



High Variant Leg 8 Rapallo – Montallegro - Chiavari

Total length	13,9 km
Hiking time	4,5 h
Cumulative elevation gain	723 m
Uphill percentage	40 %
Downhill percentage	35 %
Percentage of hike on natural earth	37 %
Percentage of hike on asphalt	20 %
Percentage of hike on paved surface	43%
Percentage of hike on other surface	

General description:

From Rapallo you can follow the high variant of the Sentiero Liguria. This is a spectacular but somewhat strenuous itinerary, that starts near the Church of S. Francesco d'Assisi and climbs up to the scenic Sanctuary of N.S. di Montallegro (600 m a.s.l.). The route offers interesting views over both the coast and the hinterland, and tracks the trail that climbs over Mount Castello and Mount Anchetta, passes the neighbourhood of Maxena, until San Pier di Canne, near the city of Chiavari. From Rapallo it is possible to skip the first climb up to the Sanctuary of Montallegro by the panoramic funicular.



Description of the itinerary

Follow the promenade of Rapallo until the old Castle. Cross the road and turn right in front of the Church of San Francesco di Assisi (you will see an information panel indicating the direction to find the head of the old mule track "Strada della Madonna"). Continue on Via Minzoni, after about hundred metres take the staircase on the left, Salita Calissano, marked with "two red closes", which you will have to follow until the Sanctuary. After crossing a road, the ascent takes the name of Salita Montallegro. You will soon pass the little Church of San Bartolomeo and a few Chapels. At the intersection with an asphalt road, continue uphill, cross the road and take the beautiful paved trail on the opposite side. The views over Rapallo and the coast until Portofino is gorgeous. The trail enters a forest of shady holm oaks and ends at the arrival station of the funicular Rapallo –Montallegro. Walk up the stairs, cross the gate of the Sanctuary and follow the impressive lane (bordered by big old holm oaks) to reach the Church of N.S. di Montallegro (612 m a.s.l.). From the square in front of the Church you can enjoy a gorgeous view: the thick and green forests of the SIC (Site of Community Importance) stands out against the blue Gulf of Tigullio and the Peninsula of Portofino. Looking westwards you can see Mount Pegge, Mount Manico del Lume and Mount Caravaggio. Take the passage on the left side of the Church (with the fountain).

The variant of the Sentiero Liguria continues eastwards behind the Church (follow the indication "Chiavari" to the right). This section is marked with "two empty red squares" and a "red diamond". Follow the lane leading to a hotel and restaurant, which becomes a beautiful trail across an important holm oak forest.

After about 1,5 km, on a small clearing, abandon the trail marked with the "red diamond" leading down to Rapallo, and continue on the small trail (marked with "two empty red squares") that climbs on the left through the woods, facing the Fontanabuona Valley. Pass under the tops of Mount Castello and Mount Groppo before descending to the Chapel della Colla (525 m), with an amazing view on Zoagli and the Promontory di Portofino. Ignore the descent and continue uphill on the right. After a new descent you reach the Anchetta Pass, where you will have to follow the small road eastwards, ignoring the trail running downhill to Semorile and Zoagli. The road passes under the top of Mount Anchetta, on the side of the Fontanabuona Valley. At a bend to the right, take the trail, marked with the "two empty red squares", descending on the left through a chestnut grove. The descent is steep and crosses different times a mountain bike trail. At the fork, ignore the indication "Giro del Monte Telegrafo" and continue downhill to a Chapel and the hamlet of Case Costa (where there is a drinking fountain). Towards north you can see Mount Ramaceto and Mount Zatta and to the west you start seeing the city of Chiavari. Follow the indication to Chiavari, pass the suburb of Senato and reach the Church of Maxena. Continue on the asphalt road running down on the left of the Church, which soon becomes a mule track until the intersection with Via per Maxena. Turn left and follow the road to the Church of San Pier di Canne. You can reach the centre by bus (bus stop near the Church) or on foot (circa 30 min) by following Via San Pier di Canne, Via Santa Chiara, Piazza Caduti di Nassirya, Via Millo that leads you in the heart of the old centre of Chiavari.