



LIGURIA
ITALIA
www.turismoinliguria.it

➤ **A thousand paths, four steps, one destination**
Guide to Ligurian parks and protected areas





Legend

PROTECTED AREAS (*) Including external areas integrated with the park

- | | |
|--------------------------------|---|
| 1 - Cinque Terre National Park | Regional Natural Reserves |
| 2 - Alpi Liguri (*) | 11 - Bergeggi |
| 3 - Antola (*) | 12 - Gallinara |
| 4 - Aveto (*) | 13 - Rio Torsero |
| 5 - Beigua | 14 - Adelasia |
| 6 - Bric Tana | Botanic gardens |
| 7 - Montemarcello Magra (*) | 15 - Hanbury Gardens |
| 8 - Piana Crixia | 16 - Pratorondanino |
| 9 - Portofino (*) | Other protected areas |
| 10 - Porto Venere | 17 - Provincial Protected Areas of Savona |
| | 18 - Parco delle Mura |

PROTECTED SEA AREAS

- State areas**
- A - Bergeggi
 - B - Cinque Terre
 - C - Island of Gallinara (foreseen)
 - D - Portofino
- Regional areas**
- E - Hanbury
 - F - Portovenere

HP - High Path of the Ligurian Mountains

CS - Cetacean Sanctuary

Index

| | |
|---|--------------|
| High Path of the Ligurian Mountains | pag. 2 - 3 |
| Regional Natural Park of the Ligurian Alps | pag. 4 - 6 |
| Piana Crixia and Bric Tana Regional Natural Parks | pag. 7 - 9 |
| Beigua Regional Natural Park | pag. 10 - 12 |
| Antola Regional Natural Park | pag. 13 - 15 |
| Aveto Regional Natural Park | pag. 16 - 18 |
| Portofino Regional Natural Park | pag. 19 - 21 |
| Cinque Terre National Park | pag. 22 - 24 |
| Porto Venere Regional Natural Park | pag. 25 - 27 |
| Montemarcello-Magra Regional Natural Park | pag. 28 - 30 |
| Bergeggi, Gallinara and Rio Torsero Regional Natural Reserves | pag. 31 - 33 |
| Hanbury Botanical Gardens Regional Protected Area | |
| Pratorondanino Provincial Protected area | pag. 34 - 35 |
| “Parco delle Mura” Natural Protected Area of local interest | pag. 36 |
| “Adelasia” Regional Natural Reserve | pag. 37 |

Editorial information

Editorial project and Copyright on all rights reserved to: Agenzia Regionale per la promozione turistica “in Liguria”.

Images: provided by Enti Parco della Liguria or taken from the archive of the “in Liguria” Agency. With the precious and essential collaboration of the Department of Territorial Planning - Service for Parks and Protected Areas of Liguria Region and Regional System of Ligurian protected areas.

The section dedicated to Hospitality can be analyzed in details on the websites of the single parks, on website www.altaviadeimontiliguri.it, or www.turismoinliguria.it, section “accommodation”; the facilities mentioned are those indicated by the Parks.

Translation: Eurologos - Genova. Graphic project by Adam Integrated Communications - Turin - Print year 2011.

Warning on liability: despite the accurate verification of the contents, the “in Liguria” Agency is not liable for the contents and information contained in this guide. Data updated up to February 2010.

We recommend to always verify the information contained in the guide, by calling the numbers indicated.

HIGH PATH OF THE LIGURIAN MOUNTAINS

Surface covered: over 700 km, 400 km of which are “main route” and 300 km are “connection paths” (there are 80 official connections from Ventimiglia to Ceparana)



The Cottian Alps seen from the Alta Via - Photographed by L. Jelenkovic

Municipalities involved: The municipalities falling within Alta Via are 70, distributed in 4 Ligurian provinces; Alta Via crosses the Alpi Liguri, Beigua, Aveto and Montemarcello-Magra regional Parks and is connected to Piana Crixia, Bric Tana, Antola and Portofino regional Parks and to the Parco Urbano delle Mura.

Managed by: Associazione Alta Via dei Monti Liguri c/o Unione Camere Commercio Liguri, Via S. Lorenzo, 15, Genoa - Tel. +39 010 24852200 - Fax +39 010 2471522 - email: segreteria@altaviadeimontiliguri.it
Website: www.altaviadeimontiliguri.it

Information points: In addition to the Secretary Office (which can also be contacted by calling mobile +39 346 6873556), 7 Service Centres with information points (seasonal) are present at (*);

CST Nava, Colle di Nava, Pornassio (IM) • CST Savona, Amm.ne Provinciale di Savona (Parks Office), Savona (SV) • CST Sassello, Centro Visite Parco Beigua - Palazzo Gervino, Sassello (SV) • CST Mignanego, Casa Comunale (Auditorium), Mignanego (GE) • CST Torriglia, Centro visite parco Antola - La Torriglietta, Torriglia (GE) • CST Bocco, Sede Parco Aveto, Borzonasca (GE) • CST Calice al Cornoviglio, Castello Malaspina, Calice al Cornoviglio (SP). (*) For information and opening hours, visit Alta Via website or call the toll free number +39 800 445 445

Description of the territory

It is an excursion path which follows the Tyrrhenian-Po watershed, from the Maritime Alps to Ceparana, connecting the two extremities of the Ligurian Riviera. A unique route, from which it is possible to admire, at the same time, Corsica and Gorgona, Monviso and Monte Rosa; where windy ridges and soft slopes with underbushes filled with scents and colours alternate each other. Along this path, it is possible to find countless traces of the historical and cultural heritage: from the imposing fortifications of the west to the several and ancient rural settlements located, in some points of the path, on the crest.

How to get there

The itinerary is subdivided into 43 stopping places which can mainly be reached by private transport from the coast or from the Po hillside. Many stopping places can be reached by public transport (www.orariotrasporti.regione.liguria.it) and others (Ventimiglia, Cadibona, Giovi and Orero) can be reached by train. In order to favour movements and favour sustainable mobility, shuttle services have been created, that can also be used by individuals with disabilities and can also transport bicycles (see information points, CST).

Beauties of the High Path (Alta Via)

Outside the protected natural areas, which constitute the main junctions, the Alta Via crosses other areas of great naturalistic and historical-environmental importance (see map), among which:

Galero: mountain complex constituted by breccias which form suggestive towers called “Stone giants”, also important for the presence of glacial relicts (of Arctic and Sub-Arctic origin).

Melogno: territory of great naturalistic, historical and landscape interest, which varies from the woods of Adelasia (to the West) to Rocca Barbena (to the East), from the Barbottina beech woods to the breathtaking panoramic terraces of M. Carmo di Loano.

Praglia: extensive upland, bordering the Parco delle Capanne di Marcarolo (AL), with the presence of numerous species of local flora of the humid areas (including some carnivorous plants) and deer.

Gottero: the highest peak of Western Liguria rises, with its mass, at the border with Tuscany and Emilia-Romagna, next to the Passo di Cento Croci.

Hospitality

The AVML Association has promoted, during 2009, a journey of “requalification of the accommodation facilities concerning the itinerary and the connecting paths”, involving different types of accommodation facilities already operating with the Association or contacting others. A brochure with detailed information on 72 accommodation facilities is available on the official web site.

Tourist amenity

Outdoor activities

Besides the **excursions on foot, on horseback and by bicycle** (please see sections of website dedicated to these excursions), other sports activities can be practised such as: **paragliding** (S. Bernardo di Mendatica; M.Leco), **cross-country ski** (Melosa, Park Aveto), **hiking and mountain-climbing** (great part of the watershed) **mountain-climbing and free climbing** (Baiarda), **canyoning, orienteering**.

Historical and rural villages, monuments and other attractions

Every leg of the Alta Via represents an opportunity to organize the **visit to a village, a castle, a museum**, but also to participate at one of the **traditional festivals and feasts** which, all year round, enliven the territory of Liguria. Testimonies of the historical and cultural heritage are present a bit everywhere along the whole route. Among those, just to name a few, the villages of Realdo and Verdeggia (IM), Castelvechio di Roccabarbena (SV), Canate and Ventarola (GE), Zignano and Bolano (SP).

Nature

As it is the “connective tissue” of the locations belonging to the Natura 2000 network and of the Regional Parks’ system, the **Alta Via represents the main aisle of the regional ecological network**, which is above all precious due to its macro fauna. In 2004, as a matter of fact, a wolf with a radio collar has migrated from the Emilian Apennine to the Maritime Alps, taking advantage of this important natural road.



The Geremia fort nearby Cappelletta di Masone - Photographed by G. Diviacco

REGIONAL NATURAL PARK OF THE LIGURIAN ALPS

Area: 12,813 hectares among which: 6,041 hectares of “Natural Park” and 6,772 hectares of “Protected area”



Peonies - Mount Pietravecchia - Photographed by Lauro Laura

Municipalities involved: Cosio d'Arrosia, Mendatica, Montegrosso Pian Latte, Pigna, Rezzo, Rocchetta Nervina, Triora.

Managed by: Ente Parco delle Alpi Liguri c/o Provincia di Imperia - Viale Matteotti, 147 - 18100 Imperia
<http://parcoalpiliguri.provincia.imperia.it>

Information points: town hall of each of the seven municipalities of the Park (Porte del Parco):

Cosio D'Arrosia +39 0183 327847 • Mendatica +39 0183 328713 - lat +39 0183 38489

Montegrosso Pian Latte +39 0183 328731 • Pigna +39 0184 241016 • Rezzo +39 0183 34015

Rocchetta Nervina +39 0184 207942 • Triora +39 0184 94049 - lat +39 0184 94477

Description of the territory

The park, which has been recently instituted (lr 24/07), is subdivided into four areas of great natural importance (“natural park”) integrated and connected by areas that are of great interest due to their landscape and strong cultural identity (“protected areas”). Bordering France and Piedmont, it includes 6 SIC (Sites of community importance) and 4 ZPS (Areas of special protection), the highest peak of Liguria (Saccarello, 2 200 metres), the deepest cave (Melosa), some of the most extraordinary stretches of the Alta Via dei Monti Liguri and many more areas of great naturalistic and environmental importance. It is managed by a special Body which has the objective to preserve and promote the historic integration between nature and culture (peculiar is the Ligurian-Occitan root of the local communities), to develop new outdoor leisure activities (environmentally friendly) and to contribute to the revitalization of traditional activities connected to the wood, breeding and quality agricultural productions.

How to get there

By car: from the coast, going from north to south along the three main valleys, respectively by: SS 28 to arrive at the entrance of the Park in Valle Arroscia, SP 543 to arrive to Triora in Valle Argentina, SP 64 to arrive at the two entrances of the Park in Valle Nervia.

By bus: Riviera Trasporti (www.rivieratrasporti.it)

Beauties of the Park

Pian Cavallo is of the most important naturalistic areas of Liguria, with extensive and valuable wood areas and Karst areas of European importance such as the Gola delle Fascette.

The **Saccarello, Frontè and Monega Mounts** constitute the bench marks of the highest mountain range of Liguria and they are characterized by extensive prairies and suggestive views.

The territory of the Gerbone and Toraggio-Pietravecchia Mounts, extremely spectacular, hosts very different habitats and a high number of endemic species. The last two, especially, are known for their uniqueness within the whole mountain range due to their geological substratum and their relative vicinity to the sea.

The State forest Testa d'Alpe and the valley of the Torrente Barbaira host woods, small lakes and waterfalls of naturalistic interest and great landscape value.

Hospitality

(Specific references to accommodation facilities are on the website of the Park)

Cosio d'Arroschia: 1 guesthouse

Mendatica: 2 hotels, 1 guesthouse, 2 farmhouses, 1 bed & breakfast, 1 holiday camp

Montegrosso Pian Latte: 1 farmhouse, 1 guesthouse

Pigna: 1 hotel with spa, 3 farmhouses, 4 bed & breakfast, 4 mountain huts

Rezzo: 2 hotels, 2 farmhouses

Rocchetta Nervina: 1 hotel, 1 farmhouse, 2 bed & breakfast

Triora: 2 hotels, 1 guesthouse, 1 bed & breakfast, 4 mountain huts

Tourist amenity

Hiking

In the park, the *Alta Via dei Monti Liguri* (for about 45 km) and the *Via Alpina* (for about 35 km); other hiking trails connect different areas locally. Additional itineraries, at times coinciding with hiking trails, have been indicated for MTB ("*Alpi del Mare in bici*" - www.alpidelmareinbici.it) and others are used by associations and guides for excursions on snowshoes and horse trekking.

Theme trails: "Memoria delle Alpi" (www.memoriadellealpi.net), "A caccia di fioriture" (<http://fioriture.provincia.imperia.it>), Ecomuseo della Biodiversità (<http://biodiversita.provincia.imperia.it>)

Trials that can be assessed by everybody: in San Bernardo di Mendatica for partially sighted individuals, in Melosa (Pigna) for partially sighted and disabled individuals.

Outdoor activities

Paragliding in San Bernardo di Mendatica

Free climbing in Loreto (Triora)

Cross-country skiing in Melosa (Pigna)

Canyoning along the rivers Barbaira, Argentina and affluents and Rio Santa Lucia (Valle Arroscia)

Skiing Monesi

Historical and rural villages, monuments and other attractions

Historical villages: particularly suggestive for the compact structure that unifies the buildings to form a single organism run through by alleys and flights of steps, partly covered, are the historical villages of: Rocchetta Nervina, Pigna, Buggio (Pigna), Loreto (Triora), Realdo (Triora), Verdeggia (Triora), Triora, Rezzo, Cenova (Rezzo), Lavina (Rezzo), Montegrosso Pian Latte, Mendatica, Valcona (Mendatica), Cosio d'Arroschia.

Rural villages: shepherd's huts of the Ligurian Alps - seasonal agropastoral settlements



Mount Toraggio - Photographed by Lauro Laura

Historical monuments: countless, among which Medieval buildings and bridges, fortifications, churches and parish youth clubs containing valuable artworks.

Nature

The peculiarities of geological interest are several, among which the **Gola delle Fascette** (Cosio d'Arroscia), the **Arroscia Waterfalls** (Mendatica, Montegrosso P.Latte), **hydrothermal springs** (Pigna), **the falaises of Loreto and Realdo** (Triora) and dozens of caves of significant size. There are also numerous **monumental trees**, among which two larches and one silver fir in the State Regional Forest of Gerbonte (Triora). **Peculiarities of botanic interest**, object of international studies, include different endemisms characterized by the unusual presence of species that are typical of cold climates and Mediterranean species; even **the fauna**, rich and interesting, includes Mediterranean species, such as the ocellated lizard, and others that are typically alpine such as the chamois and the black grouse.

Local productions and typical certified products

Besides the cheese, such as the **Toma di pecora Brigasca** (*), or products such as the **Beans of Badalucco, Conio and Pigna** (*) and the Bread of Triora, the centennial agricultural and pastoral transhumance has united the populations of the Ligurian Alps with those of the area of Cuneo and of the Occitan valleys, developing the unique gastronomy called **“Cucina Bianca”** (starchy food, dairy products, mountain vegetables that have little colour such as potatoes, leeks, garlic, turnips or wild products). *Slow Food® Presidia

Handicrafts

Slate objects, baskets and woodworking.

Educational tourism

Environmental Educational Centre

Intemelia Mountain Community

Excursion Tourism Centre “Alpi Liguri”

Mendatica

Tourist facility Il Faggio Coldinava in Pornassio



Mount Pietravecchia - Photographed by MC. Caprioglio

PIANA CRIXIA REGIONAL NATURAL PARK

Area: 795 hectares



The Stone Mushroom - Photographed by M. Paola Chiarlone

Municipalities involved: Piana Crixia

Managed by: Municipality of Piana Crixia (SV) Tel. +39 019 570021 - Fax: +39 019 570022

e-mail: parco.pianacrixia@libero.it - website: www.parks.it/parco.piana.crixia

Information points: The office of the park located inside the town hall. Park Centre located at the elementary school (currently under construction)

Description of the territory

The hilly landscape of Piana Crixia, in the valley of the Bormida di Spigno, has traits similar to the nearby Langhe of Piedmont. Areas with soft slopes, partly cultivated, alternate to rugged landforms, where the erosion has created typical badlands. The contrast between the gray of the badlands and the colours of the fields and surrounding woods creates a suggestive picture, unique in its kind in Liguria. A small isolated area in the hamlet of Borgo is also part of the park, where the spectacular "Fungo di pietra" (stone mushroom) rises.

How to get there

By car: A6 highway Turin-Savona (exit at Altare-Carcare or Millesimo), afterwards take S.S. to Acqui Terme.

By bus: Acts lines: Savona-Cairo; Cairo-Piana crixia (www.acts.it)

By train: railway line: Savona-San Giuseppe-Acqui Terme-Alessandria (Piana Crixia station)

Beauties of the Park

The geological site of European value, located in the hamlet of Borgo rises, for about fifteen metres, the exceptional "**Fungo di pietra**" (stone mushroom), gigantic mass of ophiolite stone, supported by a column of conglomerate.

Hospitality

1 hotel, 1 farmhouse, 1 B&B, 1 guesthouse, 1 resting area for campers.

Tourist amenity

Hiking

Within the park, seven itineraries have been identified. Shortly, the ancient trail that leads from the Fungo di pietra (stone mushroom) to the town of Pontevecchio will be added.

Local productions and typical certified products

Honey, nocciola “tonda gentile” (hazelnut), ravioli al pin, polenta and agliata, robiola (soft cheese), quagliata, bunet, hazelnut cakes and, above all, white truffle.



The gullies among the cultivated fields - Photographed by M. Paola Chiarlone

BRIC TANA REGIONAL NATURAL PARK

Area: 170 hectares



Bric Tana - Parks of the Region of Liguria Archive photograph

Municipalities involved: Millesimo

Managed by: Municipality of Millesimo (SV) - Tel. +39 019 5600044 - Fax+39 019- 564368
ufficiotecnico@comune.millesimo.sv.it - website: www.parks.it/parco.bric.tana

Description of the territory

Odd lime spires overlook the Bormida river, raising from the thick woods of the regional park, hilly area mainly covered by chestnut trees and mixed woods, important especially for the presence of Karst forms above and below ground. The “Tana dell’Orpe” is famous, sinkhole of a dolina South of the municipality of Millesimo, inside of which pre-historic findings have been recovered. The particular geo-morphology of the area stands out also in the Valle dei Tre Re, a closed valley, without emissary but boasting an underground hydrographic network characterised by overhanging gorges that overlook Rio della Feia. The great geological and geo-morphological importance of Bric Tana also lies in the particular fauna concerning the population of Chiroptera (bats) which are typical of the area.

How to get there

By car: highway A6 Turin-Savona (toll booth of Millesimo).

By bus: Acts lines (www.acts.it).

By train: railway line: Savona - San Giuseppe - Acqui Terme - Alessandria (Cengio station, at 5 km, and S. Giuseppe di Cairo, at 8 km).

Beauties of the park

Pre-historic and historic testimonies: the most renowned ones are the **rock incisions** of Biestro, the **“massi delle croci”** on the Bric della Costa’s ridge, the **“masso-altare”** in Colla, the **menhirs** of Millesimo, the **archaeological site of the Bronze Age** of Bric Tana.

Hospitality

Millesimo: 1 hotel, 2 B&B, 1 Park guesthouse (in Acquafredda).

Tourist amenity

Hiking

The network of paths is constituted by three “short” tracks and three “long” ones.

Local productions and typical certified products

Tartufo of Millesimo (black and white), **frizze** or **grive** (cold cuts), **giuncata** (ricotta made with sheep milk), and the **dolci millesini al rum** (rum based sweets).



Bormida di Millesimo nearby Bric Tana - Photographed by L. Jelenkovic

BEIGUA REGIONAL NATURAL PARK (European & UNESCO Global Geopark)(*)

Area: 8,715 hectares



View of the Tyrrhenian side, of Mount Rama and of Genoa - C. Queirolo

Municipalities involved: Arenzano, Campo Ligure, Cogoleto, Genoa, Masone, Rossiglione, Tiglieto (Province of Genoa) - Sassello, Stella, Varazze (province of Savona)

Managed by: Ente Parco del Beigua, Via Marconi 165, Arenzano (GE) - Tel. +39 010 8590300
Fax. +39 010 8590064 - email: info@parcobeigua.it - website: www.parcobeigua.it

Information points: Visitor Centre "Palazzo Gervino", Sassello (it houses IAT Sassello) - Tel. +39 019 724020
Visitor centre "Villa Bagnara", Masone • Ornithological and Environmental Education Centre, in Vaccà, Arenzano, Information point "Bruno Bacoccoli", in Prariondo, Cogoleto • Information point "Banilla", Tiglieto.
Other Tourist Offices (IAT) at: Arenzano (+39 010 9127581), Campo Ligure (+39 010 921055), Varazze (+39 019 935043). N.B. A **Service Centre** is available inside the Park (+39 019 724020) thanks to which it is possible to enjoy of an integrated transport and naturalistic guiding service relative to the protected area and Alta Via dei Monti Liguri.

Description of the territory

It is the widest park of Liguria, recognized internationally as (*) European & UNESCO Global Geopark due to its exceptional geological and landscape heritage. The protected area constitutes a typical cross section of the region where, even when travelling along newly developed stretches, it is possible to find a much diversified landscape: a spectacular terrace formed by mountains which overlook the sea. Twenty-six kilometres of mountain ridges, nearby the Ligurian Riviera, which contain prairies and valuable high altitude humid areas, thick beech, durmast and chestnut woods, steep cliffs and rocky surfacing, maritime pine forest and stretches of Mediterranean vegetation.

How to get there

By car: SS 1 Aurelia, SS 334 Sassello; SS 456 Turchino; SS 542 Varazze-Sassello; A10 highway Genoa-Ventimiglia (exits: Ge-Voltri, Arenzano, Celle Ligure, Albisola) and A26 Voltri-Santhià (exit: Masone)

By bus: ATP line Genoa-Voltri-Valle Stura-Tiglieto and Arenzano-Cogoleto; ACTS line Savona-Albisola-Sassello and Varazze.

By train: Genoa-Ventimiglia line (stations of: Voltri, Arenzano, Cogoleto, Varazze, Celle Ligure, Albisola); Genoa-Acqui Terme line (stations of: Campo Ligure and Rossiglione).

Beauties of the Park

Prariondo and the Alta Via dei Monti Liguri: the core of the park is its spectacular view of the landscape, with breathtaking views which range from the Alps to the whole Ligurian arch.

Gargassa Valley: offers views of uncontaminated beauty, between placid lakes, canyon and suggestive rocky landforms which have been shaped by water erosion.

Deiva Forest: it can be visited by travelling along a ring-shaped trail which crosses wide spruce and Douglas fir woods, black pine and red fir woods, besides forests mixed with durmasts and other hardwoods.

Hospitality

(Specific references to accommodation facilities are on the website of the Park)

Arenzano: 3 B&B, 1 farmhouse

Cogoleto: 1 mountain hut

Masone: 1 hotel, 2 B&B

Rossiglione: 1 hotel, 2 B&B, 2 farmhouses

Sassello: 5 hotels, 5 B&B, 2 farmhouses, 1 mountain hut

Stella: 5 B&B, 3 farmhouses, 2 campings

Tiglieto: 2 hotels, 1 B&B, 1 farmhouse

Varazze: 1 hotel, 1 farmhouse

Tourist amenity

Hiking

In the territory, a well marked hiking network is present which develops for over 500 kilometres and it allows reaching many destinations of the Park.

Within the protected area, an effective network of equipped green areas is available.

Self-guided educational trails

“Foresta della Deiva” loop trail, Sassello; “Prariondo-Torbiere Laione” loop trail, Cogoleto; “Curlo-Passo-Gava”, Arenzano; Alpicella archeological trail, Varazze; “Val Gargassa” loop trail, Rossiglione; “Eremo del deserto” botanical trail, Varazze; “Case Vaccà” ornithological trail, Arenzano; “Cascata del Serpente” botanical trail, Masone; “Giumenta-Foresta Deiva”, Sassello.

Accessible trails: they are available on the Alta Via dei Monti Liguri (from Prariondo to la Cappelletta degli Alpini) and at the Badia di Tiglieto.

Outdoor activities

From **trekking** to **Nordic walking**, from **mountain biking** to **cross-country skiing**, from **canyoning** to **archery** and many more activities can be practised in the Park. The **adventure park “La Maliarda”** is a lot of fun and suited for both children and adults, in the municipality of Rossiglione.

Historical and rural villages, monuments and other attractions

The Park is considered as “special territory” also for the presence of a rich architectural, historical and cultural heritage. Recommended for visits and excursions: the **Badia di Tiglieto**, first Cistercian abbey built outside France in 1120, the medieval **Spinola Castle** of Campo Ligure, the Seventeenth-century **Eremo del Deserto** of Varazze, the Nineteenth-century **Geremia Fort** on the high ground of Masone. The **historical villages of Sassello** and **Rossiglione** are also interesting and rural settlements spread throughout the entire territory.



Harrier eagle's nest in the Park - M. Campora

Nature

Along the most inaccessible trails, hidden from the sight of men, the **wolf** regularly travels and from the counterforts overlooking the sea, it is not unusual to discern the tapered shapes of **whales**, exhaling in the aqueous mirror in front of Varazze. The territory, considered one of the richest **biodiversity** areas of Liguria, is also known for the phenomenon of the **migration of birds of prey** (Biancone) and can boast the presence of the **golden eagle**, **eagle owl**, **rock thrush**, **warbler** and over eighty other ornithological species. The presence of minor fauna (**amphibians and reptiles**) and multi-coloured **endemic species of flowers** (*Viola Bertolonii*, *Cerastium utriense*, *Asplenium cuneifolium* and *Daphne cneorum*).

Local productions and typical certified products

The very ancient tradition of the confectionery industry of Sassello is very important, with the typical “**amaretti**” and “**canestrelli**” or the “**crumiri**” of **Masone**. The wide range of **milk products** complete the picture (<http://www.parks.it/parco.beigua/pro-form.stella.html> Formaggetta di Stella, <http://www.parks.it/parco.beigua/pro-form.stura.html> Formaggetta della Valle Stura, <http://www.parks.it/parco.beigua/pro-latte.html> Latte delle Valli genovesi), **the processing of the bovine meat and**

sheep meat (<http://www.parks.it/parco.beigua/pro-pate.lardo.html> bacon spread, prosciutto cotto (ham), <http://www.parks.it/parco.beigua/pro-salame.html> Salami and prosciutto crudo of Sassello, <http://www.parks.it/parco.beigua/pro-zeraria.html> Zeraria), **the colourful berries**, the longed-for picking and conservation of **mushrooms**, and the wide choice of the delicious **honey** of the valleys of Beigua.

Educational tourism

The **Experience Centre** (c/o Park location) offers different opportunities addressed to compulsory schooling and high schools. The activities include class meetings, visits to theme exhibition places, excursions at the discovery of natural, historical and cultural sites. It is also possible to organize green holiday weeks or periods of educational entertainment of one or more days, according to the different needs. An interesting learning area dedicated to the small inhabitants of the wood is also available (location Giumenta).



Southern slopes of Mount Malanotte in Val Cerusa - C. Queirolo

ANTOLA REGIONAL NATURAL PARK

Area: 10,669 hectares among which: 4837 hectares of “Park Area” and 5,832 hectares of “Neighbouring area”



Mount Antola Peak

Municipalities involved: Busalla, Crocefieschi, Fascia, Gorreto, Montebruno, Propata, Ronco Scrivia, Rondanina, Savignone, Torriglia, Valbrevenna, Vobbia

Managed by: Ente Parco dell'Antola, Head Office Villa Borzino, Via XXV Aprile 17, Busalla (GE), La Torriglietta Scientific Office and Visitor Centre, Via N.S. della Provvidenza 3, Torriglia (GE) -Tel. +39 010 944175
Fax. +39 010 9453007 - email: info@parcoantola.it

Information points: Villa Borzino - Busalla (Park location) • La Torriglietta - Torriglia, Experience Centre of the Park, Tourist Office (IAT) and Territorial Service Centre for the enjoyment of the Alta Via dei Monti Liguri and of the connecting itineraries • Alta Valle Scrivia Tourist Office (IAT)- Casella (seasonal)
Information point - Gorreto (seasonal)

Description of the territory

The territory represents an Apennine zone of great landscape, naturalistic, historical and cultural value. The vicinity to Genoa and the Ligurian sea, but also to the cities of Piedmont, Lombardy and Emilia constitute a point of strength of the park. The Antola Valleys, which include the territories of 12 municipalities between the Alta Valle Scrivia and the Alta Val Trebbia, constitute an ideal environment to practise naturalistic excursions thanks to the wide network of itineraries (over 300 km of trails), some of which also suited to mountain biking, free climbing and mountain climbing (in the territory of the Rocche del Reopasso), winter walks with cross-country skis and snowshoes along the entire Antola's ridge, and even horse trekking. The territory of the Park also allows discovering and enjoying the area from a cultural, gastronomic and historical point of view with a series of villages, museums and points of interest that are unique within the Genoese hinterland.

How to get there

By car: by taking the S.S. 45, the S.P. 226 Valle Scrivia and other minor Provincial Roads.

By bus: ATP line “Genoa-Torriglia-Propata-Rondanina-Montebruno” and “Genoa-Montoggio-Casella-Savignone-Crocefieschi-Vobbia”.

By train: Genoa-Milan and Genoa-Turin lines (stations of Busalla, Ronco Scrivia and Isola del Cantone)
Narrow gauge line Genoa-Casella (“Casella train”).

Beauties of the Park

Mount Antola - Site of Community Importance (SCI) for the grasslands (flowering) and beechwoods, Mountain Hut "Parco Antola".

Settlements of Vobbia with Castello della pietra (Stone Castle) (rocky environments) and **Rocche del Reopasso** (Reopasso Rocks).

Brugneto Lake: main water basin of the province of Genoa, which originated from the construction of a 260 metre long and 80 metre high dam, with a capacity of 25 million square metres of water, Lago del Brugneto represents the main water supply of the city of Genoa and also a site of great naturalistic value, suited for different types of visitors, that can be reached thanks to a loop itinerary of 13.5 kilometres, that boasts several equipped areas.

Hospitality

The territory of Antola offers numerous opportunities of stay and different types of accommodation facilities, from tourist huts such as the "Parco Antola" Hut, which is located at the crossroads of the most interesting and panoramic itineraries of the Protected Area and the bed & breakfast, farmhouses and hotels spread all over the villages and the most interesting destinations of the Park.

Tourist amenity

Hiking

The Park boasts over 280 kilometres of marked trails suited for different types of hikers.

Self guided educational trails

Sentiero dei Castellani (trail), from the town of Torre (Vobbia) to the Castello della Pietra (Stone Castle)

Loop trail starting at the Monte Antola Hut

Sentiero Brugneto (trail)

Loop trail of Torriglia

Outdoor activities

Via ferrata (Iron road) at the Rocche del Reopasso

Hiking at Lago del Brugneto

Hiking along the Alta Via dell'Antola (M. Antola - M. Buio - S. Fermo - M. Reale)

Trekking and mountain biking

Paragliding in the town of Monte Maggio

Horse-back riding at the Horse Camp of the Park
"Mulino del Lupo" in Torriglia



Castello della Pietra (Stone Castle)

Historical and rural villages, monuments and other attractions

Interesting **rural settlements** can be visited in Senarega and Chiappa, in Val Brevenna and Pentema, in Val Pentemina. Among the **historical monuments** not to be missed are: the Castello di Pietra (Stone Castle), ancient and suggestive country house built on the ridges of Val Vobbia.

Nature

Charming flowering can be admired in the core of the park, with narcissuses, orchids, gentians, lilies, mountain arnica and columbines which cover the pastures of the Monte Antola. The scenery of the wild **Val Vobbia** is as charming, in which natural conglomerate towers (clastic rocks) and steep slopes covered by chestnut trees alternate. The fauna boasts **several endemisms** besides more common animals (wolf, deer, roes, foxes and other mammals), amphibians, reptiles, birds and marvellous butterflies which colour the Park's fields (crayfish, red-backed shrike, euplagia quadripunctaria).

Monumental trees are present in Nenno (Taxus

baccata L.), Senarega (Populus nigra L.), and Vobbia (Castanea sativa).

Local productions and typical certified products

Besides the typical productions of the hinterland, in the Park there are exclusive products such as **“quadrelli di castagne”** (chestnut based sweets) and the **“marmellata extra di petali di viole”** (jam made with violet petals). Other specialties produced in the territory of the protected area are: **Savignone Beer, Mostardella, Pesto d'aglio, Quagliata Ligure, Chestnut flour, Patata quarantina bianca, Roses and syrup of roses, Canestrello Ligure, Canestrelli di Avosso, Pandolce Genovese, Rising bread, Panettone with chestnut flour, Torta di Torriglia and honey.**

Educational tourism

The Environmental Educational Centre of the Park promotes activities aimed at getting to know the naturalistic, historical and cultural heritage of the Park. (Info is available at the Antola Park Experience Centre-Tel. 010 944175-www.parcoantola.it/edu).



Reopasso Rocks

AVETO REGIONAL NATURAL PARK

Area: 5,688 hectares, 3.018 hectares of which as “Park area” and 2,670 hectares of “neighbouring area”



Aveto Valley - Photographed by G. Pagliaga

Municipality involved: Borzonasca, Mezzanego, Ne, Rezzoaglio, Santo Stefano d'Aveto

Managed by: Ente Parco dell'Aveto, Via Marre' 75A, Borzonasca (GE) - Tel. +39 0185 340311 - Fax +39 0185 343020 - email: parcoaveto@libero.it - website: www.parks.it/parco.aveto

Information points: Info and Environmental Education Centre, Borzonasca (inside the Park) - tel. +39 0185 343370 • Visitors' Centre, Rezzoaglio (location detached from the Park) - Tel. +39 0185 870171 • Miniera di Gambatesa, Tel. +39 0185 338876 - Fax +39 0185 338863 - website: info@minieragambatesa.it
IAT (tourist office) in Ne, Rezzoaglio and Santo Stefano d'Aveto. A Service Centre Alta Via is also available at the park, which offer an integrated transport and naturalistic guide service, for the discovery of the protected area and Alta Via dei Monti Liguri (also equipped for the transport of disabled people and mountain biking).

Description of the territory

Located in Tigullio's inland, the Park protects one of the most suggestive areas of the Ligurian Apennine, among which Aveto, Graveglia and Stura valleys, with mountain environments, thick woods and rural landscapes of rare beauty. From the mountain peaks of Val d'Aveto to the mountain ridges of Valle Stura, at sheer drop to the sea, the park offers, in a few kilometres, a variety of the most different environments of the region. Ancient geological ages gave origin to rocks, through enormous movements, that characterise Val Graveglia, with traditions linked to the exploitation of the sub-soil's minerals.

How to get there

By car: highway A12 Genoa - Livorno (Chiavari and Lavagna toll booths), Provincial road 586 Val d'Aveto, Provincial road 26 Val Graveglia, Provincial road 26 bis Passo del Bocco, Provincial road 654 Val di Nure, Provincial road 56 Barbagelata and Provincial road 23 Scogliana.

By bus: Chiavari - S. Stefano d'Aveto, Chiavari - Consenti, Chiavari - Bedonia (PC) ATP lines and also TEP line

By train: Genoa - Pisa line (Chiavari and Lavagna stations).

Beauties of the Park

Laghetti glaciali delle Lame (glacial lakes) (Agoraie Bio-genetic reserve): they preserve rare botanical species in a unique landscape in Liguria.

Gambatesa Mine: once a location of intense extraction activity of manganese, the complex houses today a mineral museum that can be visited on the miners' train (www.minieragambatesa.it)

Zatta beech grove: one of the most beautiful Ligurian beech groves, crossed by Alta via dei Monti Liguri and by a Natural Trail, it houses the flora and fauna typical of the mountain Apennine woods.

Hospitality

(Specific references to accommodation facilities can be found on the Park's website)

Borzonasca: 1 hotel, 1 hostel, 8 guesthouses, 2 holiday homes, 4 B&B, 1 mountain hut, 4 farmhouses

Mezzanego: 2 B&B, 1 holiday home, 1 guesthouse, 1 mountain hut

Ne: 10 farmhouses, 7 B&B, 1 holiday home, 1 holiday home, 2 guesthouses, 1 mountain hut, 2 inns, 1 flat

Rezzoaglio: 6 hotels, 3 mountain huts, 1 holiday home, 3 guesthouses, 2 farmhouses

Santo Stefano d'Aveto: 6 hotels, 1 farmhouse, 1 B&B, 1 flat, 4 guesthouses, 1 mountain hut

Tourist amenity

Hiking

The Park boasts a **thick network of well marked trails** that **extends for about 500 km** on a territory extremely rich of geo-morphological, vegetation and landscape peculiarities. **Loop trails and self-guided educational trails** (Natural trails), equipped with panels and stands are also available.

Outdoor activities

Many trails can be travelled also by **horse** and **mountain bike** while during the winter, it is possible to practice **cross-country skiing** (over 20 km of beaten tracks), **skiing**, **hiking**, and walk with **snow shoes**. Moreover, the Park also offers the possibility to **descend by canoe**, practice **canyoning**, **climbing** on spectacular rocky walls and practice activities such as **gliding** and **paragliding**. A **park of adventures among trees** (Indian Forest)

is also available at the sport facility of Belpiano (Borzonasca).

Historical and rural villages, monuments and other attractions

The Park offers an interesting **archaeological, historical, and landscape heritage** and it's **rich of traditions** and **typical activities** that are still practiced nowadays. Historic testimonies can be observed along the medieval road that crosses Borzonasca, Rezzoaglio and S.Stefano d'Aveto. Settlements of remarkable interest can be found in Borzone, Villa Cella, and in the villages of Val Penna, but more diffused and still very interesting testimonies of the rural culture and tradition can be found scattered all over the territory of the Park.



Gambatesa Mine - Aveto Park Archive photograph

Nature

The park represents a great geological laboratory with **“ophiolite”** trails (Prato Mollo) and **“karst”** trails (Arzeno), **rock glaciers** (M. Aiona), **basalts of pillow shapes**, etc. In Val Graveglia, geological core of the park, there are concentrations of rocks of different origin and many minerals, some of which unique in the world. The Park boasts a rich fauna with **39 endemic entities** (among which: Marginate primrose, Alpine aquilegia, Cavillier Viola, Robertia taraxacoides, and the Genista salzmannii) and different **glacial relicts**, present in particularly cold punctiform areas. There are numerous **monumental trees**, among which the giant sequoia (La Villa). In terms of fauna, the **wolf** is certainly the most diffused animal, but the Park is also characterised by one of the most majestic and charming predators: the **golden eagle**, present with some nest-building couples. The sedentary presence of other predators is also remarkable; overall, the nest-building species are over sixty.

Local productions and typical certified products

In the more typical mountain areas of the Park, the main local products (dry and pickled mushrooms, meat, cheese, sausages, tapparona walnut) can be purchased directly from the producers. Among the typical products and dishes, there are: **baciocca**

(“quarantina” potato pie), **micotti** (made with corn flour), **castagnaccio**, **puta** (chestnut puree), **testaieu** (wheat focaccia), **San Ste’** (aged cheese produced with Cabannina cow milk), **prebugiùn**, **canestrelli** and **pinolata** of Santo Stefano d’Aveto.

Handicrafts

It mainly concerns **wood sculptures**, **carving**, **art restoration** works, and **woodworking** (Borzonasca, Ne, Santo Stefano d’Aveto), **tailoring** and the **production of leather articles and bags** (Montemoggio) and the **production of candles** (Consenti, Statale). The park is also developing and stimulating wood crafts (wood sector).

Educational tourism

The Park organizes various activities for the educational-tourist exploitation of the territory: theme and seasonal proposals; guided tours for groups and companies; activities for schools with classroom speeches, excursions on the territory and updating courses for teachers. Self-guided trails are available at Passo del Bosco, Foresta delle Lame and in other sites of the protected area (informative pamphlets are available at information points).



Borzone Abbey - XII Century

PORTOFINO REGIONAL NATURAL PARK

Area: 1,789 hectares, 1.056 hectares of which as “Park Area” and 733 hectares as “Neighbouring area”



Southern side of the Park from Punta Chiappa

Municipalities involved: Camogli, Portofino, Santa Margherita Ligure, Chiavari, Rapallo, Zoagli

Managed by: Ente Parco di Portofino, Viale Rainusso 1, Santa Margherita Ligure (GE) - Tel. +39 0185 289479

Fax +39 0185 285706 - email: info@parcoportofino.it - website: www.parcoportofino.it

Information points: Santa Margherita Ligure (inside the Park) and San Rocco di Camogli
Camogli, Santa Margherita Ligure and Portofino (tourist offices) • San Fruttuoso di Camogli (FAI - Fondo per l'Ambiente Italiano)

Description of the territory

Located at 30 km east of the city of Genoa, the Park of Portofino occupies the homonymous territory of trapezoid shape that constitutes the main projection of the Ligurian Riviera, with an area of just 18 square km and a coastal development of 13 km. Protected since 1935, it is now completed by the mountain frame that dominates the gulf of Tigullio, with magnificent panoramas. There are many buildings of historical-architectural interest, among which San Fruttuoso di Capodimonte, an ancient Benedictine abbey complex set at the end of a charming inlet. The population of the Park, about 680 inhabitants, mainly resides in the nuclei of San Rocco di Camogli, San Nicolò di Capodimonte, San Fruttuoso, Portofino (totally included inside the territory of the Park), Paraggi and Nozarego.

How to get there

By car: highway A12 Genoa - Livorno - Recco or Rapallo toll booths.

By bus: Tigullio Trasporti offers convenient connections with many places inside the Park.

By train: Genoa - La Spezia line (Camogli and Santa Margherita Ligure stations).

By ferry boat: Trasporti Marittimi Turistici Golfo Paradiso and Servizio Marittimo del Tigullio offer connections from the sites of Paradiso (West) and Tigullio (East) Gulfs. Coop. Battellieri offers connections from the Ancient Port of Genoa.

Beauties of the Park

The nature: the naturalistic loop-trail from Portofino Vetta to Semaforo Nuovo, to Pietre Strette, to see the saxifraga spathulata and the peregrine falcon.

The villages: Portofino, Camogli and Santa Margherita Ligure with the typical decorated houses of pastel colour, and the towns of Paraggi, San Fruttuoso di Camogli and San Rocco.

The monasteries: The abbeys of San Fruttuoso di Capodimonte and of San Girolamo della Cervara, the Church of San Nicolò di Capodimonte and monastery of Niasca.

Hospitality

(Specific references to accommodation facilities can be found on the website of the Park)

Camogli: 10 hotels, 3 guesthouses, 1 farmhouse, 11 B&B, 2 inns

Portofino: 6 hotels, 1 farmhouse

S. Margherita Ligure: 26 hotels, 1 guesthouse, 4 farmhouses, 4 B&B, 3 holiday homes.

The park offers, in Santa Margherita Ligure (www.casaferiecolombo.com)

Tourist amenity

Hiking

The Park offers 80 km of trails with vertical signs, 60 of which with trail markers, that allow visiting the main hiking destinations of the Park: **Punta Chiappa, San Fruttuoso** and **Portofino**. The main axis of the trails' network is represented by the Portofino Vetta - Portofino mare road that crosses the entire promontory from north-west to south-east.

Historical and rural villages, monuments and other attractions

The **historical villages** of **San Fruttuoso** and **San Nicolò di Capodimonte** (12th century) and the **rural villages** of **Gave, Mortola** and **Prato** are extremely interesting. **La Cervara** - Abbey of San Girolamo al Monte di Portofino, declared national monument in 1912, is the complex that best represents the richness of the historical-architectural heritage of the promontory.

Nature

The Promontory of Portofino stands out in particular, due to the geological formations of **"limestones of Monte Antola"**, located in the northern part, and due to the **"Settlements of**



Portofino



San Fruttuoso

Portofino” that rise on the sea side. The **flora, rich and varied**, is mainly the result of the natural history of the territory, of the variability of the soils and different micro-climates, but it is also linked to man, who has introduced or diffused exotic species unintentionally (e.g. Agave). Among the endemic species, there is the **saxifraga spathulata**, original of the typical environments of sub-arctic regions. The territory of the Park (which is also Site of Community Importance) counts different species listed in the European directives, among which the **peregrine falcon**.

Local productions and typical certified products

The **oil of San Fruttuoso**, extra-virgin olive oil of high quality, is obtained from the olive trees which date back to the 13th century. The **heather honey** (amber-coloured) and the **bearberry honey**, which has a peculiar sour taste, are typical of this area.

Marjoram, oregano, rosemary, sage and thyme come from the wild harvest and cultivations inside the Park.

Handicrafts

Typical works of the park's territory are: **“Chiavarine” chairs** (from Chiavari), and the **laces of Tigullio**.

Educational tourism

The Park proposes a series of excursions and activities to discover the most secret beauties of the Promontory, accompanied by official guides. The large and varied offer includes more or less demanding trails, some of which accessible only with a guide, theme trails, night excursions and other excursions with tasting of typical dishes.

Sustainability school: The Park, in collaboration with the Protected Marine Area of Portofino, also proposes a selection of itineraries specifically studied for schools (info: Parco di Portofino, see above).

(For stays and tourist packages in the Park and surroundings: “Incoming Liguria” - Tel. +39 010 2345666 - Fax +39 010 2465422 - email: info@incomingliguria.it)

CINQUE TERRE NATIONAL PARK - UNESCO World Heritage

Area: 3,800 hectares



Riomaggiore - Photographed by Michael Pasini

Municipalities involved: La Spezia, Levanto, Monterosso al Mare, Riomaggiore, Vernazza

Managed by: Ente Parco Nazionale delle Cinque Terre, Via T. Signorini 118, 19017 Riomaggiore (SP)

Tel. +39 0187 76031 – Fax +39 0187 920866 – email: info@parconazionale5terre.it

Website: www.parconazionale5terre.it

Information points: Reception centres at the stations of: La Spezia Tel. +39 0187 743500 • Riomaggiore Tel. +39 0187 920633 • Manarola Tel. +39 0187 760511 • Corniglia Tel. +39 0187 812523 • Vernazza Tel. +39 0187 812533 • Monterosso Tel. +39 0187 817059 • Lavaccio (Riomaggiore) Tel. +39 0187 920440 • Ristorante Colle del Telegrafo Tel. +39 0187 760561 • Santuario Madonna di Montenero Tel. +39 0187 760528 • Bar Via dell'Amore Tel. +39 0187 921026 • Info and Sales points of Food Products of Volastra Tel. +39 0187 760523

Description of the territory

The National Park, founded in 1999, develops for about 3800 hectares, along approximately 20 km of coast: an area that was transformed by the inhabitants during the past centuries, substituting the natural vegetation of the steep slopes, with a thick composition of terraces cultivated as vineyards. The scope of the Park is to recover and preserve this testimony of architectural, historical, cultural, landscape, and environmental values which, due to complex economic-social reasons, were at risk of being lost. The Park aims at preserving viticulture and agriculture, the only human activities able to preserve this landscape, recognized by UNESCO as World Heritage, and at boosting high quality tourism: careful to the fragility of the territory, to the authenticity of the typical local products and fond of an environment rich of biodiversity, where it is possible to do activities outdoors, in every season of the year.

How to get there

By car: highway A12 (Carrodano and Brugnato toll booths). From La Spezia, along the coastal road towards Riomaggiore and Manarola.

By bus: the Park's methane bus stops in every site.

By train: Pisa - Genoa line; from La Spezia, connections with all the sites.

By ferry boat: in spring-summer, daily connections from La Spezia, Lerici, and Porto Venere. Monterosso, Vernazza, Manarola, and Riomaggiore (www.navigazionegolfodeipoeti.it). The "Cinque Terre Card" gives you access to the Park's services (ecologic buses, public lifts, pedestrian trails, naturalistic observation centres and museums) with discounts and offers.

Hospitality

(Specific references to accommodation structures can be found on the Park's website)()*

Monterosso al Mare: 16 hotels, 1 inn, 14 guesthouses, 1 flat, 7 B&B, 1 farmhouse

Riomaggiore: 2 hotels, 6 inns, 16 guesthouses, 27 flats

Manarola: 2 hotels, 1 inn, 12 guesthouses, 8 flats, 1 B&B

Volastra: 2 hotels, 3 guesthouses, 1 flat

Corniglia: 11 guesthouses, 1 flat, 2 B&B, 2 farmhouses, 4 holiday homes

Vernazza: 2 hotels, 21 guesthouses, 6 B&B, 1 farmhouse.

(*) The structures that are taking part to the Environmental Quality Brand (MQA) project, implement and promote virtuous behaviours to protect the territory and the environment. The Travel Agency of Cinque Terre National Park was opened in 2005 and aims at optimizing the stays and channelling the great tourist flow of the territory.

Tourist amenity

Hiking

The rich hiking network (about 137 km) allows a better understanding of the secular action of the inhabitants, thanks to the rural accessibility of the Park's hillsides. Among the places to visit, there are five old sanctuaries (Montenero, Nostra Signora della Salute, San Bernardino, Madonna di Reggio, Madonna di Soviore), located on the hillsides, behind the coastal villages: the trail that connects these cult places to each other, is a true hiking trail that offers you encounters with history and spellbinding panoramas, starting from Riomaggiore up to Monterosso al Mare. Along the coast, one of the most renowned trails is the "Via dell'Amore". A tri-dimensional plastic model of the territory of the National Park and the Protected Marine Area of Cinque Terre is available for blind people (Reception Centre, Manarola Station).



Trekking among the vineyards of Cinque Terre

Outdoor activities

Mountain biking (bike rental at the Reception Centres of Parco di Riomaggiore, Santuario Montenero and Colle del Telegrafo), **hiking**, **seawatching** (coordinated by Ente Parco, only during the summer months). **Nikon Multifunctional Centre**, located at the Reception Centre of Manarola, offers sustainable weekends accompanied by professionals in photography and workshop (Info +39 0187 760230, after 2:00 p.m.). **Travelling in horse-drawn cab** (6 seats): from the village of Volastra to nearby the Sanctuary of Madonna di Montenero.



Mountain biking on the trails of Cinque Terre

Historic and rural villages, monuments and other attractions

The **spellbinding historic villages** of Riomaggiore, Manarola, Corniglia, Vernazza, Monterosso, set in the terraced landscape, the **rural villages** of Volastra, Groppo, S. Bernardino, and the complex of Sanctuaries, include remarkable buildings of historic value, with works of art of different ages.

Eco-museums at: Antico Mulino del Groppo (north of Manarola), Sciacchetrà museum (Manarola); Anselmo Crovara's private collection (Manarola, info via fax +39 0187 920507); Museo della Memoria (Riomaggiore); Centro di Salagione delle Acciughe (Anchovies Salting Centre) (Monterosso al Mare).

Nature

The landscape is made even more spectacular by the mix of inhabited centres and terraces with rocks outcrops of different origin and ages, arranged in a complex manner to form **promontories and cliffs**. The orographic complexity led to a **variety of micro-climates**, with an unusual similarity between Mediterranean (Cork Oak) and mountain species, particularities like the **closet chestnut tree to the sea in Europe** (in Schiara), and endemisms like **Santolina Ligustica**. There are different monumental trees among which **the cypress** of the **Santuario di Nostra Signora di Reggio** (Vernazza, 800 years). Among the faunal peculiarities, there are: the **Peregrine Falcon**, **the blue rock thrush** and **the common raven**.

Local productions and typical certified products

In addition to the renowned **Vino Bianco Cinque Terre DOC** and **Sciacchetrà Cinque Terre DOC**, the Park has developed a significant project concerning the recovery of typical products for the production and sale of enogastronomic specialties, obtained mainly from biological cultivations in recovered uncultivated lands, and a **certified line of eco-bio cosmetics** made with herbs, flowers and fruits from the Cinque Terre, in compliance with the strict quality parameters focused on the respect of man and nature, according to ICEA (Istituto Certificazione Etica Ambientale) and AIAB (Associazione Italiana Agricoltura Biologica).

Educational tourism

The Travel Agency of Cinque Terre National Park (Tel. 0187 258690 - email: agenziaviaggi@parconazionale5terre.it) organizes tourist and naturalistic itineraries addressed to schools, and environmental educational activities at the Environmental Education Centre of Torre Guardiola (Riomaggiore).

PORTO VENERE NATURAL REGIONAL PARK - UNESCO World Heritage

Area: 312 hectares, 274 hectares of which “Park area” and 38 hectares “neighbouring area”



The castle of Porto Venere

Municipalities involved: Porto Venere

Managed by: Municipality of Porto Venere, Via Garibaldi 9, Porto Venere (SP) - Tel. +39 0187 794823

Fax +39 0187 794846 - email: ufficioparco@parconaturaleportovenere.it

website: www.parconaturaleportovenere.it

Information points: IAT (Tourist Office) Porto Venere (Pro Loco) - Tel. +39 0187 790691

Description of the territory

The Park includes the homonymous promontory, the islands of Palmaria, Tino and Tinetto and the homonymous Marine Protected Area: are of exceptional naturalistic, historic and panoramic value. Steep calcareous cliffs drop down to the sea and emerge forming three islands of great geological, botanical, zoological and historic interest. On the promontory, architectural complexes of remarkable artistic value seem to be generated from the same rock on which they erect. The Park is included, together with Cinque Terre, in the Unesco's World heritage list. The rock of Porto Venere is one of the main attractions of the Park: Karst rock that houses caves and swallow holes; beautiful and useful rock, like the famous and extremely rare “portoro marble”.

How to get there

By car: highways A12 Genoa - Livorno and A15 La Spezia-Parma (La Spezia toll booth), then follow provincial road towards Porto Venere (15 km). From Cavo (parking), a shuttle bus to the village is available.

By train: connections from Genoa, Parma, and Pisa (La Spezia station), then A.T.C bus line 11 towards Porto Venere.

By ferry boat: from La Spezia, Lerici, Cinque Terre, Tigullio and Versilia.



Porto Venere

Hospitality

10 hotels, 3 guesthouses, 13 B&B, 1 youth hostel, 1 mountain hut.

Tourist amenity

Hiking

In addition to the renowned **Trail no. 1** (From Porto Venere to Campiglia and Levanto) and **Palmaria Island Periplus**, both to hike properly equipped, there are also the **Martina Track** (from Le Grazie to Porto Venere) and the **Track in the woods** (Trail in the woods - from Fezzano to Trail no. 1).

Outdoor activities

Scuba diving and **snorkelling**, in the clear waters in front of the Park (Protected Marine Area); **trekking** and **climbing**. Climbing on the renowned mountain sides of Muzzerone is regulated, in order not to disturb the protected species of birds that nidify and embellish the cliff.

Historic and rural villages, monuments and other attractions

The series of tall houses located along the alley, the long narrow road that crosses the ancient centre of the town, it ends in a vast square where the church of San Pietro rises, probably dated back to the 11th century. Known for its ancient architecture, it is very famous for its particular panoramic and landscape attractions, and it falls sheer to the sea, nearby Byron's cave. Grotta dei Colombi (Doves' Cave) is the most important one of the island of Palmaria and eastern Liguria, not only in terms of sizes, but also due to the paleontological and pre-historical material that it has preserved. Other historical monuments of great importance and beauty are: the church of San Lorenzo and the Doria Castle, both in the ancient village, the military fortresses, among which Palmaria fortress and Muzzerone fortress, the roman villa in Varignano Vecchio delle Grazie and the Convent of the Olivetans in Le Grazie, dated back to 1389. There are also the monastic ruins on the islands of Tinetto and Tino (11th century), where a church dedicated to Santa Maria and San Venerio was rising. Despite being a totally military area, on September 13th, day of the patron Saint Venerio, the island opens up to the visitors and it is possible to visit it through excursions organized by the Park.

Nature

The entire territory is characterised by the **Mediterranean maquis** in its different evolution stages. There are multiple Mediterranean species coming from the west that reach their north-east limit of distribution on these coasts. The Park boasts about **seventy species of birds** of community interest, among which the **peregrine falcon** and the **pallid swift**. The islands of Tino and Tinetto constitute one of the three Ligurian settlements of the small **leaf-toed gecko**.

Educational tourism

The modules proposed by the park to the schools of any order and degree, are rich of proposals and materials, with the possibility of various educational excursions on the territory.



Porto Venere

MONTEMARCELLO-MAGRA REGIONAL NATURAL PARK

Area: 4,320 hectares, 2,726 hectares of which of “Park area”, 388 hectares of “neighbouring area” and 1,206 hectares of “Special neighbouring area”



Horseback riding along Magra - Photographed by G. Benacci

Municipalities involved: Ameglia, Arcola, Beverino, Bolano, Borghetto Vara, Brugnato, Calice al Cornoviglio, Carro, Carrodano, Follo, Lerici, Pignone, Riccò del Golfo, Rocchetta Vara, Santo Stefano Magra, Sarzana, Sesta Godano e Vezzano Ligure.

Managed by: Ente Parco Montemarcello - Magra, Via A. Paci 2, Sarzana (SP) - Tel. +39 0187 691071 - Fax +39 0187 606738- email: info@parcomagra.it - website: www.parcomagra.it

Information points: Visitors' centre and Reception Centre Orto Botanico di Montemarcello Centro Fauna Minore at Ex Oratorio della Trinità in Sarzana • Visitors' centre of Montemarcello, +39 0187 670910 • Service Centre Alta Via in Calice al Cornoviglio: guide from and to Alta Via dei Monti Liguri, Infopoint and Guesthouses' service at the Doria Malaspina Castle (+39 0187 936391 - +39 345 2147227) IAT (Tourist Office) Ameglia: +39 0187 609232 • IAT (Tourist Office) Arcola: +39 0187 986559 IAT (Tourist Office) Calice al Cornoviglio: +39 0187 936309 • IAT (Tourist Office) Lerici: +39 0187 969164 IAT (Tourist Office) Sarzana: +39 0187 620419 • IAT (Tourist Office) Vezzano L.: +39 0187 993123

Description of the territory

Located at the borders between Liguria and Tuscany, the Park includes a territory of great naturalist, historical and cultural attractions, crossing the boundaries of 18 municipalities. The sea villages and the charming beaches of the promontory of Caprione (Montemarcello) leave space, going up the Magra river, to humid areas rich of bio-diversity and to the green hills of Val di Vara. The Park is also a reference point for Italian fluvial parks since it covers the role of laboratory of certified projects concerning environmental preservation and re-qualification.

How to get there

By car: highway A12 Genoa-Livorno and A15 Parma – La Spezia, Sarzana or La Spezia toll booths.

By train: Genoa- La Spezia line (La Spezia, Santo Stefano Magra and Sarzana stations).

By bus: La Spezia ACT lines (www.atclaspezia.it) connect the different places. An integrative transport service offered by the Park is also available (Service Centre Alta Via in Calice al Cornoviglio).

By ferry boat: (see www.navigazionegolfodeipoeti.it).

Beauties of the Park

Minor Fauna Regional Centre (Sarzana), aimed at preserving the humid fresh water environments, is equipped for guided tours and to organize seminars and meetings on the fluvial theme, and it is connected to the educational ponds nearby, created to observe and preserve amphibians and birds.

The Botanical Garden (Montemarcello), unique in its kind, it is located on the peak of Monte Murlo (365 metres) and it offers a guided trail with typical plants of different environments, from the deciduous oak grove to the garigue.

The Troglobite Fauna Centre (Riccò del Golfo) is equipped for research, educational and environmental educational activities, not only with regards to the knowledge of Karst phenomena and caves' fauna, but also to diffuse the problems and techniques to determine the environmental quality, with particular reference to the waters and soil.

Hospitality

(Specific references to accommodation facilities can be found on the Park's website)

Ameglia: 13 hotels, 9 B&B, 1 farmhouse, 2 guesthouses, 1 camping ground;
Arcola: 4 hotels, 7 B&B, 3 farmhouses; 1 guesthouse, 1 camping ground; **Beverino:** 1 B&B, 5 farmhouses, 4 guesthouses; **Bolano:** 2 hotels, 2 B&B, 2 farmhouses, 1 guesthouse;
Borghetto di Vara: 1 hotel, 1 guesthouse;
Brugnato: 1 hotel, 1 B&B, 1 farmhouse, 2 guesthouses; **Calice al Cornoviglio:** 2 hotels, 1 B&B, 4 farmhouses; **Carro:** 3 farmhouses;
Carrodano: 1 hotel, 1 B&B, 1 camping ground;
Lerici: 30 hotels, 5 B&B, 3 farmhouses, 6 guesthouses, 3 camping grounds;
Pignone: 1 hotel, 1 B&B, 1 farmhouse;
Riccò del Golfo: 1 hotel, 4 B&B, 1 farmhouse, 4 guesthouses; **Rocchetta Vara:** 2 hotels, 6 farmhouses; **Santo Stefano di Magra:** 2 hotels, 2 B&B, 1 farmhouse, 1 guesthouse;
Sarzana: 8 hotels, 18 B&B, 2 farmhouses, 1 camping ground; **Sesta Godano:** 3 hotels, 3 farmhouses, 2 guesthouses, 1 camping ground;
Vezzano Ligure: 1 hotel, 5 B&B, 3 farmhouses, 1 guesthouse.

Tourist amenity

Hiking

The hiking network of the Park includes trails of the Promontory, fluvial trails of the Magra and Vara rivers, a tract of Alta Via dei Monti Liguri (that will continue from Ceparana to Montemarcello) and numerous sub-mountain trails, many of which outside the administrative limits of the Park, for an overall extension of over 800 km. Other trails concern numerous connections between the SIC (Sites of Community Importance) connected to the Park.

Self-guided educational trails and theme trails:

- "Cammino dei sensi" of the Botanical Garden of Montemarcello;
- Trail in the Karst area of Pignone and Riccò del Golfo;
- Enogastronomic trail "from the Vara to Magra river", step itinerary among traditional products.

Accessible trails:

- Equipped area of San Genesio (Arcola), with signs and tactile maps in Braille;
- "Naturalmente Accessibile" trail inside the Botanical Garden of Montemarcello.

Outdoor activities

Diving, canoeing, (canoe and kayak), **rafting, canyoning** and **horseback riding** can be practiced in different places of the Park.



Alpine newt - Photographed by E. Monaci



Stretch of coast

Historical and rural villages, monuments and other attractions

Ancient villages and castles are located all over the territory from Sarzana to Brugnato, with small pearls set here and there, from the Doria Malaspina Castle in Calice al Cornoviglio to the castle in Ameglia, from the historic centre of Montemarcello to the hamlets of Barbazzano and Portesone, with historical testimonies that date back to the first centuries B.C. as the Roman villa of Bocca di Magra.

Nature

The **fluvial environment**, with its wide meanders and small lakes, constitutes a privileged environment for the settlement and nest-building of many migratory and sedentary birds such as the **kingfisher**, the **grey heron**, the **egret** and the **sea crow**. The water streams, in particular the Vara river, house a significant **ichthyic and amphibious fauna**, among which the **yellow-bellied toad**. The hilly environment is instead very different (Montemarcello) characterised by the western side with high **rocky walls** at sheer drop on the sea, alternated by **short beaches**, while on the east side, the slopes are not as steep and they are covered by **forests**, in which the Aleppo Pine dominates.

Local products and typical certified products

In addition to the classic products among which: the **extra-virgin olive oil** (Riviera del Levante PDP), **wine** (Colli di Luni and Golfo dei Poeti) and **honey** (Calice al Cornoviglio PAT), there are also special products such as the **“Gigante nera”, an autochthonous breed of chicken** of Val di Vara. Other traditional agro-alimentary products are: **caciotta**, **mozzarella**, **ricotta**, **canestrello** and **cavagnetto** of Brugnato, the **spongata** of Sarzana, the **fresh milk** of Marinella, the **sausage** of Pignone, the **prosciutta** castelnovese and the **buccellato**.

Educational tourism

The offer varies from “classroom projects” to excursions in ferry boat and in the park’s villages, with targeted educational activities and environmental educational programs which are elaborated and updated on a regular basis. Workshops for students are organized at the Park’s Environmental Educational Centre (Ex Oratorio della Trinità) and at the Botanical Garden of Montemarcello, based on which a certificate is released, valid as study credit.

BERGEGGI REGIONAL NATURAL RESERVE

Area: 8 hectares



Bergeggi Island on the background

Municipalities involved: Bergeggi

Managed by: Municipality of Bergeggi (SV) - Tel. +39 019 25790212 - Fax +39 019 25790220

Email: b.lpa@comune.bergeggi.sv.it - www.parks.it/riserva.bergeggi - www.comune.bergeggi.sv.it

Information points: Tourist information Office, Via Aurelia (seasonal)

Description of the territory

The territory of Bergeggi, land of farmers and fisherman in the past, today is an extremely frequented seaside location. The Regional Natural Reserve includes the Island of Bergeggi and the tract overlooking the coast. The island is a small cone of calcareous rock that erects at about 250 metres from the shore and preserves important historical and archaeological testimonies. The overlooking coast alternates inlets, small promontories and cliffs where the action of the sea has excavated caves or remarkable naturalist-archaeological interest, like the Grotta delle Sirene, Grotta della Galleria del Treno and the most famous one, Grotta Marina, a real “book sculpted in the rock”, which chapters talk about the presence (or absence) of the sea in the area

How to get there

By car: highway A10 (Savona or Spotorno-Noli toll booths), then follow State Road 1 Aurelia.

By bus: Savona - Finale Ligure ACTS line; summer shuttle bus village - Aurelia (sandy shore)

By train: Genoa - Ventimiglia line (Savona or Spotorno- Noli stations).

Beauties of the park

Sea cave of Bergeggi: it opens up nearby Punta delle Grotte and it is renowned for the paleontological findings and the testimonies of the quaternary oscillations of the sea level. It can be easily reached through a panoramic stairway from Via Aurelia.

Island of Bergeggi: it preserves roman and medieval ruins and the ruins of monastic buildings.

Bergeggi Cork Forest: with the numerous sighting towers and fortresses.

Hospitality

3 hotels, 1 holiday home.

Tourist amenity

Hiking

The offer of the trails network includes the coastal trail and the botanical trail Torre d'ere - Gola Sant'Elena - Sugherata

Nature

The **campanula sabatia**, exclusive of western Liguria, the rare **anthyllis barbajovis** and the endemic **thymelea hirsuta** can be found on the island. The island of Bergeggi is one of the few nest-building places of the **Caspian Gull** (*larus cachinnans*).

Educational tourism

The Municipality of Bergeggi organizes guided tours free of charge during the summer and guided tours upon request of schools and/or groups of at least 10 people.

GALLINARA REGIONAL NATURAL RESERVE

Area: 11 hectares



Gallinara Island

Municipalities involved: Albenga

Managed by: Municipality of Albenga (SV) - Tel. +39 0182 541351 - Fax +39 0182 554617

Description of the territory

The island of Gallinara, rich of Mediterranean vegetation and rare reptiles, is located at about 1 km from the coast, in front of Capo S. Croce, from which the island had probably detached due to the rising of the sea level that occurred in the Quaternary period. The erosion of the sea has determined a high-cost morphology, more accentuated in the south and eastern sides, which are more exposed to breakers, where today, the cliffs at steep drop to the sea houses one of the most populated colonies of Caspian gulls (*larus cachinnans*) of the Northern Tyrrhenian Sea. Its sea bottoms house numerous populations and interesting species, and also some rare ones in the Ligurian Sea. The island had been the refuge of Saint Martin of Tours and Hilary of Potiers. Later on, it was the scenery of an important monastic settlement until mid 1200. Among post-medieval works, the circular tower stands almost intact.

RIO TORSERO REGIONAL NATURAL RESERVE

Area: 4 hectares



The bed of the Torsero river- Parks of the Region of Liguria Archive photograph

Municipalities involved: Ceriale

Managed by: Municipality of Ceriale (SV) - Tel. +39 0182 990024 - Fax +39 0182 991461

Information points: Tourist Information Office, Via Aurelia - Tel. +39 0182 993007

Pro Loco Ceriale, Lungomare Diaz - Tel. +39 0182 932058

Description of the territory

The valley of Rio Torsero, behind the hamlet of Ceriale, is extremely important from a paleontological point of view, because it houses a rich settlement of deposit of fossils dated back to the Pliocene period, especially bivalves and gastropods, known among the experts and enthusiasts worldwide, for the exceptional preservation state and abundance. In the recently renovated “Silvio Lai” museum, it is possible to admire the collection coming from the Reserve and to literally discover, the meaning of palaeontology and the precious contribution for the understanding of the geology of a territory. Around the Museum, there is the “fossil garden”: a trip back in time to discover the vegetable evolution.

How to get there

By car: highway A10 Genoa- Ventimiglia (Albenga toll booth), then follow for Ceriale;

By train: Genoa- Ventimiglia line (Ceriale station)

Hospitality

Ceriale: 2 residences, 10 hotels, 5 flats, 8 camping grounds, 2 inns.

Tourist amenity

Historical villages and other attractions

In addition to the historic centre of Ceriale, the hamlet of Peagna, settlement of ancient and noble families, houses an important library specialized in books concerning Ligurian topics, and at the end of August, every year, it hosts the “Libri di Liguria” exhibition.

“HANBURY BOTANICAL GARDENS” REGIONAL PROTECTED AREA

Area: 19 hectares



Hanbury Villa

Municipalities involved: Ventimiglia (IM)

Managed by: University of Genoa - Hanbury Botanical Gardens University Service Centre
Corso Montecarlo 43, Mortola, Ventimiglia

Information points: Tel. +39 0184 22661 - Fax +39 0184 226632 - email: info@cooperativa-omnia.com
Website: www.giardinihanbury.com

Main naturalistic, environmental and territorial characteristics of the protected area

The Botanical Gardens, located on the promontory of Capo Mortola, were founded in 1867 by Thomas Hanbury as acclimation park of exotic plants coming from all the continents. Thanks to the collaboration of botanists, agronomists and landscapers, mostly from abroad, a majestic ensemble was created with no equals in Europe, from a botanical point of view, with 5800 species of ornamental, officinal and fruit plants, and in terms of landscape, thanks to the perfect harmony between buildings, ornamental elements and cultivated terraces. The Gardens, protected since 1939 and property of the Italian State, have become a regional protected area in 2000. The Cape (Mortola) is characterised by a sea environment, among the most interesting ones in Eastern Liguria, with a vast grassland of Neptune Grass (priority habitat of the European Union).

How to get there

By car: highway A10 Genoa - Ventimiglia (toll booth: Ventimiglia) and SS 1 Aurelia direction France; highway A8 Aix en Provence - Menton (toll booth: Menton) and RN7 direction Italy;

By bus: Riviera Trasporti line towards Ponte San Luigi - **By train:** Genoa - Ventimiglia line (Ventimiglia station).

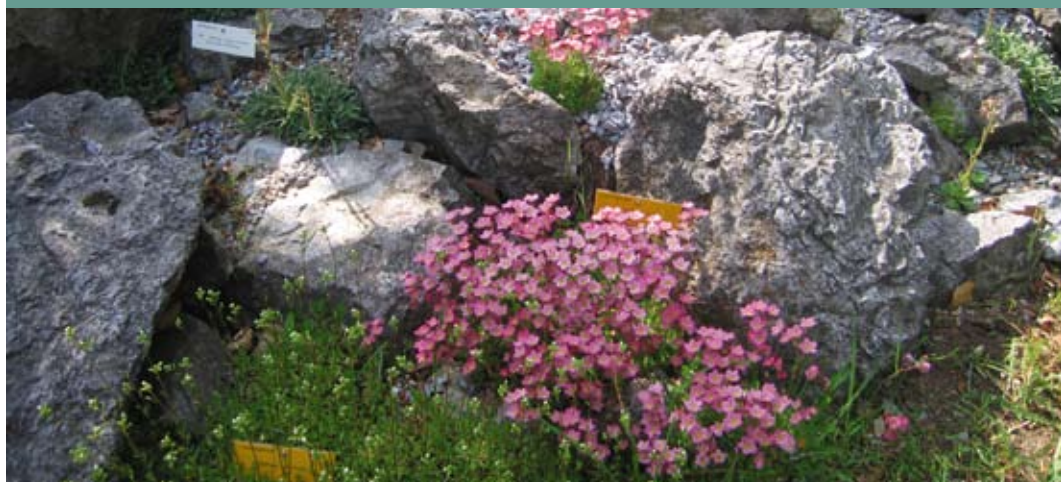
Hospitality: 15 hotels, 4 bed & breakfast, 1 camping ground, 4 tourist villages.

Characteristics

The main collections cultivated in the Gardens include types of **acacia**, **agave**, **brugmansia**, **cistus**, **citrus**, **eucalyptus**, **passiflora**, **rose**, **sage** and the **bignoniaceae** and **myrtaceae** families. Each species is inserted in particular settings, along a varied and scenographic trail: the *Australian Forest*, the areas of succulent plants, the *Garden of Scents*, the *Small Gardens*, with ancient varieties of roses and peonies, the *Exotic Fruit Orchard*, the *Citrus Orchards*.

PRATORONDANINO PROVINCIAL PROTECTED AREA

Area: 0.6 hectares



Pratorondanino

Municipalities involved: Campo Ligure (GE)

Managed by: Provincial Administration of Genoa, Department of the Environment, Natural areas, and Transports, Largo Francesco Cattanei 3, Genoa - Tel. +39 0105499848 - Fax +39 0105499680, in collaboration with G.L.A.O. (Gruppo Ligure Amatori Orchidee) - Tel. +39 0106988624

Main naturalistic, environmental and territorial characteristics of the protected area

Pratorondanino is located at 750 metres above sea level and houses the homonymous and beautiful botanic garden. It is a protected area aimed at the acclimation, preservation, study and diffusion of mountain flora. In addition to the Ligurian mountain flora, many Italian wild orchids can be observed and other species of alpine, Apennine and mountain flora coming from all over the world, some of which at risk of extinction. In order to house the plants, three different rocky habitats have been created, with lime, siliceous sub-layer and the serpentinous, in addition to a small lake that houses aquatic and insectivorous species of marshy areas.

How to get there

By car: highway A26 Genoa - Santhià (toll booth: Masone).

Hospitality: 3 hotels, 1 bed & breakfast, 1 farmhouse.

“PARCO DELLE MURA” NATURAL PROTECTED AREA OF LOCAL INTEREST

Area: 617 hectares



Fratello Minore Fort - Photographed by M. Robello

Municipalities involved: Genoa

Managed by: Municipality of Genoa, Hydro geological and Corporate Sector

Green and Parks Office, V. Garibaldi 9, 16124 - Tel. +39 010 5572591/293 - email: spiroli@comune.genova.it

Description of the territory

Parco delle Mura develops on a ridge that, as an upside Y, it envelops the city centre and divides the valleys of Polcevera and Bisagno. It is characterised by walls and imposing fortresses built between the seventeenth century and the nineteenth century, witnesses of the majesty of Genoa, and interesting natural beauties, among which some protected and endemic species. The area offers astonishing panoramas on the historic centre, the port of Genoa and the inland. Founded at the end of 2008, this is a periurban park, the vastest green area of the city, partially equipped as recreational and educational area, with athletic trails, the educational centre “Casetta Rossa” and a small astronomic observatory. The rises are crossed by a thick network of “creuze”, the ancient roads made with cobblestones and bricks, trails, mule trails, and small roads, that can be travelled on foot and in mountain bike, among pine groves, chestnut groves, mixed woods and grasslands. Departing with the cable railway from the historic centre of Genoa, travelling the ancient Via delle Baracche in the park, it is possible to reach Alta Via dei Monti Liguri and, continuing, Antola Park.

How to get there

From the centre of Genoa, it is easy to access the Val Bisagno side by bus, car, through the Righi cable railway (departing from largo Zecca), the rack railway Principe – Granorolo or the narrow-gauge railway Genoa-Casella (departure from piazza Manin). It can be reached by bus and by car from the valleys of Polcevera and Bisagno.

Beauties of the Park: Begato, Sperone, Castellaccio fortresses, enclosed within boundary walls, and Puin, Fratello Maggiore, Fratello Minore fortresses, and outside the park, Diamante fortress.

“ADELASIA” REGIONAL NATURAL RESERVE

Area: 1,273 hectares



Beechwood in the Adelasia Reserve - Photographed by P. Genta

Municipalities involved: Cairo Montenotte (SV)

Managed by: Province of Savona, Parks and Protected Areas Office, Via Amendola 10, 17100 Savona

Tel. +39 019 8313545 - Fax +39 019 8313517 - email: p.genta@provincia.savona.it

website: www.provincia.savona.it

Description of the territory

In addition to the geo-morphological rocks (Rocca dell'Adelasia and Karst phenomena), to the geological complexity and richness of water streams, with pools, falls, and meanders, the woods are the main attraction of the reserve, the only vast protected area in Liguria which is totally public property. The beech groves are extremely beautiful, with majestic secular trees, along with Mediterranean vegetable formations and grasslands full of orchids. There are numerous rare or interesting botanical species, like the cork oak, the sycamore maple tree, the line tree, the ruscus, the bilberry, St. John's lily, gulf coast swallow wort, and Ligurian saffron. The wild fauna is represented by mammals, such as the wild boar, the fallow deer and roe deer, the fox, the badger, and the skunk, the "greater horseshoe" bat, by birds, among which the sparrow-hawk, the honey buzzard, the green woodpecker, the great spotted woodpecker, the Eurasian nuthatch, the white-throated dipper, the kingfisher, but perhaps, the water environments are the ones that house the most interesting species, thanks to the presence of rare amphibians (newts, yellow and black salamanders) and the crayfish. The network of objects, hydraulic works, road infrastructures, forest cultivations, connected to the workmanship of iron and glass started in the Middle Ages, is still visible today. These places were the scenery of the great Napoleonic battle of Montenotte in 1796.

How to get there

By car: highway Turin- Savona (toll booth: Altare): then follow towards Ferrania and Montenotte;

By bus: ACTS 61 (Savona - Cairo M.) and 51 lines (Cairo M.- Ferrania). Bus service "EscursioniBus" upon booking - Arancio line. ACTS toll free number 800 012727;

By train: Savona - Acqui Terme line (Ferrania station).



Horseback riding in Val Trebbia - Archive in Liguria

Agenzia Regionale per la Promozione Turistica “in Liguria”

info@agenziainliguria.it
www.turismoinliguria.it

