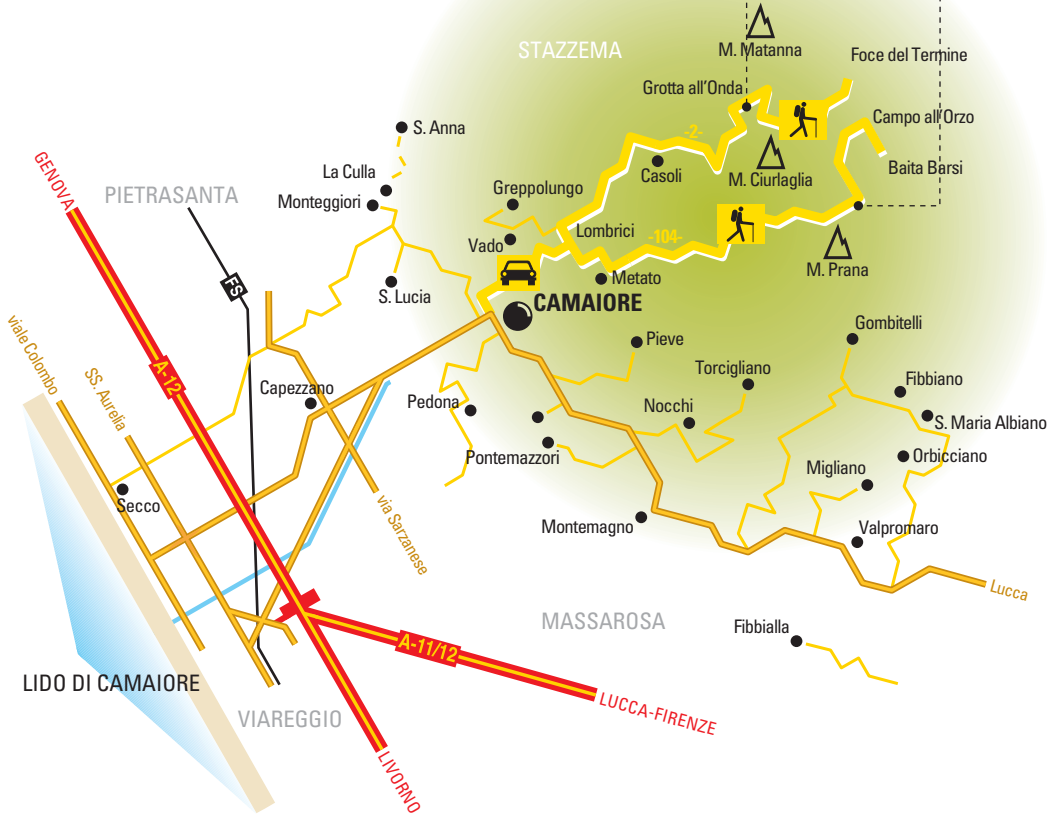


1

Access:
 Time: 4 hrs
 Difficulty: easy to moderate-without technical difficulties
 Description: meadows, woodland, interest: cultural, scenic

2

Access:
 Time: 4 hrs
 Difficulty: moderate, without technical difficulties
 Description: meadows, woodland,
 Interest: palaeontological and panoramic



Forte dei Marmi

Itinerary 3

Artistic and cultural tour

This city tour offers a visit to the main points of interests in Forte dei Marmi. **1/** The itinerary starts at the pier, where you can admire the new circle-shaped square with bronze sculptures by Anna Chromy, dedicated to an oatman sailing towards the unknown: "Controvento", and to various star constellations. In the opposite square is placed "La Mancina", the old crane, that was used to shift marble blocks on sailing coasters. It stood once on the old wooden bridge which was blown up during World War II for fear of a landing by the allied forces.

2/ Please proceed towards the centre and turn left in via Matteotti. Pass the playground reaching Piazza Dante, seat of the Townhall. This square is also called "Piazza della Rimembranza" in commemoration to the fallen of all wars, to whom the memorial sculpture in travertine marble is dedicated. Cycle from the square along via Mazzini or go back to the coast and take from there the bike path along Viale Italo until you reach the town district Vittoria Apuana.

3/ Have a look at the historical Villa Bertelli and admire its fabulous park, owned by the local council.

4/ Continue along the bike path until the border with the borough of Montignoso to see the free beach, a natural oasis of costal dunes, protected by WWF.

5/ 6/ Now go back to Vittoria Apuana and heading inland along via Padre Ignazio and its crossroads please admire the interesting works of art "Gorky and the Saba Queen" and "A mother with her child" by Rinaldo Bigi; "San Francisco" by Arturo Dazzi, situated in the church square bearing the same name. (The church is an important venue for the Forte dei Marmi concert season); last but not least "Figura in Ambiente" by the local artist Ugo Guidi.

Itinerary 4

Artistic and cultural tour

7/ From the town centre, cycling southwards and passing through the "Caranna" locality, you will find on your way to the "Roma Imperiale" district several villas of outstanding artistic and architectural value. These villas have become famous for having housed art and culture personalities; in one of them, located in Viale Morin, a famous Swiss-German artist, Arnold Böcklin, lived for several years. **8/** Continuing along Via XX Settembre on the cycling path take a look at "Tribute to Eugenio Montale", a sculpture representing a marble bench by Rosalba Gilardi. **9/** On the way back to the seafront you will come across to an important Forte dei Marmi nightspot with a long historical tradition: "La Capannina" di Franceschi, popular and trendy since the beginning of the century. **10/** On your way back to the town centre, please look to your right at two more sculptures by Arturo Dazzi "Seamen with gun" in white marble. **11/** Continue along the same road and reach "Piazza Marconi", where the famous open air market is held on Wednesday. **12/** "Piazza A. Polacci" is adorned with another statue by Arturo Dazzi "Young man with club and sheep-dog"; not far away from this square stands the church dedicated to Sant' Ermete. The church organizes important music events in cooperation with the local administration.

13/ The tour ends in Piazza Garibaldi, the historic centre of Forte dei Marmi: This charming square boasts an ancient well, a fountain and a Fort, built under the government of Grand duke Pietro Leopoldo, to protect the marble shipping activities against pirate attacks. The Fort now hosts the Satire and Caricature Museum managed by "Fondazione Città Forte dei Marmi", and many exhibitions organized by the local council. In the square facing the Fort don't miss to have a look at the beautiful "Statue of Victory", a work by Arturo Dazzi.



Massarosa

Itinerary 5

The cork oaks tour: Massaciuccoli - Aquilata

At Massaciuccoli, a charming village on the same-named lake, set among green hills covered with olive groves, an interesting tour begins, where luxuriant vegetation, rich heritage and breathtaking views merge together.

The excursion starts from the small harbour near the LIPU (Italian League for the Protection of Birds) Visitor's Centre and guest quarters. Don't miss a brief visit to the observation huts along the wooden walkway that follows the reed thicket adjacent to the LIPU's centre. Admire from here the rich avian fauna of the lake. It is said that a "pagus" (little village) with a thriving commercial port was located in this area during the Roman epoch, and in fact walking uphill along "via Pietra a Padule" you come across the archaeological area "Massaciuccoli Romana" consisting of the ruins of a Roman Villa, equipped with spas and of an exhibition pavilion, dedicated to Prof. Guglielmo Lera, housing a splendid mosaic plaque, (370x434 cm.). Now take the pathway uphill, that winds its way up through an olive grove and leads to the thermal baths: on a terrace on the furthest slopes of the hill under Monte Aquilata there are the remains of a typical "Villa d'Otium" (holiday villa) dating back to Traiano's epoch (1st -11th cent. A.D.) and owned by the prominent Venulei family; proprietors of land and ceramic factories in the territory around Pisa. Continue along and observe the coral hues of one of the most striking historical villas of Massarosa: Villa Minutoli Tergimi, built on an old watchtower. Further on and still following the itinerary there is a section of the route believed to be part of the "Via Francigena".

Here the landscape suddenly transforms into typical thick Mediterranean scrub dominated by high hills. Still visible in the Monte Aquilata district, are the remains of a castle built on the ruins of a former Roman watch-tower, probably a lighthouse, to defend the important strategic lakeside area of Massaciuccoli.

Itinerary 6

Tour of the Pieve (parish church)

The road from Massarosa to Pieve a Elici winds its way uphill through very old olive groves. Unexpectedly the parish church of Pieve a Elici appears on the top of a levelled out spur overlooking the sea, in a wide green meadow. The excursion starts from this enchanting place passing through the villages of Luciano, Spezi and Coli, to Piano del Quercione. According to the most recent documents, the parish church of Pieve a Elici probably takes its name from the surrounding holm-oak forest (in Latin *ilex*), or possibly derives from the romance noun "illice". The first document mentioning the pre-Romanesque church dates back to 862. Originally dedicated to Sant' Ambrogio, the bishop of Milan, it was later enlarged and incorporated in a 11th century Romanesque church with a nave and two side aisles and named after San Pantaleone. Over the centuries, the church was subjected to various interventions that altered its original structure. The restoration works completed in 1962 brought it back to the original Romanesque style. The interior contains, among other valuable frescoes from the 11th and 12th centuries, a splendid Crucifixion attributed to Guido Reni, an imposing marble polyptych dated 1470, probably by Riccomanni, as well as a baptismal font by the Civitali school. Leaving the church follow the Via di Spezi, a small narrow street leading uphill through holm-oak trees, old olive groves and vineyards. Shortly afterwards, turn right to reach Luciano, a small hamlet where time seems to have stopped. The many luxurious villas or simple houses are immersed in countryside abundant with colourful flowers. Go back to and continue along the road, observe the old oil presses, the numerous small chapels (marginette), and the old family-run farmhouses refurbished in 1700s style, reaching first Spezi and then Coli, characteristic localities that convey how life used to be long ago. After Coli, follow the steep descent, pass a fountain to freshen up and proceed to Piano del Quercione.



6

Access:

Time: 2 hrs (3.6 Km.)

Difficulty: easy to moderate

Description: paved and unpaved roads,

Interest: historical and scenic

5

Access:

Time: 3 hrs (8 Km.)

Difficulty: easy to moderate

Description: grassland, paths,

Interest: historical, artistic, natural, scenic



Pietrasanta

Itinerary 7

Pietrasanta: tour of the historic town centre

Pietrasanta, ancient capital of the Medici Capitaney of Versilia founded in 1255 by Guiscardo da Pietrasanta Governor of Lucca, is the main historic centre of the area. The number of its many monuments and marble workshops are a good reason for a visit. It can be reached by cycling on the bike path along Viale Apua from the beach resort, Marina di Pietrasanta. For those who come from Forte dei Marmi it is advisable to ride along via XX Settembre up to the bridge, then turn right along via degli Olmi and easily reach the bike path along Viale Apua. From Marina di Pietrasanta, follow the bike path along the beach through Via Catalani, on other lanes parallel to the sea.

Follow the Viale Apua path up to the traffic light at the intersection with via I Maggio. Once you have passed the roundabout and the railway underpass, you reach Viale Marconi, then Via Matteotti and the square dominated by the Townhall. The imposing statue "The Warrior" by F. Botero and the monuments in marble "Homage to Pietrasanta" by P. Cascella, as well as the Saint Martin statue by F. Miozzo, already give you an idea of the atmosphere characterizing the so-called "little Athens", a nickname of which Pietrasanta – cradle of art with its artistic workshops and foundries – is proud. You can reach Piazza Statuto (open-air market on Thursdays) and the limited traffic area. Walk to the central via Mazzini, where you will find the small church of Sant'Antonio Abate.

Inside you can admire the two frescos: "The Gate To Paradise" and "The Gate To Hell", painted by the Colombian artist F. Botero, one of many sculptors that work and actually live in the town. Strolling along via Mazzini, a street full of shops, you will notice a plaque indicating the birthplace of Eugenio Barsanti, inventor of the internal combustion engine.



After a few minutes you arrive at the central square, piazza del Duomo, with the San Martino Cathedral dating back to the XIV cent., contrasting with the red brick bell tower built at the end of 1400. On the square notable buildings are to be admired, among which

the Torre delle Ore (the clock tower), then Palazzo Moroni – both dating back to the XVI cent. – as well as the Sant' Agostino convent, the Luigi Russo Cultural Centre, the Public Library and the interesting Museum of Sculptor's Models. The monuments represented on the square are the statue of Grand Duke of Tuscany Leopold the Second as well as the characteristic Marzocco column, both standing in front of the Municipal Theatre. The square is enclosed by the XIV cent. Arrighina Fortress, which formed the ancient defensive system of the city with the ancient Rocca di Sala and the battlemented ring of walls visible on the hillside. With its typical alleys, artistic workshops, art galleries, as well as its handcrafted sculptures by great international artists, Pietrasanta is a real jewel of art.





7

Access:  
Time: 2 hrs
Difficulty: easy
Description: city streets
Interest: historical, artistic



Seravezza/Apuan Alps Regional Park

Itinerary 8

Seravezza (55 mts.) - La Cappella - Azzano (452 mts.):
In the footsteps of Michelangelo

From Seravezza city centre follow signs for the panoramic mountain route in direction Giustagnana and Fabiano, through pinewoods and chestnut forests. After about 7 kms. you reach the Romanesque parish church of San Martino alla Cappella.

The church, built during the 11th century and enlarged during the first half of the 1500s is linked to the name of Michelangelo. Both the rose window, called "Occhio di Michelangelo" ("Michelangelo's eye") and the portico that was almost entirely destroyed during the second World War have been attributed to this great artist. Proceed to Azzano, in the upper part of the village, through chestnut woods, follow the beautiful mule track that, after about 2 kms., leads to an unpaved road that goes up to Polla at the foot of Monte Altissimo (1589 mts.). The view of the mountain with its vertical sides and the "Tacca Bianca" quarries is exceptional! In this place, slightly above Polla, Michelangelo found statuary marble for sculpturing; quarrying activities were developed a few decades later by Cosimo I, Grand Duke of Tuscany and from the 1800s by the Henraux Quarry Company achieving international success. From Polla, follow the same unpaved road back to reach the road "Via Martiri del Lavoro" which after approx. 2 Km leads to Azzano.

From Azzano go back to "La Cappella" and from there take an enchanting mule track to cross the ancient Bardiglio marble quarries. (Archaeomineral trail of La Cappella). These and the Trambiserra quarries, situated on the other side of the Serra stream, were chosen by Michelangelo from 1518 to 1520 to extract marble for the façade of the Florentine church "San Lorenzo". Once you reach the characteristic village of Fabiano, continue the descent on a mule track that in a short time leads to Riomagno and then to the centre of Seravezza.

Itinerary 9

Ripa (37 mts.) - Cerreta San Nicola (574 mts.)
Seravezza (55 mts.)-(Detour: Riomagno - Valle Del Serra)

From the centre of Ripa drive along Via De Gasperi down to the crossroad with Via Strettoia; turn right in direction Strettoia and carry on till the centre of the little borough of Pietrasanta. After that, drive on for about 3kms up to the road sign for Montignoso. Here turn right into Via degli Alpini. The road is at times very steep and partly asphalted and leads to a monument dedicated to the Alpini soldiers. A little far ahead, at about 700 mts. above sea level, you meet a


road fork. The path uphill, for walkers only, follows of Mount Folgorito's slopes (approx. 911 mts.) and leads to Mount Pasquilio, in the borough of Montignoso. Instead, take the unpaved road descending to the village of Cerreta San Nicola. The road goes through very old chestnut woods and offers a spectacular view over the coast. This mountain village, with a group of rural houses, a church and a fountain, is situated on a ridge overlooking the Versilia coast. From here follow a mule track (CAI path nr. 140) on the left towards Seravezza. It descends to a canyon with thick vegetation called "La Canala". Proceed carefully in the first part as the path is narrow, winding and slippery because it faces North. Follow it down to the town of Riomagno and, after about 100 metres, you reach Seravezza. From the town centre follow the main road back to Ripa, the starting point of the tour. An interesting detour (about 1 hour): from Riomagno follow the paved road along the Serra river valley until you reach a wild and spectacular area with marble debris lining the path and with gushes of water and waterfalls forming characteristic ponds, much loved by bathers in summer. Carry on for another 5 kms. with the incredible view of Mount Altissimo facing you, until you reach a road fork. On the right hand side the paved road continues towards Azzano (452 mts.) whereas on the left a dust road, used by lorries driving to the quarries, leads to Polla, at the mountain feet. The final part of the route is fascinating as it gives giving complete view of Mount Altissimo quarries which are of great historical value.



8

Access: 
Time: 3 hrs
Difficulty: moderate (detour: difficult)
Description: paved and unpaved roads,
Interest: nature, panoramic

9

Access: 
Time: 4 hrs (18 km.)
Difficulty: moderate
Description: paved, unpaved roads, mule tracks
Interest: panoramic



Stazzema/Apuan Alps Regional Park

Itinerary 10

Farnocchia (650 mts.) - La Porta - S. Anna (650 mts.)
(alternative route: Memorial Monument - Capezzano Monte)

The excursion starts from Farnocchia, a mountain village located among shady chestnut woods with amazing views of the most beautiful peaks of the Apuan Alps. Farnocchia is also the starting point of several hiking excursions, one of which ascends Mount Gabberi (1108 mts.) by a 40-50 minute walk. From the paved road, walk on along an unpaved road passing through the locality called "La Porta", a cluster of houses forming part of the village of Farnocchia.

Continue along for about 20-30 min. on a rather difficult path, partly accessible only on foot even by bikers, to reach "Foce di Sant'Anna" or "Compito" (801 mts. a.s.l.). A few metres further, along a well-preserved mule track, you will meet the first group of houses belonging to Sant'Anna's various suburbs.

The village is located in a semicircle in a natural valley between Mount Lieto and Mount Gabberi. It is sadly famous for the massacre of 560 civilians (mostly elderly people, women and children) by Nazi troops on 12th August 1944. Recognized as a regional centre for the Resistance Movement, it has also recently become a National Park of Peace.

In Sant'Anna take the main road, Via Duilio Pieri, which, in less than 10 minutes, will lead you to the village of Vacchereccia. From here, turn left into a partly asphalted road leading to the Ossario Monument erected uphill at Col di Cava in 1948, in a dominating position overlooking the Versilia coast and plain. Take one of the old tracks near the Ossario Monument, close to a small chapel (marginetta) to reach CAI path no. 3, which will lead you back to Farnocchia. Before going back, it is also possible to add an hour walk to Capezzano Monte, a borough belonging to the municipality of Pietrasanta.

Following a lovely mule track passing through the Argentiera district and the woodland of Mount Ornato and Mount Anchiana, reach the centre of Capezzano Monte (343 mts. a.s.l.) which dominates from above the town of Pietrasanta. By the same path walk back to Foce di Sant'Anna, then follow CAI path no. 3 Apuane Trekking along the woody northern flank of Mount Lieto until you reach Farnocchia.

Itinerary 11

Pomezzana (592 mts.) - Alpe della Grotta - Rifugio Forte Dei Marmi (865 mts.) - Grattaculo (860 mts.)
San Rocchino (801 mts.) - Monte Gabberi - (1108 mts.)

Starting point is Ponte Stazzemese, a village lying in the valley of Veza at the feet of Mount Forato, one of the Apuan Alps' best known peaks, a rocky summit characterized by a natural hole, caused by wind erosion, in its final crest. (The sun apparently passing through the hole during Summer solstice, 15-22 June, is absolutely fascinating). The rocky crags of Mount Nona and Mount Procinto group (1177 mts.) with its "Bimbi", an imposing mountain range similar to massive towers emerging from lush meadows and thick woodlands, stand in the background. There are two roads leading off from Ponte Stazzemese main square: the one on the right runs across the winding valley of Mulina canal in direction Pomezzana.

Beyond Mulina, the bell tower of the Romanesque Church of Santa Maria Assunta in Stazzema (439 mts.) appears. Go on to the next junction and turn right onto the road to Pomezzana. From the village, situated at 592 mts a.s.l. on a slope facing South, climb uphill to the ridge above and move on the mountain side facing the Procinto. Take CAI path no. 106 through chestnut woods offering a splendid view of the Stazzema valley and continue uphill to Forte dei Marmi CAI mountain hut at Alpe della Grotta (865 mts.). The rifugio is located in a delightful area and it is the ideal starting point for excursions to the surrounding peaks. From here take CAI path no. 121 (called "del passeggero"), a track connecting Versilia to Garfagnana by winding along the sides of Mount Nona and Mount Matanna up to "Foce di Grattaculo" (860 mts.) and San Rocchino mountain pass (801 mts a.s.l.), with the little Church of San Rocco standing in the easternmost part of the plain. The area offers a spectacular view over the valley of Camaiore and joins the mountain ranges of Mount Matanna (1317 mts.) and Mount Gabberi. The latter is recognizable thanks to the iron cross on its top, which offers a breathtaking panorama overlooking Camaiore, the coast plain, the southern part of the Apuan Alps, the Tyrrhenian coast from Portovenere to Piombino down to the islands of the Tuscan archipelago with Corsica in the background. From San Rocchino return to Pomezzana by a trail that joins CAI path no.106.



10

Access:  

Time: 6-7 hrs

Difficulty: difficult

Description: mule-tracks, unpaved roads, woodland

Interest: historical, artistic, panoramic



11

Access:  

Time: 5-6 hrs

Difficulty: difficult

Description: mule-tracks, unpaved roads, woodland

Interest: historical, artistic, panoramic

Galleria del Cipollajo

M. Corchia

SERAVEZZA

Seravezza

Terrinca

Levigliani

Volegno

Pruno

Cardoso

Retignano

STAZZEMA

Palagnana

M. Nona

-106-

Pomezzana

-121-

Grattaculo

M. Anchiana

Galleria

Ruosina

Pontestazzemese

Mulina

S. Rocchino

PIETRASANTA

Capezzano Monte

S. Anna

M. Lieto

M. Gabberi

La Culla

CAMAIORE



Stazzema/Apuan Alps Regional Park

Itinerary 12

Levigliani (582 mts.) - Passo Croce (1150 mts.)

Mosceta (1190 mts.) - Pruno (468 mts.)

From Levigliani reach Pian di Lago (800 mts.), an area with thick woods and sweet plains where you can enjoy a picnic or stop at an agriturismo to taste typical products.

Following the road uphill you reach Passo Croce, where the paved way ends. From here you can admire the whole northern range of the Apuan Alps and, on sunny days, you can enjoy the breathtaking view of the whole Tyrrhenian coast. Walk along a rather difficult track that at times follows the CAI Apuane Trekking no. 11 pathway to reach the lovely valley of Fociomboli, which offers a beautiful view of Garfagnana and the Apennines. Take the path on your right which leads to an old Arabescato marble quarry (1400 mts., behind Mount Corchia) while passing close to one of the natural entrances to Antro del Corchia, a huge grotto situated on the southern slopes of the Apuan Alps, which presently is the longest Karst system discovered in Italy. From this point CAI pathway no.129 leading to Mosceta begins. Following the track going downhill on the left (CAI pathway no. 11), you can reach the old shepherds' village of Puntato, and walk on along CAI path no. 128 up to Foce di Mosceta. Along the way you will meet a natural cave called "Buca dell'Omo Selvatico" (the Savage Man's Hole, 1155 mts), and you can enjoy the magnificent mountain view of Pizzo delle Saette and Alpe di Sant'Antonio (Molazzana).


During the excursion look out for possible sightings of the local fauna including the chough, symbol of the Regional Park of the Apuan Alps. Once in Mosceta, stop and relax at Rifugio Del Freo mountain hut.

Then, to return to Levigliani, go beyond Mount Corchia and begin to walk downhill, facing what is probably this excursion's most difficult part. Follow CAI trails no. 122 and no. 9 towards Pruno-Levigliani for about 1 Km. reaching Passo dell'Alpino (1195 mts.). From

this point walk along CAI path no. 9 called "delle Voltoline" (winding track), down to Antro del Corchia's entrance, near the Borrallarga quarry and from here continue on an unpaved road to the centre of Levigliani.



12

Access: 

Time: 6-7 hrs

Difficulty: moderate to difficult

Description: paved and unpaved roads, woodland

Interest: natural, scenic



Viareggio

Itinerary 13

Art Nouveau Tour

Viareggio's seaside boulevard becomes a stage where the wide variety of architectural styles and motifs offers tourists a wide range of attractions.

Viale Margherita, inaugurated officially in 1902, represents a spectacular ensemble of art nouveau, characterized by the striking lines and decorations found in the town's traditional buildings dedicated to leisure, such as hotels, bathing establishments, cafés, concert halls, restaurants and shops.

The layout of the seaside boulevards presents two parallel roads with the wooden structures of bathing establishments on one side, (Viale Margherita and Viale G. Marconi) and hotel buildings and residential houses on the other (Viale D. Manin and Viale G. Carducci). From the Burlamacca channel to Piazza Mazzini along Viale Margherita you can admire historical buildings as Cinema Savoia, dating back to 1925; Duilio 48 Store, one of the most outstanding examples of Viareggio-style art nouveau; and a little further on the Grand Café Margherita, symbol of the town, the result of an incredibly fruitful cooperation between architect Alfredo Belluomini (Viareggio 1892 - Florence 1964) and painter - ceramist Galileo Chini (Florence 1873 -1956), who created the most important buildings in Viareggio.

The Martini chalet, dating back to 1899, is the only surviving evidence of the Promenade's original wooden architecture.

Walking along the promenade you can discover important details in buildings' decorations as at the

villa located at Viale Carducci no. 6, at Villa Chizzolini and at villa "Amor omnia vincit", which make Viareggio's "Passeggiata" an open-air museum.

Viareggio boasts a long sea-bathing tourist tradition enhanced by the presence of several characteristic hotel buildings such as Palace, Royal, Principe di Piemonte and Excelsior (ex Hotel).





13

Access:  

Time: 2. hrs (5 Km.)

Difficulty: very easy

Description: city streets

Interest: artistic, historical

- 1/ Supercinema Savoia 2/ Cinema-Theatre Eden
 3/ Duilio 48 Store 4/ Chalet Martini 5/ Grand Café Margherita
 6/ Galleria del Libro 7/ Bagno Balena
 8/ Hotel Plaza & de Russie 9/ Bagno Felice
 10/ Villino Castran 11/ Hotel London 12/ Hotel Liberty
 13/ Villino Sofia 14/ Bagno Amedeo 15/ Bagno Bertuccelli
 16/ Bagno Martinelli 17/ Villino il Guscio 18/ Villino
 19/ Villini Domenici 20/ Hotel Palace 21/ Grand Hotel
 Royal 22/ Hotel Villa Tina 23/ Villini Chizzolini
 24/ (Ex Hotel) Imperiale 25/ Villino Amor omnia vincit
 26/ (Ex Hotel) Regina 27/ Villino Paoli 28/ (Ex Hotel) Excelsior
 29/ Hotel Explanade 30/ Villa Puccini 31/ Hotel Principe di
 Piemonte 32/ Villa Argentina 33/ Arciconfraternita della
 Misericordia



Natural Area /Migliarino S. Rossore, Massaciuccoli

Itinerario 14

Viareggio. Tour of the Macchia Lucchese - Lecciona beach (Eastern Pinewood)

Proceeding inland from the beach into San Rossore Natural Park, you can admire the typical coastal vegetation characterizing this protected area. The zone between the sandy shores and the pinewood borders hosts a great variety of plants belonging to the typical vegetation growing on sand, which helps to consolidate and preserve the coastal dunes. By leaving the dunes, walk through the typical environment to be found behind a dune, which at migration times becomes the perfect habitat for water birds as the teal and the grey heron, which take shelter or feed here. Further on, enter the first maritime pine forest zone, the result of reforestation activities carried on in the past in order to protect the stretch of inner pine trees against the devastating effects of sea salt. In this area, admire the beautiful range of shrub species such as the juniper, the only native of coastal areas, and the prickly cedar; thanks to suitable climatic conditions different species are able to coexist. Heading further inland, observe the low lying areas called "lame", subject to flooding during periods of heavy rainfall, and old dunes or "tomboli" with their native pines and ilex oaks. This environment is particularly interesting thanks to the number of hygrophile plants to be found in the lame, such as alders, hornbeams, white poplars, and ash trees, onto which the *Periploca greca*, an oriental rare relict creeper dating back to the Tertiary period, climbs.

Itinerary 15

Massarosa. Boat tour of the lake and swamp (LIPU reserve)

The boat tour includes a round trip of the lake visiting the northern swamps and passing in front of Torre del Lago Puccini departures and arrivals at the small harbour of Massaciuccoli. The first part of the trip offers a wide view of the mountains overlooking the lake, Monti d'Oltre Serchio and Apuan Alps, and before arriving at the entrance of the Malfante canal, on the right hand side, you can observe the fascinating Villa Ginori hidden by the exotic vegetation of palm and cedar trees. From the boat, the extension of the swamp, which is the ideal natural habitat for the reproduction of numerous species of water birds, is clearly evident. Along the banks of the Malfante canal have a look at the typical arboreal vegetation, including ash-trees, alder trees, tamarisks and white poplars. There are also many eucalyptus trees, once introduced in the area as they were mistakenly thought to be effective against malaria.

Fishing nets, many of which are now abandoned, are a common sight, too, evidence of a past thriving fishing activity arising from the lake's rich variety of fish.

After the Malfante canal, the boat leads to the "Le Venti" canal, that together with many others big and small form a wide network of waterways. Along the banks you can see some chiari, that is ponds opening amongst the canals, which are stop-over points and feeding grounds for wading birds, ducks and herons.

Mostly in Spring, many different bird species migrate following the Tyrrhenian route and their transit includes resting here before resuming their journey towards the Alps and northern and central Europe. Once the boat has left the swamp, it passes in front of Torre del Lago Puccini, then crosses the lake to return to Massaciuccoli.

For information and reservation:

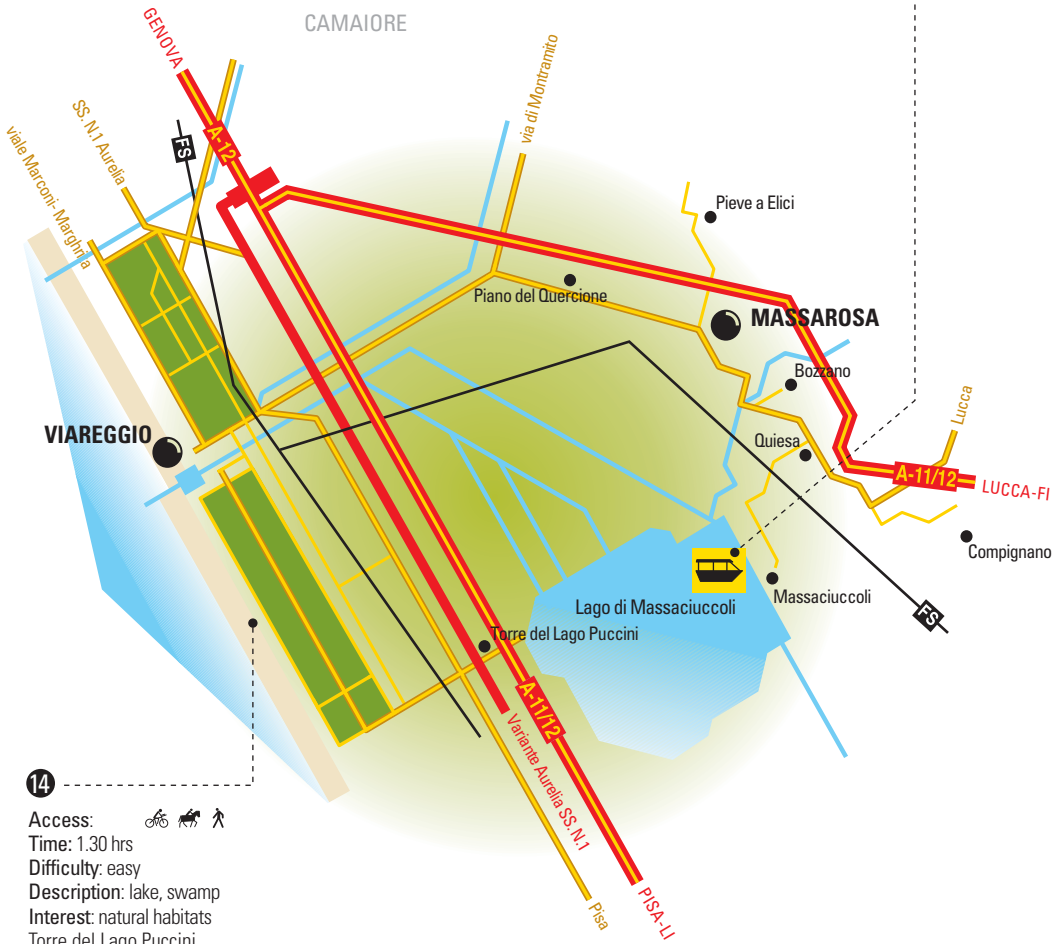
Oasi Lipu 0584/975567

www.oasilipumassaciuccoli.org






15

Access: 
 Time: 1.30 hrs (3Km.)
 Difficulty: easy
 Description: dunes, pinewoods
 Interest: natural habitats



14

Access:   
 Time: 1.30 hrs
 Difficulty: easy
 Description: lake, swamp
 Interest: natural habitats
 Torre del Lago Puccini

Info/Tourist Information Offices

APT Versilia

55049 VIAREGGIO

V.le Carducci, 10 - Tel. 0584 962233 - Fax 0584 47336

e-mail: viareggio@aptversilia.it

P.za Dante c/o Stazione Ferroviaria

Tel. 0584 46382 - Fax 0584 430281

e-mail: stazione.vg@aptversilia.it

Other information centres

55054 MASSAROSA (seasonal)

(Comune di Massarosa) - P.zza Taddei

Tel. 0584 937284 - Fax 0584 979229

55042 FORTE DEI MARMI

Via Franceschi, 8/b

Tel. 0584 80091 - Fax 0584 83214

e-mail: forteinfo@comunefdm.it

55041 CAMAIORE (Palazzo Comunale) (seasonal)

Piazza San Bernardino

Tel. 0584 986202

55043 LIDO DI CAMAIORE

V.le Colombo, 342 ang. Piazza Umberto

Tel. 0584 617766 - Fax 0584 617796

e-mail: info@versiliainfo.com

55045 MARINA DI PIETRASANTA

Via Donizetti, 14 - Tonfano

Tel. 0584 20331 - Fax 0584 24555

infomarina@comune.pietrasanta.it

55045 PIETRASANTA

P.zza Statuto

Tel. 0584 283375 - Fax 0584 284878

infocentro@comune.pietrasanta.it

55047 SERAVEZZA

Pro Loco Seravezza - Via Corrado del Greco, 11

Tel. 0584 757325 - Tel./Fax 0584 756144

e-mail: info@prolocoseravezza.it

55040 STAZZEMA

Comune Assessorato Turismo

Tel. 0584 77521 - Fax 0584 777259

55049 TORRE DEL LAGO PUCCINI (seasonal)

Pro Loco - V.le Kennedy ang. Viale dei Tigli

Tel. - Fax 0584 359893

55049 VIAREGGIO

Tutto eventi - Fondazione Festival Pucciniano

V.le Margherita - Tel. 0584 427201 - Fax 0584 945059

e-mail: info@puccinifestival.it

Travel Information



Airports

G. Galilei-Pisa - Tel. 050 849300

www.pisa-airport.com

A. Vespucci-Firenze - Tel. 055 3061300

www.aeroporto-firenze.it



Motorways

A/12 Genova Livorno-SALT-0584 9091

A/11 Firenze Mare

SS.1 Aurelia Ventimiglia/Roma



Rail Links

Railway Stations: Viareggio/Camaioere Lido

Capezzano/Pietrasanta

Forte dei Marmi/Querceta

Seravezza/Massarosa/Bozzano

Train info - Tel. (+39) 892021 - www.trenitalia.it



Viareggio Wharf

Landing place La Madonna

Viareggio Porto S.p.A. tel. 0584 32033

www.viareggio-portospa.it

Capitaneria di Porto tel. 0584 43931



Agenzia per il turismo / Tourist board:

P.zza Mazzini - Palazzo delle Muse
55049 Viareggio
T. +39 0584 48881 - F. +39 0584 47406
E-mail: info@aptversilia.it
www.aptversilia.it

Information office:

Viale Carducci 10 Viareggio
T. +39 0584 962233 - F. +39 0584 47336
E-mail: viareggio@aptversilia.it

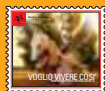
Information desk:

c/o Viareggio railway station
T. +39 0584 46382 - F. +39 0584 430281
E-mail: stazione.vg@aptversilia.it



Provincia di Lucca

Tourism department:
P.zza Napoleone - 55100 Lucca
T. +39 0583 4171
www.turismo.provincia.lucca.it



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