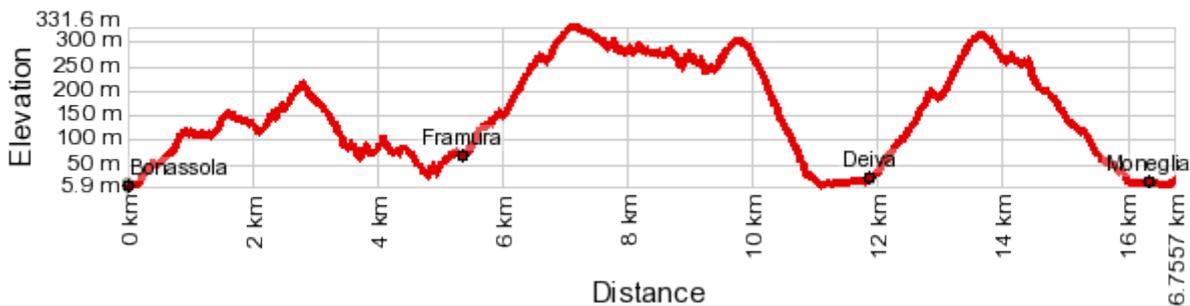




## Leg 6 from Bonassola to Moneglia

Total length	16,9 Km
Hiking time	7h 40m
Cumulative elevation gain	935 m
Uphill percentage	50,9 %
Downhill percentage	49,1 %
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 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 grow, 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.

The itinerary starts in Bonassola, near the Oratory of Sant'Erasmus, following the trail marked with 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. The trail flanks the promontory and descends to the pass of Carpeneggio, crossroads to Bonassola, Framura and Montaretto. Continue along the trail marked SVA passing through a beautiful holm oak forest first, and then through a pine tree grove, before the view widens on the farmed terraces in Salice.

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.

The last section, before reaching Framura, is the most spectacular: the trail passes right on top of the basalt cliffs, through shrubs and Aleppo pines. When you intersect the road, 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".

Continue on the trail marked SVA, You will pass all the suburbs forming Framura: Anzo, Ravecca, Setta, Roma, Costa, gaining a height of circa 280 metres. The climb is pleasant as you walk up regular steps and you pass through the hamlets, with their sixteenth-century watchtowers and the colourful houses.

Once in Setta, the Sentiero Liguria does no longer follow the trail marked SVA, but continues uphill towards Costa, on the trail marked n° 651. At the pass Sella del Prato follow the road until you will intersect the dirt road to Deiva. This road continues until Casa Serra, on slopes where the plants of the Mediterranean scrubland found space to grow after many fires. From Casa Serra continue on a steep path down to Deiva.

Cross the fascinating small centre and continue on the trail marked SVA, to reach Moneglia, via Lemoglio.