



HIKING & OUTDOOR ACTIVITIES

A unique way to get close to our  
spectacular landscape



# Hiking to discover the Tuscan landscape

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Hotel Byron has in store many appointments for hiking enthusiasts, to discover exceptional and breathtaking places. One of the most marvellous aspects of Tuscany is its landscape: a precious jewel that enhances the value of this region even more. Actually, you could explore all Tuscany by hiking from one path to another. There are many guided trekking tours that give you the chance to get to know both the places and their history as well.

Versilia is a very famous hiking areas, where both experts and beginners can head to for enjoying the Tuscan sun and the fresh open air. The one-of-a-kind panoramas you may appreciate from those secret corners that can't be discovered otherwise are truly breathtaking.

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## HIKING IN THE APUAN ALPS

**Monte Forato** is one of the most common destinations in the Apuan Alps because of the suggestive natural arch that joins two twin peaks and creates a hole that can be seen from Garfagnana and Versilia.

Location Lat/Lon: 44.01411°N / 10.33521°E

Activities: Hiking, Scrambling, Via Ferrata

Season: Spring, Summer, Fall

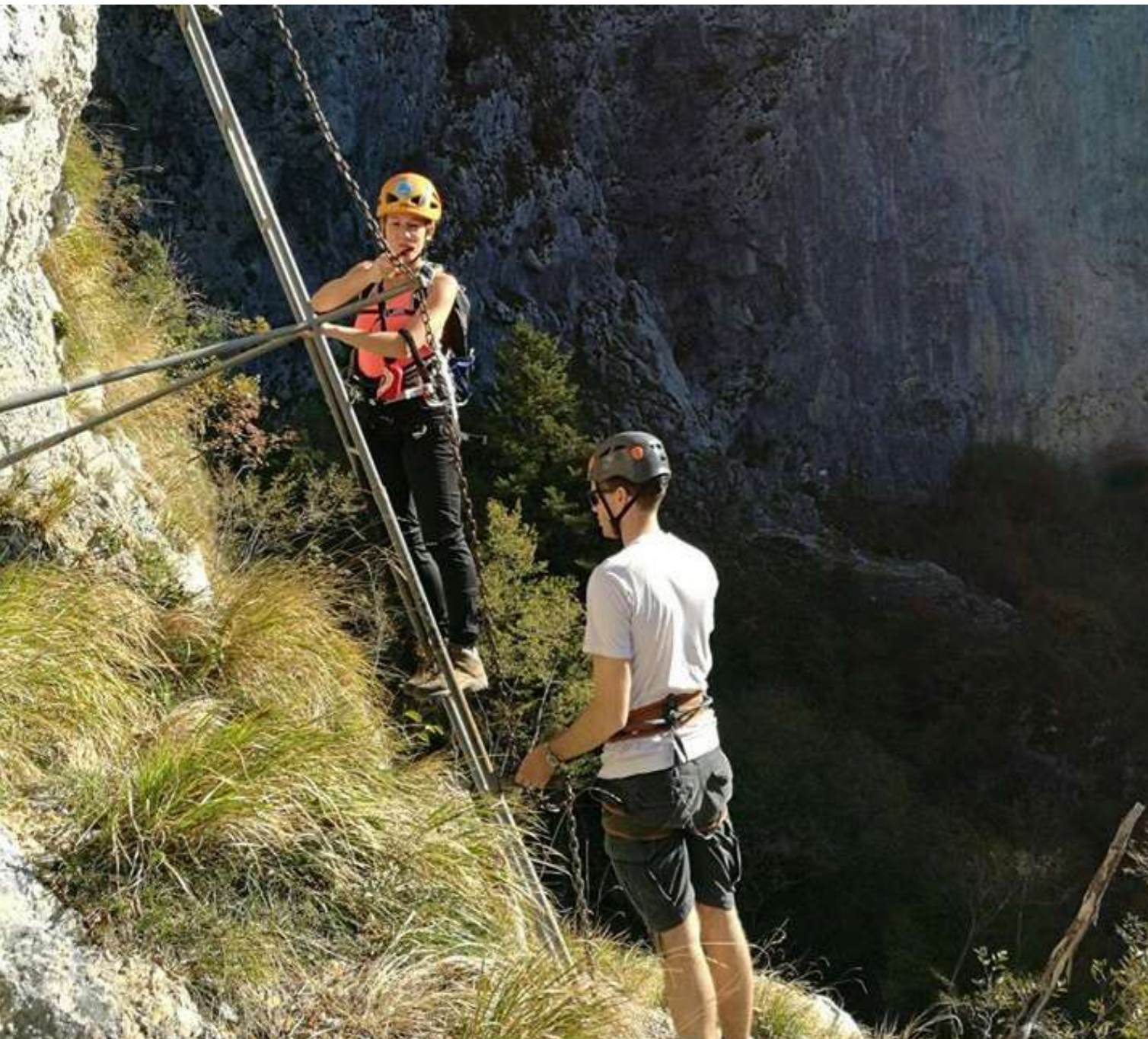
Elevation: 4012 ft / 1223 m

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The Monte Forato, also known as Pania Forata, is a mountain that has two peaks of similar height and size, the highest of which reaches 1230 meters above sea level, while the second, more northern peak, has an elevation of 1204 meters and a cross on the top, however the main feature of this mountain from which it derives its name is a natural arch of considerable size between the two peaks. The natural arch was formed due to the erosion of water and wind on the limestone rock of Mount Forato. There are three routes to Monte Forato, two of which head for the summit from the south. The direct ridge route has been developed as a Via Ferrata, the Sentiero Renato Salvatori, a very exposed protected route. It climbs to the main summit across the very brittle ridge before heading down to the arch. Alternatively a hiking route circumvents the main summit by passing it on the eastern side. This route always remains close to the ridge and can be used as an escape route during thunderstorms. A third route climbs the north ridge from Foce di Valli, an easy hike.

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## HIKING IN THE APUAN ALPS

**Monte Procinto** is one of the most unique Apuan mountains for its shape that recalls that of a panettone. It is a cylindrical - quadrangular shaped limestone tower 1172.6 meters high which is located entirely in the municipality of Stazzema, very close to Forte dei Marmi.

Activities: Birding, Hiking, Scrambling, Via Ferrata  
Season: Spring, Summer, Fall  
Elevation: 4012 ft / 1172 m

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Generally considered a moderately challenging route, it takes an average of 4 h 15 min to complete. This trail is great for backpacking, birding, and hiking, and it's unlikely you'll encounter many other people while exploring. Its peculiarity is the Via Ferrata which is a complex of structures and technical gear fixed on a rocky mountain side to make easier and safer for the climber to reach the top. This particular via ferrata is also suitable for children from 8 years old and up, and you will be always accompanied by a professional, authorized, English speaking alpine guide to ensure your safety.

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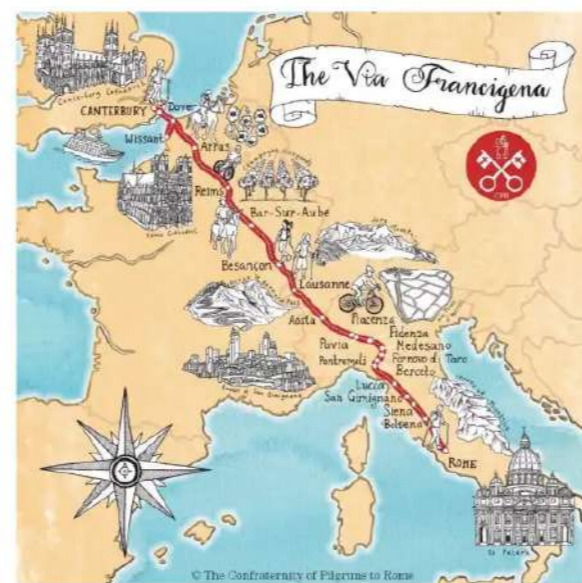
# Hiking

## Via Francigena from Versilia to Lucca

Generally considered a moderately challenging route, it takes an average of 6 h 30 min to complete. This is a popular trail for backpacking, hiking, and walking, but you can still enjoy some solitude during quieter times of day.

The Via Francigena, Francisca or Romea, is part of a bundle of routes, also called Roman roads, which from Western Europe, in particular from France, led to Southern Europe as far as Rome, then continuing towards Puglia, where there were ports. boarding for the Holy Land, a destination for pilgrims and crusaders.

After visiting the historic center of Camaiore and the ancient Badia, go up towards Monte Magno and through the Freddana valley, you will reach Valpromaro. From here a path through the woods leads to Piazzano. You then descend into the valley of the Contesola stream and, crossing the Serchio river at Ponte San Pietro, you will soon reach Lucca, where you enter through the ancient San Donato gate. The availability of water is fair; refreshment points in Camaiore, Monte Magno, Valpromaro, San Macario in Piano, Lucca.



## VALLE DELLA CANDALLA - The Waterfalls Walk

The hiking itinerary in Candalla in Camaiore is simple, within everyone's reach. All you need is comfortable shoes, a little training (but just go slow) and a great desire to venture into nature.

Duration: 4 hours

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Discover a hidden side of Tuscany. This place was listed as one of the Top 5 best natural swimming locations in Italy by The Guardian, who also wrote: "In between the Apuan Alps and the coast, in northern Tuscany, the jewel is Candalla. Here, among ruins and fig-scented woodlands, the Lombricese stream runs over waterfalls and between natural pools. A trail starts from the old mill of Candalla, and follows the stream on a tempting route through an enchanted valley with many places to stop, dive and relax in the shade of the beautiful woods." Let us guide you through this undiscovered part of our backyard.

Surrounded by the mountains and overlooking the sea, we will start our hike in one of the many charming villages that make this area a very special one. Making our way up, we will arrive at the waterfalls where the ruins all around us are a direct testament to past times when people lived and worked in these places. Having enjoyed the beautiful waterfalls, we will arrive at a nice village and have some time to enjoy the slow pace of life and stunning street art (and coffee!) From here, we will walk through the forest on an ancient path once used for trades. There will be lots of lookouts all along the way so we will have plenty of time to snap photos and have some rest, just before arriving in another beautiful village where the view over the valley and the sea is simply gorgeous.

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## CINQUE TERRE

### Hiking and Wine Experience

Enjoy some of the most stunning views you are ever likely to see. We are lucky in Forte dei Marmi: the Cinque Terre area is just a short drive away. This spectacular UNESCO World Heritage site needs no introduction, however there is a lot more to explore in its immediate vicinity, away from the crowds. A short distance north or south there are beautiful landscapes to be enjoyed, amazing tracks to be walked, nice little villages to be visited and lots of fun to be had. Take in the gentle coastal breeze and enjoy yourself!

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One of the most authentic Cinque Terre experiences is without doubt a beautiful hike off the „beaten tracks“. In the morning you will be taken by a private driver from the hotel to La Spezia where you meet your English-speaking, local hiking guide. Together you continue your journey right into the heart of the Cinque Terre National Park, following the scenic mountain road all the way to Corniglia. This is the only one of the five villages that is not built directly at the water's edge, but it sits on a rocky perch with a fantastic view over the surrounding hills and the sea below. It features the characteristic tower-houses painted in bright shades of yellow, pink and peach. The terrain is characterized by the narrow, steep terraces where lemons, olives and wine are cultivated. Corniglia is the starting point of your hike. Once you have arrived at the hamlet Volastra you will meet a local winegrower and be offered a wine tasting with snacks in his little cellar. After this unique experience a long romantic stairway through olive groves leads down to the picturesque town of Manarola where you have some time for leisure.

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# APUAN ALPS

## Canyoning & Water Hiking

from May to October

REQUIRED SKILLS: swimming

TECHNIQUAL MATERIAL REQUIRED: diving suite, harness and helmet

PROGRAM :7,30 am: pick up from the Hotel and trasfer to the meeting point where an experienced and licensed professional guide will provide you with technical material needed.



Canyoning means to descent canyons following the water flow, throughout mountain rocks carved out by streams over the millennia. It's a fun and socializing activity that includes descents with rope and jumps, and keeps you in contact with a wild environment. Wearing the wetsuit is essential due to the presence of pools and cold waterfalls. Hidden in Apennines and in the Apuan Alps there are some great spots to practise this activity, which has become more and more popular in the last years. It's a fascinating outdoor sport that you can carry out in group and is aimed at people looking for a day spent in "cool" places, far from crowded beach, especially in the summer.

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