

**Outdoor
Experiences**



PANIA DELLA CROCE

THE QUEEN OF THE APUAN ALPS



#guidewildtrails

THE EXPERIENCE

Hike on the rocky trails of the Apuan Alps. Starting from the small village of Piglionico theater of strong battles during the second World War, reaching the top through grassy slopes and a huge limestone gorge.

DETAILS

Km: 8
Meters of ascent: 700 mt
Time: 6h
Summit: 1858 mt

EQUIPMENT:

For this experience it's required a basic mountain kit: Mountain boots or trail running shoes, backpack, Weather-appropriate clothing (moisture-wicking clothes and rain jacket), water, snack or packed lunch.

DIFFICULTY: MEDIUM

For this experience it's required a medium training to hiking. Some parts of the path are steep, absence of vertigo is required.

INFOS AND COSTS:

Email: info@guidewildtrails.com
Whatsapp: **0039 320 2672533 Stefano**

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MONTE FORATO

THE GREAT ARCH



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THE EXPERIENCE

One of the most beautiful natural monuments of our region. We'll walk across beeches forests, fairy ruins and rocky ridges. At the top a giant natural arch 35 meters high, all around the peaks of the Apuan Alps. This is the dreamplace of every hiker!

DETAILS

Km: 8.5

Meters of ascent: 700 mt

Time: 5h

Summit: 1230 mt slm

EQUIPMENT:

For this experience it's required a basic mountain kit: Mountain boots or trail running shoes, backpack, Weather-appropriate clothing (moisture-wicking clothes and rain jacket), water, snack or packed lunch.

DIFFICULTY: MEDIUM

For this experience it's required a medium training to hiking. Some parts of the path are steep, absence of vertigo is required.

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MONTE PRANA

SOUTH BEAUTY



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THE EXPERIENCE

Monte Prana is the southeast peak of the Apuan Alps. The path come up crossing forests, pastures and memories of the WWII. We reach the gentle grassy ridge that climb up sinously up to the top. By the summit the view is amazing, you'll see the beauty of the coastline below your feet!

DETAILS

Km: 8.5
Meters of ascent: 600 mt
Time: 5h
Summit: 1218 mt slm

EQUIPMENT:

For this experience it's required a basic mountain kit: Mountain boots or trail running shoes, backpack, Weather-appropriate clothing (moisture-wicking clothes and rain jacket), water, snack or packed lunch.

DIFFICULTY: MEDIUM

For this experience it's required a medium training to hiking. The walk is long but there are not difficult parts.

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MONTE PRADO

THE HIGHEST



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THE EXPERIENCE

An amazing hike on the Apennines across beautiful forests and panoramic meadows. Following the grassy ridgeline we'll reach the summit of Monte Prado. This is the highest peak of Tuscany, the panorama is just incredible!

DETAILS

Km: 13 km
Meters of ascent: 800 mt
Time: 5h
Summit: 2054 mt slm

EQUIPMENT:

For this experience it's required a basic mountain kit: Mountain boots or trail running shoes, backpack, Weather-appropriate clothing (moisture-wicking clothes and rain jacket), water, snack or packed lunch.

DIFFICULTY: MEDIUM

For this experience it's required a medium training to hiking. The walk is long but there are not difficult parts.

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PRATOFIORITO

THE OLD SHEPERD'S TRACK



#guidewildtrails

THE EXPERIENCE

A journey along the old shepherds track, following the route of the flocks taken into the high summer pasture.

The rounded peak affords 360° views and the opportunity to relax before a descent through ancient chestnuts forests.

DETAILS

Km: 13 km

Meters of ascent: 800 mt

Time: 6h

Summit: 1297 mt slm

EQUIPMENT:

For this experience it's required a basic mountain kit: Mountain boots or trail running shoes, backpack, Weather-appropriate clothing (moisture-wicking clothes and rain jacket), water, snack or packed lunch.

DIFFICULTY: MEDIUM

For this experience it's required a medium training to hiking. The walk is long but there are not difficult parts.

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ORECCHIELLA

THE GARDEN OF TUSCANY



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THE EXPERIENCE

A beautiful Natural Reserve born in 1971 and since 2001 part of the National Park of Appennino Tosco-Emiliano (MaB Unesco Reserve). We are in the heart of Garfagnana, an amazing place for nature lovers and families with kids!

DETAILS

Km: 9
Meters of ascent: 400 mt
Time: 5h
Summit: 1603 mt slm

EQUIPMENT:

For this experience it's required a basic mountain kit: Mountain boots or trail running shoes, backpack, Weather-appropriate clothing (moisture-wicking clothes and rain jacket), water, snack or packed lunch.

DIFFICULTY: EASY

This experience is suitable for every kind of walker, families with kids who loves to explore nature are welcome!

INFOS AND COSTS:

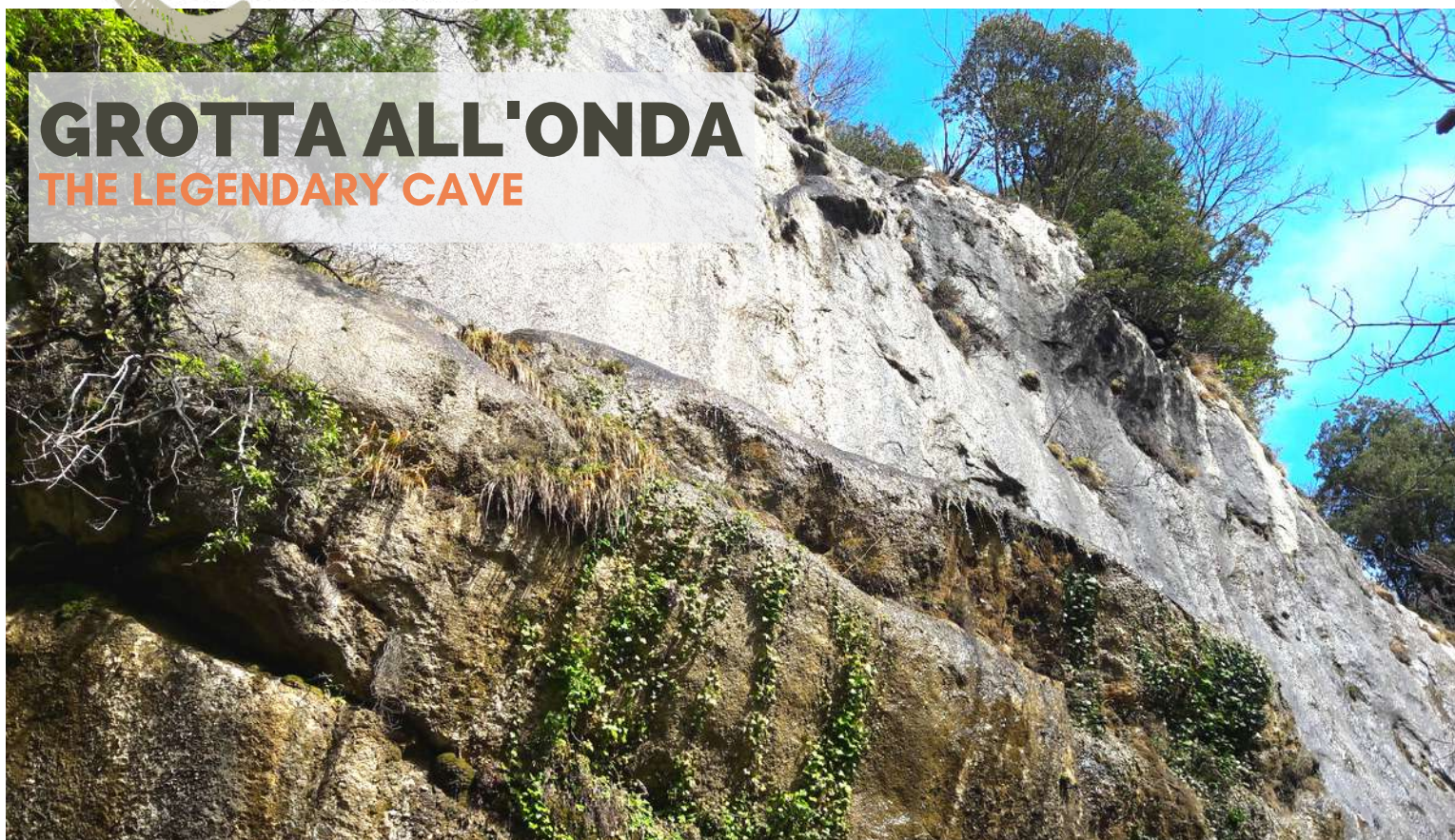
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GROTTA ALL'ONDA

THE LEGENDARY CAVE



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THE EXPERIENCE

Grotta all'Onda lies in the south of the Apuan Alps where you can admire the history of this land. It is an enormous cave surrounded by waterfalls with an incredible cliff that resembles a giant wave of rock. Discover the legend!

DETAILS

Km: 8

Meters of ascent: 500 mt

Time: 5h

Summit: 700mt slm

EQUIPMENT:

For this experience it's required a basic mountain kit: Mountain boots or trail running shoes, backpack, Weather-appropriate clothing (moisture-wicking clothes and rain jacket), water, snack or packed lunch.

DIFFICULTY: EASY

This experience is suitable for every kind of walker, families with kids who loves to explore nature are welcome!

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HILLS OF LUCCA

NOBLE LANDS



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THE EXPERIENCE

A beautiful walk through the vineyards, olive grooves and picturesque villages of the Lucca hills; this is the best way to explore this spectacular landscape. Enjoy the Tuscan beauty with us!

DETAILS

Km: 8 km

Meters of ascent: 400 mt

Time: 4.30h

Summit: 350mt slm

EQUIPMENT:

For this experience it's required a basic waling kit: Trail running shoes, backpack, Weather-appropriate clothing (moisture-wicking clothes and rain jacket), water, snack or packed lunch.

DIFFICULTY: EASY

This experience is suitable for every kind of walker, families with kids who loves to explore nature are welcome!

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WALK THE WINE

WINE TREK



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THE EXPERIENCE

The panorama is great and wide! The itinerary is an immersion into the Classic Tuscany! We will tour the vineyard and cellar and discover the traditional, natural approach to winemaking.

DETAILS

Necessary to book at least 2 days before.
It is possible to buy the wine

EQUIPMENT:

For this experience it's required a basic walking kit: Trail running shoes, backpack, Weather-appropriate clothing (moisture-wicking clothes and rain jacket), water, snack or packed lunch.

DIFFICULTY: EASY

This experience is suitable for every kind of walker, families with kids who loves to explore nature are welcome!

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