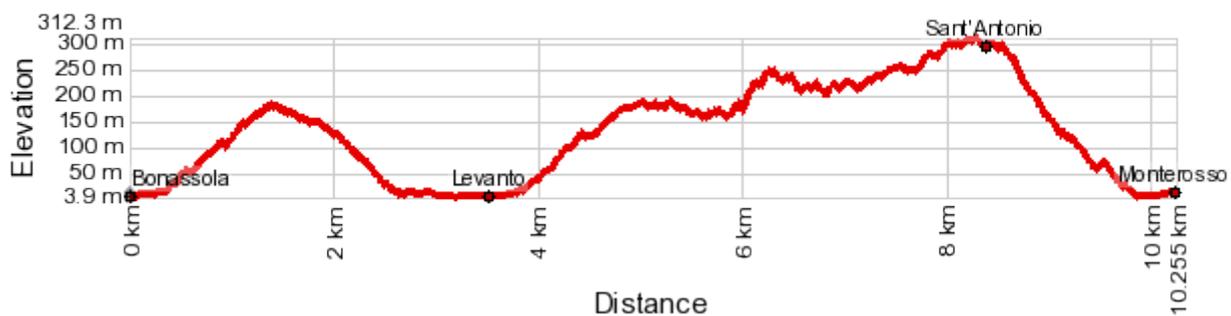




Leg 5 from Bonassola to Monterosso

Total length	10,3 km
Hiking time	4h 20m
Cumulative elevation gain	552 m
Uphill percentage	54,1 %
Downhill percentage	45,9 %
Percentage of hike on natural earth	43,8 %
Percentage of hike on asphalt	36,9 %
Percentage of hike on paved surface	19,4 %
Percentage of hike on other surface	0 %

Profilo altimetrico



created by GPSVisualizer.com

General description:

This leg joins the severe landscape of the Cinque Terre with the more gentle landscape of Levanto and Bonassola. Common element of both areas are the "green rocks" and the particular vegetation growing on them. The old medieval centre of Levanto is worth a visit. It is also worth to make a short detour to the remains of the Hermitage of Sant'Antonio del Mesco. Between Levanto and Bonassola it is possible to follow the cycle path passing through the tunnels of the old railway, with access to many inlets along the coast.



Description of the itinerary

Before starting, it is worth visiting the old centre of Bonassola, by following Via Daneri in order to pass in front of the house of Matteo Vinzoni. Once in the eastern part of the village, you will find the trailhead. The Sentiero Verde Azzurro (Green Blue Trail, marked SVA) runs towards Levanto, climbing up a slope with beautiful olive groves. The old farmhouses and country houses are now side by side with modern “second homes”. Pass the ridge in Scernio, a beautiful and well preserved farmed area, characterised by extensive olive groves, before descending to Levanto along the barren slope, where it is difficult for the vegetation to colonize the ophiolite (green) rocks.

Between Bonassola and Levanto, the Sentiero Liguria has even a variant: the cycle path that follows the old railway. This path is characterised by a long tunnel, but allows you to enjoy the view from the many openings and accesses to the sea and the small beaches. The two routes come together on the promenade of Levanto.

Follow the promenade of Levanto (but take also a look to the medieval centre); once at the Castle, take the trail to Monterosso (marked SVA). In its first part the trail passes through a built up area, but with beautiful scenic look-outs over the city and the valley, an example of good bond between nature and manmade landscape: the vineyards - where the Levanto bianco DOC vine is produced – the farmhouses, the elegant villas, the castle and the medieval centre.

After leaving the road in San Carlo, the itinerary becomes highly interesting from a naturalistic point of view: here the National Cinque Terre Park is forerun by the Marine Protected Area, surrounding Punta Mesco, including even the coast of Levanto.

Between Punta Picetto and Punta Mesco, the coast runs almost straight, in Nord-West direction: here the promontory seems an island and the steep cliff reflects in an unlimited stretch of water. You will see no houses nor farmed terraces, but pine tree forests (devastated by fire and parasites) leaving room for the plants of the Mediterranean scrubland. According to the natural dynamic, this plants are creating the ideal conditions for the recovery of the holm oaks.

Proceeding towards Monterosso, when you are almost at the Mesco Ridge, you will see the fork with the trail marked n° 591: this is the old trail n° 1 of the Cinque Terre, which allows you to walk from Levanto to Porto Venere in almost twelve hours, following the ridge. At the fork continue towards Monterosso on the trail marked SVA. Where the trail bends sharply, make a short detour to the Hermitage of S. Antonio: the view stretches from the inlet of Monterosso to the entire coast of the Cinque Terre, and even further until Tramonti and the Islands of the Gulf.

The descent from the Mesco Ridge is steep and strenuous. In the high part the substratum is characterised by a typical sandstone called Sandstone of Gottero. This stone is highly erodible and the combined action of hiking and water flowing make frequent maintenance unavoidable. In the last part the trail passes through a barren landscape that characterises the local rocks (gabbros and serpentines), which are highly selective on the vegetation due to their chemical composition.

The trail ends up in Monterosso, in the part called Fegina, characterised by elegant, early twentieth-century, villas among which the villa of the famous Italian poet Montale.