

# DA RIFUGIO A RIFUGIO

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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  
Guermendi 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.parcoforestecasentinesi.it](http://www.parcoforestecasentinesi.it)



DBgrafica • Foto di copertina Francesco Lemma

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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





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
TTHIRD 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
TTHIRD 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.parcocastentinesi.it](http://www.parcocastentinesi.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.

