



# DISCOVERING GARFAGNANA

A walk to catch the past and the present of this hidden corner of Tuscany

- ◆ **WHEN:** every **Saturday**, from April to October
- ◆ **PARTICIPANTS:** **min 2 / max 16** persons
- ◆ **LENGTH:** **8 Km** (5 miles)
- ◆ **ITINERARY:** downhill route through tracks, country paths and dirt roads
- ◆ **START:** **14.30 at the townhall of Villa Collemandina**
- ◆ **FACILITIES:** bars and water supply in Villa Collemandina, Castiglione and Pieve Fosciana
- ◆ **END:** **18.00 in Pieve Fosciana**
- ◆ **GUIDE:** **Pierluigi Pellizzer**, qualified local guide, member of *Garfagnana Guide* association, fluent English speaking
- ◆ **PRICE** (per person): **2-3 persons, 22 Euro / 4-6 persons, 12 Euro / 7-16 persons, 8 Euro.** Cost covers the guiding service and should be paid before starting.



## DESCRIPTION

The walk is an easy itinerary through the picturesque villages of the valley. The qualified local guide will talk about the landscape, the history and the economy of Garfagnana, as:

- the Apuan Alps and Apennines mountains, with their parks and the marble quarries
- the economy of the valley: forests and pastures
- medieval villages, strongholds and fortresses
- a troubled history: from the Etruscans, through the Lombards, the duchy of Lucca and Modena
- the farro (emmer), the wheat's ancestor, the local protected product
- the chestnut process: the 'bread tree', the harvest, the 'Metato' storing place
- local fairs and traditions

## FOR INFO AND BOOKING

- ◆ **Booking required** by 6 pm of the day before.
- ◆ **Pierluigi Pellizzer** (guide): tel. (+39) 328 5369047, email: [pgpelz@libero.it](mailto:pgpelz@libero.it)
- ◆ **I.A.T. Garfagnana tourist office** in Castelnuovo di Garfagnana, tel (+39) 0583 65169/644242, email: [info@turismo.garfagnana.eu](mailto:info@turismo.garfagnana.eu)

## HIGHLIGHTS

- ✓ The **walled town of Castiglione** ②
- ✓ The **medieval humpbacked bridge** ③
- ✓ **San Sito church** in Villa Collemandina ①
- ✓ The picturesque town of **Pieve Fosciana** ④
- ✓ The **Apuan Alps and Apennines** skyline

