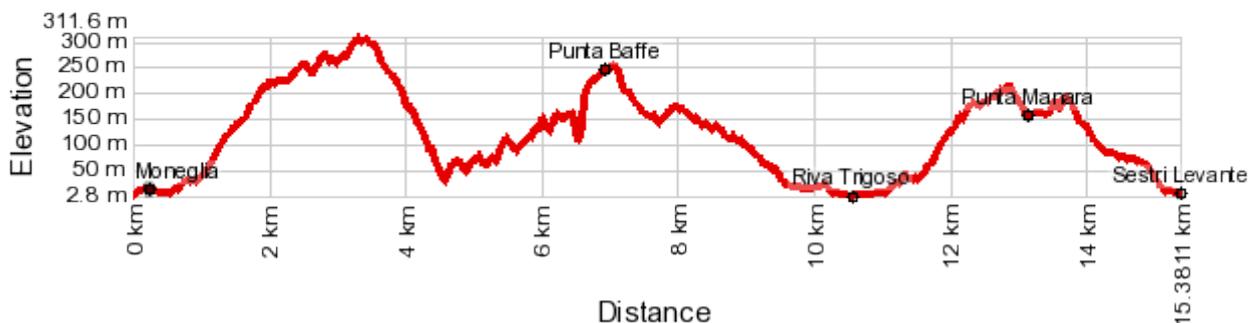




Leg 7 from Moneglia to Sestri Levante

Total length	15,2 km
Hiking time	6h
Cumulative elevation gain	805 m
Uphill percentage	51 %
Downhill percentage	47 %
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:

the leg, that ends in the "caruggi" (alleys) of the historic centre of Sestri Levante, develops almost entirely in two Sites of Community Importance (SCI): one shared between the municipalities of Moneglia, Sestri Levante and Casarza Ligure, the other in the area of the old Segesta. 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

You leave the centre of Moneglia by walking up via Bollo towards the train station. On the left you climb up a staircase that ends in via Venino, reaching the walls of Castello di Monleone, a modern building vestige of an older fortification. You will continue steeply uphill on a road, passing between hotels and private homes. Above the houses the view will gradually become wider on the seaside.

Once on top you will find the trailhead on your right hand. Dug into the rock and covered by shadowy holm oaks, this beautiful trail soon comes to a fork.

At the fork bare left, following the red “dot and minus” mark. The trail runs halfway the slope, high above the sea . After a while, taking the deviation to the left you arrive at the cliffs of Punta Moneglia, plunging in the deep blue and favourite destination to many climbers.

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.

The trail than descends steeply to Vallegrande, embedded between the tall sandstone cliffs. On the bottom of this small valley you will find a particular wetland hosting interesting amphibians and the rare royal fern.

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.

Walking up towards the tower of Punta Baffe (254m a.s.l.) you can admire again the coastline and its cliffs plunging into the sea. Early in the morning or during the summer evenings it is not uncommon to spot schools of bottlenose dolphins.

From the tower of Punta Baffe the view widens over the Vallegrande Valley, overlooked by Mount Moneglia, and over the Bay of Riva Trigoso. The trail to reach the village underneath departs on the left, crosses a high scrubland with strawberry trees, brooms and heather trees, with beautiful views over the Bay of Riva and the imposing shipyards. The actual vegetation took gradually the place of the pine forest with prevalence of maritime pines, destroyed by a raging fire in 2004. It is still possible to notice the signs of the fire: blackened rocks and trunks and the white branches of the strawberry trees.

The path reaches the road on the back of the shipyards, in front of the bocce courts.

Turning right after a small underpass, you can reach the railway station of Riva Trigoso in five minutes.

Turning left in via Erasmo Piaggio, flanking the shipyards, you can reach the centre of Riva Trigoso. After crossing the Petronio Stream, diverted in old times to facilitate cultivation, you can follow a shortcut through Villa Rocca, to reach the path leading up to the Church of San Bartolomeo della Ginestra, running on the ridge above the Plain of Sestri Levante.

Nearby the cell towers, just outside the old hamlet of Ginestra, with its old watchtower, the trail climbs up with a characteristic staircase made of slate, before entering the forest. The view over the Bay of Riva Trigoso and the mountain ridge enclosing the Petronio Valley is gorgeous.

The net of trails on the promontory has its intersection in Telegrafo, where a similar tower to the one of Punta Baffe, in worse conditions but on a marvellous natural lookout balcony, was devoted to watch over



the sea in front of Riva Trigoso and Sestri Levante. Just before the Telegrafo you will see a hut (an old military post), pertaining to the Municipality of Sestri Levante. 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.

Walking down from Telegrafo you reach the old part of Sestri Levante. The trail offers gorgeous views on the peninsula of Sestri Levante and on the Tigullio Gulf. In particular, from a natural sandstone balcony above a place named Mandrella, you will be able to admire the long sandy stretch connecting the Peninsula to the mainland and understand the nickname “Bimare” (Two seas) of Sestri Levante.

In its last part the trail descends 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.

The trail ends in Vico del Bottone, in the very heart of the old city of Sestri Levante, a few metres from the two bays that make the city so famous.