



Leg 22 from Albenga to Toirano

Total length	16,650 km
Hiking time	4h 45'
Cumulative elevation gain	675 m
Uphill percentage	25%
Downhill percentage	23%
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	



General description:

From the old centre of Albenga, the Sentiero Liguria runs eastwards to Ceriale following the road along the coast. From Ceriale the trail climbs up the slopes of Monte Acuto, passing Monte Croce and Monte Sopra Toirano. From here it descends among terraced olivegroves until the intersection with the provincial road to Borghetto S. Spirito, that has to be followed shortly until the picturesque hamlet of Toirano.

Description of the itinerary

The leg 22 of the Sentiero Liguria starts in the beautiful old centre of Albenga.

Reach Ceriale by following the road that runs parallel to the coastline. Alternatively it is possible to catch a train or a line bus.

In Ceriale the Sentiero Liguria starts behind the railway station.

After crossing the busy Via Aurelia, take Via Cadanzo up until Via Piccardone.

From Via Piccardone, take the trail marked with an “empty red square”, that crosses the park of Castel Borelli, before climbing up to Monte Piccaro (275 m a.s.l.) with its characteristic chapel.

From here on the route follows the ridge that divides the plain of Albenga from the Varatella Valley, with Toirano and Borghetto Santo Spirito.

Due to the absence of any shade on the way, it’s advisable not to hike this section during the hottest time of the day in summer.

Leaving Monte Piccaro behind you, go on hiking up until the headquarters of the civil protection of Ceriale and to Monte Croce (541 m). From here the view stretches over 360°, allowing to enjoy a scenic panorama of the plain, the coast and the Maritime Alps.

After a short but steep descent from the top of Monte Croce, you will reach the pass above Monte Sopra Toirano (623 m).

Walking the ridge uphill, you will abandon the trail marked with the “empty red square” that leads to Monte Acuto (746 m) to turn right on a trail that passes through a multitude of sage-leaved rock rose shrubs (*Cistus salvifolius*).

This section of the trail is not marked very well and you will have to pay some attention. Leave the slope facing the coast to pass on the side facing towards the Vally of Toirano. Descend on extended grass fields and take the trail marked with “two red vertical lines and a triangle”.

The trail enters a mixed forest and runs down very steeply to Toirano. In a bit more than two kilometres it loses circa 600 metres in level



At the end of the descent you will find yourself on the square in front of the farm and restaurant Azienda Agricola Monte Acuto. From here you walk down the road passing between the terraced olive groves near the olive mill “Rosciano”, where you meet the provincial road connecting Toirano to Borghetto S.S. Turning left towards Toirano, after a few hundred meters, you will enter the old centre of the Medieval village. Besides a visit to the centre its worth visiting the famous grottos.