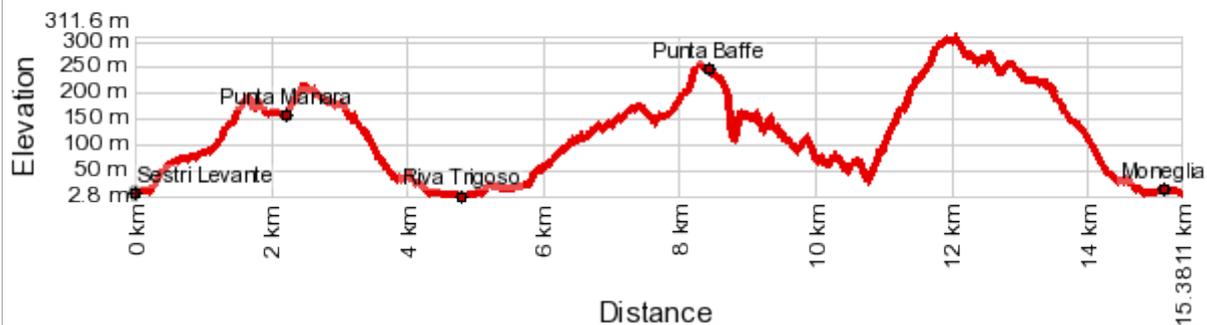




## Leg 7 from Sestri Levante to Moneglia

Total length	15,2 km
Hiking time	6h
Cumulative elevation gain	798 m
Uphill percentage	47 %
Downhill percentage	51 %
Percentage of hike on natural earth	76 %
Percentage of hike on asphalt	15 %
Percentage of hike on paved surface	9 %
Percentage of hike on other surface	

Profilo altimetrico



### General description:

After more than 15 km and almost 900 m of difference in altitude the leg reaches Moneglia, developing almost entirely in two Sites of Community Importance: one in the area of the old Segesta, the other shared between the municipalities of Moneglia, Sestri Levante and Casarza. The trail runs through the Mediterranean scrubland, flanking steep into the water plunging cliffs, with gorgeous views over the sea. When the sky is particularly clear it is possible to see the islands of the Tuscan archipelago and Corsica and, westwards, the tops of the Ligurian Alps, covered with snow in winter. Halfway the itinerary the wide sandy beaches of Riva Trigoso and its famous, over a century old, shipyards can be admired.



### Description of the itinerary

The trailhead is hidden between the houses of Vico del Bottone, in the very heart of the old city, a few metres from the two bays that made Sestri Levante so famous.

After passing under a little arch, halfway the central Via XXV Aprile, turn immediately left and follow the signs indicating the uphill path to Punta Manara.

For the first metres you will walk between the tall walls delimiting an old *creuza* (alley) that partially shows the original pavement, with bricks in the centre and pebbles on the two sides in order to drain water flowing down the ridge when it's raining.

After the fork above the place named Mandrella, the landscape changes: olive groves and farmed land leave room for the Mediterranean scrubland and forest. Still following the indication to Punta Manara, the Sentiero Liguria continues uphill, till a natural sandstone balcony, from where you can admire the long sandy stretch connecting the Peninsula to the mainland and understand the nickname "Bimare" (Two seas) of Sestri Levante.

In this part the itinerary follows an easy trail that offers magnificent views on the peninsula of Sestri Levante and on the Tigullio Gulf westwards.

The highest point you reach is called Telegrafo where you will find the remains of an ancient watchtower on a marvellous lookout. The view is gorgeous: eastwards on Riva Trigoso and the Eastern Ligurian Coast, westwards to Sestri Levante and the Tigullio Gulf.

Just before the Telegrafo you will see a hut (an old military post), pertaining to the Municipality of Sestri Levante, now run by Ekoclub. Here you can spend the night immersed in the Mediterranean scrubland and the holm oaks grove at less than one hour walking from the sandy shores of Sestri Levante and Riva.

From Telegrafo you follow the indication Riva Trigoso, bearing right at the two following forks. Here you will walk under holm oaks first and through the Mediterranean scrubland after, till you encounter some cell towers. You will now be on top of a characteristic staircase made of slate with a spectacular view on the mountain ridge enclosing the Petronio Valley and the Bay of Riva Trigoso.

After passing through the old hamlet of Ginestra, with its old stony watchtower, you take the *creuza* (alley) on the right, that follows the ridge, till the Church of San Bartolomeo della Ginestra, at the foot of the hill. Walking down the alley, with a beautiful view over the Plain of Sestri Levante you will shortcut the road before following by it turning right. Once in Villa Rocca a staircase will lead you down to the centre of Riva Trigoso.

After crossing the Petronio Stream, diverted in old times to facilitate cultivation, you walk towards the centre of the village, flanking the shipyards along via Erasmo Piaggio.

After the bocce courts and a small underpass, you reach the railway station of Riva Trigoso in a few minutes.

The Sentiero Liguria starts again in front of the bocce courts. Walk up the road on the right side of the cemetery; it will soon turn into a dirt road and after, passing on the cliffs of Borgo Renà, in a trail.

In its last part, before reaching the tower of Punta Baffe, the trail crosses a high scrubland with strawberry trees, brooms and heather trees, with beautiful views over the Bay of Riva and the imposing shipyards.

From the tower of Punta Baffe (254m a.s.l.) the view widens over the Vallegrande Valley, overlooked by Mount Moneglia, and over the Bay of Riva Trigoso. Walking down you can admire the beautiful



sandstone cliffs plunging into the sea. Early in the morning or during the summer evenings it is not uncommon to spot schools of bottlenose dolphins.

The centre “Nua Natua”, in the heart of the SCI “Punta Baffe – Punta Moneglia”, offers refreshment and accommodation, as well as the possibility to visit the well maintained and farmed terraces, devoted to grape and aromatic herbs.

In the small valley you encounter before climbing up the cliffs towards Moneglia, you will find a particular wetland hosting interesting amphibians and the rare royal fern.

The trail identified by a red “dot and minus” mark, runs halfway the slope, high above the sea. The itinerary develops itself in an area that once hosted a beautiful pine forest with dominance of maritime pines. Only a few isolated pine trees survived fire and parasites, and nowadays the vegetation is characterised by the Mediterranean scrubland, with heather trees, strawberry trees, rockroses, mastic, broom and turpentine trees.

Just before Moneglia, a deviation to the left allows you to reach the cliffs of Punta Moneglia, plunging in the deep blue; this the favourite destination to many climbers.

Follow the beautiful trail, dug into the rock and covered by shadowy holm oaks, before descending the steep Via Venino, between hotels and private homes, with a gorgeous view over the Bay of Moneglia.

Just before Castello di Monleone, a modern building vestige of an older fortification, a deviation to the left leads to Via Bollo, a few metres from the train station and the centre of the city.