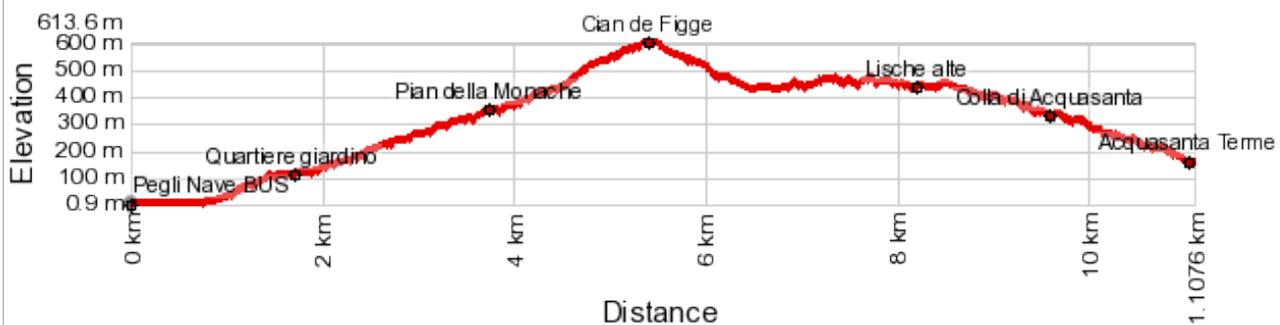




## Leg 13 from Genova Porto Antico to Acquasanta

Total length	11,1 km
Hiking time	4h 30m
Cumulative elevation gain	680 m
Uphill percentage	45 %
Downhill percentage	55 %
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:

From the Old Port of Genova (Porto Antico) the best way to reach the neighbourhood of Pegli is the public ferry (Nave BUS AMT – [www.amtgenova.it](http://www.amtgenova.it)) which allows a nice coastal navigation with interesting views on the city and the harbour.

From Pegli the Sentiero Liguria climbs to Cian delle Figge by following old alleys and trails, which partially track the International Trail E1, connecting Genova to North Cape. The leg ends in the spa resort of Acquasanta.

An alternative in case of bad weather can be the train, which allows to reach Acquasanta directly from the centre of Genova or from Pegli ([www.trenitalia.it](http://www.trenitalia.it)).



## Description of the itinerary

Follow the promenade of Pegli westwards until Piazza Porticciolo, from where you walk up the first part of Viale Modugno, before climbing up the staircase (which is also the starting point of the International Trail E1) named Via Melinotto, until the residential area Quartiere Giardino and the ridge above Pegli.

Continue uphill on a dirt road that soon turns into a trail through the Mediterranean scrubland. This section is characterised by particular red-coloured sun-reflecting rocks: schists. Continue climbing 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.

Once in Pian delle Monache (343 mt a.s.l.), with a characteristic country house, continue towards the pass Passo del Lupo on a trail that becomes steeper and passes through a rarer vegetation; this is an area where the serpentine rocks have a selective action on the vegetation and significantly model the landscape. Head on to Cian delle Figge (618 m), the highest point of the itinerary. Here you can make a stop at the picnic area before descending to Acquasanta. Abandon the E1 trail and descend the barren and severe Valley of Rio delle Figlie, on a trail marked with a “full red square”. After descending circa 200 metres, you will reach a ridge where you intersect a wider trail marked with an “empty red diamond” and a trail marked with “three red dots”. Take this last one and enter the valley. Continue flat passing through some wild valleys. The vegetation is rare, but some Mediterranean bushes are colonizing the soil left free by ill and burned pine trees.

At the end of the flat section in Bric Colla (430 m), the trail intersects a dirt road with many turns, flanked by a trail marked with an “empty red square”, leading up to Mount Pennello from Acquasanta. Follow the dirt road down ignoring all the other intersections and reach Colla di Acquasanta (326 m) in 15 minutes circa. Here the itinerary intersects the “High Variant” of this leg (13V), and the next leg of the Sentiero Liguria, n° 14 Acquasanta - Arenzano.

Take the steep asphalt road that in about 10 minutes leads you up to the railway station of Acquasanta, along the line Genova – Acqui Terme. In front of the station, take the paved track that shortcuts the road and leads, in a few minutes, to the centre of Acquasanta, near a fountain on the side of the imposing Sanctuary (155 m). 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.