

“Motorcycle Tourism” through Lunigiana

The itineraries for riders we have created want to combine different aspects of the travel: the beauty in riding through winding and winning roads; the fascinating landscape around you and the genuine culture of the region, that keeps us close to local traditions.

We are lucky because of our passion for motorcycles and the characteristics of the region we live in, that is **Apennine passes, gentle hills, sunny coasts and a great historical and artistic heritage.**

Another advantage is our **oenological and gastronomic tradition** which is the feather in our cap for the curious, tired and, above all, hungry “moto-tourist”.



GARFA
GNANA
ON
THE
ROAD

The journey will start from **Aulla** to go on to **Gragnola**, where we will visit the Aquila Castle, **Codiponte** and its Romanic parish. We will reach then Garfagnana through the village of



Minucciano to arrive at **Castelnuovo Garfagnana**, where we will have lunch in a typical local inn with only 15 seats.

During the afternoon, we will go through the little town of **Arni**, on the top of Apuane Alps, we will cross over the **Vestito Pass** and suddenly, in front of us, we will see an extraordinary landscape that goes from the **Marble Caves**, where the last 007 movie was shot, to Palmaria Island and Portovenere. Then, we will go down to **Massa**, passing through **Antona e S. Carlo**.

Km: 150

Estimated time: from 9.00 a.m. to 4.30 p.m.

Route: asphalted

Difficulty: medium

Visits: Aquila Castle, Codiponte Parish, Minucciano Parish.

“Moto-guide” price: 120,00€

DANTE ON THE ROAD

This journey will start from **Castelnuovo Magra**, where Dante Alighieri signed the peace treaty between the Bishops of Luni and the Malaspinas in 1306. We will continue then towards **Fosdinovo**, where we will see the fascinating Malaspina Castle, residence of the ancient family. After a visit of the castle, we will leave to reach **Fivizzano**, through **San Terenzo Monti e Soliera**.



We will visit the Press Museum of Fivizzano, unique of its kind, then the little town called **Verrucola**, and quickly its Castle, and finally have a great lunch in **Sassalbo**.

We will cross over **Cerreto Pass** towards **Lagastrello Pass** and, after a visit with the shepherd, have a snack in a farm, where you can buy various type of cheese.

Km: 200

Estimated time: from 9.00 a.m. to 5.30 p.m.

Route: asphalted

Difficulty: medium-high

Visits: Fosdinovo Castle; Press Museum of Fivizzano

“Moto-guide” price: 120,00€

PILGRIM ON THE ROAD

The journey will begin from the little town of **Ponzano al Monte**, passing through **Caprigliola**, to reach **Aulla** and continue towards **Monti di Licciana**. We will turn into the panoramic road, through the verdant hills, that will lead us to **Castiglione del Terziere**, **Bagnone**, **Filetto**, **Malgrate** and **Filattiera**. In these towns, the medieval and hospitable castles are the places where pilgrims found their refreshments, while walking on the Francigena Way.



In Filattiera, we will visit the town, the Castle, the Sorano Parish and an ancient watermill, still working, where you can buy flour just milled.

For lunch, we will have a break near **Cisa Pass**, then we will continue towards Gravagna to reach Cirone Pass, Lagdei, Colla Pass, Tre Fiumi, to arrive at **Lagastrello Pass** and go to **Ceparana**.

Km: 200

Estimated time: from 9.00 a.m. to 6.00 p.m.

Route: asphalted

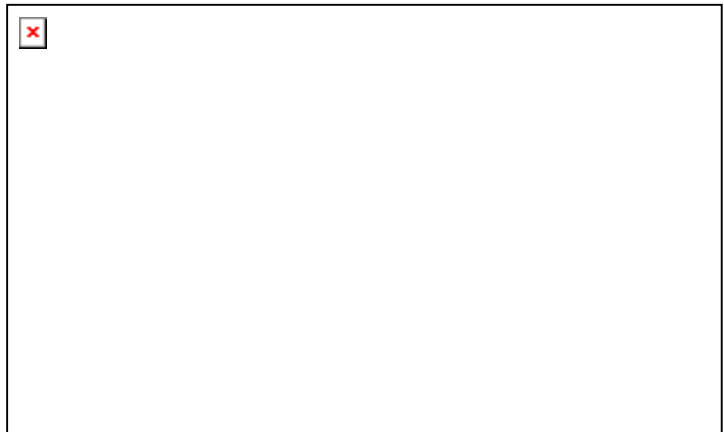
Difficulty: medium-high

Visits: Filattiera Castle; Sorano Parish; Watermill.

“Moto-guide” price: 120,00€

“STELE” ON THE ROAD

The departure will be **Santo Stefano Magra** and passing through **Ceparana**, we will go towards **Brugnato** and **Sesta Godano**, cross over **Rastrello Pass** to reach **Rossano**, where we will visit the “zerasco” lamb farm and have lunch with the shepherd. In the afternoon, we will arrive at **Pontremoli** and visit the Museum of “Statue Stele”, inside the



Piagnaro Castle. Then, a delicious snack at the Swiss confectionery, to visit also the workshop where the famous “Amor” are produced. From Pontremoli, we will go towards the coast of Lunigiana to reach Arcola.

Km: 130

Estimated time: from 9.00 a.m. to 5.00 p.m.

Route: asphalted

Difficulty: easy

Visits: Piagnaro Castle, Museum of the “Statue Stele”, Swiss Confectionery.

“Moto-guide” price: 120,00€

“5 TERRE” ON THE ROAD

This really spectacular trip will



start from **La Spezia** and go through the **Cinque Terre** and **Levanto**, towards Val di Vara, **Carrodano e Carro**. We will have a typical lunch, tasting local products, and visit a cow farm. Then we will leave again to reach **Sestri Levante**, through **Bracco Pass**, then **San Pietro Vara**, **Varese Ligure**. By going along the “Biological Valley”, we will arrive at **Calice al Cornoviglio**, where we will visit the Castle. The tour will end in **Lerici**.

Km: 230

Estimated time: from 9.00 a.m. to 6.00 p.m.

Route: asphalted

Difficulty: medium

Visits: the Castle of Calice al Cornoviglio, cow farm and amazing landscapes.

“Moto-guide” price: 120,00 €

LIGURIA ON THE ROAD

The route of this road will start from **La Spezia**, go through **Brugnato**, in the valley of Vara river, over **Bracco Pass** to reach the coast and the cities of **Deiva Marina**, **Bonassola**, **Levanto**. Then the road will rise till the top of the hill dominating **Monterosso** and we will stop there to visit the shrine of Soviore. Once



again in the hinterland, we will find **Pignone**, a nice little town where we will visit the “Castellaro”, an ancient control tower. In the afternoon, through **Riccò del Golfo**, we will reach the Foce of La Spezia and have in front of us a wonderful sight of the **Gulf of Poets**. To complete our panoramic tour, we will make for **Portovenere**.

Km: 200

Estimated time: from 9.00 a.m. to 6.00 p.m.

Route: asphalted

Difficulty: medium-high

Visits: Castellaro of Pignone, Shrine of Soviore.

“Moto-guide” price: 120,00 €

“APPENNINO” ON THE ROAD

Vezzano Ligure will be our starting point to leave towards **Follo** and, through the “**biological Valley**” and Val di Vara, we will reach **Varese Ligure**, the **Centocroci Pass**, **Borgotaro** and **Bardi**.



There, we will visit the Medieval Castle and have a square meal that will help us to cover the route during the afternoon. Following destinations will be Fornovo, **Cisa Pass** and **Pontremoli** to visit the Museum of “Statue Stele” and the seventeenth-century Cathedral. Finally, we will have a delicious snack at the “Swiss confectionery” and arrival in **Sarzana**.

Km: 300

Estimated time: from 9.00 a.m. to 7.00 p.m.

Route: asphalted

Difficulty: medium-high

Visits: Caste of Bardi, Museum of “Statue Stele”, Cathedral of Pontremoli.

“Moto-guide” price: 120,00 €

PREISTORIC ERA ON THE ROAD

We will start from **Pignone** and reach **Maissana**, where we will visit a prehistoric quarry of red jasper. Then we will make for **Varese Ligure** and **Cento Croci Pass**, to arrive at **Borgotaro** and **Cisa Pass**, through **Brattello Pass**. In **Guinadi**, we will taste the famous mushrooms for lunch. In the afternoon, the road will lead us to **Pontremoli** and **Castevoli**, characterized by a beautiful castle and a nice parish, then **Lusuolo**, a little town in a strategic point and finally **Podenzana**. There, we will visit the only craftsman who creates the “testi”, little terracotta plates used to cook the typical “testaroli”. The end of this tour will be in **Bolano**.



Km: 220

Estimated time: from 9.00 a.m. to 7.00 p.m.

Route: asphalted

Difficulty: medium-high

Visits: Quarry of red jasper, Castle of Castevoli, Laboratory of “testi of terracotta”.

“Moto-guide” price: 120,00 €

