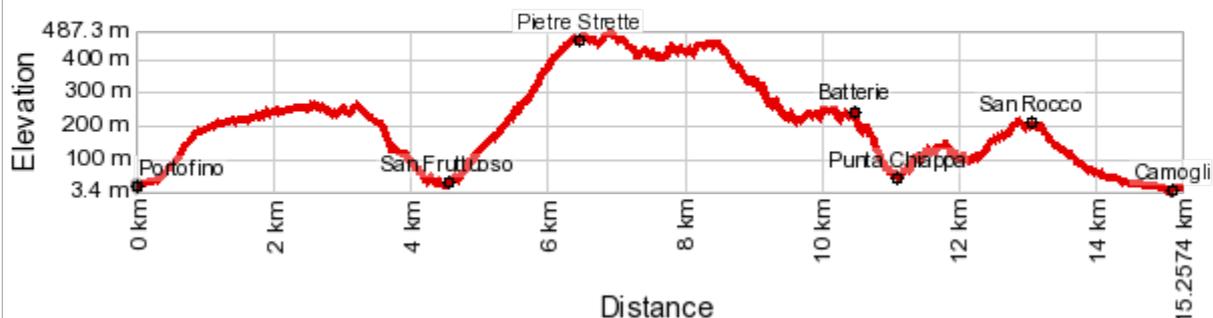




Leg 10 from Portofino to Camogli

Total length	15,9 km
Hiking time	6h
Cumulative elevation gain	956 m
Uphill percentage	55 %
Downhill percentage	38%
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 Portofino to Camogli 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

From Piazza della Libertà you walk to the inland of Portofino, following Via del Fondaco and the sign poles of the Park of Portofino with the indication San Fruttuoso (trail marked with a “red square”). After a few hundred metres the road becomes a steep staircase that heads up to Cappelletta, passing through farmed terraces and woods. Ignore the two indications to San Sebastiano on the right.

Go on following the “red square” mark until the crossroads (sign pole of the Park n° 54), and follow the indication Prato – Base “O” – San Fruttuoso. The itinerary is marked with “two red squares”.

This part of the trail crosses a beautiful farmed landscape. Flanking the farmed terraces you will walk up on a paved path, until Prato. Here you will find the trailhead of one of the most panoramic trails of the Promontory of Portofino, that runs halfway the coast between San Fruttuoso and Portofino, on an average height of 230 metres above sea level until Base “O”, passing through a natural environment of great beauty and value.

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.

From Base “O” a short detour on a recently recovered path allows to descend to a military lookout post in use during World War II.

The Sentiero Liguria continues down to San Fruttuoso. In this part the trail passes through a pine grove, first, and a thick holm oak forest in its last section, providing anyway some gorgeous views through the vegetation.

In this area the holm oak forest represents the natural steady state of the vegetation and the soil according to the best adaptation to the average conditions of the area, despite other areas where frequent fire or irrational human activities contrast this equilibrium.

You will soon reach the first houses of San Fruttuoso and see the unique silhouette of the thousand-year old Abbey, overlooked by the sixteenth-century Doria Tower. 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 square in front of the Church, the Sentiero Liguria continues up on the steep staircase that leads to the Doria Tower. From here, follow the indications of the Park to Pietre Strette. The trail, marked with a “red circle”, heads up through a shaded valley, flanking a stream. Gaining height, the trail comes out of the thick vegetation, on the sunny open slope, passing through farmed terraces with beautiful olive groves and reaching the Agririfugio Molini (a nice little restaurant and refuge). Just above the Agririfugio, passed a fountain with drinking water, captured from the Caselle spring, the trail enters the fresh and humid forest again. Holm oaks, hop hornbeams and downy oaks make this part of the slope shady and sheltered from the southern winds. On top you arrive in Pietre Strette (narrow stones) with its characteristic big blocks of conglomerate. 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 until the first sign pole (n° 66), and take the path towards Toca – Semaforo Nuovo, marked with a “red triangle”.

After passing through a shady grove, the trail, 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. 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.

The trail segment ends in Sella Toca, a small area with a table with benches, from where you can make a short detour to Semaforo Nuovo (following the indications of the Park of Portofino), to enjoy a particular wide view over the Gulf of Genova and the Ligurian coast, from the Tino Island to Capo Mele to the West.

Once back in Toca, take the trail that descends on the left, through a mixed forest, with hazelnuts, manna ashes and hop hornbeams, with some interesting overlooks on Punta Chiappa and Camogli. The undergrowth is characterised by sarsaparilla and madder and upon the trunks and cobblestones you will see clear signs of the presence of wild boars.

At the fork in the place called Fornelli (sign pole of the Park n° 45), turn left on the trail that comes from San Rocco, following the indication “Batterie”. This segments runs slightly up and down through a sparse grove of maritime pines. After a short ascent, you will reach the first military installations on the lookout post called Poggio, from where 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 eastwards, ignoring a first side trail towards Punta Chiappa on the right; you will soon reach THE Visitor Centre of the Park of Portofino and “Batterie”, the military buildings of World War II.

In front of the Visitor Centre you will find the trail that descends steeply through the Mediterranean scrubland, passing along different military buildings and observation posts of World War II. The trail ends with a wooden staircase along the coast between Punta Chiappa and Porto Pidocchio. This steep section follows the old route walked by de Italian and German soldiers and is almost entirely made by concrete steps, now improved with a handrail.

After a short detour to admire the wild and rough rocky cliff of Punta Chiappa, the Sentiero Liguria continues westwards, passing through the picturesque hamlet of Porto Pidocchio (here you can catch the ferry to Camogli www.golfoparadiso.it), before climbing up the steep staircase (circa 1000 steps!!) to San Rocco with its gorgeous panorama. Half away the ascend you will pass the small thousand-year old Church of San Nicolò di Capodimonte.

The trail that continues towards Camogli (marked with “two red dots”) starts in front of the Church of San Rocco and is characterised by another long staircase through olive groves, farmed terraces and dry stone walls. In its last part the trail follows the Rio Gentile stream until the parking place in Via Gio Bono Ferrari, from where you can easily reach the old centre of the picturesque village of Camogli.