

# the Carrara refuge and Foce Pozzi

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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):

200 m

## Dislivello in discesa (m):

200 m

## Tempo (hh:mm):

2:00

## 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 signs, paths 183, 174, 171

## Uffici informazioni:

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

Ufficio Informazioni Sede di Marina di Carrara  
(Information Office Marina di Carrara Branch)  
Tel. 0585 632519

Ufficio Informazioni Sede di Cinquale  
(Information Office Cinquale Branch) Tel. 0585  
808751

[www.aptmassacarrara.it](http://www.aptmassacarrara.it)  
[info@aptmassacarrara.it](mailto:info@aptmassacarrara.it)

## Accesso al percorso e note:

Departure and arrival place: the CAI Carrara  
refuge situated in Campo Cecina, 1320 m. We  
get there from Carrara following the signs for  
Gragnana and Castelpoggio, along the SS. 446  
towards Fosdinovo.

We start from the square where the asphalt road is interrupted and  
where the signs on the right point to the CAI Carrara refuge,

# TREKKING

ITINERARI E VIAGGI NELLA NATURA



A route that develops almost entirely  
in the shade of beech trees along an  
easy path that looks over the sheer,  
steep Apuan peaks in this area.  
Enormous steep walls, rocky peaks  
and marble quarries are all around  
us, giving us the idea of the wild  
strength of these places.



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located at campo Cecina. We pass a spring and take a paved path that leads to the woods. We pass a house and arrive at a turn-off that climbs towards the refuge, between a wooden fence. Once we arrive at the structure, we keep to the left to enter a thick beech wood. We go on without having to climb until we find a clear turn-off on the right, that we take for a short distance in the same direction as we came.

After a short while we leave the path, turning left. We can see the signs for route 183. Just after this we pass a grassy clearing from where we get a view of the surrounding mountains and continue until we arrive at the next clearing where we go straight on. Then we walk through the vegetation arriving half-way up the hill, with alternating woody sections and short sections out in the open, until we arrive, after about twenty minutes, at a splendid natural belvedere that looks onto the impressive peak of Pizzo d'Uccello and from where we can follow the development of the whole Nattapiana ridge, which climbs steeply toward the peak. The countryside around us is typically alpine, distinguishing the Apuans from any other area. We continue with this great panorama and descend until we reach a small promontory that we keep on our left. Now we head for the marine side for a short time, passing a deep natural well and, still following the path, we arrive at Foce Pozzi. Here we find signs for the mouth of the Cardeto, and we continue in this direction following route 174. For us this is the link we take to reach our way home.

During this walk, the isolated conical peak of Torre di Monzone appears before us. As soon as we see the Torre, we notice a turn-off, with signs for paths 171 and 40, and we go on to climb towards the woods. The path divides and we opt for the steeper one on the left. After a few meters we reach a shoulder from where we can see the western slope, hidden until now. We go on, again, along the main path passing a huge rock with some small caves and, going up and down, we reach a hairpin bend on the left, near another steep valley. Our route passes between two buildings and comes out on a hillock with lots of crops and some houses. We climb again diagonally and reach the end of the square where we find some marble sculptures. We cross the square and arrive at our departure 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.

