

Equi terme and the hermitage of Saint George

Text and photos by *filippo Brancoli*

Località di partenza:

Regione Toscana, Provincia di Massa-Carrara, Fivizzano, Frazione Equi Terme

Tipo di itinerario:

a piedi

Fondo stradale:

Fuori strada

Difficoltà a piedi:

Escursionistica

Dislivello in salita (m):

650 m

Tempo (hh:mm):

2:30

Periodo consigliato:

all year around although in the winter there may be ice or snow

Cartografia:

APT Massa Carrara - Alpi Apuane Settentrionali - carta dei sentieri, 1:25000

Multigraphic - Alpi Apuane carta dei sentieri e dei rifugi - 1:25000

Segnavia:

red and white and red signposts

Uffici informazioni:

For further informations on Costa Toscana:

www.toscanacosta.it

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Accesso al percorso e note:

How to get to Equi terme: Exit at Aulla on the Cisa motorway, from here proceed in the direction of Fivizzano until you find signs on the right for Equi terme and the Garfagnana at km11. Or from Carrara proceed along the SP 446 as far as Fosdinovo and then along the SP

TREKKING

ITINERARI E VIAGGI NELLA NATURA



The Lunigiana with its green mountains is a delightful environment for trekkers. From its many routes we are suggesting an itinerary which goes from the village of Equi terme, a splendid little place also known for its spa waters and karst phenomena, and climbs up into the woods as far as an old hermitage from which we can see the whole of the valley below.



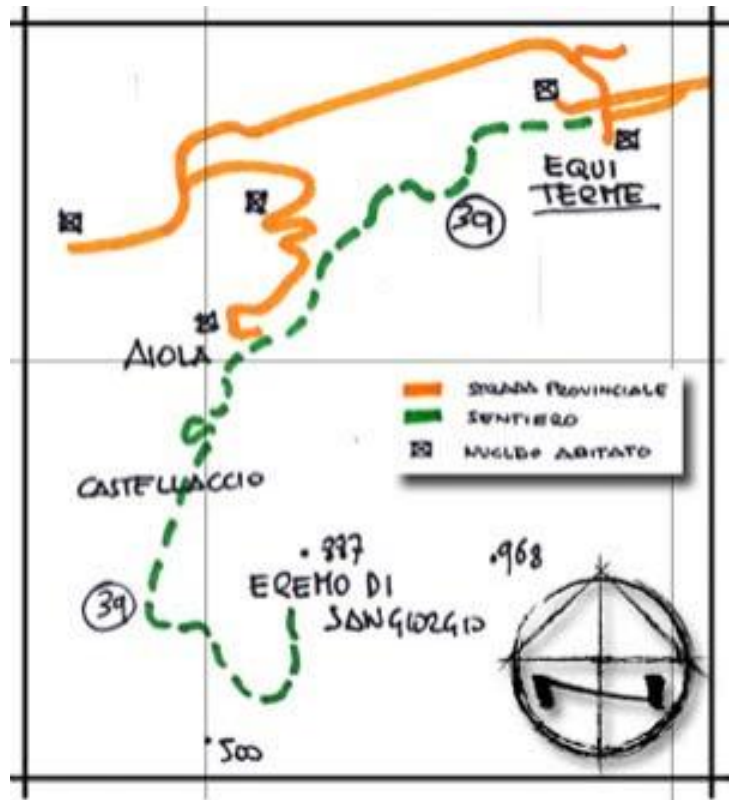
Unione Europea
Fondo Europeo di Sviluppo Regionale

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10 until you see signs. The town is also on the CAT bus route.

At the gates of Equi we find signposts that lead us along a climbing path to the start of the route, in Prada, opposite a house. Here we climb up into the chestnut forest and proceed along a paved mule-track. On our right we can hear the noise of the turbulent waters of the Lucido torrent and we soon reach an area of fir-trees; we have reached the cemetery just outside the village of Aiola which we are approaching on our left. We cross the old village, cross a bridge and pass a washing trough, and then proceed along via Baracca. When we reach the church we go up a flight of steps near the building and we find the mule-track again on our right, just outside the village. We continue, along a series of bends that climb the mountainside. It is very steep but the path is good so we keep a good pace. After about a quarter of an hour we reach a

turn-off for the ruins of Castellaccio where we go straight on, without turning off, still climbing fairly steeply. Above us we see a group of rocks and we pass in the middle of them, walking briefly along the slope that has just appeared. We leave the slope returning to the previous path and go on to tackle another two small rocky promontories that await us. When we arrive here, we walk along the mountain side, through the beech trees that have replaced the chestnut trees, looking over the Vinca valley, cutting across the hillside that is not quite so steep. Twenty minutes later we arrive at a lovely plateau where there is an old stone house with benches where we can sit down and enjoy the magnificent views of the surrounding mountains. Just beyond the house there is a water fountain. At the beginning of this area we see signs pointing towards Saint George's Hermitage and we walk towards it. This is a 400-metre section that first of all descends before arriving at a series of rocks we must climb up before coming out onto a much easier mule-track that leads to the clearing in front of the hermitage. Ruins are all that is left of the building, but in the past it was famous and was an important monastery. It was founded in 1604 which is relatively recent for these ancient places. The view we have from this fascinating place fully rewards our fatigue in reaching it. After our stop we go back to the last turn-off, at the stone house. From here we can reach the village of Vinca, passing the Maestà with the same name, or we can return to Equi along the route we took on the way up.



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.