

Water Experiences

> Rates: 40 € adults / 25 € children (6-14). All equipment is included.

Necessary to book in advance. You must be able to swim

→ Stretti di Giaredo Adventure

A fantastic river trekking in the Stretti di Giaredo, a natural protected area of exceptional beauty, walking through the spectacular river canyon, swimming in clear water and admiring the multi-coloured rock formations.



> Difficulty: medium-easy. Not suitable for kids under 6 June and September at the weekends. July and August everyday



strettidigiaredo.org



→ Bagnone River Trekking

An adventure in the crystal-clear waters of the Apennine National Park, to discover waterfalls and pristine forests in the Bagnone Valley, between the villages of Jera and Treschietto.

> Difficulty: medium - Age: 10+ You must be able to swim. Every Saturday in July and August or on request

→ Francigena River Trekking

River trekking between the Civasola torrent and the Magra river among rocks and natural waterfalls along the route of the Via Francigena.

Live the experience of being a pilgrim for a day with our Francigena 4Kids tour. Find out more on our website. Upon request.



Welcome to Lunigiana



Where we are

- A Sigeric Point Pontremoli
- B Info Point / Bike Center
- C Info Point Bagnone
- D Info Point Fosdinovo
- E La Torre nel Bosco - Casa Torre di Canale
- F Ostello La Stele di Treschietto

What we will visit

- 1 Villa Dosi Delfini - Pontremoli
- 2 Stretti di Giaredo
- 3 Apennine National Park
- 4 Lusuolo Castle
- 5 Bastia Castle
- 6 Malaspina Castle in Monti
- 7 Brunella Fortress
- 8 Villa Da Passano - La Spezia
- 9 Lerici and Gulf of the Poets
- 10 Cinque Terre National Park
- 11 Val Taro, Parma and surroundings
- 12 Castiglione del Terziere Castle

Where we are

Lunigiana is in the northern part of Tuscany, on the border with Liguria and Emilia-Romagna. We offer guided tours and activities all over this historic area, among breathtaking scenery such as: the Magra valley, the medieval villages and castles, the Apennine National park and MAB Unesco Reserve, the Apuan Alps and Carrara, the Gulf of the Poets, the Cinque Terre, Parma and its surroundings.

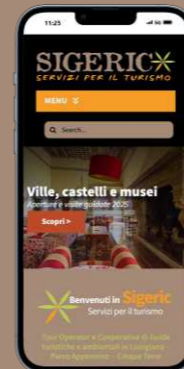
Our offices:

- Pontremoli: Via Ricci Armani 10;
- Filattiera: Centro Didattico Sorano, Via Ponte Provinciale 64;
- Bagnone: Piazza Roma
- Fosdinovo: Piazza Pays de Sauxillanges



How to book

Reservations for guided tours required at all times. Most guided tours and experiences must be booked 48 hours prior to the start of the activity.



The tours are conducted in small groups upon reaching the minimum number required.

All tours can also be run upon request and on different days than those indicated in the calendar for pre-arranged groups or private tours (quotations on request).



RESERVATION REQUIRED

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"Sigeric - Servizi per il Turismo"

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About us

Sigeric is a team of travel specialists, qualified tour guides and nature guides, offering tourist services in Lunigiana, Via Francigena, Apennine National Park, Cinque Terre National Park, Apuan Alps Regional Park and Carrara marble quarries, Alta Val Taro, Parma and province.



SIGERIC*10
COOP. DI COMUNITÀ anni

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Some tours are in collaboration with:



Guided Tours Outdoor Activities

in Lunigiana,
Apennine and
Cinque Terre Parks



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Baroque Pontremoli

A journey through time, into the Golden Age of Pontremoli art. A guided tour of the historic centre, the most beautiful palaces and the main churches of Pontremoli Baroque. Among stuccoes, trompe l'oeil and frescoes, we will discover the artistic masterpieces of Pontremoli between the 17th and 18th centuries.

→ Villa Dosi Delfini

→ Palazzo Dosi-Magnavacca



Reservation
REQUIRED
for all tours

Discover Lunigiana Castles

→ Bastia Castle

→ Brunella Fortress

→ Lusuolo Castle

→ Malaspina Castle in Monti

→ Castiglione del Terziere Castle



Visit the villas and castles, you will find dates and opening hours on our website

Tours E-Bike and Rental

→ Lunigiana Bike & Food Tour

Ride our e-bikes through hamlets, woods and castles with one of our guides and taste typical products in a local agriturismo.



- **Rates:** 40 € adults / 25 € children (6-14) - Fridays and Sundays. Lunch is not included.
- **Tailor-made tour** - itineraries and prices on request
- **E-Bike rental**

Reservation
REQUIRED
for all tours



→ Rent a E-Bike

Discover the Lunigiana Bike Area on your own. Rent our e-bikes for one or more days. Equipment included. Pick up and drop off at our bike centre/info point "Pieve di Sorano" - Filattiera.

All details about the itineraries on lunigianabikearea.com

It is necessary to book in advance! Get in touch with us.



Visit our website with full details on e-bikes and prices www.sigeric.it/bike



The Cinque Terre and the Gulf of the Poets Tours

→ Cinque Terre Bike & Food Tour

Ride an e-MTB away from the popular routes and explore the trails and scenic roads between the vineyards and the sea in the Cinque Terre National Park. Taste local wines and products.



> **Tour on request**
> **Rates:** 2-5 people 300 €
6 - 14 people 60 € per person.
> **Difficulty:** Medium

→ Cinque Terre Hiking



Explore the Cinque Terre on foot and discover the woods and vineyards of the National Park. Follow our hiking guides along the famous trail connecting the five villages.



> **Difficulty:** These paths range in difficulty.
> **Rates:** 260 €. Transport and entrance tickets are excluded.

→ Kayak Tour in the Gulf of the Poets

A canoeing adventure suitable for all ages, with departures and arrivals in Lerici. Qualified instructors will accompany you on this three-hour activity, paddling through the Gulf of the Poets between Lerici and San Terenzo.



Necessary to book in advance. You must be able to swim

> **Difficulty:** medium-easy. Not suitable for kids under 8.
> **Rates:** Rates: 50 per person. Equipment included. Every Saturday in July and August.

Food Experiences



Reservation
REQUIRED
for all tours

→ Cooking Class

A cooking class dedicated to the traditional specialties of Lunigiana. A wonderful culinary experience, offering the chance to discover and taste traditional dishes. Every Tuesday.

> **Rate:** 2-6 people 300 € / more than 6 people 50 € per person, lunch included



→ Visit a Dairy in Borgotaro

A morning to discover the secrets of the King of PDO Italian gastronomy: Parmigiano Reggiano. Every Sunday morning.

> **Rates:** 10 € adults / 6 € children (6-14), tasting included.



→ Pontremoli for foodies

Discover the local traditions of Pontremoli. We will start with *Amor*, a local sweet cookie, followed by a tour around the town and the medieval Castle. Tasting lunch in the town centre with typical products.

> **Rates:** Guided tour 160 € and Tasting Lunch and entrance tickets 40 € per person.

