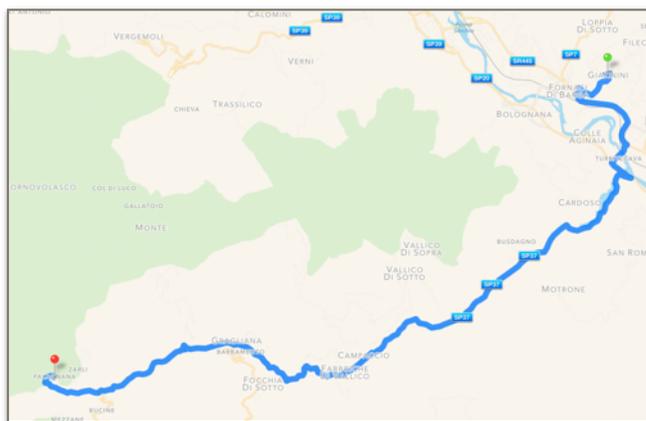


Walks from Palagnana

Palagnana is a good base for several different walks and trails. The small hamlet lies 18 km south west of Filecchio, high up in the Alpi Apuane. To drive to Palagnana, take the road to Piano Di Correglia then turn right over the river Ania and once over the bridge turn left towards Lucca. Leave this main road almost immediately, taking the road on the right to the pretty village of Fabbriche Di Vallico (11km from Filecchio). Drive through Fabbriche Di Vallico staying on the right hand side of the river (T Turrite Cava) for most of the way. Palagnana is a further 7km up this narrow road. (Ignore the turning for San Pellegrinetto half way between Fabbriche and Palagnana). There is a large square parking area on the right as you enter the village.



The trails are marked from the car park in Palagnana.



A 7km circular walk (taking 3 hours including a picnic stop) can be made by taking route 8 to Foce delle Porchette, then route 109 to Rifugio- Albergo Alto Matanna, then route 3 back to Palagnana. The route is on well way-marked trails and can be undertaken with walking shoes. The gradients are gradual with 400m gained during the whole walk, but with spectacular views from Foce delle Porchette to the Mediterranean Sea.

Another slightly longer and more arduous circular walk from Palagnana is the traverse along routes 8, 108 and 135. This route allows an excursion up Monte Croce. After taking route 8 to Foce delle Porchette it is necessary to retrace your steps for 100m in order to pick up route 108. I have neglected to do this on both occasions I have walked this route, resulting in some scrambling up large boulders towards Monte Croce. From route 108 there is a well worn track up to the summit of M Croce (1312m) but this climb can be missed you keep on the way marked route. The return to Palagnana is along route 135 passing through the hamlet of Pioppo.



Foce delle Porchette

Other longer excursions are possible from Palagnana including the ascent of M Forato (1230m) or a walk west to the pretty hilltop village of Cardoso.

A good GPS app/map is available for this area from iTunes by searching for 'avenza pdf maps' then choosing 'mappa dei sentieri e rifugi delle Alpi Apuane'.