

41 Monte Marmagna, 1852m

The large cross above Lago Santo

Lagdei – Lago Santo – Monte Marmagna – Monte Braiola – Lagdei

Starting point: Lagdei, 1265m, ski area east of the Passo di Cirone.

Access: From Pontremoli a short distance in the direction of Passo della Cisa, then right onto a narrower road across Passo di Cirone to Cirone; there, right to Lagdei (last short section is a gravel road): 30km (from Parma 55 km).

Walking times: Lagdei – Lago Santo 1 hr., to Monte Marmagna 1 – 1½ hrs., crossing to Monte Braiola 30 min., descent 2 hrs.; total walking time 4½ – 5 hrs.

Ascent: A total of 750m.

Grade: Mountain hike on partially narrow

and steep forest paths and meadow trails; one passage requires sure-footedness and a head for heights.

Refreshment: Rifugio Mariotti at Lago Santo.

Alternatives: Side-trip to the rocky Monte Aquiletto, 1788m, 15 min. If you do not wish to cross Monte Braiola, you can descend along a narrow unmarked path from the notch beneath Marmagna and Monte Braiola leading through blueberry bushes to trail no. 729, 30 min. shorter.

Map: Carta dei Sentieri e Rifugi No. 14/16 or 9/13, Multigraphic Firenze.

Parma gets its name neither from cheese nor ham, but rather a river with source on M. Marmagna. The NE side of this mountain, which drops steeply in precipitous rock flanks towards Lunigiana, belongs to the »Park of the 100 Lakes«. The most beautiful of its water holes – as its namesake in the province of Modena – has been considered sacred since primeval times.

A gravel road branches off to the left in front of the car park in **Lagdei**; there is a sign there at the start of the mostly cobblestone path no. 723 a, which leads up through Bosco Corniglio to **Lago Santo** and crosses a few boulder-strewn slopes along the way. Cross a small bridge to the lake outlet and go right along the bank to the **Rifugio Mariotti**, 1507m. Continue on path 719 around the lake, upwards through the wood and past glacier-polished rocks. At the following fork, bear left in the direction of »Passo delle Guadine«, and shortly thereafter, turn right onto path 723 in the direction of »Monte Marmagna«. Walk across the open cirque up onto the meadow crest. Go right, following marker 00 (or directly over the ridge) to the **summit**, 1852m (Ma-

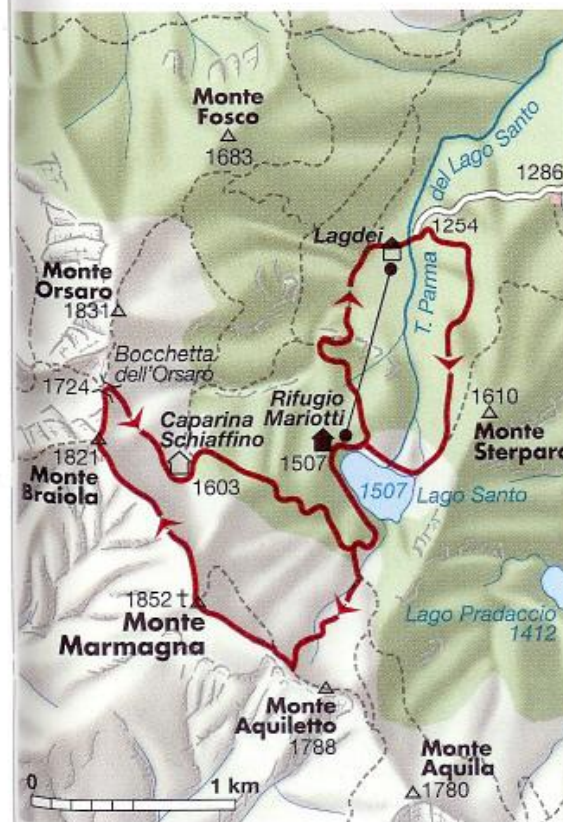
The Rifugio Mariotti.



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Green carpet, grey rocks: Monte Aquiletto, around which eagles still circle.



onna and large cross). We descend to the northern secondary summit, then bear left across a very steep grassy slope. We soon reach a **meadow saddle** and head on to **Monte Braiola**, 1821m, then take a right onto trail 00, travelling sleepily downhill to **Bocchetta dell'Orsaro**, 1724m. Here, we turn off sharply to the right, and follow marker 729 across the slope and descend into a cirque. Behind a small stone hut, the path forks: Go right in the direction of »Lago Padre, Lago Santo« upward into the wood, over a small rocky notch and down to an almost fully overgrown lake. We continue between boulders to a further overgrown lake. Soon, we reach the ascent route, on which we return to **Rifugio Mariotti**. Shortly after the hut, turn left onto the cobblestone trail 723 (»Diretto«) across the chairlift track and down to **Lagdei**.