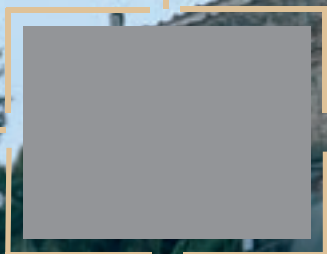


HISTORY, NATURE, FOOD AND WINE

[Qualità Lunigiana]

2007-2008 Edition



IN THE VALLEY OF A
HUNDRED CASTLES



C.C.I.A.A.
Massa Carrara



Provincia di Massa Carrara
Dist. di Malaglia d'Oro al V.M.



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COMUNITÀ
MONTANA

Lunigiana: *the ancient land of the moon, with its castles and mysterious stone idols*

The valleys of the Magra and its tributaries, abounding in fish, are at the heart of the historical region called Lunigiana, once the dominion of the Roman city of Luni and one of the oldest and most powerful dioceses in Christendom.

In this land, gently-sloping valleys opening in the folds of the Appennine barrier created a grid of roads used since prehistoric times by different peoples, first of all the shepherds, then the merchants, and then armies and pilgrims.

The visitor who descends from the Cisa pass after crossing the narrow gorges of the Parmesan Appennines finds himself immersed in a great natural amphitheater, in spring and summer a luxuriant green and in the autumn dressed in the thousand colors of the vast woodlands.

In winter, the marble peaks of the Apuan Alps and the white of the Appennine snows become a single pearly crown.

In a tiny span of land, Nature offers an unsuspected variety of landscapes: the high meadows with their blueberry moors and the pastures of the prized sheep of Zeri; the olive groves and the vineyards of the hills dominated by the high, severe profiles of a hundred and more castles, walled hamlets, and Romanesque parish churches.

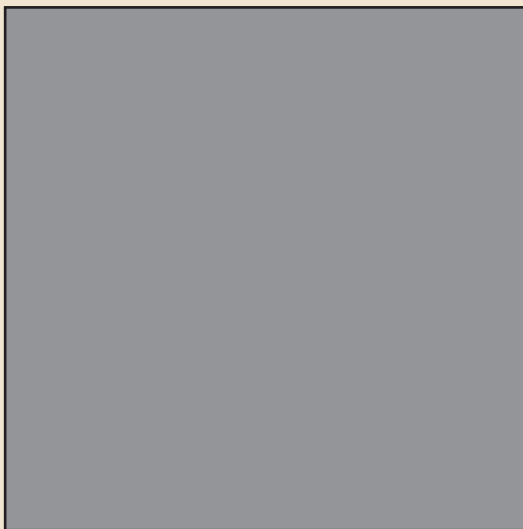
At the valley bottom, the Magra river winds – in the words of Mario Tobino – like an silver eel seeking the sea, abounding in fish, and still pure enough for swimming.

Lunigiana, a land with an ancient heart and a land of great itineraries of the faith. In the Middle Ages, the Way of Saint James of Compostela and the Via Francigena, with its detour to the Sacro Volto of Lucca, saw the passage of a multitude of devotees; today, these roads are again beaten by an ever-growing number of modern pilgrims.

In these valleys, nestled in the harsh mountain terrain, the Romans fought at length before finally conquering the Ligurian-Apuan populations who had made the valley a great open-air sanctuary populated by scores of stone idols guarding roads and pastures: fully-armed warriors and full-busted female figures, today on display at the Piagnaro Castle in Pontremoli.

During the last world war, the ancient mule tracks through the woods of these mountains were the theater of horrific acts of war and reprisals but also witnessed the heroic deeds of the mountain folk who fed and housed thousands of evacuees.

Hospitality is sacred in Lunigiana: Dante was a guest at the court of the Malaspinas, a great noble house that left its mark on the architecture of the area and in particular on the castles in the myriad small feuds that surrounded the elegant cities of Pontre-



moli and Fivizzano.

The land you are crossing is generous with its products: its aromatic wines, so pleasing to the palate, from a great variety of vines, were celebrated even in ancient times. The chestnut woods yield precious flour, still ground in water-driven mills; the woods abound in mushrooms of all varieties.

The olive, which here finds difficult growth conditions, yields an oil that centuries ago delighted Francesco Petrarca.

In the pages that follow we will be telling some of the stories of this land: an outline for a journey that asks the traveler only to allow himself to be guided by the scenarios of a historic landscape, by encounters with the local people, by taste treats and a simple but inviting cuisine, by a wealth of monuments and museums that narrate thousands of years of history.

Of one thing we are certain: wherever you stop, you will realize the wisdom of an old saying: the soul of a people is expressed in the flavors, colors, and aromas of its cooking.

The Wine Road of the Candia and Lunigiana Hills

Historians would not agree with the definition by which Lunigiana is a “scrap of hilly land extending from Aulla to the Cisa pass” because, historically, the term Lunigiana took in the much larger region of the grand, powerful diocese of Luni, which from the Cinque Terre extended south to the borders of the Versilia region, to the north beyond the Cisa pass, and to the east touched on Garfagnana.

And it is also true that the region’s wines have little respect for modern administrative borders. They stray between Liguria and Tuscany with the Colli di Luni DOC denomination that unites the production of the Ligurian hills in the Sarzana area with that of the vineyards of Fosdinovo, Aulla, and Podenzana in Tuscany.

The Candia dei Colli Apuani DOC wines are produced in the Tuscan towns of Carrara, Massa, and Montignoso.

In the mid and upper Magra valley, these wines have won IGT recognition, while the entire provincial territory is included in the IGT Toscana zone.

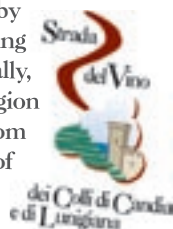
The food and wine tourism itinerary along this wine road cuts through an extraordinary variety of landscapes looking out on the sea or up to the marble peaks of the Apuans and that decline into gentle hills.

The roads that wind through the vineyards are the same traveled in the Middle Ages by merchants’ caravans, bellicose armies, worshipful pilgrims, and highwaymen. Climbing the Candia hills toward Fosdinovo, to later descend to Ceserano, San Terenzo Monti, Fivizzano, Aulla, and then up again, toward Pontremoli, it is impossible not to appreciate the long procession of towers and castles that reminds us of how the Magra valley was split into small feudal holdings under the Malaspinas.

Every slope has its own special richness of vegetation, as fields slip into vineyards and the vineyards come up short against the chestnut groves. Even the climate is highly variable, changing from one low ridge to the next: so much so, in fact, that the climate of the territory is often defined as an agglomerate of microclimates. This may be one of the reasons why the Wine Road reserves such a surprising variety of vines, some autochthonous, others imported, but all well adapted to their niches.

Pollera, Albarola, Lanaiolo, Sangiovese, Cilieggiolo, Vermentino, Malvasia, Durella, and Merlot are the most common varieties.

The vine-growers/wine-makers who have joined the Wine Road initiative have proved capable of uniting skills from ancient tradition with the most up-to-date vinification methods - and this is another reason for the excellence of the Lunigiana wines.





The Wine Road Wine Producers

The Candia Area Wineries

Il Tino, via Castagnata, 29 – Massa

tel. 0585/831558

Podere Scurtarola, via dell'Uva, 3 – Massa

tel. 0585/833662

Cesare della Tommasina, via Aurelia Ovest

– Massa – tel. 0585/830513

Eva Vernazza, via dell'Uva, 12 – Massa

tel. 0585/833264

Montegreco, via Forma Alta, 23 – Bonascola-Carrara

tel. 0585/846658

Sabina Piastra Maria Luisa, via Candia, 70

– Massa – tel. 0585/830113

Vin.Ca., via Candia Bassa, 27 bis – Carrara – Avenza

tel. 0585/834217

A.L.E.S.T.E. srl, via Provinciale, 180 – Carrara

– Avenza tel. 0585/8589387

La Caloma, via Fabbrica, 5 – Capanne di Montignoso

– tel.0585/348110

Il Feudo, via Palatina, 47– Capanne di Montignoso

tel. 330/277154

Azienda Agricola Calevro, via Romagnano

– Massa – tel. 0585/830291

Azienda Agricola Cima, via del Fagiano, 1

tel. 0585/830835

S.I.I. srl, via del Cavatore, 10/A – Carrara

tel.0585/54963

Della Tommasina Renza, via dell'Uva, 5 – Massa

tel. 0585/832430

Giovanni Giusti, via Candia Bassa, 16 – Carrara

tel. 0585/830336

Milani Elvira, via Elisa, 4 – Carrara, tel. 0585/72273

Il Pozzo, via del Fagiano, 1– Massa, tel. 0585/830835

Castagnini Roberto, viale XX settembre – Carrara

tel. 0585/843829

The Colli di Luni Wineries

Podere Lavandaro, via Rocca, 1– Fosdinovo

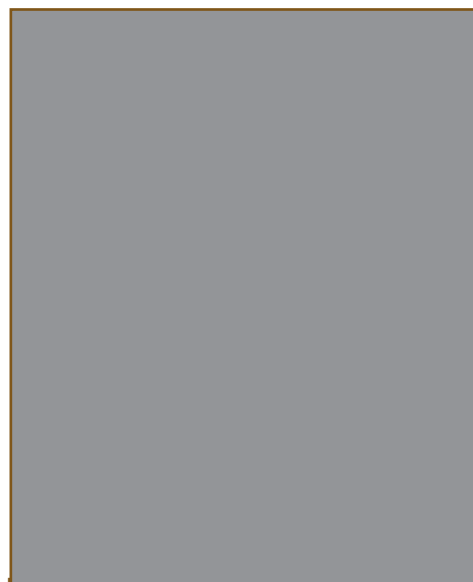
tel. 0187/68202

Terenzuola, via Vercalda, 14– Fosdinovo

tel. 0187/680030

Biologica Boriassi, via Pini, 19–Fosdinovo

tel. 0187/629981



Nanni Barbero, via Flavizola, 11– Fosdinovo

tel. 0187/68410

The I.G.P. Val di Magra Wineries

Fattoria di Ceserano del Conte Picedi

Benettini, loc. Ceserano, tel.0187/625147

Agricola Lunigiana S. Chiara, loc. S. Chiara-

Gassano – tel. 0585/99359

Fattoria Ruschi Noceti, piazza Repubblica 1, loc.

S. Giustina – Pontremoli, tel. 0187/832466

Podere Benelli, loc. Oppilo–Pontremoli

tel. 338/9104330

Azienda Il Posticcio, loc. Lusuolo–Mulazzo

tel. 0187/494567

Podere I Cerri, via Montebarelli, Bigliolo–Aulla

tel. 0187/420155

The Wine Road initiative is also supported by area FARM HOLIDAYS centers, wineries, hotels, and restaurants.

For information: tel. 338-8853067

info@stradadelvino.ms.it

www.stradadelvino.ms.it

For information on events and initiatives:

newsletter@stradadelvino.ms.it

Lunigiana DOP Chestnut Flour

In the 15th century, Giovanni Antonio da Faye, a spice-seller from Bagnone, wrote that chestnuts were “two-thirds of bread” in Lunigiana, but the same could have been said as late as the mid-20th century, when—during World War II—chestnut flour sustained the thousands of evacuees to the mountain towns. Even in 1388, a century before da Faye, the chestnut was a staple on the Christmas Eve table in Pulica di Fosdinovo: “We last had pizzatelle of chestnuts, most coming from the Rupignano woods, or harvested elsewhere . . . “

For the inhabitants of Lunigiana, owning a chestnut grove was a necessity: Marchese Anton Giulio Brignole Sale knew this when, in the second half of the 18th century, he asked the famous cartographer Matteo Vinzoni to organize the farmlands of his holdings at Groppoli and to be sure to always assign each farm a portion of the chestnut wood.

The guests of the Grand Dukes of Tuscany commented disparagingly on the favoritism shown the chestnut: in their opinion, the peasants of Lunigiana were so lazy that even on the plains they preferred keeping a chestnut grove, which required little labor, to deforesting and clearing land for cultivating grain.

You’ll have gotten the point: in these valleys, the chestnut was an essential element of life in the area, not only of food culture. In Lunigiana, children are not born “under a cabbage leaf”: they are found in the hollow trunks of chestnut trees. Even the Virgin Mary chose the tree: in Podenzana, she appeared in a chestnut and the remains of the tree are still walled into the local church’s altar.

And with such an old history, modern chestnut cultivation in Lunigiana had little choice but to become the best, selecting the most highly-prized varieties for producing the highest quality flours.

Lunigiana chestnut flour is very fine in consistency, ivory-white in color, and possesses a characteristically sweet taste and an intense, distinctive aroma that persists even after cooking.

This excellent flour is ground from prized varieties of chestnuts renowned for their organoleptic characteristics. The chestnuts are dried in old-fashioned gradili fired exclusively with chestnut wood, and then ground with traditional stone grinding wheels in water-powered mills.

Thanks to the centuries of tradition in chestnut growing, ancient processing techniques perfected over time, and its extraordinary quality, Lunigiana chestnut flour has won European DOP certification.

Lunigiana DOP chestnut flour is extraordinarily versatile in the kitchen, always offering unforgettable aromas and flavors, whether it is used for noodles or lasagna, fritters or dumplings, chestnut cake—or as an ingredient in a surprising bread!

Lunigiana chestnut flour can be found in all the best grocery stores, or directly from the manufacturer: Antico Mulino Rossi of Fivizzano (MS).

Aulla: a rediscovered saint at a millenary crossroads for travel and trade



*“ristai, Aulla di commerci viva,
dove l’Aulella coniuga la Magra,
rinata è san Caprasio nell’abside
e solca ere con passo superbo...” (O.B.)*

Aulla, with its network of shops and services, is the liveliest center in Lunigiana, just as it was more than a thousand years ago when, at the confluence of the Magra and its tributary the Aulella, Adalbert of Tuscany erected a castle, houses, storehouses for merchants and traders, and an abbey for hosting the pilgrims of the Via Francigena.

The historic center, which was almost entirely razed by World War II bombings, is the site of a marble fountain built in the year of Italian unity, a stretch of

city walls with embrasures, and the palace that belonged to the Centuriones of Genoa, to the Malaspinas, and - finally - to the governors appointed by the duke of Modena.

Of the period of Modena’s dominion there remain the only notarial archives deposited by law in a commune: about two thousand volumes of documents drawn up in Modenese Lunigiana from the 15th through the 19th century.

Another totally unsuspected discovery is the Abbey of San Caprasio, with its archaeological digs, the monumental tomb of the saint, and the chapter hall that narrates the story of the abbey through the testimony of pilgrims, precious medieval sculptures, and many daily objects. Here, the visitor will meet the saint who inspired Provençal monasticism and was its spiritual guide, and see his relics, now preserved under the high altar; and the precious stuccowork reliquary in





The pearl of the table: the Bigliolo bean

The most precious pearl of agriculture in the Aulla area is the incomparable Bigliolo bean, thin-skinned, tender, and easy to digest. It is delicious simply boiled and topped with the olive oil of Caprigliola, but is also exquisite stewed with tomatoes, as a side dish to local sausages and cotichino. The visitor who comes to Bigliolo in the summer, perhaps on an excursion to the sanctuary of Castagnola, will note the garden-fields of beans being irrigated with the pure waters of the area's streams. The beans may be purchased, fresh or packed, from the local committee for the valorization of this bean, which was once a staple in the pantries of the Marchese Cosimo Malaspina.

The focaccette of Aulla

In Aulla, at the many summer festivals, don't miss the area's extraordinary focaccette, small flat buns made of wheat flour and corn meal, baked in terracotta testelli heated over a wood fire. After baking between two griddle halves, the focaccette are quickly passed over the coals, where they plump up in the heat, ready to hold cheeses and processed pork products. Aulla's focaccette recall the tigelle of Modena and may be a leftover from the time when the area was controlled by the dukes of that city, since they are found only in the area of Lunigiana once under Modenese dominion.



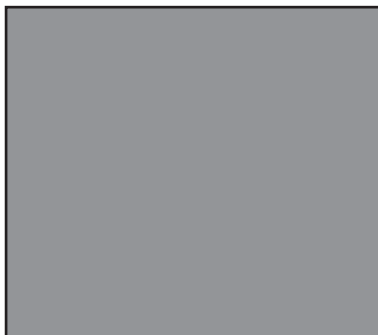
which they were kept. The relics were rediscovered a thousand years after they were hidden to protect them when the territory was invaded by the infidels who landed on the beach of Luni.

High up on the Brunella hill stands the massive fortress ordered built by the Centuriones of Genoa; it may have been conceived by Giovanni delle Bande Nere, whose intention it was to make Aulla the capital of his seigneurie. Today, the fortress is the home of the Museum of Natural History; in the park, planted by the English owners in the early 1900s, there is an interesting botanical nature path.

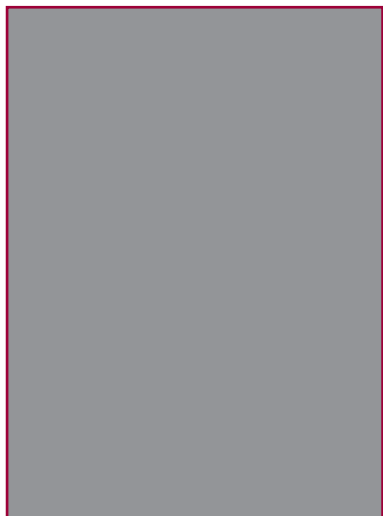
In the environs, Pallerone hosts a spectacular mechanical nativity scene in one tower of the Malaspina castle, open all year round; Bibola and Vecchietto regale the visitor with enthralling panoramas of the Apuans along the path of the Via

Francigena, a trail that can be walked from Aulla to Sarzana in six hours. Continuing along the Cisa state road toward Sarzana, you will find the sanctuary of the Madonna degli Angeli, a medieval hospice and retreat where you may read the story of a nobleman from Pontremoli who was saved by intercession of the Virgin from an attack by the highwaymen who terrorized the Strada delle Lame. The elegant hamlet of Caprigliola, with its mighty Medici walls and the medieval tower of the bishop-counts of Luni, rises on a hill that surveyed the Roman Via Aurelia, the Via Francigena, and the Way of Saint James. The remains of the Ponte della Bettola,

hidden by the willows that grow in the bed of the Magra, was ordered built by Florence and the Bishop of Luni in the 15th century after the tragic drowning of a group of pilgrims on their way to Spain.



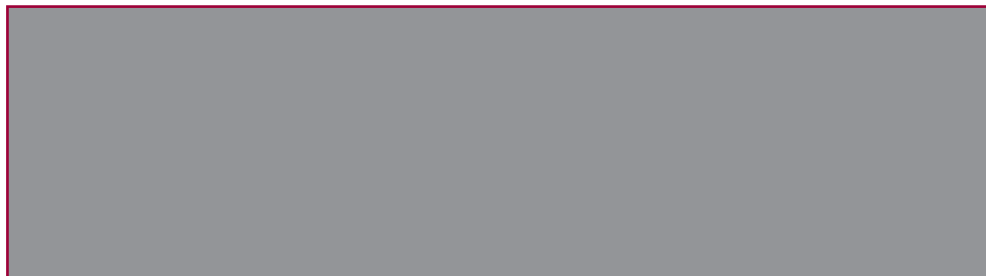
The San Caprasio museum and archaeological area: the patron saint of the Via Francigena pilgrims



This is by no means a traditional museum, but rather a historical itinerary. After a visit to the exterior of the greater apse, dating to the 10th century, the tour continues inside the church, where the visitor will find the archaeological digs, the monumental tomb of San Caprasio, and the remains of the two earlier churches dating to the 8th and 9th century. The monastery's large chapter hall was rediscovered and restored in 2004 and is now the home of the museum's collection of everyday objects, Roman and medieval finds, and coins left by the pilgrims of the 10th through the 13th century. The surprising spiritual narration sculpted in the stone of the artistic capitals of the columns testifies to the wealth of the church's benefactors and the extraordinary spiritual importance of the abbey, which was founded in 884 by Adalbert of Tuscany. Outside of the abbey complex, work is now in progress to restore the bell tower and the cloister area, which is destined

to become a garden with herbs and plants from the Benedictine pharmacopoeia. (tel. 0187-420148 - 0187-400221) www.sancaprasio.it – cultura@comune.aulla.ms.it

Lunigiana Museum of Natural History



The halls of the Brunella fortress, for a long time the home of the family of Lina Waterfield, an English journalist and writer who hosted English painters, poets, and men of letters including D. H. Lawrence and his wife Frieda, now hosts a museum that illustrates the incredible variety of natural features found in Lunigiana: from the marble peaks of the Appennines, to the hills, to the river valleys. The park installed by the English owners includes an interesting botanical walk and an unusual pet cemetery.

The Fortress was the first and only “war machine” built expressly for defending Lunigiana after the advent of artillery: robust bulwarks could repel cannon fire while a series of embrasures allowed the occupants to counterattack, with stones and boiling oil, anyone foolish enough to come too close to the walls. (tel. 0187-400252, for information: cultura@comune.aulla.ms.it - coopnatour@libero.it)

B&B

Maggioni Roberta Emma
Tel.: 0187/414426 - 339/1743995
V. Bettola, 9 Caprigliola

Olugboye Beatrice
Tel.: 0187-414028 - 333/6244418 335/5384968
V. Nuova, 19 Caprigliola

La Favorita
Tel.: 338/6814255
V. Valenza, 6/A Valenza

Nel Borgo
Tel.: 360/278540
V. Canonica, 2 Albiano Magra

Casa Rò,
Tel.0187/415439 - 347/2626519
V. Amola, 18 Albiano Magra

Locanda Pratomedici
Tel.: 0187/412005 - 347/3861973
347/1352352
V. Protomedici, 13 Bigliolo

La Pescigola,
Tel.: 0187/420877 - 328/4452619
Via Pescigola, 12 Aulla

Casa Barani
Tel.: 347/4657930
V. Sprini, 7/A Aulla
n.7 posti letto.

Cà di Megoto
Tel.: 0187/418296 - 339/4166707
loc. Olivola



From the Abbot's table
12th century Arab vessel

HOTELS

Albergo Ristorante Pasquino
Tel.: 0187/420509
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Ristorante e albergo con 17 posti letto e totale
10 camere, 2 stelle;

Demy Hotel De Micheli
Tel.: 0187/408370
V. Salucci, 9
Ristorante albergo con 44 camere per 80 posti
letto, 3 stelle;

Magra Immobili srl
Tel.: 0187/691288
Loc. Schiado
20 unità abitative
per un totale di 60 posti letto

FARM HOLIDAYS CENTERS

Byron Lunigiana
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Via Nuova, 25 Caprigliola
www.byronlunigiana.com

“La Selva” di Vannini Eugenio
Tel.: 0187/409897

“Montebello” di Benedetti Raffaella
Tel.: 0187/418993 - 340/3949800
Via Collina

Forni Pierina e Rosaia Raffaele
Tel.: 0187/418505
V. Puccini

Al Fienile
Tel.: 0187/471302
Malacosta

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Valenza
Tel.: 0187/471325 - 338/3420148

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Tel.: 0187/418407
V. Bardine

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Tel.: 0585/982024
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Cavana di Bigliolo

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Via Turati – Pallerone

Ristorante la Teresina
Tel.: 0187/418006
Via Turati, 159 – Pallerone

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Caprigliola

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Tel.: 0187/408370
Via Salucci - Aulla

Self-Service Break Time
Via Resistenza, 59 - Aulla

Albergo Ristorante Pasquino
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Località Pian di Bibola

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Pizzeria La Bouganville 2
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Ragnaia di Aulla

Ristorante Lo Spiedo Sardo
Tel.: 0187/415195
Caprigliola di Aulla

Pizzeria Ristorante Pusigno
Via Cerri, 20 – Ragnaia

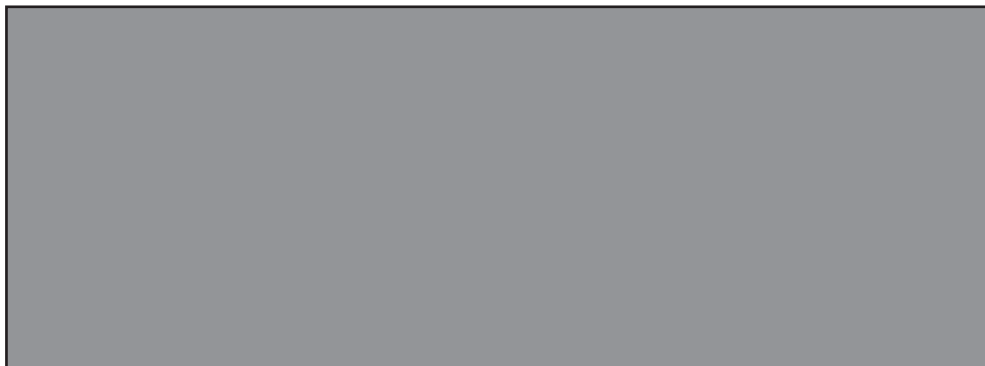
Ristorante – Cantina Girardengo
Tel.: 0187/409144
Via Nazionale – Aulla

Ristorante – Enoteca per Bacco
Tel.: 0187/420637
Piazza Cavour – Aulla

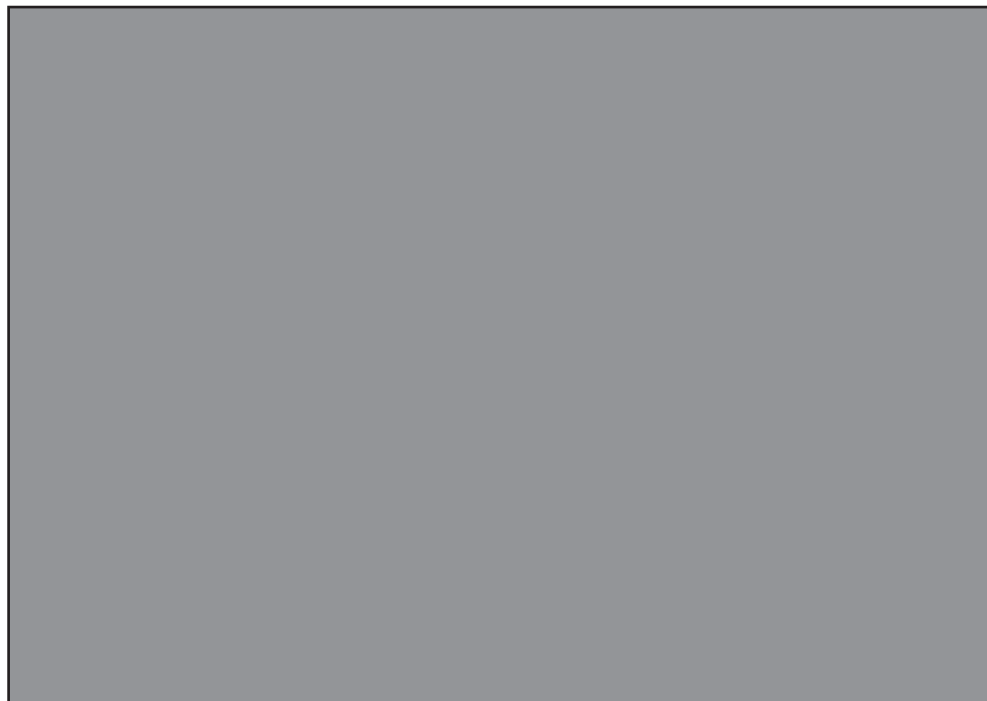
Ristorante Paradiso
Tel.: 0187/417058
Via Turati – Pallerone

Ristorante La Fontana
Tel.: 0187/415156
Via Repubblica – Albiano Magra

Ristorante – Pizzeria Gatto Matto
Tel.: 329/7266986
Via Nazionale- Aulla



Bagnone: an ancient marketplace



*“Le forre, anime terse di pii,
stornellano coi passi nei portici
Bagnone, dal castello arroccato
t’invola sulla villa dei Quartieri
e rimiri il tuo borgo ricco d’acque,
che fuggono con trame d’arabeschi...”*
(O.B)

Few other small towns in Lunigiana have the privilege of knowing when and how their marketplace was founded. In this case it was on a bend in the Bagnone torrent, which runs under the ancient village that grew up against the Malaspina castle. In the mid-1400s, the four ancient families of the village were joined by artisans and shopkeepers from Vico, Fornoli, Taponecco, Pontremoli, Pàstina, Merizzo, and Panicale; in 1428, from Malgrate, there arrived, “nude and

now dressed,” the spice-seller Giovanni Antonio da Faye, the great and disenchanted chronicler of the Lunigiana of the 15th century. At his death, he was interred in Bagnone’s military chapel.

Bagnone soon became one of the four great marketplaces in the Magra valley: under its portico, a lively melee of sellers of fresh fruit and vegetables, merchants from the Parma area, butchers, tailors, cobblers - and of course, gamblers and moneylenders.

The beautiful parochial church of San Nicolò has a precious organ and a venerated relic of the Holy Cross, and with its stately facade dominates what may be defined as a classical Italian square, faced by the hall of justice, city hall, the schools, and the Palazzo dei Cortesini. The nearby Villa Quartieri stands in a large park; the square at the entrance is adorned by a large





portico/monument to the fallen in all wars. Everything, including the recently restored theater, built during the Fascist era and now returned to its original function, pays mute homage to the consummate artistic skill of the stoneworkers of Lunigiana.

In Treschietto, the tower of Giovan Gasparo Malaspina, at the edge of a ravine, evokes the sly marchese who collected excommunications and death sentences, while in Jera we breathe the rarefied air of the mountains among producing chestnut groves and streams abounding in fish.

The water-driven mills of Vico and Corlaga still grind chestnuts into flour, while archaeological exploration in the environs has turned up the only post-medieval kiln ever discovered in Lunigiana, where testelli and earthenware were produced.

But the greatest surprise in the area is Castiglione del Terziere, seat of the Florentine captaincy, with its castle/palace brought back to life by Loris Jacopo Bononi, physician, poet, and writer, who collected some of the most precious testimony about the Lunigiana region: documents, antique books, valuable first editions, and handwritten manuscripts by men of letters and poets.

Here is the legacy of centuries of culture in Lunigiana, of the incredible array of poets, writers, notaries, men of letters, military leaders, able politicians, and men of the cloth who lived at the most celebrated Italian courts and who exported the genius of this border land throughout the world.

The church at the Pieve bears witness to the ancient ecclesiastical organization of the Diocese of Luni. The road from Collesino leads to the homes of Apella near Licciana, the homeland

of the legendary Risorgimento hero Anacarsi Nardi, executed by firing squad with the Fratelli Bandiera.

Although Bagnone produced many illustrious citizens, only one has a monument in the Cathedral of San Martino in Lucca: Pietro da Noceto, chosen by the great pope from Lunigiana, Nicholas V, as his confidential secretary. It was the wish of Pietro's descendents that his sarcophagus be sculpted by Matteo Cividali; it rests in the left chapel of the cathedral, where Pietro enjoys that peace he searched for in his later years, in Lucca, far from the splendors of the papal court.



A rare delicacy: the Treschietto onion

Delicious, sweet, insuperable - and rare: the Treschietto onion is only cultivated (sown in open fields but then transplanted) in the fertile plains near Bagnone, in the shadow of the ruins of a Malaspina castle.

This onion is cultivated by patient farmers, using ancient techniques, from carefully and jealously guarded seeds. It is irrigated delicately, fertilized with all-natural fertilizer, and grown in soil whose unique characteristics guarantee a natural product and a flavor that is only a memory in other onions.

This is a vegetable that carries with it the memory of ancient tradition of the area's peasant women, who on market days came to town where they were met by connoisseurs from all over Lunigiana waiting to purchase shoots for transplanting.

And like then, connoisseurs today still value this onion, enjoying it at the festivals that publicize the variety, with an eye - of course - to the label that guarantees its place of origin.

HOTELS and RESTAURANTS

Locanda La Lina
Tel.: 0187/429069
Piazza Marconi
5 camere

Ristorante La Nuova Jera
Tel.: 0187/428161
Jera

Trattoria Bicchierai
Tel.: 0187/429077
Piazza Europa

Osteria Musetti
Tel. 0187/429036
Loc. Pastina

Ristorante I Fondi
Bagnone
Tel.: 0187/429086

Ristorante Fornesi
Tel.: 0187/429408
Loc. Vico

B&B

Ruzzi Francesca
Tel.: 0187/429069
Piazza Marconi

Poggio delle Rondini
Tel.: 0187/429420
Loc. Mochignano

FARM HOLIDAYS CENTERS

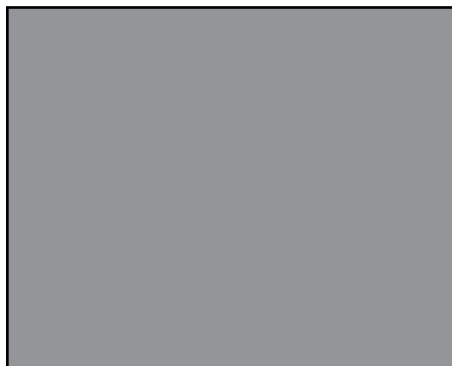
Azienda Cà del Sasso
Tel.: 0187/428077
Loc. Corvarola

Cà del Vento
Tel.: 347/4774507
Loc. Orturano

Giunaso
Loc. Orturano
Tel.: 0187/427019

G&G
loc. Cassolana
Tel.: 0187/427003

Fattoria del Deglio
Tel.: 0187/4421322

**Historical Archives and Museum of Bagnone**

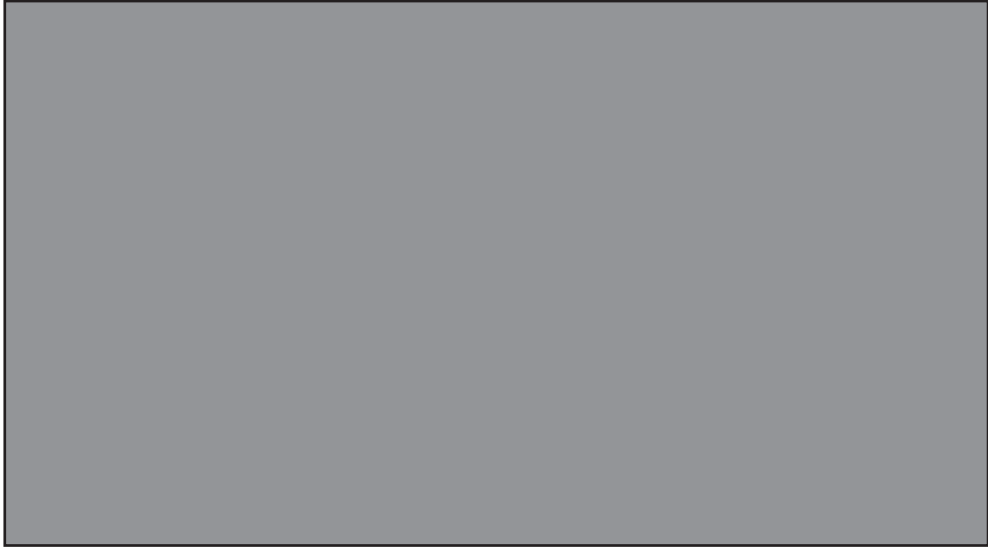
The historical archives of the town of Bagnone bring together registers and files of extraordinary importance for studies of the period of Florentine domination of the upper Magra valley.

Intense conservative activity (study, restoration, and microfilming) has now made it much easier for scholars and local history buffs to access the sources.

Tel. 0187-427828/427834



Casola Lunigiana: the ancient bread of Lunigiana



*“Rifulge Codiponte rara pieve,
lontana eco di canti campestri,
d’immenso si corrusca la sua volta...”*
(O.B.)

The origins of Casola are very ancient; its valleys were inhabited as far back as the Iron Age. In the 9th century, Casola was a possession of the Bishop of Luni; in 1306, by a treaty between the bishop and the Malaspinas, witnessed by Dante Alighieri, it came under the control of the great house of the Magra valley. In 1496, the population of Casola sided with Florence and became an important podesterate and trade center.

Casola was crossed by the Via del Volto Santo, a major variant for pilgrimage and trade, as testified by the remains of the hospice at Tea. It was a well-traveled thoroughfare, already in use in Roman times, that united Lucca with the roads

of the Magra valley bottom and the communications node of Aulla, with its powerful Abbey of San Caprasio.

Archaeological digs at Codiponte have documented settlements from prehistoric times through to the Roman era and the Middle Ages; the Offiano and Codiponte parish churches contain masterpieces of Romanesque art.

The nearby parish church of San Lorenzo and - above all - the hermitage of Minucciano, now in the territory of Lucca but once owned by the Diocese of Luni, offer a sterling opportunity to experience echoes of medieval spirituality.

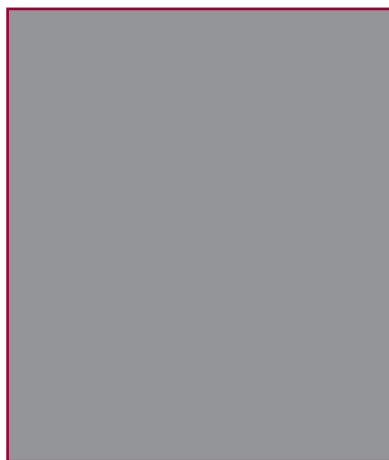
Ancient statue-stelae have been found near the hermitage. Until the 1970s, according to an ancient tradition, the custodian of the church was a lay hermit who lived by alms.

The legacy of Cortesi, the last lay hermit, has now been taken up by other young hermits who - although invisible in their enclosure, nevertheless regale the visitor with their Vespers chant that rises from the walls of the chapel where the



Madonna del Soccorso stands in majesty. The village of Casola, with its solitary bell tower, boasts elegant palaces and other structures that once hosted flourishing medieval workshops. One of these palaces, which opens on a natural scenario of rare beauty, is the home of the territory's museum, which contains exhibits from the prehistoric era and illustrates the tradition of the May song.

“Augusto Cesare Ambrosi” Territorial Museum of the Upper Aulella Valley

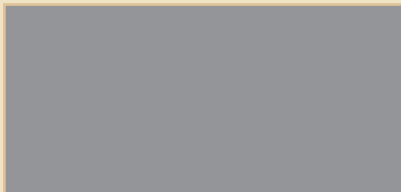


To visit the museum, you must make reservations at the Casola town offices.

The exhibit rooms recount the history of the Aulella valley from prehistoric times down through our day: from the era of the statue-stelae to the second postwar period, when May was still celebrated in song in the shade of the chestnut trees.

The museum is named for one of Lunigiana's leading cultural figures from the last century: Augusto Cesare Ambrosi, a descendent of an ancient family of Casola, mayor, historian, and above all an internationally-known scholar of the cultural phenomenon of the statue-stelae, which he collected in Casola and later put on display at the Piagnaro castle in Pontremoli.
Tel. 0585-90013

The “Marocca” of Casola



The recipe for this surprising chestnut-flour bread comes down to us from the Middle Ages. When in about 1450 the spice-seller Giovanni Antonio da Faye wrote that chestnuts provided “two-thirds of the bread of Lunigiana,” he was probably referring to this bread, with its unique flavor, ideal for accompanying the famed Colomata lard but also pecorino cheese and DOP Lunigiana honey.

Fabio Bertolucci has rediscovered the art of baking these priceless loaves, about 20 cm in diameter, in Casciana di Casole. The bread is made from a dough that is composed of about 70% chestnut flour and 30% wheat flour, kneaded with a little extra-virgin olive oil.

Casola now boasts a committee for the valorization of the marocca, as this unique bread is universally known (tel. 0585-949122). Fabio Bertolucci can be contacted at 340-6899209.

B&B

Il Giardino di Lidia
Tel.: 0585/90234 - 90397
Via Carmine

HOTELS and RESTAURANTS

Ristorante Il Re di Macchia
loc. Capoluogo
Tel.:0585/90389

FARM HOLIDAYS CENTERS

Ostello della Gioventù
Loc. Convento - Tel.: 0585/90075

Agriturismo Castagnoli
Loc. Uglianacaldo - Tel.: 0585/ 987030

Agriturismo Bacci
Loc. Reusa - Tel.: 0585/987030

Agriturismo Spino Fiorito
Loc. Padula - Tel.: 0585/949167

Agriturismo Argigliano
Loc. Argigliano - Tel.: 0585/90218

Comano:

the dowry of Berta, wife of Hugh of Provence



*“E tu Comano sull’aprico colle
ti posi; la tua torre, solitaria
sirena, incanta le selve, e valli...”*

(O.B.)

Comano was known as the “Switzerland of Lunigiana” for its healthy climate, the green of its valleys, its proximity to the Appennines, and the multitude of vacationers who passed their summers in its comfortable hotels.

The climate is unchanged, as is the green. Even the old tower of the castle has returned to life after its restoration, together with a portion of the feudal walls. And the cuisine is still traditional, as is the hospitality.

Horses at pasture around the Lagastrello artificial lake are a common sight; the beech-woods around the lake abound in prized porcini mushrooms.

This is an ancient land, which in olden ti-

mes was crossed by important roads linking Reggio in Emilia with the sea: trade routes, used by armies and by shepherds who still in the last century took their flocks to graze in the high Appennine meadows.

Comano is mentioned in history for the first time in a document dated 938, when King Hugh of Provence gave the town and its castle to his wife Berta as a wedding gift. These lands always attracted the attention of the Este family, who selected Comano as their point of departure for extending their dominion into Lunigiana. The time of Countess Matilde, the brief dominion of Castruccio Castracani of the Antiminelli, and then the definitive rise of the Malaspina: these are the milestones in the millenary civil and religious history of these valleys.

Another high point in the civil history of the area was construction of the castle built on the Groppo San Pietro, which in the Middle Ages played an important strategic role; the remains of the structure have unfortunately been dispersed with time.



In this area, the diocese of Luni maintained the Crespiano parish church, restored many times, with a lovely attached presbytery and an imposing bell tower dating to the 11th century.

On the first floor of this tower - in accordance with the custom of the time - there is a small room that served as a chapel: today, we can still see the tiny apse with its one-light window.

A significant, very rare inscription dated 1079, now kept in the sacristy, probably dates to the time of construction of the bell tower.

Documents of this kind are exceptional. The plaque, originally on the exterior, was designed to remind posterity of the great restoration work and perhaps of construction of the bell tower, but also - proudly - of the name of its author:

“In the year of our Lord 1079, when this church was restored, I was inscribed by Master Oto.”

The art of stoneworking would seem to have been a prerogative of the men of Comano, stone dressers but artists as well. Clear evidence of this fact is apparent in the portal and the interiors of the church of Comano but also in the extraordinary repertoire of portals, votive aediculae, and ornamental motifs of Camporaghena.

HOTELS and RESTAURANTS

Albergo-Ristorante Miramonti
Via Roma, 51 - Tel.: 0187/484563
12 camere

Albergo-Ristorante Roma
Via Roma, 78/88 - Tel.: 0187/484216
13 camere

Albergo Ristorante Elisa
Via Roma, 5 - Loc. La Costa
Tel.: 0187/484217 - 15 camere

Ristorante Galletti
Loc. Crespiano - Tel.: 0187/484257

Ristorante Federici
Loc. Prota - Tel.: 0187/484610

Ristorante La Baracca
Passo del Lagastrello
Tel.: 0187/484713

Ristorante Chalet del Lagastrello
Tel.: 0187/484706

FARM HOLIDAYS CENTERS

Casa Turchetti
Loc. Cattognano
Tel.: 0187/484502

B&B

Cà di Chiarella
Via Croce - Tel.: 335/5254139

Cà del Fraro
Via Castello - Tel.: 0187/484146

I Chiosi
Loc. Montale - Tel.: 335/5434572

L'Oasi
Via Castello - Tel.: 0187/484336

Zedda Salvatore
Cattognano - Tel.: 339/4458284

Woodland treasures: the porcini mushrooms of Lunigiana

For centuries, these ambrosial, intensely-scented delicacies have been the vaunt and made the fortunes of the Lunigiana mountains. An Englishwoman who wrote in the early 1900s commented that no kitchen in the Lunigiana region was without its stock of dried mushrooms.

In the early 1800s, a chronicler from Pontremoli wrote of how dried mushrooms were sent as gifts to Pisa and Florence.

Today, mushroom harvesting and processing and packaging are guaranteed by highly specialized cooperatives, companies, and shops.

Filattiera: the idols of the ancient Ligurians, Roman farms, and echoes of Byzantium



*“Fra le tue croci risplendi Sorano,
poseidonia mia illumini il cammino,
sotto il tuo suolo cimeli di voci
simili a perle di cosmo marino...” (O.B.)*

In Filattiera, in the shade of the most elegant, striking parish church in all of Lunigiana, the meadows hide archaeological treasures that have already been studied and await only to be displayed and illustrated in the local museum. Exhibits will show how this plain has been inhabited without interruption from prehistoric times through the Roman era, the age of the Byzantines, and the great Middle Ages until Filattiera became the capital of the Malaspinas, who selected as their emblem the flowering blackthorn. The parish church of Santo Stefano, recently restored and reopened for worship, was built as

a place of worship in the 6th century, near the great Byzantine defensive works on the site of a large Roman farmhouse (1st-3rd century) on the road that from Luni rose toward the Po valley. But even earlier, the Apuan Ligurians had installed their pantheon of stone idols, which were brought down by Christianity and the cultures of other peoples and ended up being used as simple stones for construction or as tombstones, as is the case of the female stele and Iron Age warrior on display inside the parish church.

The village that stands on the hill is typically medieval in plan, with its 13th-century castle and houses aligned along the ridge. In the southernmost portion there remains, isolated, the complex of the first medieval settlement with the military watchtower and small church of San Giorgio. This church preserves the most extraordinary epigraph of medieval Lunigiana: it recalls the meritorious deeds of an extraordinary man of the cloth, perhaps named Leodegar, who

converted the inhabitants to Christianity, broke the pagan idols, built churches, and gave bread and repose to pilgrims along the Via Francigena.

For the pilgrims, the village built a hospice dedicated to Saint James, which still bears a beautiful marble bas-relief of the saint.

At the upper door, on January 16th, the eve of the feast of Saint Anthony Abbot, the ancient rite of the purifying bonfire is still celebrated. An enormous pile of wood is ignited immediately following the blessing; a brand from the fire is carried into the stalls and coops to protect the farm animals, over whose well-being Saint Anthony holds vigil.

A short distance from the parish church, an ancient water-powered mill, still in working order, echoes the not so far-off past in which the wide

plain, reclaimed from the river, was fertile and intensively cultivated farmland.

Near Filattiera, in the village of Ponticello, the medieval homes recall the difficult times when the inhabitants locked themselves and their harvests into tower-homes; their access doors, high up on the walls, were reached by ladders which were pulled up in case of danger.

Between Ponticello and Caprio, the nobles of Pontremoli built elegant villas; toward the Appennines, the powerful Rocca Sigillina and Seravalle controlled important military and trade routes toward Parma.

Lost among these mountains are the ruins of an important military stronghold from the early Middle Ages: Montecastello, a 7th-century bastion that defended the valley from invaders from beyond the Appennines.

Museums: the parish church and the Giuliani mill

Although a territorial museum is now being installed near the parish church, the church itself is an extraordinary museum in its own right, imbued with a thousand years of religious feeling. The interior and exterior masonry of the church bear the marks of eras of splendor and periods of decadence and of the reconstruction, in the early decades of the last century, that added the chapels of the nobility. The apses testify to the skill of the Lombard workmen who drew elegant patterns using only simple river pebbles.

Another "living" museum is the nearby Giuliani mill, an excellent example of the timeless rural architecture of Lunigiana and still turned by water.



The Lusignana collection of religious and farm objects



A collection of objects and tools from the farmers' world is on display in the former stalls of the parish house. Dedicated to Mario Nadotti, the collection is open to the public thanks to the active participation of the citizens of the town and the work of Legambiente volunteers.

Open by reservation and in August on occasion of the feast of the town's patron saint.
Tel. 0187-422598-455337



RESTAURANTS

La Pantera Rosa,
Scorcetoli
Tel.: 0187/458333

Il Fringuello
Scorcetoli
Tel.: 0187/458309

FARM HOLIDAYS CENTERS

La Fola
Loc. Dobbiana - Tel.: 0187/855035 Fax.:
0187/855158 - www.lafola.com

Azienda agricola Moscatelli
Loc. Molino Giuliani
Tel.: 0187/458006

Mori Anna
Loc. Pala di Scorcetoli
Tel.: 333/8020717

B&B

Il mulino de' Briganti - Casa vacanza
Caprio
Tel.: 0187/631090 - 333/8020717
www.casadebriganti.it

A gastronomic rarity: boiled pork shoulder

It is not easy to find, but it is a true delight with a flavor of times past, produced prevalently in the upper Magra valley. This "ham" derives from the forequarters of the pig and is preserved with its bone, protected by the fatty rind or by a pig's bladder.

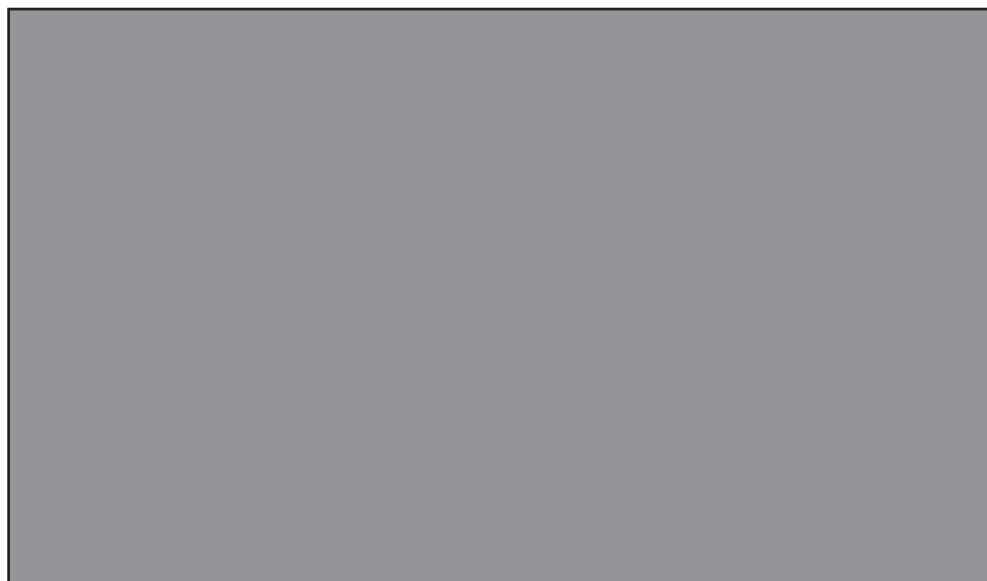
After several months aging (but it can be preserved for up to three years), the shoulder is freed of the rind and consumed as is or cooked.

The shoulder is usually soaked overnight before cooking. It is then placed in cold water over the fire and when it comes to a boil is cooked for 15 minutes to the kilo (although some experts suggest up to one hour per kilo).

Rosy-colored, spicy, and slightly salty, the boiled pork shoulder has a flavor of times past. It is an extraordinary product that requires a special climate; as the food and wine specialist Salvatore Marchesi comments, the pork shoulder is a masterpiece that cannot be found where the sea breezes blow, since it originates halfway between the sea and the mountains where the famous Parma ham is cured.

The shoulder is often considered the most prized of all pork products; it is reserved for the feast of the patron saint, for weddings and baptisms, for threshing time; but more frequently, in the past, it was sold at the festival of San Genesis in Filetto, on 25 August, by farmers who in this manner procured the price of a piglet to raise for the coming year.

Fivizzano, a refined Florentine city



*“Placida ti distendi con respiro
di sorgente dei colli tuoi all’arcata,
che cerca le vestigia di carbonai,
d’arcieri e di bandiere Fivizzano...” (O.B.)*

In the vast territory of the town of Fivizzano, which has recently annexed the Equi Terme territory, man has left traces since prehistoric times. After the Roman parenthesis and medieval domination by Spinetta Malaspina the Great, Castruccio Castracani took Fivizzano in 1316. But during the course of the 15th century Florence stepped in; this part of Lunigiana became a capitancy and took in the laws and knowledge of her masters.

Charles VIII laid siege to Fivizzano; Guicciardini wrote that the first, tragic war fought with artillery was decided under its walls.

Fivizzano is a city of culture: Jacopo da Fivizzano, first in Italy and among the first in the world, printed now extremely rare incunabula; the Fantonis conceived the first typewriter in 1802; Giovanni Fantoni, under the pen-name of Labindo, was a fairly well-known poet of the late 18th century; a multitude of notaries, physicians, men of the cloth, and jurists from Fivizzano taught in Italy’s universities and were influential consultants at many Italian courts. Fivizzano is the birthplace of Loris Jacopo Bononi, an extraordinary contemporary writer, physician, and poet. He is responsible for restoration of Palazzo Fantoni and layout of the Museum of Printing, while his hospitable Castello di Castiglione del Terziere reincarnates the spirit of civilization and culture that animated Lunigiana at the time of the Florentines.

Fivizzano was also the native city of Andreola, mother of the great Pope Nicholas V. To her memory, the pope donated the vestments - now in Florence’s Bargello museum - he received from



the city of Siena on occasion of Saint Bernardino's elevation to the altars.

Cosimo I de' Medici surrounded Fivizzano with powerful walls in 1540; in 1683, Grand Duke Cosimo III donated the splendid fountain that still graces Piazza Medicea

The Augustinian convent, now the home of a hostel and library, is decorated with important frescoes. Adjacent to it, on the remains of the church of San Giovanni, a museum is now being built.

The spectacular Verrucola, with the castle of Spinetta the Great, today the residence of the sculptor Pietro Cascella, is one of the area's most fascinating medieval hamlets.

In the environs, the parish church of San Paolo di Vendaso, the parish church of Viano, and the church of Poggnana preserve an interesting repertory of Romanesque capitals.

Gragnola is a surprising village, abounding in unsuspected medieval architectural forms. It is watched over by the stunning Castel dell'Aquila, the largest castle in Lunigiana, which has now been miraculously restored and reborn as a well-

appointed hospitality center thanks to Gabriella Girardin, the refined, much-learned chatelaine.

Equi Terme, with its sulfur springs, is a marvelous spa. Primitive man and bears lived in its Tecchia; in its karstic grottoes, small lakes, stalactites, and stalagmites create a magical itinerary; at Christmastime, in its narrow streets and along the road leading to the caves, the inhabitants recreate the poetry of the Nativity.

Vinca clings to the marble of the Apuans, but the beauty of the landscape cannot wholly cancel

the memory of the ferocious German reprisals that decimated the population. The bread of Vinca, baked in wood-stoked ovens, is extraordinary: like the wine of Ceserano and San Terenzo Monti and

the breads of Po and Signano, it is a cornerstone of fine cuisine in the area.

Sassalbo, white with gypsum cut through by deep dolines, is set in the deep green of the chestnut groves along the road to Cerreto, a little beyond the Botanical Garden of Frignoli; there, in the old school, you'll find the gate to the Appennine National Park.

The pleasures of the table: bread and ancient elixir

The breads of Fivizzano are among the area's best-known products: the breads of Vinca, Agnino, Po, and Signano are all baked in wood-fired ovens, as is the focaccia typical of the Pontremoli area.

For baking the focaccia, a bed of chestnut leaves, dried in the summer and then dipped before use in boiling water, is laid to isolate the dough from the floor of the oven and lend the bread a pleasing chestnut aroma.

The secret of these famous Lunigiana breads probably lies in the high quality flour, only natural leaven, and the pure, sweet water of the mountains.

A good meal in Lunigiana cannot but conclude with the

symphony of aromas and perfumes that is the inimitable Elisir di China produced by the Farmacia Clementi of Fivizzano from an ancient recipe. This liqueur has delicate overtones and a pleasing bouquet of times past; both derive from the skillful mixing of ingredients that compose the ancient formula concocted by Giuseppe Clementi in 1884. In 1911, his Elisir took first prize at the Agricultural Exposition in Rome. The secret is jealously guarded by the Clementi family, who today distill genuine chinchona root in a modern plant and market the Elisir in pharmacies and the best specialty shops.

A curious fact: one of the many aficionados of this marvelous "elixir of long life" was the unforgettable Indro

A treasure chest of extraordinary museums

Fivizzano boasts a true network of museums and collections that guide the visitor to discover cultural and environmental treasures, The museums are organized by the Centro Servizi per il Turismo, located in Piazza Garibaldi in Fivizzano, tel. 0585-948258-927111 - info@comune.fivizzano.ms.it

Museum of Printing

Hosted by L. J. Bononi in Palazzo Fantoni. The 18th-century palace and the adjoining garden are of great architectural interest, while inside the visitor will discover the exciting adventure of printing and the genius of Jacopo da Fivizzano, works by Fantoni, and a fascinating exhibit of rare books.



“Grotte di Equi Terme” Cultural Park

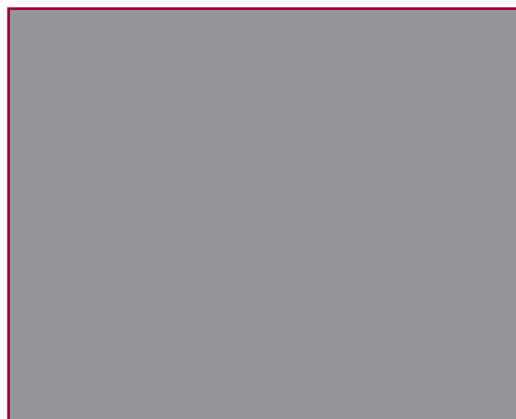
In one of the most enchanting corners of Tuscany, the prehistoric world comes to life in teaching laboratories and excursions into the depths of the marble mountains, the natural Solco canyon, and the Tecchia and the Buca caves, home of bears and their hunters in the Neanderthal era.

By reservation, the interesting Equi-Monzone excursion.



“Valle del Lucido” Museum of Labor

Objects and machines from industrial archaeology and artistic period photographs by Ilario Bessi document marble quarrying in the Apuans.



Frignoli Botanical Park and guest house

The old Forestry Service nursery, sloping downhill on manmade terraces, hosts a botanical itinerary through the rare essences of the Apennines and the Apuan Alps.

Medici Walls Walk

This itinerary around the town of Fivizzano takes the visitor on a discovery tour of the extraordinary - and extraordinarily powerful - fortifications built by the Medici family to defend their most important military and administrative outpost in Lunigiana.

Arlia Mill

An ancient mill in the midst of a wooded area has been restructured and reactivated as a teaching attraction. Visits by reservation.

The museums and documentation centers of the City of Fivizzano will be enhanced, this summer, by an Apennine National Park office in the former school of Sassalbo.



HOTELS and RESTAURANTS

Albergo - Ristorante Il Giardinetto
Tel.: 0585/92060

Via Roma, Fivizzano - 22camere

Albergo - Ristorante Le Terme
Tel.: 0585/97830 - Equi Terme

Albergo - Ristorante Da Felice
Tel.: 0585/97916 - Equi Terme

Albergo - Ristorante Cà Giannino
Tel.: 0585/949707- Sassalbo - 12 camere

Albergo - Ristorante Da Remo
Tel.: 0585/97933 - Monzone

Albergo - Ristorante San Paolo
Tel.: 0585/949800 - 9 camere

Ristorante - Albergo La Posta
Tel.: 0585/97937

Equi Terme - 8 camere

Albergo Ristorante Il Sicomoro
Tel.: 0585/99442

Cormezzano - 8 camere

Albergo - Ristorante Da Giannarelli
Tel.: 0585/949666

Passo del Cerreto - 20 posti letto

B&B

Castello dell'Aquila, via del castello
Gragnoia, tel. e fax. 0585-99157
www.castellodellaquila.it -
info@castellodellaquila.it

Il Baffardello, loc. Verzano, tel. 348-7839605
www.bblunigiana.it - ilbaffardello@hotmail.com

Muller Karsten, loc. Terenzano, tel. 0585-
92585

Dal Pellegrino, loc. Pognana , tel. 338-1771064
Passo del Cerreto, tel. 0585-949666

MG Ranch, Pieve san Paolo,
tel 0585-949846-347-8792234
www.mgranch.com - mgranch@tiscali.it

Marini, via San Giacomo, 16- loc. Terenzano-
tel. 0585-927019

FARM HOLIDAYS CENTERS

Azienda Agrituristica Il Bardellino, Soliera,
tel. fax- 0585-93304
www.ilbardellino.it - info@ilbardellino.it

Azienda Agrituristica La Praduscella, Moncigoli,
tel. 0585-93271

Azienda Agrituristica Il Melo,loc. San Terenzo
Monti tel. 0585-982239 fax 0585-422902 -
www.agriturismoilmelo.com -
francesca.chinca@tiscali.it

Azienda Agrituristica Il Boschetto, loc. Moncigo-
li, tel. 0585-93057-fax 0585-93569

Podere La Piana, loc. La Piana, tel. 339-1129187
www.poderelapiana.it - info@poderelapiana.it

Valle degli Ulivi, loc. Valle, tel.0585-927087- fax
0585-926883 - m.colonnata@tiscali.it

Agricola Santa Chiara, loc. Gassano, tel. 0585-
99359 - qyappel@tin.it

Germalla, loc. Germalla-Monte dei Bianchi, tel.
334-3430011 - www.alvecchiotino.com

Borgia Gabriele, loc. Debicò, tel. fax 0585-92562
www.gborgia.it - info@borgia.it

Giannarelli Lucia, via Stretta - Sassalbo,
tel. 0585-949722

Resti, via G. Cesare, 56, loc. Antigo,
tel. 0585-984066

Folegnani Mario, via Carlo del Prete,
loc. Fazzano, tel. e fax 0585-97462

Le Chianine dei Tognoli, via Castel dell'Aquila-Gra-
gnoia, tel.3382945665
www.lechianinedeitognoli.it

La Casalina, via Casalina-Ceserano-Gorasco,
tel.fax 0585-982024

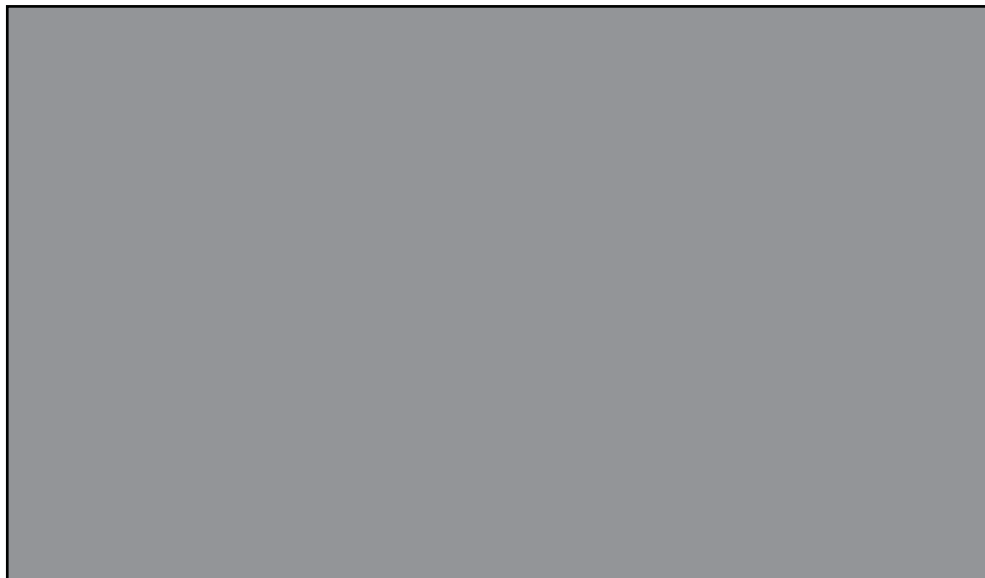
Le Lune, via Monte Fisco, 17 tel.fax 0585-
949239
www.agriturismolelune.it -
info@agriturismolelune.it

Verzanini Paola Rita, via G.Pascoli, 27,
tel.fax- 0585- 99729

La Fattoria del Conte , loc. Ceserano, tel.0585-
982015-0187-625147

Peri Paolita, loc. Escaro-Agnino, tel. 0187-412080

Fosdinovo: the Ligurian warrior and Christmas dinner in the Middle Ages



*“O Lunigiana, mia solare patria,
dove d’antico vivono i tuoi borghi,
e le colline ed i colli si aprono
a valichi vetusti e alle vette, a impeti di
tempeste modellate”*
(O.B.)

The castle of Fosdinovo, the most frequently photographed in all of Lunigiana, is owned by the Marchesi Torrigiani-Malaspina and is always open for visits.

The ancient 14th-century manor, on a square plan with round towers, has been much enlarged and restructured, as late as the 1700s, to adapt it to peacetime uses and the requirements of its owners.

The castle is a unique venue for concerts, cultural events, and art exhibits. Dante’s visits to the Malaspina court are narrated within its walls, which also host a ghost said to appear in the rooms from time to time. The massive castle dominates the beautiful town, with its churches and oratories, home to precious works of

art. The church of San Remigio and the marble tomb of Galeotto Malaspina are of special note.

The atmosphere in the narrow streets of the village is that of a borderland suspended between the sea breezes and the mountain winds.

Villa Malaspina (now owned by the Zuccarino family), in Caniparola in the Fosdinovo plain, has a beautiful park with an Italian formal garden that leads to the elegant entrance loggia; the great hall, decorated with frescoes, is equipped with a stage for celebrations.

From Pulica, near Fosdinovo, there comes the most impressive testimony of the lifestyle of the Ligurian-Apuan warriors, but also - surprisingly - the oldest description of a Christmas dinner. The Iron Age warrior whose sepulcher was found near Pulica was buried with extraordinary tomb furnishings: a bronze helmet of Etruscan manufacture with wide curved horns, perhaps the spoils of war subtracted from a Celtic warrior, a sword, a lance, and vases containing the warrior’s ashes, collected following his cremation according to ancient Ligurian funerary custom.



The weapons recall those of the statue-stelae and suggest that exchanges with the Celtic world were not always peaceful.

On Christmas Eve, 1388, Giovanni Manzini of Motta (Fivizzano) wrote to a Malaspina marchese of Fosdinovo:

"We entered Pulica . . . we were the guests of a certain Branchino, a native of the town. All the children were playing noisily and the neighbors, adults and old people, young people and adolescents, were merrily preparing the fire. To the right of the door there was an olive trunk with several bundles of green branches.

And in accordance with the customs of their forebears, the father of the family took up the trunk and the others were all busy . . . invoking the saints, praying, preparing lambs and pigs . . . and the young men drank in company . . . They do not ask for kingdoms, for riches, or goods of any kind, but only lambs and pigs . . . then refreshed by the wine, we visited the hovels of the neighbors . . . we were served drink in a wooden container that was dark, but clean. We sat down at the table where there was an enormous loaf of bread. The master cut it into slices and offered the first portion at the burning log.

The wife, naturally dark of complexion and without makeup, served lasagne with walnuts and breadcrumbs and turnips baked under the ashes. And finally we ate chestnuts, sweet fruits, and we again sat down on the stone bench for the vigil . . ."

The Colli di Luni wines

On the hills that look out to the sea and loom over the vast plain where in ancient times there rose that "splendid Civitas" that was the city of Luni, the grapevine has always been a source of wealth and a giver of pleasure.

The historians of ancient Rome spoke with enthusiasm of the wines of Luni. And how to contradict them, if we think of the nectars of that broad crown of hills that from the sea of the Cinque Terre reaches into the lands of Candia at the feet of the marble Apuans?

The Colli dei Luni DOC wines are highly versatile. The excellent reds produced from Sangiovese, Lanaiolo, Pollera, and Cilieggiolo grapes are perfect with vegetable soups, grilled meats, and semi-hard cheeses.

The whites, from Vermentino and Trebbiano grapes, are perfect with fish hors d'oeuvres, the mesclun vegetable soup, and salt cod dishes.

And the famous Vermentino, produced using a 90% blend of that grape, is a divine accompaniment to any type of fish dish.

The Audio-Visual Museum of the Resistance in the Provinces of Massa-Carrara and La Spezia

Via della Prade, 12 – Fosdinovo
tel. 0187-680014/ 764821
info@museodellaresistenza.it

A large, modern multimedia installation breathes new life into the glorious and dramatic pages of the history of the Resistance posed by the populations of the two provinces and for this reason decorated with the Gold Medal for Military Valor.

In the photographs, period documents, and above all the moving testimonials of the protagonists of the Liberation, visitors may select various itineraries for learning more about the struggle conducted by the Partisans and construction of a democratic republican Italy.

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ristorantegliulivi@virgilio.it

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Fosdinovo di Bianchi Lidia - Via Montecarboli, 12 - Tel.:0187/68465 - www.fosdinovo.bb.it-fabb.al@tin.it

Il Girasole, via Gignola,3 Tel.:329/4238327 - casemoni@libero.it

Le Rose di Preali Carla - Via Prato 1, Tel.: 0187/68881

Pickwick House - Via Montecarboli, 11, Tel.: 0187/68700 - 338/5242458
www.pickhouse.it - info@pickhouse.it

Podere dell'Angelo - Via Gignola,42
Tel.: 349/1669577- 333/1281244
www.poderedellangelo.it
podere.angelo@tiscali.it

Rossi Ciampolini - Via Montecarboli, 31 - Tel.: 0187/68212

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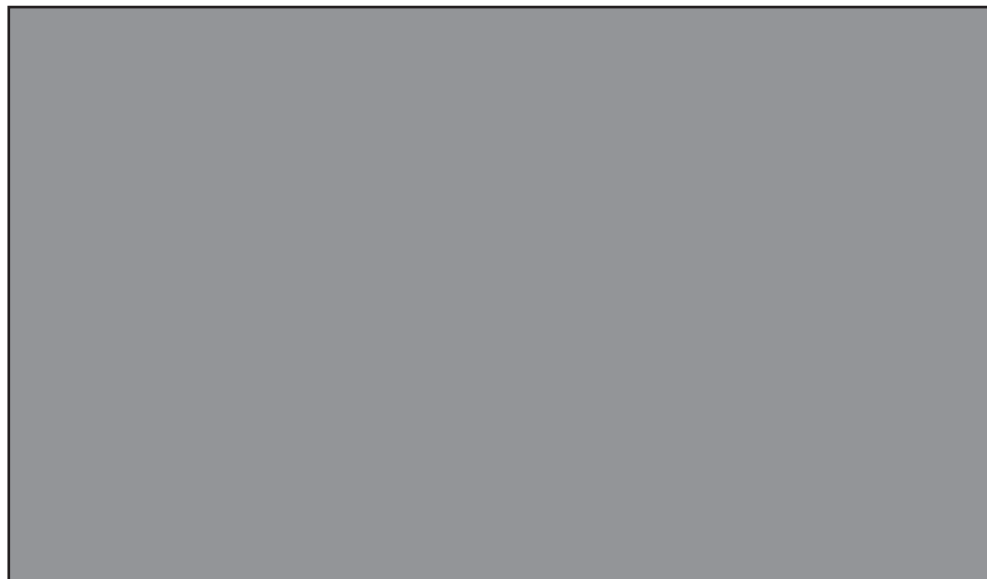
Il Borghetto - Via Paghezzana 12 -
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borghetto@lunigiana.net

Wilif di Gregorini Ironia - Via Canepari, 49
Tel.: 0187- 628162

Fravizzola, loc. Caniparola
Tel.: 0187/68410

Poggio Aurora - Via Boccognano, 3
Tel.: 0187/68732

Licciana Nardi: a land of heroes, castles, and ancient flavors



*“Licciana, fra le cime ti ripari
memore delle gesta di quel Nardi:
rinfocolò ogni ardore di patria,
alla tua gente riportò fulgore” (O.B)*

A modest cradle of heroes: Licciana won this definition for its native sons, the Risorgimento martyr Anacarsi Nardi, executed together with the Fratelli Bandiera in the Rovito ravine in 1844, and the legendary Alceste De Ambris, the union organizer who led the first agricultural strike in Parma.

The lovely villages of the area are dominated by castles, most of which are well preserved. The Monti castle is still owned by the Malaspinas; the Bastia fortress, once the home of the beautiful and fasci-

nating Annetta Malaspina da Mulazzo, who charmed the poets Monti and Frugoni and who rivaled Madame Pompadour at the court of the king of France, is also still inhabited.

The castle in Licciana proper has the look of an elegant, though severe, palace that stands guard over the town, which is aligned along a central axis flanked by beautiful homes. In the autumn, during the great weekend celebration dedicated to the chestnut, the queen of the Lunigiana woodlands, the cellars reopen to host taverns, eating places, and shops selling local crafts and agricultural products.

In Panicale we find the sanctuary of the Madonna of Loreto dedicated to the aviators, and the beautiful Medici Palace, elegant with two-light windows, that recalls far-off pomp and splendor.

Climbing the ancient Linari road past



Ripola and Varano (whose church hosts a fine triptych by Puccinelli), Tavernelle lives up to its name as stop along the high road, with its taverns, shelters, a tower-home, and the workshops of the artisans who are no longer here but have left the crests of their crafts cut into the portals of the homes.

A side road leads to one of the most solitary and splendid sites in the Appennine foothills: the Apella of the Nardis, whose home is soon to become a museum.

Higher up, near the Lagastrello pass, a pile of stone is all that remains of the great and powerful Benedictine abbey. In the early 1300s, influential ecclesiastics turned to the abbot, pleading that he take in the last monk of San Caprasio, reduced to abject poverty.

In Pontebosio, a castle and a smaller castle building united by a medieval bridge over the Taverone sketch a suggestive historical landscape.

Over the built-up area of Monti stands the ancient parish church of Venelia, dedicated - like the cathedral of Luni - to Our Lady of the Assumption. The place-name Venelia is a link to the ancient cults; not an improbable leap, seeing that a statue-stele was found in the plain below.

In a rural home on the Masero hill in Terrarossa are the remains of the Byzantine settlement of Rubra on the Byzantine itineraries. On the plain, in the 16th-17th century, Fabrizio Malaspina built his castle, aristocratic in appearance but nonetheless featuring massive corner bastions capable of resisting artillery fire. In the castle, the silkworm was raised by innovative methods and the castle's marchese was the author of the famous first-ever book dedicated to chocolate.

This may be why it was inevitable that the destiny of the castle was to be reborn as a lively center for promotion and innovation in agricultural production. Recently restored, it is fast becoming the venue for appointments valorizing the

products of the Lunigiana farms, including the Olea Lunae fair, dedicated to the valley's oil producers; the castle is also home to the committee for valorization of chestnut flour, a tourist information office, and guest accommodations for Via Francigena pilgrims.

Here, in the great hall, prizes are awarded each year to the best degree theses dedicated to historical Lunigiana; coming soon, a section dedicated to food culture that awaits only completion of the facilities for displaying, marketing, and tasting the typical products of Lunigiana.



Extra-virgin olive oil: the emerald of Lunigiana

In Lunigiana, on the slopes exposed to the sun, the growth conditions for the olive are extreme but it is thanks to these natural challenges that the resulting oil is of such excellent quality and possessed of characteristics that exalt the flavors of foods without masking them.

Oil production is increasing year by year in Lunigiana; its ideal show-window is the Terrarossa castle, where producers make use of modern methods for pressing such prized olive varieties as Frantoio, Leccina, and Moraiolo.

The companies that bottle Lunigiana's oil have no trouble finding buyers: expert tasters and gastronomists celebrate the bouquet and flavor of an oil that is insuperable as a topping for testaroli, for dipping Treschietto onions, and as an ingredient in the chestnut-based "mongrel lasagne."

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- Ristorante La Quercia, loc. Masero, Terrarossa, tel.0187-422597
- Ristorante Venelia, loc. Monti, tel. 0187-472106
- Osteria Boccon Divino, loc. Pontebosio, tel. 0187-471017
- La Locanda del Grillo, loc. Costamala, tel. 0187-420128
- Ristorante Pizzeria Beatrice, loc. Monti, tel. 0187-471518
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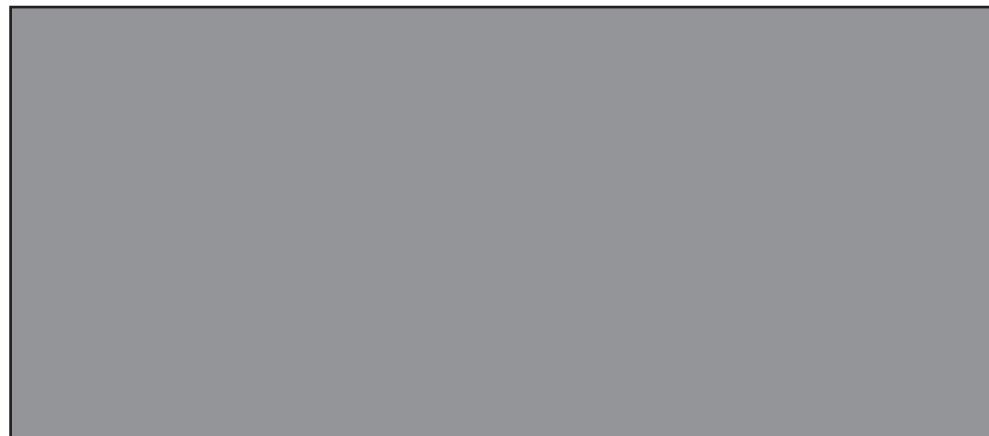
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- Green House, via Tavernelle

Mulazzo: the great saga of the Premio Bancarella booksellers and the last great Italian navigator



*“Canta l'erma severa a Mulazzo
e Giovagallo turbini e tormenti,
ma ti placasti allo staglio d'Apuane,
Sommo, che il genio vedesti d' Assisi...”*
(O.B.)

Not everyone may be aware that Mulazzo, not Pontremoli, is where the great saga of the Premio Bancarella booksellers began: it was from Parana and Montereaggio that the Fogolas, the Mauccis, the Bertonis, the Lazzarellis, the Giovannaccis, and the Tarantolas set out, to become, in cities spanning half of Italy, the booksellers and editors they are today; yesterday they were street vendors of notions and sharpening stones who among their wares hid the books prohibited by the ruling powers and passed them from state to state. From Montereaggio, where the names of squares and streets recall the greats of Italian publishing, Saint Francesco Bishop Fogola set out for China where he was martyred in the early 20th century; and to Montereaggio there return the descendents of

the ancient booksellers, for the important summer book exhibitions held in the fortified church of Sant'Appolinaire but also on May first to sing from house to house in the ancient salute to Spring. Not far away, high on the ridge, the sanctuary of the Madonna del Monte recalls the Lombardic culture of the highlands, links to the Ligurian abbey of Borzone, and the miraculous appearance of the Virgin to comfort a man of the Genoa area who had been unjustly accused of homicide.

The town of Mulazzo was a powerful capital of the Malaspinas “of the dry thorn.” To the great house is now dedicated an important documentation center where visitors will discover the human and scientific adventure of Alessandro, the last of the great navigators in the service of Spain, who was incarcerated like Columbus and returned to Pontremoli to die in 1810. On the summit of the hill rises the ancient medieval tower, facing the statue of Dante by Arturo Dazzi, which commemorates the memory of the hospitality extended to the poet as sung by Carducci and Ceccardo Roccatagliata Ceccardi and recalled in

the Centro Studi Danteschi installed in the tower home “graced by a two-light mullion.”

The arches of a medieval aqueduct that carried running water to the castle remind us that the area is rich in springs of sweet water, still flowing in the community’s nearby monumental wash-house.

In the silence of an upland plain, near the road that leads to Groppoli-Gavedo, the cemetery chapel of San Martino, recently saved from ruin, surprises the visitor with the elegance of its sandstone capitals but preserves the mystery of its true origin and function.

In Gavedo di Groppoli, the most illustrious cartographer of the 18th century, Matteo Vinzoni, came to grips with the art of architecture. Commissioned by Brignole-Sale of Genoa, he designed the church of Santi Lorenzo e Donnino; he redesigned the castle, today being restored by the benefactor and writer Loris Jacopo Bononi; and he designed the fencing for the great marchese’s palace built in the early decades of the 1600s to plans by the Genoese architect Bianchi. The legends passed down by the town’s elders narrate that on New Year’s Day, when Marchesa Brignole-Sale looked over her eighteen farms at the valley bottom hoping for good auspices for the harvests of the upcoming season, she also saw, from the dramatic vantage point designed by Vinzoni, the priest celebrating Mass in the church in which Our Lady of Sorrows still wears her clothing. Further down, in the Groppoli plain, the oratory of San Benedetto, an ancient monastic building of the Benedictines of Leno, is a ruin—but not without its charm, due in part to the recent find of a statue-stele. Groppoli is in fact the site of the most extraordinary archaeological discovery of statue-stelae in recent decades: seven sculptures, by authors and from eras unknown, hidden in a deep well. Castevoli and Lusuolo reserve encounters with the Middle Ages: the majestic castle of Castevoli, immersed in a historic landscape

of incredible charm, is home to the atelier of the sculptor and painter Loris Nelson Ricci; the castle of Lusuolo, in a dominant position over the fords of the Magra and the medieval roads, instead is home to the Museum of Tuscan Emigration. In the locality known simply as Pieve, the millenary parish church of San Martino, which leans like the Tower of Pisa, preserves an ancient sandstone baptismal font.



The “mongrel lasagne” of Lunigiana

When you ask an inhabitant of Lunigiana from which region he hails, you shouldn’t be surprised to receive “we’re all pretty much mongrels” as an answer: the people of Lunigiana are a population apart, “hybrids,” part Ligurian, part Tuscan, part Emilian.

Just like the famous “mongrel lasagne,” a supreme delicacy that mixes wheat and chestnut flours in percentages varying according to shelf life and the housewife’s skill at kneading and rolling.

These lasagne, when made by hand, call for no more than 25-30% of chestnut flour, but if they’re to be eaten the same day the percentage may be as high as 50%.

The thinly-rolled dough is cut into squares, boiled in salted water, and then topped with extra-virgin olive oil and Parmesan cheese or with a delicate leek sauce.

Alessandro Malaspina Documentation Center



A brand-new layout and modern museum criteria for the exhibit, in the Malaspina palace, narrating the adventures of Alessandro Malaspina (1754-1810), a great navigator who completed a round-the-world voyage, a discoverer of new lands, and author of reports of scientific expeditions that have been studied all around the world. The center houses the Malaspina family archives and a library containing everything ever written on Alessandro's exploits.

Tel. 0187-439712

Museum of Tuscan Emigration



In the great castle that dominates the medieval village and the Via Francigena, a collection of photographs documents how the Tuscan trades and genius have been exported by emigrants to all parts of the world.

The collection tells the stories of anonymous laborers, women, and children, but also of emigrants who made their fortunes in the Americas and England after setting off from the ports of Genoa and Livorno.

Alongside the photos, the emigrants' wares: the trunks, the cases of the street vendors, the shop-on-a-bicycle of the linens sellers in "barsana" (the Po valley), and many objects brought back to the emigrants' homeland from their places of work.

Tel. 0187-850559- info@museogenteditoscana.it



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Pizzeria All'isola felice
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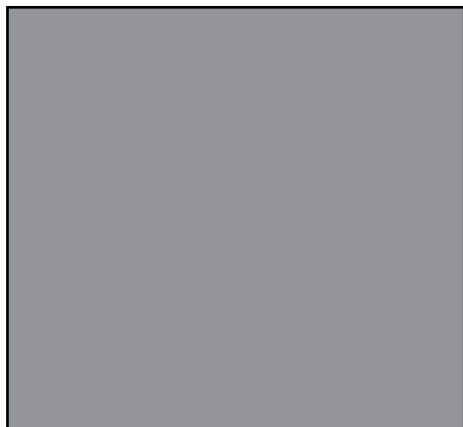
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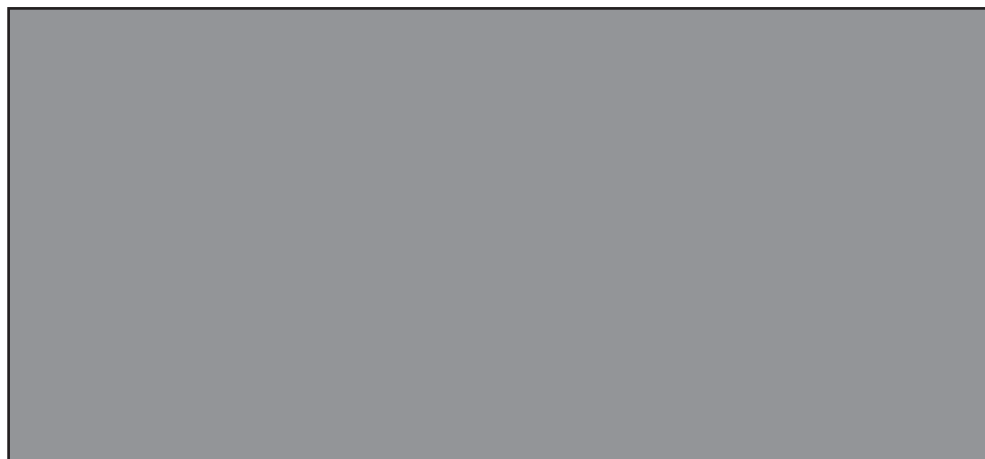
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Tel.: 0187/439654

Antico Borgo di Lusuolo - Lusuolo
Tel.: 0187/493174

La Torre di Dante, Mulazzo
Tel.: 0187/831443

Monti di Luni - Loc. Casa di Loia
Tel.: 0187/839256

Podenzana: the realm of the panigacci



*“Dalle tue sfere castello t’imponi
e ti apri alla vallata dai balconi:
a Podenzana tua, limpida luce”.*
(O.B.)

Podenzana is the undisputed capital of that ancient food known as the panigaccio, a “poor man’s bread” in ancient times; today a sought-after specialty.

A skilful local artisan still crafts the clay testelli for cooking the panigaccio; archaeological digs have turned up similar molds antedating the year 1000.

The territory of Podenzana has been inhabited since prehistoric times: Genicciola has given us a Ligurian necropolis from the 3rd-1st century BC, with precious contents now on display at the museums of Reggio Emilia and La Spezia.

In the year 884, Marchese Adalbert of Tuscany annexed a woodland known as the Gaggio (a name of Lombardic origin) to the

Abbey of Aulla; here, in a panoramic position, there rose one of the most famous Marian sanctuaries in all Lunigiana, on August 5th still the destination of throngs of pilgrims. The sanctuary at Gaggio began as an aedicula erected on the site of the apparition of the Virgin to a heretic woodsman, who swore as he was attempting to fell a chestnut tree.

The conversion of the heretic and the miracles that occurred near the chestnut tree were the occasion for construction of a small chapel, the altar of which was built around the stump of the chestnut in which Mary appeared.

The story was for a long time believed to be little more than a holy legend, but in the 1920s the bishop of Massa set out to locate the miraculous chestnut - and he found it, walled into the altar. Pilgrims immediately began removing fragments of the wood to preserve as precious relics. Today, what is left of the chestnut is prudently protected by glass to prevent further ravages.

Near the sanctuary, the Malaspina castle, completely rebuilt in the 1960s, dominates



the course of the Magra; in the marchese's chapel is a large 15th-century bas-relief commissioned by the men of the Podenzana community.

In the Montedivalli, a tongue of land projecting into Liguria, restoration of the Romanesque parish church of Sant'Andrea is underway; it was once home to a number of valuable 14th-century marble statues that are now displayed in the church in the locality.

On the Way of Saint James, the parish church was probably built over an earlier military structure; of its Romanesque period it preserves valuable capitals and sculptures of saints and common men in an eternal struggle with various monsters, symbols of evil.

The *panigaccio* of Podenzana



The panigaccio of Podenzana is an ancient food, baked in terracotta testelli heated over a wood fire.

The batter is the simplest imaginable: water, flour, and salt. But only with experience and knowledge of ancient tradition is it possible to achieve the correct consistency for making the panigaccio a crusty delicacy.

This specialty cooks in just a few minutes, in batter-filled molds piled one on the next in the fire.

Traditionally, panigaccio is used as a bread around cheeses and salamis, but it can also be recooked in boiling water and served as a pasta topped with pesto, meat sauce, or mushroom sauce.

And for those with a sweet tooth: panigaccio with Nutella!

HOTELS and RESTAURANTS

Albergo - Ristorante Da Gambin
Loc. Barco - Tel.: 0187/410106
6 camere

Albergo - Ristorante Mirador
Loc. Casalina - Tel.: 0187/410064
8 camere

Albergo - Ristorante La Greppia
Loc.: Montedivalli
Tel.: 0187/945117 - 19 camere info@lagreppia.it

Ristorante Dai Cento
Loc.: Metti - Tel.: 0187/410095

Ristorante Dal Neno
Via Montale - Tel.: 0187/410456

Ristorante Trattoria Da Mileo
Montedivalli - Tel.: 0187/945096

Ristorante Il Fortino
Via Serralta - Tel.: 0187/945235

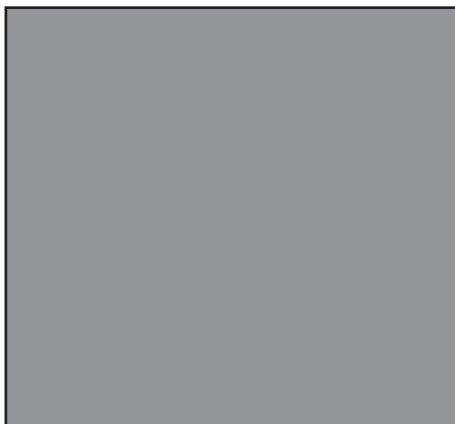
Pizzeria Gli Elfi
Ponte sulla Magra - Bagni di Podenzana
Tel.: 0187/422609

Pizzeria - focacceria da Andrea
Via Provinciale - Tel.: 0187/410306

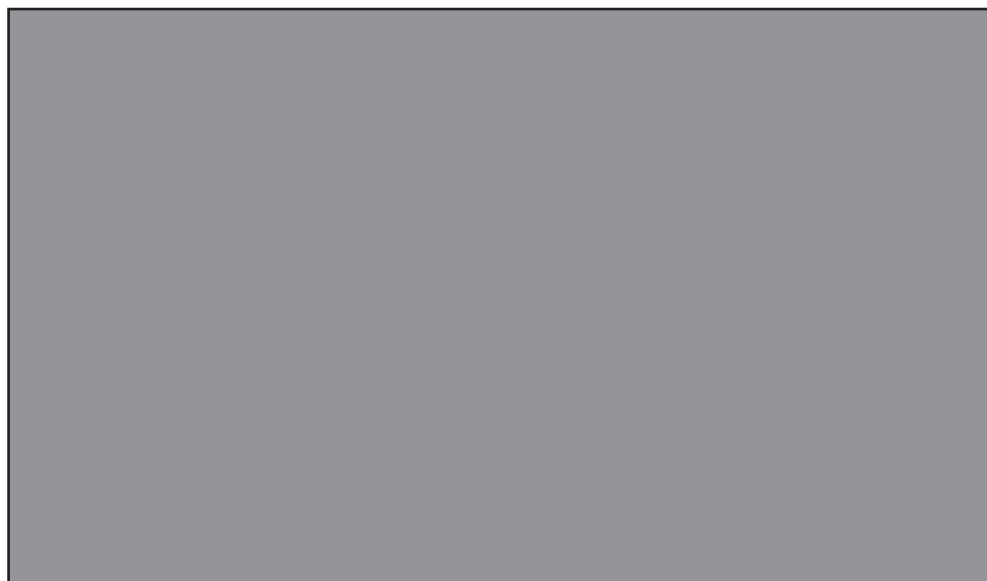
B&B

Lo Chalet
Via Posticcio - Tel.: 0187/409094

Il Falco
Via Maestà del Monte
Tel.: 0187/410055



Pontremoli: an elegant, aristocratic city



*“Posò il tempo sul nobile capo
e lo imbiancò, ma tu torni perenne
Pontremoli, di chiese dotta, d’archi.
Nei tuoi patii s’infiamma l’estro, aura
di silenzi barocchi mi pervade...” (O.B.)*

Pontremoli is a lovely city, a sort of precious treasure chest filled with extraordinary artistic and monumental memories. Walking its narrow streets paved in sandstone and across its medieval bridges is a little like leafing through a huge history book.

Mentioned for the first time in 990 as a stopping place of Archbishop Sigericus, Pontremoli was a free commune recognized by Frederick Barbarossa and later by Frederick II.

In the Piagnaro fortress, the stone statue-stelae recount the beginnings of megalithic

art: the warriors and female figures, sculpted in the stylized forms that which entranced the great sculptor Henry Moore, preserve intact all their fascination and the mystery of their function, disseminated as they were to protect pastures and roads.

In the small square of San Geminiano, Pier delle Vigne was blinded by order of Emperor Frederick - but Charles VIII went even further and set fire to the city in reprisal.

Downhill, the village’s two squares, separated by Castruccio Castracani’s 14th-century wall, preserve the memory of the ancient factions: Guelph, the square on which the cathedral stands, Ghibelline the adjacent Piazza della Repubblica with the Palazzo del Comune, the courthouse, and the great palaces of the Pavesi and Bocconi families.

In Pontremoli, Charles II, Duke of Parma,

sipped the rosolio of the Ceppellinis and secretly met his lover at the Pavone hotel, where for more than a hundred years the Swiss of Engadina delight the palate with extraordinary pastry masterpieces.

The cathedral, built in the 17th century to plans by Alessandro Capra in memory of deliverance from the plague, is decorated with frescoes by Natali and important canvases by Bottani, Subleyras, and Tempesti. The image of the venerated Virgin of the People, dressed in the style of the Virgin of Loreto, hides the figure of a Virgin enthroned with the Child dating to the 14th century.

The palaces of Pontremoli mirror the mercantile fortunes of the city: they are all richly decorated, with portals and windows on the facades, courtyards with columns and statues, wide staircases, grandiose halls that attest to the majesty of the Baroque in Pontremoli, and gardens sloping to the Magra and the Verde.

The church of San Francesco greets the visitor with its elegant 18th-century portico by Natali and the column bearing the first statue of Mary Immaculate to be raised in

Italy. In the interior, elegant stuccowork, a work by Guido Reni, and other important canvases create the setting for a fine marble bas-relief of the Virgin with Child by the great Agostino di Duccio (15th cent.).

The 18th-century Teatro della Rosa, recently restored, is one of Italy's oldest; it stands beside the massive fortress of Castelnuovo and the church of Nostra Donna, a masterpiece of Baroque architecture and painting.

A little beyond Pontremoli, the architectural complex of the Santissima Annunziata surprises the visitor with the rich works of art in its sanctuary, of old a destination for pilgrims, that grew up around a majestic painting on the site of a miraculous apparition of the Virgin. The village was built alongside the sanctuary to host fairs, workshops, and lodgings for pilgrims; the grandiosity of the convent's two cloisters speaks to the fortunes of the sanctuary in centuries past, as does the extraordinary sacristy inlaid by Friar Battaglia in 1676, an elegant 16th-century templet, canvases by Cambiaso and Garofalo, and frescoes by Natali.

The testarolo, a modern gastronomic masterpiece

In the mid Magra valley, the term testarolo is improperly applied to panigacci cooked in boiling water, but the only true testaroli are those of the Pontremoli territory, cooked in large cast-iron pans heated over the fire.

The testarolo is prepared by scattering a handful of coarse salt on the heated cast-iron testo and then pouring on a batter made of wheat flour, water, and salt.

The testo is then covered with its cast-iron domed cover; the batter cooks in just a few minutes, becoming a sort of tender, spongy crêpe.

The baked testaroli are cut into lozenge-shaped pieces and dunked in hot salted water (removed from the flame as soon as the water simmers). The testaroli are allowed to stand for 2 or 3 minutes, then drained and topped with extra-virgin olive oil and pecorino or parmesan cheese, or with a delicate Ligurian pesto.

Testaroli are marketed in convenient vacuum packs and may also be frozen. Ready in just a few minutes, they are a dish from the far-off past that seems made-to-order for our hectic age.



Museum of the Statue-Stelae



A journey through the mysteries and millenary history of Lunigiana: five-thousand-year-old sculptures, in use until the 2nd century BC, are aligned in a suggestive display that exalts the anatomical features sculpted with flints by the Ligurians of this land.

Piagnaro hosts Europe's most important collection of megalithic sculpture, and is ideal for appreciating the evolution of weapons from the Copper Age through the Iron Age, when the area's warriors used javelins, swords, and daggers from the Celtic world with which they warred and traded.

The elegant female sculptures testify to the preeminent role played by women in the Ligurian-Apuan societies, women who, with their strength and courage, their capacity to work and make war alongside their men, amazed the historians of ancient Rome.

Castello del Piagnaro - Tel.: 0187-831439



B&B

Antica Trattoria Pinelli

Via Montelungo Superiore 63

Tel.: 0187/436135

Villa Emilia - Loc. Versola

Tel.: 0187/836455

Zammarioni M. Teresa - Loc. Gravagna

Tel.: 0187/436069

Ai Chiosi - Via Chiosi, 15

Tel. 340/5065620 - 340/2357383

Rapanà - Loc. Succisa - Pollina

Tel.: 0187/874002

Francesca e Cleo - Via Piagnaro,3

Tel.: 339/5970871

Locanda degli Aceri - Gravagna

Tel.: 0187/436171

Podere Bramapane - Cargalla

Tel.: 0187/836407 - 333/976631

FARM HOLIDAYS CENTERS

Ca' del Lupo - Via Traverde case sparse, 11

Tel.: 0187/830214

Il Paradiso - Costa san Nicolò

Tel.: 349/685722

Mulino la Serra - Vignola

Tel.: 0187/939974 - 335/7752116

Azienda Agricola Copiadio

Montelungo - Tel.: 347/9366939

Azienda Agricola Scorano

Scorano - Tel.: 0187/830137

Costa d'Orsola - Pieve di Saliceto

Tel.: 0187/833332

Prato Franco - Loc. Costa S. Nicolò

Tel.: 0187/830173

Giulianotti - Via Casa Corvi

Tel.: 0187/831955

FARM HOLIDAYS CENTERS

Casa Novelli - Loc. Vignola - Canà

Tel.: 0187/830912

Casa del Sarto - Via Grondola, 25

Tel.: 0187/433861

Podere Rottigliana - Loc. Rottigliana

Tel.: 0187/833480

Il glicine e la lanterna - Loc. Vignola

Tel.: 0187/460050

Podere Benelli - Oppilo

Tel.: 338/9104330

HOTELS

Albergo Ristorante Appennino

Montelungo - Tel.: 0187/436131

20 camere

Albergo Ristorante Golf Hotel

Via della Pineta - Tel.: 0187/831573

85 camere - Fax: 0187/831591 golfhotel@tin.it

Hotel Ristorante Napoleon

Piazza Unità d'Italia

Tel.: 0187/830544

30 camere

info@hotelnapoleon.net

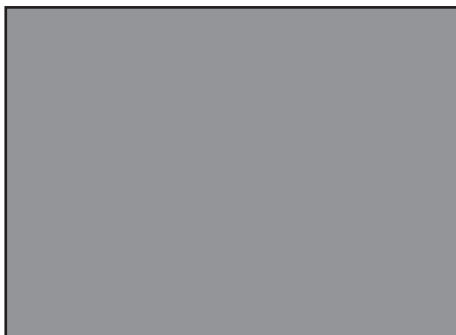
Fax: 0187/831592

Albergo Cà del Moro

Tel.: 0187/832202

25 camere

campo pratica golf



RESTAURANTS

Ristorante Ca' del Moro
Casa Corvi - Tel.: 0187/830588
info@cadelmoro.it

Trattoria da Bussé
Piazza Duomo - Tel.: 0187/831371

Ristorante Relais Caveau del Teatro
Piazzetta Santa Cristina
Tel.: 0187/833328

Antica Trattoria Pelliccia
Via Garibaldi, 137
Tel.: 0187/830577

Trattoria la Filastrocca
Piazza S. Francesco
Tel.: 0187/460608

Ristorante da Giorgione
Via P. Cocchi, 40 - Tel.: 0187/831297

Ristorante Trattoria Maffei
Molinello - Tel.: 0187/836620

Antica Trattoria Pinelli
Via Montelungo Superiore, 63
Tel.: 0187/836618

RESTAURANTS

Ristorante Quel che passa il Convento - S.S.
Annunziata
Tel.: 0187/830402

Ristorante Pizzeria Manuel
Teglia - Tel.: 0187-439680

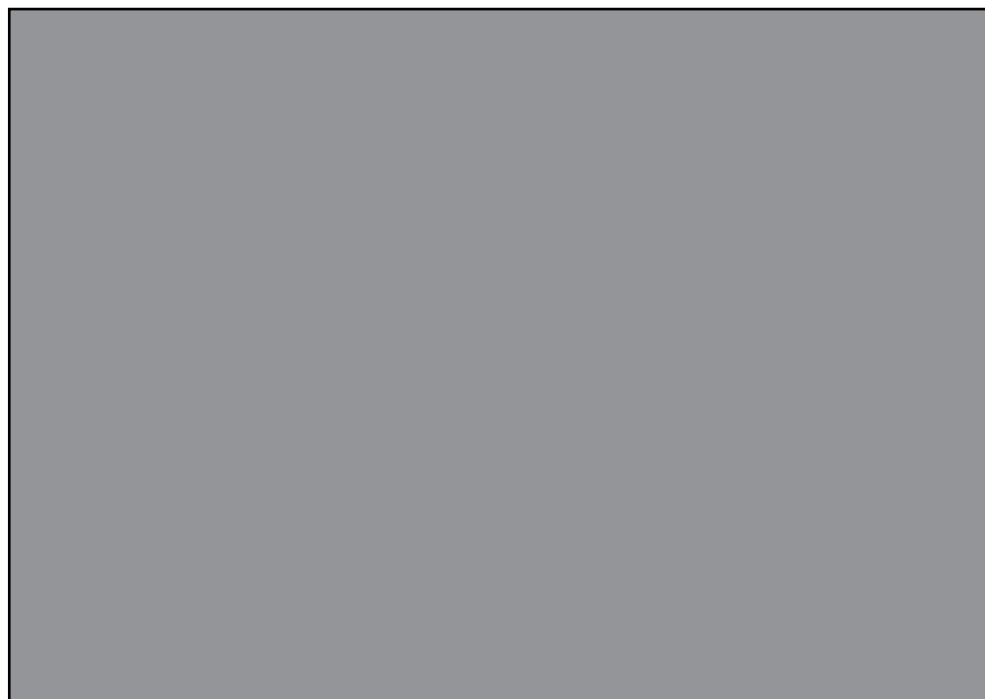
Ristorante Pizzeria San Giorgio
Via Porta Parma, 66
Tel.: 0187/831543

Pizzeria Spaghetteria Il Menhir
Via IV Novembre 31
Tel.: 0187/830948

Pizzeria Ristorante Il Girasole
Via M. Giuliani, 7
Tel.: 0187/460009

Ristorante La Manganella
Via Garibaldi, 20 - Tel.: 0187/830653

Trattoria Norina
Via Garibaldi, 13 - Tel.: 0187/460628



Tresana: where a sly Marchese struck counterfeit coins



“Rivedo i tuoi castelli, le tue chiese,

baluardi del divino e dell’infamia.

Di tenebre e luci un vento porta

memoria del “Vapor di Val di Magra” (O.B)

This is a land of ancient castles, including the ruins at Giovagallo that recall Moroello Malaspina, the “Vapor di Val di Magra,” and Alagia Fieschi, evoked by Dante in the Divine Comedy.

The castle of Tresana, now abandoned, preserves a measure of charm in the mighty tower that has stood up to the ravages of time and men. One of the marchesi of these parts opened a mint in the village after he was granted the power to coin money in 1577 by Emperor Maximilian. He was an able craftsman who counterfeited the coins of the Italian states, but when he struck copies of papal coins Clement VIII cursed and excommunicated him.

A popular revolt favored passage of the feudal holdings to the Corsini princes of Florence, who

governed the area at length and wisely.

On the way up to Villa we encounter the castle restored by Amalia, Princess of Bavaria, and by Count Poletti Galimberti, who also restored a great number of the abandoned homes in the small castle hamlet.

Higher up, the people of Villa have restored a lovely small oratory dedicated to Santa Lucia, once a hospice along the road to Parana and Casoni, where a 15th-century plaque recalls the death of a Swiss armiger.

In a cool chestnut grove along a watercourse we find the beautiful Renaissance church of Santa Maria. Further down, in Tresana proper, delicious trout are raised in the very purest water. Barbarasco is, today, the seat of the municipality of Tresana. Its church, dedicated to San Quirico, was once an annex of the Abbey of San Caprasio of Aulla; it was later rebuilt at the edge of a chestnut wood, today a public park.

Here, the 15th of July is a day of celebration in honor of San Quirico; in times past, peasants from all over Lunigiana came here to sell their

fiorone figs, once a quite widespread and prized crop. Many people of Filattiera still recall attending the fair of San Quirico in Barbarasco and recount the unusual legend of the saint, who - it is said - allowed himself to be devoured by flies as a penance and who every year performed a small miracle, keeping the annoying insects away from the church in which his relics lay.

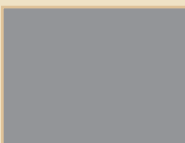
Cheese: a tradition at the table



Excellent cheeses produced by shepherds and breeders can be purchased from the shepherds themselves and found in the best restaurants, but they may also be purchased from the small cheesemakers of the Fi-

vizzano area and Filattiera. The cows' milk caciotta has always been the most common cheese: mild and delicate, caciotta is excellent with panigacci and foccaccette but is also delicious drizzled with the famed Lunigiana honey. In times past, the cured rounds were stored in large crates containing wheat to keep them cool before being crumbled as pasta topping. Traditionally, children passed from house to house on the Epiphany to carry wishes for the new year—and ask for a small round of cheese in exchange.

The rotella apple



The apple known as the rotella has been cultivated since antiquity. It was threatened with extinction until the Comunità Montana della Lunigiana began promoting its reproduction; today, production is

assuming interesting proportions. The most environmentally-minded producers defend their crops against parasites using only organic pest control techniques. The rotella is a round, slightly flattened fruit; when ripe, it is a lively yellow, streaked with red. The flavor is sweet, though slightly tart; the pulp is crisp and white, with an intense aroma. This apple is a delicacy when cooked with pork and boar meats.

B&B

La Terrazza in Lunigiana
Loc. Canala di Riccò
Tel.: 0187/932169

FARM HOLIDAYS CENTERS

F.lli Antoniotti - Via Giovagallo - Via Tavella
Tel.: 0187/477070

Azienda Agrituristica Al Pozzo
Tresana - Tel.: 339/7419404

Il Ghiottone - Loc. Riccò Castello
Tel.: 0187/477542

Ghiara e Pisciarà - loc. Bola
Tel.: 0187-477741

Chez le Paysan - Loc. Riccò
Tel.: 0187/477255

HOTELS and RESTAURANTS

Albergo - Ristorante Da Mauro
Barbarasco - Via Roma
Tel.: 0187/477464 - 477160
14 camere

Albergo - Ristorante Rolando
Barbarasco
Tel. 0187/477371
6 camere

Albergo-Ristorante Le Querce,
loc. Novegigola
Tel.: 0187/477154

Trattoria Lo Scoiattolo,
loc. Villa di Tresana
Tel.: 0187/477157

Trattoria Zini
loc. Canala di Riccò
Tel.: 0187/477153

Ristorante Bernardi - Loc. Tassonarla
Tel.: 0187/477008

Villafranca in Lunigiana: echoes of a feudal court in Dante and Boccaccio



*“D’ampio ti adagi nel seno di monti,
solcata dal Bagnone che frondoso
corre alla Magra, vetusta sirena;
acceso nodo, il borgo medievale
a gente parca, assai operosa...” (O.B.)*

The castle of Corrado Malaspina l’Antico, falling into picturesque abandon at the southern entrance to Villafranca, a solitary bell tower, and the recently-excavated family tomb are all that remain of the church of San Nicolò and a refined, hospitable feudal court in which there persist echoes in the pages of Dante’s Divine Comedy and Boccaccio’s Decamerone.

In this area of ancient remembrances, the exiled Dante is still present in the marble that reproduces his true likeness as it was reconstructed by the anthropologist Fran-

cesco Mallegni.

The village buildings boast elegant two-light windows, richly decorated portals, and saints sculpted in marble to protect the medieval hospice and the homes of notaries, merchants, and craftsmen.

Near the town gate, which recalls the fact that Villafranca was controlled by the Dukes of Parma from 1848 onward, and the medieval bridge over the Bagnone torrent is the manor of the Malaspinas, the church of San Giovanni, the 14th-century water-driven mills that today host the Lunigiana Ethnographic Museum, and the beautiful Liberty palace that was once the sweets bakery and home of the family of the World War I ace aviator Flavio Torello Baracchini.

Following a visit to the nearby convent of San Francesco, which preserves two large polychrome terracottas attributed to the



Della Robbia school, the next stop is Filetto, an extraordinary walled village on a Byzantine plan that was later controlled by the Malaspinas and later yet the Aribertis of Cremona. Palazzo Ariberti, the Fatebenefratelli church, convent, and hospice, the large square at the center of the town lined with elegant homes, and the labyrinthine grid of streets of the “Jewish” quarter compose a dramatic scenario that is the venue for medieval festivals, shows, workshops, and antiques fairs. A little beyond Filetto, emerging from the ancient San Genesio wood, we see from afar the Malgrate castle with one of the most beautiful medieval towers in Italy and the village that was the birthplace of Silvestro Landini, a missionary who was one of the first followers of Saint Ignatius of Loyola, and of the humanist Bonaventura Pisto-filo.

In Mocrone the visitor will enjoy the small Romanesque church of San Maurizio; excellent homemade testaroli are sold in the village. Also worthwhile is a visit to the birthplace of Alberico Benedicenti, an illustrious scientist, pharmacologist, member of the Accademia dei Lincei, and well-known antifascist to whom a monument is dedicated. In the spring of 1945, Benito Mussolini spent a night in Villafranca as he was returning from a visit to the troops at Monterosa in Garfagnana.

A page of medieval history is written in the houses of Virgoletta, on a low rise overlooked by the castle and the beautiful church adorned with marbles and precious relics of saints, just a stone’s throw from the spring that feeds the three fountains with sweet water that gushes forth from marble mascarons. Near Fornoli, on the banks of the Magra, the church of Santa Maria di Groppofosco and an desolate, abandoned farmhouse mark the site of the ford and the hospice that guided and provided for the pilgrims of the Via Francigena.



The herb pie of Lunigiana

In the rural areas, this wonderful dish is still prepared in its original version in the spring, using twenty or so different wild herbs: borage, nettles, bramble tops, primroses, violets, hop, clematis tops, wild greens, wild fennel, etc.

The version produced using finely chopped and sometimes salt-cured “prized” greens (beet tops, onions, borage, leeks, etc.) is available all year round.

Use of more or less of one vegetable (for example the leek, which traditionally dominates in the Christmas Eve version) gives the pie different flavors at different times of the year; it is a highly variable dish, changing with the seasonal availability of the ingredients and the cook’s imagination.

When the pie is cooked in the old manner, in cast-iron pans, using chestnut leaves instead of oil to keep the batter from sticking, the aromas and taste of this specialty are indescribable, and exquisite.

HOTELS and RESTAURANTS

Albergo Ristorante Manganelli
Piazza san Nicolò, 5
Tel.: 0187/493062
13 camere

Albergo Ristorante La Torre di Malgrate
Piazza A. Da Faye, 3
Tel.: 0187/493047
9 camere

Ristorante Gavarini
Via Benedicenti, 50 - Mocrone
Tel.: 0187/493115 - 495504
Fax: 0187/495790 - 5 camere

Locanda All'Antico Mulino
Piazza S. Giovanni, 1
Tel.: 0187/495000

Ristorante Al Pozzo
Loc. Selva di Filetto
Tel.: 0187/495104

Ristorante Pizzeria Madonna
Loc. Selva di Filetto
Tel.: 0187/493210

Ristorante Libena
Via Nazionale della Cisa
Tel.: 0187/498041

Pizzeria Coyote
Via Nazionale della Cisa
Tel.: 339/282621

Ristorante Villa Enrica
Via Provinciale, 17- Mocrone
Tel.: 0187/498708

FARM HOLIDAYS CENTERS

I Poggi, via Poggi, 10
Tel.: 0187/493704

La Cerreta - Via Cerreta
Tel.: 0187/495198

Raise Loide - Loc. Cà Madonna
Filetto - Tel.: 338/5095552

Il Piaggio - Loc. Corneda - Fornoli
Tel.: 0187/490030

I Saldi - Loc. Corneda
Tel.: 0187/490132

FARM HOLIDAYS CENTERS

Cà Sola - Loc. Mocrone
Tel.: 0187/429892

La Valle del Sole - Loc. Fornoli
Tel.: 0187/490006

B&B

Folloni Nadia - Via Benedicenti, 48
Mocrone - Tel.: 0187/495504

Le Mura di Irola - Loc. Irola di Sotto
Tel.: 348/3348225 - 348/3348226

La Verrucoletta - Loc. Virgoletta
Tel.: 0187/64076

Il Biancospino - Loc. Filetto
Tel.: 347/0340624

Villa Magnolia - Via Roma
Tel.: 0187/495563

Formaini Albino - Loc. Ponte Magra
Tel.: 0187/493493

Da Anna - Loc. Malgrate
Tel.: 0187/494417

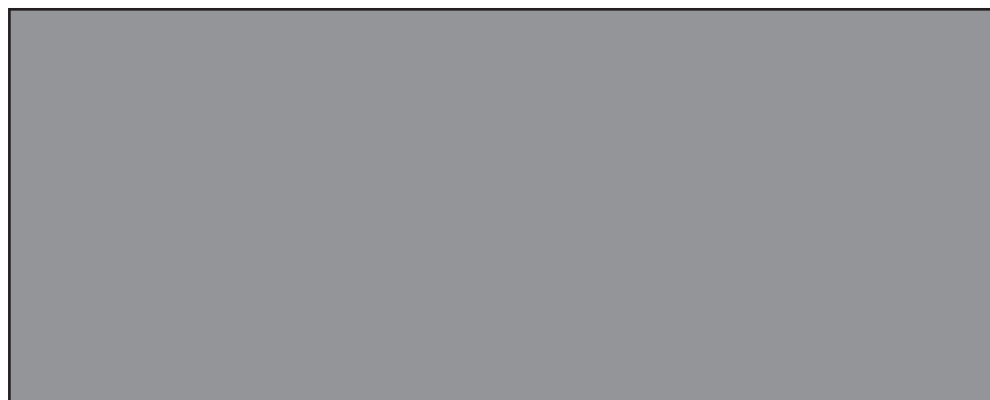
Ara dei Gatti - Loc. Piano di Malgrate
Tel.: 0187/493345

Casa dolce casa - Via I Maggio
Tel.: 0187/495503



Zeri:

Proud people and green pastures



*“Il tuo fascino, Zeri, diva ode,
che d’inverno ti nutri di diporti,
e di riposi nell’estate, vive
la temperie di fiori d’alpe in cuore...”*
(O.B.)

Zeri is a place name of ancient Ligurian origin, a collective noun that does not indicate a center but rather a vast area comprising various towns, each with its own name: Noce, Bergugliara, Coloretta, Rosano, Bosco, Patigno, Formentara, etc.

This borderland has always had relations with Liguria and Emilia; its territory, in ancient times called Cerri, was mentioned in 774 as one of the lands donated by Charlemagne to the monastery of San Colombano in Bobbio.

In 1164, Emperor Frederick II brought Zeri under the control of Pontremoli, and hence the pope; when he instituted the diocese of Brugnato, in the 12th century, he subtracted the church of San Lorenzo from the diocese of Luni and assigned it

to Brugnato. Zeri thus became a player in the great political maneuvers of the time: the Pope was forced to establish balances of power between Pisa, the arch-bishopric, and Genoa, which had serious ambitions in this sense. In order to do so, he constituted the diocese of Brugnato, subtracted lands and churches from the diocese of Luni, and made the new diocese a dependency of Genoa, which thus obtained sufficient land to justify its elevation to archbishopric.

The rural landscape of Zeri is still extraordinary: cows and sheep still graze here; the woods are still tended; and the peaks of the Due Santi pass offer excellent skiing.

Proud people, the inhabitants of Zeri, used to living by their own means: people proud of their traditions, who drove out Napoleon Bonaparte’s troops and during World War II offered their generous hospitality to the partisans of an international battalion led by the Englishman Major Gordon Lett; nor did they flinch before the German fire-bombs and reprisals.

Vacations in Zeri are green, offering a sterling opportunity to escape the noise of the

city: the ideal destination for anyone wishing to discover the “sound of silence” along the network of trails that lead to votive aediculae with marble saints protecting and indicating roads and bridges. On occasion of the local celebrations and summer festivals, suggestive religious processions, in which the statues of the patron saints are carried aloft, are not uncommon sights. Along the course of the Gordana torrent, the spectacular Stretti di Giaredo can be accessed only with difficulty and only with expert guides.

Mushrooms are a major woodland resource, but Zeri is renowned among Italian and foreign gourmets mainly for its lamb. The Zerasca breed is known for its twin births; it has been saved from extinction by a group of young women who breed the sheep and use the wool and whose campaign to save the breed offers local occupations for the area’s young people, needed to tend and protect the pastures from degradation.

Cinzia Angiolini is the guiding spirit of this group of young women breeders who look to the future without ever forgetting the lessons of tradition.

In Zeri, you can still enjoy lamb roasted in cast-iron pots; the local cheeses are also excellent..

During the last week in August, the Bardigiano horse is the star of a day of equestrian exhibitions, trades, and transactions among breeders from the Appennines of Parma, Liguria, and Tuscany.

The Zeri lamb... and more

At the Turin Salone del Gusto, Zeri lamb has always been one of the most popular dishes. Its secret lies in the genetic makeup of the Zerasca sheep, a breed all its own, with a proclivity for twin births, high-protein milk production, and excellent meat.

Another secret lies in the raising. The sheep graze the vast, grassy meadows of the Zeri valleys: uncontaminated pastures that also yield hay for fodder during the winter months.

This area is also home to interesting typical agricultural crops, even though the quantities are limited: sweet pears, apples, and potatoes. Zeri was the first area of Lunigiana to introduce the latter crop.

Anyone interested in finding out more about these ancient flavors is invited to contact the Consorzio Valorizzazione e Tutela della Pecora e dell’Agnello di Zeri, tel. 0187-449178

HOTELS and RESTAURANTS

Albergo Belvedere - Loc. Bergugliara

Tel.: 0187/447470 - 447133

25 camere

Albergo - Ristorante La Catinella

Loc. Patigno - Tel.: 0187/447125

16 camere

Albergo - Ristorante Paretola di Rossano

- Tel.: 0187/447135 - 8 camere

Ristorante Pizzeria Forever - Patigno

Tel.: 0187/447540

Albergo Monali - Coloretta

Tel.: 0187/447126 - 15 camere

FARM HOLIDAYS CENTERS

Cà du Re - Località Noce

Tel.: 0187/447469

Casa Diva - Località Montefiore

Tel.: 347/6233128

Lunigiana DOP honey

The honey of Lunigiana was the first in Italy to obtain DOP status from the European Union.

Lunigiana, a land that industrial development has by and large passed by, boasts meadows and grazing land and vast, uncontaminated woodlands: an ideal habitat for the development of apiculture. The production area extends over the territories of the 14 towns of the Comunità Montana della Lunigiana, the landscape of which features highly variable vegetation with a predominance of chestnut and acacia woods, plant essences that are highly prized as bee nutrients.

The two types of honey that have won DOP recognition are, in fact, "Il Miele di Castagno" and "Il Miele di Acacia".

Lunigiana chestnut honey

Chestnut honey is collected in late June and early July. It is dark brown in color, with a highly aromatic, distinctive nose, a strong, penetrating flavor that is nevertheless not overly bitter thanks to a high percentage of the nectar of the blackberry, which blooms at the same time as the chestnut. This honey is liquid, although over time it tends to crystallize in an irregular manner.

Lunigiana acacia honey

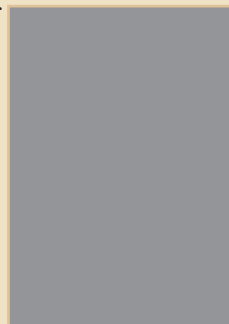
Acacia honey is collected in late May; it preserves all the delicate scent of the acacia blossoms. Due to the generally uncertain weather of the spring, acacia honey production varies greatly from year to year, from abundant to nearly nil. The delicate, light flavor with overtones of vanilla and sugared almonds makes this a much sought-after variety of honey.

The DOP honey producers of Lunigiana who have obtained DOC certification number sixty-three, for a total of 5345 hives. Several of these producers, who account for 2815 of the hives, have opted for a dual seal of quality, adding the Organic Agriculture certification to their DOP mark

Certified production in 2006 amounted to 710 quintals for acacia honey and 450 quintals for chestnut honey.

For information:

Consorzio di Tutela del Miele DOP della Lunigiana
c/o Comunità Montana della Lunigiana
Piazza A. De Gasperi, 17 - 54013 Fivizzano - MS
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Agenzia per il Turismo Massa - Carrara

I turisti troveranno materiali pubblicitari, libri, guide turistiche e ogni utile informazione per un soggiorno piacevole in Lunigiana.

www.aptmassacarrara.it - info@aptmassacarrara.it

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Tel.: 0187 422598 - legambiente@lunigiana.ms.it

- > Turismo sociale eco-responsabile, naturalistico, culturale, didattico per scuole, campi estivi ragazzi.
- > Punto Orientamento Visitatori del Parco Alpi Apuane
- > Grotte e Museo di Equi Terme
- > Orto botanico e Foresteria dei Frignoli Parco nazionale Appennino Tosco-Emiliano - Sassalbo - Fivizzano
- > Antico Mulino di Arlia - Fivizzano
- > Foresteria Centro Educazione Ambiente - Parco Alpi Apuane - Vinca - Fivizzano

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A cura di *Riccardo Boggi*

Collaborazioni di *Fabrizio Magnani e Alberto Ravecca*

I brani poetici che introducono le descrizioni dei comuni sono tratti dall'opera

Cantico di Lunigiana di Oreste Burroni

Grafica *Studio MAX*

Testi di *Riccardo Boggi*

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Il viandante - Anna Kunitz



