

# MONTE SELLA

Resceto (485 m a.s.l.) - Monte Sella (1739 m a.s.l.)

**Starting point:** Resceto (485 m a.s.l.)

**Arrival:** Monte Sella (1739 m a.s.l.)

**Altitude difference:** 1280 m

**Path duration:** to go 3 h; to come back 2 h 30'

**Difficulty:** EE (expert)

**Path sequence:** CAI 165 – CAI 160

**Supporting points:** Resceto

**Main interests:** Landscape

**Notes about the route:** Physical preparation is required (given the steep difference in height) and a lot of caution in the exposed sections

**Best time to go:** spring – summer - autumn

**Accessibility:** by car to Resceto

From Massa you have to continue towards Resceto (from where the famous Via Vandelli and numerous Vie di Lizza depart). After leaving the car, cross the town and, in the canal, take the CAI path 165. Take a stretch of Via di Lizza and along the way you will meet the Ponte Pisciarotto (696 m a.s.l.). At a crossroads (il 165 continues towards the Cave Cruze) take the CAI path 160 on the right and go up, still in a somewhat hostile landscape, towards the summit.

## 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.



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