

# Monte Prana da Metato

Text by Filippo Brancoli, Photos by Filippo  
Brancoli and APT archives

**Località di partenza:**

Regione Toscana, Provincia di Lucca,  
Camaiole, Frazione Metato

**Tipo di itinerario:**

a piedi

**Fondo stradale:**

Fuori strada

**Difficoltà a piedi:**

Escursionistica

**Dislivello in salita (m):**

816 m

**Quota massima raggiunta (m):**

1221 m

**Tempo (hh:mm):**

2:30

**Periodo consigliato:**

All Seasons

**Segnavia:**

White - red sign posts, CAI no.104 path

**Uffici informazioni:**

For further informations on Costa Toscana:  
[www.toscanacosta.it](http://www.toscanacosta.it)

Maremma Tourist Agency - information Office -  
V.le Carducci, 10 - 55049 Viareggio (LU)  
Tel. 0584 962233 - Fax 0584 47336  
[viareggio@versilia.turismo.toscana.it](mailto:viareggio@versilia.turismo.toscana.it)  
[www.versilia.turismo.toscana.it](http://www.versilia.turismo.toscana.it)

This itinerary leads us up to one of the southern peaks of the Apuan Alps. Although it is not very high, there are some wonderful views both of the sea, where some of the islands of the Archipelago can be admired, and sometimes even Corsica, and of the other peaks in the Apuan chain. It is also an excellent place from which to observe the pleasant Camaiole valley. The village - Metato ? was named after the place where chestnuts were dried, which, once upon a time, was the most used part of the home because it was heated, and shows what strong ties these places have with their own traditions. From the centre of the village we begin our climb, taking a path that starts from a small wooden building. Climbing gently, we soon leave the village behind us before entering a wood. The signposts make the path easy to follow and we soon arrive at a lovely house surrounded by green terraced hills, overlooking the Camaiole valley. Before we reach the house, we take a path on the left, recognisable from a sign banning motor vehicles, and we continue our climb. After about ten minutes, our



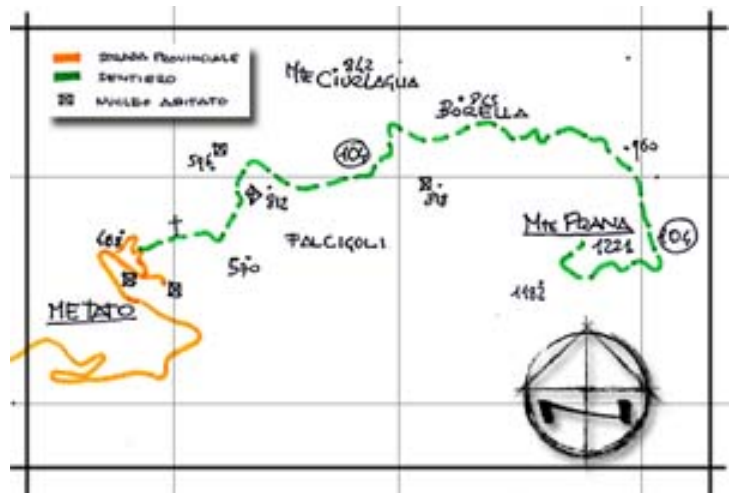
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path passes two old abandoned stone houses and then winds between another small group of houses that we pass. We can see the imposing, steep Prana peak with its unmistakable monument of a cross. The steepness of the hill forces the path to avoid the most direct way up, going in the direction of the internal slope that is more accessible. Up we go towards the peak, onto the other side where, near two houses, we come to two sharp bends, both on the left. Just before we reach a third house, we find a small sign indicating Prana and another two destinations.



We follow the signposts and continue through woody and rocky sections, until we reach a clearing where we turn right. Here begins the small crest that divides the marine area from that of the hinterland, climbing up towards the peak. We follow the coast just for a short distance for fewer than ten minutes before returning to the wood where we begin our walk around the mountain peak. This part of the route offers new scenery, showing us Mount Pigliane with its numerous grassy terraces and, more to the north, Matanna. We tackle the initial section before the final part without any particular worries, meeting three bends first of all, that seem to cut the mountain half way up, and then go through a wooden gate. Soon the path, that goes straight up through the Campo all'Orzo, invites us to turn right to make the final climb. Off we go, still following the signposts, taking a diagonal route because it is so steep. Finally we arrive at a canal that descends from the main peak towards the south west one. From here we reach the final ridge and soon arrive at the splendid summit.

This itinerary is part of a collection that the magazine "Trekking", together with the APT (Provincial Tourist Authority) of the Tuscan Coast, has dedicated to the most beautiful trekking routes in this area. A series of itineraries that will help you discover lovely places and will introduce you to a district that has great environmental and cultural appeal.