



## LAMA MOCOGNO, IN THE HEART OF THE MOUNTAINS

Lama Mocogno is an Italian municipality of 2683 citizens in the heart of the mountains of Province of Modena, in Emilia Romagna, in the middle of a land whose ancient name, Frignano, reminds of the presence of *Ligures Friniates*, a people of Celtic descent, according to Dominique François Louis Roget de Belloguet and other historians and anthropologists. The main archaeological remains of that time consist in ancient inscriptions on the megalith called Ponte Ercole (Hercules Bridge) or Ponte del Diavolo (Devil's Bridge), a rock with a singular natural bridge shape in the woods near Lama Mocogno, whose extraordinary characteristics gave life to legends and tales.



*Scoltenna valley, photo taken from Lama Mocogno*

Lama Mocogno is at an altitude of 842 metres above sea level, on a ridge parting two valleys: Scoltenna valley and the river basin of Rossenna. The names of both rivers are Etruscan, linked to the domination of that ancient people coming from Tuscany, before the Roman conquest.



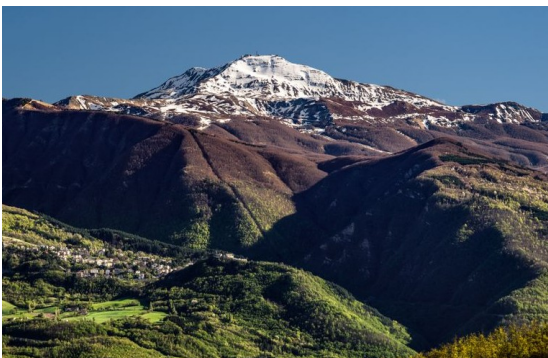
*Hercules' Bridge (or Devil's Bridge)*

Archeological excavations, made in last decades, permitted to find roman coins, ceramic fragments, bricks and tiles, mainly in Hercules Bridge area, next to Mount Apollo (Monte Apollo, or Poggio Pennone) and near the high plateau of “Piane di Mocogno”, at around 1200 meters above sea level, known in the past as “Piana delle Are” (Plateau of the Altars) allegedly in reason of the presence of pagan shrines. Piane di Mocogno, once a place for sheperds and horse-breeders, is now a well renowned cross-country skiing centre (Centro Federale FISL Lama Mocogno), dominated by Monte Cantiere (1617 meters).



*Piane di Mocogno*

Lama Mocogno’s territory, dominated by Monte Cimone (2165 metres), the highest summit in Emilia Romagna and Northern Appennines, is diversely wooded, since its altitude varies from the 500 metres of ancient Campore mill, in Valdalbero, on the bank of river Scoltenna, to the 1617 metres of Monte Cantiere and the 1300 of Barigazzo village: oak and chestnut trees forests, beechwoods and pine forests are inhabited by foxes, boars and roebucks, while meadows and fields provide forage for the cows, whose milk is used to produce Parmigiano Reggiano cheese by cooperative dairy “Beato Marco” of Mocogno.



*Monte Cimone, photo taken from Lama Mocogno*



*Campore mill, Valdalbero, Lama Mocogno*

Montecenere tower, restored in 1998, which houses a permanent exhibition about the Montecuccoli feudal family – two members of whom, Ernesto and Raimondo, were Imperial generals during the Thirty Years' war – and the remains of Sassostorno tower (Torraccia) are evidence of the Middle Ages in Lama Mocogno and were linked to Montecuccolo castle, in the near Pavullo municipality. Montecenere tower was besieged in 1512 by spanish troops, defeated by the local militia, led by a woman, Camilla Pico, wife of count Frignano Montecuccoli.



*Tower of Montecenere, Lama Mocogno*

The churches of Lama Mocogno deserve a visit, especially seventeenth century church of Saint Peter and Saint Paul in Pianorso, with an altarpiece of Gian Gherardo delle Catene (16th century) depicting the Apostles Peter and Paul and the church of Saint John the Baptist, in Mocogno, birthplace of blessed Marco from Modena, a saint of the Dominican order.



*Mocogno, once a castle (burnt in 1523), Lama Mocogno*

Mocogno, where some feats of arms took place in 16th century, once was a castle, burnt in 1523 by an army sent from the Duke of Ferrara, Alfonso I of Este, husband of Lucrezia Borgia: for this reason, the municipal coat of arms of Lama Mocogno depicts a burning castle with three water blades (in italian "lame", the meaning of the name Lama). Other churches can be visited in Barigazzo, Vaglio, Cadignano, and the territory is punctuated with oratories and chapels.

*Chapel in Casarola, Pianorso  
(oratorio di Casarola, Pianorso,  
Lama Mocogno)*



Many walks are available in the area's many pathways, especially in La Santona, Barigazzo, Le Piane, but the most important surely is that of the daring Via Vandelli, built in the 18th century by the homonymous mathematician to connect the capital of the Duchy, Modena, with its only outlet on the sea, in Massa, Tuscany. This road, with the via Giardini-Ximenes which replaced it in economical and strategical importance, created the conditions for the development of the mountains of Frignano and of actual council town Lama Mocogno.



*Lama Mocogno, the council town*

Lama Mocogno is now a summer and winter tourist resort, with its hotels and restaurants, where you can taste cold cuts, wines, meat, cheese and typical local dishes (tortellini, tortelloni, polenta), or the traditional borlenghi (wheat flour crepes), ciacci (chestnut flour crepes) and crescentine (eaten instead of bread, stuffed with sausages).



*Agri-food products*

In Lama Mocogno there is an educational institution, Istituto Comprensivo "G. Dossetti", with kindergarten, primary and middle school, while the high schools are in the near town of Pavullo nel Frignano and the nearest universities are in Modena and Bologna.

Local economy depends above all on tourism (cross-country skiing) and agriculture (Parmigiano Reggiano cheese and white cheese, stone fruit processing), but there is also a mechanical plant and a lumbermill.

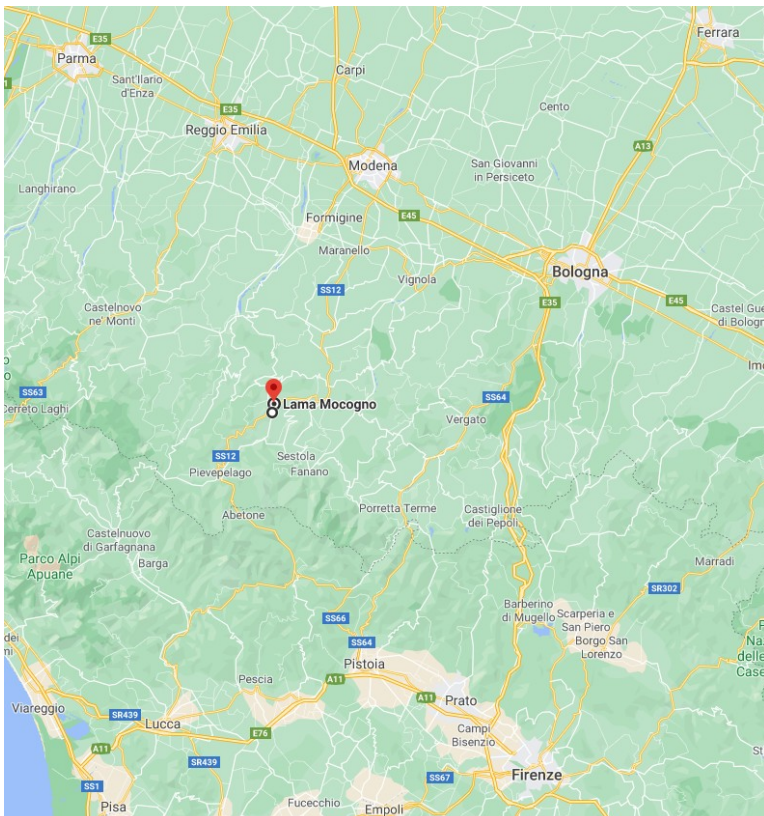


*Lama Mocogno, la "Scalinata", stairway built in 1932-33, restored in 2017-2019*

Lama Mocogno is rich in associations, especially sport clubs (Ac Lama calcio for football, Olympic Lama for skiing, Gruppo Ruzzola Lama Mocogno for "ruzzola" game, a tumble game with a wooden disc, once a small cheese), voluntary associations (Avpa for public assistance, Avis for blood donation) and cultural circles (Gruppo folcloristico di Barigazzo for traditional music and country dance or Banda musicale "Gioacchino Rossini", a marching band and music school since 1890).



*Piane di Mocogno, the cross-country skiing centre*



### **Contacts and links**

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