



## Leg 1 from Lerici to Bocca di Magra

Total length	9,7 km
Hiking time	3h 50m
Cumulative elevation gain	406 m
Uphill percentage	52,1 %
Downhill percentage	47,9 %
Percentage of hike on natural earth	40,5 %
Percentage of hike on asphalt	12,9 %
Percentage of hike on paved surface	46,6 %
Percentage of hike on other surface	0%

Profilo altimetrico



### General description:

The leg runs almost entirely inside the Regional Nature Park of Montemarcello - Magra - Vara. The trail climbs gently up to the hamlet of Serra, the itinerary continues half-way the coastal slope towards Lerici, passing by the hamlet of Serra, with beautiful views over the coast and the Gulf of La Spezia. The vegetation of the area shows a high diversity: from a luxuriant Mediterranean scrubland to the farmed olive trees, from the holm oak forests to the Aleppo pine groves. From Montemarcello you can enjoy a gorgeous view over Punta Corvo. Short detours allow you to visit the hamlet of Tellaro, amazingly stuck on the cliffs, and the beautiful coves of Fiascherino. Once in Montemarcello, the view stretches over the wide Magra Valley. A steep descend allows you to reach the hamlet of Bocca di Magra.



## Description of the itinerary

You leave Lerici through Via Tagliata, walking up to the original settlement surrounding the Castle. Continue on the trail (marked with n° 463) which passes over the ridge, until it intersects the road to Tellaro at a fork with the road to Maralunga. Do not continue uphill (trail marked with n° 463), but proceed a few hundred metres along the road to Tellaro and take the trail marked with n°433, that runs half-way the ridge to Serra. The coast between Lerici and Tellaro is one of the most beautiful of Liguria, as it is characterized by many small promontories and coves, which you can admire from the trail passing above them. The Sentiero Liguria passes through the old centre of Serra (it's worth to walk the main alley up), in order to appreciate the gorgeous view from the top of the hamlet.

From Serra the easy trail continues half-way the coast, passing through beautiful olive groves. Despite the geomorphology of the area, which is mainly rocky, and the difficulty to reach some farmed areas, due to the absence of infrastructures, this area is undergoing an important revitalisation action. The archaic farmed landscape is fascinating, especially for its harmonic balance with the wild nature.

The trail passes high above Tellaro, but different detours allow you to reach the beautiful hamlet. The Sentiero Liguria passes through the charming abandoned hamlets of Portesone and Barbazzano, in the direction of Zanego. Zanego is an important crossroads of paths: the trail running northwards (marked AVG) follows the ridge towards Rocchetta; the trail running eastwards (marked with n°424) leads to the old hamlet of Ameglia; the Sentiero Liguria (marked with n°433) continues southwards towards Montemarcello.

Continue along the, beautifully with sandstone paved, old mule track once connecting Tellaro and Lerici to Montemarcello. You will pass along, partially farmed, partially abandoned olive groves. Some abandoned olive groves are already grown with holm oaks and Aleppo pine trees. On the steep slope facing the Gulf (as well as on the slope facing the Marossa Valley), the nature becomes wilder: beautiful pine tree forests encircle the stony grounds degrading towards the sea. We are in the core of the Site of Community Importance of "Montemarcello": this is the realm of Mediterranean plants pertaining to the scrubland and the garrigue: above all you can smell the aromatic plants (thyme and curry plants) and admire the suffruticose plants (like the beautifully blooming rockrose *Cistus albidus*). This cliffs are home to the pilgrim falcon, as well as to the common raven.

Continuing on the trail marked with n°433 you will reach the top of the promontory dividing the Gulf from the end of the Magra Valley, called Caprione; this is a limestone plateau characterised by many large sinkholes, most of which are farmed.

You will enter Montemarcello near the old parish Church of San Pietro. Walk around the Church and take the path marked AVG and cross the hamlet in South-East direction, towards Bocca di Magra. Before leaving Montemarcello, with a short detour you can reach the panoramic lookout of Punta Corvo (follow the trail marked with n° 436 in its first part; continuing along this strenuous steep trail you can reach the beach of Punta Corvo).

The trail to Bocca di Magra is a wide mule track (in some parts still presenting the original pavement) that intersects the road different times. The landscape is characterised by pine tree forests. In this section the Sentiero Liguria follows the trail marked AVG, which stands for Alta Via del Golfo (High Trail of the Gulf). Near Bocca di Magra you will pass the Monastery of Corvo and the archaeological site of Villa Romana.