



Leg 22 from Toirano to Albenga

Total length	16,650 km
Hiking time	4h 45'
Cumulative elevation gain	624 m
Uphill percentage	23%
Downhill percentage	25%
Percentage of hike on natural earth	46,8 %
Percentage of hike on asphalt	48,8 %
Percentage of hike on paved surface	4,4 %
Percentage of hike on other surface	



created by GPSVisualizer.com



General description:

This leg of the Sentiero Liguria, which runs for almost half length on asphalt, starts in Toirano. After descending shortly the provincial road to Borghetto S. Spirito, take the road, near an olive mill, that climbs up through terraced olive groves. Continue on the steep trail to Monte Sopra Toirano and Monte Croce. The gorgeous panorama is worth the effort. Descend towards the coast until Ceriale and continue westwards on asphalt until the beautiful old centre of Albenga.

Description of the itinerary

From the centre of Toirano, descend the provincial road to Borghetto S. Spirito until an information panel near the olive mill "Rosciano". From here, take the asphalt road that climbs up through terraced olive groves, until the square in front of the farm and restaurant "Monte Acuto". From the square, take the trail marked with "two red vertical lines and a triangle", which ascends the Monte Sopra Toirano (623 m a.s.l.), passing through a forest rich in holm oaks and typical plants of the Mediterranean scrubland. The trail is not long but very steep: in a bit more than two kilometres it gains circa 600 metres in level.

Once on the ridge, pay attention to the marks, which are not always evident. Turn right and follow the trail that leads uphill to Monte Acuto. Once on the other slope, after passing a multitude of rock rose shrubs, the view widens on the plain of Albenga. Abandon the trail that climbs up to Monte Acuto (746 m), and continue along the ridge on the trail marked with an "empty red square", which leads first to Monte Sopra Toirano, and afterwards to Monte Croce (541 m). The view from here is breath-taking.

The trail that descends from Monte Croce, passing Monte Picaro (275 m), is quite rocky and incoherent, so that you will have to pay attention while walking. This part of the route runs on extended grass fields. Due to the absence of any shade, it's advisable not to hike this section during the hottest period of the summer days.

After passing the headquarter of the civil protection of Ceriale, reach the Chappel on Monte Picaro with a short detour. From here you can descend to Ceriale by following the trail marked with an "empty red square".

Continuing downhill you will pass Castle Borelli. Cross the castle's park and enter Ceriale by following Via Piccardone and Via Cadanzo. Finally, take Via Aurelia near the railway station.

To reach Albenga, continue circa 5 km on the road that runs parallel to the coast. You can even catch the train or one of the line busses connecting Ceriale to Albenga.