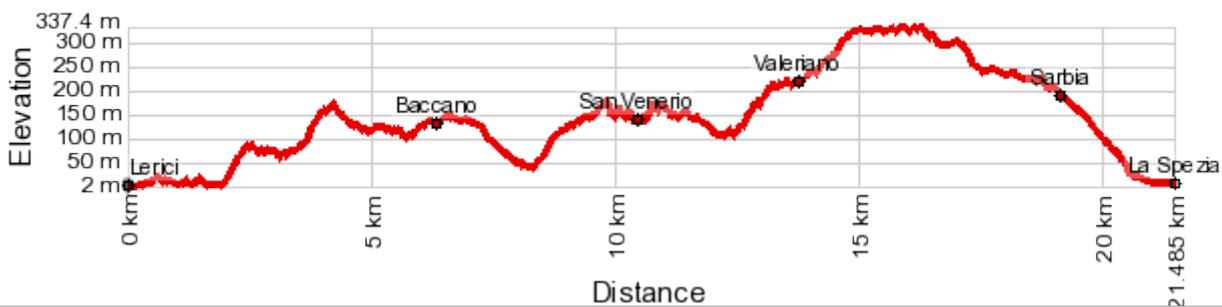




Leg 2 from Lerici to Spezia

Total length	21,7 km
Hiking time	7h
Cumulative elevation gain	629 m
Uphill percentage	44,4 %
Downhill percentage	55,6 %
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



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: San Venerio, Carozzo, Valeriano, Sarbia (where the Sentiero Liguria intersects the AVG trail). In its first section, the route embraces the entire inlet of Lerici, until San Terenzo, allowing a stop at the two Castles. It's worth to make a short detour to the Baia Blu beach and follow the path that flanks the Falconara Promontory. From Sarbia the itinerary abandons the AVG trail to descend the ridge that divides La Spezia, until the centre of the city.



Description of the itinerary

The promenade between Lerici and San Terenzo 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.

From the end of the promenade of San Terenzo, near the Castle, take the steep staircase (marked with n°413) that climbs up the Falconara Promontory. A small detour along the scenic trail of the Falconara Park is worth the effort. Once back on the road you will soon intersect the trail to the Baia Blu beach (marked with n° 452), which passes through a small Valley that miraculously resists to the coastal urbanization. The Sentiero Liguria continues on the road, following the n°413 marks, until Pin Bon, from where it tracks the Alta Via del Golfo trail (AVG).

Go on westwards 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). Abandon the road in Baccano d'Arcola and take the narrow dirt road through 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.

At the intersection with the Aurelia Road, follow this road until the Termo Pass (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 the Sentiero Liguria (still tracking the AVG trail) climbs up to the ridge on the small dirt road passing through the medieval hamlets of San Venerio and Carozzo, before descending to the Buonviaggio Pass. After flanking the military structure named Batteria Buonviaggio, take the old mule track that shortcuts the road to reach the old centre of Valeriano. The position of this hamlet is strategic: 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.

Valeriano has an elevation of 230 metres a.s.l.; from here it's quite easy to reach Mount Albano (350 m) and its nineteenth-century Fort Montalbano. The descent to Sarbia allows to enjoy gorgeous views on the Gulf. 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 10th and 11th century), the walls, the nineteenth-century fortifications for defence of the Arsenal. From Sarbia the Sentiero Liguria abandons the AVG trail, continuing on the trail marked with n°225, passing on the outer side of the city walls until "Poggio", first settlement of the actual city. For the moment the Sentiero Liguria cannot follow the city walls for the entire tract, and follows therefore the Valdellora itinerary, crossing the last patch of farmland before the city, until the Hospital, Ospedale Civile Sant'Andrea.