



Leg 19 from Noli to Finalborgo

Total length	19,000 km
Hiking time	6h
Cumulative elevation gain	640 m
Uphill percentage	%
Downhill percentage	%
Percentage of hike on natural earth	67%
Percentage of hike on asphalt	32%
Percentage of hike on paved surface	1%
Percentage of hike on other surface	



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General description:

In its first part, this very interesting leg follows the beautiful panoramic Pilgrims Path, an itinerary that crosses the promontory of Capo Noli to reach Varigotti, with gorgeous views over the coast. From the centre of Varigotti the route climbs up to the Manie Plateau, until the Church of S. Giacomo. From the Church the trail descends towards the Ponci Valley, overlooked by the imposing Rocca di Corno and well known for the remains of its five Roman bridges, built along the ancient Via Iulia Augusta. After crossing the hamlet of Verzi, the trail climbs uphill through the Mediterranean scrubland before descending on Finalpia through the terraced countryside. The route continues on the rich flowered and shady promenade of Finale Marina, before bending towards the backcountry, ending in Finalborgo.

Description of the itinerary

Leg number nineteen of the Sentiero Liguria starts from the parking area of Noli (in westward direction). The itinerary leads to Varigotti, by following the well-marked Pilgrims Path.

Leaving Noli behind you, take the direction S. Margherita and Semaforo. In the first part of the itinerary will pass by many Churches and remains of religious buildings, which can, sometimes, be reached with a short detour: S. Michele, S. Margherita, S. Giulia and S. Lazzaro. This last one seems to have been a quarantine station for the pilgrims traveling along this paths.

Before reaching Semaforo it is worth to make a short detour to the "Grotta dei falsari" (Forgers Grotto), for the beautiful panorama over the sea the place offers. From Semaforo (nowadays a headquarter of the Carabinieri police), the trail runs towards Varigotti, pleasantly passing through a forest of Aleppo pines and maritime pines, with one of the most beautiful views of the whole region.

Continuing downhill towards Varigotti you will pass by the Torre delle Streghe (Witch Tower), old boundary between Noli and the Marquisate of Finale. According to the legend, the women of Varigotti were witches. The tower had, certainly, the meaning of defence and watchtower for the inhabitants of Noli.

From the tower the trail continues slightly up and down, offering gorgeous views over the famous Saracen Bay.

Before reaching the village, a short detour allows you to visit the little old Church of S. Lorenzo, located on a rock spur, overlooking the coast between Capo Noli and Punta Crena. From here you will soon reach Varigotti, with its beautiful wide beach.

The Sentiero Liguria continues on a backroad, which runs parallel to the Via Aurelia. After a few hundred metres, take the trail marked with "two red squares" which leads steep up to the Manie Plateau

The trail passes through a pine tree grove and intersects the provincial road of Manie near the Camping site "La Foresta". Cross the provincial road and continue towards the Church of S. Giacomo.

From S. Giacomo, still following the "two red squares" mark, descend along an easy trail until the Voze Bridge. Once at bridge, turn left on the route that crosses the Ponci Vally, marked with a "red dot".

The trail descends slightly until a fork with the road that passes through the centre of Verzi. From here, abandon the trail marked with a "red dot" and continue on the trail marked with an "empty red diamond". After crossing the centre of Verzi, the trail climbs up through the Mediterranean scrubland until Bric Briga (303 m a.s.l.). From here, the trail descends gently along farmed terraces and nice country houses until the square Piazza Abbazia in the centre of Finalpia.

Continue along the coast to Finale Marina. Once at the railway station of Finale, take Via Brunenghi until Finalborgo. The leg number 19 ends in this small but characteristic medieval village.