THE ALTA VIA DEI PARCHI
A LONG HIKE IN THE NORTHERN APENNINES

The Alta Via dei Parchi is a 187-km trail in the northern Apennines, Italy, passing through 12 national and regional parks. The route is divided into 27 stages, each with a gradient and hiking time. The trail offers a variety of landscapes, from rocky ridges to lush forests, and is suitable for experienced hikers. The starting point is Berceto (808 m) and the finish is San Martino in Piano (1508 m). The trail is signposted with a red arrow.

The trail passes through several natural parks, including the Parco Nazionale dell'Appennino Tosco-Emiliano, known for its glacial sculpting and natural environments of rare beauty. The trail also offers sweeping views of the Apuan Alps and the Ligurian Sea. It is a challenging hike, with a total ascent of +1550 m and descent of -850 m.

Key stages include:

1. Berceto to Lago Santo Parmense (1508 m), 9 hours.
2. Lago Santo Parmense to Passo del Cerreto, +1480 m / -1400 m.
3. Passo del Cerreto to San Pelagio, +960 m / -1120 m.
4. San Pelagio to Lago Santo Modenesi, +720 m / -700 m.

The trail is open during summer months, and is closed during autumn and winter due to snow. It's advisable to have warm and waterproof clothing, as well as a map and compass.

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Regione Emilia-Romagna
Parco Regionale dell'Alto Appennino Tosco-Emiliano
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Printed by
L'Idiota di Bologna

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10  
LAOS TUNGSAFLOH  
VANGVIENG  
This stage is in the Laos Tungtsalo region, visited during the second leg of the trip.

11  
WONG KAM  
This stage is in the Wong Kam region, visited during the second leg of the trip.

12  
LAOS TUNGSAFLOH  
VANGVIENG  
This stage is in the Laos Tungtsalo region, visited during the second leg of the trip.

13  
WONG KAM  
This stage is in the Wong Kam region, visited during the second leg of the trip.

14  
LE SIEU  
This stage is in the Le Sieu region, visited during the second leg of the trip.

15  
TOGOUANG  
This stage is in the Togouang region, visited during the second leg of the trip.

16  
HERMITAGE MADONNA DEL FAGGIO  
This stage is at the Hermitage Madonna del Faggio, visited during the second leg of the trip.

17  
CAMPAGNOLA  
This stage is in the Campagnola region, visited during the second leg of the trip.

18  
MARCHE  
This stage is in the Marche region, visited during the second leg of the trip.

19  
NANI MARU  
This stage is in the Nani Maru region, visited during the second leg of the trip.

20  
SABRINA ALI  
This stage is at the Sabrina Ali, visited during the second leg of the trip.

21  
LAZIO POVE  
This stage is in the Lazio Pove region, visited during the second leg of the trip.

22  
CASTELFRANCO  
This stage is in the Castelfranco region, visited during the second leg of the trip.

23  
VIANELLO CALDERONI  
This stage is in the Vianello Calderoni region, visited during the second leg of the trip.

24  
BORDA PASSAGA  
This stage is in the Borda Passaga region, visited during the second leg of the trip.

25  
FRANCESCO R. POMEROLI  
This stage is in the Francesco R. Pomeroli region, visited during the second leg of the trip.

26  
CAMPAGNOLA  
This stage is in the Campagnola region, visited during the second leg of the trip.

27  
ANDREA D. DELLA FALCA  
This stage is in the Andrea D. Della Falca region, visited during the second leg of the trip.