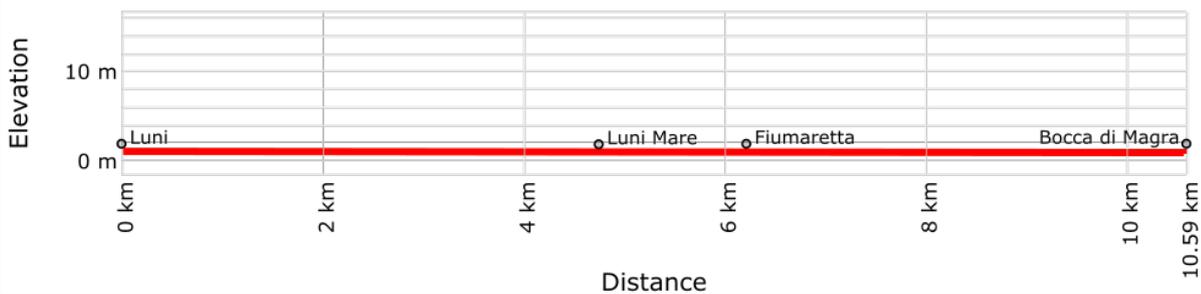




## Leg 0 from Luni to Bocca di Magra

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.



## Description of the itinerary

The itinerary starts at the entrance of the Archaeological Site of Luni, which has a parking place and can be easily reached from the railway station of Luni). In its first part it traces the Via Francigena, which follows the boundary of the site. 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. Before abandoning the Via Francigena, the Sentiero Liguria passes along the Roman Amphitheatre, one of the most interesting monuments.

Orthogonal to the road from which you can access the Amphitheatre, you will find the trail mark n° 360, that will soon abandon the asphalt road to continue on a dirt road flanking 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 Sentiero Liguria runs for a short section along the border with Tuscany (identifiable with the Parmignola Stram), before bending westwards into 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.

Continuing on the trail marked with n° 360, after passing a lane called Viale XXV Aprile, you will reach Fiumaretta, at the opposite side of the river mouth, in front of Bocca di Magra. 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.