

SURVIVAL KIT

...

LIGURIA

OVERVIEW

SAVONA

GENOVA

LA SPEZIA



IMPERIA

NICE TO KNOW...

- **ALTA VIA DEI MONTI LIGURI**

- A single hiking itinerary crosses Liguria for 440 km (43 waypoints) from east to west between mountains, parks and sea: Alta Via
- Let us know if you are interested in doing part of this hiking

- **SPACES**

- Roads are narrow in the whole region, careful at bikers. Policemen will not hesitate to fine you for stupid reasons (such as parking the car out of lines)

- **LIGURIANS**

- Are famous to be stingy and not very cordial especially with tourists..
- Therefore, careful with prices and no panic when facing brusque manners..

LA SPEZIA

RECOMMENDATION(S)

+ Hiking path "Via dell'Amore"

- **CINQUE TERRE**

- Entrance fee to enter in the National Park. Information points in La Spezia, Riomaggiore, Manarola, Corniglia, Vernazza and Monterosso train stations
- As you may know, no cars can reach the five villages: only trains or boats. Of course you can walk...

- **PORTOVENERE**

- LINKS -

- www.parconazionale5terre.it
- <http://www.navigazionegolfodeipoeti.it/en>
- <https://www.walksofitaly.com/blog/cinque-terre/hiking-trails>

GENOVA

RECOMMENDATION(S)

- + Hiking path to San Fruttuoso
- + Focaccia tasting

- CAMOGLI / PORTOFINO

- Good to lay on the beach in a very typical village
- Beautiful hikings in Portofino Regional Park
- Portofino & Santa Margherita are V.I.P. areas, check prices before entering restaurants!
;)

- CITYCENTER

- Ask Giulio for recommendations depending on the time you want to stay there

- LINKS -

- www.parcoportofino.it

SAVONA

RECOMMENDATION(S)

- + Go to the beach and enjoy!
- + Farinata & Panissa tasting in Savona

- **SEASIDE VILLAGES**

- **Bergeggi** is good to lay on the beach and explore its marine cave
- **Noli** and **Varigotti** are also excellent choices for relaxing on the beach

- **FINALE LIGURE**

- Perfect place to lay on the beach or explore: MTB, hiking, climbing, paragliding, potholing, ...

- **TOIRANO**

- Worth a visit if you have never visited a cave

- LINKS -

- <http://turismo.comunefinaleligure.it/en/outdoor>
- <http://www.toiranogrotte.it/en/>

IMPERIA

RECOMMENDATION(S)

- + Rent a bike for a ride on the seaside
- + Wine tasting in Dolceacqua

● HISTORICAL VILLAGES

- Dolceacqua, Seborga, Apricale and Triora are suggestive villages stuck into the mountains
- An earthquake in 1887 caused **Bussana Vecchia** abandon. Today artisans and artists renovated some buildings to open their ateliers there

● VENTIMIGLIA

- Explore the varied flora growing in its famous Botanic Garden

- LINKS -

- <http://www.pistaciclabile.com/en/>
- <http://www.giardinihanbury.com/en/>

FOR THE BRAVEST...



COTE D'AZUR (FRANCE)

RECOMMENDATION(S)

- + Avoid highways: seaside roads are awesome!

• ON THE ROAD

- **Monaco** is worth a pit-stop to feel the thrill of high speed
- If you did not visit Bussana Vecchia, **Eze** and **St-Paul-de-Vence** are kind of similar ;)
- Follow the edges of **Verdon Canyon** and enjoy its regional park
- Stop by the capital of perfume, **Grasse**

- LINKS -

- <http://www.lesgorgesduverdon.fr/en/>