

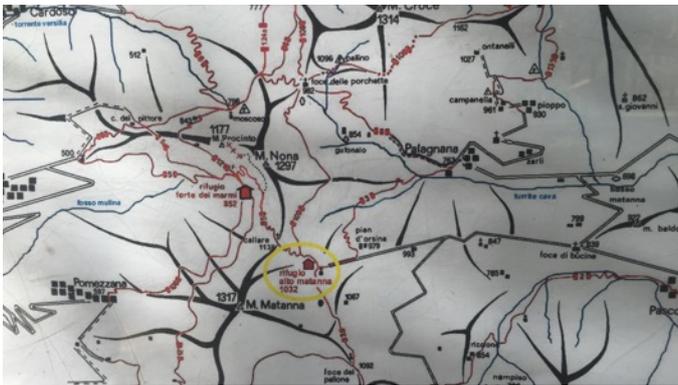
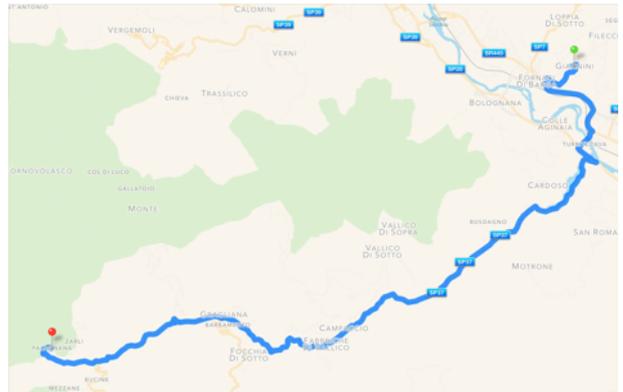
Monte Mattana

1317m

Heading

This easy-to-climb mountain offers possibly the best of all views of the Mediterranean coast line, down from La Spezia in the North to Livorno in the South and all parts between, as well as wonderful views of The Pania mountain and other Apuane peaks. To the East, the views of the Appenines are also stunning with typical Tuscan valleys unfolding below.

To cap it all, the ascent of Monte Matanna can be made without the effort such views really deserve if the outing is begun from the Alto Matanna Refuge at 1040m.



Alto Matanna Refuge/Ristorante is a very big, old, ramshackle, alpine-like building at the end of a twisting road. It has a Bar. The owners offer accommodation, good food and home made cheese. They seem to have a multitude of goats, sheep, cows, geese, hens, dogs and rabbits, all which are friendly. Pony trekking is available. Tel. 0584/77.60.05

Alto Matanna is 23k from Casa Togneri along the Fabbriche di Vallico road. Drive through this pretty, historic village, then on in the direction of Palagnana which incidentally is another starting point for walking in the Apuanes. Ignore all turn offs until a narrow bridge is reached on the left. Here, the road goes straight on to reach Palagnana in a few kilometres. Instead, take the left turn sharp over the bridge. There is a hand made sign for

Matanna tied on the railing of the bridge. Go up this twisting toad until a tower is reached. Keep right here and you will soon reach the Refuge.

There is a huge car park in front of the Refuge. It is busy in the summer. Walk towards the building and you will see plenty of way-mark signposts. Route Number 3 to the left is the Monte Matanna route.

Take the obvious footpath through the wooded field, through a turn-style, and straight on past two small lakes on the right. Keep going



Casa per Vacanze Refuge

for about ten minutes until a small chapel is reached. A few metres later a signpost indicates a number of trails. Route 3 up Matanna is obvious.

It is about 40 minutes to the top. Follow the blue paint marks on the scrambly bits near the top of the hill. The views are breathtaking.



Guide books in the house give other routes up this mountain and also indicate how the day can be extended. Many options are available including nearby Monte Nona.