



High Variant Leg 8 Chiavari – Montallegro - Rapallo

Total length	13,9 km
Hiking time	4,5 h
Cumulative elevation gain	718 m
Uphill percentage	35 %
Downhill percentage	40 %
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 Chiavari you can follow the high variant of the Sentiero Liguria. This is a spectacular but somewhat strenuous itinerary, that starts near the suburb San Pier di Canne and, climbing over of Mount Castello and Mount Anchetta, reaches the Sanctuary of N.S. di Montallegro (600 m a.s.l.). The highly panoramic route offers interesting views over both the coast and the hinterland. From the Sanctuary it is possible to skip the last descent to Rapallo by catching the panoramic funicular.



Description of the itinerary

From the centre of Chiavari reach the suburb of San Pier di Canne in circa 25 min walking (you can even take a line bus), by following Via Millo, Piazza Caduti di Nassirya, Via Santa Chiara and Via San Pier di Canne. Once at the Church, take Via per Maxena on the left and then the staircase to the Church of Maxena (marked with “two empty red squares” and a “red and white line”). From the Church, take the wide mule track that climbs up, on the right side of the cemetery, to the neighbourhoods of Senato, Case Camiade and Case Costa. This area is characterised by beautifully maintained tall stone walls. Towards north you can see the Fontanabuona Valley and, further away, Mount Ramaceto and Mount Zatta. At the fork, ignore the indication “Giro del Monte Telegrafo” and continue steep up on the trail on the right. You will pass through a forest, crossing many times a mountain bike trail. Once on a small road near Mount Anchetta (549 m a.s.l.) continue westwards until the crossroads near the Anchetta Pass. The High Variant of the Sentiero Liguria, still marked with the “two empty red squares” continues on the trail on the right, that leads you to Colla di Oneto (525 m) with gorgeous views on Zoagli and the Promontory of Portofino. The trail turns into a mule track heading up westwards on the slopes of Mount Groppo and Mount Castello

Ignore the trail marked with a “red diamond” descending towards Rapallo on the left and continue on the flat trail on the right, passing through a beautiful holm oak forest. After circa 1,5 km you will reach a Restaurant and Hotel first and then the Sanctuary from its north side. Walk around the Church to the square. The view is amazing: 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. From this scenic lookout, follow the impressive lane down, until the station of the funicular Rapallo –Montallegro. The walking route continues downhill on the staircase next to the funicular station and the little bar. The stairs soon turn into a beautiful wide paved trail marked with “two red crosses”, passing through a shaded holm oak forest. After about 1 hour you will reach the promenade of Rapallo.