



The itinerary is a stretch of the circuit "Anello del Monte Caucaso" and constitutes the initial part and the end.

Starting from Barbagelata take the dirt road almost immediately forks near a wood piling. From here, turn left as indicated by a sign stating the sign "Rifugio Monte Caucaso".

After a curve the path turns right and begins to decline into a mixed forest of beech, chestnut and pine trees. You soon come to a source, the source of the Aveto River and, after a short climb, the path turns left, it becomes flat and passes through a beech forest. Then, when you arrive at a sign indicating to turn left, please leave the dirt waging uphill road through the woods.

In the last part the path is a bit steep and the forest, less dense, reveals the little chapel on the summit of Monte Caucaso. A last climb rather steep allows to reach the summit.

The landscape ranges from the Apuan Alps to the Ligurian Alps, comprising the entire coast from the Gulf of Tigullio at the Paradiso Gulf. A few meters below the summit a shelter offers hospitality (meals and accommodation) and an exceptional view over the Fontanabuona valley and the Ligurian Sea. We suggest you contact the shelter for booking and information.

**STARTING POINT** Barbagelata (Municipality of Lersica) 1115 m

**ARRIVAL POINT** Barbagelata (Municipality of Lersica) 1115 m

**Distance** 7 km

**Difference in height** 130 m

**Max hight** 1245 m (Monte Caucaso top)

**Suggestions** please wear hiking shoes or hiking boots, sportswear and coat

**Shelter** Monte Caucaso (12 beds) Manager Mr. Maurizio Chénal (+39) 347 3011016

