

Colonnata ring

Text by Filippo Brancoli, Photos by Filippo Brancoli and APT archives

Località di partenza:

Regione Toscana, Provincia di Massa-Carrara, Carrara, Frazione Colonnata

Tipo di itinerario:

a piedi

Fondo stradale:

Misto

Difficoltà a piedi:

Escursionistica

Dislivello in salita (m):

400 m

Dislivello in discesa (m):

400 m

Tempo (hh:mm):

3:00

Periodo consigliato:

all seasons. During the winter snow, can make it impossible to complete the route

Cartografia:

Carta dei Sentieri, Alpi Apuane Settentrionali, 1:25,000 published by APT Massa Carrara Tourist Agency Alternatively: Carta dei sentieri e dei rifugi 1:25.000, Alpi Apuane, n.102, Multigraphic.

Segnavia:

red and white CAI signposts

Uffici informazioni:

For further informations on Costa Toscana:
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Accesso al percorso e note:

How to reach Colonnata: by car, on the A12 Genoa-Rosignano motorway, exit at Carrara and follow the signs to Colonnata, about 7 km. away. By bus, use the local bus company CAT. By train, on the Genoa-Livorno as far as Carrara station.

We leave from the centre of the village, piazza Palestro, and follow the steps that climb among the houses. After a few meters we arrive at a drinking fountain where we follow the signs for Cima d'Uomo. When we arrive above the village we keep to the left

TREKKING

ITINERARI E VIAGGI NELLA NATURA



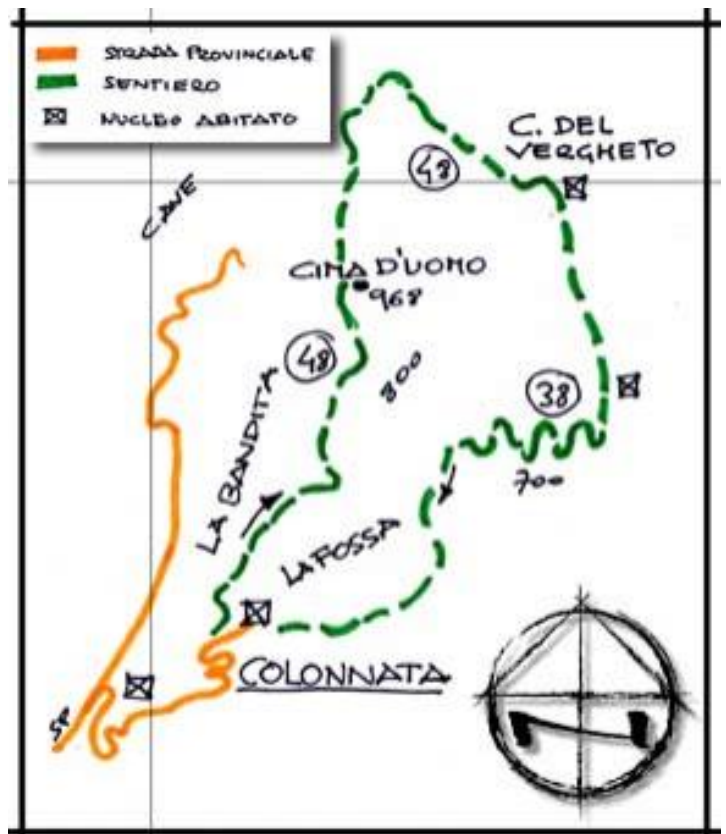
Resting on the slopes of the Apuan Alps, just a short distance from the sea is the village of Colonnata. Famous not only for the production of cured lard in marble containers but also for its vast marble quarries, the village is surrounded by inaccessible peaks where brave men work in the quarries. Just a little way outside the centre is the largest marble quarry of the Roman period in the Apuan area, the Fossacava quarry.



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parallel with an iron parapet. Now we come to a rather difficult part, first over the rocks and then through a pine forest. After the climb we take an easy path that we follow on the right until we come to the detour on the left where we start climbing again. The difficulty is repaid by the view we have of the Maggiore mountains as soon as we look out onto its impressive steep wall. The path continues but is no longer as steep as before. Now we have to tackle the promontory above us, but we do so by cutting across, diagonally, so that it is not so difficult. Once we arrive on the south side of the wall, we climb towards the peak, along the mountain-side that descends, arriving at the top in twenty minutes. We can now see the Cima d'Uomo that waits for us and it only takes a quarter of an hour to reach its summit. Although it is only a modest 968 meters compared with the surrounding mountains, it is in an excellent position from which to admire the inaccessible Apuan peaks. Towards the south east we can easily recognise the



particular shape of the Tambura and all the other peaks that look out towards the sea. If we look north, on the other hand, we see the great marble quarries that embrace Colonnata. From Cima d'Uomo, an ideal place to stop, we start off again, heading towards Monte Maggiore. Here we come to a slight descent and then climb again onto a second small peak. From here we descend, arriving right under the mountain wall. At the base a path starts on the right that enters a small valley and skirts it until it brings us a little further down, on the edge of the wood. We meet a spring and from here we plunge into the shade of trees. We are approaching the village of Vergheto, inhabited once by quarrymen and now almost completely abandoned. We meet some ruined houses before entering it and pass beside one of these before arriving at path 38 which comes from the bottom of the valley. We follow it through Verghetta. Leaving the village, the path splits into two and we must turn right. (If we take the path on the left we will go straight to the end of the path, to a beautiful plateau over a precipice with a view of Colonnata to the right). We start our descent through the chestnut trees, going down a slope and then through a series of bends that wind down to a section with some stone steps and then brings us to another path which we take, again going down. Thus we arrive at a small bridge which we cross and, following the signs on a stone hut, we approach the centre of Colonnata which we find after passing a group of houses.

This itinerary is part of a collection that the magazine "Trekking", together with the APT (Provincial Tourist Authority) of the Tuscan Coast, has dedicated to the most beautiful trekking routes in this area. A series of itineraries that will help you discover lovely places and will introduce you to a district that has great environmental and cultural appeal.