

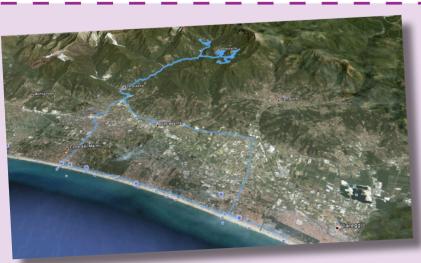
ITINERARY 3

Pruno, Farnocchia, Pomezzana e Stazzema

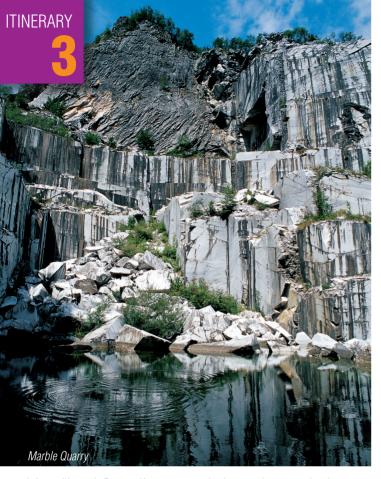
Length: 82,7 Km
Altitude peak: 668 metres
Total rise: 1511

Starting from the seafront of Viareggio near Galliano Café, set off towards Forte dei Marmi that you'll reach after about 11,5 km on the flat. At the traffic lights in front of the pier turn right and contemplate the Fort. If you wish you can quench your thirst with the drinking fountain in the square. Then go along the main road following the signs to Querceta. At the roundabout at the beginning of the residential area turn

left following road signs to Seravezza and immediately after turn right over an overpass before the hamlet of Ripa. Then our excursion continues reaching Corvaia and Seravezza, where the road curls in gentle slopes leading through Ruosina to the fork for Pontestazzemese. At this point, keep your right following the road signs. After the residential area of Pontestazzemese, you can chose your own itinerary. If you turn







left vou'll reach Pruno, if vou turn right you'll reach Farnocchia or Stazzema.

Possibility 1 Pruno: you'll reach Cardoso after a 2 km gentle slope. At the beginning of the village, if you need it, have a break at Nocineria Barsanti. After the hairping bend in front of the Church the slope to Pruno begins, it's about 3 km long and it's hard only before the Monteforato Restaurant (here you can have an outlook over the Mount Procinto- 1039 m above sea level) and after the residential area of Volegno. When you reach Pruno, you have travelled 32 km and you can have a pleasant outlook over the green landscape at the foot of the Pania del Forato with its 1223 m above sea level. S. Nicolò Church, built in the XI





century, is very beautiful. Behind the Church there is a drinking fountain and next to it there's La Canonica Restaurant with its wonderful terrace.

Possibility 2 Farnocchia: the slope in very hard and it's about 2 km long after the fork to Stazzema. Here turn right, and rise for other 3.5 km before arriving to the lovely village.

Possibility 3 Pomezzana: descending from Farnocchia, follow the signs to Pomezzana with a 2.7 km guite hard slope. In the village you can visit the beautiful San Sisto Church.

Possibility 4 Stazzema: at the fork of the possibility 2 turn left and rise for 1500 metres until the little village (Santuario del Piastraio). The way back is sloping until Corvaia where you have to turn left following road signs to Pietrasanta. Here you can go through this glorious city, visiting the Renaissance square. Then take the Sarzanese road, reach Capezzano Pianore, and follow road signs to Lido di Camaiore. When you reach the seafront turn left towards Viareggio where your excursion ends.

Bank Services



Agenzie in Viareggio, Lido di Camaiore, Marina di Pietrasanta, Forte dei Marmi. Querceta, Ripa, Seravezza, Ponte Stazzemese. Capezzano Pianore

Refreshments and Breaks

Ristorante Monteforato

Speciality: Fried chicken and rabbit Price: 25 euro Via Comunale,1 Volegno 0584 777086

Ristorante II Poveruomo

Speciality: Sliced steak Price: 25/30 euro Via Fontana, 1 Pruno 0584 777021

Ristorante Da França

Speciality: Noodle in wild boar sacuce Price: 25/30 euro Piazza IV Novembre. 2 Farnocchia 0584 777022

Norcineria Barsanti

Speciality: Grilled meat Price: 20 euro Via Vallinventri Cardoso 0584 777058

Ristorante Luciana

Speciality: Tordelli Price: 18/20 euro Via Provinciale, 33 Mulina di Stazzema 0584 77788

Pizzeria Valè

Speciality: Little flat bread P.zza Garibaldi. 4 - Forte dei Marmi 0584 89361

Technical Assistance

Cicli Kamà

V.le Colombo, 330 Lido di Camaiore (LU) 0584 1841250

Tognetti Leonello

Via Carducci, 213 Marina di Pietrasanta (LU) 0584 20086

Cicli Maggi

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

Bike Shop Coppa Via Franceschi, 4/d - Forte dei Marmi (LU) 0584 83528

Due ruote per tutti

Via Meccheri, 65 - Querceta (LU) 0584 742134