







Marble Quarry

left you'll reach Pruno, if you 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 Norcineria Barsanti. After the hairpin 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 out-

look 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



Cappella Church



San Nicolò, Pruno

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 is 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 quite 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



Banca Versilia  
Lunigiana e Garfagnana

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

## Refreshments and Breaks

### Ristorante Monteforato

**Speciality:** Fried chicken and rabbit

**Price:** 25 euro

Via Comunale, 1 Volegno

0584 777086

### Ristorante Il Poveruomo

**Speciality:** Sliced steak

**Price:** 25/30 euro

Via Fontana, 1 Pruno

0584 777021

### Ristorante Da Franca

**Speciality:** Noodle in wild boar sauce

**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

Pzza 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