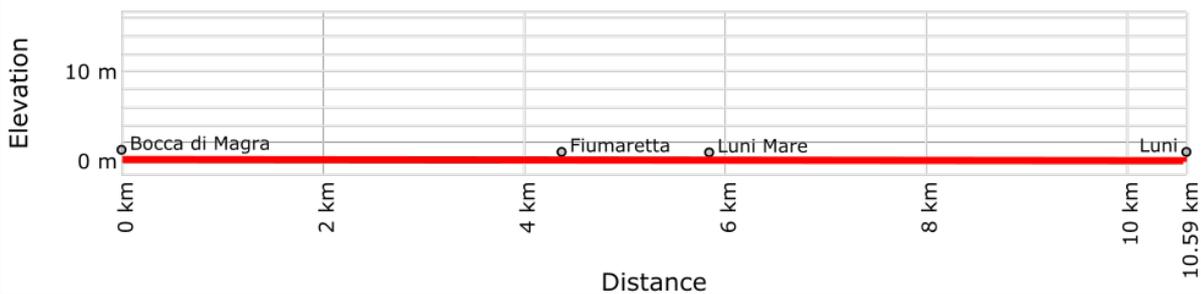




Leg 0 from Bocca di Magra to Luni

Total length	10,59 km
Hiking time	2h 30m
Cumulative elevation gain	0 m
Uphill percentage	0 %
Downhill percentage	0 %
Percentage of hike on natural earth	41,2 %
Percentage of hike on asphalt	54,6 %
Percentage of hike on paved surface	4,2 %
Percentage of hike on other surface	0%

Profilo altimetrico



General description:

This leg is totally flat, developing itself around the estuary of the Magra River, on the widest alluvial plane of Liguria. This area is rich of wetlands, most of which are included in Sites of Community Importance, under protection of the European Community. The area between the Apuan Alps and the promontory of Montemarcello, seems an anticipation of the Tuscan landscape, and has an extraordinary scenic value, also thanks to the Roman remains of the archaeological site of Luni and the Tenuta di Marinella (Marinella Estate), preserving the farming characteristics of the plane. The Sentiero Liguria, the long hiking trail which crosses the whole Region overlooking the sea, ends in Luni, at the intersection with the Via Francigena.

Description of the itinerary



From Bocca di Magra the itinerary continues on the other riverbank, in Fiumaretta at the opposite side of the river mouth. In summertime the two villages and the beaches of Punta Corvo are connected by boat service, but it is pleasant walking on both riverbanks crossing the Magra River on the bridge named Ponte della Colombiera. Under the bridge the calm fresh waters of the river already mix with the salt water of the Ligurian Sea. The riverbanks are ideal for boat storage and the many pleasure boats laying in the outlet form the most important marina of Liguria. From Fiumaretta the itinerary follows the trail marked with n° 360, starting in Via Luni. The flat landscape allows a wide view, ranging from the Sole Hills (the ridge of Ortonovo and Castelnuovo Magra) to the Apuan Alps. Walking out the lane named Viale XXV Aprile, you will enter the Tenuta di Marinella. Inside the Estate the farmed land is dominant and you will be impressed by the extension of the cultivations and the lack of residential areas. Besides the well maintained nineteenth century country houses, you will find white dirt roads, trenches, lanes bordered with threes and farmhouses. The farm has a clear productive purpose, but is even identified as recreational site by the local people, that use it for jogging, cycling and relaxing.

Leaving the Estate you will intersect the road that runs along the Parmignola Stream, here signing the border between Liguria and Tuscany. The itinerary bends towards the hinterland on a quiet "white dirt road" flanking the trench Fosso dei Muri Grandi, one of the many trenches sprinkling the Magra Plane. This trenches have the double function of irrigation and drainage, besides having an important role in the conservation of biodiversity. Before the reclaims, the plane was rich of wetlands. As most of this wetlands nowadays do no longer exist, their characteristic plant and animal species colonized the trenches.

The landscape, with its trenches network, its alder groves, its wide grasslands and farmed land, stretching as far as the eye can see, bordered by huge poplar threes, is very different from the typical Ligurian landscape.

The trench Fosso dei Muri Grandi continues straight and the flanking dirt road soon becomes an asphalt road, called Via Casone first and Chioccia d'Oro further on. Continuing northwards you will see the first Roman remains of the archaeological site; they prelude to an unforgettable visit to the remains of the Roman Amphitheatre.

Here the Sentiero Liguria follows the Via Francigena, along the boundary of the archaeological site, until the site entrance. The Archaeological Site of the ancient city of *Luna*, with the National Archaeological Museum, is the main Archaeological complex of Classic age of Liguria. The site includes a wide free area, but it is worth visiting the Museum and the areas reserved for guided tours.