

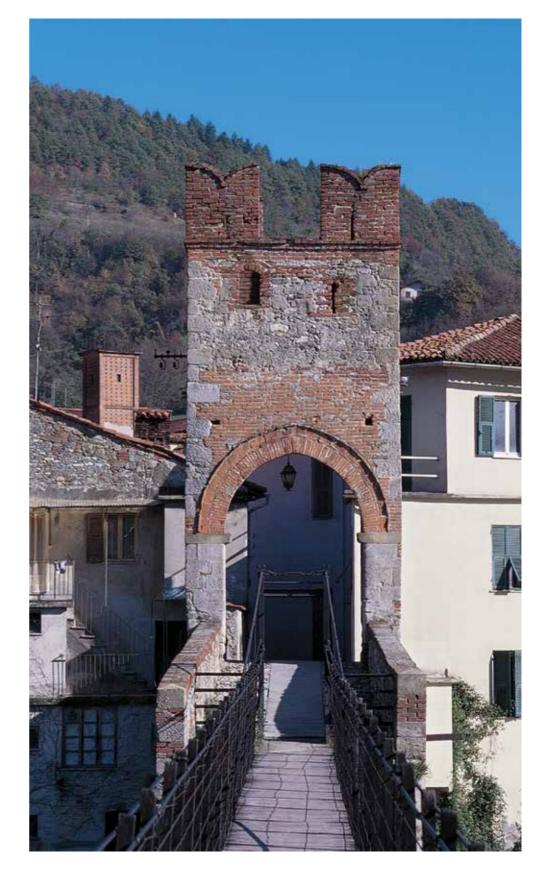
# THE OTHER RIVIERA

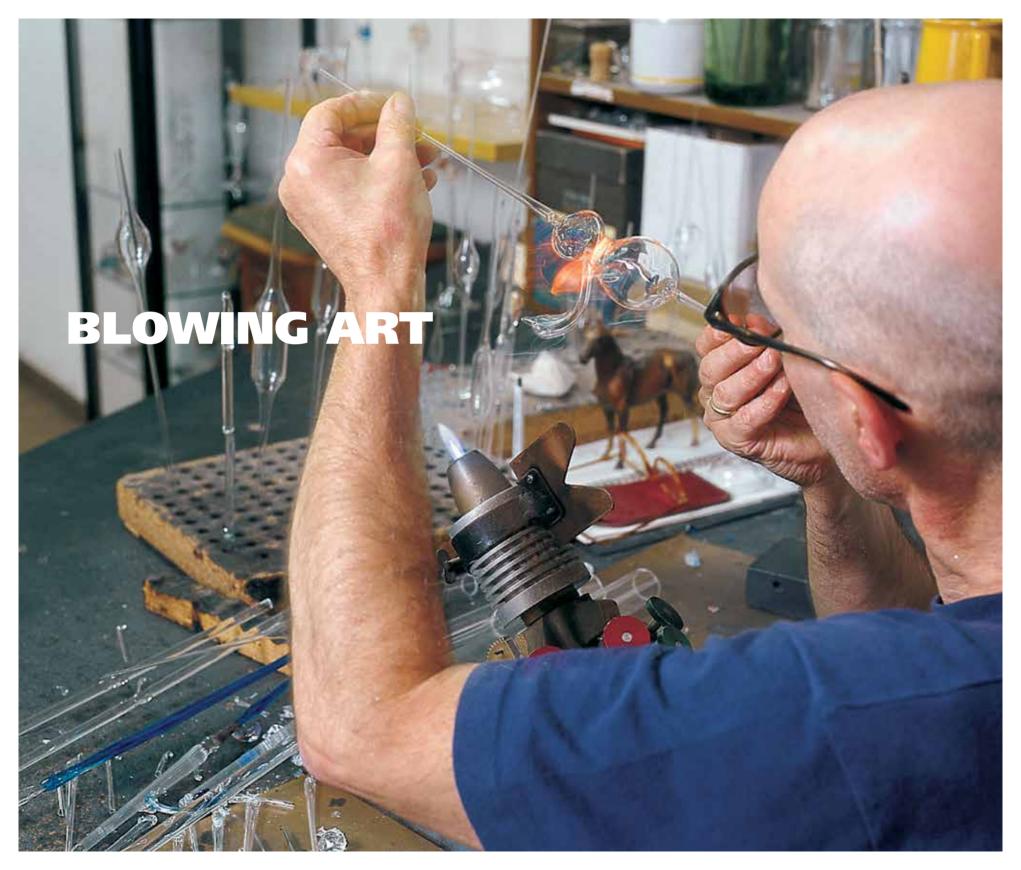
# The hinterland between Varazze and Finale Ligure

The stretch of the Riviera delle Palme between Varazze and Finale Ligure is undoubtedly one of the most beautiful on the whole Ligurian Riviera, but its hinterland is even more evocative. This is the Other Riviera, unique and unexpected. It combines all the best of the region's natural and historical heritage for the joy of visitors.

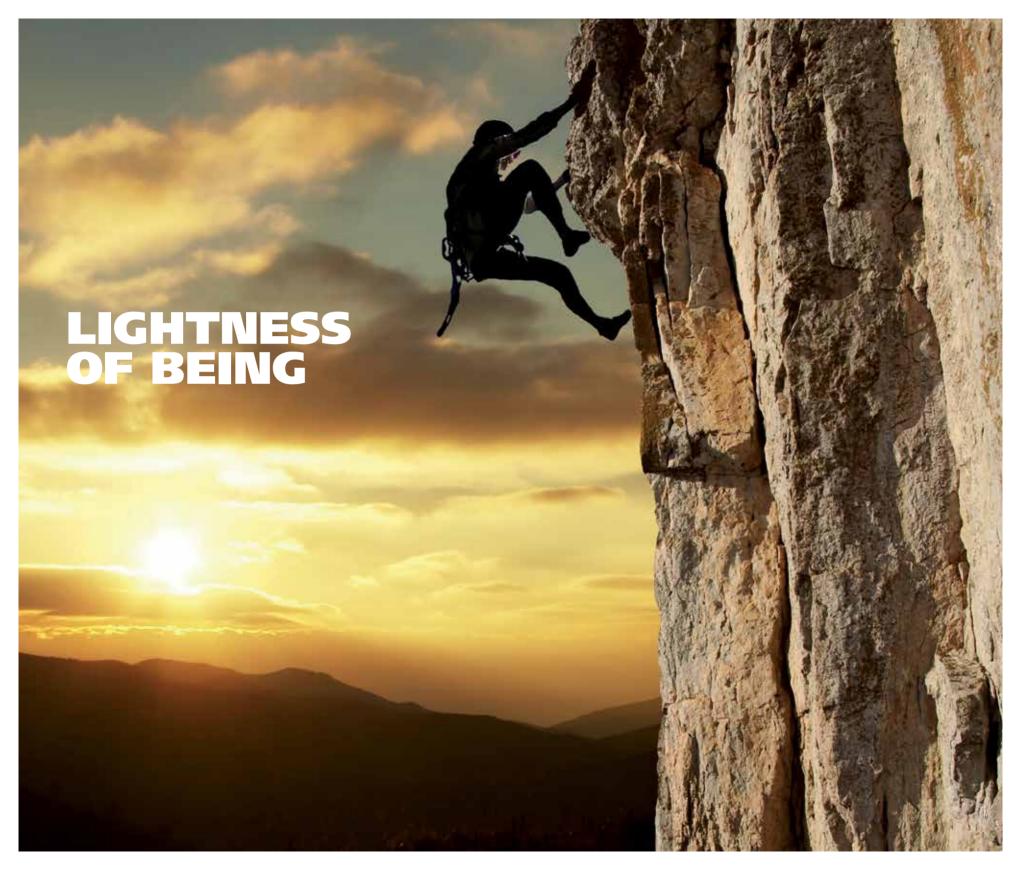
Behind Varazze, Beigua Park protects an area of magnificent woods, brooks with really pure water, farmsteads and views that goes as far as the eye can see, with so particular geologic characteristics that the Park has received the mark Unesco European Geopark.

Just a few bends and a several kilometres along the road behind Finale and Noli will take you to the Manie Plateau. This wild land was created by the geological whims of the earth and has been preserved intact by the wisdom of those who have lived here: the prehistoric Ligurians who inhabited its caves; the Romans who crossed it with their roads and stone bridges; and finally the generations of peasants who have obtained excellent olive oil and fine wine – and all with the deep blue sea right below. Further inland, down towards the Po Valley, are the Bormida Valleys, with their huge, protected forests, feudal castles, mushrooms and truffles, colourful villages, and more besides...











# **BEIGUA PARK**

# The sacred mount protected by Unesco

It does not reach the height of 1.300 meters, but it is magnificient and imposing. Its woods are bright green in summer and snow-white in winter; its ridges, open to all winds, overlook Genoa and the whole Liguria. Mount Beigua is at the centre of a wild natural environment really near to the sea and protected by an important Regional Natural Park. Beigua was sacred for the prehistoric Ligurians and millenium after millenium shepherds have engraved figures, crosses and symbols on its rocks.





# North Italy below you

It is easy to understand why Beigua was a sacred mount. The reason is that mountains so near to the sky are the favourite seat of gods who can observe the world till the last horizon without obstacles. Here view sweeps southwards above the whole coast of Liguria till Corsica and northwards above the centre western Alps with even the perceiving of Monviso and Mount Rosa.

#### **Beigua Geopark**

Beigua massif is a mountainous complex rich in geodiversity and biodiversity; here there are geological, archaeological, naturalistic and historical sites of great value. For these reasons in 2005 Beigua Natural Regional Park (and a wide area all

around) became one of the Unesco European Global Geoparks.

# Comparison between two natural environments

A mountain, two natural landscapes: beech, durmast and chestnut woods, damp areas and meadows at high altitude cover the northern mountainside whence waters move towards Po river; maquis and holm-oaks cover the steep southern mountainside sloping down towards the sea.

# Walking over the sea, near to the sky

The wonderful Alta Via dei Monti Liguri goes through the Beigua massif with some of the most charming stages of the whole track leading from Ventimiglia to Bocca di Magra along the watershed ridge. As it is near the sea it's wonderful to walk among beech woods, meadows and rocks along the ridge in the park; here it is easy to understand that in Liguria mountains are as important as the sea.



# BEHIND VARAZZE AND CELLE LIGURE

#### Thick forests and cool mountain streams

Inside the Beigua Natural Regional Park there is a wide forest rich in waters and mushrooms that from the rocky coast of Piani di Invrea and from Varazze goes up to the mount Beigua; it is dotted with some rural villages and houses and scattered farmsteads. It is the true face of the other Riviera: greenery and panoramic views, with your head in the clouds and your feet in the warm Mediterranean.





# On the hills of Varazze

#### Casanova, between the green countryside and the blue sea

In Casanova the smell of the sea mixes with the aroma of maquis herbs and flowers. The panoramic little church of Madonna della Guardia stands on a hilltop high above Varazze, not far from the Chapel of the Blessed Jacopo da Varagine. He is Varazze's most famous historical figure, Bishop of Genoa and writer of "Legenda Aurea".

#### A desert in a forest

Varazze's Eremo
Carmelitano del Deserto
(Carmelite Monastery of
the Desert) is a famous
isolated seventeenthcentury friary. It is set in
a thick wood, where the
only sounds are the singing
of birds and the murmur
of streams and wind, and

it is surrounded by an interesting nature trail.

# Pero: among holm oaks and chestnut trees

The landscape becomes wild and rugged as the road climbs towards Mount Beigua. The olive trees give way to holm oaks and then chestnut trees. Along the road that cuts through the flowers and olive groves in Campomarzio, a sign displays geodetic data (e.g. latitude, longitude...) of the place; in this way we learn that New Zealand's Chatham Islands lie 12,000 km below our feet, in the Antipodes.

#### **Prehistoric Alpicella**

The woods of Alpicella were once inhabited by Neolithic peoples, who have left their traces in caves, gorges and rock shelters. Their story is

told at the Archaeological Museum housed in the centre of the village, and a "prehistoric" nature trail leads to the spots where they lived and to the "megalithic road".

#### Wolves and sheeps

Among the villages of Varazze, Cantalupo (the wolf sings) is the nearest to the centre and the sea; its houses are surrounded by olive trees. Faie is in a panoramic position open towards Genoa and Portofino promontory; perhaps the name of the village derives from the dialectal word "fèe" that means sheep.

#### Castagnabuona

The old village of Castagnabuona is located near the centre of Varazze, on a westward-facing hill. A stone tower (perhaps built by the Saracens), stands amongst the olive groves.

# In the hills of Celle Ligure

#### Sanda

The hamlet of Sanda, one of the area's earliest settlements, lies on the main road from Celle Ligure to Stella.

#### Càssisi

A long farming tradition is still alive in Càssisi, a rural hamlet among the olive groves with nice views of the sea and the hills. Here is a house-fortress of the 14th century.

# Pecorile and the Sistine Chapels

Further to the east is Pecorile, home to the rural house where Francesco Della Rovere was born in 1414. He ruled as Pope Sixtus IV from 1471 to 1484 and commissioned the Sistine Chapel in the Vatican and the less famous Sistine Chapel in Savona.

#### TASTE, DISCOVER, SLEEP

#### The hamlets of Varazze

#### Affittacamere Pizzeria Braceria Baccere Baciccia

(rooms) piazza IV Novembre 17 Alpicella, Ph. 019 918005 www.baccerebaciccia.it

#### Agriturismo Cascina Vittoria

via Al Deserto 18 Ph. 338 3884088

#### Agriturismo Castello

via Ceresa 17, Alpicella Ph. 019 918424 www.castelloalpicella.it

d'Alpicella (boxer breeding)

#### **Apicoltura Montali**

(honey) via Campomarzio 5, Pero Ph. 019 918066

#### B&B Bricco Santo

via Tessarole 34 Castagnabuona Ph. 389 1259835

#### **B&B Da o Bensin**

via Frandea 11, Alpicella Ph. 019 97683, 348 1208884

#### **B&B La Rocca**

via Campomarzio 23 Pero, Ph. 019 918429 328 3843107

#### **B&B Liguria**

via Pero 66 Ph. 019 918473, 348 0721051 bbliguriavarazze@yahoo.it

# Casa per ferie Foresteria della Croce (holidays home)

loc. N. Signora della Croce Castagnabuona

#### Ph. 019 95500 Casa per ferie Parrocchia S. Antonio Abate

(holidays home) piazza IV Novembre 3 Alpicella

Ph. 019 918117, 019 918107

#### Centro Ippico Free Horses Ranch

(horse centre) via Ceresa, Alpicella Ph. 340 8836813

#### Hotel Ristorante Pizzeria Monte Beigua

via Monte Beigua 19 Monte Beigua, Ph. 019 931304 www.beigua.it

#### Museo Archeologico

(Archaeological Museum) Alpicella, Ph. 019 9399408 www.comune.varazze.sv.it

#### Osho Arihant Varazze

(Information Center & Creativity House) via Alpicella 28, Alpicella Ph. 019 918766 www.oshovarazze.com

#### Pasticceria Artigiana Punto Dolce

(pastries) via Pero 22, Pero Ph. 019 9189021

#### Rifugio Pratorotondo

(Alpine chalet)
loc. Pratorotondo, Cogoleto
Ph. 010 9133578
www.rifugiopratorotondo.it

#### Ristorante Agriturismo Fonda

via al Deserto 13 loc. Deserto, Ph. 019 918201 agriturismo.fonda@libero.it

#### Ristorante Agriturismo La Tana degli Orsi

via Pratorotondo 3, Faie Ph. 349 1046583 www.agriturismolatanadegliorsi.it

#### Ristorante Da Carlin

via Campomarzio 71 Pero, Ph. 019 918557

#### Ristorante Pizzeria Il Piccolo Ranch

via Monte Beigua 7 Alpicella Ph. 019 918706

#### Sapori dell'Eremo

(typical products of Carmelites) via Al Deserto 19 Ph. 019 918050

#### Trattoria Ai Cacciatori

piazza IV Novembre 14 Alpicella Ph. 019 918368

#### Trattoria Da Adolfo

via Pero 47, Pero Ph. 019 918269

#### Trattoria Fossello

via Quinno 11, Casanova Ph. 019 95945

#### Trattoria La Vecchia Fattoria

via Sciandra 10, Casanova Ph. 019 918223

#### Trattoria U Baracun

via Alpicella 1, Alpicella Ph. 019 918486 www.ubaracun.it

# The hamlets of Celle Liqure

#### Agriturismo Cele

via Sanda 30, Ph. 019 991936 agriturismocele@libero.it

# Agriturismo B&B La Natta di Monte Tabor

via Postetta 37 Ph. 019 991580 www.nattadimontetabor.it

#### Azienda Agricola Calcagno Palo

(farm, basil) via Postetta 45 Ph. 019 993961 www.calcagnopaolobasilico.it

#### **B&B II Castellaro**

via SS. Giacomo e Filippo 57 Ph. 019 992995 www.ilcastellaro.it

#### **B&B Masseria Ganci**

via Ganci 20 Ph. 019 991836

#### **B&B II Sentiero dell'Arte**

via Fighetto 62B Ph. 320 4225970 www.sentierodellartebb. blogspot.com

#### **B&B Villa Ali**

loc. Camprevi 10, Sanda Ph. 019 992560 334 5283698

#### Centro Bonsai Caviglia

(bonsai centre) via Natta 27 Ph. 019 991602 www.centrobonsai.it

#### Centro Ippico Celle

(horse centre) via Bolano 14, Sanda

#### Oleificio Cooperativo Cellese

(oil mill) via Sanda Ph. 019 991062

#### Ristorante Gemma

loc. Natta 2 Ph. 339 7997938

#### Trattoria dau Giancu

via Cassisi 179, Cassisi Ph. 019 991681 www.daugiancu.it

#### **Trattoria Terrenin**

via Sanda 102 Ph. 019 990976







# **STELLA**

### Five hilltop hamlets

Stella, overlooking the sea and infused with the perfumed air of the Mount Beigua Natural Park, is made up of five hamlets that remember the shape of a star with their reciprocal position. Inhabited by approximately three thousand people, it is set among the Mediterranean maquis and beech and chestnut woods. Gameragna has a honeycomb-like layout and is close to the coast; San Giovanni is the "capital"; San Martino overlooks the Teiro Valley that reaches down to Varazze; San Bernardo is set against the thickly-wooded slopes of Montenotte; and Santa Giustina is situated at the foot of Giovo Pass.





#### A bit of sport

The many hills surrounding Stella offer endless fun for ramblers; they will find interesting tours on foot, by bike or on horseback. Fans of unusual sports can try the archery range in Reverdita, between the Madonna del Salto Church and San Martino.

# A President with a pipe

The house where Sandro Pertini (Italy's President between 1978 and 1985) was born in 1896 is now a museum situated in the centre of the old village of San Giovanni. The family tomb is housed in the nearby cemetery.

#### **Typical cheese**

The "formaggetta" of the area is one of the most characteristic Ligurian cheeses: a delicious, light cheese using 100% organic goat's milk in exactly the same way as mountain people did in times gone by. Grazing sheep and Sardinian shepherds are a common sight on the Ligurian hills for decades.

#### TASTE, DISCOVER, SLEEP

#### Stella

**Town Hall** Ph. 019 703409 www.comune.stella.sv.it

### Agriturismo Cà de Pin

via Corona 95, San Bernardo Ph. 019 7040013

#### Agriturismo La Vallata

via Costa 13, loc. Gancia Ph. 019 703584, 339 3998115 www.agriturismolavallata.com

#### Agriturismo Rio Lunei

loc. Beghina 10, San Giovanni Ph. 019 706566 www.riolunei.it

#### Azienda Agricola Agrituristica Il Mulino

("formaggetta savonese" cheese) fraz. San Martino 167 Ph. 019 706303 333 3838894 www.paradisodistella.it

#### Azienda Agricola Pasquale Usai

(farm, Sardinian cheese) loc. Corona 177 San Bernardo Ph. 019 703137

#### Bar Tavola Calda Da Dele

(snack bar) via Dorino Boristene 32 San Bernardo Ph. 019 706464

#### **B&B Gabriella**

loc. Contrada 75 San Bernardo Ph. 019 703424 immopegaso@libero.it

#### **B&B Gli Oleandri**

loc. Gameragna 97 Ph. 348 8342568

#### B&B La Luna dei Prati

via Donatelli 8, San Bernardo Ph. 019 7040059 www.lalunadeiprati.com

#### Camping e Ristorante Dolce Vita

via Rio Basco 62 San Giovanni, Ph. 019 703269 www.campingdolcevita.it

#### **Camping Gameragna**

via Parissolo 8, Gameragna Ph. 019 706366 www.campinggameragna.com **Casa Museo Pertini** (Pertini Home Museum, on booking) via Muzio 42, San Giovanni Ph. 019 706194 www.assopertini.it

#### Compagnia Arcieri

**5 Stelle** (archery) loc. Reverdita, San Giovanni Ph. 019 804220 339 7935958 www.arcieri5stelle.it

#### Drosera Società

Cooperativa (walking, biking and tours with snowshoes) loc. Corona 28/1 San Bernardo Ph. 019 703991 347 4607057 www.drosera.it

#### Ristorante Antica Greppia

loc. Vetriera 4, Gameragna Ph. 019 703311

#### Ristorante Pancho Villa

via Teglia 85, San Martino Ph. 019 706367

#### Ristorante Pizzeria La Capannina

loc. Rovieto Superiore 128 San Giovanni Ph. 019 703055

#### Ristorante La Gattabuia

piazza Poggi 27 San Giovanni Ph. 019 703211

#### Ristorante Pizzeria Ligustico

loc. Gameragna 2 Ph. 019 706384

### Ristorante Trattoria La Girotta

via Pippo 14, Santa Giustina Ph. 019 706100

#### Trattoria Pizzeria Colomba

via P. Rocca 13 San Martino Ph. 019 706285



# **VILLAGES OF ALBISOLA SUPERIORE**

#### The country behind ceramics

The ceramics, produced by centuries in the Albisolas stoves hidden among the narrow lanes near the sea, have really bright colours. These hues can be found again on the façades of the houses and the shades of vegetation of Albisolas first hinterland, but with more rustic tones.





#### Nine holes among olive trees

Among olive trees, near the centre of Albisola Superiore, Filanda Golf Club offers its first nine holes to people who appreciate this healthy and smart sport. Mild climate makes playing all the year round pleasant.

#### Luceto

Albisola Superiore is the gateway to a lush green valley nestling between the steep inland hills. It seems impossible that the sea is so close. The Sansobbia Valley acts as Albisola's reservoir of cool air and is dotted with villages with coloured stone houses, humpback bridges and old watermills. One of the most interesting mechanical nativity scenes in Liquria can be visited in the crypt of Luceto's modern church between

December and Ianuary (and during other periods of the year on request).

#### Éllera

Éllera, with its tiny squares and narrow old streets, is a welcoming hamlet that nestles between Sansobbia stream and the hillside. It is an excellent place to stop for a good night's rest and some delicious food. Ramblers can follow the path from Éllera to San Bernardo in the Letimbro Valley, behind Savona.

#### TASTE, DISCOVER, SLEEP

#### The hamlets of Albisola **Superiore**

Apicoltura Gaino (honey) via R. Poggi 32, Carpineto Ph. 019 488141 info@mielegaino.com

#### B&B La Collina dei Castagni

loc. Campanile 3, Ellera Ph. 019 4009326 347 4181948 lacollinadeicastagni@gmail.com

#### B&B e Ristorante La Locanda di Nonna Teresa

piazza Bandiera 7/1, Ellera Ph. 019 49009 www.lalocandadinonnateresa.it

#### Casa per Vacanze Feré du Muin

(Holidavs home) via Natale Rosselli 12, Ellera Ph. 019 49043, 340 7704763 cavferedumuin.albisolasuperiore@ live.com

#### **Centro Ippico Albisolese**

(horse centre) via Boraxe 102, Luceto Ph. 019 992010, 340 3665129

#### Enoturist ä Cantin-ä

(Ligurian wines) via R. Poggi 19, Casino Ph. 019 49262

#### **Golf Club La Filanda**

loc. Carpineto Ph. 019 489679, 347 2905867 www.filandaresort.com

#### Presepe meccanico

(mechanical crib) at San Matteo church, Luceto Ph. 019 487857

#### Ristorante Da Marietta

via Schiappapietra 17, Ellera Ph. 019 49059, 347 8711486 www.trattoriadamarietta. beepworld.it

#### Ristorante Del Molino

piazza Cairoli 2. Ellera Ph. 019 49043



# SASSELLO AND ORBA VALLEYS

#### **Landscapes and traditions**

Just turning your back at the sea between Varazze and the Albisolas you can find yourself in a world of woods and hills. Orba valley is northwards, towards Po river; it offers to the tourists a natural landscape almost pure with woods, waters and proofs of the ancient history of its people.





#### Sassello

#### Italy's first Orange Flag

Although it has a population of less than two thousand, the municipal territory of Sassello covers an area of over 100 square kilometers. Its extensive woods are inhabited by roe deer, hawks and foxes, all of which can be spotted when walking, cycling or driving through the beech and pine groves. Sassello is the first Italian village that has received the Touring Club of Italy's Orange Flag, a quality mark for tourist facilities and environmental standards of inland areas.

#### A noble feudal village

The centre of Sassello dates back to the seventeenth century and boasts frescoed palaces and Baroque churches. The late-Renaissance Church of the Concezione and the old Church of San Giovanni house paintings and sculptures by great Genoese artists, including Anton Maria Maragliano. The Saracens' Tower dominates Bastia Soprana. while the fifteenthcentury village of Bastia Sottana preserves the ruins of a castle and the Church of Sant'Antonio.

#### Flowers for the Lord

In early summer the streets of Sassello are decked with leafy branches and flower petals for the Corpus Christi celebrations.

# Books, paintings and nativity scenes

Sassello is one of the most important cultural

spots of Savona's inland area. Palazzo Perrando houses a library, a cultural centre and the museum of archaeology and local history founded by the last descendant of the Perrando family. The museum also boasts paintings by Piola and Cambiaso, a seventeenth century carved wooden nativity scene and a collection of ceramics.

# Who said that gluttony is a deadly sin?

Sassello is home to gourmet delights: its soft amaretti (macaroons) are legendary, as the amaretto, a sweet dessert liqueur, and the bitters version to be sipped after meals. But it is also famous for its honey, ham, cooked and raw salami and bacon pâté flavoured with herbs and spices. The extensive woods provide porcini mushrooms and the local bakers make an oval flat bread with flour and potatoes, known as tirotti.

#### **Urbe**

# The Riviera's "Rocky Mountains"

Urbe along the Orba: this tongue twister is the name of a municipality of five hamlets with 800 inhabitants, scattered over a wooded area with numerous mountain streams that recalls the Rocky Mountains. This is the ancient Orba Forest, once the hunting ground of the Lombard kings. The clear waters of the River Orba and its tributaries teem with fish, with silent lakes and little rapids that are much loved by

canoeists and kayakers. It is possible to spend a nice day walking along the lake above San Pietro d'Olba and making a pause at the picnic area.

#### "Urbe" like Rome?

Rock drawings and Roman coins reveal that these magnificent forests have been inhabited uninterruptedly since prehistoric times. However the name "Urbe" has nothing to do with Urbe caput mundi. Generations of peasants and craftsmen, who worked the iron imported from Elba, have lived amidst the red roofs of the houses, the simple Baroque-style church and the wooden beams of the farmhouses.

#### TASTE, DISCOVER, SLEEP

#### Sassello

**Town Hall** Ph. 019 724103 www.comunesassello.it

#### Affittacamere Palazzo Garbarini

(rooms) via Umberto I 21 Ph. 347 4764091 palazzo\_garbarini@libero.it

**Agriturismo Ant Ra Prina** via Prina, Maddalena

Ph. 349 5600926

#### Agriturismo di Francesco Romano

via Albergare 3 Ph. 019 724527 338 1156618, 333 3480033 agriturismo.romano@libero.it

#### Agriturismo La Sorba

loc. Assorba 1 Ph. 333 3259397 cascinasorba@live.it

#### Agriturismo La Betulla

loc. Veirera, Palo Ph. 340 2240876

#### **Amaretti Giacobbe**

(macaroons) loc. Pianferioso 62 Ph. 019 724860 www.amarettigiacobbe.it

#### Amaretti Isaia

(macaroons) via G. Badano 46/r Ph. 019 724126

# Amaretti Virginia (macaroons)

loc. Prapiccinin 6 Ph. 019 724119 www.amarettivirginia.com

#### **Amaretti Cidag**

(macaroons) via G. Badano 28 Ph. 019 7214101

#### Azienda Agricola Apicultura La Bottinatrice

(farm, honey) loc. Bonuzzo 3, Ph. 019 724548

#### B&B A Spasso per i Boschi

viale Rimembranza 11 Ph. 019 724180 335 7069394 stefi.pesce@tiscali.it

#### **B&B Cascina Granbego**

loc. Colla 3, Maddalena Ph. 019 724237, 347 7810778 www.granbego.com

#### **B&B Della Ruscina**

loc. Rossina 8/1, Piampaludo Ph. 019 736947, 347 1864834

#### **B&B Eleonora**

via dei Perrando 19 Ph. 347 2549590

www. casava canze-s as sello.com

#### B&B La Doria

loc. Doria 1, Ph. 335 5444138

#### **B&B Le Radici**

loc. Erro 17 Ph. 019 2047102 328 6933398 www.bbleradici.com

#### **B&B Relais delle Sequoie**

loc. Pianferioso 25 Ph. 346 7327907

#### B&B Villa Bergami Il Parco dei Cedri località Bergami 11

Ph. 019 4509179 320 7809492 www.villabergami.eu

#### **Bar Franco Ristorante**

via Chiesa, Palo Ph. 019 727000

#### Bar Ristorante Alimentari Saraceno Sergio

(grocer's) loc. Prina 6 Maddalena, Ph. 019 724206

#### Biscottificio del Sassello (Baratti & Milano)

Sassello (Baratti & Milano (macaroons), Maddalena Ph. 019 724014

#### Campeggio Naturista Costalunga

(naturistic camping) loc. Palo Ph. 019 720004 334 3234524, 347 5291320 www.costalunga.org

#### Hotel Ristorante Monte Cucco

loc. Alberola 26 Ph. 019 727048, 019 727220 www.albergorifugiomontecucco.com

#### Hotel Ristorante Pian del Sole

loc. Pianferioso 23 Ph. 019 724255 www.hotel-piandelsole.com

#### L'Artigiana del Fungo

(mushrooms) via Rimembranza 12 Ph. 019 720245

www.sassellese.it

#### **La Sassellese** (macaroons) via G. Badano 44 Ph. 019 724140

#### Macelleria Salumeria Giacobbe

(meat, cold meats and salami) piazza G. Rolla 7 Ph. 019 724118

#### Museo Perrando

(Museum) via Perrando 33 Ph. 019 724103 www.comunesassello.it

#### Pasticceria Garibaldi

(pastries) via Savona 2 Ph. 019 7234200

#### Panificio Pasticceria Roberto Dabove (bakery,

pastries, "tirotti" flat bread) via Barberi 2

#### Panificio Pasticceria Tre Torri

("tirotti" flat bread, macaroons) via Roma 8, Ph. 019 724892

#### Pasticceria Prime Rose

(pastries, macaroons) via Roma 36, Ph. 019 7234273

#### Pub La Cantina dei Frati

(breakfast and rhythm night beer) piazza Concezione 10 www.lacantinadeifrati.com

# **Rifugio Ressia** (Alpine chalet) loc. Ressia 11, foresta Deiva

Ph. 010 8590300 347 4607057 www.rifugioressia.it

#### Rifugio Sciverna

(Alpine chalet, horse stage) fraz. Maddalena strada 334 per Acqui Terme Ph. 019 705511, 349 7477437 www.planethorse.it

#### Ristorante Agriturismo Cà dei Brusco

(Ligurian and Piedmontese cooking) loc. Piano 1 Ph. 019 724311, 349 0964104

#### Ristorante Cantina Palazzo Salsole

piazza Concezione 1 Ph. 019 724359 ww.palazzosalsole.it

#### Ristorante II Fungo

loc. Manzin 28, Piampaludo Ph. 019 736952

# **Ristorante Piccolo Borgo** via T. Zunini 2

Ph. 019 724580
Ristorante Pizzeria

Pizza & Fichi

#### piazza Rolla, Ph. 019 724201 www.pizzaefichisassello.it

#### Ristorante Trattoria La Donda

via Molana 27, Palo Ph. 019 727165

#### Tavola calda Levej

(snack bar) piazza G. Rolla 2 Ph. 019 724057

#### Trattoria Vittoria

via G. Badano 7 Ph. 019 724138

#### Urbe

**Town Hall** Ph. 019 726005 www.comune.urbe.sv.it

#### Affittacamere Trattoria Tonio

(rooms) via Vassuria 42 Vara Superiore, Ph. 019 733009

#### B&B La Casa Inglese in Liguria

via Ravugna 36, Vara Superiore, Ph. 019 72265, 334 8530465 www.lacasainglesebb.it

#### **B&B Ravera Giovanni**

via Acquabianca 1 Ph. 019 72500, 347 3683772 **Hotel Minetto** via Roma 51, Ph. 019 726085

info@cemedile.it Hotel Ristorante Alla Scala

#### via Marasca 77, Ph. 019 726017 Hotel Ristorante All'Alpino

via S. Ramorino 12 San Pietro, Ph. 019 726067

#### Hotel Ristorante La Nuvola sul Mare

via Faiallo 25, Passo del Faiallo Ph. 019 733101, 348 8829978 lanuvolasulmare@gmail.it

#### **Hotel Ristorante Ravera**

via Vara Superiore 29 Ph. 019 72227

#### **Hotel Ristorante Vara**

via Vara Inferiore 14 Ph. 019 733004

#### Locanda Ristorante Carolina

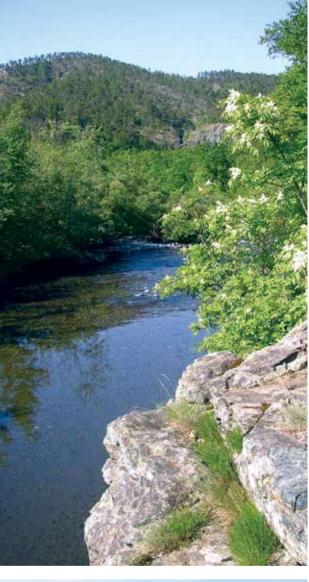
via Savona 50 Montà San Pietro Ph. 019 726414

Ph. 019 726163

#### **Pizzeria La Tana della Volpe** via Ferriera 1, San Pietro

Ristorante Da Tonito

via Roma 24, Martina Olba Ph. 019 726153







# **ERRO VALLEY**

### Forests and wind generators between **Liguria and Piedmont**

Upper Erro Valley is not well known by tourists but it deserves a greater renown. Here you can find meadows covered by flowers, wide woods with tasty mushrooms and quiet eco-friendly wind generators, some rocky points of observation just as some dry areas of Southern Apennines.





#### **Pontinvrea**

#### Fortresses, forests and gold The forests of the upper

Erro Valley have supplied the wood for Savona's shipyards for centuries. Pontinvrea is one of the gateways to the Beigua Natural Park and is also known as the "Town of Music" because of the piano and singing contests and the music seminars. Mushrooms, chestnuts, game are produced locally; a special type of especially tasty sausage is at the centre of an annual festival. The nearby Giovo Pass, with a nature reserve where birdwatchers will spot many different species, is one of the traditional passes between Liguria and the Po Valley. Five nineteenth-century fortresses (Forte Lodrino, Bruciato, Tagliata, Scarato and Moglie) testify to its former importance. The pure waters of the River Erro are said to contain little specks of gold.

#### The Alta Via dei Monti Liauri

The beautiful path that runs from east to west along the entire watershed between Liguria and the Po Valley passes close to Pontinvrea and across the Giovo Pass. The Alta Via dei Monti Liguri is the area's trekking "highway". It is linked to other mountain paths suitable for walkers, cyclists, and horse riders that go through the relieves covered by green grass in summer and white snow in winter.

# The Marquises of

In the seventeenth century

Pontinyrea was the fiefdom of Genoa's Invrea family, whose legacy is apparent not only in its name, but also in the reddish Marquis' Palace and the Church of San Lorenzo. There is also a thirteenth-century castle, now in ruins.

#### Mioglia

Far from the history books, close to nature Many centuries ago this village, cradled between the open green wooded hills and grey clay gorges reminiscent of the nearby Langhe region of Piedmont, was called Medulia. History books make little mention of Mioglia, which is situated far off the beaten track and thus managed to avoid the plundering and violence of passing armies that befell its neighbours. The landscape is characterized by wide horizons and gently rolling countryside and instils peace in its inhabitants and visitors alike.

#### **Galloping across** the uplands

The rolling uplands of Mioglia have neither the ruggedness of the mountains nor the monotony of the plain. The best way to explore them is on horseback, along paths through country villages, woods and pastures, in the search for tuvi, tuff hills containing fossil shells. Horse rides can take you up to the border with Piedmont, amidst the woods and mountain streams, where it is possible to swim.

#### TASTE, DISCOVER, SLEEP

Town Hall Ph. 019 705001

#### **Pontinvrea**

www.pontinvrea.com Azienda Agricola Maria **Leoncini** (farm, cheese, honey) via Acqui 14. Ph. 019 705122 B&B Alta Valle dell'Erro via Cassari 1

Gino Leoncini e Rosa Giovanna (honey) loc. Pianbottello

Ph. 019 482885, 349 3576616 Go- kart Vittoria

at the crossroads for Mioglia, via Pian degli Agguati 1 Ph. 019 705465

**Hotel Ristorante** Aquila d'Oro

via Roma 6, Ph. 019 705267 **Hotel Ristorante Ligure** via Tagliata della Chiesa 43 Giovo, Ph. 019 705007 www.ligurealbergoristorante.it

La Giumenta (horse shelter, sporting association) via Prin 1 Giovo Ligure, Ph. 347 7051527

Rifugio Planet Horse (excursion chalet, horse centre, stage of Alta Via track) via Giovo 50 Ph. 019 705511, 349 7477437 www.planethorse.it

**Ristorante II Fiume** via Roma 3, Ph. 019 705147 www.ristorantefiume.it

Ristorante Pizzeria Pub La Pineta

via Giovo 25, Ph. 019 705069

Mioglia Town Hall Ph. 019 732014 www.comunemioglia.it Affittacamere La Volpe e la Luna (rooms) via Dogli 272 Ph. 328 8313722 www.lavolpeelaluna.com Agriturismo Munarin Caterina via Savona 30 Ph. 019 732260 www.agriturismomunarincaterina.it **B&B Casa di Alfredo** via Acqui 14, loc. Schegli Ph. 019 7352509, 346 5209506

www.casadialfredo.it **Hotel Ristorante Oddera** piazza Gen. Rolandi 2

Ph. 019 732026 Osteria il Pirata via Savona 2, Ph. 019 732224 Trattoria Pizzeria La Viora

via Avera 10, loc. La Viora Ph. 019 732171



# **BORMIDA DI SPIGNO VALLEY**

#### **Piedmontese Liguria**

The Bormida di Spigno Valley is a piece of Liguria with a Piedmontese flavour. This may be due to its history, marked by feudal struggles and rulers who were local (the Del Carretto Marquises), from Monferrato and then from Savoia family; or perhaps to the river that flows northwards, towards the Po... In any case, the dialects spoken here have a Piedmontese sonority and the excellent local truffles "smell of sea".





#### Dego

Castles, churches... Dego, a small town of 2,000 inhabitants on the ancient Roman Via Aemilia Scauri, has several historical attractions: the ruins of the Castello Del Carretto (castle); the parish churches of Bormiola and Santa Giulia; Borgo Castello (whose origins are perhaps Roman), with its Art Nouveau style Villa Rossa and a memorial stone in memory of the Blessed Teresa Bracco, who died in 1944 and is venerated in the valley.

#### A stone's throw from the Langhe

The plain formed by the River Bormida and the surrounding hills that slope down towards Piedmont are covered in broad-leafed. conifer, chestnut and beech woods; they are ideal for excursions on foot, horseback or bicvcle. Truffles and wild mushrooms are plentiful here. The views are unforgettable and stretch from Mount Beigua and the Riviera di Ponente to Mount Viso, the Maritime Alps, the Langhe and Alto Monferrato. Collina del Dego is a beautiful forest with paths, roads, picnic areas and pure springs; it borders with Adelasia Reserve and Savona Forest.

#### Giusvalla

#### False-Acacia Avenue

A row of ancient, knotty and imposing false acacias dating back to Napoleonic times welcomes visitors to

Giusvalla. This rural village with 450 inhabitants was founded in the Middle Ages around a fortification built on an important route between Piedmont and the hinterland of Genoa.

#### Lose yourself in the woods

**Endless chestnut and** beech forests surround Giusvalla, inhabited by curious and rather bold roe deer. The paths around the village reach some of the hills along the ridge between the Bormida and Erro Vallevs. You can take the lane that leads off the Viale delle Robinie or the one branching off the main road to Pontinvrea just outside the village; both enter the woods and wind their way between the huge trees and views over Mount Viso and the Maritime Alps. Follow the roads by car, on foot, on horseback or by mountain bike.

#### "Il Giovo in bicicletta" (Giovo by bike)

This is the name of seven mountain bike trails that cross the valleys, woods and villages of seven municipalities above the main Aurelia road: Stella, Urbe, Sassello, Pontinvrea, Mioglia, Giusvalla and Quiliano.

# TASTE, DISCOVER, SLEEP

Town Hall Ph. 019 577792 www.comune.dego.sv.it **Affittacamere Trattoria** Belvedere (rooms) loc. Sanvarezzo 13 Santa Giulia Ph. 019 57290, 347 5257844 Affittacamere Villa Maria (rooms) via Supervia, 5 Ph. 339 4627349 giorgio.bosio3@tin.it Agriturismo Cascina Palazzo loc. Bormiola 28, Ph. 019 57343

www.cascinapalazzo.it Azienda Agricola Biologica di Mario Ferrari (organic farm, sausages, cheese) loc. Scorticate 1 (road from Girini to Berri) Ph. 019 578088, 340 2316732

Azienda Agricola di Domenico e Pera (farm) loc. Porri

Ph. 019 512845, 347 7330659 Azienda Agricola Cascina nel **Pozzo** (meat, sausages and cheese)

loc. Pozzo 1, Ph. 347 0155526 Azienda Agricola La Carpeneta (farm) via Supervia 48 Ph. 019 57613

**B&B Della Costa** loc. Costa Santa Giulia Ph. 019 57690, 333 6209537 aio.ele@libero.it

B&B Zia Zelinda loc. Villa di Brovida 5 Ph. 348 7076005

Bar Red Rose (snack bar) via Savona 10, Ph. 019 5778027 Cooperativa Allevatori Bestiame CAB (meat production and sale) piazza Nicola Panevino 1

**Hotel Ristorante Da Rosina** via La Collina 18, Porri Ph. 019 578008, 019 578161 Osteria di Facello Zaira via Martiri della Libertà 18 Ph. 019 57529

Pizzeria Ristorante Valle Verde piazza IV Novembre 2 Ph. 019 57267

Ristorante Agriturismo Le Sorgenti loc. Nassoli 5 Ph. 019 578075, 347 7676383

www.quellesorgenti.it
Tavola Calda II Chiosco (snack bar) loc. Colletto 6 Ph. 019 577041

Tavola Calda Minibar (snack bar) via Nazionale 39 Ph. 019 577061

Town Hall Ph. 019 707010 turismo.provincia.savona.it/it/ localita/giusvalla

Agriturismo Lo Scoiattolo loc. Rapetti Ph.019 707203 338 6232701 agrloscoiattolo@tiscali.it

**B&B La Badiola** loc. Cavanna 26 Ph. 019 7073341, 347 1096014 www.labadioladigiusvalla.it

**Ristorante Affittacamere** Cavallo Bianco (with rooms) piazza Anselmi 9, Ph. 019 707017 Trattoria Miravalle loc. Cavanna 12, Ph. 019 7073307



# PIANA CRIXIA **AND THE ROCCA DELL'ADELASIA**

#### "Piana cum castro et capella"

...in other words, a plain with fortifications and a chapel: this is how the town is described in a document dated 991. The axes and stone tools discovered in the area indicate that the site was inhabited in Neolithic times, and subsequently by the Ligurians and Romans, who founded "Crixia". Piana Crixia, which currently has 800 inhabitants, was once part of the Marca Aleramica and was subsequently divided between the rule of Ligurian and Piedmontese lords.





#### Piana Crixia

#### Langhe of Piana Crixia

This area borders with

the Langhe region of Piedmont. The Langhe di Piana Crixia Regional Park protects this unusual landscape of gorges with striking eroded clayey and marly rock formations. They are unique in Liquria and form waves of sand and clay on which pioneering vegetation attempts to float. The park is crossed by paths that can be followed on foot or mountain bike, along the gorges and thick woods. The views are sweeping and the spring flowers spectacular, there are even two varieties of wild orchid.

#### Rare and precious truffles

The area around Piana Crixia is home to the white truffle, the most precious variety of the Langhe's rare and aromatic fruits of the earth. It is harvested between September and December and accompanies local dishes served in the area's restaurants: meat and vegetable ravioli, mushrooms, game and Dolcetto wine.

#### The imposing Fungo of Piana Crixia

The most famous "personality" of the Langhe di Piana Crixia is the "stone mushroom": an ophiolite boulder that has protected the underlying soil from erosion and is suspended on a thin layer of rock. It is 14 metres high and weighs 260,000 kilograms.

The "mushroom" is the subject of many local legends, which range from the Deluge to Napoleon, who is said to have tried in vain to take it back to France.

#### Rocca dell'Adelasia

At the centre of the woods of Montenotte, at the heart of a wild and almost uninhabited area, not far from a lonely and charming country road, Rocca dell'Adelasia Natural Reserve is a really interesting protected area of about 500 hectares. Inside the woods there are great beeches and hundred years old chestnuts; in damp areas uncommon plants and wild orchids; delicate and wonderful settings in the Karst caves hidden by vegetation; streams have real limpid water. A good system of trails go through the area; they are fit for hiking, cycling and horsing; they allow the discover of little treasures of nature and Napoleonic trenches as well (proof of the battles of the young revolutionary French general fought here during the Italian campaign). Between beeches and rocks the massif of Monte Rosa can be seen at the horizon.

#### TASTE. DISCOVER. SLEEP

#### Piana Crixia

Town Hall Ph. 019 570021 www.comune.pianacrixia.sv.it

#### Adriano Parmigiani

(honey and beehive products) loc. Lodisio Costa 2 Ph. 019 570328

#### Agriturismo La Celestina

loc. Gallareto 16 Ph. 019 570292 338 6635903 www.agriturismolacelestina.net

#### **B&B La Casa Heyoka**

loc. Lodisio Costa 2 Ph. 019 570328, 338 8896761 lacasaheyoka@libero.it

#### Bertorelli Gianpiero

("formaggetta" cheese) loc. Bertorelli 1 Ph. 019 57939

#### Casa per Vacanze Johanna Noyon

(holidays homes) loc. Pian del Nasso 1 (road for Lodisio) Ph. 019 5704005 johanna.noyon@alice.it

#### Cooperativa Allevatori **Bestiame CAB**

(meat production and sale) via Chiarlone 48

#### Giuliana Masio

("formaggetta" cheese) loc. Cascina 6 Ph. 019 570162

#### **Hotel Ristorante** Villa Carla

loc. Pontevecchio 23 Ph. 019 570019 hotel.villacarla@alice.it

#### **Ristorante Antica Mansio**

via Valpiana 8 Ph. 019 5704003

#### **Ristorante II Castello** del Fungo

loc. Borgo 1 Ph. 019 570073 **Trattoria Tripoli** via G. Chiarlone 2

Ph. 019 570028



# CAIRO MONTENOTTE, CÀRCARE AND ALTARE

#### The towns of Ligurian Val Bormida

The cultural and economic centre of Spigno Val Bormida are three small "artistic towns" rich in history, architecture and handicraft.







#### **Cairo Montenotte**

# A town with thousands of years of history

The town's earliest inhabitants were Neolithic farmers and hunters. followed by the Romans, who founded Carium on the Via Aemilia Scauri. **Today Cairo Montenotte** is the largest town in the Langa Savonese with 13,000 inhabitants. The local dialect is closer to Piedmontese than Ligurian. At Montenotte Napoleon defeated the Austrians on 12 April 1796, during his Italian campaign and the remains of the trenches can still be seen.

#### A medieval touch

Cairo's history can be read in the remains of its fourteenth-century walls, its tower and the ruins of its castle. The Church of San Lorenzo is a national monument, whilst the old residence of the Scarampi Marquises is known as the "Caminata". On Saint Laurence's Day (10 August) "Medieval Cairo" is celebrated in the old town.

# Murals, birds and stone bridges

History is also evident in the hamlets of Carretto (perhaps the original home of the Del Carretto Marquises), with its ruined castle, and Rocchetta, with the "Roman" bridge built by the Alemanni over the River Bormida near the bird reserve and its houses with their many colourful murals.

# Underneath the arches...

The old town of Cairo is

very welcoming and one of the best preserved in the region, with coloured houses, arcades, bars, cafés and many shops with original and elegant painted signs.

#### **Infinite woods**

Montenotte's vast woods are inhabited by roe deer and wild boar and are home to delicious wild mushrooms and centuries-old trees, such as the Faggio alle Traversine beech tree, on the main road. Hiking through these woods means full immersion in a natural world that can be enjoyed from the spring to late autumn, along the nature trails of Sentieri Bormida Natura BN and of Alta Via dei Monti Liguri.

# Horses and photographs

The old village of Ferrania boasts an abbey that is almost a thousand years old and, right in the middle of an extensive plain, the remarkable Art Nouveau industrial architecture of the Ferrania factory, which was famous the world over for its production of photographic material. The area is now ideal for horseback riding.

#### Càrcare

#### A Roman town

Càrcare was a Roman post on the Via Aemilia Scauri. It is now a centre of glass and pottery production with almost 6,000 inhabitants. Its colourful, elegant old town overlooks the River Bòrmida of Pàllare. The

ruins of the feudal castle and several handsome churches testify its past.

#### A cultural town

Càrcare is the birthplace of the writer Anton Giulio Barrili (1836-1908). His former house is now the municipal library, which has kept his correspondence with the politicians and scholars of his day. Goffredo Mameli composed the words of Italy's national anthem at the Collegio Calasanzio.

#### The Scuola dei Grigi

During the late nineteenth century Càrcare became a famous holiday resort. The period coincided with the pictorial movement known as the Scuola dei Grigi ("Grey School"), due to the muted tones of its outdoor painting. Its exponents included Ernesto Rayper and other Genoese painters.

#### Altare

#### An Art Nouveau town

The town of Altare is set amid the green surroundings of the Colle di Cadibona, traditionally the transition point between the Alps and the Apennines. Its origins are medieval and it once belonged to the Del Carretto family. It was subsequently ruled over by the Marquises of Monferrato, who introduced the craft of glassmaking. Today it is a pretty little town with 2300 inhabitants. set in the lush greenery of the Apennines and embellished with exuberant Art Nouveau architecture (dating

from the early twentieth century), in the form of palaces, villas and industrial buildings.

#### The Savona Forest

Altare is in the centre of the huge, thickly wooded Savona Forest, which has supplied the area with wood and clean air for thousands of years. This endless green expanse is ideal for walking and mountain biking. Beech, durmast, Turkey oak and chestnut trees grow in the forest, alongside ferns, butcher's broom, juniper, holly and broom. Foxes, hares, squirrels, herons and slow, silent flying birds of prey can all be seen with a little luck. The Tecci Fortress stands on the Colle di Cadibona and was built to defend the valley.

#### Sand, fire and glass

Sand heated in the fire, blown and worked into glass: this art has earned Altare's master glassmakers world renown since the fifteenth century. In 1495 the University of Glass was founded in the town. It laid down the statutes that regulated the art. The finest production of Altare's master glassmakers is housed in the Museo del Vetro (Glass Museum), in the splendid Art Nouveau setting of Villa Rosa. Antique pieces can be seen in the museum, but the master glassmakers still practise the traditional working in their shops, in order to keep this precious art alive in the future.

# Huge trees and cold waters

Both can be found on the road to Màllare: the mineral water springs of Vallechiara and the four monumental trees of Li Piani – two sequoias, a Nordmann fir and an Atlas cedar, each 30 metres tall and 110 years old.







#### TASTE, DISCOVER, SLEEP

#### **Cairo Montenotte**

Town Hall Ph. 019 507071 www.comunecairomontenotte.it

#### Affittacamere Pensione Alpi

(rooms) strada Ville 19 Ph. 019 50830

#### Affittacamere Villa Eugenia (rooms) via Santa Maria 21

Ph. 340 0815987 www.eugeniabedandbreakfast.com

#### Agriturismo Cascina del Vaj strada Ville 140

Ph. 019 50894, 333 8128990 Apicoltura Aldo Castellano

(honey) via Medaglie d'Oro 16 Ph. 328 1142377

#### B&B All'ombra dei Castagni

strada Sant'Anna 61 Ph. 393 5311658, 347 0487114 www.allombradeicastagni.com

#### **B&B La Casa dei Ciliegi**

via Colletto 93. Rocchetta Ph. 347 0025274 www.bedandbreakfastcasadeiciliegi.it

#### Caffè XXL Extralarge viale della Libertà. Ferrania

**Enoteca A Cantinetta** 

(whine shop) corso Mazzini 13 Ph. 019 503211

#### **Enoteca Taverna** La Baia degli Angeli

(whine shop) strada Colombera 2 Ph. 019 504631

#### **Hotel Ristorante City**

via Brig. Partigiane 54 (SP 29), Ph. 019 505182 www.hotelcitvcairo.it

#### **Hotel Ristorante** della Stazione

via Indipendenza 4/8 San Giuseppe Ph. 019 5144063

#### **Hotel Ristorante La Torre e** Pizzeria Porta Soprana

corso Italia 29 Ph. 019 506211

#### La Taverna degli Elfi

strada Braia 1, loc. Le Ville Ph. 019 50877

#### Locanda Contrada dei Fattori

via Bellini 2. Ph. 019 599478 www.contradadeifattori.it

#### Milk & Coffee

(snack bar) Bormida Shopping Centre corso Brigate Partigiane 28/d

#### Osteria del Vino Cattivo

via A. Sanguineti 16 Ph. 019 500196

#### Pizzeria da Luciano piazza della Vittoria 54

Rifugio Cascina Miera (excursion chalet, stage of Alta Via track), Adelasia park Ferrania, Ph. 019 5221

#### Ristorante Al 54

via Cortemilia 54 Ph. 019 506229

#### Ristorante Alpi Osteria da Palin

piazza XX Settembre 6 Ph. 019 504730

### Ristorante I Portici

via dei Portici 7 Ph. 019 5090335

#### Ristorante La Bruschetta

via Martiri della Libertà 151 Ph. 019 504023

#### Ristorante Ore 12

(Self Service) via Andrea Colla 13 Ph. 019 504032

#### Ristorante Pizzeria **Al Bunker**

via Martiri della Libertà 7 Ph. 019 503969

#### Ristorante Pizzeria II Drago

corso Marconi 150 San Giuseppe Ph. 019 504209

#### Ristorante Pizzeria La Grotta

via Dellavalle 15 Ph. 019 505019

#### Ristorante Pizzeria **Lupo Solitario**

via Ospedale 19

#### Ph. 019 502009 Ristorante Pizzeria

Maruzziello

#### corso Marconi 171 San Giuseppe

Ph. 019 518030 **Ristorante Sole Rosso** 

corso Dante Alighieri 114 Ph. 019 5079878

#### Tavola Calda 8 Mile Rd Bar

(snack bar) viale della Libertà 13. Ferrania

#### Tavola Calda Lunico

(snack bar) via Martiri della Libertà 167

#### Trattoria Il Rifugio di Gianni

via Montenotte 2 Montenotte Inferiore Ph. 019 59803

#### Càrcare

Town Hall Ph. 019 5154105 www.comune.carcare.sv.it

#### Affittacamere

La Casa del Vescovo

(rooms) via Cornareto 7 Ph. 339 7562224

www.lacasadelvescovo.com

#### **Affittacamere** L'Oste Pinocchio

(rooms) via Garibaldi 77 Ph. 019 518992 339 7562224

#### Antica Osteria da Palmira

via Castellani 40 Ph. 019 510218

#### Azienda Zootecnica

Roberta Erbi (livestock) loc. Negreppie, Vispa

#### Ph. 338 6955932 **B&B La Magnolia**

via M. D'Azeglio 26 Ph. 338 4777270

#### lamagnolia.carcare@libero.it

**B&B** La Via del Sale via Castellani 97/2 Ph. 366 7318355

#### laviadelsale.carcare@gmail.com

#### **B&B Viglizzo Maria** Margherita

via Pavese 8 Ph. 019 517020 f.demicheli@ virgilio.it

#### Cafè Agorà

piazza Sandro Pertini 8 Ph. 019 512080

#### Cooperativa Allevatori Bestiame CAB (meat

production and sale) via Diaz 1 at OK Market

#### **Hotel Relais Villa** deali Aceri

largo Don Minzoni 2 Ph. 019 517026 www.relaisvilladegliaceri.it

#### La Taverna di Mangiafuoco

piazza Genta 2

#### Ph. 019 518992 Museo Alpino

(Alpine troops Museum) via Garibaldi Ph. 019 5154100 338 1317766

#### www.comune.carcare.sv.it

Osteria Da Balda via Garibaldi 2. Ph. 019 511483

#### Osteria con cucina di Vanda Moreno

via Cosseria 33 Ph. 019 510457

#### **Pub II Maltese**

piazza Genta, 1 Pizzeria La Sirena

via delle Vetrerie 22 Ph. 019 511241

#### Ristorante Affittacamere San Giovanni del Monte

(with rooms) via S. Giovanni del Monte 79 Ph. 019 5142194 www.lecameredellasoms.com

#### Ristorante II Girasole

via Rinchiuso 1 Ph. 019 511776

#### Ristorante II Quadrifoglio

via XXV Aprile 29 Ph. 019 517289

#### Ristorante La Baracca

loc. San Giovanni del Monte Ph. 019 518838

#### Ristorante Pizzeria al Bracere

via Nazionale 107, Vispa Ph. 019 510573

#### Trattoria La Vispa Teresa via Nazionale 86. Vispa Ph. 019 5144073

#### Altare

Town Hall Ph. 019 58005 www.comune.altare.sv.it

#### Affittacamere Trattoria K2

(with rooms) salita Arcara 19 Ph. 019 584478 laurapesce@alice.it

#### **Birrificio Artigianale** Charle's

(homemade brewery) via Matteotti 12 Ph. 338 6029967

#### Cristallerie di Altare di Vanessa Cavallaro

(artistic glass engraving) piazza Vittorio Veneto 6 Ph. 019 584112

#### I vetri di Sandro Bormioli

di C. Bormioli (artistic glass manufacturing) via Roma 39/41 Ph. 019 584506 www.bormioliartevetro.com

#### Locanda Ristorante Quintilio

via Gramsci 23 Ph. 019 58000 www.ristorantequintilio.it

#### Museo dell'Arte Vetraria **Altarese**

(Glass Art of Altare Museum) at Villa Rosa piazza Consolato 4 Ph. 019 584734 www.museodelvetro.org

#### Raffaello Bormioli

(artistic glass manufacturing) via Paleologo 16 Ph. 019 58254







# THE SANCTUARY OF SAVONA

#### **The Letimbro Valley**

The province of Savona boasts the largest wooded area in Italy, as soon becomes apparent from a trip along the hilly roads of its chief town. They lead from the city centre up to the higher hamlets, through a landscape dominated by the colour green. A deep and primitive green, dotted here and there with the red of the roofs of farms and scattered houses, the yellow of broom in flower, the deep blues of the nearby sea and the white of the distant Alps.





# The Sanctuary For local people it is

simply "Il Santuario", rather than the Shrine of Our Lady of Mercy, who is the patron of Savona. The large, elegant, richlydecorated seventeenth century church is one of the most important religious buildings of the Riviera delle Palme, and it has been proclaimed "National Shrine of the brotherhoods of Italy". It is surrounded by a pretty little village of the same name, on the edge of the huge Savona Forest. The Museum of the Sanctuary preserves paraments, sculptures, jewelry, textiles, paintings and exvotos telling the history of the forms of devotion to the Virgin of Mercy from the XVI century. The peace of Santuario is "broken" every year by the traditional religious procession of the 18th of March with hundred of believers and some brotherhoods of Savona and all Liguria; from the Cathedral of Savona people reach Santuario in a three hours walk for a mass and a visit to the evocative crypt.

# Up and up, towards the sky

The highest areas of the Savona Forest have illustrious inhabitants. The region of Naso di Gatto alone boasts four monumental trees: a 100-year-old false cork oak in Pian del Merlo, two groups of 90-yearold beeches near the houses in Ravè, along the main road, and a 120-year-old Norway spruce in Trincata.

# TASTE, DISCOVER, SLEEP

#### The hamlets of Savona

#### Azienda Agricola Biologica e Agriturismo Tre Santi

(organic farm, oil, meat, eggs) loc. Ciantagalletto 7 Ph. 019 852623 340 6872440 martass@libero.it

#### Azienda Olivicola Canaiella

(oil) via Canaiella, Legino Ph. 019 860190 348 7966111

#### **B&B Cà Pramusa**

via Santuario 105 San Bernardo Ph. 019 879522 347 1226585 caterinarestuccia@libero.it

#### B&B II Cappero

via Marmorassi 52/A Ph. 019 852662 333 5329696 http://bbilcappero.weebly.com/

#### B&B La Quiete

via Marmorassi 28 Ph. 019 810112 347 8274826 laquiete@tele2.it

#### B&B Palazzo K

via S. Bartolomeo del Bosco 86/1 Ph.328 1234084 www.palazzok.com

#### Campeggio Buggi

via N.S. del Monte 15 Ph. 019 804573

#### Hotel Locanda del Santuario

via Santuario 133 Santuario Ph. 019 879215

#### Museo del Santuario di Savona

(Shrine Museum) piazza del Santuario 6 Santuario Ph. 019 879025

# www.santuariosavona.eu Ostello per la gioventù

Villa De Franceschini (youth hostel) via alla Strà 29 Conca Verde Ph. 019 263222 339 8309835 www.ostello-de-franceschini.com

#### **Ristorante Conca Verde**

via alla Strà 27 Conca Verde Ph. 019 26331 www.rpconcaverde.it

#### Ristorante Da Enzo

via Cimavalle 19r Santuario Ph. 019 879063

#### Ristorante da Michelin

loc. San Bartolomeo del Bosco 28 Ph. 019 879012

#### Ristorante Madonna

del Monte via Nostra Signora del Monte 70 Ph. 019 822969

#### **Ristorante Trentadue**

via Cimavalle 61 Santuario Ph. 019 879057

#### Ristorante Villa Noli

via Cimavalle 57 Santuario Ph. 019 879154, 340 2518745 www.villanoli.it



# **QUILIANO AND** THE HAMLETS **OF VADO LIGURE**

#### Via Julia Augusta

Quiliano is situated on the Via Aemilia Scauri, built by the Romans in 109 BC and later renamed Via Julia Augusta by the Emperor Augustus; it connected the Ligurian coast to the Po Valley and Provence. The remains of five stone bridges built in 124 BC, two of which can still be crossed by foot or car, still stand on this ancient road, driving towards Cadibona.





#### **Quiliano**

#### Hilltop hamlets and farming villages on the plains

Today Quiliano's 7,000 inhabitants are scattered among hilltop hamlets and farming and artisan villages on the plain near the coast. Here the houses are brightly painted or made from ancient stone, squeezed between the caruggi (narrow lanes).

#### **The Savona Forest**

The Upper Quiliano Valley is part of the Savona Forest: 220 hectares of thicklywooded land that for many centuries supplied the timber for the ships of the fleet of the Maritime Republic of Genoa. Despite its proximity to the coast, this is a fascinating wild forest, criss-crossed with easy to follow tourist trails.

#### **Monumental Trees**

Quiliano boasts at least two monumental trees: a huge 150-year old yew in the park of Villa Maria (the former town hall) and the towering magnolia of Roviasca, which is 200 years old.

#### Quiliano, a wine town

Quiliano is a familiar name to wine experts worldwide due to the town's production of two fine rare wines. Granaccia and Buzzetto. Granaccia vine is internationally known by its Spanish name, Alicante, and is used to produce the great red Riojas in Spain. It was introduced to the Quiliano Valley in the eighteenth century by local families that traded with Spain. Granaccia is a deep red wine, which acquires ruby tones following 3-4 years of ageing. It goes well with game and hard cheeses

and it has become a DOC wine. Buzzetto is a dry white wine, ideal accompaniment for traditional Ligurian cuisine. Its name is perhaps derived from the word "buzzo", meaning unripe, due to its rather sharp flavour. Buzzetto was a mainstay of the local economy as far back as 1200. It is a very fine wine, and the Del Carretto Marquises used to allow their poorer peasants to pay their taxes in barrels of this nectar. It has various local names: Lumassina or Buzzetto in Ouiliano: Mataosso in Noli and Varigotti; Uga Matta in Spotorno; and Garella in the hills around Savona.

#### Fertile lands, tasty fruit

The countryside around Quiliano does not just produce wine, but also excellent Valleggia

36

apricots.
It's a Slow Food
Presidium (quality mark)
characterized by hardy,
firm, tasty and with
speckled skin fruits. This
variety of apricot tree
was developed here at
the beginning of the
twentieth century, and
it is celebrated with a
festival in Valleggia.

# The hamlets of Vado Liqure

The hamlets of Vado Liqure have much in common with those of nearby Quiliano: the same coastal countryside, the same passion for winegrowing, the same hills on which olive trees make way for holm oak and sweet chestnut at higher altitudes. Bossarino is a small, centuries-old farming village situated on a low ridge. It has typical coloured houses, archivolts, narrow streets and vineyards. Behind the busy industrial area of Vado is the Vado Valley. which offers a discreet, friendly welcome to visitors who wish to discover its peasant soul and to stop for lunch in one of its restaurants. The road climbs even higher towards the forest, until you reach Segno and the Pollupice horse trails beyond the village with extensive views over the Riviera di Levante.

#### TASTE, DISCOVER, SLEEP

#### **Ouiliano**

**Town Hall** Ph. 019 2000501 www.comune.quiliano.sv.it

Affittacamere II Respiro del Tempo (rooms) via Don Peluffo 8 Ph. 019 8878728, 339 6646785 ilrespirodeltempo@libero.it Agriturismo Lorenzo Turco via Bertone 7 Ph. 019 887120, 019 2000026 www.innocenzoturco.it Azienda Agricola

(farm) via XXV Aprile 28 **Azienda Agricola II Verde** (flowers) via Diaz 38r Valleggia, Ph. 019 885183

#### Azienda Agricola La Magnolia

Bonanomi Giovanni

(typical sheep and goat's milk cheese, "giuncata", "granaccino", "ricotta") via Bossolo 2, Roviasca Ph. 338 2651926

**Azienda di Ivana Cortazzo** (soft fruit, strawberry, kiwi, honey) via Cà Nova 2 Val Ouazzola. Ph. 019 89238

#### Azienda Agricola La Tenuta di Trecento (farm) via Grande 11

Ph. 019 884820

#### B&B Casalina

via Chicchezza 7, Montagna Ph. 333 5221998 rolandi-andrea@libero.it

B&B Gli Ulivi

via Viarzo 28/2 Ph. 019 887013, 340 6851034 bbgliulivi@libero.it

B&B I Tecci

via Tecci 5a, Ph. 019 8878946 333 8077017 consoli.tecci@alice.it

**Centro Ippico Piano dei Carpi** (horse centre) via Nazionale Piemonte 156 Cadibona, Ph. 347 1648410 347 1649464

Erboristeria e Apicoltura Molinari (herbalist's, honey) via A. Moschini 2, Valleggia Ph. 019 886851

**Massimo Becco** (oil) via Brandini 10 Ph. 019 887467, 335 380383

Miele Eliana Boagno (honey) via Tecci 32 Val Quazzola, Ph. 019 887501 Miele Miresa Cerro

(honey) via Trexenda 2 Roviasca, Ph. 019 8878025

Osteria Molini

via Molini 5, towards Montagna, Ph. 347 1275585

Rifugio Cadifugio

(excursion chalet) via Bricco 45, Cadibona www.cadifugio.com

Ristorante Battiato al Borgo

via Don Peluffo 14r Ph. 349 2889723

**Ristorante Da Tina** piazza Caduti Partigiani 3 Ph. 019 887116

Ristorante II Torchio

**e La Macina** via Termi 3, Valleggia

Ristorante La
Churrascaria

via Burrè 27, Cadibona Ph. 019 89124

Ristorante La Farinata da Beppe

via Don Peluffo 2R Ph. 347 7261806

Ristorante Pizzeria La Fenice

via Viarzo 1r, Ph. 019 8878483

Ristorante Società Operaia Cooperativa

via Longagnini 15, Cadibona Ph. 019 89017

**Ristorante U Gottu** piazza della Chiesa 6R Valleggia, Ph. 019 2100182

Rita Sparzo (wine, oil, "giuncata" cheese) via Nuova Viarzo 39 Ph. 019 887228

San Pietro in Carpignano (archeological area and church) info at Town Hall Ph. 019 2000511

**Trattoria il Giardino** via Briano 6r, Valleggia Ph. 019 881157

**Trattoria la Pergola** via Torcello 3, Valleggia Ph. 019 882541, 347 2367123

Typical wine producers, e.g. "Granaccia" and "Buzzetto":

- **Andrea Canova** via Tecci 34, Ph. 019 887010

- Marcella Isettavia Dodino 24- Luca Murgia

Ph. 019 887080

**Azienda Agricola Riasca** (farm) via Cavassuti 4, Roviasca - **Rita Scarrone** via San Rocco 5

- **Franco Torcello** via Cavassuti 8, Roviasca Ph. 019 8878411

- **Dionisia Turco** via Bertone 7, Ph. 019 887153 - **Innocenzo e Lorenzo** 

**Turco** via Bertone 7a Ph. 019 887120

Valleggia apricot producers:

- Le Riunite

wholesale fruit and vegetables market

loc. Pilalunga, Ph. 019 886326

- **Ortofrutticola** fruit and vegetables market via S.Pietro 2 Valleggia Ph. 019 2165059 **Vini e Vini** (wines) via Diaz 118 r. Valleggia

# The hamlets of Vado Ligure

Ph. 019 2100292

**Agriturismo Sotto le Stelle** via Gavotti 25

loc. Cà du Facullo, Segno Ph. 340 9385666

**Antico frantoio** (oil mill) di Mario Tavian Vigliola Ponte dell'Isola, Segno Ph. 019 888167

**B&B Casa Antico Borgo** via Tommaseo 35, Bossarino Ph. 019 2046174

**Centro Ippico I Tigli** (horse centre) loc. San Genesio Ph. 339 6897164

Museo della Civiltà Contadina

(Country Culture Museum) Casa Celesia, Valle di Vado Ph. 019 886350

Ristorante Agriturismo Cà di Gatti

via dei Tedeschi 2 loc. Rocche Bianche, Segno Ph. 019 884277

**Ristorante II Portico** via Piave 222, Valle di Vado Ph. 019 885250

**Ristorante San Domenico** S.O.M.S. Pace e Lavoro via Piave 182, Valle di Vado

**Ristorantino Da Beppe** via E. Pertinace 4 Sant'Ermete. Ph. 019 888333

**Trattoria Da ü Giuan** via Piave 226, Valle di Vado

**Trattoria II Castello** S.M.S. Fratellanza Segnese via Grillo 1, Segno Ph. 019 888000







# THE MANIE PLATEAU

#### In a world of its own

The small but concentrated region of deep valleys, sheer rock faces and limestone plateaus that lies immediately inland of Finale Ligure is almost unique in Liguria. This lush, solitary landscape, alternating flat and craggy stretches, is interrupted here and there by small villages and crisscrossed by a maze of dirt tracks and paths that cry out to be explored. It is the only place in Liguria you can find plant and animal species like Campanula isophylla, with its bright blue flowers, and Lacerta ocellata, the largest European lizard.





# Rocks, bridges and caves The most famous

climbing wall in the Finale Ligure area is undoubtedly the Corno Rock (313 m), next to the Ponte delle Fate (Fairy Bridge), the first of the five second-century Roman bridges crossing the Ponci Valley (Vallis Pontium) on the Via Julia Augusta, built by the Romans in 13 BC. The Roman road connects the Manie Plateau, with its rosemary hedges. lavender, holm oaks and juniper bushes, to the wonderfully scenic Capo Noli headland (267 m). The karst network of underground streams has created many caves, the most famous of which are the Arma delle Manie (Manie Cave), which was inhabited in prehistoric times, and the Caverna delle Fate (Fairy Cave). The paths of this small,

untamed region are well suited to exploration on horseback.

#### **Voze and Tosse**

The two hamlets of Tosse and Voze are immersed in the maquis that covers the hills behind Noli, surrounded by olive groves. The air here is perfumed with the scent of broom and the strips of land are planted with rows of vines. In Roman times the Via Julia Augusta passed this way and its traces can still be seen in the woods and between the houses.

#### **Vezzi Portio**

Six hundred inhabitants scattered amongst small villages, clinging to terraces covered with olive groves, vineyards and maquis. This is Vezzi Portio, in the wild inland area of Finale Ligure. It is

made up of four villages, San Giorgio, San Filippo, Portio and Magnone, where the town hall is located. The hamlets offer views ranging from the bell tower of the neighbouring village to the rocky cliffs much beloved by climbers. History left many traces here, including the Porta di Spagna (Spanish Gate), a border station on the edge of the Marquisate of Finale Ligure, which belonged to the Spanish crown in the seventeenth century.

#### **Calvisio**

There are two different parts of Calvisio; in the recent one at the valley floor there are the nice San Cipriano church built in 1930 in neo-Romanesque-Gothic style and Villa Buraggi built in the XIX century in Ligurian style and

adorned with Renaissance statues on the remains of an ancient building. On the right orographic of Valle di Pia there is the ancient Calvisio, that is called "Lacremà" (perhaps from "cremare" that is cremate, burn, for a fire that destroyed the village centuries ago). Here there are the "casazze", big houses built in Finale stone, and the ancient deserted San Cipriano church, one of the oldest of the area of Finale, built on the foundation of a roman vicus perhaps. Its XIII century belfry, in perfect Romanesque style, is one of the oldest of Finale.

#### **TASTE, DISCOVER, SLEEP**

#### **Hill above Noli**

#### Agriturismo Costamagna Fabiano

reg. Bricco 3, Tosse Ph. 328 2948308

#### B&B Cà de Badin

via Canepa 8/11, Tosse Ph. 019 747954 347 2638580

#### Hotel Ristorante El Sito

via la Malfa 2, Voze Ph. 019 748107 www.elsito.it

#### Ristorante Affittacamere Osteria N. 1

(with rooms) strada Romana 1, Voze Ph. 019 748625

#### Ristorante Affittacamere Il Paradiso di Manù

(with rooms) regione Chiariventi (Strada Provinciale della Pineta) 35 Ph. 019 7490110 www.paradisodimanu.it

#### **Ristorante Lilliput**

regione Zuglieno 49, Voze Ph. 019 748009

#### Ristorante Pizzeria Belvedere

strada Romana 2, Voze Ph. 019 748902 www.pizzeriabelvedere.it

#### Ristorante Passu du Ventu

strada Romana 10, Voze Ph. 349 2958049 347 2206878

#### Trattoria Vichi

via Guardia 9, Tosse Ph. 019 747875

#### **Vezzi Portio**

**Town Hall** Ph. 019 7428000 www.comune.vezzi-portio.sv.it

#### Appartamenti per Vacanze Pastorelli Simona

(holidays apartments) via San Giorgio 27 Ph. 349 2961932

#### B&B Il Nido del Gufo

case Sparse - Villa 1, San Giorgio Ph. 019 7428005 349 4738576 www.bebarcobaleno.it/ schede/gufo.htm **B&B Pietre Antiche** 

#### via Magnone 17 Ph. 345 5178651 pietreantiche.vezziportio@ qmail.com

Locanda Cà de Rusitta

via Bassi Inferiore 4 Ph. 019 742219 www.caderusitta.it

#### Locanda Le Petit Château

via Finale 22, loc. Bricco Luere, Ph. 019 742286 www.lepetitchateauonline.com

#### **Museo delle Api** (Bee Museum) at San Giorgio

Ph. 019 6043921, 6043926 www.museodelleapi.it

#### Osteria dei Funghi

via Portio 69 Ph. 019 742028

#### Ristorante II Melograno

via Spotorno 14 Ph. 019 742103, 340 8323354

#### Le Manie

#### Affittacamere Villa Paradiso

(rooms) via Manie 71 Ph. 019 682437 335 5290107 www.hotelrosita.it

#### **Agriturismo La Realidad**

via Manie 53 Ph. 019 600455 www.larealidad.it

#### **Aariturismo Simone**

via Manie 64 Ph. 019 6049073 335 6566451

#### Antica Trattoria Le Terrazze sul Mare

via Manie 65, Ph. 019 601243

#### Azienda Agricola Gli Aromi

(farm) loc. Isasco 3

#### Azienda Agricola Terre

Rosse (farm, "vermentino" wine)

loc. Manie, Ph. 019 698782

#### **B&B Cà Datu**

loc. Manie 10 Ph. 019 6988010 www.cadatu.com

#### **B&B Casa Saracena**

via Manie Gre 3 Ph. 019 603143 348 3442906

#### **B&B II Giardino**

strada di Isasco 40 Ph. 019 6988437 329 3936508

marcel.lambert@alice.it

Camping La Foresta

#### loc. Manie. Ph. 019 698103

**Camping San Martino** loc. Manie, Ph. 019 698250

# www.campingsanmartino.it Camping Terre Rosse

loc. Manie 40, Ph. 019 698473 www.terrerossecamping.it

#### Hotel Ristorante Altopiano

e Trattoria Ferrin

loc. Manie 12, Ph. 019 698080

#### **Hotel Ristorante La Gioiosa**

via Manie 53 Ph. 019 601306 www.lagioiosahotel.it

#### **Hotel Ristorante Rosita**

via Manie 67 Ph. 019 602437 www.hotelrosita.it

#### Osteria del Bosco e B&B Le Camere del Bosco

loc. Manie, Ph. 019 698197

Osteria della Briga

#### loc. Manie, Ph. 019 698579 Osteria La Grotta dell'Arma

loc. Manie, Ph. 019 698457 www.trattorialagrotta.net

#### Ristorante Agriturismo La Selva

loc. Selva, Ph. 019 6988320
Ristorante Uliveto

# **della Selva** loc. Selva, Ph. 019 6988240

**Trattoria del Falco** via Manie 53, Ph. 019 601311 www.trattoriadelfalco.it

#### Trattoria Gambero Verde

loc. Manie 2, Ph. 019 698483

#### Vignaiolo Paolo Granero

(wine, oil and capers) via Manie 47, Ph. 019 600658

#### Calvisio

loc. Verzi 18

#### **Agriturismo Barilaro** loc. Verzi, Ph. 019 603111

www.agriturismobarilaro.it **Agriturismo La Fontana** 

### Ph. 019 603330

**Agriturismo Valle Ponci** via Valle Ponci 22, Verzi Ph. 019 9966569 329 3154169

www.valleponci.it

#### B&B Lacremà

loc. Calvisio Vecchio 21 Ph. 019 601462, 340 8703556 davide.justine@alice.it

#### Eurocamping Calvisio e Residence Giuele

via Calvisio 37 Ph. 019 601240 www.eurocampingcalvisio.it www.ilvillaggiodigiuele.it

#### Pizzeria Cornei

via Calvisio 137 Ph. 019 699254

#### Ristorante Inegaggie

piazza Inegaggie 5 Ph. 019 600820







# AQUILA AND PORA VALLEYS

#### **Rocks and vineyards**

It is a geologic paradise, with Aquila Valley vertical climbing rocks and deep gorges that attract climbers from all over the world. Thick woods cover Pora Valley relieves; this valley produces alternative energy thanks to the Aeolian Park at Pian dei Corsi and special delicious wines.





# **Finalborgo**Finalborgo is not a

municipality, or even an

outlying administrative

with the villages of

to form the almost

district of one. It merges

Finalpia and Finalmarina

inseparable municipality of Finale Ligure. It is an ancient settlement with a rich historical, artistic and architectural heritage. It has no coastline, despite being practically a stone's throw from the sea. It appears on the Peutingerian Table (map of the Roman Empire) as Pollupice, and was originally a vicus ad fines (border village) of the Roman town of Vada Sabatia. During the early Middle Ages it lay on the border between the Marca Aleramica and the Marca Arduinica. In the thirteenth century it passed under the control of the Del Carretto Marguises, imperial landowners connected with the Sforza family of Milan. The ensuing centuries brought great splendour to the Marquisate of Finale Ligure. In 1598 it was sold to the Spanish crown and came under Genoese rule in 1748. The walls, palaces, churches, Porta Reale gate with the octagonal bell tower of San Biagio, and Porta Testa gate all date back to the period between 15th and 18th century. Local history is preserved in the Civic Museum, housed in the Convent of Santa Caterina. The paved

pedestrian streets of the village are lined with craftsmen's workshops, art galleries, bakeries selling farmhouse bread, trattorias and bars. Half-closed gates offer glimpses of large rural courtyards and gardens with lemon trees, which would have delighted the Italian poet Eugenio Montale. High above the walls and roofs of the village is Castel San Giovanni, a blend of medieval and Spanish architecture, which marks the start of the Strada Beretta, the road that connected Finale Ligure to the Spanish possessions in the Milan area from 1666. Further up are the ruins of Castel Gavone, a Lombard-style military and residential building. Today Finalborgo belongs to the "Most Beautiful Villages in Italy" Club.

#### Perti

It has roman origin (there is a IV/V century a.C. Necropolis) and it has developed as a quiet hill village in the shade of Castrum Perticae (now hidden by the vegetation of Sant'Antonino rock). In Perti there is one of the oldest churches of Finale, consecrated to Sant'Eusebio; not far there is Our Lady of Loreto chapel, a Renaissance late Gothic building, like Portinari chapel in Milan, commonly known as "church of the five belfries". Perti is well

known among climbers all over the world as it is the starting point of some of the most beautiful climbing rocks of the area of Finale.

#### **Calice Ligure**

# A stone's throw from the sea The 1500 inhabitants

of Calice Liqure breathe cool country air, despite being just a stone's throw from the sea of Finale Liqure. Calice is a peaceful village graced by elegant Renaissance and Baroque churches and narrow streets and squares lined with colourful, decorated palaces. It overlooks the Riviera and backs onto the woods of the Pora Valley that run from the maguis of the village of Eze to the pine groves of the hamlet of Carbuta, the site of a 220-year-old monumental holm oak. Beyond Carbuta the road climbs up towards the solitary Chapel of San Rocco in the woods, and then on to the beech woods of Pian dei Corsi, with their wide views, soaring birds of prey and the revolving turbines of a wind farm.

# Painting and contemporary art

Calice was the home of the painter Emilio Scanavino, who opened his home to many twentieth-century artists, transforming the village into a miniature art capital. The "Remo Pastori" Civic Collection

of Contemporary Art is on display at the Casa del Console museum.

#### Rialto

#### The town of murals

Rialto is a small farming village at the head of the Pora Valley. Its 500 inhabitants live in small groups of houses scattered around the terraced vineyards and olive groves. The history and legends of the village are depicted in colourful murals around the square of the Romanesque Church of San Pietro.

# Peasant culture and silver

The small Museo della Civiltà Contadina (Peasant Culture Museum) displays the agricultural tools and illustrates the traditions of the Upper Pora Valley. The treasures housed in the local churches recall the time when silver, lead, iron and gold were mined in Purin, towards the Melogno Pass.

#### **Orco Feglino**

# A bunch of grapes, a pine tree and a tower...

...all feature in the coat of arms of Orco Feglino, a municipality with 800 inhabitants in the Finale Ligure area. It is made up of several hamlets in the upper valley of the River Aquila, with fine views over the lonely, unspoilt Cornei Valley. Terraced roofs, a common Mediterranean

feature around Finale Liqure, are present here too. Feglino is situated next to the motorway, with its imposing Church of San Lorenzo and redroofed houses. Above the motorway is the white church of Santa Maria Ausiliatrice, with the nearby Cappella dell'Apparizione (Chapel of the Apparition), whilst the hill that dominates Orco is the site of the ruins of the ancient castrum Orchae and a tenth-century tower. Not far away is the Romanesque-Gothic country Church of San Lorenzino with fifteenth-century frescoes. Boragni is a country village enclosed by tall fortifications and crossed by a covered vaulted street. At Christmas the charming old town of Feglino is enlivened by the living nativity scene staged by its inhabitants.

#### Wine, oil and peaches

The area of Orco Feglino produces Lumassina and Barbarossa wines, olive oil and peaches. The trattorias serve ovoli mushrooms on vine leaves and peaches in Lumassina wine.

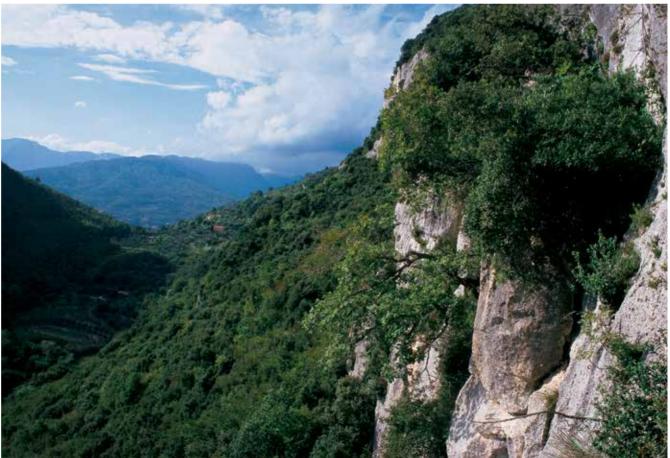
#### **Rocky paths**

The wild, unspoilt Aquila Valley is crisscrossed with evocative paths and its rock faces are a magnet for free climbers from all over the world. The Monte Cucco practice wall is very famous.

#### Gorra

Surrounded by olive trees and vineyards, in a nice panoramic position along the road that goes up Melogno pass, Gorra is a country village characterized by the XIV century belfry of the deconsecrated Saint Bartholomew church; to notice also the Medieval colonnade of the central square, near the church.





#### TASTE, DISCOVER, SLEEP

#### **Finalborgo**

**Agriturismo A Cà di Alice** loc. Sanguineo 59 strada per Feglino Ph. 019 680160 349 5576285

**B&B L'allegra Brigata** loc. Aquila 2

Ph. 333 9077436 **B&B Letti al Castello** 

piazzetta Meloria 4/1 Ph. 019 695056, 347 7801622

B&B Pernambucco

via Aquila II 5 Ph. 328 9423822 www.pernambucco.com

Casa per Ferie Monastero Domenicano Santa Rosa

(holiday home) via Brunenghi 170 Ph. 019 690588

Casa per Vacanze Ca' di Ni (apartments) via Lancellotto 15 Ph. 019 6898268 www.cadini.eu

**Casa per Vacanze Sul Borgo** (apartments) via Oddone Pascale 14

Ph. 347 2906798 www.casavacanzesulborgo.com

Hotel Alle Vecchie Mura via delle Mura 1 Ph. 019 691268 www.allevecchiemura.it

Hotel Ristorante Florenz via Celesia 1. Ph. 019 695667

www.florenzhotel.it **La Tana del Borgo**(wine shop)

via dell'Annunziata 2 Ph. 392 0237131

Museo Archeologico del Finale

(Archeological Museum) Chiostri di Santa Caterina Ph. 019 690020 www.museoarcheofinale.com

Osteria Ai Cuattru Canti via Torcelli 2. Ph. 019 680540

Pizzeria Ristorante

Da Tonino 2

via Cavassola 2 Ph. 019 6898382

Ph. 019 690445

**Ristorante Ai Torchi** via dell'Annunziata 12 Ph. 019 69053

Ristorante Due Fontane
via Cavasola 4. Ph. 019 690329

**Ristorante L'Orso Poeta** piazza Aicardi 21

Ristorante II Castello

piazza del Tribunale 8 Ph. 019 692474

Ristorante Ü Recantu da Ciassa

via Brunenghi 297 Ph. 019 695695

Settanta

(beerhouse, cooking) via per Gorra 10 Ph. 019 695683 **Spaghetteria** 

Sotto il Santo piazza Garibaldi 7 Ph. 019 680087

**Tia Pepa** (beerhouse) via G. Nicotera 25 Ph. 392 3654075

**Trattoria Au Quarté** via Fiume 40

Ph. 019 690300 **Trattoria Invexendu** 

piazza del Tribunale 1 Ph. 019 690475

**Trattoria La Locanda di Lò** piazza Santa Caterina 13 Ph. 019 693202

# San Bernardino and Monticello

**Agriturismo I Lamoi** loc. Chiappe 2, Monticello Ph. 019 690327

328 3780206 www.ilamoi.it **B&B II Focolare** 

loc. Chiappe 6, Monticello Ph. 019 692573 347 2349463

**B&B Sho Mon** via San Dalmazzo 3 Monticello

Ph. 019 691645 329 2118599 www.shoomon.it

**B&B Villa Villacolle** 

via A. Vespucci 43 road to San Bernardino Ph. 019 6898176 338 1685083 www.villacollefinaleligure.it

Casa per Vacanze II Borgo (apartments) via Bove 3 San Bernardino Ph. 019 694183 329 2153950 www.residenceilborgo.net

Trattoria Beppe
con camere
(with rooms) loc. Bricco
Ph. 019 691622

**Trattoria Cucco** loc. San Bernardino 9 Ph. 019 691267

#### Perti

Affittacamere Ai Cinque Campanili

(rooms) contrada Bolla 26 Perti Alto, Ph. 019 680482 www.affittacamere-liquria.com

Agriturismo Rocca di Perti loc. Chiazzari

Ph. 019 695513, 389 8166170 www.laroccadiperti.it

**Apicoltura Fernandez** (honey) via Calice 186

Ph. 019 687042

**Azienda Agricola Paganini** (farm) loc. Chiazzari 15

(farm) loc. Chiazzari 15 Ph. 019 6816208 335 211931 B&B Ca' di Giulia

contrada Valle 12 Ph. 019 6898232, 393 4111873

**B&B II Pozzo e il Melograno** via Calice 41, Ph. 019 680499 347 2414683 www.ilpozzoeilmelograno.it

B&B Villa Sacone

via Calice 40/3 Ph. 393 5029238

Casa per Vacanze L'Azienda di Famiglia

(apartments) strada Privata dei Cipressi 8 Ph. 019 692193, 393 9549440

**Osteria con Cucina Antica** piazza Martiri di Perti 4 Perti Alto, Ph. 019 690609

**Osteria del Castel Gavone** piazza Martiri di Perti 8 Perti Alto, Ph. 019 6898118 www.osteriadelcastelgavone.it

Bastian Contrario via Calice, Ph. 019 692750 Ristorante La Francesina via Maestri del lavoro d'Italia 13,

Ristorante Pizzeria

Perti, Ph. 347 4021601

Società Ippica Finalese
(horse club) via Calice

www.societaippicafinalese.it

#### **Calice Liqure**

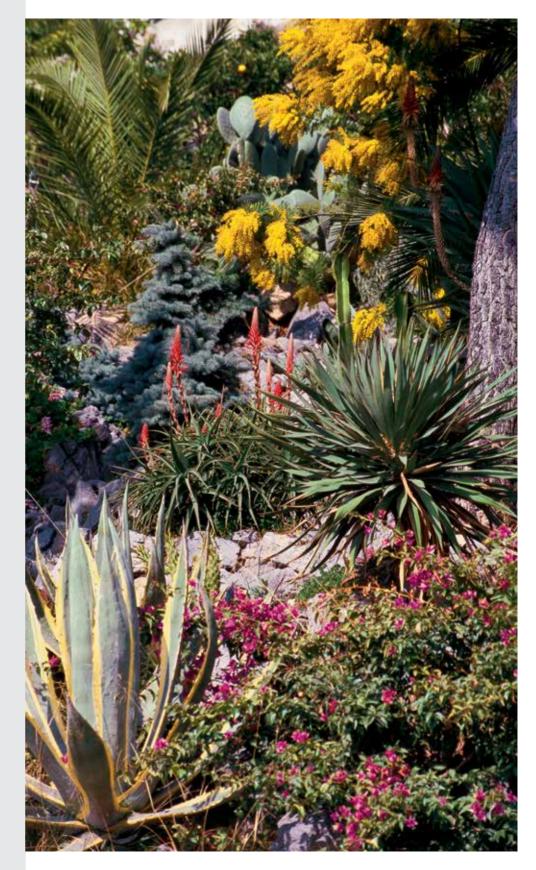
Ph. 019 2043886

**Town Hall** Ph. 019 65433 www.comune.calice-ligure.sv.it

Affittacamere Trattoria

Piemontese (rooms)

piazza Massa 4 Ph. 019 65463 **Agriturismo A Cà Vegia** loc. Inobricco, 1 km from Calice towards Carbuta Ph. 338 4534444 www.acavegia.com



Agriturismo II Cerro loc. Cerro. Ph. 019 65524

Associazione Culturale e Ostello Semi di Crescita

(courses of Ayurvedic yoga and other similar branches) loc. Lodola, Ph. 348 7840956 www.semidicrescita.it

#### B&B 52

via Vecchia 52 Ph. 019 65739, 348 5651321 cikala2002@libero.it

B&B EzeFreeride

via Massa 109 Ph. 019 65932, 347 0460577 www.ezefreeride.com

B&B Filosofia della Quotidianità

(sauna, library, wi-fi) loc. Ramata 1 road to Carbuta Ph. 019 65976, 348 5100524 www.filosofiadellaquotidianita.it

**B&B Giucalù** 

loc. Cà de Boretti 11 Carbuta, Ph. 019 65477 338 9513663, www.giucalu.it

**B&B La Bibliothèque** 

loc. Prà 1 road from Carbuta to Feglino Ph. 019 65795, 328 5833362 iodamassa@libero.it

B&B La Costa

loc. Costa 4, from via Vene Ph. 019 65769, 333 5997512 beblacosta@libero.it

B&B Nelly G.

via Canto di Sopra 26 Ph. 019 65331, 339 1033897 www.bbnellyq.com

Casa per Vacanze San Pantaleo

(apartments) loc. Cerro, Ph. 347 9352626 www.casavacanzesanpantaleo.com

Museo d'Arte Contemporanea Casa del Console

(Modern Art Museum) via Roma 61 Ph. 019 65433 (Town Hall)

Osteria du Casè

via Trincheri, towards Carbuta Ph. 019 65639

Piccolo Bar Pizzeria

piazza Cesio 12 Ph. 019 65432

Pizzeria Lo Spigo

via Emo Trincheri 7 Ph. 019 65336

Rifugio Giuseppe Siri

(excursion chalet) loc. Rifugio Ph. 019 65656 (Town Hall) Ristorante Al Tre

piazza IV Novembre 3 Ph. 019 65388

**Ristorante Barabba** via Vecchia 59

Ph. 019 65739

**Ristorante Sciamadda** via Vecchia (via alla Chiesa) 67

Ph. 019 65648 **Ristorante Sotto la Quercia** 

piazza Paolo Cappa 3 Carbuta, Ph. 019 65649

Rialto

**Town Hall** Ph. 019 65114 www.comunedirialto.it

**Agriturismo Del Ponte** via Ferriera 5, Ph. 019 65110

Agriturismo La Cà dell'Alpe

via Alpe 6, Ph. 019 688030 www.agriturismofinaleligure.it

Agriturismo Podere Bricchetto

(oil, cheese, fruit) via Melogno 14 Ph. 019 65146 www.agriturismoriviera.it

L'Osteria della Ribotta

via Sferisterio 5 Ph. 019 688010

Osteria del Din

via Pian dei Corsi 1, Melogno, Ph. 019 64184, 347 478878 338 6861266

Museo della Civiltà Contadina

(Country Culture Museum) via Benso 5, loc. Chiesa Ph. 019 65114 (Town Hall)

Vivaio forestale e Rifugio Pian dei Corsi (nursery garden and

excursion chalet)
road from Carbuta to
Melogno
Ph. 019 65114 (Town Hall)

**Orco Feglino** 

**Town Hall** Ph. 019 699010 www.comune.orcofeglino.sv.it

Affittacamere Giovanni Bonora

(rooms) via Aquila 2, Feglino Ph. 019 699107

Agriturismo Aspettando il Sole

via Concezione 3, Feglino Ph. 019 699146 www.agriturismoaspettandoilsole.it Agriturismo Cà Magli

via Boragni 3, Ph. 019 699319 **Agriturismo Cascina Strà** 

loc. Cascina Strà Ph. 019 699371, 348 8741992 www.cascinastra.it

Agriturismo Da Beppe e Lucia

via San Giacomo 33, Feglino Ph. 019 699318

Agriturismo II Bandito e la Principessa

loc. Bricco, Ph. 019 6994407 348 2790154

www.ilbanditoelaprincipessa.it

**Bar La Scaletta** piazza Durante

B&B Cascina del Groppo

via Caviglia 23 Ph. 348 7247816

www.cascinadelgroppo.com **B&B Rubando le Nuvole** 

via Condera 18 Ph. 019 699140, 348 7032701 www.bebrubandolenuvole.it

Locanda Ristorante Borgo Antico

via San Giacomo 17 Feglino, Ph. 019 6994405 www.locandaborgoantico.com

Locanda Ristorante Del Rio

via Aquila 6, Feglino Ph. 019 699011

Ristorante La Sosta

(with rooms) road to Orco 1 Bonomi, Ph. 019 699195 www.lasosta.liguria.it

**Ristorante Da Anna**via Cristoforo Colombo 4

Feglino, Ph. 019 699040 **Ristorante Il Portico** 

via San Rocco 22, Feglino Ph. 019 699207 www.ilportico-feglino.it

**Ristorante Pizzeria Il Rifugio** via San Lorenzino

Ph. 019 699311

Ristorante Pizzeria

**La Fornace** via Aquila 15, Ph. 019 699271

Gorr

**Agriturismo Da Mario** loc. Valgelata 13

Ph. 019 696322 www.agriturismodamario.com

B&B I Campi di Lino

loc. San Lazzaro 23 near Finale Ligure tollbooth Ph. 019 696167 346 9760053

**B&B L'Erica** 

piazza Annunziata 3 Ph. 329 3348943

B&B Propofol e Guanciali

via Contrada Bracciale 32 Ph. 328 5669583 quanciali@tiscali.it

Frantoio da olive Folco

(oil mill) piazza Annunziata 10 Ph. 019 696025

Osteria dell'Agorà

piazza San Bartolomeo 13 Ph. 019 696263

Osteria del Tempo Perso

via Provinciale 7 Ph. 019 696093

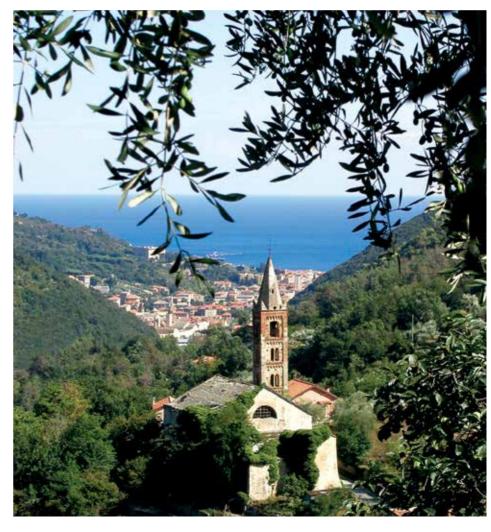
Pizzeria au Gumbu

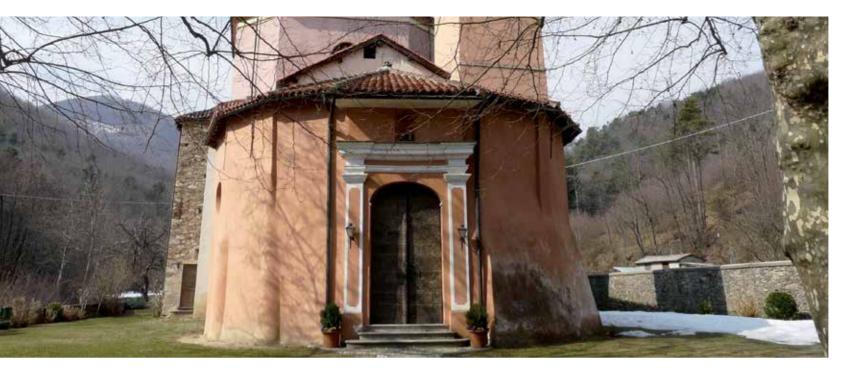
piazza Annunziata 5 Ph. 019 696025

Ristorante Cà del Moro

via per Calizzano 34 Ph. 019 696001 www.cadelmoro.com







# THE BORMIDA DI MÀLLARE AND BORMIDA DI PÀLLARE VALLEYS

#### A world of beech trees

The two valleys of the minor Bormida rivers – the Bormida di Màllare and Bormida di Pàllare – remind us of how Italy and Europe must have looked until the Middle Ages: a succession of majestic forests, where gigantic beech trees give way to chestnuts and willows and alders grow along the banks of little lakes. The forests are inhabited by wild boar, roe deer and hawks and dotted with farming villages, offering hospitality, food and rest to travellers and pilgrims.





#### **Bormida**

# Up where the river is born

Logically enough, several of the numerous sources of the River Bormida are located in the municipality of Bormida. It is said to be the greenest in Italy, with almost 500 inhabitants in an area of wooded hills crisscrossed by paths and mountain streams, populated by wild animals and boasting extensive panoramic ridges, typical of the entire valley. Cascina Piagna, above Pian Soprano, is a wildlife centre with an environmental education workshop. The ridge facing Osiglia houses a modern wind farm, where the sails of a gigantic twenty-firstcentury windmill turn in the air, in the best Don Quixote tradition.

# History has left its mark

Leaving behind the red Palazzo della Ferriera in Pian Soprano, where the iron imported from Elba was once worked, visitors encounter the Napoleonic trenches on Mount Ronco di Maglio and the Strada della Regina (Queen's Road). Its name commemorates Margarita Teresa, the daughter of Philip IV of Spain, who passed through here on the occasion of her marriage to the Austrian Emperor Leopold I in 1666.

#### Mouthwatering...

...is the only way to describe fazéni, little potato flat breads cooked on the stove and drizzled with oil and garlic. They are a speciality of these valleys often eaten with local honey, fruit, mushrooms and chestnuts.

#### **Màllare**

# Peasant culture and natural resources...

...are the chief attractions of Màllare, an elegant, colourful village with 1,300 inhabitants in the Upper Bormida Valley, which gives its name to one of the three head branches of the river. Màllare grew up along an ancient salt route and shared the common destiny of the region during the feudal period.

# History told by churches

Traces of Màllare's past can be seen in the picturesque narrow streets of its historic district and the medieval Casa del Conte, the residence of the Del Carretto family. Several fine country churches can be found outside the village, in particular the Santuario dell'Eremita (Sanctuary of the Hermit) - built around 1000 AD on a pre-existing pagan building - and the twelfth century Fornelli Abbey, in Lombard Gothic style, which is more easily reached from Pallare.

# The Benevento beeches and the Piantelli Ironworks

The Màllare Forest boasts a splendid beech wood, whose solemn and majestic trees are much admired and respected by visitors. Four of them are listed as monumental trees in Liguria, and their trunks have a circumference of almost eight metres. Another monumental tree – a 150-year-old arborvitae – stands by the striking ironworks in Codevilla,

where the iron imported from Elba, unloaded in Finale Ligure and brought here by mules was worked from the fifteenth century onwards. Next to the ironworks is an elegant manor house with a seventeenth century family chapel.

#### **Pàllare**

#### A landscape dominated by chestnut and fir trees...

... and populated by the 900 inhabitants of Pallare. on another head branch of the River Bormida. Pàllare has Roman origins and became an independent municipality in 1795, just in time to be traversed and sacked by Napoleon's troops. Five sculpted rocks in the Biestro Forest are known as "Napoleon's Stones" and may have been gun pits or the bases for a bridge. The rock carvings on the road to Bric della Costa, on the other hand, are much more ancient.

#### Art and science

Is Pàllare a town of astronomers? Perhaps not, but the sundials painted on the walls of its rural houses are an interesting testimony of art and science.

#### **Green giants**

Sparse pastures, a few hamlets and woods: this is Pàllare, home to bizarre, curious trees, like the six monumental beeches that have grown up together with a hop hornbeam on the ruins of the Notola Farm in the Upper Biestro Valley. Or the almost

horizontal pine tree in Retano delle Surie, which has three younger pines growing out of its trunk.

#### The local cuisine

Pàllare's cuisine includes "lisotto" (a flat bread, cooked on the griddle

and served with various kinds of sweet and savoury sauces) and, more generally, inland Ligurian and Piedmontese dishes.

#### TASTE, DISCOVER, SLEEP

#### **Bormida**

Town Hall Ph. 019 54718 www.comunebormida.it

#### Bar del Lago

(buffet)

loc. Romana 6. Ph. 346 0565724

#### **Locanda Ristorante** La Casa del Viandante

via Piano Sottano 27 Ph. 019 54601

#### Trattoria Da Piero

via Piano Sottano 40 Ph. 019 54804

#### Trattoria Pizzeria Serena

via Piano Soprano 42 Ph. 019 54769

#### Màllare

Town Hall Ph. 019 586009 www.comune.mallare.sv.it

#### Abbazia di Fornelli

(abbey) strada provinciale Pàllare-Bormida, only on booking, FAI of Savona Ph. 019 829 895, 339 7471308

#### **Agriturismo II Frutteto**

loc. Cadotto 7, Ph. 019 586375

#### Ristorante All'Eremo

loc. Eremita 2/R Ph. 019 586402

#### **Ristorante Del Poggio**

via Poggio 4, Montefreddo Ph. 019 586079

#### Ristorante K3

loc. Acque 1, Ph. 019 586004 **Ristorante II Cadotto** 

#### loc. Cadotto 2, Ph. 019 586050

Ristorante La Lanterna

loc. Panelli 5, Ph. 019 586300

#### Ristorante Pizzeria Mediterranea

viale Luigi Corsi 40 Ph. 019 586296

#### Trattoria II Pozzo

loc. Fucine 2r Ph. 019 586044

#### Trattoria Pizzeria La Ferriera

loc. Ferriera di Codevilla Ph. 019 586210

#### **Pàllare**

Town Hall Ph. 019 590250 www.comunedipallare.it

#### Affittacamere La Fenice

(rooms) via IV Novembre 18/2 Ph. 347 3015706 lafenice.a@gmail.com

#### **B&B Le Stanze del Moro**

(oenogastronomic) via XXV Aprile 17 Ph. 019 590113, 339 2737570 info@lestanzedelmoro.it

#### Cascina del prato

(games for children. swimming pool, restaurant) via Mallarini 24, Ferriera Ph. 347 4962175 www.lacascinadelprato.it

#### Osteria San Lazzaro **Pescatore**

loc. Fornelli 1 Ph. 019 590313

#### Ristorante Pizzeria La Forchetta d'Oro

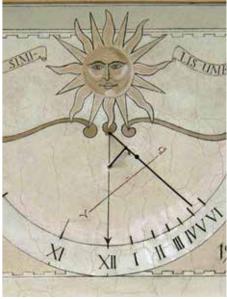
via Contei 14 Ph. 019 5905022

#### Trattoria da Franca

piazza S. Margherita 8, Biestro Ph. 019 590296









# THE BORMIDA DI MILLESIMO VALLEY

#### The Riviera with a Piedmontese flavour

Millesimo is one of the numerous Bormida valleys that form the backbone of the Savona Apennines, and it has close geographical and historical links with Piedmont. There is a flavour of Piedmont in the area's dialects, cookery and sporting traditions. It blends perfectly with the scent of the Ligurian sea air, which rises from the dividing ridge, carried by the marin, the warm, salty wind that gives the wild mushrooms of this valley their particular aroma.



#### **Millesimo**

# One of the most beautiful villages in Italy

This is not just a figure of speech: Millesimo, a Roman town on the Via Aemilia Scauri with 3,300 inhabitants, belongs to the "Most Beautiful Villages in Italy" Club. A stroll around its streets will enable visitors to see its palaces, castles, bridges and churches.

# A castle, a bridge, a square and a sundial...

Millesimo's medieval heritage can still be seen in the ruins of its castle, perched on the hill, and many details of its houses, such as massive wooden beams, low arcades and stone portals. Enrico II Del Carretto made it the mountain capital of his marquisate, boosting its growth. The Parish Church of the Annunziata and the watchtower on the arch of the thirteenth-century Gaietta Bridge both date back to the fifteenth century. The beautiful sixteenth-century square is the site of the turreted palace of the Del Carretto Marquises, housing the town hall, and featuring one of the finest and most complete sundials in Northern Italy.

#### ...and a few churches

Millesimo's two most evocative churches are also well worth a visit: the medieval Romanesque Parish Church of Santa Maria Extramuros and, on the road leading to Cengio, the former Cistercian Monastery

of Santo Stefano, It was built in 1211 and converted into a private home at the beginning of the twentieth century. and has a tower by Gino Coppedè and several interesting frescoes. The round dome of the solitary eighteenthcentury Santuario della Madonna del Deserto (Our Lady of the Desert Shrine) stands out above the woods of the upper valley, a few kilometres above the village.

# Napoleon and his museum

The Museo Mineralogico (Mineral Museum) and the Museo Napoleonico (Napoleonic Museum) are housed in Villa Scarzella, which was built near the castle during the twentieth century.

# Protected nature and prehistory...

The area between Millesimo and the Santuario della Madonna del Deserto is the starting point for paths that cross the protected areas of the Tre Re Valley and the Bric Tana, part of a regional park with characteristic karst formations, caves and sinkholes. Excavations near the "Tana dell'Orpe" cave have uncovered a rare Ligurian Bronze-Age settlement, not far from a group of menhirs with rock engravings.

#### **Gourmet Millesimo**

Millesimo's vicinity to Piedmont can also be deduced from the fact that it holds an annual fair in honour of white truffles, for the quality of the local specimens rivals those of Alba. Gourmet specialities of the Bormida Valley include raw salami, fazzini (potato bread) and frizze (a local tasty salami) and rice and leek tart. It is impossible to quit Millesimo without some Millesimini, little chocolates filled with rum, sweet and strong at the same time.

#### **Plodio**

#### The Farmer's Festival

This is the annual event that best describes the agricultural character of Plodio, a small village with 500 inhabitants on the watershed between the Bormida di Millesimo and the Bormida di Pàllare Valleys. It has a long history: rock engravings at Bric della Colla testify to man's presence in the area since the Bronze Age. Plodio subsequently followed a similar course to that of its neighbours in the valley, passing from the Del Carretto to Savov Marquises. The distant peaks of the Alps can be admired from the Chapel of Sant'Anna e Santa Lucia on the hill.

#### Sport and good water

Plodio's woods are ideal for walking as they are crisscrossed by paths shaded by trees and accompanied by the murmur of streams. The thick vegetation between Plodio and the road between Càrcare and Biestro is the location of the Sieizi Spring, which is renowned for the diuretic properties of its waters.

The surrounding woods offer boletus and ovoli mushrooms, and even truffles.

#### Cosseria

# A ruined castle in the woods

Cossèria, mentioned in a diploma issued by Emperor Otto I in 967 a.C. under the name Crux Ferrea, has now 1,000 inhabitants. It boasts the ruins of a medieval castle surrounded by a silent, evocative wood offering wonderful views over the Maritime Alps and the Langhe. The paths around the village are ideal for horseback or mountain bike excursions.

# Napoleon's battle and Napoleonic events

Cossèria is best known for the battle between the voung general Napoleon Bonaparte and the Austrian and Savoy army, which took place on 13 and 14 April 1796. Following his victory at the Battle of Cossèria, Napoleon began his glorious yet tragic imperial adventure, which ended at Waterloo twenty years later. The battle inspired Giosuè Carducci's bold verses of the poem entitled La Bicocca di San Giacomo. In Cossèria the Napoleonic vicissitudes of two hundred years ago are commemorated with celebrations and costume re-enactments. accompanied by exhibition and conferences.

#### **Quassolo Castle**

At the turn of the twentieth century Liguria's rich and noble families enthusiastically built elegant and bizarre buildings ("castles") in Art Nouveau or eclectic style in towns as well as in the country. Quassolo's Piantelli Castle is one of the best examples in the region and its park is an interesting natural area, containing many tall trees and wild animals.

#### Cengio

#### "Cinglum"

Cengio owes its name to the "cengie", rocky spurs that break the profile of the lush, green hills. The original core of this municipality of 4,000 inhabitants is the old hamlet of Cengio Alto, a Piedmontese-style little hilltop village clustered around a ruined castle. Nearby is the hamlet of Chiesa, which was the original town centre. The modern centre, on the other hand, grew up along the river close to the border with Piedmont in the early twentieth century, following the valley's industrial development.

# Between Liguria and Piedmont

Cengio's chief sporting passion, like that of the entire Bormida Valley, is pallone elastico (elastic ball), a typical sport in western Liguria and lower Piedmont that combines strength, elegance and dexterity. It is played on special courts or, more informally, in the church squares. Additional traces

of Piedmont can be found in the local dialect, which is also influenced by Provençal, and the cuisine.

# Running and jumping in the woods...

...although not to escape from ferocious beasts or wicked witches. The fields and woods around the River Parasacco are crisscrossed by a fitness trail that enables healthy physical exercise to be enjoyed whilst learning the secrets and discovering the wonders of this small but untamed natural area.

# Christmas illuminations

For several years now Cengio has created an unusual illuminated nativity scene that is very popular with visitors.

#### Roccavignale

#### **Green Liguria**

Roccavignale is one of the greenest Ligurian municipalities in Italy's greenest province, with 75% of its territory consisting of woods and countryside. Its 700 inhabitants are the descendents of the medieval vine-dressers and the prehistoric Liqurians who erected the dolmen in Ghiare. They now live scattered in four ancient and panoramic hamlets at a short drive distance from the sea.

#### A majestic castle

The ruined castle of the hamlet of Vazèmola has been partially restored and is truly imposing. It dates back to the twelfth and thirteenth centuries and belonged to the powerful Del Carretto family. It stands below the village because the fiefdom of Roccavignale collected the transit tolls on the salt route. It is now the venue for evocative open-air shows and its imposing bulk can be admired from the motorway to Turin. Not far away from the castle, near Camponuovo, the three lakes of Dolmen delle Ghiare are ideal for sport-fishing.

#### **Baby Jesus is born**

A twenty-year tradition attracts thousands of people to Roccavignale each Christmas, when the village stages a huge living nativity scene for three days, featuring two hundred people.







#### TASTE, DISCOVER, SLEEP

#### Millesimo

**Town Hall** Ph. 019 564007 www.comune.millesimo.sv.it

# Affittacamere Relais del Monastero

(rooms) loc. Monastero 3 Ph. 019 5600050 338 7148072 www.relaisdelmonastero.it

Affittacamere San Rocco (rooms) loc. San Rocco 2/1 Ph. 019 564045, 329 6881835 affittacameres.rocco@tiscali.it

### Bar Ristorante Jolly Caffè

via Partigiani 50 Ph. 019 565322 jollycafe@tin.it

#### Bar Ristorante Pantarei Cucina

piazza Italia 52 Ph. 019 565968 www.pantareicucina.it

#### **B&B Santa Maria**

via Trento e Trieste 32/2 Ph. 019 564633, 338 5870317 www.bbsmaria.it

Cooperativa Allevatori Bestiame CAB (meat production and sale) via Trento e Trieste 139

#### at OK Market Foresteria del Bric Tana

(youth hostel) loc. Chiesa, Acquafredda Ph. 347 1204752 www.percorsionline.it

#### Hotel Ristorante La Gaietta

piazza Libertà 98 Ph. 019 565357, 333 2415618 www.hotellagaietta.it

#### Locanda dell'Angelo

via Roma 32 Ph. 019 565657

#### Miniarea di Sosta

(small rest areas) loc. Melogno, Acquafredda Ph. 019 564007

#### Museo Mineralogico e Museo Napoleonico

(Mineralogical and Napoleonic Museum) via Enrico del Carretto 29 Ph. 019 564007 (Town Hall)

#### Pizzeria da Nino

piazza Libertà 93 Ph. 019 564444

#### Ristorante Borgo Medievale

Piazza Italia 96 Ph. 019 5600111 333 2213134

#### Ristorante del Deserto

Santuario del Deserto Ph. 019 564022

#### Ristorante Msè Tutta loc. Monastero 8

Ph. 019 564226 msetutta1870@libero.it

#### Ristorante Pizzeria La Vecchia Fornace

piazza Ferrari 20 Ph. 019 565066 **Trattoria Nazionale** via Garibaldi 10 Ph. 019 565527

#### Plodio

**Town Hall** Ph. 019 519649 www.comune.plodio.sv.it

#### Locanda e Ristorante Della Fontana

loc. Piani 26, Ph. 019 511229 **Rifugio Casa dell'Olmo** (excursion chalet) loc. Giuli Ph. 019 511850 335 6126513

# **Ristorante Dal Tabacchino** via Piani 4, Ph. 019 518091 338 4924751

#### Cossèria

Town Hall Ph. 019 519608 www.comune.cosseria.sv.it

#### Affittacamere Cà der Mure

(rooms) loc. Mule 36/A Ph. 019 519490 339 3557604 suffiam@libero.it

#### Affittacamere Cà del Prino

(rooms) loc. Prino 105 Ph. 393 8441025 www.cadelprino.it

#### Eraldo Bergero

(meat sale) loc. Mussi 218 Ph. 019 519315

#### Ercole Pizzorno

(meat sale) loc. Bosi 18 Ph. 019 519610

# Hotel Ristorante

fraz. Bosi 12 Ph. 019 519615 www.alcastello.biz

#### Museo della Bicicletta

(Bike Museum) info at Town Hall Ph. 019 519608 ufficiostampa@comune. cosseria.sv.it

#### Ristorante II Casale

loc. Giunghi 287

#### Ristorante La Coccinella

Case Lidora 66 Ph. 019 5142050

#### Ristorante Pizzeria Le Quattro Ruote

fraz. Lidora 83 Ph. 328 4873499

#### Cengio

**Town Hall** Ph. 019 554035 www.comune.cengio.sv.it

#### Affittacamere Il Tempo Ritrovato

(rooms) via Valgelata 13 Ph. 339 4596824 www.tempo-ritrovato.it

### Affittacamere Blengio (rooms) piazza Stazione 2

(rooms) piazza Stazione 2 Ph. 019 555838 335 347747

# **Affittacamere Ristorante Il Cantuccio** (with rooms) via Valbormida 37, Genepro Ph. 019 555152

#### **B&B Dal Legatore**

via Valbormida 7 Ph. 339 2359360 mariarosafontana@libero.it

#### Ristorante Pappa e Buffa

via Valbormida 99 Ph. 019 4507083

#### Ristorante Bar Lucy e Charlie

via Padre Garello 52 Genepro, Ph. 019 554163 019 555319

#### **Trattoria Conca d'Oro** piazza IV Novembre 23 Rocchetta, Ph. 019 554229

#### Roccavignale

**Town Hall** Ph. 019 564103 www.comune.roccavignale.sv.it

#### Circolo Le Gere

(fishing in a lake) at Il Castello Ph. 348 7860609 www.laghideldolmen.it

#### Locanda Marchesi Del Carretto e Ristorante Laghi del Dolmen

via Val Zemola 95 Ph. 345 8828011 339 7408243 www.laghideldolmen.it

#### Rifugio Le Volte di Napoleone

(excursion chalet) via Nazionale 31 Ph. 019 5684000 393 3305772









# ALTA VAL BORMIDA

#### **Nearly alpine lakes and woods**

Upper Val Bormida of Millesimo presents landscapes, colours, scentes and climates more similar to the ones of Maritime Alps than to the ones of nearby Ligurian Apennines. Here you can find mushrooms in the beech woods, big tasty chestnuts, cows at pasture, lakes for fishing, villages often white with snow, fresh summer nights lit up by stars.





#### Osiglia

A village and a lake The 500 inhabitants of Osiglia, who live on the shores of a striking, deep, artificial lake, are descended from pre-Roman ancestors. Although it was necessary to flood part of the village for its dugging in the 1930s, this lake is perhaps the most beautiful in Liguria, with an elegant Swiss air that would not look out of place amongst the mountains of Lucerne. It hosts international rowing and canoeing events, fishing contests and a costume regatta aboard homemade craft. Visitors can walk along the lakeside path or cross the Manfrin Bridge that divides it in two. The many churches scattered around its hamlets include the Magione ("Manor") of San Giacomo in Ronchi, which belonged to the Templar Knights before being entrusted to the Knights of Malta.

#### Murialdo

#### **Murus Altus**

Five hamlets with a total population of 900, and other now-abandoned villages in the woods of the Upper Bormida di Millesimo Valley. This is Murialdo, the ancient Murus Altus that Napoleon – exaggerating – said was bigger than Paris. The remains of the old city walls and of the thousand-year-old castle on the hill of Costa

document Murialdo's feudal past, and its 21 sacred buildings, churches and chapels, bear witness to its religious devotion. A visit to the parish church of San Lorenzo at Ponte is a must: built in 1445, it also encompasses a fourteenth century door with sandstone relief work, several fifteenthcentury frescoes, a terracotta rose window, a bell tower with double lancet windows, and a medieval baptismal font.

#### "Each town should have a piece of land like this, left uncultivated"

(Cesare Pavese)
The Wilderness Area
of Mount Camulera
covers an extensive wild,
uninhabited forest. It fits
in with the concept of
Wilderness Areas, whose
goal is to preserve places
with few traces of human
settlements that still have
all the features of a wild,
pristine landscape.

#### Once upon a time...

Life as it once was in Murialdo, in the homes of its farming community, is documented at the "C'era una volta" Museum in the hamlet of Riofreddo. The museum – its name means "once upon a time" – was set up in an seventeenthcentury ironworks.

#### Other delicacies from Murialdo

In the Upper Bormida Valley, in Murialdo, people cook "fazzino" or "lisone", a soft potato focaccia garnished with onions, garlic, oil, eggs, leeks... and whatever takes your fancy. The aromatic herbs from the woods around Murialdo are used to prepare a liqueur called Spingitutto (push everything), a digestif that closely resembles Genepy but is not as strong (it has an alcohol content of 30%).

# Chestnuts dried in tecci and other delicacies

Though chestnuts are no longer a staple for mountain people, steps have been taken to maintain the remaining chestnut groves. The Slow Food Presidium for "chestnuts dried in the tecci of Calizzano and Murialdo" protects local chestnuts, which are eaten dried or are used in biscuits, conserves, sweet spreads and ice cream. The placename "teccio" is Latin in origin and comes from the word tego-is, meaning to cover or protect. The drying houses, or tecci, are small stone buildings with just one room and a shingled roof. Inside, at about 2 or 3 metres from the floor, there is a ceiling made of a wooden grate, called a "graia", which holds the chestnuts. On the floor of the teccio, a low fire is kept burning constantly, stoked with chestnut branches or hulls. Chestnuts are placed on the grate, where they are dried by the heat and

smoke rising from the fire.

The chestnuts are turned often in order to ensure uniform smoking (operation called "girata"). After about two months the chestnuts are crushed to remove the shell.

At Christmas the best biggest chestnuts are used to make "viette": a delicacy with candied fruit taste.

#### Chestnut flour: a traditional product from the Ligurian mountains

The flour made by grinding chestnuts is creamy beige in colour and has a unique fragrance. Before the grinding process, any bad chestnuts are removed and, along with the waste from shelling the chestnuts, they are used as pestumme, or livestock feed. The cleaned chestnuts are placed in a wooden hopper, and from here they slide between two grindstones.

#### Massimino

# One of Liguria's smallest municipalities

With just 125 inhabitants, Massimino, located in the Upper Tànaro Valley, is one of the smallest municipal districts in Liguria. It is accessible from the Bormida di Millesimo Valley through the Giovetti Pass (altitude 912 m). Although it is located on a slope overlooking a valley of the Piedmont region, Massimino is Ligurian, as at the turn of the fifteenth century, the marguises of Monferrato ceded it to the Del Carretto of Finale, and in 1713 it was purchased by Genoa, which was interested in its advanced strategic position. Today Massimino is a peaceful hill town coloured by the blossoms of the rose gardens that flourish near its houses, and it is dotted with the ancient churches that can also be seen in its woodlands. San Vincenzo and the oratory of San Vincenzo Ferreri are in the old town centre; Sant'Antonio Abate, which is extremely old, and the lovely church of San Giuseppe, with three altars, are at the foot of castle ruins; the parish church of San Giovanni Battista, in Costa, is also very ancient.

# Walking and cycling along the Salt Road

Hikers will enjoy crossing the woods and meadows of Massimino, in this strip of Tanaro Valley, taking the old "salt road", and mountain bikers can pedal along the MTB Cross-Country Trail.

#### **Calizzano**

#### Communitas Calitiani

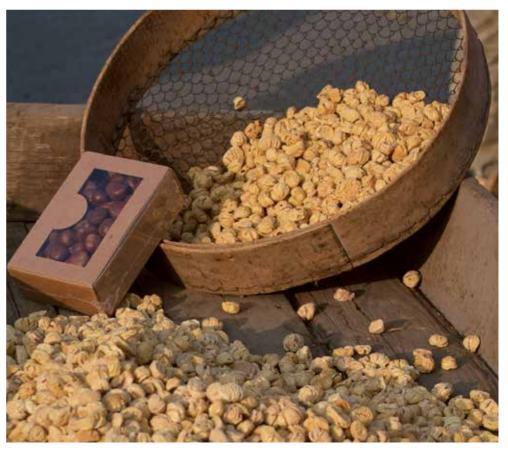
The ancient Communitas Calitiani also boasts Roman origins. Today it is a farm town and holiday resort with a

population of 1600 inhabitants, located in a broad wooded dell on the left bank of the River Bormida di Millesimo. Some of the houses here still have "scàndole", small wooden shingles that were used to cover the roofs. The ruins of the medieval castle of the Del Carretto family overlooks the village, with its long carruggio - the narrow street that cuts Calizzano in half and its pretty coloured houses. Noteworthy sights include the church of San Lorenzo, built on Romanesque ruins, and the fourteenth-century stone bell tower, which was once the tower of an ancient building. Madonna delle Grazie Shrine near the cemetery has fascinating frescoes in dazzling colours, by fifteenth-century Piedmontese painters. The Municipality of Calizzano is quite large and has numerous hamlets: Caragna on the road to Murialdo; Frassino on the road to the Melogno Pass; Mereta, a mountain village with stone, brick and plaster buildings located on the road to Bardineto; and Vetria, a peaceful rural village on the road to the Piedmont region and Garessio. The "Ciumbere" mineral springs are just outside of town.

# The loveliest beech forest in Liguria

The state-owned forest of Melogno is the pride of





Calizzano. This enormous forest is one of the reasons why the Bormida Valley is considered one of the most extensively wooded areas in Italy. And the beech forest of Barbottina is the treasure and triumph of the Melogno Forest: there are 40-metre-tall beeches with powerful, elegant trunks. One of them, which is nearly 190 years old, is listed among the monumental trees of Liguria. The beech forest is a fascinating sight. Barbottina is considered the finest beech forest in Liguria – and one of the loveliest in Italy. The best way to see the Melogno Forest is to hike along the Alta Via dei Monti Liguri. Nevertheless, a car ride along the main road to the Melogno Pass is also ideal for a spectacular view of the beauty and majesty of these magnificent trees. The forest is breathtaking in summer, when the dense foliage of the beeches conceals the babbling brooks, but it is also magnificent when it dons the tawny hues of autumn.

# Thirteen clear water springs

Naturally! The municipal district of Calizzano has numerous springs, and the water is low in mineral content. Some of the water is bottled and distributed in Italy, but there is plenty left to allow tourists and locals to fill up bottles to take home. A hiking

trail linking all the local springs, enable visitors to discover the waters, which have different sensory qualities and therapeutic properties.

#### **Nordic sports**

Calizzano gets snow in winter, and the Scandinavian-like landscapes that are created when the snow cloaks the forest are perfect for enjoying silently a cross-country skiing ring.

#### **Bardineto**

Bardineto, with a

# The plateau of porcini mushrooms

population of over 600 inhabitants, is the highest municipality in the Bormida di Millesimo Valley. It is in the middle of a plateau of 25 square kilometres, at an altitude of 700 metres. The area was inhabited during prehistoric times, and the town itself was founded by Enrico Del Carretto in the early thirteenth century. The monks of San Pietro in Varatella established numerous ironworks here. But Bardineto is famous especially for its mushrooms, as visitors are reminded by a sign at the entrance to the village. The National Festival of the Golden Mushroom is held here every year, and the local restaurants vie with each other to come up with new recipes for preparing boletus and ovoli (or Caesar's mushrooms).

#### Caves and springs

The Bardineto plateau boasts countless caves and mineral springs. Buranco di Bardineto has two kilometres of underground passages and tunnels, and it is the largest of the eighty caves explored in the area. It extends over several levels and is fascinating for a number of reasons, including its underground stream and the fact that it is the habitat of the Italian cave salamander. San Nicolò church, set on a rise near the road to the hill of Scravaion, has Byzantinestyle frescoes and is one of the oldest churches in the valley. Nearby the Fons Salutis spring, known for the purity of its water.

# Woods and chestnut trees

Mushrooms need forests, and this area has trees aplenty! Oaks, hazels, chestnuts and beeches, conifers and birches cover 85% of the territory of Bardineto, and they were exploited as far back as the early Middle Ages for lumber and charcoal. Numerous forests and mountains also mean plenty of hiking trails, and Bric Pagliarina offers the best view of the plateau.







#### TASTE, DISCOVER, SLEEP

#### Osiglia

Town Hall Ph. 019 542085 www.comune.osiglia.sv.it

#### **Affittacamere Yellow** House

(rooms) loc. Giacchini 36 Ph. 019 542023, 349 8404683 osiglia.yellowhouse@gmail.com

Azienda Agricola Mauro Carle (sheep milk cheese)

loc. Ronchi 21 Ph. 333 7243518

**Bar Mazut** 

loc. Giacchini, strada provinciale Ph. 333 3727518

**B&B Daniele Coralli** 

loc. Barberis 7. Ph. 019 512996 **B&B La Tuja** 

via Giacchini 22, loc. Pomareto Ph. 327 5855879

www.lagodiosiglia.it/tuia Campeggio II Lago

loc. Barberis Ph. 019 542074 392 1251751

**Hotel Ristorante Alpino** via Rossi 7, Ph. 019 542090

#### **Hotel Ristorante** La Posta

loc. Rossi 24, Ph. 019 542080

#### Ostello per la Gioventù l'Imbarcadero

(youth hostel) loc. Barberis Ph. 019 5522519 www.lagodiosiglia.it

Osteria C'era una Volta

loc. Barberis 27 Ph. 019 542139

#### Ristorante Tavernetta delle Trote

piazza San Francesco 13 loc. Borgo, Ph. 019 512988

#### Murialdo

Town Hall Ph. 019 53615 www.comunemurialdo.it Publix Exhibition Centre at Town Hall

#### **Affittacamere Castello** Bonetti

(rooms) borgata Fallareto 21 Case Bonetti Ph. 019 53893 339 7113070 www.castellobonetti.it

#### **B&B Va...lentina**

via Ettore Martini 20, Borgata Ponte, Ph. 019 53728 338 4426307 www.valentinabb.com

#### Cooperativa Agricola Alta **Val Bormida**

(typical products) loc. Piani, Ph. 019 53848 Eugenio Icardo (blueberries) borgata Baduoli

Ph. 019 53993

#### Minimaket di Rita Alba Giacosa

(typical products) via Ponte 9, Ph. 019 53540

#### Museo C'era una volta di Riofreddo

(Once upon a time Museum) Ph. 019 95831 insiemeriofreddo@tiscali.it

#### Osteria del Borgo

loc. Borgo, Riofreddo Ph. 019 53513

#### **Ristorante Ponte**

borgata Ponte Ph. 019 53610, 333 2164504

Silvana Rubino (honey) borgata Torricella Ph. 019 53658

#### Massimino

Town Hall Ph. 019 79944 www.comune.massimino.sv.it

#### **Albergo Ristorante** Belvedere

via Statale 2 loc. Tamborlino 12, Giovetti Ph. 019 79570

#### Ristorante

la Taverna Antica via Nazionale 5, Ph. 019 79950

#### **Calizzano**

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#### **Affittacamere Dello Gnomo**

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#### **Affittacamere** Silenzio e Buio

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regione Giaire Ph. 339 3920788

#### Agriturismo Cà di Voi

fraz. Caragna 15 Ph. 019 79217 www.agriturismocadivoi.com

Agriturismo La Brinetta

via Frassino 84, Ph. 019 79181

#### Agriturismo Le Giaire

regione Giaire 24r Ph. 340 3269003

www.labrinetta.it

#### www.legiaire.it Azienda Agricola Maura

Canova (local meat) via Matteotti 23

#### **B&B Corrado Giuseppe**

via IV Novembre 31 Ph. 340 3269003

Ph. 019 79198

#### **B&B Fiocco di Neve**

via Giaire 7, Ph. 019 79216 www.fioccodineve.info

#### **B&B** Laura

fraz. Mereta, Ph. 333 8081426 www.mereta.it

#### Campeggio con **Ristorante Laghetti**

via Carisciano 12 Ph. 019 79175 campinglaghetti@libero.it

**Hotel Ristorante Eden** via Leale 7, Ph. 019 79676

### **Hotel Ristorante Lux**

via Leale 3, Ph. 019 79594

#### **Hotel Ristorante** Miramonti

via Cinque Martiri 6 Ph. 019 79604

#### Hotel Ristorante Villa Elia

loc. Valle 26, Ph. 019 79633 www.villaelia.it

#### La Bottega dei Funghi di Barberis

(mushrooms, typical products) via G.B. Pera 40 Ph. 019 79642

#### **Maria Perrone**

(typical products) via G.B. Pera 51 Ph. 019 79637

#### Osteria I Gatti alla Luna

piazza San Rocco Ph. 019 79310

#### Pizzeria La Verna

via XXV Aprile 2 Ph. 019 79550

#### **Ristorante Agriturismo** La Felicina

via XXV Aprile 10 Ph. 019 7904105, 349 1522514

#### Ristorante Pizzeria Odissea

via Leale 1. Ph. 019 79359

#### Santamaria & C.

(typical products) via Trento e Trieste 12 Ph. 019 7906065 www.santamaria-sv.it

#### Trattoria dei Cacciatori

via Provinciale 12. Mereta Ph. 019 7907243

#### **Bardineto**

Town Hall Ph. 019 7907013 www.comune.bardineto.sv.it

#### **Agriturismo Oddone**

via Martino 13, loc. Castello Ph. 019 7907115, 328 6423895 www.agriturismooddone.com

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#### **Hotel Da Teresa**

piazza Milite Ignoto 4 Ph. 019 7907223

#### **Hotel Ristorante** Maria Nella

via Cave 1. Ph. 019 7907017 www.hotelmarianella.com

#### **Hotel Ristorante Monte Carmo**

via V. Veneto 1 Ph. 019 7907069

#### **Hotel Ristorante** San Nicolò

via Roascio 13 Ph. 019 7907022

#### **Parco Avventura Bardiland**

loc. Pian della Chiesa

#### Pizzeria L' Azzeccagarbugli

Via Manzoni 8 Ph. 392 5522596

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(alpine & excursion chalet) loc. Collette, Ph. 019 79604 349 8239670

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