

# Family day out

Join-a-group Tours



Fridays: night excursions

Sundays from April to September

## Francigena 4 kids

A half day trekking for families along the Via Francigena Price: 12 euro adults, 7 euro children under 12

All the above tours are confirmed with a minimum of 8 participants.

## Other ideas for your holiday?

- ➔ **Lunigiana for foodies:** discover, cook and taste traditional and genuine local food
- ➔ **Trip across the Middle Ages:** medieval villages and castles
- ➔ **Explore the Parks:** rock climbing, canyoning, walking, hiking and cycling
- ➔ **Carrara marble quarries** and its delicacy

## The wood by night: on the Arpa slopes

A walk in the wood to discover sounds and animals when the night is falling. Price: 12 euro adults, 6 euro kids 6-12

## Pontremoli by night walking tour with the Werewolf

By night, in the medieval village of Pontremoli, to discover the legend of the Werewolf. Price: 15 euro adults, 8 euro kids 8-12.

# Malaspina castle in Monti

Licciana Nardi



It is one of the most charming castles in Lunigiana, which still belongs to the ancient owners: the Malaspina family, a noble ancestry. It was a medieval castle, which controlled the valleys of the rivers Magra and Taverone. During 16th century it was transformed in a noble palace.

Castle openings in 2020

### GUIDED TOURS NECESSARY TO BOOK IN ADVANCE

- 12<sup>th</sup> - 13<sup>th</sup> - 25<sup>th</sup> - 26<sup>th</sup> April
- 9<sup>th</sup> - 10<sup>th</sup> May
- 1<sup>th</sup> - 2<sup>th</sup> - 20<sup>th</sup> - 21<sup>th</sup> June
- Fridays in July and August
- 15<sup>th</sup> - 16<sup>th</sup> - 29<sup>th</sup> - 30<sup>th</sup> August
- 19<sup>th</sup> - 20<sup>th</sup> September
- 3<sup>th</sup> - 4<sup>th</sup> - 17<sup>th</sup> - 18<sup>th</sup> October
- 14<sup>th</sup> - 15<sup>th</sup> November
- 5<sup>th</sup> - 6<sup>th</sup> December

# About us



Sigeric is a team of travel specialists, qualified tour guides and nature guides, offering tourist services in Lunigiana, Via Francigena in Tuscany, Apennine National Park, Cinque Terre National Park and Gulf of the Poets, Apuan Alps Regional Park and Carrara marble quarries.



# Where we are

Lunigiana is the northern part of Tuscany, on the border with Liguria and Emilia-Romagna, surrounded by beautiful parks. We offer guided tours and travel services all over the historic Lunigiana, among exceptional sceneries and landscapes: medieval villages and castles, the Apennine National Park and Mab Unesco Reserve, Apuan Alps Park and Carrara marble quarries, Gulf of the Poets and the Cinque Terre National Park. Our offices: **Pontremoli:** Via Ricci Armani 10; **Filattiera:** Centro Didattico Sorano, Via Ponte Provinciale 64; **Bagnone:** Piazza Roma.

## How to get here

- > By car: Motorway A15 Parma – La Spezia
- > By train: Train line Parma – La Spezia or Milano-Livorno
- > By plane: closest airports Pisa, Genoa, Parma, Florence or Milan.

Some of our tours are in collaboration with:



# Calendar

## Mondays:

- Cycle and Taste Cinque Terre

## Tuesdays:

- Villa Dosi Delfini

## Wednesdays:

- Baroque Pontremoli
- Villa Dosi Delfini
- Stretti di Giaredo Adventure
- Cycle and Taste Lunigiana

## Thursdays:

- Stretti di Giaredo Adventure
- Villa Dosi Delfini

## Fridays:

- Stretti di Giaredo Adventure
- Night trips
- Malaspina Castle in Monti

## Saturdays:

- Stretti di Giaredo Adventure
- Baroque Pontremoli

## Sundays:

- Stretti di Giaredo Adventure
- Cycle and taste Lunigiana
- Francigena 4 kids

The above small groups depart with a minimum of participants. It is necessary to book at least 24 hrs in advance.

All the tours can be booked also on private basis on different dates

PRIVATE TOURS ON REQUEST

NECESSARY TO BOOK IN ADVANCE!  
More info & booking  
www.sigeric.it - info@sigeric.it  
+39 331 8866241  
+39 366 3712808



English 2020



Guided tours & Outdoor activities in Lunigiana, Apennine and Cinque Terre Parks

Culture

Nature

Adventure

Family

Taste

Bike

# Tour Legend

Check out the letters next to the title to know the tour features.





## Baroque Pontremoli

An extraordinary trip to the authentic heart of Pontremoli, hidden gem of art and history, "the only key and door to Tuscany", with the possibility to visit private property. From June to September.

**Wednesdays mornings:** guided tour of the historic centre and visit to Dosi Magnavacca Palace  
**Saturdays mornings** - guided tour of the historic centre and visit to Villa Dosi Delfini

> **Price** (min 8 people): 15 euro adults, 8 euro kids under 12 (includes guided walk of the historic centre and entry fee to a private 1700s mansion)

**Villa Dosi -Delfini: all the openings in 2020**

## Visit to Villa Dosi-Delfini

> [www.villadosidelfini.it](http://www.villadosidelfini.it) to know all the extraordinary openings of the villa  
 > [www.farfalleincammino.org](http://www.farfalleincammino.org) to discover the openings of historical Churches and Palaces.

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## Cycle and Taste Cinque Terre

CYCLE by electric mountain bike far from the crowd along paths and scenic roads with stunning views over the vineyards and the sea in the Cinque Terre National Park. TASTE the Cinque Terre genuine wine and local products.

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Mondays

> **Price** (min 6 max 14 people): 50 euro per person. Difficulty: medium. Not suitable for kids under 12. Wine tasting aperitif to be paid on site.

## Cycle and taste in Lunigiana

CYCLE by e-bike to discover pristine landscapes, medieval villages, parish churches and castles of the Apennine National Park and Mab Unesco Reserve. TASTE the authentic local and rustic cuisine.

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Fridays and Sundays

> **Price** (min 6 max 14 people): 35 euro adults, 20 euro children 4-12 years old, free under 3. Tasting lunch at set price 15 euro per person to be paid on site.

## Canoe tour in the Gulf of Poets

A little adventure with canoes, suitable for everybody, with departure and arrival in Lerici. The instructors will be with you in a canoe tour of 3 hours in the water of the Gulf of the Poets, admiring from the sea the jagged coast and the caverns between Lerici and San Terenzo.

Tour on request

> **Difficulty:** medium-easy. Not suitable for kids under 12.

> **Price per person:** (2 people): 75 euro  
 (3 - 7 people): 50 euro per person  
 (8 - 10 people): 40 euro per person  
 Included all the necessary equipment

> **It is required to be able to swim**



## Stretti di Giaredo Adventure

A fantastic river trekking in the Stretti di Giaredo, natural protected area of exceptional beauty, walking along the high walls of its canyon, swimming in clear water and admiring millennial multi-coloured rocks.

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From Wednesday to Sunday from May to September



> **Necessary to book in advance**

> **Difficulty:** medium-easy. Not suitable for kids under 6.

> **Price** (min 6 people): 35 euro adults, 20 euro kids under 12. It includes the necessary equipment.

> **It is required to be able to swim.**



For more information, visit the website: [strettidigiaredo.org](http://strettidigiaredo.org)

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## Rent an e-bike!

If you want to explore Lunigiana, the Via Francigena or the Apennine National Park on your own, rent one of our fantastic e-bikes! Pick up and drop off at our bike centre Tourist Information Office in Filattiera. **Necessary to book in advance**, please contact us.



## What is an e-bike?

E-bikes are city bikes or mtb provided with a **motor assistance** that helps you when pedalling uphill, making it possible for anybody, also **those who are not particularly fit**, to enjoy a cycling tour of 30-50 km.