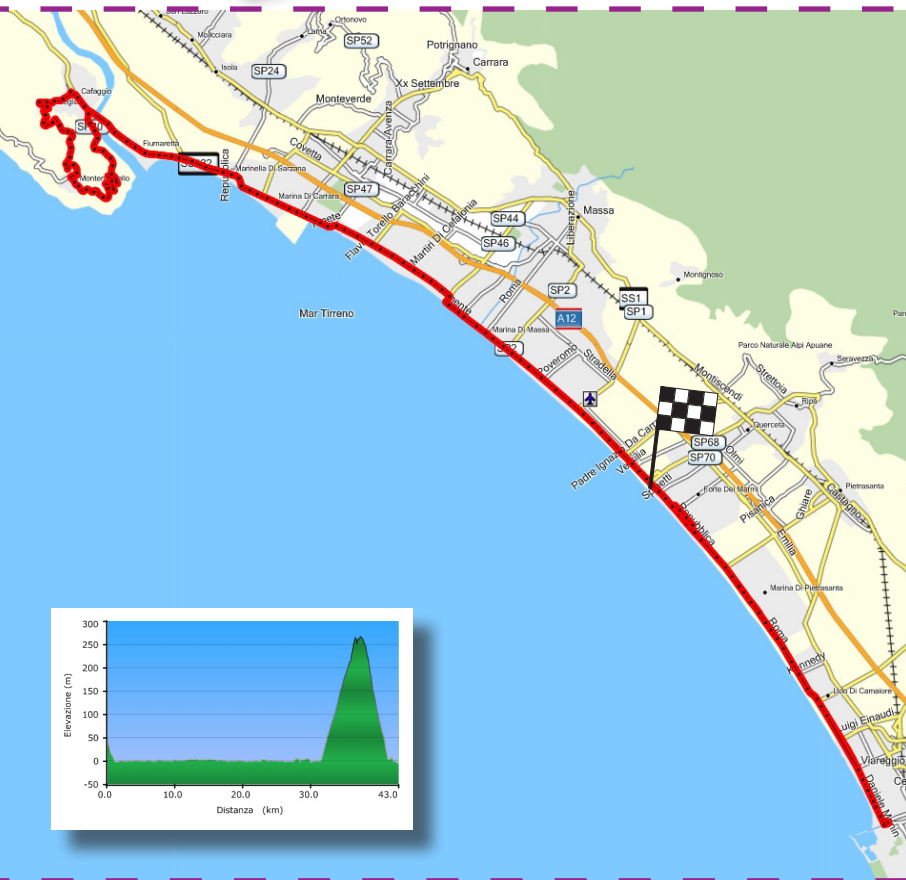




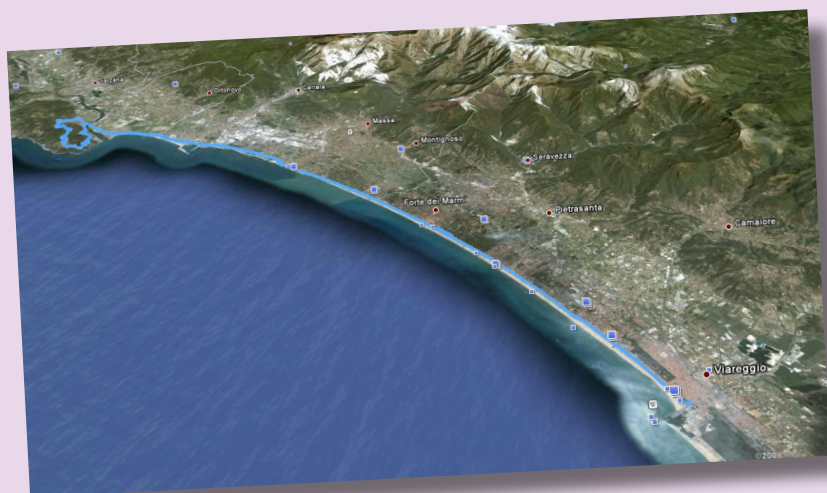
ITINERARY 1

Forte dei Marmi and Monte Marcello

Length: 78,5 km
 Altitude peak: 267 metres
 Total rise: 393 metres
 Degree of difficulty: ●●○○○
 Ideal period: all year round
 Excursion time: about 3 hours

Starting from Forte dei Marmi pier, set off northwards in the wonderful seafront. First of all you'll see the Cinquale district and then Marina di Massa Castle. After 700 metres, at the roundabout, turn right following the road signs for the stadium and then at the first traffic lights turn left. A rectilinear road 5 km long going through Bondano and Partaccia is awaiting you. At the fork, follow the signs to La Spezia keeping the sea and ma-

rina di Carrara port to your left. At this point you have already travelled 16,7 km from the start, and you'll find the sign indicating the end of Massa and Carrara Province. After 1200 metres, after Marinella di Sarzana, you'll find a roundabout. Follow the coast towards Fiumetta and La Spezia, then turn left. After having travelled 4 km in a rectilinear road, 500 metres after the bridge over the Magra river turn left following the signs to Ameglia



Gran Caffè Margherita, Viareggio





Bocca di Magra

and Monte Marcello, then, at the stop sign turn right and immediately after turn left. Here the easy 5,9 km long slope begins, leading you to the peak, and giving you spectacular views over the coast and the Apuan Alps. After the car parking turn left, following the signs to Golfo dei Poeti and Punta Corvo. Travel a few metres keeping your right and

you can quench your thirst with a drinking fountain and have a pleasant outlook onto Palmaria Island, Porto Venere and part of La Spezia Gulf. At the end of the descent follow the signs to Ameglia and after the little port, at the stop sign keep the right and go over the Magra bridge again and then, go along the same road of the outward south-

wards. When you arrive in Forte dei Marmi go straight on until Viareggio. Do a turn at Viareggio pier and come back to Forte dei Marmi pier. Relaxing and fit for everyone, this itinerary doesn't request a particular training, but you must consider the fact that, however,



you have to climb for 6 km. The itinerary isn't difficult because of the long rectilinear roads where cars speed is usually moderate, due the police control. Fiumetto, Marina di Pietrasanta and Tonfano are names suggesting tan and beach umbrellas. This itinerary is a good idea in particular during winter or summer early in the morning when there are few cars running.

Bank Services



Agenzie in Viareggio, Lido di Camaiore, Marina di Pietrasanta, Forte dei Marmi

Refreshments and Breaks

Ristorante La Barca

Speciality: Seafood

Price: 60 euro

Viale Italico, 3 - Forte dei Marmi
0584 89323

Ristorante Pescarino

Speciality: Homemade pasta

Price: 35 euro

Via Borea Montemarcello (SP)
0187 601388

Gelateria Paradiso

Speciality: Yogurt flavour ice cream

Viale Colombo, 119 bis

Marina di Carrara

0585 634266

Locanda delle Tamerici

Speciality: Seafood

Price: 70 euro

Via Litoranea, 106 - Fiumaretta (SP)
0187 64262

Technical Assistance

Cicli Tarducci Roberto

Via Mazzini, 96 - Viareggio (LU)
0584 945180

Cicli Kamà

V.le Colombo, 330

Lido di Camaiore (LU)

0584 1841250

Cicli Mario

Via Versilia, 137 - Tonfano (LU)
0584 21021

Cicli Maggi

Viale Morin, 83/a
Forte dei Marmi (LU)
0584 89529

Biemme Bike

Via Risorgimento, 37
Forte dei Marmi (LU)
0584 80994

Cicli Santini

Via Mazzini, 242/d
Forte dei Marmi (LU)
0584 881047

Marina Bike

Via delle Pinete, 72
Marina di Carrara (MS)
0585 634622



Forte dei Marmi