

FOCE DI MOSCETA

MOUTH OF MOSCETA

Passo Croce (1149 a.s.l.) - Fociomboli (1260 a.s.l.) – Foce di Mosceta (1190 m a.s.l.)

Starting point:: Passo Croce (1149 m a.s.l.)

Arrival: Foce di Mosceta (1859 m a.s.l.)

Difference in level: 710 m

From departure to arrival: about 1 hour and 15 minutes

Difficulty: E (hiker, excursionist)

Path sequence: CAI 11 - CAI 129

Supporting points: Del Freo Mosceta Refuge - Il Robbio and La Quiete Refuges (Puntato)

Principal interests: Naturalistic ones

Notes about the route: Fill up with water before starting the ascent to the summit

Best time to go: All year round

Take the provincial road from Seravezza towards Castelnuovo Garfagnana. Continue for about 20 minutes. After the town of Terrinca, take the road on the right that leads to Pian di Lago and then to Passo Croce (the road is sometimes unpaved, sometimes asphalted) and to Fociomboli. Here you continue along the via di cava, on the right, and, after a few meters, take the **CAI path 129** on the left. In about 1 hour and 15 'you arrive at the mouth of Mosceta, where the **Freo Refuge** is located.

VARIANT:

There is another longer variant: from the esplanade of **FOCIOMBOLI** take the dirt road, **CAI path 11**, which goes down to **PUNTATO** (1 h). From **PUNTATO** you can continue taking the **CAI 128** path and then you reach **MOSCETA** (1 h and 30 ').

Mountain Safety:

.We recommend you to find out about the weather forecast and to keep in mind that in the mountains there are unexpected climate changes.

.If needed, call the emergencies number 112, specifying that you need help in the mountains.

.We advice you to wear adequate clothing and comfortable boots.

.The Pro Loco Seravezza Association want to remind you that the evaluation of difficulty and travelling time indicated are subjective and decline every responsibility for any possible accident. In particular it does not guarantee the maintenance of any paths, that are outside the Associations competence.



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