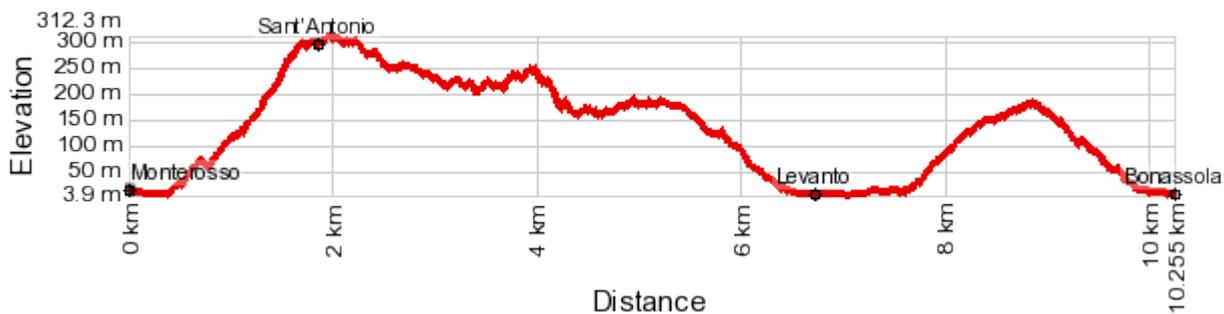




## Leg 5 from Monterosso to Bonassola

Total length	10,3 km
Hiking time	4h 20m
Cumulative elevation gain	546 m
Uphill percentage	45,9 %
Downhill percentage	54,1 %
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



### 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**

The trail to Levanto (marked SVA) starts at the end of the beautiful promenade of Monterosso (in the area called Fegina). The trailhead is enclosed by elegant, early twentieth-century, villas among which the villa of the famous Italian poet Montale.

The ascent to the ridge of the Mesco Promontory is steep and strenuous. In the first part the itinerary 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. Gaining height you will walk on 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. The effort is repayed by the gorgeous view that you can enjoy from the top and, after a short detour, from 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.

Proceeding towards Levanto you will reach 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 Porto Venere to Levanto in almost twelve hours, following the ridge. At the fork continue on the trail marked SVA to Levanto.

Between Punta Mesco and Punta Picetto the coast continues straight in North-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, these plants are creating the ideal conditions for the recovery of the holm oaks.

After the intersection with the road to San Carlo, when you are already very close to the centre of Levanto, continue downhill on a mule track. The view over the valley is beautiful, with the man made terraced landscape - where the Levanto bianco DOC vine is produced - the farmhouses, the elegant villas, the castle and the medieval centre.

After a visit to the centre of Levanto you can continue towards Bonassola, which can be reached in two ways: on the trail passing over the Francesca Promontory, dividing the two bays, or on the cycle path that follows the old railway. This last 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.

If you prefer to follow the trail, abandon the cycle path before the tunnels and take the Sentiero Verde Azzurro (Green Blue Trail) that climbs up the barren slope, where it is difficult for the vegetation to colonize the ophiolite (green) rocks. You will pass the promontory in Scernio, a farmed area with lush olive groves, before descending on the other side, directly to Bonassola. This slope is formed by a basalt, which is less selective. The better soil, the exposure to the North, the cool and moist climate, allowed easier cultivation in this area.