

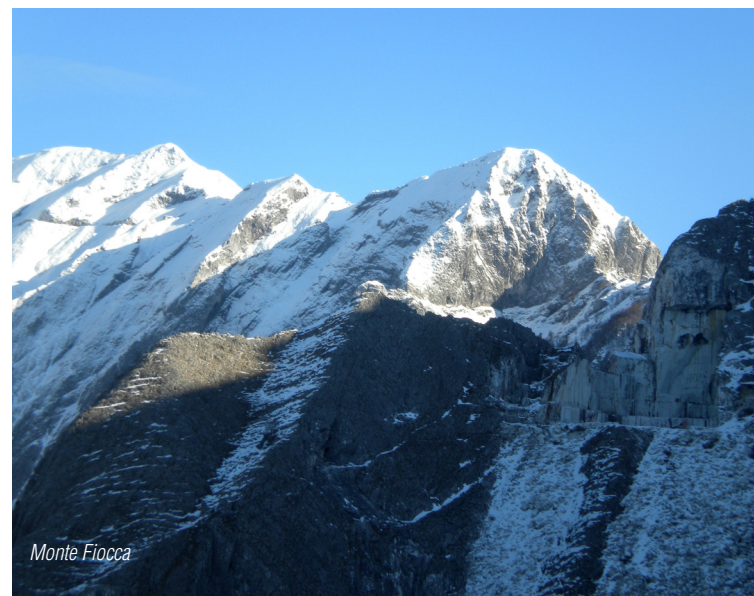
ITINERARY 5

Cipollaio, Arni and Passo del Vestito

Length:	87,8 km
Altitude peak:	1060 metres
Total rise:	1248 metres
Degree of difficulty:	●●●●○
Ideal period:	May/September
Excursion time:	5 hours

Starting from the Viareggio seafront near Galliano Café, go 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. Then go along the main road following the signs to Querceta. At the roundabout at the beginning of the residential area turn left and immediately after turn right over an overpass before the hamlet of Ripa.

Then our excursion continues reaching Seravezza, where the road curls in gentle slopes leading through Ruosina to the fork for Pontestazzemese. Here keep your left following road signs to Castelnuovo and begin to rise to Cipollaio. The slope has a constant and not hard gradient, but it's 13 km long and requires a good training and a physical fitness. After 4 km from the fork you'll reach Retignano, and after





Passo del Vestito

other 3 km you'll reach Levigliani, famous for the Corchia caves, a natural cavern that you can visit all year round (for information 0584 778405 www.antrocorchia.it). After 5 km you'll reach the Cipollaio tunnel where you can have a break and admire the scenery. The long tunnel (1,2 km) is badly lit and it is at the beginning of a descent along breathtaking defiles. After 1 km at the fork turn right and follow road signs to Massa. Here the harder part of our excursion begins, with stretches with a 10% and a 12 % gradient inside Arni hamlet and after the tunnel also (badly lit). When you reach the peak, with splendid weather especially, your eyes are filled with unexpected views and at the end of the Vestito tunnel the scenery is more amazing. Be careful

when you are in this tunnel because it's long and badly lit and the asphalt is full of perils. Here the long and steep descent begins during which you can admire wonderful scenery



Antona



ies that through Antona and San Carlo will accompany you until Massa. Here reach the seafront of Marina di Massa through Viale Roma, a wide sloping road. At the seafront turn right and going through Cinquale, Forte dei Marmi, Marina di Pietrasanta and Lido di Camaiore you'll finally return to your starting point. Obviously, being a ring itinerary, you can rise to passo del Vestito going through Massa, with a longer but more gentle rise (so to speak).



Papa Giovanni XXIII Statue, Antona

Bank Services



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

Refreshments and Breaks

Ristorante Da Giannino

Speciality: Noodles in Cardoso Bologna sausages sauce

Price: 30 euro

Via A. De Gasperi, 646 Ripa
0584 743904

Ristorante Vallechiara

Speciality: Tuscan fried food

Price: 20/22 euro

Via Lambora, 132 Levigliani
0584 789093

Ristorante Le Gobbie

Speciality: Pore mushrooms

Price: 20/25 euro

Via Le Gobbie, 11/20 Passo del Vestito
0584 789093

Ristorante La Taverna del Lupo

Speciality: Typical Massa cuisine

Price: 15/25 euro

Via Arni, 64 Antona (MS)
328 9012868

Ristorante San Carlo

Speciality: Walnut noodles

Price: 35 euro

Via Zonder, 3 San Carlo (MS)
0585 43193

Gastronomia Giannoni

Speciality: Cheese and pork salted meat

Viale Colombo, 442
Lido di Camaiore (LU)
0584 617332

Technical Assistance

Cicli Tarducci Antonio

Via della Gronda - Viareggio (LU)
0584 960141

Cicli Maggi

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

Cicli Bendini

Via Provinciale, 224 - Forte dei Marmi (LU)
0584 876281

Due ruote per tutti

Via Meccheri, 65 - Querceta (LU)
0584 742134

Cicli Santini

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