

International Easter Criterium 20-21-22 march 2008 Flying Dutchman Class Nautical Club Marina di Carrara

Marina di Carrara overlooks Ligurian Sea and is 19 km far from La Spezia, 25 km from Viareggio, 47 km from Pisa, 61 km from Lucca and 22.5 from Pietrasanta. Characterized by the unmistakable scenario of the Apuan Alps, which shelter from cold winds blowing from the north, Marina di Carrara is a modern, well-equipped place with a broad beach of fine and soft sand, between the blue sea and green pine forests. In happy (advantageous, suitable) geographical location on the coast of the Tyrrhenian Sea, it is well served by a railway and road network, which makes it the nearest beach to Piemonte.

Together with the benefits of a moderated climate in every period of the year, of the sand, the sun and a regimen of breezes which mitigate the sultry and the summer calure, it joins the singular privilege of being able to pass, in few kilometers, from the bath in the sea to the sun of the mountain, more than thousand metres altitude and the possibility of many other excursions in a hinterland rich of history, art and unusual landscaped beauties.

For amusements and entertainment of his guests, it is also equipped with modern facilities and equipments, which allow to practise sport of any kind; there is also an efficient "Club Nautico", that has a national and international activity by providing a well-organized touristic port.

And it is also a centre of the International Fair Marbles and Machinery, which with his extensive and functional expository structure assures (contributes) to the locality and is of a great tourist importance.

The gulf of La Spezia and the "5 Terre" are only few kilometers distant (from each other) and are a charming place to spend beautiful days.

TOURIST ROUTE

Route discovery of marble (7 km from Marina di Carrara)

Carrara and the marble

Carrara and the marble: A bond coming from afar and which finds its roots in the same origin of the city, which has always been linked to the extraction and working of marble.

Unique in their kind and of great interest to sculpture fans are the numerous artistic laboratories, characteristic of the city fabric of Carrara and countries upstream. Don't miss the numerous temporary exhibitions dedicated to the great names of contemporary sculpture and various demonstrations related to the art of working marble, during which established sculptors and "budding" artists create and sculpt, live, in the squares and along city streets.

For interested visitors, it is possible to cover (explore) different routes and leave to (for) the discovery of white marble quarries, starting with the visit of the "Civic Museum of Marble". Founded in 1982 it contains the precious exhibits documenting the history of excavation in basins of marble of Carrara and the various production stages and working of marble in successive centuries. The museum is divided into six sections, which offer a kind of interdisciplinary approach of artistic, archaeological, historical, scientific or educational type.

From here the route continues towards the spectacular marble quarries, passing on "Bridges Vara" and in the suggestive tunnels dug into the rock.

In the old town center of Carrara, in the ancient Alberico Cybo Malaspina's palace, takes place the "Academy of Fine Arts", which receives ancient sculptures, medieval and modern (including the shrine of "Fantiscritti", III century AD), and which is particularly famous today because of the prestigious School of Sculpture.

Walking through the characteristic streets of the center, we arrive at the Cathedral built in Gothic-Romanesque style and dating from XI-XIV centuries. It preserves Bergamini's work and frescoes and sculptures from 1300-1400. The exterior is embellished by the famous rose window of white marble and zoomorphic elements.

In the immediate adjacency of the city center stands the "Padula Park": rich of essences and exotic plants it is a centre of the nineteenth-century "Villa Fabbricotti", and is destined to become, in the near future, pole of museale attraction.

In Campocecina (one of the most panoramic places of the Apuan Alps), one can admire "Cava dei Poeti" located in Morlungo on whose walls, at the occasion of the "Biennale of 2002", were sculpted illustrious men and phrases by famous poets, and the "Memorial Park", where are collected statues of the XIV International Symposium of Sculpture, dedicated to the Holocaust. Rich is the summer calendar of events. Among the most striking events taking place during the period of July and August, we remember "Torano Night and Day", event which involves the entire country of Torano (artists' country) and where marble sculptures, created by local artists, are exposed on roads and squares of the country, in gardens and homes of people who, for the occasion, open the doors to the public.

In August, in the spectacular frame of the marble quarries, along the steep towers, we assist to the Historical Lizzatura Remembrance (the ancient method with which the quarrymen, making slip the marble blocks over soaping woods, transported them further down with the aid of oxen).

Those who love genuine and natural products should not miss the famous "Festival of the Lardo" in Colonnata.

CASTLES ROUTE

from Fosdinovo to Pontremoli following art and gastronomy

We are in Fosdinovo: the ancient medieval town surprises us suddenly appearing among mountain roads, which offer us unique views on the valley.

Malaspina Castle is the central building around which the country lives: houses are located close to each other as if protecting it. Solid and majestic, the castle characterizes the entire village with his impressiveness, in which we can recognize the various construction stages, which have occurred over the centuries.

The ancient building, situated in a good strategic position, allows to have an overall vision of a vast territory, which made it a stronghold of its time. We can still admire antique furniture, furnishings and frescoes which are preserved in good condition. It is almost entirely visitable, the ward itself is still inhabited by noble descendants.

We leave again from Fosdinovo, directed to Fivizzano, not (without) forgetting to take a look at the walled village of Caprigliola, which with its unique architecture controls the road from the hill. In Aulla the "Fortezza della Brunella" allows us to see not only a powerful quadrangular building, built on a rock of a particular colour that gave origin to its name and which is a typical example of fortification designed on the basis of firearms, built at the beginning of the '500, but even the botanical garden created in his park and the Museum of Natural History located inside the building.

Continuing in direction of the "Passo del Cerreto", we reach Fivizzano, Florence of Lunigiana, center of the "Museum of Printing", which repropose ancient memories: if you can resist the temptation to immerse in the memories of its walls, continue until Verrucola and admire the castle, which, chosen as a residence by a famous sculptor, dominates the town from above. Succeeding to resist the temptation not to go on, continue towards Licciana Nardi and for a moment, in front of Monti, you seem to be in a fairy tale, when turning our gaze you will meet the romantic castle and

its towers, which appears when you still have your eyes on the castle Bastia, small, but integral in its fair quadrangular architecture.

Let us go further: the "Pieve di Sorano" reminds us the ancient "Via Francigena", once traveled by pilgrims of various nationalities. In Pontremoli, a suggestive walk in the old town center brings us to the Statue Stele Museum, set in the castle of Piagnaro, which collects, originals or copies, all Statue Stele of Lunigiana: unique anthropomorphic sculptures made out of sandstone that were built by the ancient people who inhabited the valley for two millennia before the arrival of Romans.

We surely can not miss a taste of culinary specialties, such as "Erbi cake", whose recipe includes two layers of pastry, which keep a stuffing of eggs, cheese and "erbi", wild vegetables and not; another one is the famous "testaroli", created by people from Lunigiana. Unique dish in its kind: a thin sheet of dough, cooked in special "testi" of cast iron, to obtain a disc, which will be cut into lozenges, blanched and seasoned with pesto, cheese and oil.

ROUTE FROM THE SEA TO LUNIGIANA

Churches, castles and prehistory

From Carrara we continue moving towards Fosdinovo and passing the road to Campocecina, we take the one to Monzone, reaching Equi Terme.

The landscape we admire makes us almost forget that just a moment before we were beside (by) the sea. The country, gathered at the Apuane feet, is a popular thermal station with a rich spring of sulfur radioactive waters and it is also known for prehistoric evidences, found in a cave just outside the village, which testify of life in the time of the Neanderthals.

A fantastic and massive underground karst system with wide halls, stalactites and stalagmites, the new "Museum of Caves" and a reconstruction of a prehistoric landscape are visitable (open to visitors),

Returning to Monzone, let us continue towards Gagnola and therefore towards Codiponte, where "Romanesque Pieve" obliges us to come to a stop. While entering it one is instantly captured by the atmosphere, which permeates the building: the interior, simple and severe, with three naves and columns surmounted by original capitals, preserves the rests of an ancient immersion baptistery, a baptismal font which has at the base a capride and a valuable triptych of '400, precious testimonies of the time. From Codiponte we can shortly arrive to Casola, which receives us in the square, dominated by the cylindrical tower belonging to the fourteenth century defensive system. It's a pleasure to walk in the old town and admire fine buildings of the '500 and the gates of the original boundary wall. In the town of Casola is miraculously survived and still lives, in the summer months, the ancient tradition of the popular "Song of May", a form of popular itinerant theater.

For information about tourist routes: www.apmassacarrara.it

CLUB HISTORY

Since its foundation in 1953 the nautical Club has always been a point of reference for young people of all generations, who wanted to practice sport. That dedication has been rewarded by I.N.O.C. (Italian National Olympic Committee) in 2003, with the awarding of the "I.N.O.C. Gold Star " to sporting merit.

The passion for the sea and love for the sport were the springs which drove a group of friends to make live the Nautic Club Marina di Carrara. It was 1953 and constituting members of the Nautic Club obtained from the "Maritime State Property" a "head" of a loading wharf battered by indiscriminate bombing of the Second World War, formless and chaotic heap of rocks and scrap. The young and not so young applied themselves and worked days and days, trading professional work for family life. Thus the Apuano Nautic Club was born which moved request for affiliation to all Sports Federations recognized by I.N.O.C. and mentioned in its Statute. So began the sport and competition activities, which shortly put (exposed) the Nautic Club to everybody's attention in Italy

and beyond its borders. There were constituted in Marina di Carrara three fleets "ISCYRA", which are vessels of the prestigious olympic class "STAR" and which always counted in their own ranks the acclaimed Champion Tino Straulino. The commander was from Marina di Carrara and around him grew up our crews soon in evidence in the national sailing world. (Thus sail was, and still is, the most prominent section among those which the Nautic Club numbers, which in the meantime had changed its name for "Club Nautico Marina di Carrara". At the same time the other Sections were advancing: swimming and tennis, which carried in their activities more and more groups of qualified young athletes. The races, tournaments, the meetings succeed at high speed in Marina di Carrara and the Club can draw the attention of all who love sport. In his 10th year (1963), the Club intended to give a clear demonstration of their organizational capacity. The European and North African Championship took place of the Class "STAR", with the participation of more than 80 teams from more than 30 countries. The Championship is the consecration, at international level, of a young Italian crew: Gigi CROCE and Gigi SAIDELLI, but it is also the start of a profitable period of activity, which show off young sailors. Sailing School, managed by Emilio VATTERONI, ground out crews at a frenetic rhythm. Giorgio MORELLI and Antonio FORTI put themselves in evidence, Alberto MANFREDINI and Luigi PREGLIASCO grow technically, Antonio SANTELLA and Massimo SANTELLA peeped out, immediately followed by Luca SANTELLA, Guglielmo VATTERONI, Tommaso and Enrico CHIEFFI and many others.

CENTER



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Highway exit A12 Carrara. Turn right. 2nd traffic light, turn left. After 1 Km, arrival in V.le C.Colombo n.2

WEATHER CONDITIONS

For the period March-April, in conditions of high pressure, we have generally a very temperate climate(15-22 °), which generates the development of thermal wind, of various intensity between 6 and 12 knots and direction ranging from sw and nw.

