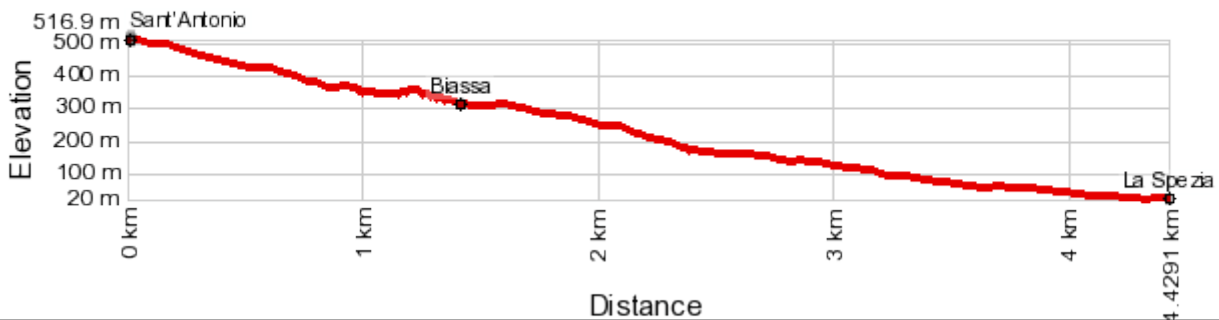




From the intersection with leg 3 to La Spezia

Total length	4,4 Km
Hiking time	1h
Cumulative elevation gain	496,7 m
Uphill percentage	0 %
Downhill percentage	100 %
Percentage of hike on natural earth	33,6 %
Percentage of hike on asphalt	30,3 %
Percentage of hike on paved surface	36,1 %
Percentage of hike on other surface	0 %

Profilo altimetrico



General description:

Old route that allows to easily reach the city, passing through Biassa, following ancient mule tracks and magnificent sandstone staircases. Until a few years ago, the first part of this itinerary has been daily walked by the farmers to reach the unique vineyards of Biassa and Tremonti.



Description of the itinerary

Sant'Antonio is also a pic-nic area with different facilities, and the starting point for the gymnastic trails named "Palestra nel Verde". Take the trail marked with n°504 to Biassa – La Spezia from the little church: this is a monumental staircase, entirely made of sandstone, a through pedestrian "highway" for man and mule, which was the fundamental way of communication used by the farmers of Biassa to reach the extensive vineyards on the slope of Tramonti. In its first part, the itinerary passes through maritime pine groves. Most pine trees have been recently infected by *Matsucoccus feytaudi*. As a consequence other typical species of the Mediterranean scrubland and the holm oaks are extending their area. Descending further, the trail passes through old chestnut groves, before offering a wide open view on the city of La Spezia and its Gulf.

The hamlet of Biassa, in the middle of the valley is a crossroad of trails: the AVG trail runs northwards along the so called "Redemè" (a trail connecting Madonna della Guardia and La Foce passing halfway the coast); southwards a mule track leads to Campiglia, with direction Porto Venere, passing by the cemetery.

The city can be reached directly by following the trail marked with n°504; leaving the narrow alleys of the hamlet, follow the asphalt road for a short tract, and take the trail to Pegazzano: this is a beautiful staircase that shortcuts the road many times. Where the route follows briefly the road, you will see a limestone quarry, including the famous Grotta dell'Orso (Bear Grotto), unfortunately not open for public, in which remains of *Ursus spelaeus* where found at the end of eighteen hundred.

In its last part, the itinerary follows a beautiful *creüsa* (alley) that descends gently passing alongside old farmhouses (some of which adorned with beautiful doorframes in sandstone of Biassa) and ancient olive trees. You will enter the city in the small old centre of Pegazzano, near the nineteenth-century building hosting the Primary School.