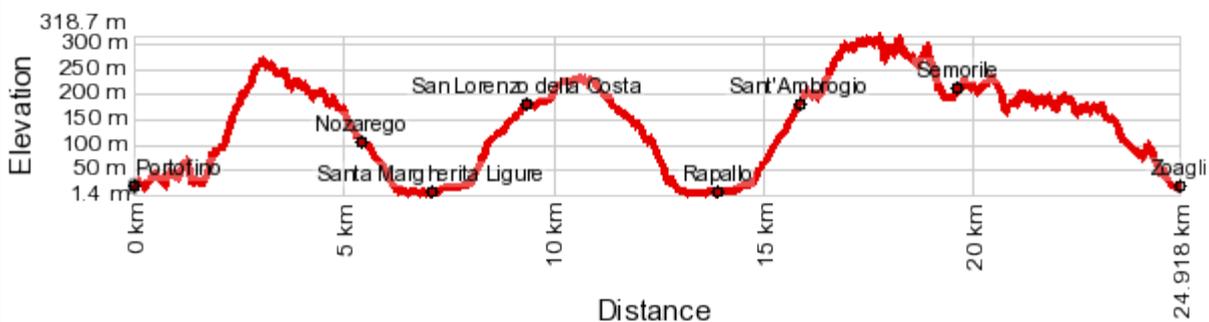




Leg 9 from Portofino to Zoagli

Total length	25,3 km
Hiking time	8h
Cumulative elevation gain	920 m
Uphill percentage	44 %
Downhill percentage	49 %
Percentage of hike on natural earth	18 %
Percentage of hike on asphalt	57 %
Percentage of hike on paved surface	25 %
Percentage of hike on other surface	

Profilo altimetrico



General description:

This leg is characterized by a series of ups and downs flanking the beautiful Gulf of Tigullio, with wide views over the coast until the Island of Tino. From Portofino the itinerary heads up between villas with beautiful gardens and olive groves, to descend to Santa Margherita Ligure, before climbing up and going down again along the old Roman road until Rapallo. From there the route leads up to Sant'Ambrogio before ending at sea level in the village of Zoagli, after passing through some beautiful suburbs



Description of the itinerary

From Via Duca degli Abruzzi, the road that gives access to the famous village of Portofino, you take the beautiful path to Paraggi (Via Strada Vecchia). Once above the small inlet of Niasca, you can make a small detour (15 minutes) to the Eremo di Niasca (interesting hermitage complex dating back to the early 1800s).

Continuing on the path you will soon arrive in Paraggi, a hamlet of Santa Margherita Ligure with a gorgeous bay, enclosed on the East side by a Castello. Cross the parking lot behind the beach and take the staircase that heads up on the left, next to the restaurant La Mandragola. Follow the indications and the information boards of the Park of Portofino, while walking up the so called Valley of the Mills, where once there were 35 active mills. The last, and best preserved mill you will encounter is the Mulino del Gassetta.

From the Mulino del Gassetta continue westwards on an easy trail marked with a “red cross” that, passing through a pleasant farmed landscape, leads to the Chapel delle Gave, and heads on towards Santa Margherita, still following the “red cross” mark. After a flat section, overlooking the Monastery of San Girolamo della Cervara, with its marvellous Italian garden, you will arrive at a fork; bare right, cross the road of Nozarego and continue down along the path that descends next to the Chapel of the Madonna della Neve, still marked with a “red cross”. Five more minutes walking and you will be at the port of Santa Margherita Ligure.

Follow the beautiful promenade eastwards to reach the Tourist Information Office in front of the bus stop (in piazza Vittorio Veneto). From here the Sentiero Liguria enters the elegant and the centre of “Santa”, passing through Piazza Caprera, in front of the Basilic of Santa Margherita d’Antiochia, Via Palestro, Largo Amendola, and Piazza Mazzini (with the city hall). Take Corso Giacomo Matteotti and, after 400 metres, in front of the Church of San Siro, turn right in Via Romana. Passed a school, the small road becomes steep. Cross the pedestrian bridge over the railway to the right (ignoring the signs indicating Piazza San Siro) and continue up on steep stairs. On top of the stairs the path flattens, passing through beautiful villas, olive groves and terraces. Looking back towards the sea you can admire the Tigullio Gulf and the Eastern Ligurian coast, until the Tino Island, while in front of you the green forests on the eastern slope of the Promontory of Portofino stretch.

The itinerary continues up to the West, until San Lorenzo della Costa. A short detour of 150 metres to the left will allow you to reach the beautiful Church of the hamlet, with its precious tryptic of Sant’Andrea by Flemish painters. Cross the busy Via Aurelia and take the staircase on the other side of the road, continuing to the right on a secondary road, that runs slightly up and down with beautiful views over the coast and the backcountry. You will pass the San Gioacchino estate and Villa La Torre, from where the path becomes steeper. Continue eastwards ignoring the side paths running northwards or southwards. The whole itinerary allows interesting views over the Tigullio Gulf and the Valley of the Boate stream in Rapallo.

At the end of the road, after passing a few houses, take the steep stairs on the left towards the centre of Rapallo.

Passed the fence of Residenza Costaguta, continue down on another staircase until Via Privata Gattorno. Follow this road passing between many buildings, example of the disordered urbanization Rapallo



underwent after World War II. Passed a turn to the right, take the staircase on the left that shortcuts the road. Continue on the road in the last part until the centre of Rapallo.

After visiting the old centre of Rapallo, follow the promenade (lungomare Vittorio Veneto), pass the sixteenth-century Castle, and continue along the seaside, in Via Avenaggi. Enter the Park of Villa Tigullio, follow the main lane until you encounter the Via Aurelia. Cross the Via Aurelia and follow a section of Via Pietrafraccia, which runs along the Carcara stream. Cross the bridge on the stream on the right (with the indication Sant'Ambrogio) and follow Salita Sant'Ambrogio which climbs steeply up, between villas and beautiful views on the port of Rapallo and the Promontory of Portofino. From the beautiful square in front of the Church of Sant'Ambrogio continue to the left of the Church and, passed the little cemetery, head up along the road to San Bernardo. After a hundred meters take the path on the right side of a small Church. This path will soon bend eastwards, towards Via al Convento: Follow this road across a pleasant farmed landscape, with dry walls, olive groves and gorgeous views. After a few hundred metres you will encounter a concrete road. Follow this until the end, and then bare right on a trail that climbs up steeply to the crossroads nearby a votive Chapple. Continue eastwards on a trail that runs almost flat across a beautiful abandoned chestnut grove. You will reach the Chapple of Santa Maria Maddalena (dating back to 1629 and restored in the 1990s) from where you continue eastwards passing on the right of the religious building. You will cross a few small creeks and the characteristic uninhabited hamlet of Sexi, before reaching the first houses of the lower fraction of Semorile.

You will meet the mule track climbing up from Zoagli; follow this up for a while and, just before the Church, turn right towards Cerisola. Follow the road ignoring the indication Semorile Alto and cross Cerisola. Walk the road down for a few hundred metres and take the path you will encounter on the left side in a turn, named Via dei Frantoi (in the place called Oliveto). After passing a few houses, continue on a trail through the forest until the fork with the road named "Strada Vicinale Cassottana", take this road up on the left until Parazzuolo.

Follow Via dei Tessitori, on the left for circa 50 metres and take the path on the right (Via Costa Casaretto) continuing eastwards. Pass the primary school and, at the fork before the Church of San Pietro di Rovereto, continue to the right on Via San Pietro to descend to Zoagli. Continue on Via Solari e Queirolo and on the left of house number 36 take the path that leads you down to the railway station in a few minutes. The centre of Zoagli, ending point of this long but beautiful leg, is just under the station.