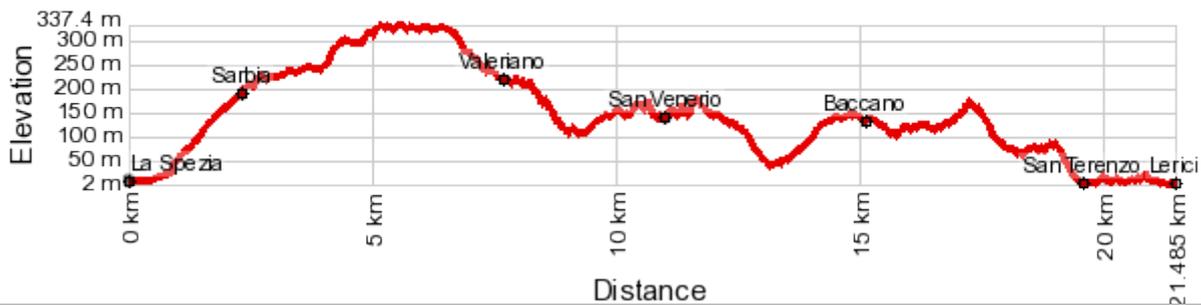




## Leg 2 from La Spezia to Lerici

Total length	21,7 km
Hiking time	7h
Cumulative elevation gain	622 m
Uphill percentage	55,6 %
Downhill percentage	44,4 %
Percentage of hike on natural earth	23,4 %
Percentage of hike on asphalt	61,5 %
Percentage of hike on paved surface	14,2 %
Percentage of hike on other surface	1,0 %

Profilo altimetrico



created by GPSVisualizer.com

### General description:

The second leg runs almost entirely along the itinerary of the Alta Via del Golfo (AVG - High Trail of the Gulf), following the watershed between the Gulf of La Spezia and the Magra Valley. This itinerary is highly panoramic. Even if it crosses built-up areas, the beauty of the landscape is characterised by the enchanted, hidden old hamlets: Sarbia (where the Sentiero Liguria intersects the AVG trail), Valeriano, Carozzo, San Venerio. Almost at the end of the leg, before reaching San Terenzo, it's worth to make a short detour to the Baia Blu beach and follow the path that flanks the Falconara Promontory. The itinerary ends in Lerici, on the beautiful promenade embracing the entire inlet.



### Description of the itinerary

In its first section the second leg of the Sentiero Liguria follows the itinerary of Valdellora, on a trail marked with n° 225. Starting from the Hospital, Ospedale Civile Sant'Andrea, follow Via Mario Asso, take the underground passage of the railway and continue on Via Volta. The trail will soon lead uphill to the ridge and you will immediately feel the "natural" dimension surrounding you, passing through farmed areas and forests. Once out of the forest you will pass by the nineteenth-century walls before reaching the scenic overlook in Sarbia. This hamlet testifies the history of the city of La Spezia, together with the other old hamlets on the hills surrounding Marinasco (which contributed to the development of the city during the 10<sup>th</sup> and 11<sup>th</sup> century), the walls, the nineteenth-century fortifications for defence of the Arsenal. From Sarbia, the itinerary follows the Alta Via del Golfo (AVG - High Trail of the Gulf), climbing up to Fort Montalbano (350 m a.s.l.), and continuing on the ridge dividing the Gulf from Valdurasca, until Valeriano.

Valeriano is an important crossroads: its ridge, descending to the Vara River, is the direct connection to Bottagna and the bridge to Ceparana, where the trail intersects the first leg of the Alta Via dei Monti Liguri, the long trail that crosses the whole Region Liguria following the watershed of the Apennines. The Sentiero Liguria continues along the AVG trail, which in this section is characterised by a beautiful mule track that descends rapidly to the Buonviaggio Pass, where you can see a military structure named Batteria Buonviaggio. Continue uphill on the asphalt road until Carozzo, small medieval hamlet that adorns the hill ridge together with San Venerio. From San Venerio the route continues on a flat, scenic dirt road. Passing through olive groves and small forests you will reach Passo del Termo (the name of this pass has the meaning of boundary, as it represents the extension limit of the territories of Arcola, Spezia and Vezzano).

From the Termo Pass, cross the provincial road and continue uphill until Baccano, on the low ridge separating Arcola from the Gulf. This is a farming area, traditionally used both for oil and wine production (the locally produced DOC wine Colli di Luni Vermentino is widely appreciated). The landscape surrounding the old villa "Il Chioso", pertaining to the Counts Picedi Benettini, with its cellars and the ancient olive-oil mill, testifies the importance of the estate.

From Baccano until the intersection with the trail to Pitelli, the Sentiero Liguria runs on asphalt as the road connecting the Gulf to the Magra Valley coincides with the ridge, following the route of the old way of communication. On the slope facing the Magra Valley you can enjoy a gorgeous view on Arcola.

Once at the fork between Pitelli (it's worth making a detour to walk along the old alleys) and Forte Canarbino, the Sentiero Liguria continues circa 500 metres in the direction of the Fort, before abandoning the Alta Via del Golfo in Pin Bon and descend to the Falconara Promontory along the trail marked with n° 413. You will soon smell the Mediterranean scent of the sea and the scrubland. A small detour along the scenic trail of the Falconara Park and the Baia Blu beach (trail marked with n° 452) is worth the effort. This small Valley miraculously resists to the coastal urbanization.

From Falconara you quickly descend to San Terenzo (still following the trail marked with n° 413), from where you will reach Lerici along the promenade. This is a well-loved classic walking path, characterised by the beauty of the landscape and the fascinating historical and literary reminiscences of the Gulf of Poets. As an example, the Castel of Lerici (Geo-paleontological Museum), San Terenzo and the Park of Villa Shelley are worth a visit.