

# from the Carrara refuge to the mouth of the Pianza and piazzale dell'Uccelliera

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Brancoli and APT archives

## Località di partenza:

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

## Tipo di itinerario:

a piedi

## Fondo stradale:

Fuori strada

## Difficoltà a piedi:

Turistica

## Dislivello in salita (m):

150 m

## Dislivello in discesa (m):

150 m

## Tempo (hh:mm):

1:30

## Periodo consigliato:

all seasons

## 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-white signposts, paths 173, 39, 182

## Uffici informazioni:

For further informations on Costa Toscana:

[www.toscanacosta.it](http://www.toscanacosta.it)

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# TREKKING

ITINERARI E VIAGGI NELLA NATURA



A lovely itinerary which, from the splendid base of the Carrara refuge, arrives close to the marble quarries of Mount Sagro, in one of the most inaccessible and suggestive environments of the Apuan Alps. The scenery has spectacular views over the whole stretch of the Tyrrhenian Sea, and is characterised by sharp peaks and quarries that seem to balance on the mountainsides.



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Fondo Europeo di Sviluppo Regionale

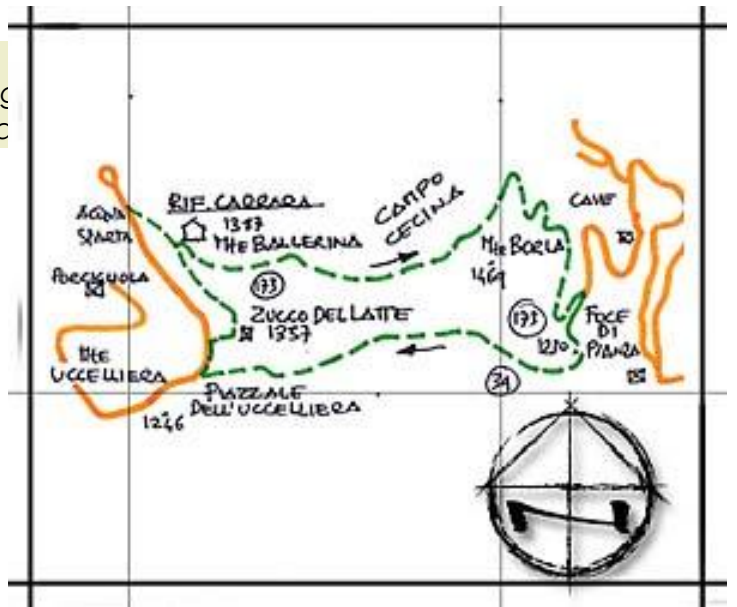
# www.trekking.it

### Accesso al percorso e note:

Departure and arrival place: the CAI Carrara refuge  
Carrara following the signs for Garagnana and Cc

We start by following path 173 that winds through the woods to the right of the refuge. We go on, climbing gently, passing a small church and arrive immediately at one of the most panoramic points of these mountains, on the plateau from which we can see the Tyrrhenian coast, divided between Tuscany and Liguria. Following the signs on the ground we cross this area and head for the woods in front of us. After a steep climb we continue along the northern slope with our gaze drawn to the vertical mass of Pizzo d'Uccello. We have to walk around the hill we started to climb in order to reach the south slope; this we do without any great differences in level, and proceed half way up the hill. After this easy section we arrive in front of the majestic Mount Sagro. This sight is very impressive, we are in the heart of the Apuan Alps, in wild, bleak karstic scenery in which they still extract the precious marble. From here we descend to reach the quarry area, walking around the mountain and arriving in sight of the southern side of the valley that opens onto the coast. We continue parallel to the road beneath us; this is a road that was only recently opened and that has made it possible to transport blocks of marble on trucks straight to Carrara without having to use the marble-transporting tracks, or after this the cable car, that used to go as far as Vinca. We soon reach a metal shed where there is a list of the paths in the area. We gaze back the way we came and see the rocky peak of Mount Borla, that, in its own small way, has all the features of these very steep, inaccessible peaks. From this point we descend the road, into Foce di Pianza, where, after passing through the rocks, we follow the main road that looks out over the valley towards the coast. Beneath us the scenery is almost unreal: marble quarries clinging to the mountains, very steep marble-transporting tracks and a long series of sharp peaks that contrast with the gentle scenery of the nearby coast. It was in these very places that Michelangelo selected the marble for his works such as the Tomb of Julius II and the Pietà.

We go on without turning off this marble road that winds along the side of the mountain bringing us to Piazzale dell'Uccelliera. Just before we get there we see a beautiful group of sculptures dedicated to the quarryman on which some of the poems that pay homage to these beautiful places are written. From the big square we continue along a short section of road that leads to our departure place, leaving it to follow the path that climbs up to the wood and, after returning in sight of the square, continues as far as the church which we passed on our way up. From here we reach our starting point.



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.