



EXCURSIONS IN THE PARK OF THE CASENTINESI FORESTS

One-day walk

1b. **Poggio Scali** – This is a demanding walk which goes from Monte Falterona up to Prato alla Penna, covering a long stretch of the Tuscan-Romagnolo ridge. We walk through the well-known Riserva Integrale di Sasso Fratino and we reach places in which we can admire fascinating landscapes. The walk concludes at the Hermitage of Camaldoli.

2b. **Poggio Tre Confini** – This is a pleasant walk through magical beech-forests where meeting a pixie or gnome may not seem impossible! The walk ends in Borgo di Serravalle after having crossed fir, chestnut and Turkey oak woods. The secrets hidden in these beech forests concern the relationship between insects and the beech trees.

3b. **The hermitage of Camaldoli** – This route partially replicates the previous one and then changes direction inside a small fir-wood until we reach the hermitage. The secret we will explore regards the relationship between insects and coniferous woods.

4b. **La Lama** – A demanding walk as there are steep parts. The wood we will walk in is surely one of the most beautiful woods of the Casentinesi Forests where we can admire all the arboreal specimens within the park with some age-old examples. The secret

we will explore regards the relationship between the altitude and the various kinds of trees.

5b. **The Germans' Path** – We walk through an area full of fauna. The secret hidden in this path concerns the relationship between animals and the undergrowth.

6b. **Cavalla Pazza (Crazy Horse)** – This walk takes us through different kinds of environments, from cleared woods, ferns and shrubs. Here it is easy to come across wolves' footprints. The secret we will explore is how environments can create the perfect wood.

7b. **The Ridge of Verna** – This walk allows us to reach and leave the Sanctuary without ever having contact with crowded places and to experience how Saint Francis must have felt when he reached the harsh rock from Assisi. The secret we will explore regards the relationship between the environment and its birds.

Half-day excursions

1.a **La Buca delle Fate** – This walk takes us through beech and age-old fir-woods full of sand masses and torrents of crystal clear water. The secret hidden in this wood is the evident relationship between the trees and the climate of this mountain.

2.a **Monte Penna** – This walk takes us to the ridge of the Park and from here there is a breathtaking view of the sea and the highest

peaks of the Apennines. The secret we will explore lies in the relationship between the trees and the environment in which they have grown by chance.

3.a The Tramignone – A walk through a wood full of a variety of tree specimens. Towards the end of the path there are significantly large chestnut trees. The walk ends up in the village of Serravalle where there is a beautiful tower dating back to the 14th century. The secret to be unveiled regards the relationship between human activities and the different kinds of trees in this area.

4.a The Glacier – This path winds itself through a fantastic landscape of age-old beech trees and limestone masses where Saint Francis retreated to pray. This place is to be found on the slopes of Monte della Verna, donated to the saint by Count Cattanei in 1213. The walk concludes with a visit to the Sanctuary. The secrets hidden in this place of great spirituality regard numerous relationships which form in an age-old wood where everything is governed by the rhythms of nature.

5.a Monte Penna della Verna – This walk starts after having visited the Sanctuary of Verna and continues through fantastic woods of age-old beech and fir-trees leading up to the top of the mountain of Verna. From here there is a spectacular view of the Casentinesi Forests. The secrets hidden here regard the relationship between these age-old woods and the animals and mushrooms which inhabit them.

