

Lunigiana Hike and Bike tours

Cycle & Taste

Discover the **Apennines National Park by e-bike***. We will cycle secondary roads across the countryside, stopping at a **farm to see how cheese is produced and taste it!** We continue towards **Fivizzano**, lovely town surrounded by 1400's Medici walls where we will enjoy a **tasting-lunch** of local products at an Agriturismo immersed in the nature by a fresh stream. Ready to leave again, we cycle past the quaint **medieval village of Verrucola** with its imposing **Castle** and we stop at a local mill to visit its **water mill and chestnut dryer**, before cycling back to the Agriturismo.

Duration: 9:30-16:30 approx. From/to Agriturismo Luna di Quarazzana

Lenght: 35 Km

Difficulty: ★★

Itinerary 2:

Cycle along secondary roads immersed in the beautiful landscapes of the **Apennine National Park**, as far as Comano where we will enjoy a delicious tasting-lunch. Cycling downhill we will reach the medieval village of Licciana Nardi where it is possible to stop to **visit a winery producing organic wine and have a tasting** before cycling our way back to the Agriturismo.

Duration: 9:30-16:30 approx. From/to Agriturismo Luna di Quarazzana

Lenght: 45 Km

Difficulty: ★★★

- *Our e-bikes are just as normal road and mtb bikes but they also have the motor assistance that will help you especially when pedaling uphill making it easier for everyone, also those who are not particularly fit, to enjoy a full day tour by bike.*

Apennines National Park Hikes

Recently recognised as **Man & Biosphere Unesco Reserve**, the Park offers various hikes of different difficulty. From the Tuscan side is always challenging to reach the ridge, with difference in level up to 800-1000m, but once on the top you will be rewarded by fantastic views stretching from the Apennine Range, all over the Lunigiana Valley, as far as the peaks of the Apuan Alps and the Ligurian sea.

Full day tour

Departing point: possibility of pick up by minivan at the Agriturismo (max 7 people)

Difficulty: ★★ medium approx. 4/5 hrs walk

Lunigiana Culture & Flavours

We start our day with a visit to the **Gragnola Castle**, a beautifully-restored medieval castle where a tomb containing the intact skeleton of a Knight of the 1300's has been found.

We continue with a visit to a mill producing PDO wheat, spelt and chestnut flour, with its active **water mill and chestnut dryer hut**.

We move to **Fivizzano**, lovely small town surrounded by 1400 Medici wall, and walk across the river for a delicious **tasting lunch** at the local Agriturismo producing chestnut and acacia honey.

After lunch an exclusive visit to a **distillery producing China (herbs liqueur)** according to a secret ancient recipe and to the 1800s chemist shop where it was invented.

Duration: Full Day Tour. Pick up/drop off at the Agriturismo (max. 7 people)

Notes: Possibility to change the morning with a hands-on bakery class at a local baker producing Slow Food chestnut bread.

The Gulf of the Poets & Cinque Terre National Park

The Gulf of the Poets as a local!

Walking tour of **La Spezia** town centre with its 1900 liberty façades and to its daily **grocery market**, to discover where the locals buy their fresh groceries.

While we walk along the town centre we stop to have a bite of "**farinata**" (typical Ligurian and Lunigiana chickpea flat flan).

We catch the ferry to the picturesque village of **Portovenere, Unesco World Heritage site**. Free time for lunch.

We continue our day with a guided walk along Portovenere fishing harbor as far as the romantic St. Peter's Church perched on the rocks right above the blue sea.

Notes: Full Day Tour. Possibility to change the morning with a pesto-class in Manarola at extra cost. Transfers by local transports (train and ferry).

Cinque Terre Hike

Discover the Cinque Terre National Park far from the crowd, walking along its panoramic hiking trails through the woods and terraced vineyards, with fantastic views over the villages and the sea.

Full day tour

Departing point: La Spezia (meet the guide in Lunigiana and travel by train or by minivan)

Difficulty: ★★ medium 4/6 hrs walk

Cycle & Taste Cinque Terre

Discover the Cinque Terre National Park by e-mtb far from the crowd, cycling along panoramic roads and paths with breathtaking views over the fishing villages, the terraced vineyards and the sea! Winery visit and wine tasting.

Duration: 9:30-16:30 approx. From/to La Spezia

Length: 27 Km

Difficulty: ★★

*All our tours are led by **qualified tour guides**. **10% discount on guiding service** reserved to Luna di Quarazzana's guests apply.*