



Leg 6 from Moneglia to Bonassola

Total length	16,9 Km
Hiking time	7h 40m
Cumulative elevation gain	930 m
Uphill percentage	49,1 %
Downhill percentage	50,9 %
Percentage of hike on natural earth	56,4 %
Percentage of hike on asphalt	32,0 %
Percentage of hike on paved surface	11,6 %
Percentage of hike on other surface	0%

Profilo altimetrico



General description:

A plunge into nature, along less popular, and therefore fascinating, trails. The landscape changes according to the geologic substratum. This leg is also interesting from a geomorphological point of view, for the spectacular cliffs, the vegetation (scrubland with a dominance of tree spurge, endemic species as the *Santolina ligustica*). The itinerary is quite long, but can be split, by stopping in Deiva Marina, with its long stretched beach, or in Framura, with its many suburbs pasted on the hills.



Description of the itinerary

This leg of the Sentiero Liguria, passing by the villages of Framura and Deiva Marina can be considered as a fusion of three shorter legs. The trailhead in Moneglia is to be found in the furthest east part of the village: under the railway,, cross the pedestrian bridge over the Bisagno stream and follow the road to Lemeglio.

After this hamlet the itinerary follows only trails until Deiva Marina. The landscape is mostly characterised by the Mediterranean scrubland, and is therefore wide and scenic, full of the scents of the aromatic plants.

Cross the fascinating small centre of Deiva and continue along the trail marked SVA: after a short section along the stream, cross the Deiva Stream near the railway station to find the trail on the other side.

A steep pleasant climb through the Mediterranean scrubland with a dominance of strawberry tree on the North-western slope of Mount Serra, leads you to the top, where (in Casa Serra) you intersect the dirt road to Framura. Along the road, the plants of the Mediterranean scrubland found space to grow after many fires.

Near Framura de dirt road intersects the asphalt road, that you will have to follow uphill to find (in Sella del Prato) the trail to Costa, marked with n° 651. From here the Sentiero Liguria descends passing by all the suburbs forming Framura: Costa, Roma, Setta, Ravecca, Anzo. The descent is pleasant as you walk down regular steps and you pass through the hamlets, with their sixteenth-century watchtowers and the colourful houses.

The Sentiero Liguria follows now the trail marked SVA, passing by the railway station of Framura, and continues eastwards on asphalt for a while, before becoming the most spectacular trail of the leg, passing right on top of the basalt cliffs, through shrubs and Aleppo pines.

Just at the beginning of the trail, a short detour will allow you to reach Marmi, an old quarry, where some blocks still testify the important processing of the “Red Marble of Bonassola”.

The section between Bonassola and Framura is characterised by the geological substratum, almost entirely formed by ophiolites (green rocks): gabbros, basalt, serpentines. Despite the name (which is true for the serpentine rocks) the main colour of the surface rocks is red. It is the red colour that characterises the beautiful cliffs of Punta dei Marmi.

The vegetation is highly influenced by the chemical composition of the geologic substratum: the Mediterranean scrubland finds good conditions to grows, but sometimes the garrigue becomes dominant. The garrigue is a vegetal association formed by lower plants able to grow even on the naked rock; typical species are savory, thyme, curry plant and the endemic *Santolina ligustica*

Another interesting species, widely spread on the rocky cliffs is the tree spurge (*Euphorbia dendroides*), an example of extreme adaptation to the summer dryness, as this plant loses its leaves in the summer season, flowering in late winter.

This area is rich of water, as testified by the shady valley of Montaretto, where you descend to the stream, to cross it before ascending on the other side in Salice, surrounded by farmed terraces. From Salice the trail passes halfway the coastal slope to the pass of Carpeneggio, crossroad to Bonassola, Framura and Montaretto. From here, instead of continuing along the trail marked SVA, which descends directly to Bonassola, follow the trail marked n° 661 to Salto della Lepre: a spectacular cliff from where you can enjoy a gorgeous view over Framura. This was even a strategic military lookout and, during the Second World War the military building built here were used for defence. Ciontinuing you soon reach Bonassola, close to the precious little Oratory of S. Erasmo.