

# Ring between Stazzema and the Forte dei Marmi Refuge

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## Località di partenza:

Regione Toscana, Provincia di Lucca, Stazzema

## Tipo di itinerario:

a piedi

## Difficoltà a piedi:

Turistica

## Dislivello in salita (m):

335 m

## Dislivello in discesa (m):

335 m

## Tempo (hh:mm):

2:30

## Cartografia:

Alpi Apuane, Alpi Apuane Park, CAI paths and trekking routes. Edizioni Multigraphic, Florence. Scale 1:25000

## Segnavia:

red and white signposts, CAI paths no. 5, 5bis, 6.

## Uffici informazioni:

For further informations on Costa Toscana:  
[www.toscana costa.it](http://www.toscana costa.it)

Maremma Tourist Agency - information Office -

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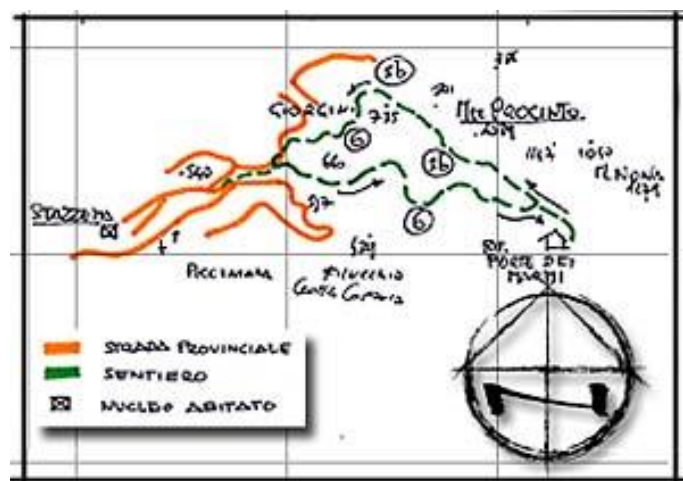
A lovely route passing through the heart of the Apuan Alps that blends the beauties of Versilia with the harsh nature of these mountains, well represented here by Mount Nona with its steep wall and by the Procinto, which, with its completely vertical mass, was believed centuries ago to belong to the devil. We start our route by following the references for paths 5 and 6, with signs for the Callare del Matanna and the Forte dei Marmi refuge. We follow an attractive cobbled path until we arrive at a junction where the paths separate; we follow path 5 to the right, crossing a thick wood. We don't find many

# TREKKING

ITINERARI E VIAGGI NELLA NATURA



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difficulties and only a few branches. Only two sections of the route are equipped with a metal cord to make it easier to walk, but this doesn't cause any problem and no technical skills are necessary. We continue through the wood and just after this the outline of Procinto appears above us with its impressive precipice. We continue, passing a ruined house, and we join two paths that climb up the mountain side; in both cases we join them keeping to the right. In this way we arrive at an old stone building with a small cave, and a welcome fountain in front of it. We find a lot of signs here too; we opt for the refuge which we reach by continuing in the same direction as before, not taking the path up towards the Callare del Matanna at the next junction (something we recommend, however, even if it is not part of our route). Once we reach the refuge, located in a pleasant position with a beautiful view of the Procinto, we can turn back as far as the drinking fountain we just passed and follow path 5 bis as far as the Casa del Pittore. We walk through the wood, leaving behind us two stone houses, finding a very interesting example of how customs change over the years; we see a small ice-house, a real 19th century fridge. Just after this, we arrive at the Casa del Pittore and here we turn left to start our descent with the help of metal cables: this too is just a kind offer from those who look after the path and not a technical difficulty. Soon we arrive on the other side, with the direct road on the right that leads to the base of Procinto. We, on the other hand, go in the opposite direction to tackle a descent with a parallel fence which we then leave to continue going down. We pass Casa Giorgini and come out onto a good road that we cross to continue in the shade of the wood, and descend further. Now we reach a small sanctuary dedicated to the Madonna and turning right we face the last part of our route. In about ten minutes we return to the junction we found at the beginning, when we decided to follow path 5 instead of 6. Before arriving here, however, just after the tabernacle, we must take care not to miss the detour on the right.

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.



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