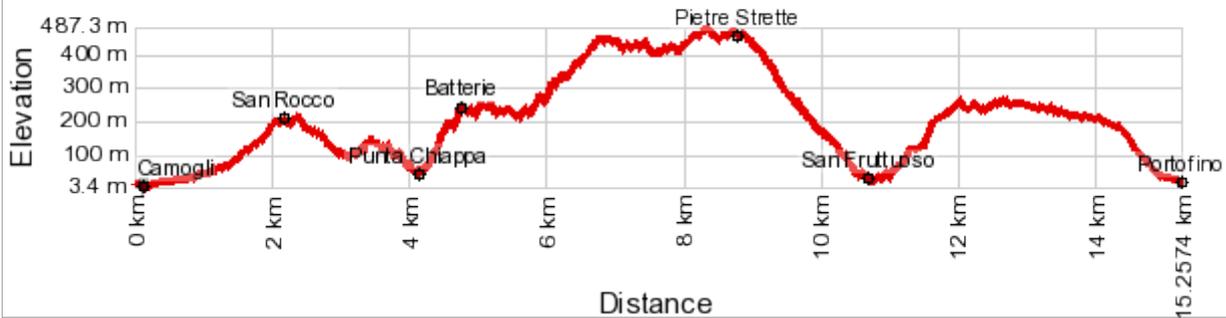


Leg 10 from Camogli to Portofino

Total length	15,9 km
Hiking time	6h
Cumulative elevation gain	960 m
Uphill percentage	38 %
Downhill percentage	55 %
Percentage of hike on natural earth	76 %
Percentage of hike on asphalt	12 %
Percentage of hike on paved surface	12 %
Percentage of hike on other surface	

Profilo altimetrico



created by GPSVisualizer.com

General description:

This leg of the Sentiero Liguria from Camogli to Portofino develops entirely in the Nature Park of Portofino, rich in naturalistic, historical and cultural treasures. The strenuous up and down hike on beautiful paths shall be rewarded by the discovery of unforgettable environments and landscapes. The itinerary leads from Camogli on the severe and wild western slope of the Promontory to the famous village of Portofino, passing by the military installations of World War II, now hosting the interesting Visit Centre of the Park, and the thousand years old Abbey of San Fruttuoso.



Description of the itinerary

After following the promenade Via Garibaldi, Largo Tristan da Cunha, Via Niccolò Cuneo and after crossing the parking lot in Via Gio Bono Ferrari, you'll find the trailhead in Via San Bartolomeo, nearby an information board of the Park of Portofino. The first part of the itinerary is marked with "two red dots" and runs along the Gentile stream. A quite steep staircase with circa 900 steps will lead you up to the Church San Rocco, passing between olive groves, farmed terraces and tall dry walls.

The hamlet of San Rocco di Camogli, in a unique position with a gorgeous lookout, is one of the accesses to the Park of Portofino. The trailheads of some of the most interesting hiking itineraries of the Park face the Church. The Sentiero Liguria follows the trail that, passed the Church, runs eastwards along Via Mortola. After circa 200 metres, at the sign pole n° 72 of the Park of Portofino, walk down the stairs to the right following the indication Punta Chiappa – Porto Pidocchio.

The itinerary goes rapidly down (on circa 1000 steps!!) to the picturesque hamlet of Porto Pidocchio, passing the medieval Church of San Nicolò.

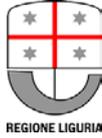
Once on the ferry dock (www.golfoparadiso.it), take the steep staircase to the wild and rugged rocky edge of Punta Chiappa. Walk back circa one hundred metre from the edge to take the wooden stair and follow the steep trail to Batterie and the Visit Centre of the Park of Portofino (www.parcoportofino.it).

This old military trail, that has been recently recovered by the Authority of the Park, was used by the Italian and German soldiers. The many concrete steps, surrounded by a beautiful Mediterranean scrubland, allow you to pass different military buildings of World War II.

From the Visit Centre of the Park of Portofino, you continue westwards towards San Rocco. On top of a wooden stair, from the lookout post called Poggio, you can admire Punta Chiappa, Camogli and the whole Gulf of Genova. Looking hard down the steep conglomerate cliff, you can even eye the rare and beautiful *Saxifraga cochlearis* (flowering between April and August). This totally protected plant is the icon of the Park, as by now this species is confined to a few spots in the Maritime Alps and to the Park of Portofino.

Continue slightly up and down westwards on rocky steps, until the fork in the place called Fornelli (sign pole of the Park n° 45). Turn right following the indication Toca – Semaforo Nuovo. The trail climbs up through a sparse grove of maritime pines and typical Mediterranean bushes. Upon the trunks and cobblestones you will see clear signs of the presence of wild boars. Passed some interesting overlooks, on Punta Chiappa and Camogli the trail heads on through a mixed forest with hazelnuts, manna ashes and hop hornbeams, before reaching Toca. From the small area with a table with benches, you can make a short detour to Semaforo Nuovo (following the indications of the Park of Portofino), from where you will enjoy a particular wide view over the Gulf of Genova and the Ligurian coast, from the Tino Island to Capo Mele.

Once back in Toca, take the trail marked with a "red triangle", following the direction Pietre Strette – San Fruttuoso. This trail segment runs slightly up and down on an average height of 450 metres and is one of the most spectacular ones in the Park of Portofino. The view over the cliffs made of huge blocks of conglomerate and the coves of San Fruttuoso and Cala dell'Oro (this last inlet is the zone under strict protection of the Marine Protected Area of Portofino). The vegetation of this area is influenced by the powerful Southern winds and by prolonged sun exposure, even during the winter months. The slopes are home to typical species of the Mediterranean scrubland: young holm oaks and strawberry trees grow together with heater trees, brooms, sage-leaved rock-roses and tall *Ampelodesmos* tufts. This is the ideal habitat for the peregrine falcon, the yellow legged gull, the blue rock thrush and the common raven.



In its last part the trail leaves the Mediterranean scrubland to enter a shady and fresh forest. Characteristic big blocks of conglomerate will soon stand out in front of you: the place is called Pietre Strette, literally “Narrow Stones”. You are in the heart of the Park, the hiking crossroads, as you can easily see on the information board, next to the tables with benches and the drinking fountain.

Walk a few dozen metres back and take the trail marked with a “red circle”, that will lead you straight to San Fruttuoso, descending steeply through a cool, humid, mixed forest, characterised by holm oaks, hop hornbeams and downy oaks. The habitat of this small valley is quite different from the rest of the slope, burned by the sun and wiped by the southern winds. This valley originated from a deep split in the rocks when the conglomerate raise from the sea bottom due to tectonic movements. The undergrowth is sparse, due to the scarce sunlight, and is characterised mainly by sarsaparille and ivy.

Once in Caselle (where you will find the next drinking fountain) you are close to an “Agririfugio” (a little restaurant and refugee where you can spend the night or make a simple stop). Continue along a sun-drenched section, descending between terraces farmed with olive groves. The trail follows the stream flowing on the bottom of the shady valley, until the square in front of the Doria Tower, that overlooks the unique silhouette of the thousand-year old Abbey of San Fruttuoso. Descend the steep staircase to reach the parvis.

A visit to the monumental complex (now managed and protected by the FAI, Italian non-profit foundation established for safeguard Italy's artistic and natural heritage) is a must.

From the beach of San Fruttuoso the Sentiero Liguria heads on along the Western ridge, on the characteristic conglomerate of Portofino, immersed in the beautiful and varied Mediterranean vegetation. On top of the climb you will be in Base “O”, from where a short detour to the right is well worth, allowing you to reach a military outpost of World War II. This area has been recently recovered by the Authority of the Park.

From Base “O” (at the Park’s sign pole n° 50) continue westwards, following the indication Prato - Portofino Mare.

This is one of the most panoramic trails of the Promontory Portofino. It runs slightly up and down halfway the coast between San Fruttuoso and Portofino, through beautiful rich landscapes, maintaining an average height of 230 metres until Prato.

This part of the Promontory, like most of the South slope, is made of conglomerate. This rock, of sedimentary origin, is particularly consistent, determining the geomorphology of the Promontory with spurs, natural towers and imposing cliffs plunging into the deep sea, forming many coves, inlets and caves.

Once in Prato (there’s a fountain with drinking water) you descend a paved path until the crossroads on Costa della Pineta. This part of the trail crosses a beautiful farmed landscape; the traditional farming activity is in perfect harmony with nature. This area has been farmed since the middle ages, and is now characterised by the cultivation of grape, olive and lemon trees and vegetables.

At the Park’s sign pole n° 54, take the trail to the right, marked with a “red square”, following the indication Cappelletta and Portofino.

After passing a wooden fence at Cappelletta, the trail will turn into a steep concrete staircase that will bring you into the heart of the famous village of Portofino, following Via del Fondaco until the central square Piazza della Libertà.