

SAN MARCELLO PITEGLIO, PISTOIA MOUNTAINS

WALK



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Paths

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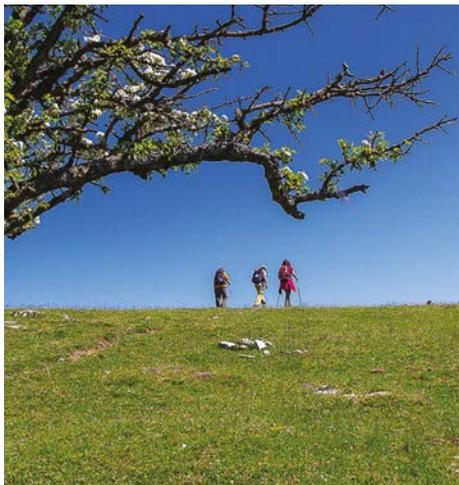
Walk the magical paths of the CAI (Italian Alpine Club) in the Pistoia Mountains

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Concept and Design CD&V Florence
art direction Marco Capaccioli
layout Paolo Valeri
copy Lisa Capaccioli
www.cdev.it

Presentation

The territory of the Pistoia Mountains is exciting and offers you unique and different experiences. The Municipality of San Marcello Piteglio, whose territory covers over 40% of the area, has created three presentation brochures of some of the opportunities you can enjoy, with the clear aim of helping you plan your holiday and

enliven your stay. “Discovering”, “Knowing” and “Walking” are the titles of the brochures that contain relevant suggestions for experiences: here you will find curiosities about our villages and in reading them you will find many common threads connecting history and humanity; you will discover opportunities for leisure and learning, from the largest, still existing underground anti-aircraft shelters to the chance to observe



Silence and the wonder of nature: the Path of Saint Bartholomew

The *Path of Saint Bartholomew* links places dedicated to the cult of the saint between Emilia-Romagna and Tuscany: from Fiumalbo to Pistoia, the whole footpath is nearly 100 km and, like every pilgrim route, it can be travelled in stages, with places for refreshment and accommodation along the way.

The five stages into which it is divided allow the traveller to admire the beauties of the



Pistoia Mountain, from paths immersed in nature to picturesque historic and religious buildings, touching Cutigliano, Piteglio and Pontepetri.

Created in 2015 from synergy between the Gruppo Studi Alta Val di Lima of Cutigliano and local associations, the *Path of Saint Bartholomew* is also suitable for families with children and for all those moved by a desire to walk in contact with nature.

The Romea Strata, a pilgrimage among the beauties of the Apennines



The Romea Strata rediscovers a historic path that for over 12 centuries has connected the north of Italy and central Europe to Rome, across the Po plain and the Tusco-Emilian Apennines.

Today, the 21st-century pilgrim reaches the Pistoia Apennines via the Nonantolana-Longobarda Romea Strata.

Dense woods, crystal-clear waters, and breathtaking ridges mark the path that unfolds around the most important point of the route: the Abbey of Nonantola, one of the greatest and most powerful Benedictine abbeys in Europe, together with Cluny and Canterbury. There are three stages that cross the border ridge between Emilia-Romagna and Tuscany and which, from Fanano, lead to Pistoia touching on Croce Arcana and Doganaccia, Cutigliano and the Municipality of San Marcello Piteglio.

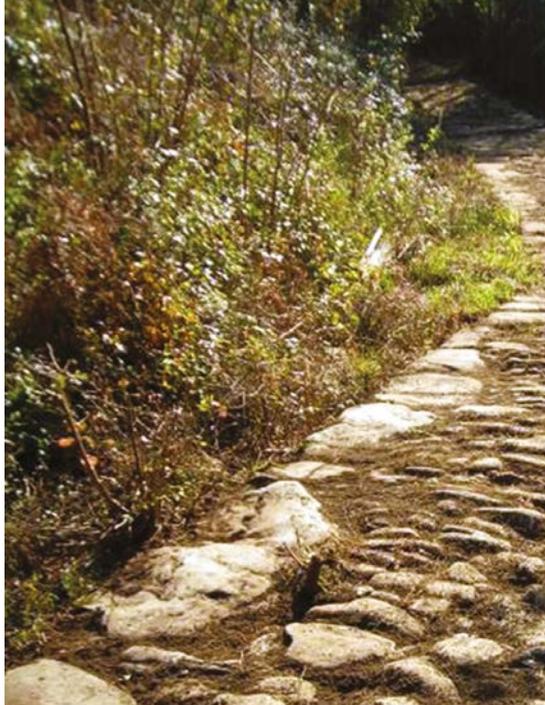
Stage 15 of the Nonantolana Longobarda, 13.7 km long, starts from the Capanno Tassoni Refuge and arrives in Cutigliano, passing by the Croce Arcana, at 1669 meters.

Stage 16, 23.4 km long, starts from Cutigliano and arrives in Pontepetri, passing along both paved roads and woodland trails.

Stage 17, 18 km long, leads to Pistoia, passing through beautiful landscapes. The trails reveal to the pilgrim historical-religious monuments and refreshment points where you can taste the genuine products of the area. An unforgettable journey for those who choose slow tourism, in contact with nature, the beauty of the landscape, offering excellent food and wine.



far more than he seeks".(John Muir)



Itinerary of the F.A.P. train



The trail runs along part of the route of the former F.A.P. railway (Ferrovie Alto Pistoiese) and can be easily divided into stages: Limestre-Gavinana; Gavinana-Maresca and Maresca-Campo Tizzoro, for a total of 9 km. The trail has no significant slopes, making it easy even for the less fit. Most of the route is on an unpaved road, except the Gavinana - Maresca section, which is mainly on a local road. A fitness path has recently been set up along the way - a series of gym equipment available to anyone who wants to do some physical exercise in the open air. Along the path you pass the old railway stations and in Campo Tizzoro, a large reinforced concrete arch marks the entrance to the underground shelters of the S.M.I. (*Società Metallurgica Italiana - an Italian metalworking company*), which you can visit at the S.M.I. Museum and Shelters a few meters on.

Valle Lune Trails, archaeology and nature



The Valle Lune Cultural Association, long devoted to the valorisation and restoration of mediaeval mountain itineraries, has prepared two interesting routes for passionate walkers in the Pistoia Mountains: the Lancisa - Mammiano itinerary and the Mammiano - Migliorini one. The first starts from the hamlet of Lancisa and reaches the archaeological site of Castel di Mura; it travels along the Via di Ripi, an ancient road that runs over the mediaeval trackway and, after a section in the woods, arrives in Mammiano. The second route leads to the Ponte Sospeso and the ironworks of Mammiano Basso: the hydroelectric turbines are absolutely worth seeing, as are the basin and the Torre di Rimando, an infrastructure that helped to operate machinery in the ironworks, unique in Italy.



Path signs, art trails in the Pistoia Mountains



Along the way we find the Benedetta bridge - presumed to be mediaeval - and another stretch of the ancient cobbled road that leads to Borgo Migliorini.

Download the new free app "APPennino" with maps of the trails in the Pistoia Apennines.

For info and tours with the association please call +39 3388393423 and go to www.vallelune.it

This is a development plan for the trail network in the valley of the Municipality of San Marcello Piteglio.

By creating art works and art installations that narrate the territory, it aims to launch the image of the Pistoia Mountains at national and international level.

Come and take your selfie in the Pistoia Mountains! Along the paths involved in this plan you will find works of art made specially for you to take your selfie and record your journey through the most evocative and panoramic points of the trails, right where 'Segnavie' is written in gigantic letters. The project is ongoing and since summer 2020 numerous installations can be found in the territory.

For an update on locations and the project visit www.segnavie.com.

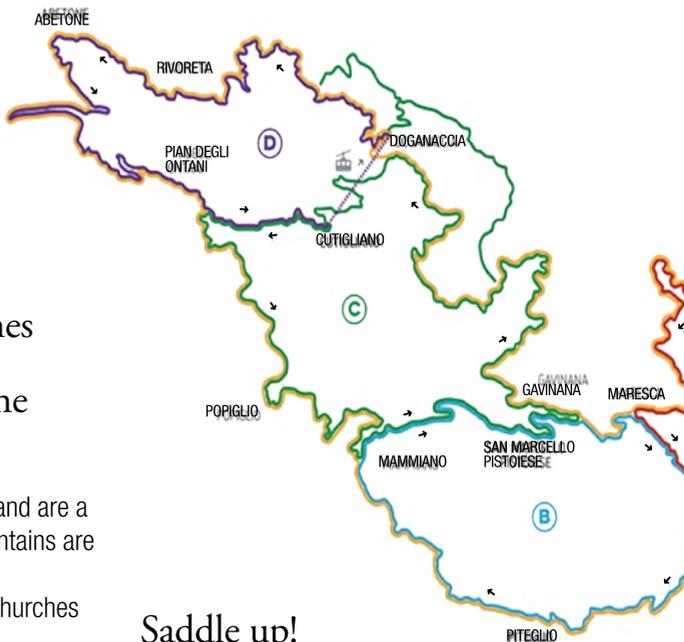
some way and also that something changes in us". (Italo Calvino)



Hamlets, parish churches and woods: bike trails to discover the Apennines

If you are looking for slow tourism and are a mountain bike fan, the Pistoia Mountains are the place for you.

Nature, woods, historical villages, churches and local products are there to be discovered, on circular itineraries of varying



Saddle up! Discover the Mountain on a mountain bike with EMEx

EMEx - Eco-museum Mountain Bike Experience - offers six cycling tours structured so you can get to know the area on two wheels, in a slow and sustainable way. Each trail is marked by degree of difficulty, depending on variation in elevation and length.

The circular routes cover the entire area of the Pistoia Mountains, touching the stages of the Eco-museum. Among wooded landscapes, historic villages and unforgettable panoramas you can discover the environmental and cultural aspects of the territory, visiting ancient rural structures (water mills, ironworks, ice-houses, stunning mediaeval bridges) and enjoying the unpolluted nature that still marks these places. From professional sportsmen to amateurs, from cycling enthusiasts to families, everyone will find their own «path» to follow.

GPX route mapping is available on www.ecomuseopt.it

For info: toll-free number 800 974102 (Italy)



Technique, determination and fun: the downhill tracks are waiting for you



The Pistoia Apennines are the perfect destination for fans of downhill biking, both for trails and for services.

At 1600 meters above Cutigliano we have the Abetone Gravity Park, one of the largest bike parks in Italy served by a modern cable car. In 2019, the park hosted the third stage of the IXS European Downhill Cup. Then there are the Doganaccia slopes, open 9 months a year, where, among beech trees and red pine woods, there are 5 downhill and Enduro trails for all levels, from beginners to advanced.

If you want to fully enjoy the beauty of the mountain, you can be accompanied by environmental guides, with overnight stays in the refuges.

Downhill, Enduro and E-bikes can be rented directly at Doganaccia, where the cable car stops.

<http://www.abetonegravitypark.it/index.html>
and to book a bike: +39 335 6378522
https://doganaccia2000.it/downhill_mtb/
tel. +39 333 5392487 and +39 338 3294647.



made on foot". (Bruce Chatwin)



The walks of San Marcello



Many walks, accessible to all, depart from the town centre and allow you to discover the secrets of a territory rich in history and full of beauty.

On the *Panoramica Nord* walk, you can quench your thirst at the “source of life” where carved on a stone are the lines “at the source of life whoever drinks will marry”.

The *Panoramica Sud* walk follows the course of the Limestone torrent, past the ruins of the ancient mills of Mezzo; the *Anello del Gufo* is a small outing that, through a wonderful forest of chestnuts and Turkey oaks, leads to the village of Gavinana; the *Poggio Giudeo* walk leads to the Grotta di Macereti which, as described by Massimo D’Azeglio in his “Niccolò de’ Lapi”, served as a refuge for the fugitive Lisa de’ Lapi. Around *Val di Noce*, a chestnut wood frames the path, where, especially in autumn, we can find porcini and chanterelle mushrooms.

The *Quattro contrade* circular walk is an authentic tour through the history of the area: there are many ancient buildings along the trail - a chance to visit the past, while walking in the present.



The walks of Maresca



There are three walks in Maresca and surroundings and three types of trails to choose from.

Along the *Case Alte* walk are picturesque hamlets that dot the outskirts of the centre of Maresca, containing houses that were built even before the village, and which recall the names of the families who once lived there: Case Milea, Case Zuccheri and Case Martini. The walk passes by Case Bizzarri and Case Marchionni, below Case Paradiso where the oldest buildings in the whole village are found, dating from the 15th century.

The *Ferriera* walk takes us to the Antica Ferriera Papini which, after long and careful restoration, has returned to its former glory and is currently part of the Eco-museum of the Pistoia Mountains. (For info: toll-free number 800 974102).

The *Criminalino* walk is a path that offers numerous evocative scenarios: the centre of Maresca, the stone and red brick bridge on the Maresca torrent, cultivated fields, forests of chestnut and alder trees, finally joining, near a “madonnina” shrine, the panoramic road to Bardalone.

Montanaro *Trail Running*

Montanaro Trail is a track race, symbol of the territory of the Municipality of San Marcello Piteglio: ridges, woods, historical hamlets are the setting for an Ultra Trail that has now achieved national recognition. The event comprises two races of 58 km and 24 km, plus a non-competitive walk of 12 km. Organised by ASCD Silvano Fedi section of San Marcello and sponsored by the Municipality of San Marcello Piteglio, the race revolves around a close-knit group of promoters that works all year round to satisfy the trail runners. The race route, almost entirely on CAI paths, starts and ends in San Marcello Pistoiese, passing through woods of chestnuts, beeches and conifers. There is no lack of exciting ups and downs, small villages, mediaeval bridges and a crossing over a picturesque Tibetan bridge suspended over the valley of the Lima river.



mountains are emotion for me". (Reinhold Messner)



From Ponte di Castruccio to Croce a Veglia, in search of Cippi di Confine



An excursion among unique landscapes on the “Dolomites of Val di Lima”.

A journey back in the time on the border between the Grand Duchy of Tuscany and the Duchy of Lucca, discovering the old boundary stones (*cippi confinar*).

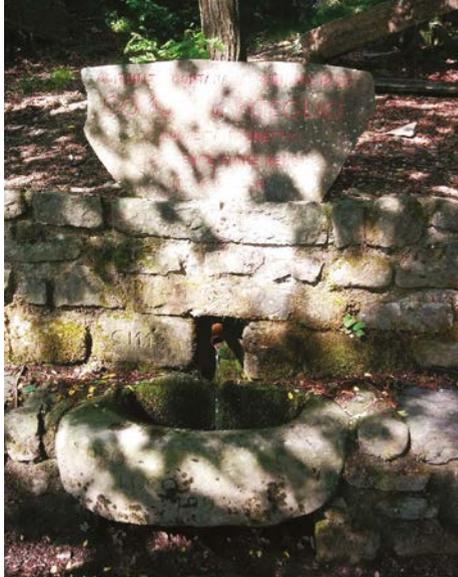
The path (50 CAI PESCIA) starts from the right-hand customs building of the Ponte di Castruccio and arrives at Passo di Croce a Veglia: approximately a 2 and a half hours walk one way and 1 and a half hours coming back. One path with many attractions for a unique





outing: mediaeval historical settlements, old farms, traditional agricultural features (*Campi Chiusi*), early mediaeval roads (*Strata unde veniunt Carfagnini*), the Castruccio bridge, old water-powered works, old Grand Ducal customs houses, all combined with the chance to experience the biodiversity of the area. Additional information at www.caipescia.it

on water, but to walk on earth.” (Li Lin Chi)



From Prunetta to the Sources of the Reno and Croce delle Lari



From the town centre of Prunetta, with the main door of the church behind you, turn right into Via Le Lari and, immediately after, turn left uphill. On the right, a broad panoramic terrace appears, overlooking the plain towards Pistoia. Just 400m on, after passing the last houses, the unpaved road begins and after approximately 1km slightly uphill, the trail reaches the sources of the river Reno at an altitude of 960 m.

Above the spring, a natural terrace, surrounded by beech and chestnut trees, is equipped as a picnic area where you can take a break.

The fittest hikers can continue the trail: it is possible, passing through a dense wood, to reach the Lari mountain where, in the centre of a clearing, stands an imposing iron cross.





Travel the magical paths of the CAI in the Pistoia Mountains



A network of 110 trails totalling almost 800 km: just one interactive map offering walking enthusiasts, a huge amount of useful information to plan outings and excursions, even several days long, given the places of interest served by mountain refuges managed directly by the CAI.

The excursion trails can be downloaded free in standard GPX format, which can be used on the most common GPS devices.

A virtual trail and detailed information on the path (place of departure and arrival, length, travel time, difficulty) to discover the mountains and hills, thanks to the itineraries, lakes, refuges, and places of special interest in the Pistoia Mountains.

that life is walking - it's a journey". (Papa Francesco)



WALKING

Municipality
of San Marcello Piteglio



**PATHS
ITINERARIES
TREKKING
MOUNTAIN BIKES
IN SAN MARCELLO PITEGLIO**



**MONTAGNA
PISTOIESE**
IN TUSCANY, NATURALLY

