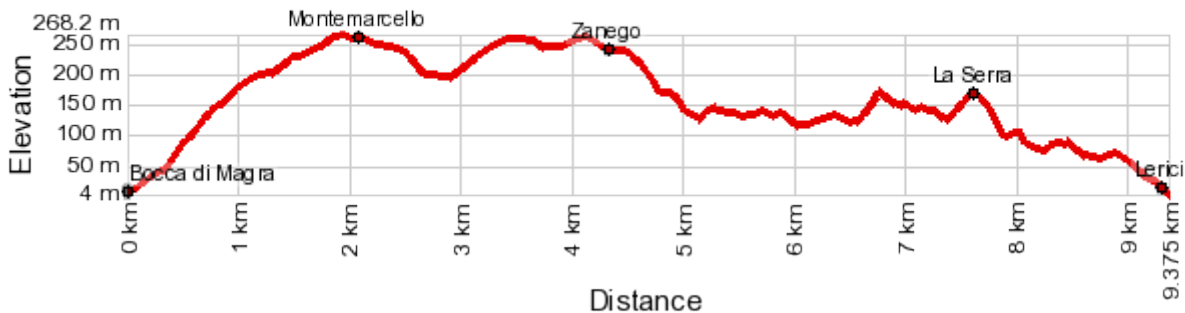




Leg 1 from Bocca di Magra to Lerici

Total length	9,7 km
Hiking time	3h 50m
Cumulative elevation gain	411 m
Uphill percentage	47,9 %
Downhill percentage	52,1 %
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



created by GPSVisualizer.com

General description:

The leg runs almost entirely inside the Regional Nature Park of Montemarcello - Magra - Vara. Once you climbed up to the hamlet of Montemarcello, 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 hols 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.



Description of the itinerary

The itinerary starts behind the old centre Bocca di Magra, near the parking lot and, in its first part, it passes along the archaeological site of Villa Romana and the Monastery of Corvo. The wide mule track, in some parts still presenting the original pavement, 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).

Getting closer to Montemarcello, the trail abandons the shady forest to cross the wide open Promontory of Caprione (the promontory that divides the Gulf from the end of the Magra Valley); this is a limestone plateau characterised by many large sinkholes, most of which are farmed.

Enter Montemarcello and walk across its centre until the old parish Church of San Pietro. Turn around the Church abandoning the trail marked AVG, which climbs up to Monte Murlo, and continue on the trail marked with n°433. 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).

Between Montemarcello and Zanego the Sentiero Liguria follows the beautifully, with sandstone paved, old mule track once connecting Tellaro and Lerici. 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.

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) flanks the southern slope towards Tellaro. The trail passes high above Tellaro (a marked detour allows you to reach the beautiful hamlet), leading through the charming abandoned hamlets of Portesone, Barbazzano and La Serra.

In this section, the easy trail runs 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 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. The descent from La Serra to Lerici passes through forest patches with dominance of hornbeams and downy oaks, with gorgeous views on the many small promontories and coves.

Near Lerici the trail intersects the road at the fork to Maralunga, where the Sentiero Liguria abandons the trail marked with n°433, to follow the variant 433c, which enters the hamlet on the side of the original settlement surrounding the Castle.