

DA RIFUGIO A RIFUGIO

CREDITI

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CARTOGRAPHY

National Park of the Casentino Forests Hiking Map, Scale 1:25.000.
5th edition. S.E.L.C.A./Gruppo Dream.

DESIGN AND LAYOUT

Studio DBgrafica - Pratovecchio (AR)

PHOTOS

Agostini N. • inner pages rings 1, 2, 4, 5, 7; cover rings 1, 2, 5
Alberti D. • inner pages ring 6
Bardi F. • inner pages rings 2, 4
Giacomini G. • inner pages rings 3, 6, 7, 8; cover rings 3, 7
Guermanti T. • inner pages ring 4; cover ring 4
Locatelli F. • cover ring 6
Liverani F. • inner pages rings 7, 8; cover ring 8
Rimondi R. • Slipcase cover
Sauli R. • inner pages rings 1, 3, 5

For information and further details on the ring routes
and the recommended hikes, visit the "From Shelter to Shelter"
section on the www.parcforestecasentinesi.it



DBgrafica • Foto di copertina Francesco Lemma

DA RIFUGIO A RIFUGIO

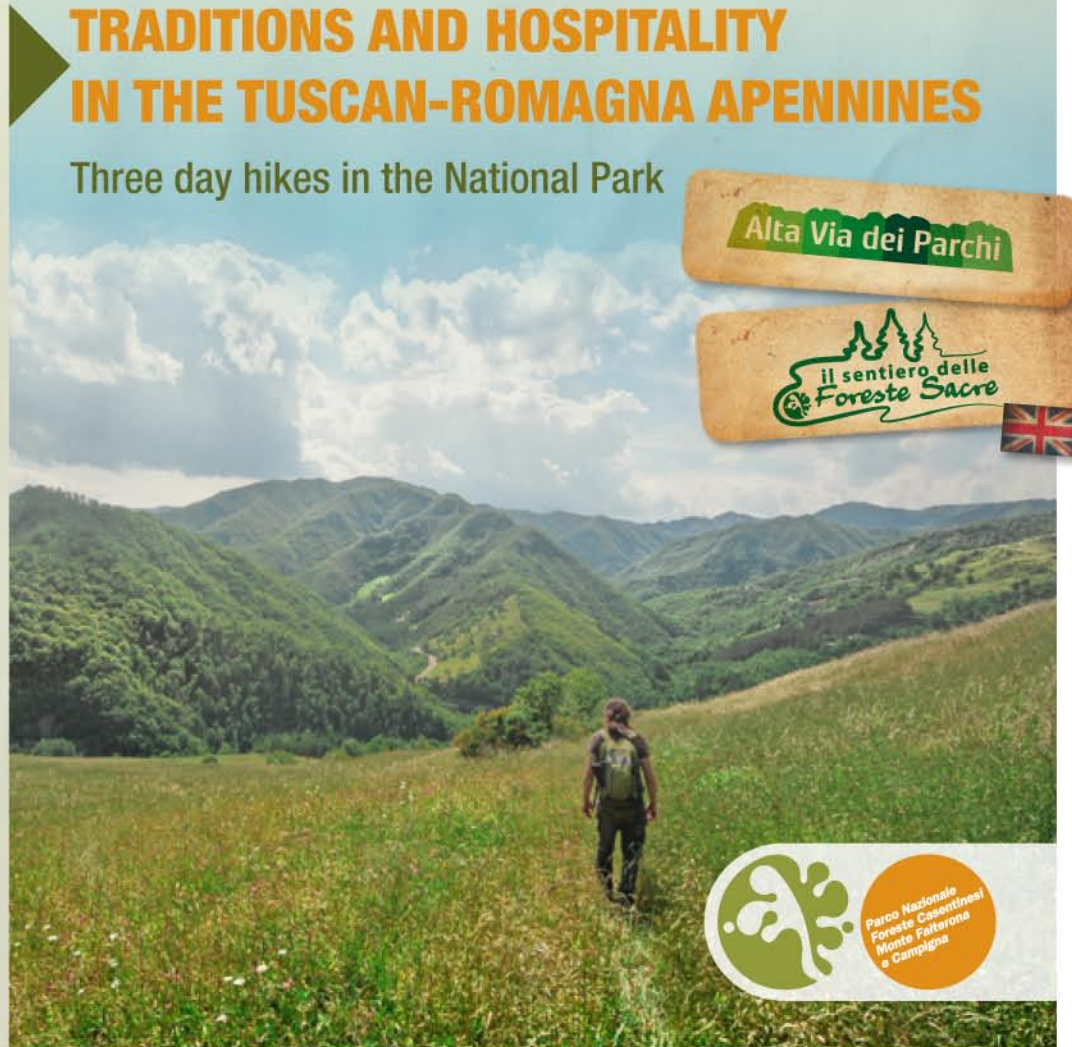
From Shelter to Shelter

TRADITIONS AND HOSPITALITY IN THE TUSCAN-ROMAGNA APENNINES

Three day hikes in the National Park

Alta Via dei Parchi

il sentiero delle
Foreste Sacre



DA RIFUGIO A RIFUGIO

The travel rings offered in this simple guide originate as an answer to a question that is asked increasingly often: how can I visit the Park over a weekend, and which routes should I choose? While in recent times more and more people are seeking "slow" experiences, the best choice is always to pick up your backpack and boots and go for a journey on foot, even if it's short. These itineraries offer the possibility to carry out a three-day dive into wild environments and thousand-year old forests, a unique opportunity to discover the park's nature and the people who live and work with passion within. To this end, the itineraries are structured to enhance the existing tourism and accommodation structures. As a matter of fact, the choice of waypoints has privileged managed structures, located within the boundaries of the Protected Area or on

the route of the Alta Via dei Parchi, representing a fundamental defence for those who visit these mountains, and without which projects like these would not be possible. Special attention has also been paid to mobility, favouring starting points which can comfortably be reached using public transport. The choice of ring routes has therefore followed a logical judgement, in an attempt to allow hikers to discover a number of historical and naturalistic contingencies offered by the National Park: from di Ponte and the San Benedetto alp to the extreme north-west of the protected area, passing through Monte Falco, Monte Falterona, and the Forest of Campigna, in the heart of the Park, also approaching the lake of Ridracoli and the wonderful pastures of S. Paolo in Alpe, until reaching the Hermitage of Camaldoli and the Sanctuary of the Verna.

THE RING ROUTE

1 ACQUACHETA AND ALTO TRAMAZZO

2 ANCIENT PATHS OF BIDENTE DELLE CELLE

3 A ROUTE WITHIN THE HEART OF THE PARK

4 VIA ROMEA AND THE VALLEY OF ARCHIANO

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9 ACQUACHETA AND ALTO MONTONE

10 WILD VALLEYS BETWEEN RABBI AND MONTONE

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IL SENTIERO DELLE FORESTE SACRE
ALTA VIA DEI PARCHI



THE 11 RING ROUTES		LENGTH	UPHILL HEIGHT	TIME
1 • ACQUACHETA AND ALTO TRAMAZZO				
FIRST DAY: S. Benedetto in Alpe - Eremo dei Toschi	11 km	550 m	5 hours	
SECOND DAY: Eremo dei Toschi - Lago di Ponte	15 km	650 m	6 hours	
THIRD DAY: Lago di Ponte - Eremo dei Toschi	8 km	400 m	4 hours	
DIFFERENCE 3 				
2 • ANCIENT PATHS OF BIDENTE DELLE CELLE				
FIRST DAY: Corniolo - Le Fontanelle	11 km	900 m	5,5 hours	
SECOND DAY: Le Fontanelle - Campigna	12 km	300 m	4 hours	
THIRD DAY: Campigna - Corniolo	7 km	50 m	2,5 hours	
DIFFERENCE 2 				
3 • A ROUTE WITHIN THE HEART OF THE PARK				
FIRST DAY: Campigna - Cà di Sopra	17 km	700 m	6,5 hours	
SECOND DAY: Cà di Sopra - Badia Prataglia	14 km	700 m	6 hours	
THIRD DAY: Badia Prataglia - Campigna	15 km	1.000 m	7 hours	
DIFFERENCE 5 				
4 • VIA ROMEA AND THE VALLEY OF ARCHIANO				
FIRST DAY: Bagno di Romagna - Podere Santicchio	14 km	950 m	6 hours	
SECOND DAY: Podere Santicchio - Badia Prataglia	8 km	500 m	4 hours	
THIRD DAY: Badia Prataglia - Bagno di Romagna	10 km	400 m	5 hours	
DIFFERENCE 4 				
5 • FALTERONA AND THE FOREST OF CAMPIGNA				
FIRST DAY: Castagno d'Andrea - La Burraia	9 km	500 m	4,5 hours	
SECOND DAY: La Burraia - Campigna	10 km	450 m	4,5 hours	
THIRD DAY: Campigna - Castagno d'Andrea	8 km	400 m	4 hours	
DIFFERENCE 2 				
6 • LANDS OF THE MONKS AND OF THE GRAND DUKE				
FIRST DAY: Eremo di Camaldoli - La Burraia	11 km	650 m	5,5 hours	
SECOND DAY: La Burraia - La Chiusa	8 km	150 m	4 hours	
THIRD DAY: La Chiusa - Eremo di Camaldoli	13 km	750 m	6 hours	
DIFFERENCE 3 				
7 • THE THOUSAND-YEAR FOREST OF CAMALDOLI				
FIRST DAY: Moggiona - Badia Prataglia	17 km	950 m	7 hours	
SECOND DAY: Badia Prataglia - Asqua	17 km	850 m	7 hours	
THIRD DAY: Asqua - Moggiona	13 km	150 m	4 hours	
DIFFERENCE 5 				
8 • VERNA AND VALLESANTA				
FIRST DAY: Badia Prataglia - Podere Santicchio	16 km	800 m	6,5 hours	
SECOND DAY: Podere Santicchio - La Verna	18 km	800 m	7 hours	
THIRD DAY: Podere Santicchio - Badia Prataglia	9 km	350 m	3,5 hours	
DIFFERENCE 4 				
9 • ACQUACHETA AND ALTO MONTONE				
FIRST DAY: Casa Ponte - Eremo dei Toschi	16 km	950 m	6 hours	
SECOND DAY: Eremo dei Toschi - San Benedetto	19 km	600 m	7 hours	
THIRD DAY: San Benedetto - Casa Ponte	17 km	900 m	6,5 hours	
DIFFERENCE 5 				
10 • WILD VALLEYS BETWEEN RABBI AND MONTONE				
FIRST DAY: Premilcuore - Pian di Rocchi	11 km	700 m	4 hours	
SECOND DAY: Pian di Rocchi - San Benedetto	17 km	900 m	7 hours	
THIRD DAY: San Benedetto - Premilcuore	16 km	700 m	6 hours	
DIFFERENCE 4 				
11 • SOLITARY PLAINS IN THE VALLEY OF BIDENTE				
FIRST DAY: Corniolo - Pian di Rocchi	12 km	600 m	5 hours	
SECOND DAY: Pian di Rocchi - Campigna	18 km	600 m	7 hours	
THIRD DAY: Campigna - Corniolo	14 km	980 m	6 hours	
DIFFERENCE 3 				

IL SENTIERO DELLE FORESTE SACRE STAGES AND HIKING TIME	KM	TIME
1st day > LAGO DI PONTE - SAN BENEDETTO IN ALPE	8,5	3-4 hours
2nd day > SAN BENEDETTO IN ALPE - CASTAGNO D'ANDREA	20,5	7 hours
3rd day > CASTAGNO D'ANDREA - LA BURRAIA	12	5-6 hours
4th day > LA BURRAIA - MONASTERO DI CAMALDOLI	13	5-6 hours
5th day > MONASTERO DI CAMALDOLI - BADIA PRATAGLIA	13	4-5 hours
6th day > BADIA PRATAGLIA - RIMBOCCHI	16	5-6 hours
7th day > RIMBOCCHI - LA VERNA	7	3-4 hours

SUGGESTED ITINERARIES

As in other guides coordinated by the National Park, here too we will find an inevitable margin of subjectivity in the indication of the difficulty of the suggested ring routes, which we have chosen to indicate with a symbol (from one to five boots) in uniformity with other guides, evaluated taking a number of factors into account. Regarding the journey times, we have tried to consider a hypothetical average walker, not considering long or short stops in our calculation. It would not therefore be surprising if a particularly trained hiker will be able to reduce these times or if, on the other hand, at the end of the day these times will end up being longer. Especially in the case of more demanding ring routes, we therefore recommend a careful evaluation of the weather conditions and of the eventual presence of snow along the route, all factors which will inevitably make the hike more challenging. While referring to the hiker's passport for some simple precautions and rules of safety, we recommend to read the information contained within this simple guide carefully, and to integrate it with those found in the "From Shelter to Shelter" section of the www.parcocforestecasentinesi.it website, so as to properly study the itineraries before departure.

EMERGENCIES

SAST - SOCCORSO ALPINO SPELEOLOGICO TOSCANO (Tuscan Alpine Speleological Aid)

- Stazione Monte Falterona - Mugello
- Stazione Casentino - Valtiberina

SAER - SOCCORSO ALPINO SPELEOLOGICO EMILIA ROMAGNA (Emilia Romagna Alpine Speleological Aid)

- Stazione Monte Falco

MAIN EMERGENCY NUMBER 112

HEALTH EMERGENCY 118

FORESTRY CARABINIERI

*Coordinamento Territoriale Carabinieri per l'Ambiente
Territorial Carabinieri Commission for the Environment*

Pratovecchio - Tel. 0575.582706

Santa Sofia - Tel. 0543.970769

FORESTRY CARABINIERI

Ufficio Territoriale Carabinieri per la Biodiversità di Pratovecchio

Carabinieri Territorial Office for Biodiversity of Pratovecchio

Tel. 0575.583763 - 0575.582504

Respect the biodiversity of the park and of the territory you are visiting, and avoid leaving the path unnecessarily: remember you are inside a National Park!

THE HIKER'S PASSPORT

The suggested ring routes, designed as part of the "Multi-purpose rural touristic itineraries of Emilia Romagna" inter-territorial cooperation project, are associated with a hiker's passport. Request yours before engaging the suggested ring routes: in addition to being customisable by adding your data and picture, it will allow you to request the stamp of the facilities where you will stay! Remember to carefully follow the indications on safety and respect for nature that you will find within, to best enjoy your three days of hiking and your two overnight stays, certain of a warm welcome upon arrival at the facilities involved.



Departure and arrival:

S. Benedetto in Alpe

Public transport:

LINE 127 departing from Forlì (Start Romagna)

Support facilities:

Agriturismo Eremo dei Toschi and Rifugio Casa Ponte

Difficulty: 3



First day:

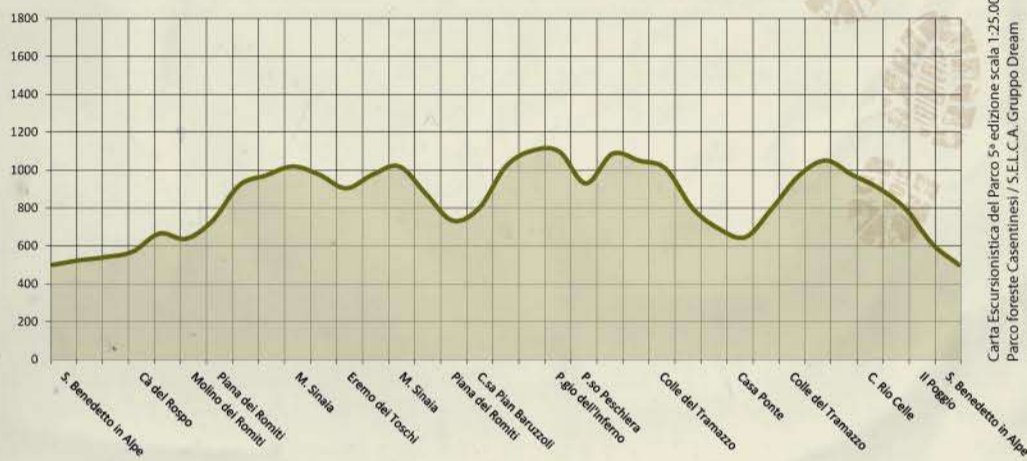
5 hours, 11 km length, 550 m uphill height difference, 200 m downhill

Second day:

6 hours, 15 km length, 650 m uphill height difference, 1000 m downhill

Third day:

4 hours, 8 km length, 400 m uphill height difference, 550 m downhill



Acquacheta and Alto Tramazzo



A three-day hike along the valley of Acquacheta and the high valley of Tramazzo, leading to the famous waterfall mentioned by Dante in the 16th canto of the Inferno, through old farms, some of which are still inhabited today, and ancient mills, a sign of the past presence of mankind.

ring route 1



1 • Acquacheta and Alto Tramazzo

FIRST LEG > From S. Benedetto in Alpe you reach the entrance to the Nature Trail of Acquacheta, close to the rest area located just uphill of the village, at the beginning of the road to Tredozio. The first part of the route follows the path of the Nature Trail, leading to the famous waterfall mentioned by Dante in the 16th canto of the Inferno. The hike will then be pleasantly accompanied by instructive panels, illustrating the main features of the valley, an interesting chance for improving one's knowledge. Proceeding gently up path 407, we soon come into the Ca' del Rospo bivouac, and further along the ancient Mulino dei Romiti, evidence of a past settlement on the valley. The path will now climb up to the vantage point, where one may admire the waterfall and, proceeding further, the smaller but no less fascinating waterfall of Torrente Lavane.

From here, one last uphill trek leads to Piana dei Romiti, a beautiful plateau surrounded by steep slopes at the foot of Monte Lavane, owing its shape to the ancient presence of a lake which had originated due to a landslide. These and other events seem to explain the current flow of the Acquacheta and the jump taken by the stream in the vicinity of the fall, for over 70 metres. Increasing the location's grandeur, we must point out the ancient presence of a hermitage founded by the Monks of the Abbey of San Benedetto precisely here.

After Romiti, our route continues initially along path 407 and then, after crossing the stream, along path 409 allowing to gain altitude until reaching Balze Trafossi and M. di Londa. A little further, upon reaching the forest road, take the road to the right along path 419 until the junction at Il Crocione. Here we finally descend to the Leg Destination, visible to the left in a spectacular historical and naturalistic scenery: the Hermitage of Toschi or Hermitage of Santa Maria.

SECOND LEG > On the second day the forest road from the previous day will need to be retraced in the opposite direction until the junction with path 411A. In this case the descent towards Piana dei Romiti follows a stretch of forest road and path 411, until once again reaching Romiti and the Lavane waterfall. Upon reaching the vantage point of the Acquacheta waterfall, take path 429 to the left, initially ascending gently and then with rather steep sections until Poggio dell'Inferno. The effort will however be soothed by the wonderful view of wide pastures, enjoyable on both sides of the path, and of the ridge leading from Monte Lavane to Passo Peschiera. After passing Poggio dell'Inferno, the pass is reached continuing to the right along the forest road signposted 555. From Passo Peschiera we continue on path 555, leading us up the ridge between the Montone basin and the Lamone basin, where we can admire the Hermitage of Gamogna, not far from these locations, and the upper valley of Torrente Acerreta.

Then, upon reaching Cozzo del Diavolo, descend towards the forest road of Tramazzo along path 553 and continue towards M. Collina until reaching Poggio Gurioli. From here, take path 561 which leads to the Nature Trail of Lago di Ponte and the second Leg Destination of our ring route, Rifugio Casa Ponte.

THIRD LEG > On the third day we will have to walk back up to Colla del Tramazzo, once again through part of the Nature Trail. Upon reaching the forest road marked with signpost 553, proceed once again towards M. Collina, but turning to the right onto path 415 after a few hundred metres, taking us along a pleasant descent straight towards the starting point of the ring route. Initially plunged in the shade of the beech trees, the path soon opens up giving us splendid views of the hills of S. Benedetto in Alpe. Continuing until almost at the road, we turn to the left arriving directly within the most ancient centre of S. Benedetto, the Poggio, which encloses the remains of one of the oldest Benedictine abbeys, founded around the year one thousand by Saint Romualdo, founder of the Camaldolese order. After a visit to the church and the ancient crypt, walk down to the lower end of the village and, from here, back to the starting point.

FIRST NIGHT

Agriturismo Eremo dei Toschi or Eremo di Santa Maria

Loc. Eremo, 58
50060 San Godenzo (FI) - Tuscany
Phone 340.3258726
sebula@lamiainmail.net • www.parks.it/loc/eremo.dei.toschi
House pets welcome.

SECOND NIGHT

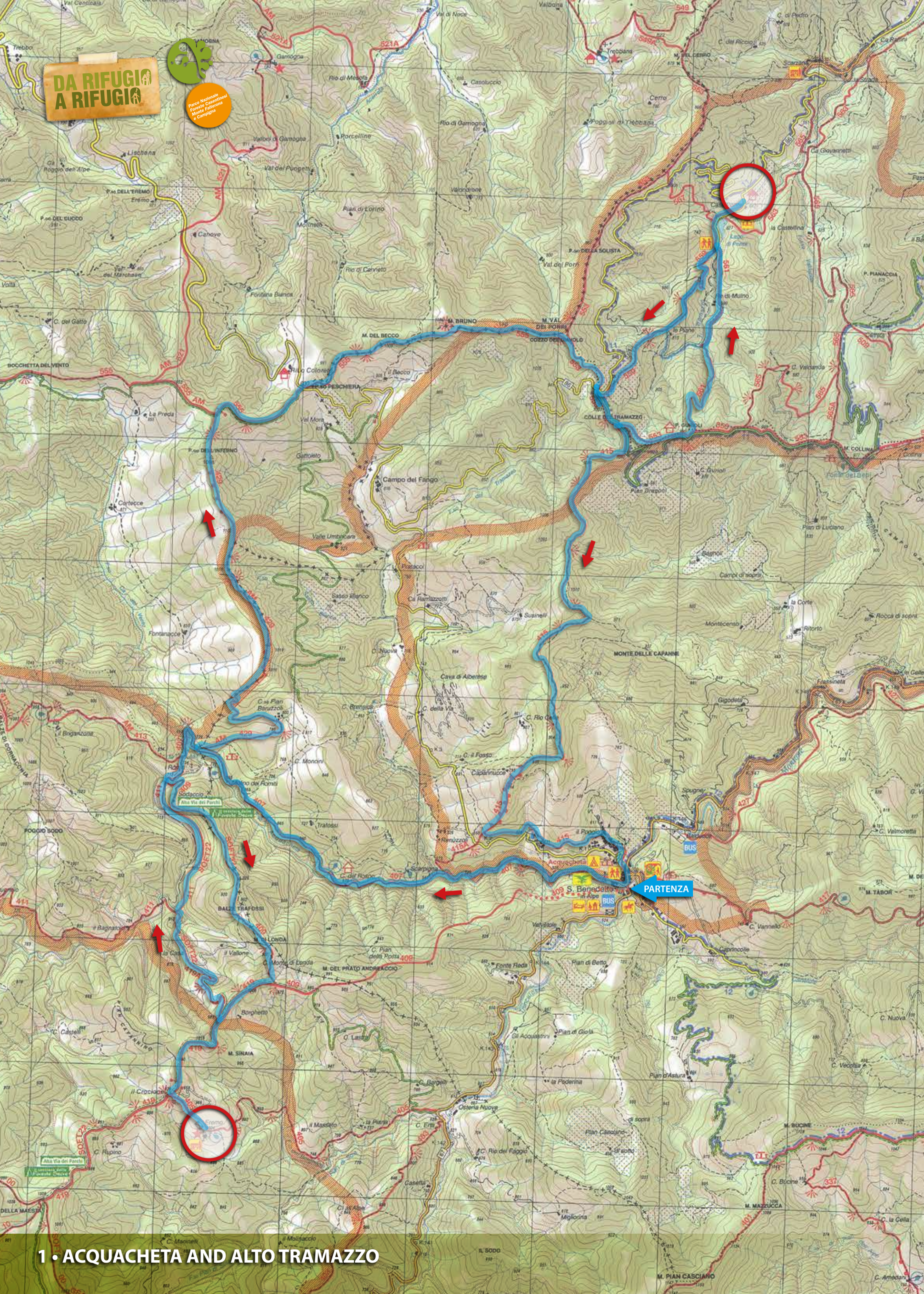
Rifugio Casa Ponte

Loc. Lago di Ponte
47019 Tredozio (FC) - Emilia-Romagna
Phone 3922155096 • casapontetredozio@libero.it
House pets welcome.



**DA RIFUGIO
A RIFUGIO**

Parco Nazionale
Foreste Casentinesi
Monte Falterona
e Cimino



1 • ACQUACHETA AND ALTO TRAMAZZO

Departure and arrival:

Corniolo

Public transport:

LINE 132 departing from Forlì (Start Romagna)

Support facilities:

Rifugio Le Fontanelle and Campigna
(Agriturismo Poderone, Albergo Lo Scoiattolo)

Difficulty: 2



First day:

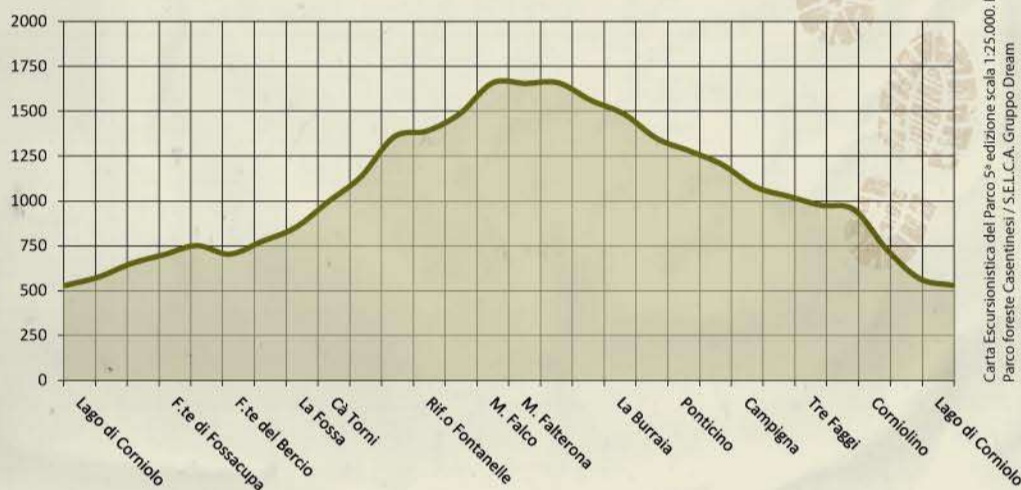
5.5 hours, 11 km length, 900 m uphill height difference, 50 m downhill

Second day:

4 hours, 12 km length, 300 m uphill height difference, 700 m downhill

Third day:

2,5 hours, 7 km length, 50 m uphill height difference, 550 m downhill



Ancient paths of Bidente delle Celle



A simple ring route around one of the wildest valleys in the Protected Area, Bidente delle Celle, heading up towards the famous Ripe Toscane and the Fosso del Satanasso, to reach the peaks of Monte Falco and Monte Falterona, to then descend into the beautiful Forest of Campigna and to the Corniolino Castle.

ring route 2



2 • Ancient paths of Bidente delle Celle

FIRST LEG > This simple ring route around the Bidente delle Celle valley starts from Lago, a hamlet located near Corniolo, a small village in the upper Bidente valley. Upon reaching the gate, we head into a dirt road on the right, just before the bridge on the main road, and keeping to the left we will soon reach the barrier where our hike begins. Past the gate, continue for about 600 metres along the white road until the beginning of path 261, marked on the right with a sign.

From here, the path begins to climb up along the slope and, past the ruins of an ancient house, to the left the ruins of the Corniolino Castle will be visible on the opposite side, a landmark which will be encountered again at the end of our ring route. Past the Fonte di Fossacupa begin the famous "Ripe Toscane", a succession of rocky coasts overlooking the Fosso delle Celle, which along this stretch of the path displays its beautiful course with recessed meanders.

Heading forward, we come across the Fonte del Bercio where, close to the town of Le Celle, a steep path leads us to La Fossa, a small but characteristic unit of houses which is still in good conditions. Continuing on the left we come to a further crossroad, where a short detour from our route allows to reach Pian del Grado, a beautiful formerly inhabited village in the upper Bidente valley. Retracing our steps, path 261 begins its slow but continuous ascent towards Pian delle Fontanelle, through pastures and the ancient settlements of Cà Porcini and Cà Torni. Path 261 then joins path 301, heading upwards once again until reaching Costa Poggio Corsoio and the forest road, which quickly leads us to Rifugio le Fontanelle, the first stop of this ring route.

SECOND LEG > Despite being relatively short, the second day's hike leads us early in the morning to the summit of Monte Falco, along the route of the OO through Pian delle Fontanelle, Poggio Piancancelli and Fonte di Sodo dei Conti, where the now familiar Bidente delle Celle originates. Upon reaching the ridge, we continue to the right finally abandoning the beech forest which had accompanied us from the start, arriving to the prairies and blueberry shrublands of M. Falco, where some signs indicate the presence of an integral reserve due to the presence of rare arctic-alpine botanical species. From M. Falco, the highest peak of the Park with its 1658 m, we then continue towards M. Falterona, which is more well-known but only four metres lower.

Going back on our footsteps, we now descend once again to Sodo dei Conti and here, continuing along the OO, we quickly reach the beautiful meadows of Burraia. From these meadows we turn to the left on path 253 until, after crossing a paved road, we reach the junction at Il Ponticino. From here we can quickly descend towards Campigna, continuing along a stretch of the Nature Trail. Immersed in the beautiful thousand-year old fir woods, skirting the evocative Fosso Abetio, populated with its characteristic red wood ant nests, we then reach Campigna, where we can spend the night at Albergo Lo Scoiattolo. If the leg end point is instead Agriturismo Il Poderone, we recommend to continue from the Ponticino, initially on path 253 and then 258 towards Poggio Palaio, from which one may descend directly into the structure.

THIRD LEG > On the third day we take path 259 from Campigna until we reach Colle Tre Faggi, from which we can walk gently upwards until M. della Maestà, along the watershed between Bidente delle Celle and Bidente di Campigna. From here we then descend to Castello del Corniolino, which has been in sight ever since the first day. From the ruins of the ancient castle, which belonged to the family of the Guidi Counts and was abandoned in the fifteenth century, the path leads us through the Corniolino and onto Provincial Road 4, which we need to walk for a few hundred metres until we reach Lago, the departure and arrival point of our ring route.

FIRST NIGHT

Rifugio Le Fontanelle

Località Piancancelli - Castagno d'Andrea
50060 San Godenzo (FI) - Tuscany
Cell phone: 338.3269011
E-mail: info@rifugiofontanelle.it
Website: www.rifugiofontanelle.it
House pets welcome

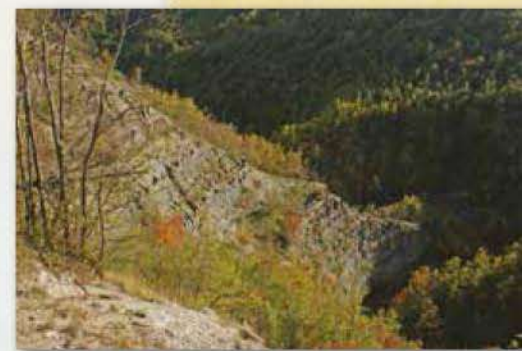
SECOND NIGHT

Albergo Lo Scoiattolo

Via centro, 7 - Campigna
47018 Santa Sofia (FC) - Emilia-Romagna
Tel: 0543.980052
Fax: 0543/980103
Cell phone: 347.4578239
albscoiattolo@hotmail.com
www.albergoloscoiattolo.it

Agriturismo Poderone

Via Poderone, 64 - Campigna
47018 Santa Sofia (FC) - Emilia-Romagna
Tel: 0543.980069 - 0543.970498
Cell phone: 349 1253276
Fax: 0543/980069
poderone@parks.it
www.poderone.it
Free Wi-Fi available.



Parco Nazionale
Foreste Casentinesi
Monte Falterona
e Campigna

DA RIFUGIO
A RIFUGIO



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PARTENZA



2 • ANCIENT PATHS OF BIDENTE DELLE CELLE

RISERVA NATURALE INT.

Departure and arrival:
Campigna

Public transport:
LINE 132 departing from Forlì (Start Romagna)

Support facilities:
Rifugio Cà di Sopra and Badia Prataglia (Rifugio Escursionistico Casanova, Locanda Carbonile, Albergo Giardino, Hotel Boscoverde, Albergo La Foresta, Residence Vittoria)

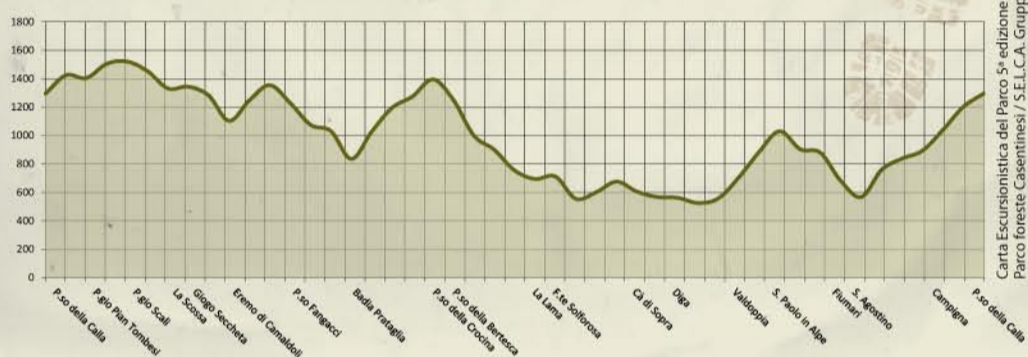
Difficulty: 5



First day:
7 hours, 16 km length, 500 m uphill height difference, 1200 m downhill

Second day:
6.5 hours, 14 km length, 850 m uphill height difference, 850 m downhill

Third day:
7 hours, 15 km length, 950 m uphill height difference, 500 m downhill



A route within the heart of the Park

DA RIFUGIO
A RIFUGIO



A challenging ring route for well-trained hikers, it is perhaps the most complete one and it allows us to cross some of the areas of greatest naturalistic interest within the National Park, as well as certain unique locations for their historical and religious importance: from the Hermitage of Camaldoli, passing through the magnificent Lama Forest, reaching the Ridracoli Dam and the evocative plateau of S. Paolo in Alpe.

ring route 3



3 • A route within the heart of the Park

FIRST LEG > The departure of the ring route is from the town of Campigna: from here, path 2047 leads us uphill towards Passo della Calla, where the 00 route begins with its classic crossing that reaches the Hermitage of Camaldoli passing through La Grogana, a name that recalls the silver fir log transport activity in the Casentino Forests, which was once carried out using yoked ("aggiogato") oxen. The first part of the route proceeds gently uphill, skirting the Integral Reserve of Sasso Fratino, the first integral reserve established in Italy in 1959, and leads us to Poggio Scali, an authentic panoramic terrace where we can admire the eroded and tormented landscape of the side of the Park that lies in the Romagna region, compared with the sweet and tree-filled Tuscan side. From Poggio Scali the path descends until Fonte del Porcareccio and La Scossa, then proceeding slightly uphill towards Giogo Seccheta. Having reached Prato Bertone, a detour to the right on path 68 allows us to reach the Hermitage of Camaldoli. From the Hermitage we then continue upwards on route 00, through path 74, in correspondence with Prato alla Penna, from which we continue until we reach Rifugio dei Fangacci. Here we can point out the possibility of a short detour towards the peak of Monte Penna, where we can enjoy a view of rare beauty over the Lama forest. Back at Fangacci, we finally begin our descent towards Badia Prataglia, along part of the Nature Trail and through path 84 until reaching the centre of the village, where each one can choose the best structure according to their needs. If Rifugio Casanova is chosen, we recommend taking path 72 directly from Il Capanno.

SECOND LEG > The following day we begin our slow ascent towards Passo della Crocina, through path 60, and after Campo dell'Agio, continuing on path 64, we soon come into Buca delle Fate, one of the most important natural caverns in the Park, a place of considerable naturalistic and geological interest. From Passo della Crocina we continue along path 2017 until Passo della Bertesca, where we begin to dive into Lama Forest, then taking a detour to the left on path 223, which follows the Fosso dei Forconali and allows us to reach the Lama plateau and to cross some of the most beautiful stretches of forest in the National Park. As an alternative, we can suggest the possibility of retracing our steps from Badia Prataglia to Passo dei Fangacci. From here we can take path 227 (and later 229), which descends along the steep and demanding Fosso degli Scalandrini, one of the three ditches that flow into the Lama. Path 227, perhaps even more inspiring than path 223, is however recommended only for experienced hikers, due to the presence of natural rock steps and notable downhill height difference. After the Lama, a beautiful marshy plateau of great historical and naturalistic interest surrounded by steep slopes, the path continues along the forest road towards Cancellino, to then detour to the left on path 235 and to the left again on path 237, allowing us to finally skirt Ridracoli Lake and, after various ups and downs, to reach Rifugio Cà di Sopra, our second day's destination.

THIRD LEG > On the third day we continue along path 239 until reaching the Ridracoli dam, and from here we descend along the service road, turning to the left after about 1 km, on path 233. Ascending along the Rio Bacine valley through the ruins of old farms, we now reach S. Paolo in Alpe, one of the most evocative locations in the National Park, an allied launch field during the Resistance and a place of combat between German troops and partisan groups. From S. Paolo our journey descends once again along path 255 until the village of Fiumari. From here we can reach the forest road and continue towards S. Agostino to begin the slow ascent towards the starting point of our ring route. From Villaneta we now proceed on path 243 until Campigna, the whole route's starting point.

FIRST NIGHT

Rifugio Cà di Sopra
Località Ridracoli
47021 Bagno di Romagna (FC) - Emilia-Romagna
Cell phone: 347.1947418
ladigadiridracoli@atlantide.net
www.atlantide.net

SECOND NIGHT

Rifugio Escursionistico Casanova
Loc Casanova, 3
52010 Badia Prataglia (AR) - Tuscany
Tel: 0575.559897
Cell phone: 366.5849069 - 335.1230615
casanova@rifugionelcasentino.it
www.rifugionelcasentino.it
Free Wi-Fi connection available.

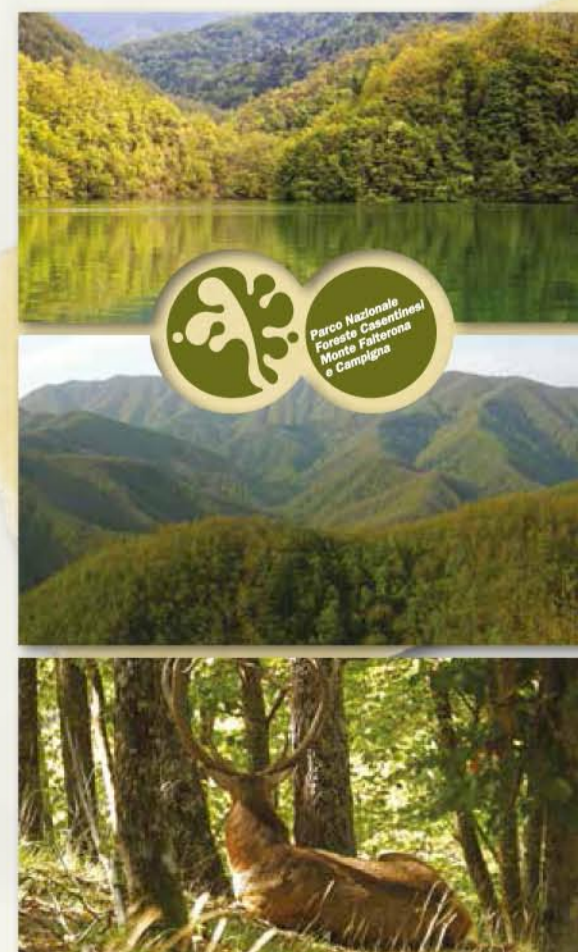
Locanda Carbonile
Via Mandrioli, 2
52010 Badia Prataglia (AR) - Tuscany
prenotazioni@lamacina.it
tel. 0721.700226
Cell phone: 344.1577936
335.1230615 - 366.584 9069
locanda@carbonile.it
prenotazioni@lamacina.it

Albergo Giardino
Via Nazionale, 15
52010 Badia Prataglia (AR) - Tuscany
Tel: 0575.559016
hotelgiardino@virgilio.it
www.parks.it/alb/giardino
House pets welcome

Hotel Boscoverde
Via Nazionale, 8/10
52010 Badia Prataglia (AR) - Tuscany
Tel: 0575.559017
Fax: 0575.559430
boscoverde@technet.it
www.hotelboscoverde.com
House pets welcome
Free Wi-Fi connection available.

Albergo La Foresta
Via Nazionale, 13
52010 Badia Prataglia (AR) - Tuscany
Tel: 0575.559009
Cell phone: 339.6197427
info@albergolaforesta.eu
www.albergolaforesta.eu
House pets welcome
Free Wi-Fi connection available.

Residence Gloria
Via Nazionale, 47/B
52010 Badia Prataglia (AR) - Tuscany
Tel: 0575.559332 - 0575.559019
Cell phone: 342.0252538 - 342.1482953
info@casavacanzeresidencegloria.it
www.casavacanzeresidencegloria.it
House pets welcome
Free Wi-Fi connection available.



DA RIFUGIO
A RIFUGIO



Parco Nazionale
Foreste Casentinesi
Monte Falterona
e Campione

PARTENZA

RISERVA NATURALE INTEGRALE DI SASSO FRATINO

Departure and arrival:
Bagno di Romagna

Public transport:
LINE 138 departing from Cesena (Start Romagna)

Support facilities:
Rifugio Casa Santicchio and Badia Prataglia (Rifugio Escursionistico Casanova, Locanda Carbonile, Albergo Giardino, Hotel Boscoverde, Albergo La Foresta)

Difficulty: 4

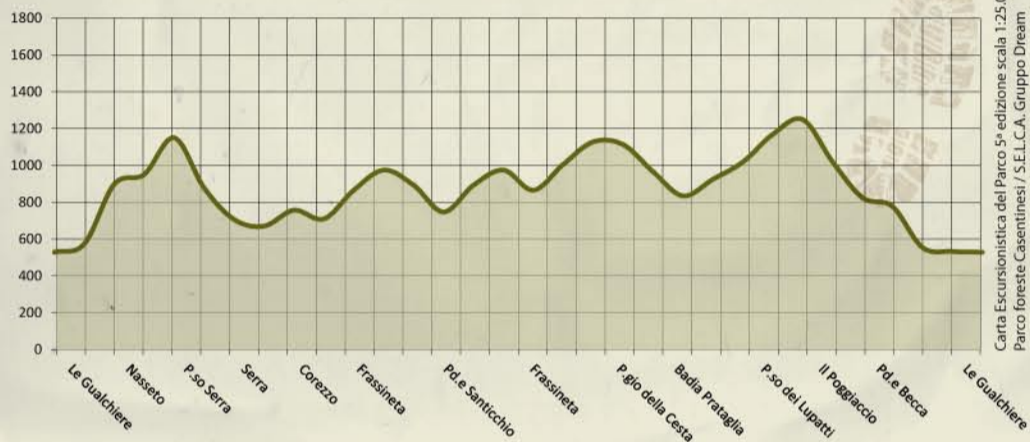


First day:
6 hours, 14 km length, 950 m uphill height difference, 650 m downhill

Second day:
4 hours, 8 km length, 500 m uphill height difference, 400 m downhill

Second day with La Verna:
10 hours, 25 km length, 1500 m uphill height difference, 1400 m downhill

Third day:
5 hours, 10 km length, 400 m uphill height difference, 800 m downhill



Via Romea and the valley of Archiano



An interesting trek along one of the best-known historical pilgrimage roads towards Rome, this ring route retraces the Via Romea of Stade, described in the Annales Stadenses by Monk Alberto in the 13th century, through Nasseto, Passo Serra, and the small villages of Valle Santa near the sacred mountain of Verna.

ring route 4



4 • Via Romea and the valley of Archiano

FIRST LEG > The entrance to the path is located in Le Gualchiere, a town near Bagno di Romagna. The walk begins from the parking lot and leads us through the ancient group of houses, following path 117. It then continues uphill on the valley of Fosso delle Gualchiere, skirting the Wilderness Area of Fosso del Capanno, a protected area since 1998 near the border with the National Park. Passing a small bridge at the intersection of the two ditches, the path begins to rise until Nasseto, a beautiful plateau and ancient settlement enhanced by a conservative restoration intervention and by the presence of an interesting bivouac. From Nasseto, the path continues through a beautiful, centuries-old tree-lined avenue and rises in a spectacular manner until Passo Serra. From Passo Serra the descent towards Vallesanta begins, and soon, at the junction with road 00, path 117 is abandoned to take path 59, which leads to the small and well-preserved village of Serra. Here the path continues to the right, crossing through Corezzo and Frassineta. We must now continue on path 70 towards La Verna, on the Sentiero delle Foreste Sacre (Path of Sacred Forests), until Poggio della Forca. Here, detouring onto path 70A, we finally reach the destination of the first leg, Agriturismo Casa Santicchio.

SECOND LEG > The route from Casa Santicchio to Badia Prataglia is quite short and this gives us the chance, for those who feel like it, to make a round trip to La Verna, recovering our backpacks on the way back from Casa Santicchio to travel lighter. The recommended route follows path 70 up to Rimbocchi and 54, with a short stretch on asphalt, up to Podere Pratalino. Then you cross the magnificent Bosco della Ghiacciaia, which leads you to the Sanctuary resting on the top of the cliff. The route continues on the original access road called "della Beccia". After the visit of La Verna the return will be on the same road. From Casa Santicchio we will retrace our steps back towards Poggio della Forca, along path 70°, and along path 70 until Frassineta. On the left-hand side of the church of Frassineta we then take path 073, which from the Quattro Vie pass continues until Poggio della Cesta. From here we descend until directly reaching the destination of our second day of hiking, Badia Prataglia. Past the bridge on the Archiano, the ascent ends next to the Abbey. A visit to the ancient church is a must, and, if time allows, also to the Forest Museum and to the Carlo Siemoni Arboretum, which also allows access to the National Park Visitor Centre.

THIRD LEG > The third and final leg of our ring route first of all involves the walk up to Passo dei Lupatti. We recommend following the forest road with signpost 60 until Campo dall'Agio, and from here turn right on path 64 to reach the SR71 road of Mandrioli. From here we follow the paved road for a few hundred metres until entering path 58, which rises along Fosso del Macchione and leads us through a wonderful beech forest. From Lupatti, we continue to the left for some metres, along the Cancellino forest road, and then take ridge path 00, to then take a left turn on path 201 so as to descend until Poggiaccio. From here, taking path 185 through turkey oak and chestnut woods and old farms, we will finally reach the road to Mandrioli (SP142). After continuing briefly along the paved road until the junction with the main road, turn to the right to quickly reach the ring route departure point once again.

FIRST NIGHT

Rifugio Casa Santicchio
Loc. Casa Santicchio, 15
52010 Chiusi Della Verna (AR) - Tuscany
Tel: 0575.1787586
Cell phone: 347.7694688
info@santicchio.org
www.santicchio.org
House pets welcome
Free Wi-Fi connection available.

Hotel Boscoverde
Via Nazionale, 8/10
52010 Badia Prataglia (AR) - Tuscany
Tel: 0575.559017
Fax: 0575.559430
boscoverde@technet.it
www.hotelboscoverde.com
House pets welcome
Free Wi-Fi connection available.

SECOND NIGHT

Rifugio Escursionistico Casanova
Loc Casanova, 3
52010 Badia Prataglia (AR) - Tuscany
Tel: 0575.559897
Cell phone: 366.5849069 - 335.1230615
casanova@rifugionelcasentino.it
www.rifugionelcasentino.it
Free Wi-Fi connection available.

Albergo La Foresta
Via Nazionale, 13
52010 Badia Prataglia (AR) - Tuscany
Tel: 0575.559009
Cell phone: 339.6197427
info@albergolaforesta.eu
www.albergolaforesta.eu
House pets welcome
Free Wi-Fi connection available.

Locanda Carbonile
Via Mandrioli, 2
52010 Badia Prataglia (AR) - Tuscany
prenotazioni@lamacina.it
tel. 0721.700226
Cell phone: 344.1577936
335.1230615 - 366.584 9069
locanda@carbonile.it
prenotazioni@lamacina.it

Residence Gloria
Via Nazionale, 47/B
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Cell phone: 342.0252538 - 342.1482953
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www.casavacanzeresidencegloria.it
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Free Wi-Fi connection available.

Albergo Giardino
Via Nazionale, 15
52010 Badia Prataglia (AR) - Tuscany
Tel: 0575.559016
hotelgiardino@virgilio.it
www.parks.it/alb/giardino
House pets welcome



**DA RIFUGIO
A RIFUGIO**

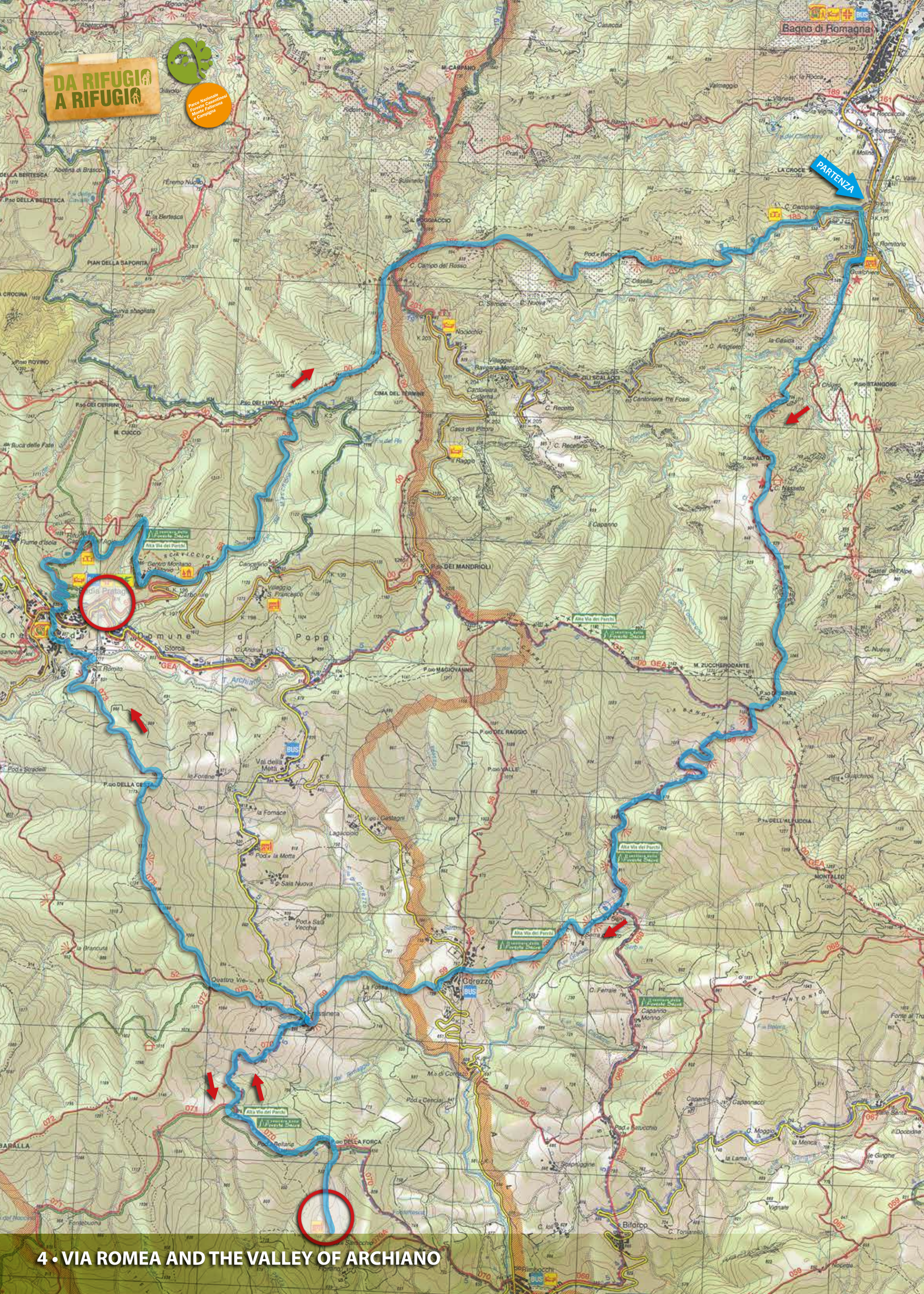


Bagno di Romagna

PARTENZA



4 • VIA ROMEA AND THE VALLEY OF ARCHIANO



Departure and arrival:
Castagno d'Andrea

Public transport:

Line 322 departing from Florence (Autolinee Mugello Valdisevie)
Support facilities: La Burraia (Locanda Chalet La Burraia, Rifugio C.A.I Città di Forlì) and Campigna (Agriturismo Poderone, Albergo Lo Scoiattolo)

Difficulty: 2



First day:

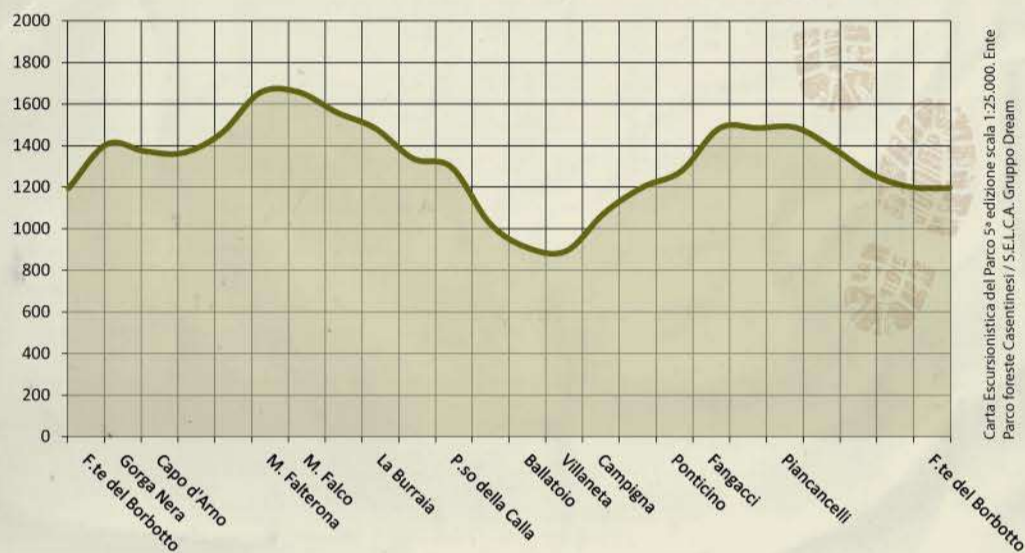
4.5 hours, 9 km length, 500 m uphill height difference, 300 m downhill

Second day:

4.5 hours, 10 km length, 450 m uphill height difference, 400 m downhill

Third day:

4 hours, 8 km length, 400 m uphill height difference, 250 m downhill



Falterona and the forest of Campigna



An interesting ring route which departs from the Florentine side of the Park, allowing to discover some of its most inspiring and evocative places: Gorga Nera, Capo d'Arno, and the Lago degli Idoli, mystical and spiritual places linked to ancient legends. The ascent to Monte Falterona will then take us towards the Grand Duke's Forest of Campigna, among centuries-old fir trees and beech trees.

ring route 5



5 • Falterona and the forest of Campigna

FIRST LEG > From Castagno d'Andrea, the road proceeds uphill for some kilometres, twisting into the forest, and upon reaching the no access sign there is a comfortable parking lot. Following what little road remains, we take the path on the right, which immediately leads us beneath the shade of the beech trees. After some minutes we reach the first area of naturalistic interest: the marshland of the Gorga Nera. The path immediately becomes steeper, and leads onto the meadow of the Crocicchie ridge. Our itinerary then continues straight along path 17 towards the springs of Lake Arno, and then to reach Lago degli Idoli we proceed through the thick of the woods, without particular height level differences, and past this inspiring stretch of water we go on through the beech forests until the meadows of Montelleri. The path now turns to the left and begins to rise once again, until reaching the foot of the Falterona peak. The most direct route to reach the peak is path 3. After having admired the landscape, we then descend among the pine trees, just after a natural terrace which allows to face eastwards. Descending from the summit, the path is the one on the ridge, the GEA, which soon passes by Monte Falco, with its wonderful view of Pian delle Fontanelle. Later on, the view extends as far as the Casentino valley, and as if by magic we find ourselves in the vast meadows of La Burraia. This is where the first day's hike ends.

SECOND LEG > The route of the second day begins by crossing the meadows of La Burraia, passing on the right side of Monte Gabrendo, where the old Enel electricity cabin lies. From here the meadows of Giogarello can be reached easily and, before entering the road on the left, path 82 heads into the forest, among large anthills, and reaches Passo della Calla. Beyond the paved road of the pass, our itinerary continues on path 241, which descends giving us spectacular combinations of rocks and imposing beech trees. The forest road of Cullacce proves that we are approaching a spring, which is not too far ahead, but our route actually goes to the left, until it turns to the right descending on another path which leads to the Ballatoio. If you are tired, the Cullacce road is also very pleasant and provided with information boards illustrating the most important trees of the Park, continuing on a levelled path until Campigna. Instead, our path continues downhill through some rather wild ditches, before rising again to reach the town of Villaneta, which announces our arrival to the small village of Campigna.

THIRD LEG > On the third day we find ourselves in front of the monumental fir woods of the Grand Duke, which we enter after crossing the paved road in the higher part of Campigna. The path is wide and the walk uphill only becomes challenging in the second part, when the fir trees gradually replace the beech trees. Upon reaching the Fangacci parking, our path corresponds to the road that continues to the right until Piancancelli. Here we will find a barrier, but it is only for cars: we can continue along the same road, as it will lead us to the parking lot of Fonte del Borbotto, which means to our cars.

FIRST NIGHT

Rifugio C.A.I Città di Forlì

Via Campigna, 93 Rifugio CAI
Loc. Prati della Burraia
47018 Santa Sofia (FC) - Emilia-Romagna
Tel: 0543.980074
Cell phone: 335.8195234
rifugio@caiforli.it
www.parks.it/rif/cai.citta.forli
House pets welcome

Locanda Chalet La Burraia

Address: Frazione Campigna, 87
47018 Santa Sofia (FC) - Emilia-Romagna
Tel: 0543.980006
Cell phone: 335.6565764
348.6400290 - 339.7298636
info@chaletburraia.it
www.chaletburraia.it
House pets welcome
Free Wi-Fi connection available.

SECOND NIGHT

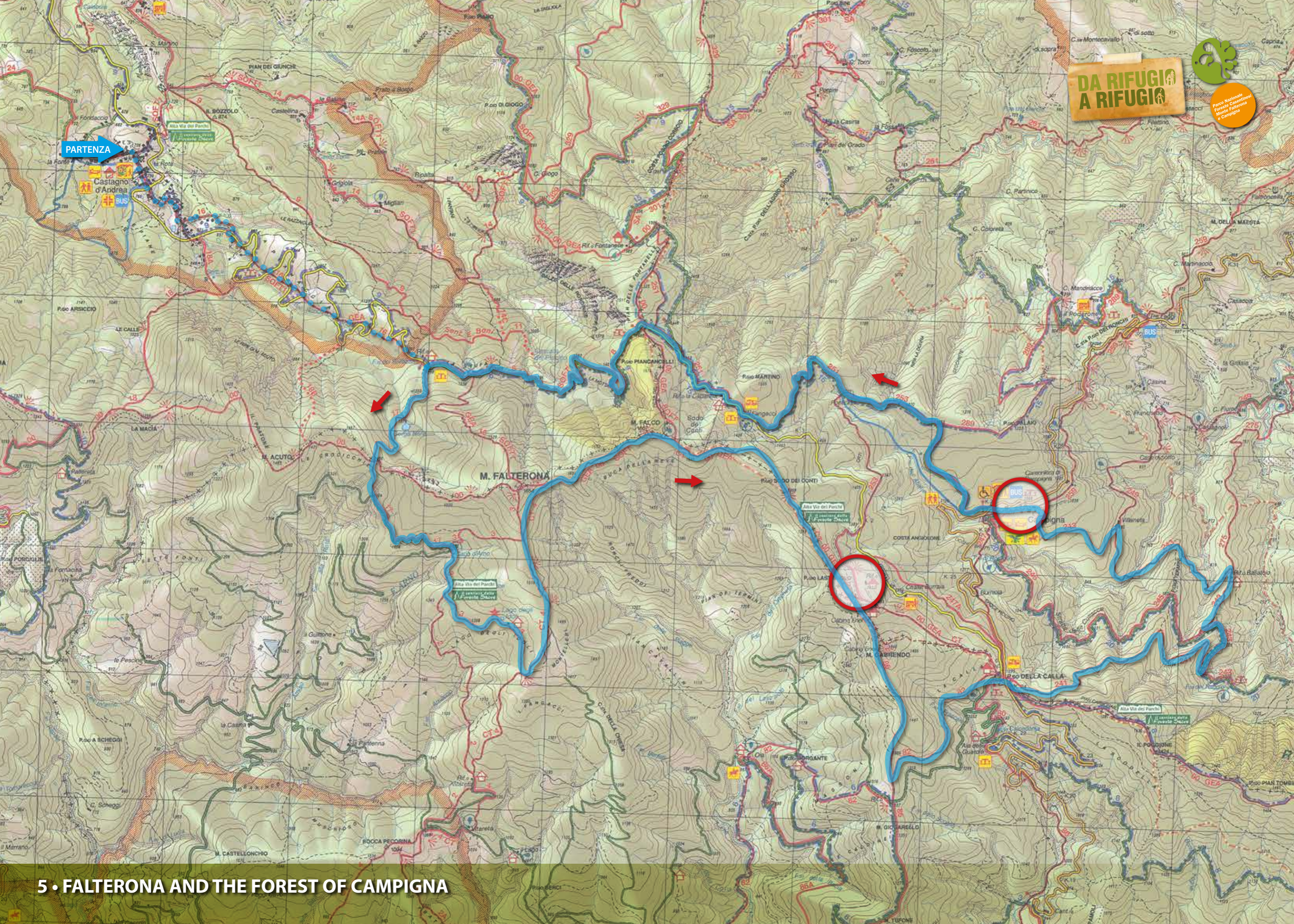
Albergo Lo Scoiattolo

Via centro, 7 - Campigna
47018 Santa Sofia (FC) - Emilia-Romagna
Tel: 0543.980052
Cell phone: 347.4578239
Fax: 0543/980103
albscoiattolo@hotmail.com
www.albergoloscoiattolo.it

Agriturismo Poderone

Address: Via Poderone, 64 - Campigna
47018 Santa Sofia (FC) - Emilia-Romagna
Tel: 0543.980069 - 0543.970498
Cell phone: 3349 1253276
poderone@parks.it • www.poderone.it
Free Wi-Fi connection available.





DA RIFUGIO
A RIFUGIO



PARTENZA

M. FALTERONA

5 • FALTERONA AND THE FOREST OF CAMPIGNA

Departure and arrival:
Camaldoli

Public transport:
LINE LH3 departing from Bibbiena (Etruria Mobilità)

Support facilities:
La Burraia (Locanda Chalet La Burraia, Rifugio C.A.I Città di Forlì) and Agriturismo La Chiusa

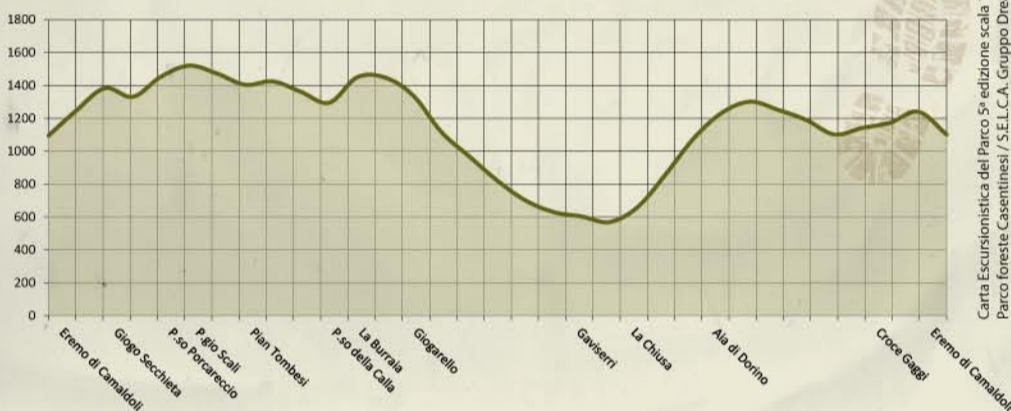
Difficulty: 3



First day:
5.5 hours, 11 km length, 650 m uphill height difference, 300 m downhill

Second day:
4 hours, 8 km length, 150 m uphill height difference, 900 m downhill

Third day:
6 hours, 13 km length, 750 m uphill height difference, 400 m downhill



6 • Lands of the Monks and of the Grand Duke

FIRST LEG > From the Sacred Hermitage of Camaldoli, on the left side of the entrance façade, the path skirts the walls and rises into the fir woods until reaching the beech forests on the ridge. Upon reaching the watershed, the route aims sharply to the north-west and, apart from a few open spaces the largest of which is Prato Bertone, the hike proceeds immersed in the forest. At Poggio Scali one cannot miss the view from the peak, which deserves a brief detour: most of the park is now beneath our eyes. Past this peak the path will generally go downhill, and will turn uphill only after crossing Passo della Calla, at the wooden kiosk which presides over this famous pass. From here, it only takes 20 minutes to reach the meadows of La Burraia, obvious proof of the ancient tradition of sheep farming and of the first skiing areas. On the peak of the meadows, the view opens up over the green Casentino on one side and on the uneven hills of Romagna on the other. Now you can decide where to spend your evening and night.

SECOND LEG > The second day's itinerary begins once again from the meadows of La Burraia. Reaching the peak of Monte Gobrendo, shortly after the Enel electricity cabin, the path turns to the right and descends until Passo del Giogarello. In the meadows that precede it, a path turns to the left but we must reach a gravel road, cross it, and proceed straight along the smaller road that follows the course of the ridge and heads southwards. Just before the landscape of Monte Tufone, the path turns to the right and at the second bend the road can be abandoned to descend towards Pian di Cotozzo following CAI path 86. The downhill height difference decreases around the 1000 metre level but the descent is relentless, even after coming across and abandoning the road again. The coverage of the forest increases, but some clearings give us some fascinating perspectives and panoramas of the Casentino forest. The usual road reappears, but this time we just have to cross it and cover the final downhill stretch of the path, which ends with the appearance of some houses. We can now walk on the main road until reaching the paved SP310 state road which rises to Passo della Calla, where we turn to the left and in a few minutes we reach Gavisserri and, a little later, to the detour on the right side of a curve, leading us back into the path and into the nature, straight towards the ditch. A wooden bridge takes us past the Gorgone stream and now, after a short walk uphill through the woods, in less than twenty minutes we can reach the La Chiusa farmhouse

THIRD LEG > The last day's hike includes a fairly steep walk up: from La Chiusa we pass through Case Gavisserri and the ruins of Volta all'Acero. Here the beech forest imposes itself, and through the ridges of Poggio La Mazza and of Cima Colletta we approach Aia di Dorino, an important crossroads. From here we enter the forest road, which continues uphill for just a short while, and then we continue through its entire long and lightly downhill stretch, where we can enjoy the forest which surrounds us until Fosso di Pian del Varco. A wooden bridge leads us to the clearing of Capanna Maremmana, a small bivouac which is visible just a little higher up. We remain on this small road to then go upwards and reach the pass of Battilocchio, where we cross into path 76 which advances upwards towards La Giogana, but instead we continue straight until we find the paved road connecting L'Eremo to Pratovecchio. We walk for a kilometre and a half keeping to the right, until the Croce Gaggi pass where we turn to the left and return to the embrace of the forest on path 74, which after a short walk uphill sends us into the Sacro Eremo, the fitting conclusion to our hike.

Lands of the Monks and of the Grand Duke

DA RIFUGIO A RIFUGIO



An itinerary which develops in the upper Casentino and between Romagna and Tuscany: from the Hermitage of Camaldoli the route will take us towards Passo della Calla and the meadows of La Burraia, retracing the ancient Via dei Legni, to then descend once again into Tuscany through the beautiful valley of the Oia stream.



FIRST NIGHT

Rifugio C.A.I Città di Forlì
Via Campigna, 93 Rifugio CAI
Loc. Prati della Burraia
47018 Santa Sofia (FC) - Emilia-Romagna
Tel: 0543.980074
Cell phone: 335.8195234
rifugio@caiforli.it
www.parks.it/rif/cai.citta.forli
House pets welcome
Free Wi-Fi connection available.

Locanda Chalet La Burraia
Frazione Campigna, 87
47018 Santa Sofia (FC) - Emilia-Romagna
Tel: 0543.980006
Cell phone: 335.6565764
348.6400290 - 339.7298636
info@chaletburraia.it
www.chaletburraia.it
House pets welcome

SECOND NIGHT

Agriturismo La Chiusa
Località Gavisserri
52015 Pratovecchio (AR) - Tuscany
Tel: 0575.509066 - 389.9656665
vacanze@agriturismolachiusa.com
www.agriturismolachiusa.com



**DA RIFUGIO
A RIFUGIO**



Parco Nazionale
Foreste Casentinesi
Monti della
Campagna



6 • LANDS OF THE MONKS AND OF THE GRAND DUKE

PARTENZA

Departure and arrival:

Partina

Public transport:

LINE H02 departing from Bibbiena or Poppi (Etruria Mobilità)

Support facilities:

Rifugio Asqua and Badia Prataglia (Rifugio Escursionistico Casanova, Locanda Carbonile, Albergo Giardino, Hotel Boscoverde, Albergo La Foresta, Residence Gloria)

Difficulty: 5



First day:

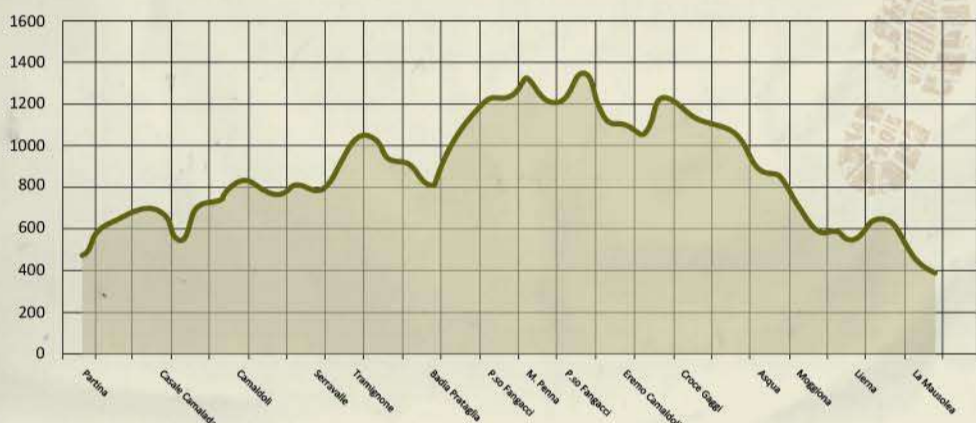
7 hours, 17 km length, 950 m uphill height difference, 450 m downhill

Second day:

7 hours, 17 km length, 850 m uphill height difference, 800 m downhill

Third day:

4 hours, 13 km length, 150 m uphill height difference, 650 m downhill



The thousand-year forest of Camaldoli



A ring route that develops around the forest of Camaldoli, linked to the thousand-year old history of Sacro Eremo, the hermitage founded by S. Romualdo in 1023, and of the monastery of the same name. Between Badia Prataglia and Sacro Eremo, the ascent to M. Penna is unmissable, being one of the most beautiful panoramic terraces over Romagna and Foresta della Lama.

ring route 7



7• The thousand-year forest of Camaldoli

FIRST LEG > Our journey begins from the centre of the town of Partina: taking path 68, we cross the small village of Freggina, to then walk upwards and enter the Park. At the junction we continue to the right, and around us we will find a mixed forest, a ruin, an old farm, Fosso delle Barberine, and the Casale Camalda farmhouse. We now walk downhill for a few minutes on a gravel road, to then turn left upon reaching a row of houses. We then follow path 68 to reach Camaldoli, paying special attention to the crossroads we come across along the way: the turkey oak woods change into an old chestnut grove, skirting the Camaldoli ditch and leading us into the presence of the great Monastery. Following path 70°, we turn to the right, cross the bridge, and reach the other end of the ditch. Continuing along the path and, in the last stretch, a narrow road, we will then reach the village of Serravalle and its tower. From this point on, path 66 leads us upwards to a group of houses, Il Piano, and further ahead to the old houses of Tramignone. At the crossroads we turn to the right and proceed along path 60, making the most of the panoramic points over Serravalle, lower Casentino, and Badia Prataglia, which is the town we will reach after having passed the Acquafredda ditch.

SECOND LEG > We leave Badia Prataglia heading up next to the La Foresta hotel, and after a few minutes we enter path 84 until the village of Il Capanno. From here we cross the road and, skirting the sports field, we turn to the right to reach the Fiume d'Isola ditch and a waterfall hidden within the beech forest. We now cross the ditch and turn to the left, following the Nature Trail. Approaching the wooden bridge, our route continues to the left until the paved road, which we leave to take the path until Rifugio Fangacci. From here a deviation of about an hour can be considered, up to the summit of Monte Penna using path 225. Two paths depart from Fangacci, on the left-hand side of the parking lot: we follow path 00 through the monumental beechwoods of Poggio Tre Confini until Prato alla Penna. At the lower left side of the pass, path 74 leads us into the fir woods until the Camaldoli hermitage. After a well-deserved rest, we once again take to the road and, after the Prato al Fiume bridge, path 74 heads back into the woods: not just silver firs, but also beech trees, which from here on will become dominant. Returning to the correct altitude can be trying: upon reaching the ridge, just descend on the left until Bivacco Secchieta and the fir woods of Poggio Muschioso until La Rota, and departing from here along path 72 we will reach the shelter in Asqua.

THIRD LEG > The last day's hike is almost completely downhill. We go briefly back along the road and then turn to the right on path 92. From here the spectacular crest of Sasso della Croce begins, covered with marl and sandstone outcrops, all the way to Moggiona. We cross the village of Bigonai and reach path 92, which enters the small valley of the Sova stream, until the ruins of the mill of Moggiona. Approaching Lierna, the fields become more common and the countryside announces our exit from the park. From the ancient village of Lierna we follow path 92: exiting the fields, we reach a beautiful isolated house located on a hill. From here the path leads us to the area of San Martino a Monte and into the vineyards of La Mausolea, an ancient countryside residence of the Camaldoli monks, which deserves a stop and a visit to its famous wine cellars. The final part of our route skirts along the paved road headed to Soci, leading us to the village square with the bell tower to the left: it belongs to the ancient church, which has now been transformed into the "Berretta Rossa" auditorium. We turn to the right, and after passing underneath an arch we exit the historical centre of the village. Now all we need to do is reach the river and the bike path to Partina.

FIRST NIGHT

Rifugio Escursionistico Casanova
Loc Casanova, 3
52010 Badia Prataglia (AR) - Tuscany
Tel: 0575.559897
Cell phone: 366.5849069
335.1230615
casanova@rifugionelcasentino.it
www.rifugionelcasentino.it
Free Wi-Fi connection available.

Locanda Carbonile
Via Mandrioli, 2
52010 Badia Prataglia (AR) - Tuscany
prenotazioni@lamacina.it
tel. 0721.700226
Cell phone: 344.1577936
335.1230615 - 366.584 9069
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Albergo Giardino
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Tel: 0575.559016
hotelgiardino@virgilio.it
www.parks.it/alb/giardino
House pets welcome

Hotel Boscoverde
Via Nazionale, 8/10
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Fax: 0575.559430
boscoverde@technet.it
www.hotelboscoverde.com
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info@albergolaforesta.eu
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Residence Gloria
Via Nazionale, 47/B
52010 Badia Prataglia (AR) - Tuscany
Tel: 0575.559332 - 0575.559019
Cell phone: 342.0252538 - 342.1482953
info@casavacanzeresidencegloria.it
www.casavacanzeresidencegloria.it
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Free Wi-Fi connection available.

SECONDA NOTTE

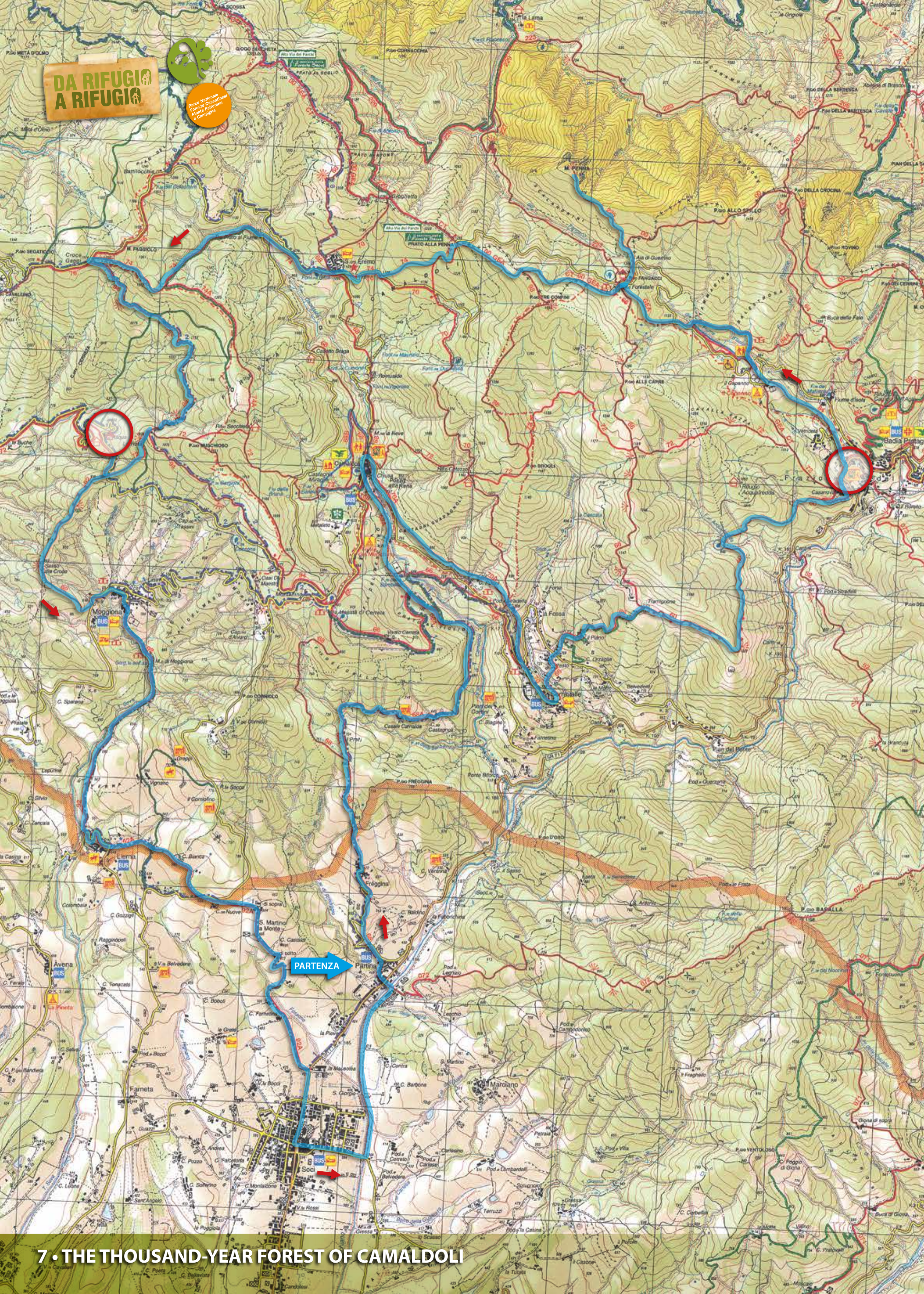
Rifugio Asqua
Località Asqua
52014 Camaldoli (AR) - Tuscany
Cell phone: 339/5644292
asqua@asqua.it • www.asqua.it
House pets welcome
Free Wi-Fi connection available.



**DA RIFUGIO
A RIFUGIO**



Parco Nazionale
Foreste Casentinesi
Monte Falterona
e Cimino



7 • THE THOUSAND-YEAR FOREST OF CAMALDOLI

Departure and arrival:

Badia Prataglia

Public transport:

LINE H02 departing from Bibbiena (Etruria Mobilità)

Support facilities:

Rifugio Casa Santicchio

Difficulty: 4



First day:

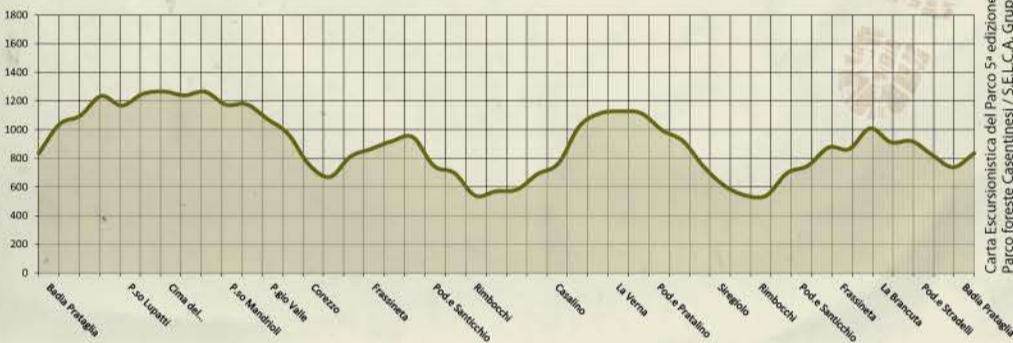
6.5 hours, 16 km length, 800 m uphill height difference, 1150 m downhill

Second day:

7 hours, 18 km length, 800 m uphill height difference, 700 m downhill

Third day:

3.5 hours, 9 km length, 350 m uphill height difference, 400 m downhill



Verna and Valle Santa

DA RIFUGIO A RIFUGIO



A special ring route which will allow us to reach Sacro Monte della Verna in the most beautiful and spectacular way possible, on foot: the welcoming small villages of Vallesanta, the arrival to the Monumental Forest, and the view of the spectacular rocks on which the Sanctuary is poised will bring emotion to even the most distracted hiker.

ring route 8



8 • Verna and Valle Santa

FIRST LEG > A number of paths start from Badia Prataglia, and all are beautiful. Ours begins behind the elementary school, in the town centre, rising among the houses and entering the woods, which are initially of chestnut groves and then fade into the monumental fir tree woods which surround Campo dell'Agio. At the opposite corner of this clearing our path, number 60, proceeds uphill. The beech forest takes over a little later, upon arrival to Fosso della Casella. The walk uphill then becomes harder and ends at the ridge from where, heading to the right, Passo dei Lupatti can easily be reached. On the opposite side of the forest road (della Lama) the path starts to head upwards once again, and keeping to the right at the following junction we head straight towards Poggio della Lombardona, an amazing panoramic viewpoint which overlooks Passo dei Mandrioli. After lowering ourselves down to a paved road and reaching the famous Tuscany-Romagna pass, we enter the ridge path until the first junction, where we take to the right through path 56 which exits the beech woods, enters a fir tree forest, crosses a vast pine tree forest and reaches the village of Corezzo. However, our descent is not yet over, and will now become even steeper after entering the protected area and reaching the ditch. The slope now goes upwards until Frassineta, a small village characterised by its church, and right in front of it we must enter the tiny village of Chiusi della Verna, skirt the houses, and follow the road which heads into old abandoned fields and thick woods. At the pass, keep to the left and follow another dirt road until Poggio della Forca, where a small path branches out to the right and goes directly into Podere Santicchio.

SECOND LEG > The second day's hike begins with a road that goes downhill through Podere Caggio and reaches Rimbocchi. A rather long stretch awaits us along the road that points towards La Verna, but if the Corsalone stream isn't full and you have good legs, there's an alternative to the road: path 053 of Poggio Montopoli. If you choose the more comfortable option of the road, after about a kilometre take the small road that takes to Santa Fiora, and just before arriving the path turns to the right and heads up towards Podere Pratalino. La Verna is very close, but after the paved road there's a magnificent part of forest to visit. This is Bosco della Ghiacciaia, which in the shade of its enormous beech trees and lush mosses still guards the monks' ancient ice warehouse. Turning anticlockwise, the arrival to the sanctuary is anticipated by the spectacular view of the convent on the top of the cliffside. To reach it, continue upwards from beneath the great rock and follow the original access way known as "della Beccia". Once La Verna has been visited, we can leave immediately or allow ourselves an hour's walk towards the upper ring of the Sacro Monte, to then reach the peak of the Penna and enjoy the boundless panorama. The way back begins from the hairpin bend after the Melosa parking lots, completing the route around the mountain and taking us back to the Sasso Cavallino crossroads and then to the one of Podere Pratalino. This time the descent to Corezzo can be the one to the left, which enters the Fosso della Croce and goes through Siregiolo. We will then reach a paved road, and from here turn to the right, at the bridge on the Corsalone take path 070 which leads back to Podere Santicchio.

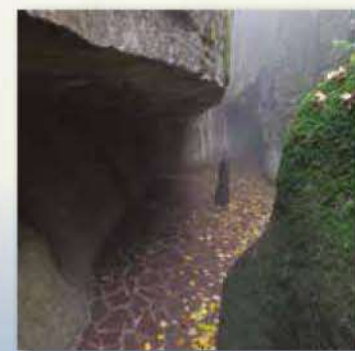
THIRD LEG > On the third day we depart going uphill, and after going through Poggio della Forca we will easily reach the Bellaria pass, where upon turning to the right we will just need to follow the comfortable little road that takes down to Frassineta. A small chapel with a bell marks the beginning of path 073, and upon reaching the Quattro Vie pass, choose the first path to the

right, which remains on the ridge and continues uphill until Poggio della Cesta. Badia Prataglia is close now, and after some clearings and a beautiful wood of turkey oaks we will reach the first houses of Romito, then the bridge on the Archiano, and finally the walk up through the town ending near the abbey. This ancient church, with a crypt which is now over a thousand years old, is one of the main things to see. Furthermore, behind the same building lies the Forest Muesum, and a little further on is the Carlo Siemoni Arboretum, with an enormous sequoia standing out, which can be entered from the National Park Visitor Centre

FIRST AND SECOND NIGHT

Rifugio Casa Santicchio

Loc. Casa Santicchio, 15
52010 Chiusi Della Verna (AR) - Tuscany
Tel: 0575/1787586
Cell phone: 347/7694688
info@santicchio.org • www.santicchio.org
House pets welcome
Free Wi-Fi connection available.



DA RIFUGIO
A RIFUGIO

Parco Nazionale
Foreste Casentinesi
Monti Falteroni
e Cimino

PARTENZA



Departure and arrival:

Casa Ponte

Support facilities:

Eremo dei Toschi and San Benedetto in Alpe
(Ostello Vignale or Rifugio Prato ai Bovi)

Difficulty: 5



First day:

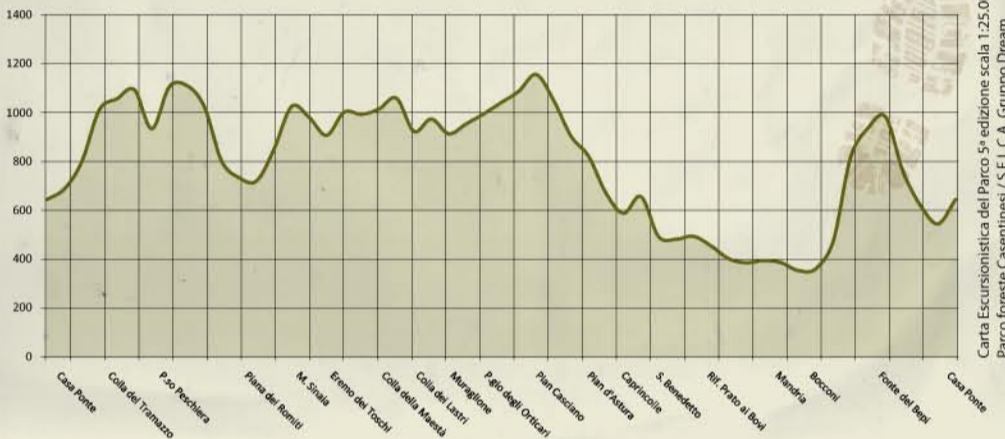
6 hours, 16 km length, 950 m uphill height difference, 700 m downhill

Second day:

7 hours, 19 km length, 600 m uphill height difference, 1000 m downhill

Third day:

6.5 hours, 17 km length, 900 m uphill height difference, 800 m downhill



Acquacheta and Alto Montone

DA RIFUGIO
A RIFUGIO



Monumental beeches and trees, ridges, pastures, Lago di Ponte, the waterfalls of Acquacheta and of Lavane, panoramas and streams: an incredibly varied itinerary between the valleys of Tramazzo and of Montone, in the northernmost part of the Park where you can breathe the air of rural and forest Romagna.



ring route 9



9. Acquacheta and Alto Montone

FIRST LEG > From the Casa Ponte shelter we reach the lake of the same name. Walking along the right-side bank we reach the starting point of the Nature Trail. Following path 559 we will reach a road and from there the entry to path 553. Cozzo del Diavolo is the first elevation of the long ridge that now sends us westwards until Passo Peschiera. Here we cross the road and go up the opposite side, and just one kilometre later we turn to the left to enter path 429. This ridge is scenic and points southwards: a quick descent takes us to Pian Baruzzoli and, staying at the edges of the fences, we cross the pastures and plunge back into the woods. Trees, ferns, a gate, and we find ourselves in front of the Acquacheta waterfalls and, just a few steps to the right, at the Lavane waterfall. Past the ford we will have to proceed uphill to Pian dei Romiti. At the top left are the old houses of the complex which was once inhabited by monks. On the left, the wooden bridge is our new starting point. Upon reaching the first ford, if the water isn't too high, we can continue to the right in the middle of the valley, wading across the stream once again. An enormous fallen willow is the indication that we need to leave the valley by heading upwards on a dirt road, with the panorama opening up all around it. We soon find the sign that points us to the end of today's leg: in 15 minutes we descend to Eremo dei Toschi.

SECOND LEG > From the hermitage, we walk back up the road we came from the previous day, continuing for two kilometres. The path then keeps to the left, rising along the ridge towards the south. We come across the road once again in Colla dei Lastri, but only for a few minutes, after which we once again go to the left, through the meadows of Fiera dei Poggi and finally to Passo del Muraglione. Beyond the ancient wall are three paths: ours is the middle one. When we reach the small road of Tre Faggi we turn to the left and have a long walk through a beautiful beech forest, which one step at a time becomes a discreet and protecting travel companion. After reaching the tallest point of Monte Pian Casciano, we descend until Passo del Bucine. Here we are greeted by large beech trees, a gravel road, and the panorama overlooking Castel dell'Alpe. Now we have two options. If we want to choose the shortest way, we should take the road to the left, crossing the pastures of Pian d'Astura, heading down until San Benedetto in Alpe. If we still have some strength and we want to avoid this forest road, beautiful in the first section but boring in the second, we continue on the 401 and then deviate to the left towards Pian delle Tavole. Finally we follow the 417 up to San Benedetto (adding about 2 km).

Those staying at Ostello Vignale must now head uphill to the higher part of town; those staying at Prato ai Bovi must head over a paved road and then path 427, gaining about an hour from the route for the next day.

THIRD LEG > Path 427 can be found in the town of Balduce, and connects San Benedetto and Bocconi: its route is tight and somewhat difficult, but spectacular as it faces the river Montone. The arrival to Bocconi, after about 3 hours, is announced by the beautiful stone bridge which leads to the other edge and to the main road of the small village. Once on the road, we turn to the left and find the entrance to path 425. A constant but not impervious walk up, through deciduous woods first and coniferous ones later. On the ridge we are welcomed by a gravel road and, turning to the right on the crossroads to Monte Collina, the great beech trees of Fonte del Bepi.

Only after heading to the right through path 565, however, do we meet the most beautiful beech tree of this area: the Tramazzo giant. After taking the customary holiday snaps, it's time to leave once again and to travel across the entire Valdanda. Suddenly a road appears at the bottom left: it's best to follow it, so after a few minutes we can turn to the left to enter the beech forest in the lower part of the valley. When the stream approaches, it's time to turn to the left, wade through a couple of torrents, and prepare for the final ascent at the end of Lago di Ponte.

FIRST NIGHT

Agriturismo Eremo dei Toschi

Loc. Eremo, 58
50060 San Godenzo (FI) - Tuscany
Cell phone: 340.3258726
sebula@lamiainmail.net
www.parks.it/loc/eremo.dei.toschi
House pets welcome

SECOND NIGHT

Ostello Vignale
Via Acquacheta, 68
47010 San Benedetto in Alpe (FC)
Emilia-Romagna
Cell phone: 347.5999078
347.4494289
ov@ostelloilvignale.it
www.ostelloilvignale.it
House pets welcome

Rifugio Prato ai Bovi

Strada Statale 67 - km. 148
Località Bocconi
47010 Portico
e San Benedetto (FC)
Emilia-Romagna
Cell phone: 347.1351510
rifugiopratobovi@gmail.com
facebook.com/rifugiopratobovi
House pets welcome



**DA RIFUGIO
A RIFUGIO**

Parco Nazionale
Foreste Casentinesi
Monti Falteroni
e Cimino

PARTENZA



Departure and arrival:

Premilcuore

Public transport:

LINE 139 departing from Forlì (Start Romagna)

Support facilities:

Pian di Rocchi and San Benedetto in Alpe (Ostello Vignale or Rifugio Prato ai Bovi)

Difficulty: 4



First day:

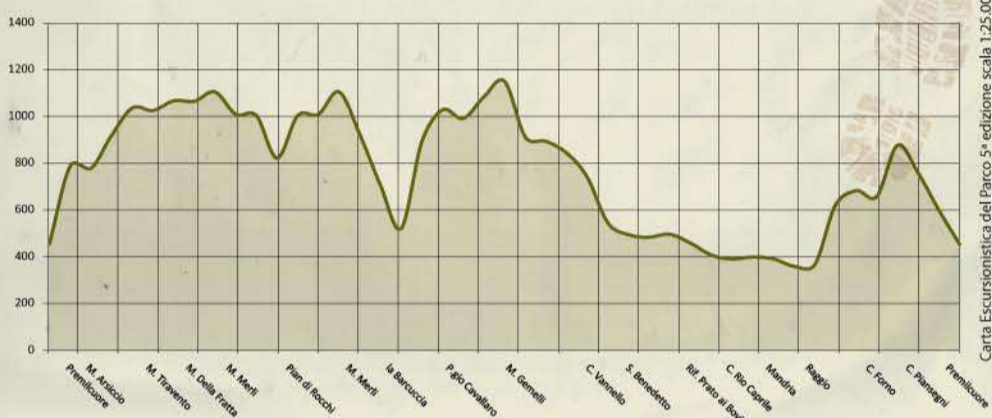
4 hours, 11 km length, 700 m uphill height difference, 300 m downhill

Second day:

7 hours, 17 km length, 900 m uphill height difference, 1,250 m downhill.

Third day:

6 hours, 16 km length, 700 m uphill height difference, 750 m downhill.



DA RIFUGIO
A RIFUGIO



Wild valleys between Rabbi and Montone

From the peaks to the valley floors, on ridges that are sometimes bare and sometimes scenic, in a succession of different environments and vast panoramas across three valleys. Ancient abandoned farmhouses still preserve the charm of a history of colonisation and rural life, with indelible marks remaining in the landscape.



ring route 10



10 • Wild valleys between Rabbi and Montone

FIRST LEG > The departure from Premilcuore takes place downstream of the village, where two paths begin: ours is the one on the right, 313, which rises rapidly to the landscape of Monte Arsiccio. A tiring prologue, but it already allows us to cover more than half of today's height difference, heading towards the tallest peak of the first day. Now the path turns to the left, allowing some respite before the final hike up towards Monte Tiravento, a spectacular and thin ridge with no vegetation. Getting here, we earn a breath-taking view: to the north and south is the Park, to the east the hills of Romagna which descend softly while remaining tall, just on the watershed between the Rabbi and the Bidente, and to the south pointing towards Monte della Fratta. Just below this other landscape is a comfortable forest track, immersed in the beech woods. We now turn to the right and walk ahead without ever abandoning this track: it will allow us to relax our legs and arrive to the Montemerli junction, where we will return the following day. At the end we can enjoy a close-up of the Monte Falco and Monte Falterona massif, before descending to Pian di Rocchi.

SECOND LEG > The final half hour of road we walked yesterday is the same one we'll be doing today, but backwards. Taking the detour of path 311 towards Montemerli, we delve deep into the forest. The descent is initially steep but then softened by a succession of old farmhouses. The first is the one of Montemerli: after it, just like for the others, is an inevitable reforestation with silver firs or spruces. Upon reaching the opposite bank of the Rabbi, we detour onto the paved road and take path 319 to Monte Gemelli. The mule track makes the most of the shape of an otherwise difficult slope in every way, but once we reach the top, after Poggio Cavallato, we have the chance to use an old forest track leading us to the base of Monte Gemelli. We return to path 321 and confront the final walk uphill in the woods. When we reach the top, we turn to the right, descending to Pian delle Tavole and from there finding an old mule track that leads us to San Benedetto in Alpe. If you have decided to spend the night at Ostello Vignale, head uphill to the high part of town; if instead you have to go to Prato ai Bovi shelter take the road to Forlì and after about a kilometre take path 427 for Bocconi: in just over an hour you will reach your destination.

THIRD LEG > The first part of the final leg is distinguished by the walk along river Montone, which is almost halved for those who choose to stay at the Prato ai Bovi shelter. A challenging but spectacular trail, often in direct contact with the river. Upon arrival to the village of Bocconi, it's worth making a small detour to go down towards the humpback bridge of Brusia, at the foot of the village. To continue you will however need to remain on the right bank, and then to take path 423. This path initially follows the ridge, and then moves to the side and continues halfway up the slope, on a slope with sparse vegetation and oak forests. At the ruins of Cà Forno house a large meadow opens and in the forest above are the ruins of Cà Fornello and an enormous, beautiful poplar. The walk uphill ends on a forest road which we follow to the right for almost a kilometre, to then turn to the left outside a hairpin bend. We are now on path 323, which will lead us to Premilcuore. At Cà Vetreta we are welcomed by a reforestation of conifers, and the path becomes a Via Crucis which we take in the opposite direction of the fourteen stations, with tight hairpin bends and a rope handrail that allows us to confront this final stretch of our long journey with greater safety.

FIRST NIGHT

Rifugio Pian di Rocchi

via Fiumicello, 1
47010 Premilcuore (FC)
Tel: 0543/1796492
Cell phone: 349/0765574 (solo WhatsApp)
piandirocchi@gmail.com
www.piandirocchi.it
House pets welcome
Free Wi-Fi connection available.

SECOND NIGHT

Ostello Vignale

Via Acquacheta, 68
47010 San Benedetto in Alpe (FC)
Emilia-Romagna,
Cell phone: 347.5999078 - 347.4494289
ov@ostelloilvignale.it
www.ostelloilvignale.it
House pets welcome

Rifugio Prato ai Bovi

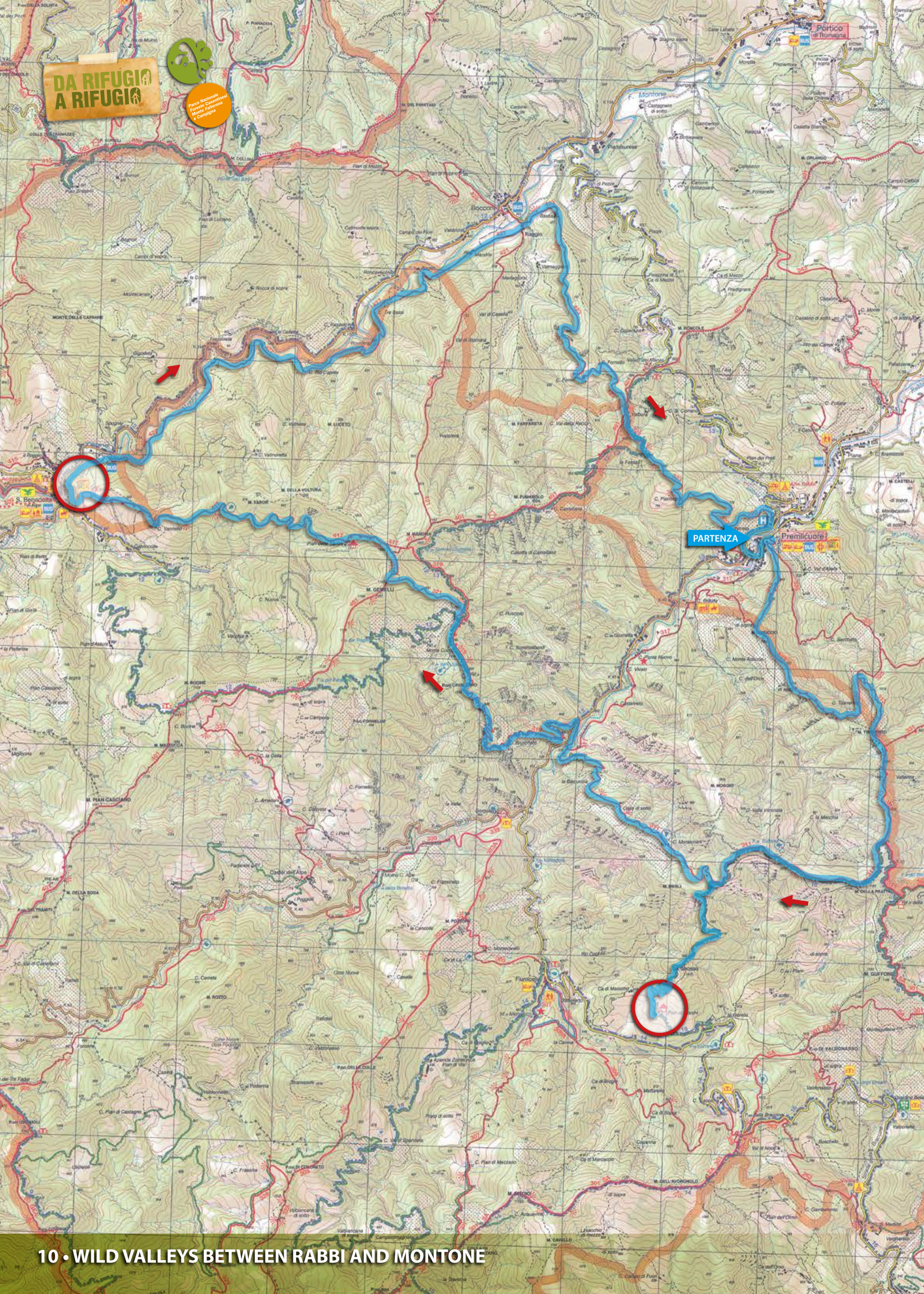
Strada Statale 67 - km. 148 - Località Bocconi
47010 Portico e San Benedetto (FC)
Emilia-Romagna
Cell phone: 347.1351510
rifugiopratobovi@gmail.com
facebook.com/rifugiopratobovi
House pets welcome



DA RIFUGIO
A RIFUGIO

Parco Nazionale
Foreste Casentinesi
Monti Falteroni
e Cimino

PARTENZA



Departure and arrival:
Corniole

Public transport:
LINE 132 departing from Forlì (Start Romagna)

Support facilities:
Rifugio Pian di Rocchi and Campigna (Agriturismo Poderone, Albergo Lo Scoiattolo)

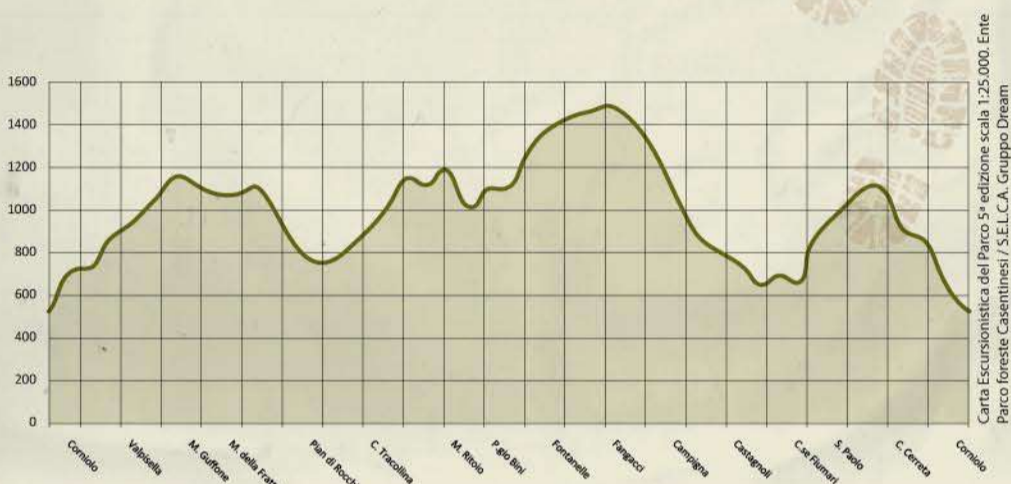
Difficulty: 3



First day:
5 hours, 12 km length, 600 m uphill height difference, 300 m downhill

Second day:
7 hours, 18 km length, 600 m uphill height difference, 600 m downhill

Third day:
6 hours, 14 km length, 980 m uphill height difference, 600 m downhill



Solitary plains in the valley of Bidente



The valleys of Santa Sofia and Premilcuore, where the woods alternate with meadows and rocky areas, and the view extends from the low Romagna hills to the highest ridges of Monte Falco and Poggio Scali. Three days in Romagna and Tuscany, two nights in shelters immersed in nature and tranquillity.

ring route 11



11 • Solitary plains in the valley of Bidente

FIRST LEG > From Corniole we head uphill to the high part of town. The narrow carriageway covers wide hairpin bends and comes into path 267 on the right. The walk uphill now becomes more demanding and we soon find ourselves in the pine forest above Corniole. A wide meadow announces the arrival to Valpisella, a beautiful house with a surprising view. The path continues behind the building and leads us to a forest road, facing the woods of Valdonasso. This road will continue to be our route for a long time, but motor vehicle transit is forbidden so we will only come across people on foot or bicycle. At the edges of the road, the vegetation is multi-coloured and changes according to its exposure. Ignoring the crossroads leading to Bivacco della Fratta, we continue towards Monte Merli, with an almost imperceptible height difference. The junction with path 311 is a deviation towards Premilcuore, but we go straight ahead until the view of the park's peaks opens up to us: Monte Falterona and Monte Falco are in front of us. The final descent has now begun: a few narrow hairpin bends, wide pastures, and we've reached Pian di Rocchi.

SECOND LEG > This second day begins downhill. We have to continue along the forest road that brought us here, and proceed until the paved road. We now head upwards for almost 2 kilometres until Ca' Tracollina. From here a straight path takes us to the ditch, from which we go upwards taking the beech forest head on until we come up to the ridge: from this moment on we will follow path 201 until the peak of Monte Ritoio, through pastures and panoramic viewpoints on Bidente delle Celle. After passing Poggio Bini, the trail continues upwards once again until Costa di Poggio Corsoio and then, once we reach the forest track, we keep to the left until Pian delle Fontanelle. In this stretch we come across a memorial stone remembering the partisan struggle and the Fontanelle shelter, and in less than half an hour we reach the Piancancelli road. If you want to take the detour to Monte Falco, go to the right and then to the left on the 00 path, while if you want to reach the day's final destination turn to the left. In just a few minutes we'll reach the Fangacci parking lot and, on the right, we re-enter the woods and path 251. This leads us down among the beech trees and then the monumental white fir trees, until the junction with path 289: here we'll turn to the left if our destination is Agriturismo il Poderone, or to the right until Campigna if it isn't.

THIRD LEG > If for our overnight stay we had chosen Poderone, we should now reach Campigna: on the province road we can take a shortcut at the first hairpin turn, and then continue on the paved road until reaching path 259 in just a few minutes: an unexpected forest leads us along the centuries-old maples and linden trees of Viale del Granduca, until Campigna. After the forest museum we turn onto path 243 towards Villaneta, in the company of ancient chestnut trees and horse chestnuts. We continue straight along path 249, and then go downhill past Cà Franchetto, Castagnoli, and Cà Fiume. After Sant'Agostino we finally reach the Fiumari junction: here we go right ensuring, a little later, to enter the path on the left that leads down towards the ditch. Of the two paths that take to San Paolo in Alpe, we take the one on the right, path 255. Pine and turkey oak forests take us to the meadows of Campodonato, and then a rocky slope announces the small graveyard and the famous plateau of San Paolo. The remains of the church and the large poplars are an excellent excuse for a well-deserved break. Now we need to head upwards until Poggio Squilla, and from the ridge we go left on path 257, which faces the steep descent of Cerrete and then continues along the ditch until the Bidente di Corniole bridge, just below the village.

FIRST NIGHT

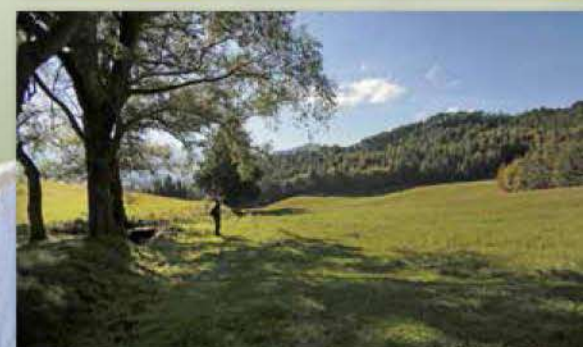
Rifugio Pian di Rocchi
via Fiumicello, 1
47010 Premilcuore (FC)
Tel: 0543/1796492
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SECOND NIGHT

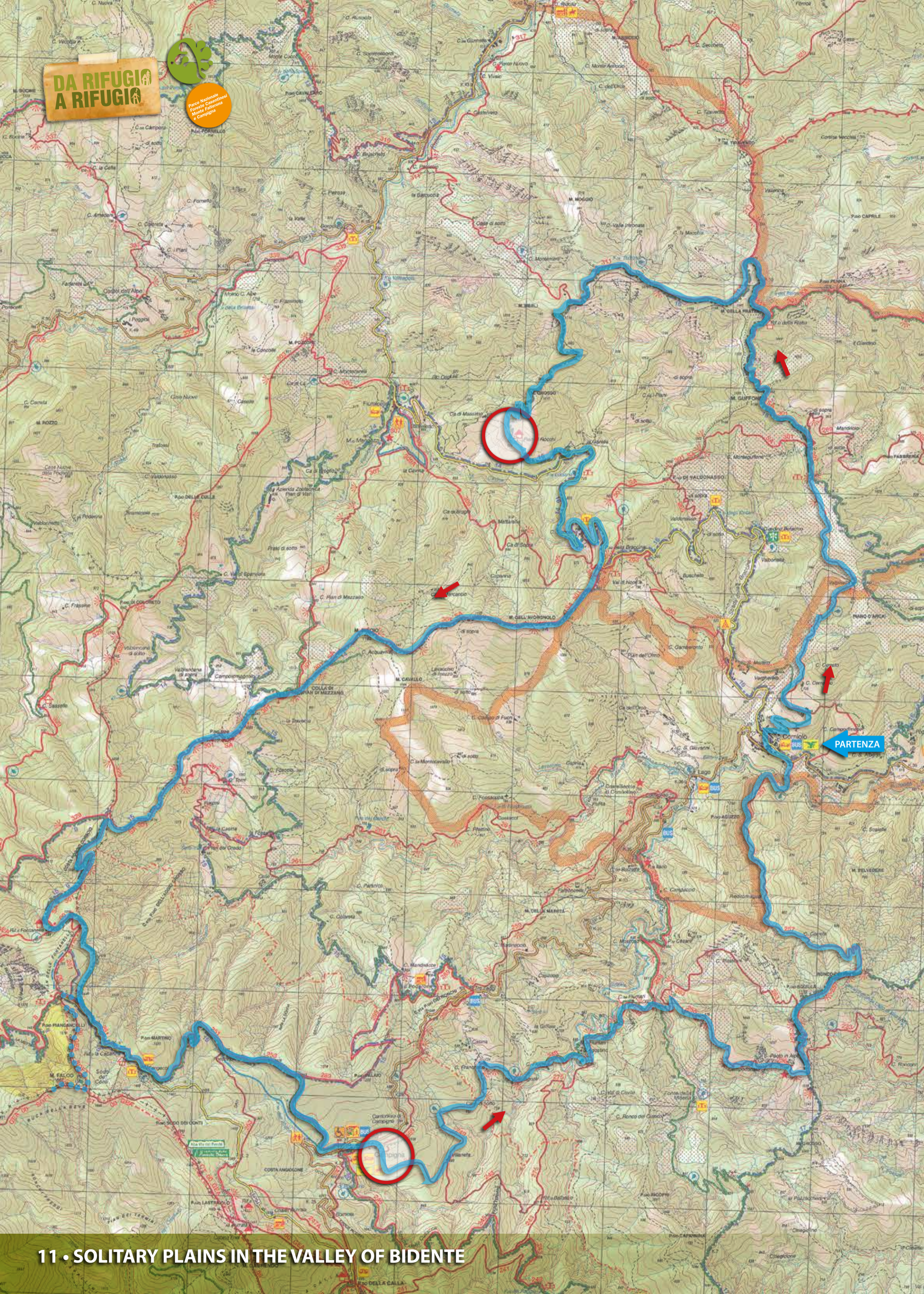
Albergo Lo Scoiattolo
Via centro, 7 - Campigna
47018 Santa Sofia (FC) - Emilia-Romagna
Tel: 0543.980052
Cell phone: 347.4578239
Fax: 0543/980103
albscoiattolo@hotmail.com
www.albergoloscoiattolo.it

Agriturismo Poderone

Address: Via Poderone, 64 - Campigna
47018 Santa Sofia (FC) - Emilia-Romagna
Tel: 0543.980069 - 0543.970498
Cell phone: 3349 1253276
poderone@parks.it
www.poderone.it
Free Wi-Fi connection available.



**DA RIFUGIO
A RIFUGIO**



11 • SOLITARY PLAINS IN THE VALLEY OF BIDENTE