



◆ ROUTE SHEET

From Passo della Scalucchia to the Fonti di Capiola

Author Redazione • 18/08/2012 • Updated 18/10/2026 01:55 • Reads: 1

Introduction: A simple route, [suitable for children too](#), whose interest is essentially naturalistic; the springs lie in a **broad, cool valley** where you can spend pleasant hours of play and rest with the family.

Route features: The search for the Capiola springs is a route that runs **mainly on mule track** and partly on traces of path, **no objectively dangerous difficulty**, a few ups and downs, and all difficulties that young hikers can manage with a minimum of caution.

The hike runs along the ridge of the [Appennino Tosco-Emiliano National Park](#), between Passo della Scalucchia and Passo del Cerreto.

Frequently asked questions

Is the walk to the Fonti di Capiola suitable for children?

Yes. The fact sheet gives it for children aged 5-7: you walk mainly on mule track and traces of path, with a few ups and downs and about 220 m of ascent, with no dangerous moves. A minimum of caution near the streams is all it takes.

Where do you leave the car and how do you reach the springs?

You park at Passo della Scalucchia and follow the gravel mule track through the woods to path 669. From there you follow the signs for Passo del Cerreto as far as the fenced

clearing of the Sorgenti di Capiola, with benches and an altar.

| Route details

| Route description

At the car park of **Passo della Scalucchia**, where you've left the car, you take the very clear gravel mule track that heads into the woods. The route is obvious and follows the track, which in some places is broken and crossed by streams and by resurgences of meltwater. The pleasure of this hike lies in the vegetation, which in summer can give you some decidedly pleasant moments of coolness. Where the gravel track ends you meet path 669 coming from the Buca del Moro. You carry on towards Civago. The signage is dilapidated: on the signpost "Capiola" is written by hand; in fact it's enough to follow the signs for **Passo del Cerreto**.

The gravel track in fact starts again right at the locality of **Sorgenti di Capiola**. Before reaching the springs you have to get past a few big boulders, which in some way make the route less monotonous. After a short descent you come out into a broad clearing where a fence of wood and wire marks off the spring area. In the lower part of the clearing we find benches and an altar where masses are presumably celebrated. Here you can spend the day.

| Variants and alternatives

The first variant is to continue along the gravel road until you inevitably arrive at **Passo del Cerreto**, making a low traverse of Monte Casarola. Another alternative is to climb Monte Casarola by its obvious south-east ridge, on the right of the Capiola clearing, a climb with 600 metres of height gain that requires patience and a minimum of fitness. The path that climbs from the springs to the **summit of Monte Casarola** is waymarked as path 651.

| Route type

Hiking

| Route layout

Out and back

| Difficulty

E- = Escursionisti - (CAI scale: E = hiking path, the - marks the lower end of the grade)

Notes on effort and difficulty

The modest length of the route makes it an itinerary that is accessible to children and young hikers too, but above all to less fit hikers. The small height gain also makes it accessible to many.

Suitable for children

Ages 5-7

Total hiking time (hours.minutes)

4

Length (km)

3.3

Net height gain

0

Total ascent (metres)

220

Summits or high points reached

No summit reached.

Notable places

-

Visitor centres and accommodation

-

Waymarking condition

Good waymarking, with red-and-white paint marks present on almost the whole route. Reading the waymarking should be backed up by a suitable map of the area, although following the intuitive route there is little chance of going wrong.

Sources

Carta dei Sentieri e dei Rifugi 1:25000 - Appennino Parmense - Reggiano - Alta Lunigiana - Edizioni Multigraphic (Florence) - ISBN: 9788874650316

Link di Approfondimento

Array

Mappa del Percorso

Visualizza [Passo della Sculacchia alle Fonti di Capiola](#) in una mappa di dimensioni maggiori