



LAGO NERO

Leave from the dirt square that is found at the end of the road, a few hundred meters after the parking area for the "Forest Botanical Garden". Go beyond the barrier bar and begin to walk slightly uphill along a cart road identified as the **CAI 104 trail** that runs along the **Sestaione River**. This pleasant route unwinds in a magnificent wood characterized mainly by beech and fir trees and is animated by the sound of running water. Continue on the dirt road following the red-and-white signs until coming to an easy ford for crossing the river and arriving next at "**Casetta dei Pastori**", managed by the Gruppo Trekking Val Sestaione (tel. +39 333 3066272). It is a delightful wooden refuge with a welcoming picnic area and a spring with very fresh water. The uphill stretch begins now until coming to the intersection with the **CAI 102 - GEA (Great Apennine Hike)**, a trail that begins in Abetone-Boscolungo. From here, continue to the left on the rather flat ground near a spring. Continue crossing through another wooded area and then curve right where the cart road becomes very narrow and steep until coming out in a beech wood. Go along a brief level stretch in the sun with raspberry and whortleberry plants and some aqueduct "intakes". With a detour to the left, re-enter the wood where the demanding, last part remains to be tackled, a steep, narrow trail in the shade that leads to a sunny meadow after 10-15 minutes. With a brief detour to the right, it is easy to reach quickly the splendid glacial basin, delimited by the mountain ridge, and where we find **Lago Nero** (1730 m.) and the stone refuge of the same name recently renovated by CAI Pistoia (tel. +39 0573 365582).

This spot offers a truly fantastic panorama as the eye ranges from the edges of the wood to the high Apennine ridge, the colors serving as a frame and smells that enrich the air effectively make this landscape splendid.

Leaving the refuge behind and the lake on the right, it is possible to reach a characteristic spring by going slightly higher and along a brief stretch of a narrow trail that leads to the ski-lifts to Monte Gomito.

This ridge, a meeting point for the currents that come from the Tyrrhenian and Adriatic seas, is often the target of brief but powerful storms, particularly in the middle of the day and even on initially calm days.

During the return, a visit to the **Forest Botanical Garden** is recommended (ask for the itinerary card).

IL LAGO NERO

Lago Nero, a destination for many visitors, is a glacial lake that owes its name to the dark color of the rocks that are reflected in its waters. The current refuge was in the past for the mountain pasture used by the shepherds who utilized these silent meadows. Some hikers who reach Lago Nero nevertheless continue along CAI trail 100-00 to also reach Lago Piatto in a short time.

MAPS, TEXT AND PHOTOS

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WALKING ITINERARY

LAGO NERO

ABETONE



**AGENZIA
PER IL TURISMO**
ABETONE PISTOIA
MONTAGNA PSE



Intervento realizzato all'interno delle azioni previste dal progetto interregionale (L. 135/2001 art. 5) "Valorizzazione comprensorio sciistico toscano emiliano" cofinanziato da Presidenza del Consiglio dei Ministri - Dipartimento per lo sviluppo e la competitività del turismo - e dalla Regione Toscana

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LAGO NERO

- ➔ Start
- ➔ End
- ➔ Direction
- 📍 Point of Interest
- ⚠ Caution
- 📄 Information Point
- 🏠 Fountain
- 🍷 Refreshment
- 👁 Panoramic Point
- 🏕 Picnic Area
- 🚶 CAI Trail



Starting point: Parking lot at the end of the "Botanical Garden" road - Valle del Sestaione (1250 m.)

Access: from Pistoia, take the beltway west following the signs for SR 66 San Marcello Pistoiese - Abetone, arriving in Casotti after having gone about 40 km. turn left off of the main road towards Pian degli Ontani Pian di Novello. From here, continue on SP 20 for 10.5 km towards Abetone. Then bear left for the Botanical Garden, going past it and continue to the end of the road as far as the dirt parking lot

Total length: 3.5 km. (round trip, 7 km.)

Terrain: completely dirt roads

Difficulty: medium - suitable for everyone despite some rather demanding uphill stretches

Notes: nature itinerary with landscape interest, passable on foot (CAI trail 104) only from the late spring to autumn due to the presence of snow in winter

To visit: Abetone - Pian di Novello - Pian degli Ontani