

MONTE LIETO

Anello: Farnocchia (641 m a.s.l.) - Monte Lieto (1016 m a.s.l.) - Monte Gabberi (1108 m a.s.l.) - Farnocchia (641 m a.s.l.)

Starting point: Farnocchia (641 m a.s.l.)

Arrival: Farnocchia (641 m a.s.l.)

Altitude difference: 700 m ca

From departure to arrival: A/R 3 h e 30' (Farnocchia – Monte Lieto 1 h, Monte Lieto Monte Gabberi 1 h e 45', Monte Gabberi – Farnocchia 1 h)

Difficulty: E (however the strong difference in height makes the route suitable for trained people)

Path sequence: CAI 3 – CAI 107

Supporting points: Farnocchia

Principal interests: Landscape (surprising view of the mountains Procinto, Forato, Pania, Corchia, Altissimo)

Best time to go: spring – summer - autumn

Accessibility: by car to Farnocchia

From Seravezza continue to the village of Farnocchia. Leave your car in the parking lot in the square of the church of Farnocchia and follow the asphalted road to the end of the village. After a few meters you leave the carriage road to turn left at the height of a wall on the side of the road and take the **CAI path 3**. Follow the path, always keeping to the right. After about 40 minutes of walking, you leave the path to follow a marked trail on the left that leads, after 1 hour of walking from Farnocchia, to the summit of Mount Lieto (a minimum of attention is needed, because this fork is not very visible).

At this point it is possible to continue towards M. Gabberi following the summit, to return to Farnocchia with a circular route.

After about 45 minutes of walking from Mount Lieto you will reach the Foce di Farnocchia (or Le Focette), 872 m a.s.l., an obvious saddle halfway between Lieto and Gabberi. Here comes the mule track that connects S. Anna di Stazzema to Farnocchia (CAI path 4). Cross the path to continue, following the blue tracks, along the ridge that climbs towards the Gabberi. You then cross a wood with outcropping rocks. After a scant 1 hour walk from the Foce di Farnocchia you cross the **CAI path 107** coming from La Culla and then you reach the summit of Mount Gabberi (1108 m a.s.l.).

The return takes place through the same itinerary up to the Foce di Farnocchia, where you take the **CAI path 4** to return to the town.

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 advise 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.



Associazione Turistica Pro Loco Seravezza – Ufficio Informazioni e Accoglienza Turistica

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