



LIGURIA
ITALIA
terradamare

www.turismoinliguria.it

-  Seaside emotions
-  Art Settings
-  History Trail
-  Scents and flavours
-  **Sports itineraries**
-  A sea of gardens

A Holiday "Andante con Brio":
Liguria is Beauty on the Move.



Publishing Info

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Liguria - Step by Step Towards Discovery.

Ancient paths and roads, paved streets, and itineraries among the hills - from the mountains to the sea.

Liguria is a tangle of trekking paths. So take your most comfortable trainers, and put your water flask and pic-nic food in your backpack. Leave your flippers and diving mask at home, and experience the wide variety of outdoor activities Liguria has to offer all year long.

In discreet company of sun and sea you will undertake a journey in close contact with unspoilt nature, while a variety of beaches, tangled paths, climbs, and gentle slopes parade very close to you as you head East to West.



Terraces - Manarola



View - Park of Cinque Terre

Sentiero Azzurro (the Blue Path), Main Itinerary of Cinque Terre.

From sheer sea-cliffs plummeting into the sea to vineyard terraces, from Mediterranean maquis to pine groves, this itinerary links together country and sea towns that challenge gravity with their structures huddled up on the hills and their dry dwarf walls across the region.

www.parconazionale5terre.it

Park of Montemarcello.

From Punta Bianca, the rocky cape at the far South of the promontory of Caprione, to the green valley of the river Vara, the Park covers 18 Municipalities, where old stone muletracks link ancient villages and beautiful spots, passing through a river territory, ideal for trekking or cycling.

www.parcomagra.it

Mount of Portofino.

A web of 12 spectacular itineraries promises a wide variety of experiences, and different perspectives showing a surprising Liguria: the shady path from Costa di Castellano along the Gentile stream, and the Mediterranean view from San Fruttuoso to the Eastern ridge, the muletrack climbing up the Southern slopes of Mount Brano, and the San Nicolò steps that run along the area of Mulino del Moro. A series of different landscapes and thriving vegetation.

www.parcoportofino.it

Mount Antola, Antola Park.

On the top of Mount Antola, in the Regional Natural Park of Antola, a well-known commercial area, you can find plenty of opportunities for trekking and climbing, while viewing a breathtaking background stretching from the Ligurian Sea to the North-Western Alps (when visibility conditions are perfect).

www.parcoantola.it



“Via Ferrata” Reopasso.

The Antola Park Body contributed to the restoration of the famous “via ferrata” Deanna Orlandini delle Rocche del Reopasso. A climb about 100 m long, perfect for experts and an ideal point of view to enjoy the wonderful Regional Natural Park of Antola from above.

www.parcoantola.it

Mount Beigua.

From 1000 metres of height down to sea level, Park of Beigua is the largest in the region.

In this area you will notice many contrasting aspects: wonderful natural scenery among ancient traditions and silent forests.

Through millions of years, many different landscapes have followed one another, leaving clear signs. On every stone you can read environmental changes through history, proof that stones moved from the ocean to the top of mountains. The Beigua Geopark, with its vast geological heritage, offers a new approach to protecting nature.

www.parcobeigua.it



Horse riding

Mount Carmo.

Three fantastic itineraries will lead you to the top of Mount Carmo in Loano. You can either start from the pass of Giustenice, the pass of Toirano, or from the coast. Along the way you can enjoy wonderful views stretching from the Ligurian Sea to the peaks of the Tanaro Valley, and from Monviso - which you may spot on the horizon when the skies are clear - to the fantastic Olympic summits of the Alps.

www.altaviadeimontiliguri.it



Trekking - Argentina Valley

Via Julia Augusta, the Ancient Road between Albenga and Alassio.

You can feel like a gladiator marching along Via Julia Augusta, the ancient Roman way heading towards Gaul. Departing from the medieval heart of Albenga, after a short climb you reach the hill, spotted by carobs and broom, archaeological remains and churches: a nice walk through 2000 years of history, enriched by wonderful panoramic views of the Isle of Gallinara.

www.inforiviera.it

Mount Saccarello.

From the highest summit of Liguria - shared by the provinces of Imperia and Cuneo, and by the French District of Maritime Alps -, you can roam across the paths of Mount Saccarello, and experience the charm of a boundary land, with its limestone rocks rich of flowers, where you can suddenly discover military works built before WW II to defend the national territory.

www.altaviadeimontiliguri.it



Path of the “Alpini” Troops between Mounts Pietravecchia and Toraggio.

Free your emotions on Mounts Pietravecchia and Toraggio, overlooking the Nervia Valley, only about twenty kilometres from the sea. Two challenging trekking routes along the Path of the Alpini, well-known for the breathtaking views and the contrasting effects between sub-alpine grasslands and the luxurious Mediterranean maquis.

www.altaviadeimontiliguri.it

Marta’s Balcony in the Argentina Valley.

Located between the Argentina and Roja Valleys, the Marta Peak is a series of vast grassland that ends in “Marta’s balcony”, a rocky ridge from where you can enjoy an unusual view of Liguria. The treasures of this land are sometimes hidden below the surface, like the surprising underground work of art of the cavern battery, a fortified complex, completely dug in the rock and invisible from the outside.

www.cmaa.it

www.turismoinliguria.it



View from Mount Beigua

Best Trekking Routes.

Province of Genoa.

Mare e Monti di Arenzano:

The routes sponsored by this International Hikers Event connect the Arenzano coastal line to the Apennines of the Regional Park of Mount Beigua and offer hikers breathtaking vistas.

The various routes, accessible to everyone, are either short, medium, or long.

www.maremontiarenzano.org

Info: IAT Arenzano Tel: 010 9127581

Province of La Spezia.

Route no.1:

This is the main route in the web of local paths. About 40 km long, it offers very interesting landscapes along the way from Porto Venere to Levanto. It almost entirely develops on the ridge which separates the coastline of Cinque Terre and Riviera of La Spezia from the Gulf of La Spezia and the Vara Valley.

www.parconazionale5terre.it

Info: Parco Nazionale delle Cinque Terre Tel: 0187 76031

Club Alpino Italiano Sezione della Spezia Tel: 0187 22873 www.cailaspezia.it

Trekking Corniglia - Cinque Terre





Paragliding

Province of Imperia.

Mount Pietravecchia 2038 m:

Once you reach the Allavena Refuge, the path junction to the Melosa Hill will allow you to climb up the Agnaira Hill and continue in a westerly direction until the Valletta pass. A grass path will lead you to the summit of Mount Pietravecchia.

The magnificent larch woods are the most southerly of the Alps. MANY fauna species live here: beech-martens, martens, hares, wild boars, foxes, squirrels, and dormice. In Spring you might even see chamois.

www.altaviadeimontiliguri.it

Info: CAI "F. Allavena" Colle Melosa (Pigna)

Tel. 0184 241155

Province of Savona.

Finalese:

An ideal destination for outdoor enthusiasts, this natural open air gym with a spectacular landscape, offers many opportunities for cycling tourism that are suitable for everyone: breathtaking climbs upon cliffs plummeting into the sea, and dream excursions for families and most demanding trekkers.

www.outdooriviera.com

Info: IAT Finale Ligure Tel. 019 681019

Municipality of Genoa.

Route of Fortresses:

Along twelve kilometres of enclosure walls and 18 strongholds, some of which are secluded, others included in the previous route of walls dating back to the 17th century, the Fortresses Park offers historic-naturalistic excursions from a viewpoint overlooking the city of Genoa.

www.genova-turismo.it

IAT: Piazza Principe Railway Station: Tel. 010 2462633

Diamante Fortress - Genoa





Alta Via dei Monti Liguri.

To view Liguria from an exceptional point of view.

The Alta Via dei Monti Liguri is the most enchanting itinerary to visit the entire mountain ridge of the region, from Ventimiglia to Sarzana.

Each leg along the way is a guarantee of unforgettable landscapes for both experienced walkers and beginners. Along green paths, sea views appear on the coastal side, and you can imagine the shape of Corsica in the distance or see Monviso and Monte Rosa on the opposite side.

You may choose this area to practice outdoor activities and freely experience the beauty of unspoilt nature. Seven new visitor centres will give you all the necessary information to find out what track is best for you, either for trekking or mountain-biking, and to book a guided service for disabled people or buy tickets for the “sherpa bus mare-monti”, a shuttle bus linking the coast to the visitor centres, and to every single destination along the route.



Trail Markers

Trekking - Alta Via dei Monti Liguri





Alpine Ski - Maritime Alps

Expert guides are available to advise you on the most beautiful and less beaten tracks, to spend a good time with pleasant people, surrounded by a spectacular natural environment. A very useful aid to help you along the way are the trail markers, coloured in red-white-red and marked AV, that have been located along the tracks. The main trails of the Alta Via are also crossed by other paths, which go down the Apennine Ridge towards the sea, so, whenever you want to stop your excursion you can easily turn onto

one of these natural exits. And if you want to explore the area by bike you can follow 15 new loop itineraries especially designed for mountain bikers, or 6 itineraries “Alta Via in pink jersey” that will take you across some of the legs of

the famous “Giro d’Italia”. A great tour that will take you to the sky.
www.altaviadeimontiguri.it
Service Centre Toll-free number: 800 445445

Liguria on the Go: Cycling across Beauty.

An environmental friendly holiday. Liguria is a cyclo-tourism paradise, a pink jersey region for bike lovers.

Here cyclists and families will find muletracks, deserted and silent valleys, trails along the sea, slopes to dive into, and a muddle of alleys where you won't get lost because tourist information centres are always at hand.



Mountain Bike



Argentina Valley

The Sea Alps.

2000 kilometres of easy itineraries for the youngest and challenging single-tracks for the experts are available all year long to mountain-bike lovers in the Imperia Province. All trails are clearly marked by detailed international signs, so those who travel across the French border won't get lost.

From the website you can easily download a complete road-book which describes these itineraries.

www.alpidelmareinbici.it

Cycling by the Sea.

Cycling across the province of Savona through the unspoilt environmental systems of Bormide, Finalese, Sabatia, and Ingauno where adventure trails stretch from 16 to 65 kilometres and meet everyone's needs.

www.provincia.savona.it

Bed&Bike.

The tourist information brochure edited by the Province of Genoa for the inland territory of Genoa and Tigullio is called Bed&Bike.

This guide is rich in interesting suggestions on how to match hospitality, cyclo-tourism, and gastronomy. So when you get off your bicycle you can enjoy the authentic cuisine and the traditional products of the area.

www.provincia.genova.it

National Park of Cinque Terre.

When you reach an enchanting destination after a big effort you can be very proud of yourself. The National Park of Cinque Terre has identified a number of bicycle and mountain bike trails, each with a different level of difficulty, so as to give everyone a chance to try this invaluable experience and have fun.

www.parconazionale5terre.it



Finale Ligure

Area 24.

The old rails of an abandoned railway today have become the track where to spend fun day out in close contact with an immaculate environment - a project by Area 24, the first Italian Coast Park for those who want to leave their car behind and enjoy some environmentally friendly relaxing time on their bicycles and in the sun. The multipurpose trail along the coast stretches from Ospedaletti to San Lorenzo al Mare.

24 kilometres long, it crosses 8 Municipalities and consists of a promenade, access to the beach, and green areas.

A relaxing area that aims at introducing the Riviera dei Fiori to Europe and to the world.

www.area24spa.it

Liguria: the Art of Diving.

Think of the sea as a casket hiding fantastic treasures, the blue container of Liguria's most precious gems. The website www.turismoinliguria.it introduces you to the **Diving Centres** services and special offers, so you will be able to unveil the fantastic secrets of the underwater world, diving in complete safety in the beautiful waters of the region. If you want to taste what is currently on offer, you can browse through the website portal, and look at fantastic videos showing you the wonderful **Sea Reserves of Portofino, Bergeggi** and **Cinque Terre**, as well as the **Natural Reserve of Gallinara**. An unbelievable world.



Seabed



Sailing Through Obstacles.

Nice sea winds blow into your face every day of the year while you walk along the Italian Riviera. That same wind ripples the waves of the sea, creating perfect conditions for sports enthusiasts to practice **kitesurfing**, **windsurfing** or **sailing**. Its ideal weather conditions and the strategic geographical position make this region the first in Italy for boat spaces, with 22,000 moorings in the many tourist little harbours scattered along the coast.

And for exciting adventures along the rivers, sheltered from the northern winds, you can try **kayak**, even in winter.



Windsurf

Extreme Sports and Beyond.

A dream of smooth rocks to experience with your hands and feet - Free Climbing in Liguria is reality beyond imagination, beyond gravity. Either falling sheer to the sea or immersed in green, vertical walls are scattered across the territory and always offer new challenges to free-climbing lovers also satisfying the curiosity of beginners. Starting from the Eastern side of the region you will find places like **Muzzerone** (Porto Venere), **Deiva Marina**, **Moneglia**, **Riva Trigoso**, **Punta Manara**, and heading West you will reach the cliffs of **Finalese**, a well-know area even abroad. After getting to the mountain top in **Toirano**, **Castelbianco** and around the **Triora** walls, you can indulge yourself and try some of the specialities supported by Slow Food in the little towns along the coast and the inland territory.



Free climbing - Finalese



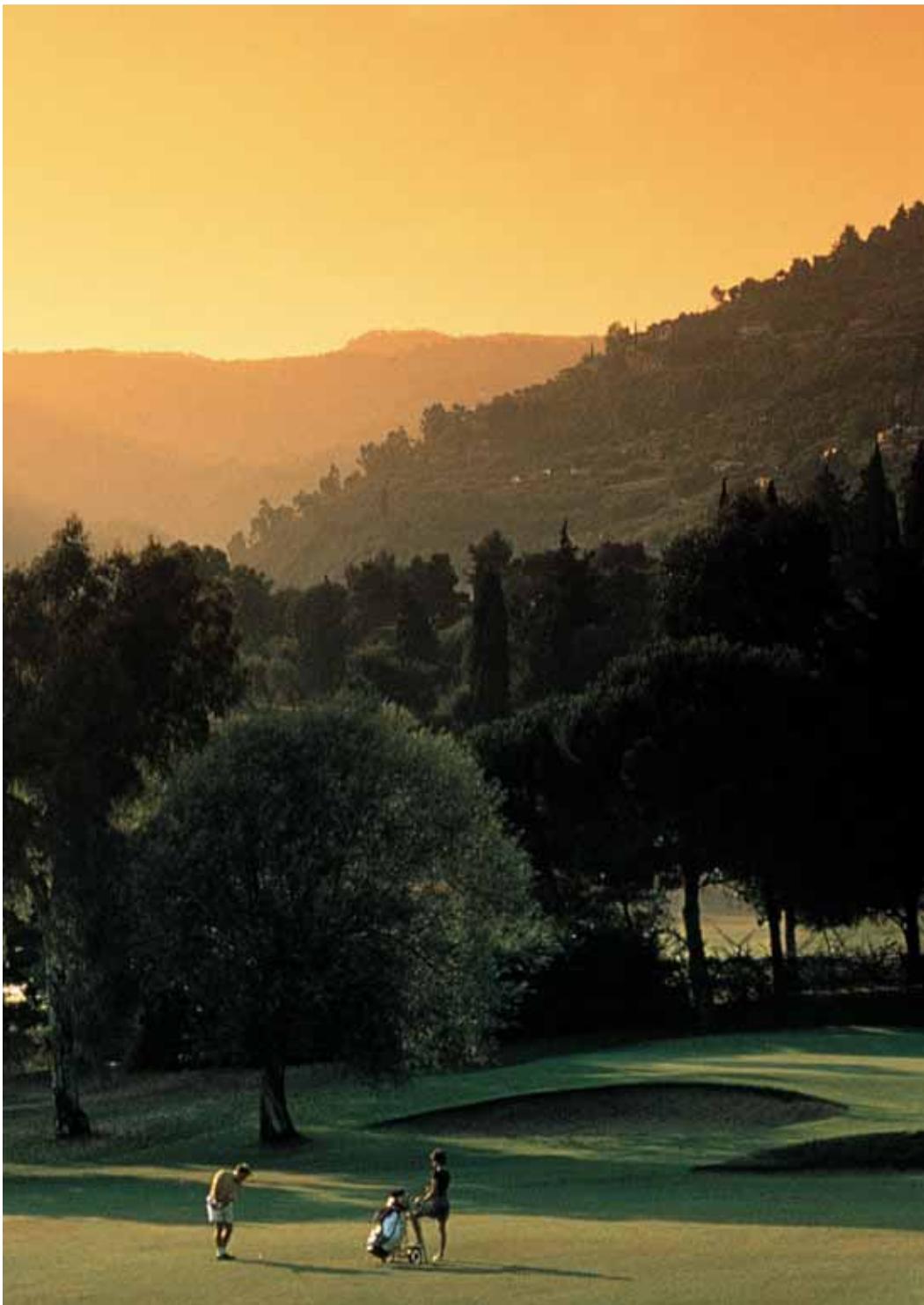
Four season golf:

golf is not just a sport, it is a way of life, a true passion for slowness, and the pleasure of discovering nature at a slow pace. Golfing in Liguria means enjoying the pleasure for details across 11 wonderful regional courses.

“Four Season Golf” is a service card that allows you to freely enjoy Ligurian golf courses through out the year.

The four best 18-hole courses of the green region are located in **Sanremo**, **Garlenda**, **Cogoleto**, and **Rapallo**.

And, starting from the Western part of the region, you can also find 9-hole courses. On green hills only a few steps away from the beach these courses are located in **Castellaro**, **Albisola**, **Arenzano**, **Genoa**, **Quarto Alto**, **Lerici**, and **Sarzana**.



Golf and Tennis Club of Pineta di Arenzano

Horse Riding, Flying, Canoeing, or Ice Climbing - Unlimited Sport Options.

As landscapes change, the offer of sports activities changes too. Every spot has its own discipline, every corner is the background for entertaining activities.

You can start exploring the **Alta Via dei Monti Liguri** riding a **galloping horse**. Along the route you will find well equipped hotels where you and your horse can rest; they will also offer you guided tours. Anyone can let themselves go with the flow of the streams in the **Natural Park of Beigua** and **Aveto** and of the many rivers across Liguria. A wide range of canyoning services offer expert guides to lead you across the waters. And those who prefer flying will easily find experienced **paragliding** and **hang gliding** instructors. Why not end this outdoor adventure with the excitement of a snowy winter on the Ligurian mountain ridge? Wear a pair of snowshoes, choose from a vast range of itineraries and you'll be able to see beyond the **Po Valley** to the summits of **Monviso** and **Monte Rosa**. **Ski** lovers can take the chance to try several **cross-country** trails, or can join a thrilling **alpine ski** excursion and reach the mountain tops. And finally, if you wish to prove your bravery you can **climb the frozen surface of the icefalls in Val d'Aveto** - it's great fun, and extreme pleasure.

Canyoning





Finale Ligure - Savona

Agenzia Regionale per la Promozione Turistica “in Liguria”

info@agenziainliguria.it

www.turismoinliguria.it

