



Leg 19 from Finalborgo to Noli

Total length	19 km
Hiking time	6h
Cumulative elevation gain	630 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:

This very interesting leg, from a naturalistic and historic point of view, offers gorgeous views over the coast. From Finalborgo the itinerary reaches the promenade of Finale Marina and continues along the coast until Finalpia. From here the trail leads uphill through farmed terraces and Mediterranean scrubland to the hamlet of Verzi. The trail, overlooked by the imposing Rocca di Corno, crosses the Ponci Valley, with the remains of its five Roman bridges, built along the ancient Via Iulia Augusta. The route climbs up to the Manie Plateau, until the Church of S. Giacomo, before descending to the picturesque village of Varigotti, from where it follows the beautiful panoramic Pilgrims Path, an itinerary that crosses the promontory of Capo Noli to reach Noli. Noli, of roman origin, has a prestigious past in the history of the maritime republics.

Description of the itinerary

The leg number 19 starts in the characteristic medieval village of Finalborgo, by following Via Brunenghi until the shore of Finale Marina. At the end of this busy road you reach the quite promenade, that you will have to follow until Finalpia.

Once in Finalpia, in the square Piazza Bandiera, take the ascending alley marked with an “empty red diamond”.

The itinerary climbs through farmed terraces, passing by nice country houses, before entering the Mediterranean scrubland. In its last part, the trail descends gently to the centre of Verzi.

After crossing the village, the itinerary crosses the Ponci Valley. The trail is pleasant and is overlooked by the imposing Rocca di Corno. On the way you will see the remains of five Roman bridges, built along the ancient Via Iulia Augusta.

From the Voze bridge, the trail continues uphill on the right to the Manie Plateau. On the plateau you will find a restaurant and, a little bit further, the Church of S. Giacomo. From the Church the route continues along the flat dirt road which soon intersects the provincial road. Continue right on the road, until the camping site “La Foresta”.

After crossing a pine tree grove, on a trail marked with “two red squares”, you will soon arrive at the descent towards Varigotti.

From the centre of Varigotti, turn left on the road that runs parallel to the Via Aurelia; after a few hundred metres, take the road to the head of the “Sentiero del pellegrino” (Pilgrims path), walked in the past by the pilgrims directed to Varigotti and Noli.

This trail is one of the most beautiful and spectacular trails of the whole region, offering gorgeous views over Varigotti and the Saracen Bay during its ascent to Capo Noli.

Along the route to Semaforo (Capo Noli) 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.

A little bit further, from Capo Noli (nowadays headquarter of the Carabinieri police), a short detour allows you to reach the "Grotta dei falsari" (Forgers Grotto), from where you can enjoy a beautiful panorama over the sea. Descending towards Noli you will encounter the remains of some Churches and religious buildings, once used as pilgrim shelters. The itinerary ends in the centre of Noli, village of Roman origin, nowadays a pretty touristic resort, with a prestigious past in the history of the maritime republics.