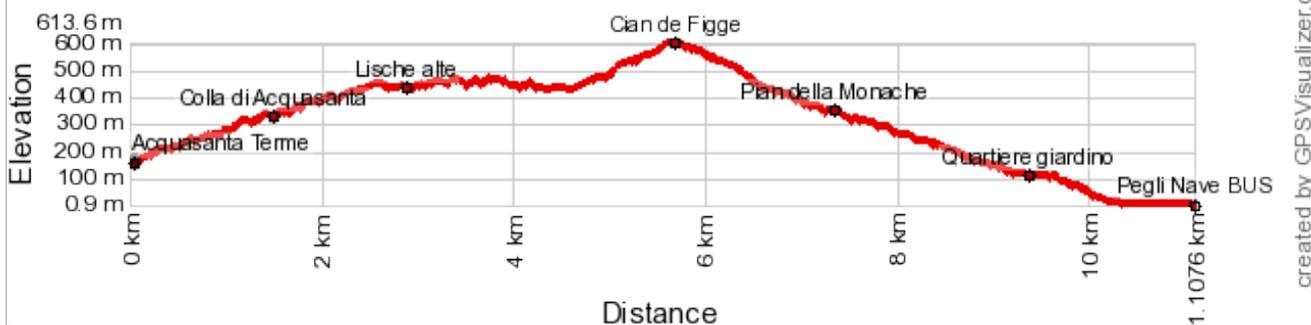




Leg 13 from Acquasanta to Genova Pegli

Total length	11,1 km
Hiking time	4h
Cumulative elevation gain	439 m
Uphill percentage	55 %
Downhill percentage	45 %
Percentage of hike on natural earth	81 %
Percentage of hike on asphalt	15 %
Percentage of hike on paved surface	4%
Percentage of hike on other surface	

Profilo altimetrico 13



General description:

This leg starts in Acquasanta and climbs up to Cian delle Figge, where the Sentiero Liguria joins the International Trail E1, connecting Genova to North Cape. Passing through the neighbourhood of Pegli, the route reaches the old centre of Genova.

The public ferry (Nave BUS AMT – www.amtgenova.it) connecting Pegli to the Porto Antico (Old Port) allows a nice coastal navigation with interesting views on the city and the harbour. An alternative in case of bad weather can be the train, which allows to reach the centre of Genova directly from Acquasanta or from Pegli (www.trenitalia.it)



Description of the itinerary

Acquasanta is an old settlement of high cultural and historical interest, at the boundary between the municipalities of Genova and Mele. The hamlet is characterised by the beautiful Sanctuary of the Madonna dell'Acquasanta, a renowned thermal spa and the old paper mill Sbaraggia, now hosting an interesting museum on papermaking art craft.

This leg of the Sentiero Liguria starts from the eastern side of the square in front of the Sanctuary, near a fountain, where you will see a paved track marked with a red and white flag and a black letter F. The track shortcuts the road and leads in 15 minutes to the small railway station of Acquasanta on the line Genova - Acqui Terme. Bare right and, crossed the bridge, turn left. The route follows a steep road that in about 20 minutes climbs up to Colla di Acquasanta (326 m a.s.l.), from where the "High Variant" (13V), the next leg of the Sentiero Liguria, n° 14 Acquasanta – Arenzano, and different trails leading to Punta Martin and Mount Pennello start.

At the end of the road, take a dirt road marked with "an empty red square", which runs along a fence, before leading gently up with turns. Ignore the detour to "Lische basse" and continue up until Bric Colla (430 m), where you abandon the mark to take the trail to "Lische Alte", marked with "three red dots". The trail enters a wilder landscape, through the valleys above Genova Pegli. The vegetation is rare, but some Mediterranean bushes are colonizing the soil left free by ill and burned pine trees. Cross the creek Rio delle Figlie, and continue flat southwards until the ridge. Here you intersect two trails climbing up from Pegli and heading on to Cian delle Figge (618 m), but the Sentiero Liguria continues up westwards to the ridge, on a trail marked with "a full red square". Cian delle Figge is the highest spot of the itinerary. Here the Sentiero Liguria joins the important International Trail E1 (which crosses Europe, from Genova Pegli to North Cape). Passed the picnic area, descend along the E1 trail, well-marked and paved with big stone blocks. The descent becomes steep and the vegetation rare, until Colla del Lupo. In this area the serpentine rocks have a selective action on the vegetation and significantly model the landscape. In Pian delle Monache, with a characteristic country house, the trail becomes a dirt road which leads down along the main ridge, with gorgeous views over the Promontory of Portofino to the east and Capo Noli to west. On clear days it is even possible to spot the Ligurian Alps.

Leave the dirt road near a pole and descend on the left, through rare pine trees, Mediterranean scrubs and oaks. Passing through the Mediterranean scrubland you will see some sun-reflecting rock, which are schists. You will soon reach the residential area Quartiere Giardino of Pegli. Follow a dirt road first, and then an asphalt road until a crossroads where you turn left on a paved alley running down, Via Melinotto. Continue downhill on an old alley in the shade of big holm oaks and enter Pegli at the intersection with the main road (Viale Modugno). Continue to Piazza del Porticciolo and the beautiful promenade.

Follow the promenade (Via Pegli) eastwards until the pier where the public ferries to the Old Port of Genova (Porto Antico) leave.