

# Genoese valleys



HIKING



CANYONING



SPORT FISHING



ORIENTEERING



MOUNTAIN BIKE



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under the patronage of



CITTÀ METROPOLITANA  
DI GENOVA

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with the support of



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Tour Operators



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## Information

### Registration fee

There is no registration fee

### Minimum of participants

There is no minimum number of participants necessary for carrying out

### Entrances

Entrances to fee-paying museums/locations are never included in the participation fee, unless otherwise specified

### Hotel accommodation

Hotel accommodation may be subject to changes due to organizational reasons beyond the operator's will and for reasons that may arise along the way, while remaining unchanged category and itinerary.

### Participation fees are for two people

For individual participation fee or more than two, please contact our tour operators.

### Fees include

What is specified in each package. There is a seasonal menu "Genoese valleys" with traditional recipes of the ancient Ligurian cuisine and revisited in a modern key.

### Fees don't include

Unless otherwise specified, beverages at meals, medical insurance, entrances, surcharges and all that is not expressly indicated in fees "including".

**Medical insurance:** on request

**Cancellation insurance:** on request

**VALID UNTIL 31 DECEMBER 2016**

[www.entroterragenovese.it](http://www.entroterragenovese.it)

nature

14 itineraries to discover  
Genoese Valleys

culture

landscapes

sport

spa

handcraft

gastronomy

14 ITINERARIES IN GENOESE VALLEYS

Hiking

The ring of Alta Val Polcevera	pag 3
Campoligure - Turchino Passage	4
Canyon of Val Gargassa	5
Northeast Passage	6
Archaeo-speleology in Stura Valley	7
Discovering Scrivia Valley	8

Canyoning

Canyoning on the Stura Stream	9
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Sport fishing

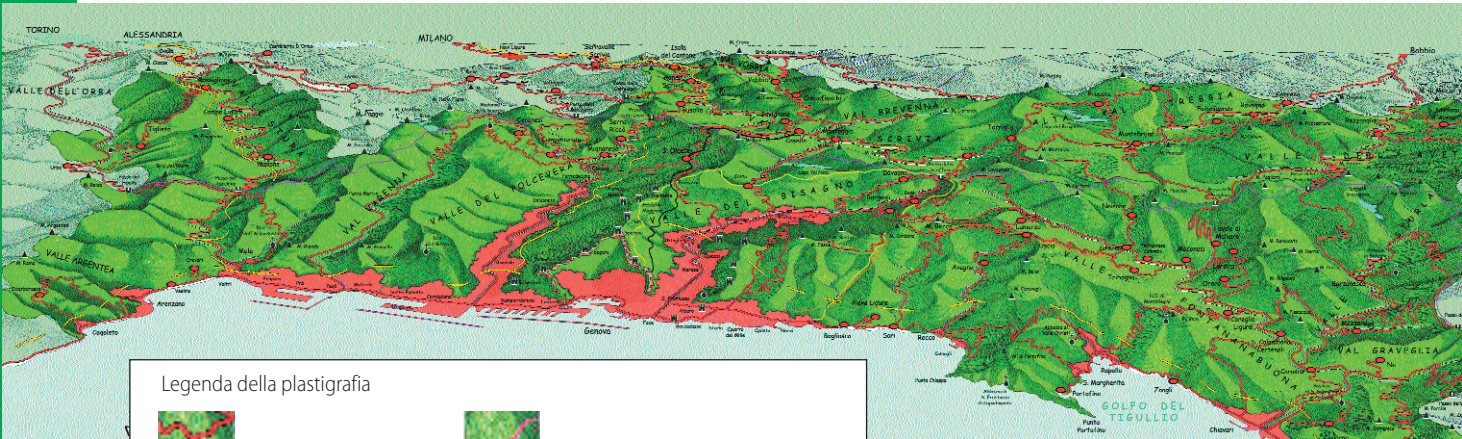
Stura and Orba Streams	10
Fishing in Alta Val Trebbia	11

Orienteering

Tiglieto - Faiallo Passage	12
Valtrebbia	13
Praglia - Ceranesi Plains - Gorzente Lakes	14

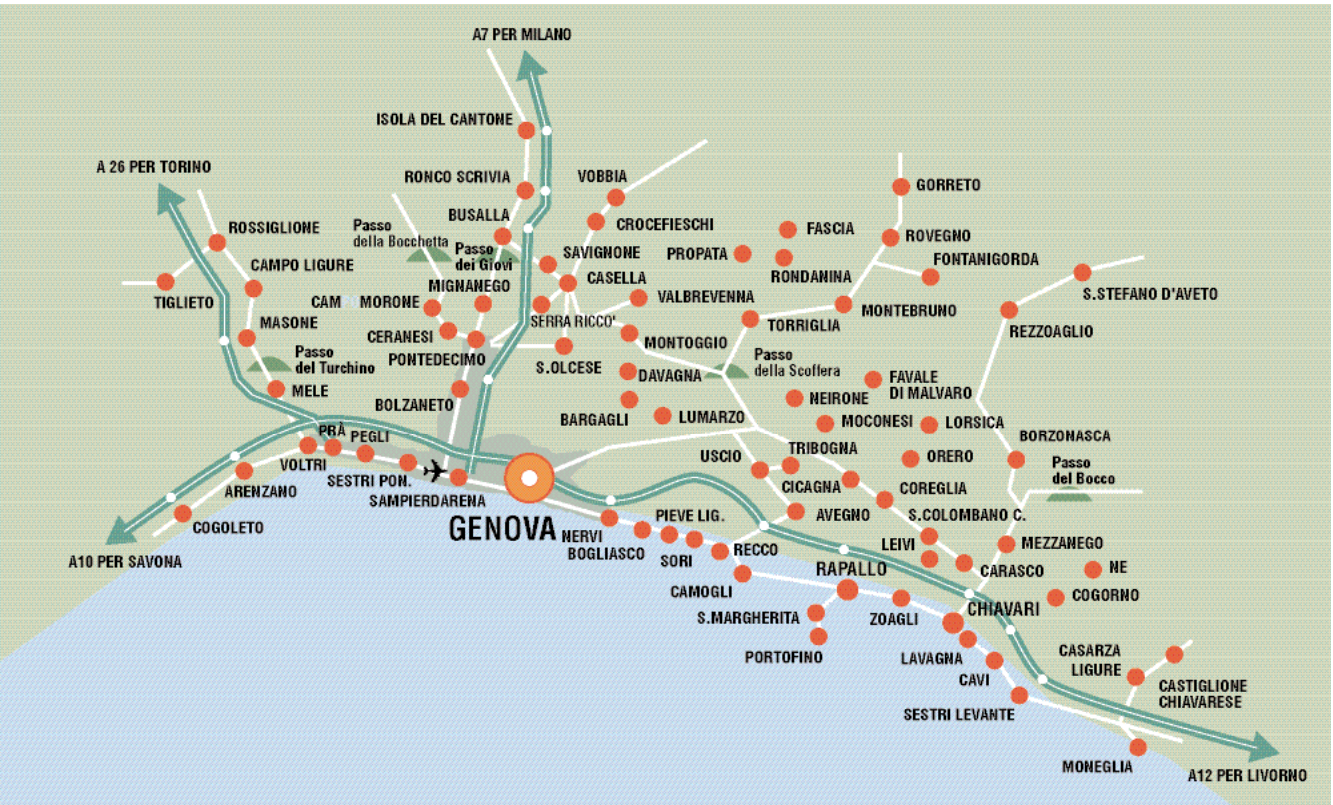
Mountain bike

Trail of the Ligurian Mountains	15
Scrivia, place attempted by...the Aquilotti!!!	16



Legenda della plastigrafia

	strade		alta via dei monti liguri
	autostrade		sentiero storico colombiano
	corsi d'acqua		balcone di Genova
	passi montani		ferrovia Genova Casella
	centri urbani maggiori		edifici religiosi
	centri urbani minori		forti di Genova



# The ring of Alta Val Polcevera



## FRIDAY

Arrival to Val Polcevera in the afternoon. Accommodation as reserved. Dinner and overnight

## SATURDAY

Breakfast, whole day dedicated to hiking with environmental hiking guide following a striking ring route to discover Gorzente lakes. Dinner with local and Ligurian products.

**SUNDAY**

Breakfast, free hiking. End of services.

### Advices:

- visit to the Villa Serra of Comago with its fascinating park, populated by lake fauna
- visit to the Sanctuary of Nostra Signora della Guardia, located in a panoramic setting at the top of mount Figogna.

**PARTICIPATION FEES FOR TWO PEOPLE € 350,00**

**INCLUDING:**

- > N. 2 overnight stays with breakfast
- > N. 2 dinners at a restaurant or holiday farm
- > Map of trails
- > Environmental hiking guide service (1 full day)

## OVERNIGHT

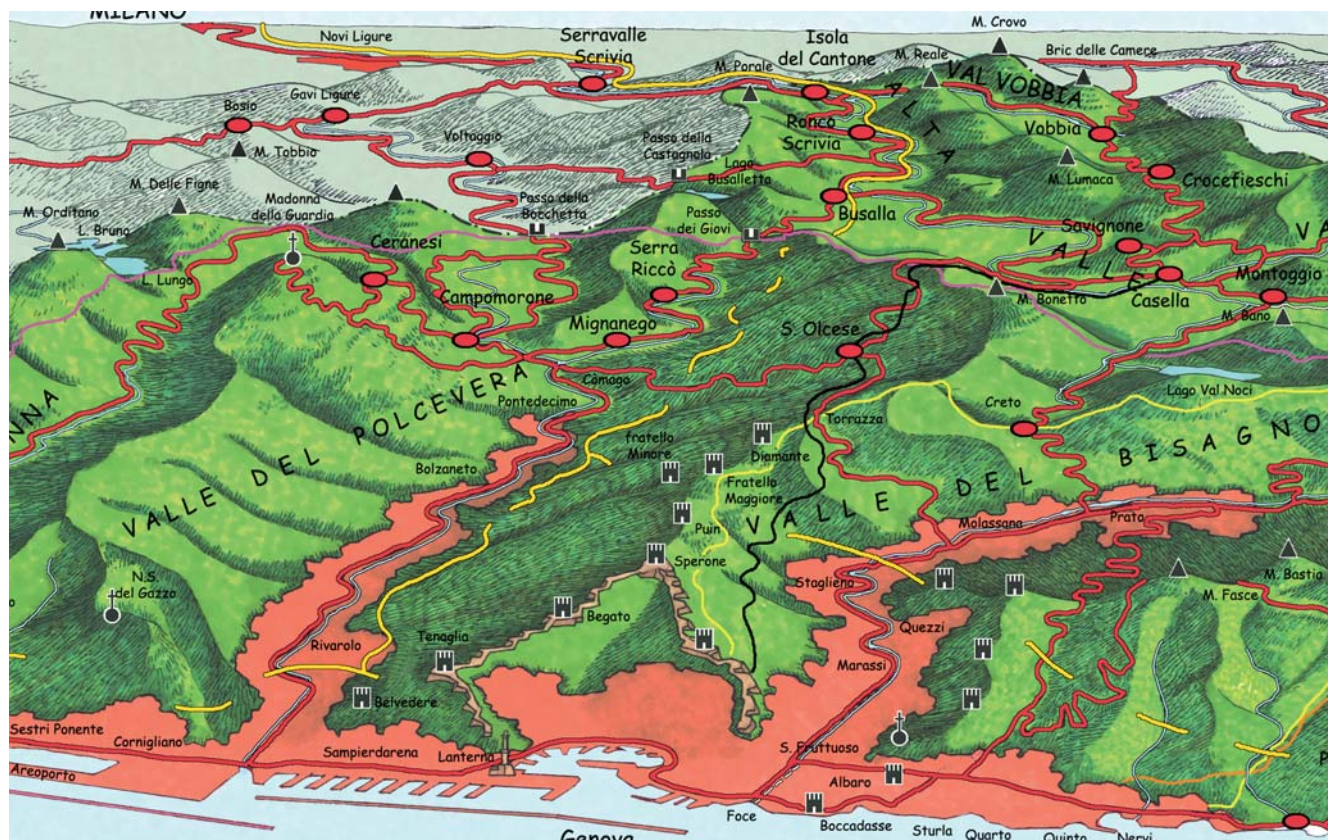
**B&B:** Ca'di Felice (Cerano)

**Holiday Farms** La fattoria di Marta (S. Olcese), Terra e cielo (Serra Riccò), Cà dell'Orto (Cranesi), La Costa (Mignanego)

## MEALS

In almost all accommodations or at restaurants  
Locanda dei Cacciatori, Villa Levata (Cerano), La Morona (S.  
Olcese)

educational farm:  
La fattoria di Marta, Villa Levata



# Campoligure - Turchino Passage



## FRIDAY

Arrival to Stura, Orba or Leira Valleys in the afternoon.  
Accommodation as reserved. Entrance to Genoa thermal baths in Acquisanta with access to swimming pools, sauna and Turkish bath.  
Dinner and overnight

## SATURDAY

Breakfast, whole day dedicated to hiking on a number of trails winding along the Trail of the Ligurian Mountains among Campoligure, Turchino and Faiallo passages, with environmental hiking guide. Dinner with local and Ligurian products.

## SUNDAY

Breakfast, free hiking. Dinner with local and Ligurian products. End of services

**Suggestions:** visit to the local firms of typical and handcraft products, Rossiglione and Masone (honey, jam, rose syrup, cheese), Rossiglione (sausages, dairy products, furnishing fabrics), Tiglieto (ceramics and artistic glassware), Campoligure (filigree workshops).

## Advices:

- visit to the Abbey of Tiglieto, first settlement of Cistercian Monks in Italy (1.120 AD).
- visit to the paper museum in Mele, the Iron museum in Masone, the filigree museum in Campoligure, the museums of cycles and motorcycles, objects of the twentieth century in Rossiglione

## PARTICIPATION FEES FOR TWO PEOPLE € 401,00

\* Overnight stay surcharge € 14,00

\*\* Overnight stay surcharge € 57,00

## INCLUDING:

- > N. 2 overnight stays in the accommodations indicated with breakfast
- > N. 2 dinners at a restaurant, hotel or holiday farm
- > 2 entrance to Genoa thermal baths, in Acquisanta with access to swimming pools, sauna and Turkish bath available during the stay
- > Map of trails
- > Environmental hiking guide service (1 full day)

## OVERNIGHT

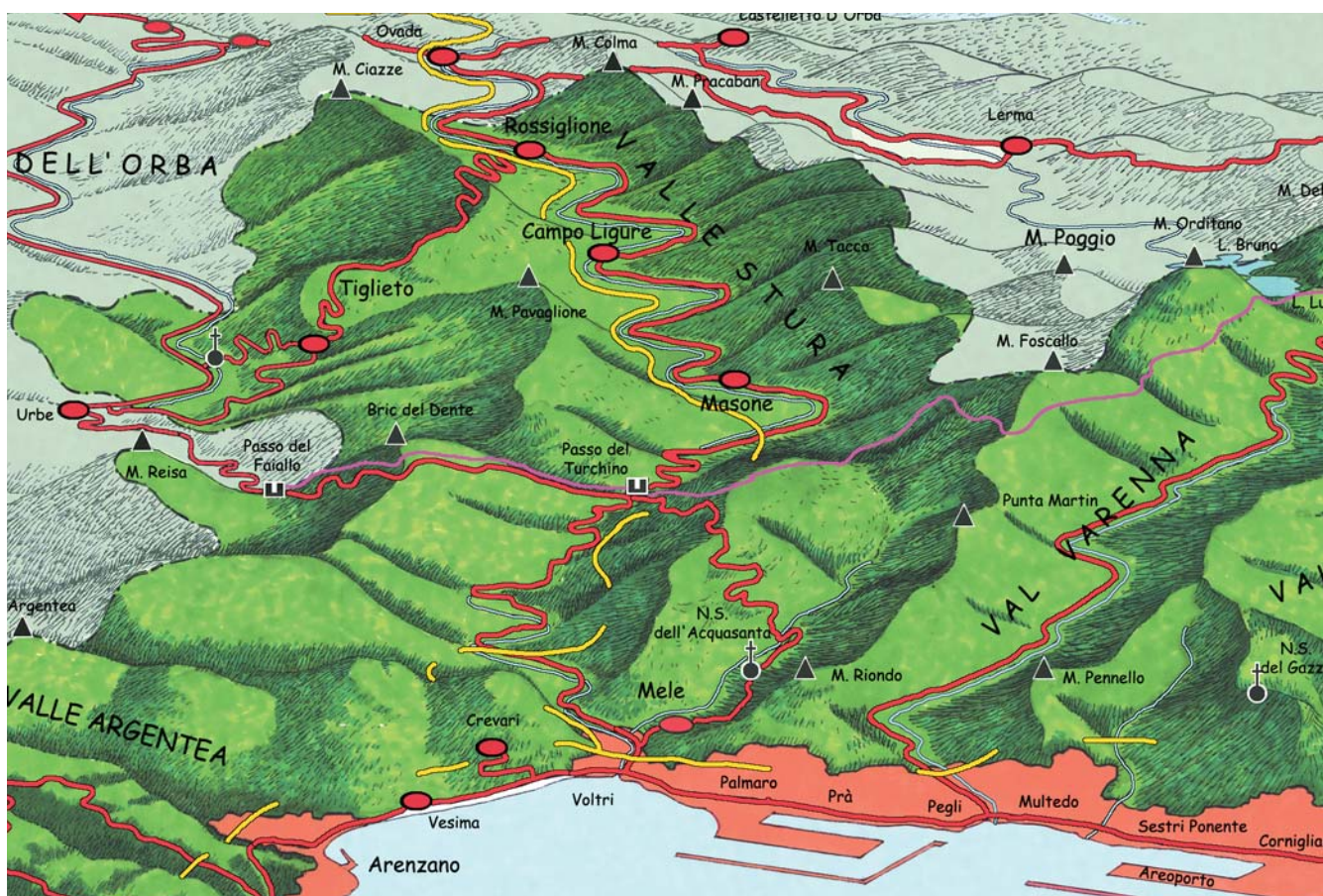
**B&B:** Ca' der Aste (Tiglieto),

**Holiday Farms:** Bertin (Campoligure), Lavagè\*, La Maliarda, Cà du Ratto (Rossiglione)

**Hotel:** Il Fado 78 (Mele), Turchino\*\* (Campoligure), Villa Margherita (Tiglieto)

## MEALS

In almost all accommodations or, at choice, at the following restaurants: La Taverna del Falco (Campoligure), Cacciatori and La locanda degli artisti (Rossiglione). In holiday farms: La Patarina (Rossiglione), La Fattoria nel bosco (Tiglieto), I Piani (Masone)



# Canyon of Val Gargassa



Gargassa creek

**PARTICIPATION FEES FOR TWO PEOPLE € 350,00**  
\* Overnight stay surcharge € 14,00  
\*\* Overnight stay surcharge € 57,00

- INCLUDING:**
- > N. 2 overnight stays in the accommodations indicated with breakfast
  - > N. 2 dinners at a restaurant, hotel or holiday farm
  - > Map of trails
  - > Environmental hiking guide service (1 full day)

**OVERNIGHT**  
**B&B:** Ca' der Aste (Tiglieto),  
**Holiday Farms:** Bertin (Campoligure), Lavagè\*, La Maliarda, Cà du Ratto (Rossiglione)  
**Hotel:** Il Fado 78 (Mele), Turchino\*\* (Campoligure), Villa Margherita (Tiglieto)

**MEALS**  
In almost all accommodations or, at choice, at the following restaurants: La Taverna del Falco (Campoligure), Cacciatori and La locanda degli artisti (Rossiglione). In holiday farms: La Patarina (Rossiglione), La Fattoria nel bosco (Tiglieto), I Piani (Masone)



**N.B.** In the holiday farm La Maliarda there's an Adventure Park with 5 trails of different difficulty level, envired with the green, completely safe for children, teens and adults. The Adventure Park provides everybody with equipment consisting in sling, security lanyards, pulley and helmet. **To be reserved on request.**

Educational farms: Fattoria nel Bosco in Tiglieto, La Patarina and Lavagè in Rossiglione

**FRIDAY**  
Arrival to the Stura, Orba or Leira valley in the afternoon. Accomodation as reserved. Dinner and overnight.

**SATURDAY**  
Breakfast, whole day (with environmental hiking guide) dedicated to hiking following the striking trail of Val Gargassa. Dinner with local and Ligurian products.

**SUNDAY**  
Breakfast, free hiking. End of services.

**Suggestions:** visit to the local firms of typical and handcraft products, Rossiglione and Masone (honey, jam, rose syrup, cheese), Rossiglione (sausages, dairy products, furnishing fabrics), Tiglieto (ceramics and artistic glassware), Campoligure (filigree workshops).



**Advices:**

- visit to the Abbey of Tiglieto, first settlement of Cistercian Monks in Italy (1.120 AD).
- visit to the paper museum in Mele, the Iron museum in Masone, the filigree museum in Campoligure, the museums of cycles and motorcycles, objects of the twentieth century in Rossiglione
- Relax at Genoa thermal baths of Acquasanta.



Adventure park

# Northeast passage

The ancient roads of the merchants to Emilia



Torriglia

## FRIDAY

Arrival to Val Trebbia in the afternoon. Accommodation as reserved. Dinner and overnight.

## SATURDAY

Breakfast, whole day dedicated to hiking with environmental hiking guide on trails which meander through the Park of Antola connecting with the Trail of the Ligurian Mountains. You can follow the beautiful path that allows to ascent the summit of Monte Alfeo. After that you can go on hiking or visit local typical production firms: mushrooms (Rovegno), confectionary (Torrighia). Typical dinner at the restaurant with local and Ligurian products.

## SUNDAY

Breakfast, free hiking. End of services.

## Advices:

- visit to the Valley of Narcissus (first half of May)

**PARTICIPATION FEES FOR TWO PEOPLE € 350,00**

### INCLUDING:

- > N. 2 overnight stays in the accommodations indicated with breakfast
- > N. 2 dinners at hotel or refuge
- > Map of trails
- > Environmental hiking guide service (1 full day)

### OVERNIGHT

**B&B:** Villa Tiffany (Torrighia)

**Holiday houses:** Case Poggi a Rovegno (apartments 2-8 pax, no breakfast)

**Refuges:** Il Poggio di Caprile (Propata), rifugio Parco Antola

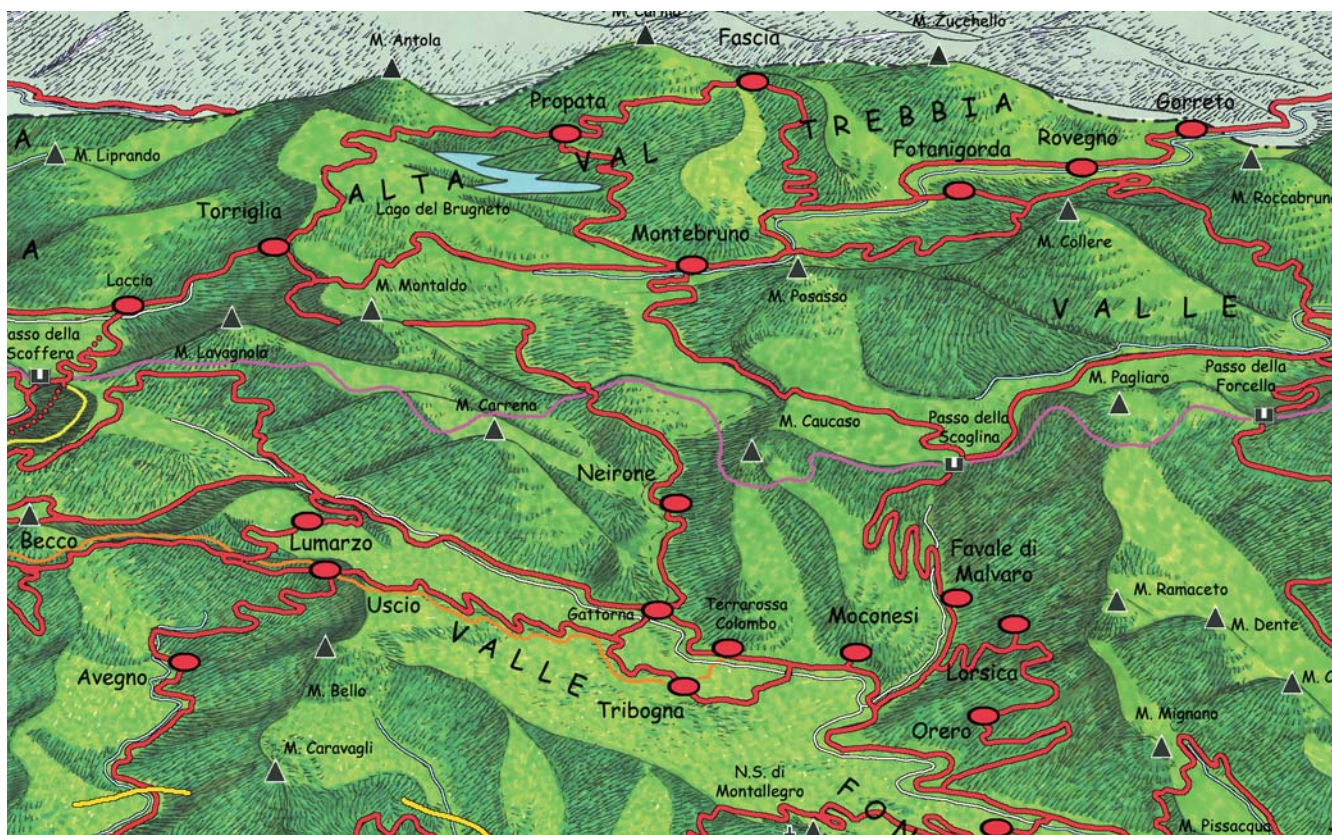
**Hotels:** Miramonti (Gorreto), Tomasi (Rovegno), Due Ponti (Fontanigorda)

### MEALS

In almost all accommodations indicated



Blooming daffodils



# Archaeo-speleology in Stura Valley

## FRIDAY

Arrival to the Stura Valley in the afternoon. Accomodation as reserved. Dinner and overnight.

## SATURDAY

Breakfast, departure to archaeo-speleology excursion with expert guide: whole day dedicated to discover the historical dam Bric Zerbino. Dinner with local and Ligurian products.

## SUNDAY

Breakfast, free hiking. End of services.

**Suggestion:** visit to the local firms of typical and handcraft products, Rossiglione and Masone (honey, jam, rose syrup, cheese), Rossiglione (sausages, dairy products, furnishing fabrics), Tiglieto (ceramics and artistic glassware), Campoligure (filigree workshops).

## Advices:

- visit to the Abbey of Tiglieto, first settlement of Cistercian Monks in Italy (1.120 AD).
- visit to the paper museum in Mele, the Iron museum in Masone, the filigree museum in Campoligure, the museums of cycles and motorcycles, objects of the twentieth century in Rossiglione
- Relax at Genoa thermal baths of Acquisanta.

! see p. 7



Bric Zerbino dam

## PARTICIPATION FEES FOR TWO PEOPLE € 394,00

\* Overnight stay surcharge € 14,00

\*\* Overnight stay surcharge € 57,00

## INCLUDING:

- > N. 2 overnight stays with breakfast
- > N. 2 dinners at a restaurant, hotel or holiday farm
- > 2 entrance to Genoa thermal baths, in Acquisanta with access to swimming pools, sauna and Turkish bath
- > Expert guide service for historical speleological and archaeological trail (whole day)

## OVERNIGHT

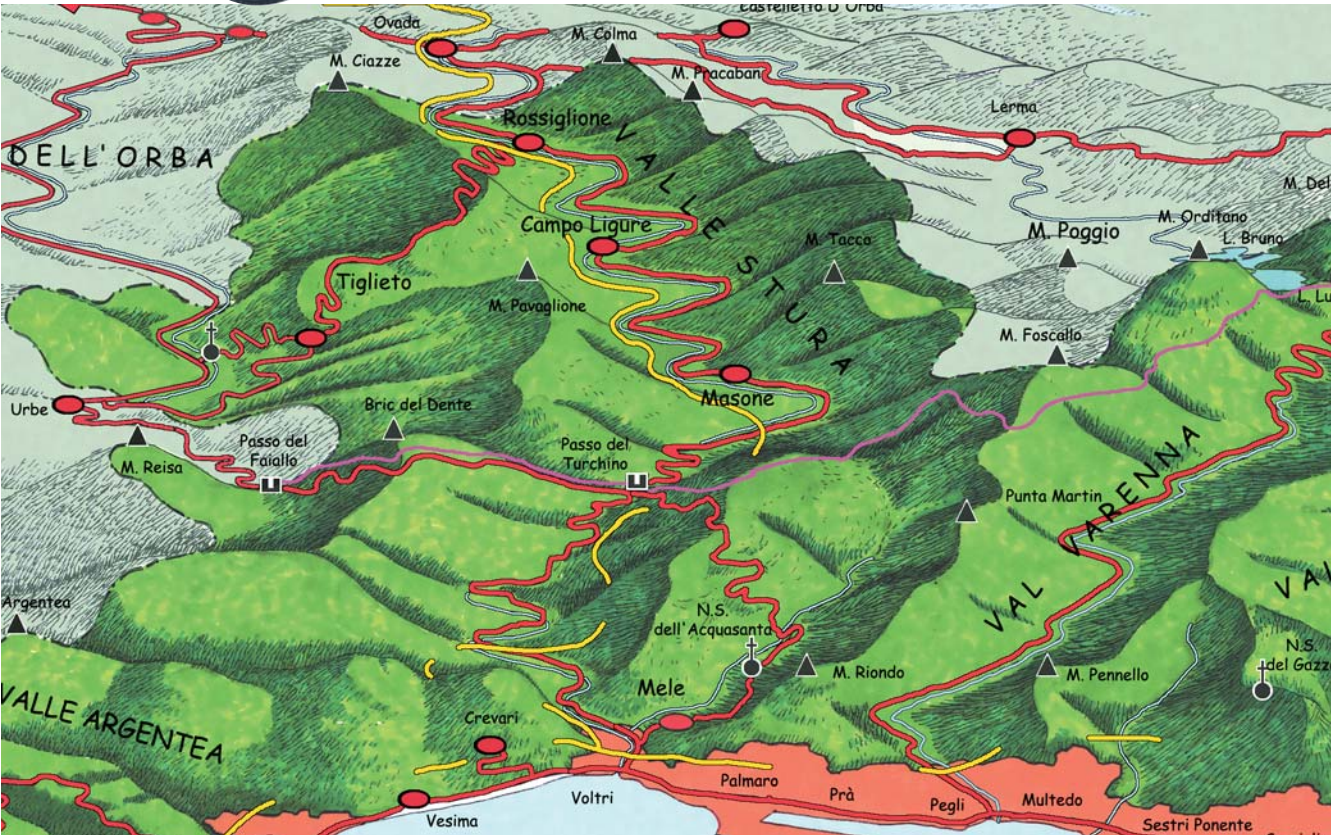
**B&B:** Ca' der Aste (Tiglieto),

**Holiday Farms:** Bertin (Campoligure), Lavagè\*, La Maliarda, Cà du Ratto (Rossiglione)

**Hotel:** Il Fado 78 (Mele), Turchino\*\* (Campoligure), Villa Margherita (Tiglieto)

## MEALS

In almost all accommodations or, at choice, at the following restaurants: La Taverna del Falco (Campoligure), Cacciatori and La locanda degli artisti (Rossiglione). In holiday farms: La Patarina (Rossiglione), La Fattoria nel bosco (Tiglieto), I Piani (Masone)



# Discovering the Scrivia Valley

Passage of Incisa - Monte Buio - Monte Antola

## FRIDAY

Arrival to the Scrivia Valley in the afternoon. Accommodation as reserved. Dinner and overnight.

## SATURDAY

Breakfast, whole day dedicated to hiking with environmental excursion guide along panoramic ridges until the summit of Monte Antola. At the end, quality shopping in Busalla. Dinner with local and Ligurian products.

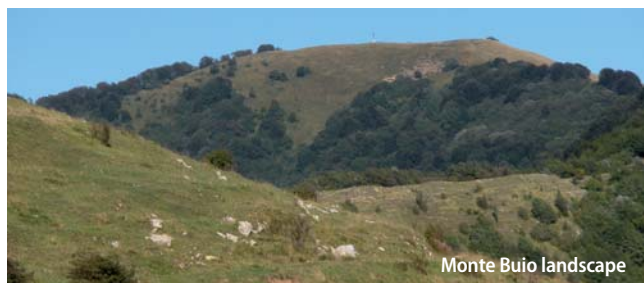
## SUNDAY

Breakfast, free hiking. End of services.

**Suggestions:** visit to the local production workshops, syrop of roses and violets (Savignone), goat farm, honey, roses (Casella), dairy products (Savignone), canestrelli biscuits (Montoggio).

## Advices:

- visit to the Castello della Pietra di Vobbia
- visit to the Castello degli Spinola di Borgo Fornari



Monte Buio landscape

## PARTICIPATION FEES FOR TWO PEOPLE € 350,00

\* Overnight stay surcharge € 57,00

\*\* Overnight stay surcharge € 14,00

## INCLUDING:

- > N. 2 overnight stays with breakfast
- > N. 2 dinners at a restaurant, hotel or holiday farm
- > Map of trails
- > Environmental hiking guide service (1 intera giornata)

## OVERNIGHT

**B&B:** A o Soa\* (Savignone)

**Holiday Farms:** Artemisia\*\* (Montoggio), Cascina Salvega (Casella)

**Refuges:** refuge Parco Antola

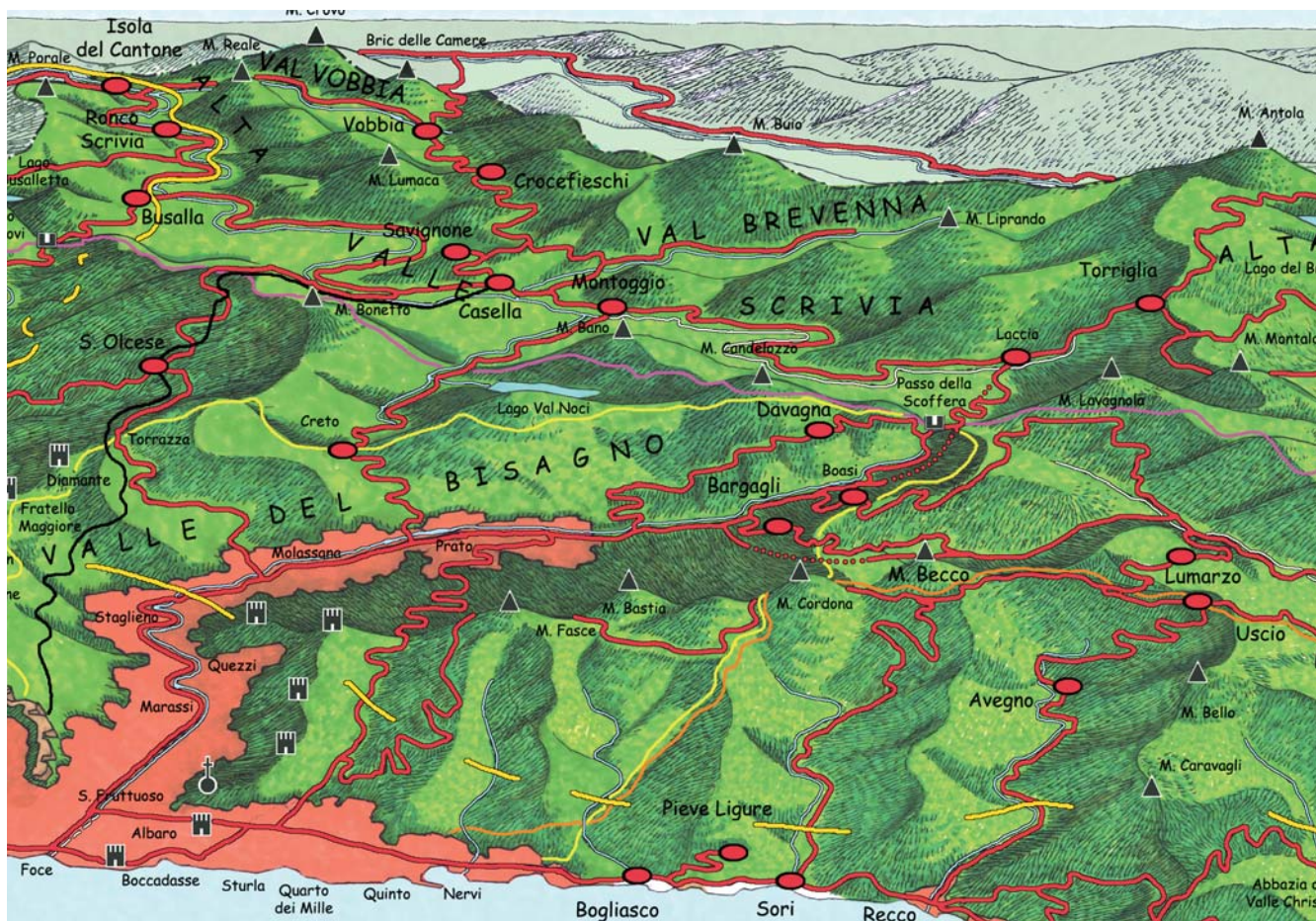
! vedi pag 18

## MEALS

In almost all accommodations or, at choice, at the following restaurants: Il Grit (Busalla), Taverna di donna Violante (Savignone). In holiday farms: Autra (Savignone), Da O Gatto (Montoggio)



Castello della Pietra



# Canyoning on the Stura Stream

Cascata del serpente - Forra Puddu Podestà



### FRIDAY

Arrival to the Stura Valley in the afternoon. Accommodation as reserved. Dinner and overnight.

### SATURDAY

Breakfast, whole day dedicated to canyoning activities with expert team-manager in the area of Cascata del Serpente. Dinner with local and Ligurian products.

### SUNDAY

Breakfast, free activities. End of services.



Waterfall "del Serpente"

### PARTICIPATION FEES FOR TWO PEOPLE € 343,00

- \* Overnight stay surcharge € 14,00
- \* Overnight stay surcharge € 57,00

### INCLUDING:

- > N. 2 overnight stays in the accommodations indicated with breakfast
- > N. 2 dinners at a restaurant, hotel or holiday farm
- > Expert team-manager service (1 full day)
- > Civil risk insurance

N.B. on request, equipment rental and possibility of exciting nighttime excursion. Quotation on request (June-October)

### OVERNIGHT

**B&B:** Ca' der Aste (Tiglieto),  
**Holiday Farms:** Bertin (Campoligure), Lavagè\*, La Maliarda, Cà du Ratto (Rossiglione)  
**Hotel:** Il Fado 78 (Mele), Turchino\*\* (Campoligure), Villa Margherita (Tiglieto)

### MEALS

In almost all accommodations or, at choice, at the following restaurants: La Taverna del Falco (Campoligure), Cacciatori and La locanda degli artisti (Rossiglione). In holiday farms: La Patarina (Rossiglione), La Fattoria nel bosco (Tiglieto), I Piani (Masone)

**Suggestions:** visit to the local firms of typical and handcraft products, Rossiglione and Masone (honey, jam, rose syrup, cheese), Rossiglione (sausages, dairy products, furnishing fabrics), Tiglieto (ceramics and artistic glassware), Campoligure (filigree workshops).

### Advices:

- visit to the Abbey of Tiglieto, first settlement of Cistercian Monks in Italy (1.120 AD).
- visit to the paper museum in Mele, the Iron museum in Masone, the filigree museum in Campoligure, the museums of cycles and motorcycles, objects of the twentieth century in Rossiglione.



Educational farms

**N.B. EDUCATIONAL FARMS,** you can visit the enterprises; get close to animals, go into the stable and the barn, watch the milking, the production of milk, learn how to prepare jams and syrups and buy products.

### On request:

Fattoria nel Bosco in Tiglieto  
La Patarina in Rossiglione  
Lavagè in Rossiglione

Adventure Holiday farm Park la Maliarda pag. 7



# Stura and Orba Streams

The pleasure of fishing, the beauty of the landscape



Trout

## FRIDAY

Arrival to the Stura or Orba Valley in the afternoon. Accommodation as reserved. At 45 minutes' drive you will find Genoa thermal baths of Acquasanta with swimming pool, sauna and Turkish bath. Dinner and overnight

- ! Adventure Holiday farm Park la Maliarda pag 7
- Educational farms pag 9

### PARTICIPATION FEES FOR TWO PEOPLE € 369,00

\* Overnight stay surcharge € 14,00

\*\* Overnight stay surcharge € 57,00

#### INCLUDING:

- > N. 2 overnight stays with breakfast in accommodations indicated
- > N. 2 dinners at a restaurant, hotel or holiday farm
- > half days sport fishing in equipped areas with technical assistance
- > 2 entrance to Genoa thermal baths in Acquasanta with access to swimming pool, sauna and Turkish bath available during the stay

## SATURDAY

Breakfast, sport fishing in the many equipped areas located along the river Stura. Dinner with local and Ligurian products.

## SUNDAY

Breakfast, sport fishing. End of services.

**Suggestions:** visit to the local firms of typical and handcraft products, Rossiglione and Masone (honey, jam, rose syrup, cheese), Rossiglione (sausages, dairy products, furnishing fabrics), Tiglieto (ceramics and artistic glassware), Campoligure (filigree workshops).

## ADVICES:

- visit to the Abbey of Tiglieto, first settlement of Cistercian Monks in Italy (1.120 AD).
- visit to the paper museum in Mele, the Iron museum in Masone, the filigree museum in Campoligure, the museums of cycles and motorcycles, objects of the twentieth century in Rossiglione.

## OVERNIGHT

**B&B:** Ca' der Aste (Tiglieto),

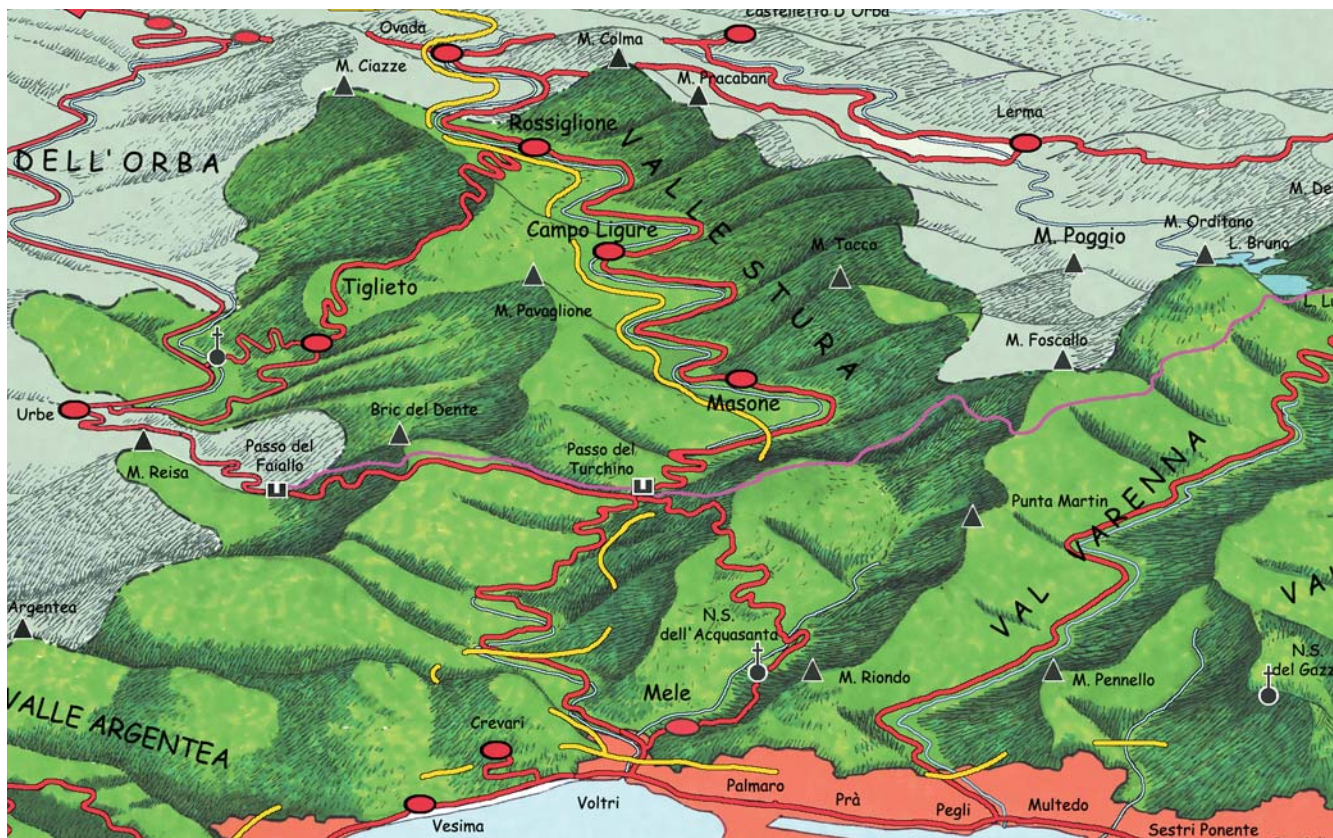
**Holiday Farms:** Bertin (Campoligure), Lavagè\*, La Maliarda, Cà du Ratto (Rossiglione)

**Hotel:** Il Fado 78 (Mele), Turchino\*\* (Campoligure), Villa Margherita (Tiglieto)

## MEALS

In almost all accommodations or, at choice, at the following restaurants: La Taverna del Falco (Campoligure), Cacciatori and La locanda degli artisti (Rossiglione).

In holiday farms: La Patarina (Rossiglione), La Fattoria nel bosco (Tiglieto), I Piani (Masone)



# Fishing in Alta Val Trebbia

From the Reserve of Gorreto to the Lake of Brugneto, a paradise for fishing lovers

*The Alta Val Trebbia is one of the most picturesque Apennine valleys of the Ligurian mountain. Tortuous, often sandwiched between steep and wooded cliffs, with sizeable precipices, alternated by large and verdant lateral valleys. The air is unpolluted, the vegetation and the woods are magnificent, the river flows with crystal clear waters. The Valley offers wonderful resources for rest and leisure. There are ideal spaces for all kinds of sports. The hiker can find trails with a wide range of mountain landscapes suitable for all ages, the river Trebbia and numerous tributaries offer fishing resources unthinkable elsewhere, ideal for any fishing technique. The Trebbia Valley has been shaped by Mother Nature to provide relief to people who, besieged by everyday stress, go in search of peace and tranquility. An enchanted place described by Ernest Hemingway as "the most beautiful valley in the world".*

## FRIDAY

Arrival to the Val Trebbia in the afternoon. Accommodation as reserved. Dinner and overnight.

## SATURDAY

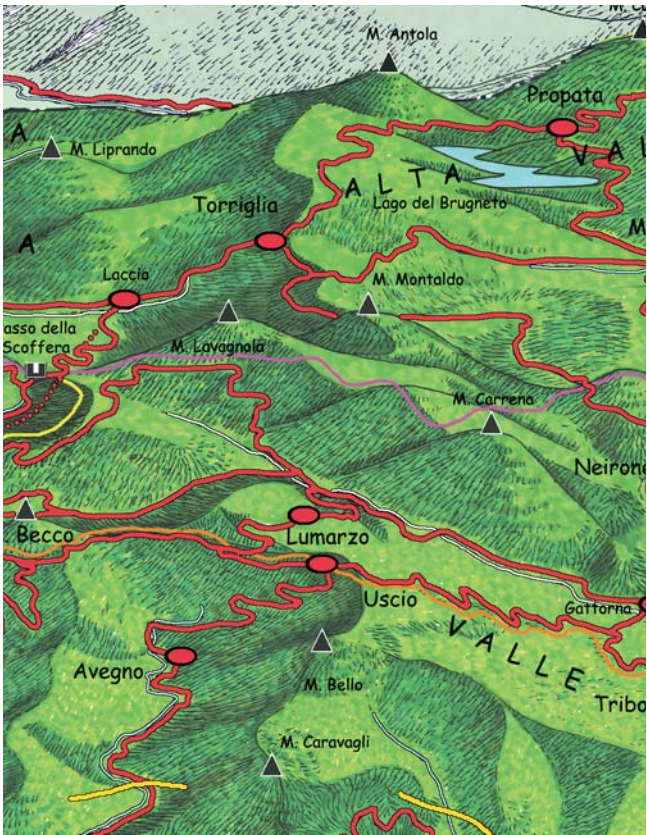
Breakfast, morning dedicated to sport fishing. In the afternoon you can visit the enterprises of typical local productions, mushrooms (Rovegno), confectionery (Torriglia). Dinner with local and Ligurian products.

## SUNDAY

Breakfast, morning dedicated to fishing. End of services.

### Advices:

- visit to holiday farm enterprises
- visit to artisan production of canestrelletti
- visit to the Valley of Narcissus (first half of May)



### PARTICIPATION FEES FOR TWO PEOPLE € 400,00

#### INCLUDING:

- > N. 2 overnight stays in the accommodations indicated with breakfast
- > N. 2 dinners at hotel or refuge
- > 2 days of sport fishing in equipped areas with technical assistance

#### OVERNIGHT

**B&B:** Villa Tiffany (Torriglia)

**Holiday houses:** Case Poggi a Rovegno (apartments with 2-8 beds, no breakfast)

**Hotel:** Miramonti (Gorreto), Due Ponti (Fontanigorda), Tomasi (Rovegno)

**Refuges:** al Poggio di Caprile (Propata), refuge Parco Antola

#### MEALS

In almost all accommodations indicated



**GORRETO'S RESERVE OF FISHING** on the river Trebbia extends for about 3 km in the stretch (from mountain to valley) between the bridge of Fontanarossa and the "lake" in Gorreto (high voltage cables). The Reserve is divided into two distinct sections: the downstream Area CATTURA and the upstream Area MOSCA. The reserve is constantly being repopulated.

The **NO KILL AREA OF DUE PONTI** (not to be confused with the Area Mosca of Gorreto) extends over the river Trebbia for about 3 km between the first upstream bridge in the resort Due Ponti and the bridge of the resort Canale. The Reserve is inhabited by native Fario trout. The area is rather difficult to deal with but just for its wild characteristics it's certainly interesting.

The **LAKE OF BRUGNETO** is an artificial lake located in the Regional Natural Park of Antola in Alta Val Trebbia in the Province of Genoa. It's the largest lake in Liguria and consists of a reservoir built in 1959 by damming the torrent Brugneto tributary of the river Trebbia. It is located at an altitude of 777 meters above sea level and with a maximum capacity of 25.13 million cubic meters of water, is the main drinking water supply of the city of Genoa. The lake Brugneto is a great open air gym to practice Carpfishing.



# Tiglieto - Faiallo Passage

## FRIDAY

Arrival to the Orba valley in the afternoon. Accomodation as reserved. Dinner and overnight.

## SATURDAY

Breakfast, whole day dedicated to Orienteering activities along the route of Faiallo Passage. Dinner with local and Ligurian products.

## SUNDAY

Breakfast, Orienteering activities. End of services.



Passo del Faiallo landscape

**Suggestions:** visit to the local firms of typical and handcraft products, Rossiglione and Masone (honey, jam, rose syrup, cheese), Rossiglione (sausages, dairy products, furnishing fabrics), Tiglieto (ceramics and artistic glassware), Campoligure (filigree workshops).

## Advices:

- visit to the Abbey of Tiglieto, first settlement of Cistercian Monks in Italy (1.120 AD).
- visit to the paper museum in Mele, the Iron museum in Masone, the filigree museum in Campoligure, the museums of cycles and motorcycles, objects of the twentieth century in Rossiglione.



"Badia di Tiglieto"



## PARTICIPATION FEES FOR TWO PEOPLE € 266,00

\* Overnight stay surcharge € 14,00

\*\* Overnight stay surcharge € 57,00

## INCLUDING:

- > N. 2 overnight stays in the accommodations indicated with breakfast
- > N. 2 dinners at a restaurant, hotel or holiday farm
- > Topographic map of specified orienteering pathways

## OVERNIGHT

**B&B:** Ca' der Aste (Tiglieto),

**Holiday Farms:** Bertin (Campoligure), Lavagè\*, La Maliarda, Cà du Ratto (Rossiglione)

**Hotel:** Il Fado 78 (Mele), Turchino\*\* (Campoligure), Villa Margherita (Tiglieto)

## MEALS

In almost all accommodations or, at choice, at the following restaurants: La Taverna del Falco (Campoligure), Cacciatori and La locanda degli artisti (Rossiglione). In holiday farms: La Patarina (Rossiglione), La Fattoria nel bosco (Tiglieto), I Piani (Masone)

# Valtrebbia

Pentema – Rondanina – Lake of Brugneto



### FRIDAY

Arrival to the Trebbia Valley in the afternoon. Accomodation as reserved. Dinner and overnight.

### SATURDAY

Breakfast, whole day dedicated to Orienteering activities on specified pathways that wind through the park of Antola in the section between Rondanina and the Lake of Brugneto. Dinner at a restaurant with local and Ligurian products.

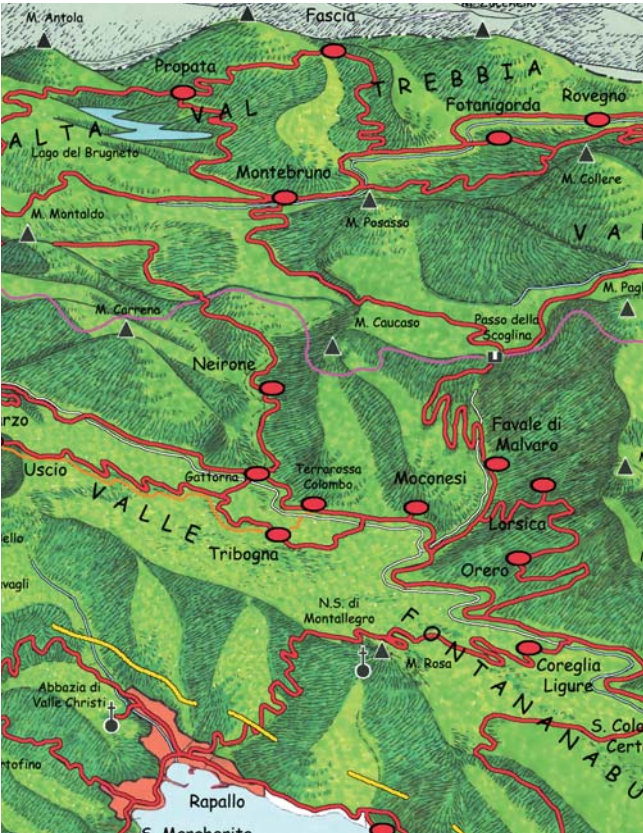
### SUNDAY

Breakfast, activities along the orienteering pathways. End of services

**Suggestions:** you can visit the enterprises of local productions, mushrooms (Rovegno), confectionery (Torriglia).

### Advices:

- visit to the Valley of Narcissus (first half of May)



### PARTICIPATION FEES FOR TWO PEOPLE € 266,00

#### INCLUDING:

- > N. 2 overnight stays in the accommodations indicated with breakfast
- > N. 2 dinners at hotel or refuge
- > Topographic map of specified orienteering pathways



### OVERNIGHT

**B&B:** Villa Tiffany (Torriglia)

**Holiday houses:** Case Poggi in Rovegno (apartments with 2-8 beds, no breakfast)

**Refuges:** Al Poggio di Caprile (Propata), refuge Parco Antola

**Hotel:** Tomasi (Rovegno), Miramonti (Gorreto), Due Ponti (Fontanigarda)

### MEALS

In almost all indicated accommodations.

### SPORT IN VAL TREBBIA

#### International Orienteering events



# Plains of Praglia - Ceranesi - Lakes of Gorzente



Gorzente lakes

## FRIDAY

Arrival to the Polcevera Valley in the afternoon. Accommodation as reserved. Dinner and overnight stay

## SATURDAY

Breakfast, whole day dedicated to Orienteering activities on many pathways that wind along the Trail of the Ligurian Mountains in the section between the plains of Praglia and the lakes of Gorzente. Dinner with local and Ligurian products.

## SUNDAY

Breakfast, activities along the Orienteering pathways. End of services.

### Advices:

- visit to the Villa Serra of Comago with its fascinating park, populated by lake fauna.
- visit to the Sanctuary of Nostra Signora della Guardia, located in a panoramic setting on the top of Monte Figogna.

**PARTICIPATION FEES FOR TWO PEOPLE € 266,00**

### INCLUDING:

- > N. 2 overnight stays in the accommodations indicated with breakfast
- > N. 2 dinners at a restaurant or holiday farm
- > Topographic map of specified orienteering pathways

### OVERNIGHT

**B&B:** Ca' di Felice (Ceranesi)

**Holiday Farms** La fattoria di Marta (S. Olcese), Terra e cielo (Serra Riccò), Cà dell'Orto (Ceranesi), La Costa (Mignanego)

### MEALS

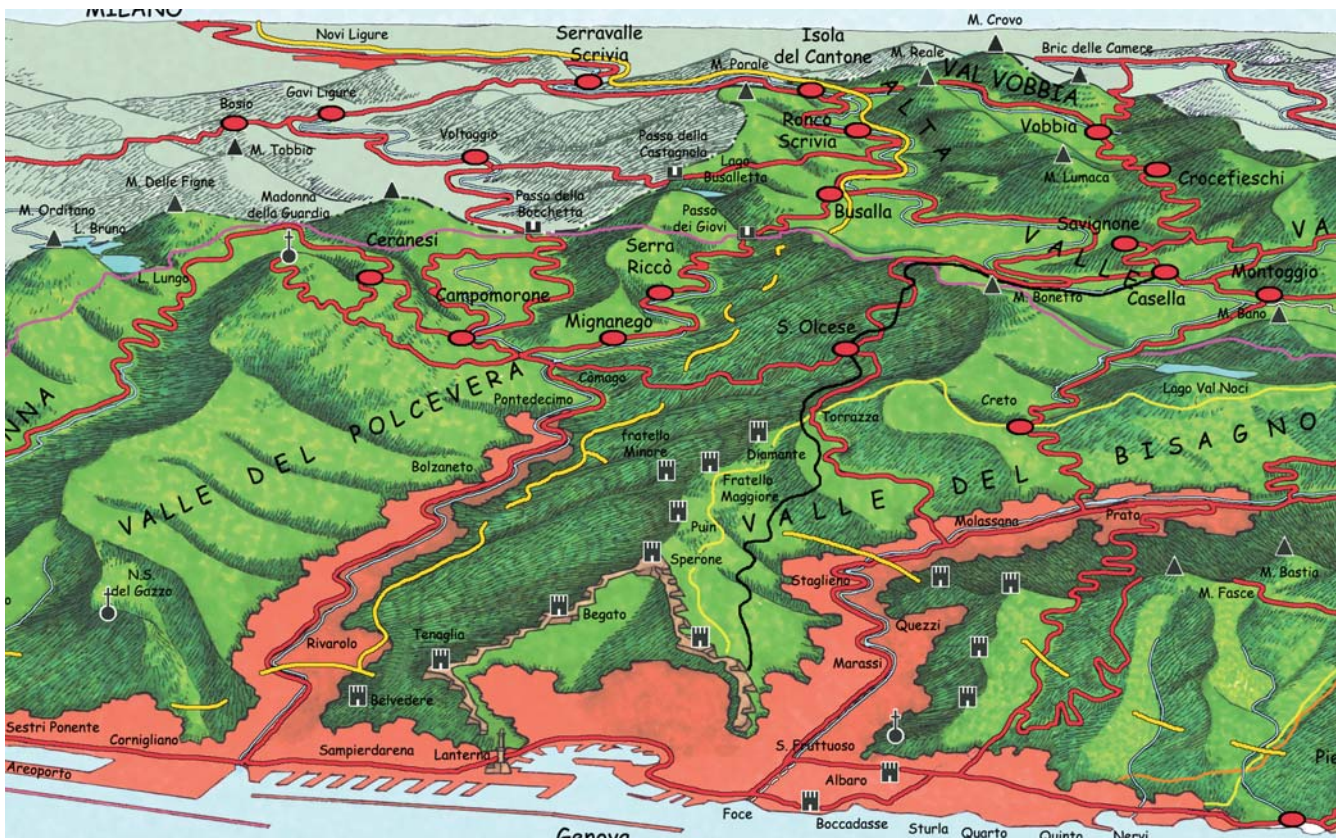
In almost all accommodations or at restaurants

Locanda dei Cacciatori, Villa Levata (Ceranesi), La Morona (S. Olcese)

**! educational farm:**  
La fattoria di Marta, Villa Levata



Villa Serra of Comago



# Trail of the Ligurian Mountains...

A true challenge for true bikers



Landscape

## FRIDAY

Arrival to the Stura, Orba or Leira Valley in the afternoon. Accommodation as reserved. Entrance to Genoa Thermal Baths in Acquasanta with access to swimming pools and sauna and Turkish bath. Dinner and overnight stay.

## SATURDAY

Breakfast, whole day on indicated paths for mountain bike (with environmental bike guide). Dinner with local and Ligurian products.

## SUNDAY

Breakfast, free activities. End of services.

**Suggestions:** see page 12

**Advices:** see page 12

### TIGLIETO - ALTA VALLE DEL RIO BARACCA - ACQUABIANCA - TIGLIETO

Development Km. 21,170 – Total height difference m. 438 – Average travel time: 3h. 30'

*Recommended for bikers with good technical preparation*

### CAMPO LIGURE - CAPANNE DI MARCAROLO - PRATO RONDANINO - CAMPO L.

Development Km. 20,930 - Total height difference m.589 - Average travel time: 3h. *Recommended for trained bikers. Few technical downward stretches but very hard the first part of the climb*

### ROSSIGLIONE - CIAN BELLU - CASA BATIN-NA - ROSSIGLIONE

Development Km. 22,790 - Total height difference m. 535 - Average travel time: 3h. 30' *Route without technical difficulties but with a rather challenging ascent in the central stretch.*

### ROSSIGLIONE - CIAN BELLU - CURMA - ROSSIGLIONE

Development Km. 20 (nearly): due to stretches to be covered with the bike on the shoulder, mileage is not reported on the whole path. - Total height difference m. 718 - Average travel time 3h. 30'' *Very challenging route, venue of the race "cross country" TOUR IN STURA VALLEY, provincial championship U.D.A.C.E*

**N.B.** an equipped training ground specifically designed for mountain biking is built in the holiday farm Bertin (Campoligure).

Adventure Holiday farm Park la Maliarda pag 7  
educational farms pag11

## PARTICIPATION FEES FOR TWO PEOPLE € 394,00

\* Overnight stay surcharge € 14,00

\*\* Overnight stay surcharge € 57,00

### INCLUDING:

- > N. 2 overnight stays in the accommodations indicated with breakfast
- > N. 2 dinners at a restaurant, hotel or holiday farm
- > 2 entrance to Genoa Thermal Baths, in Acquasanta with access to swimming pools and sauna and Turkish bath.
- > Environmental bike guide service (1 full day)

## OVERNIGHT

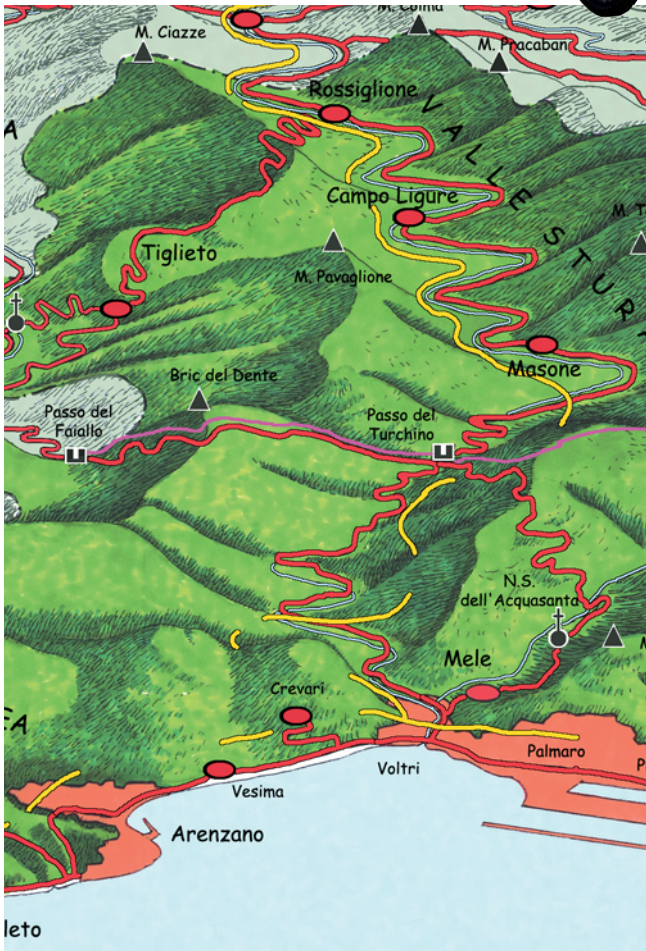
**B&B:** Ca' der Aste (Tiglieto),

**Holiday Farms:** Bertin (Campoligure), Lavagè\*, La Maliarda, Cà du Ratto (Rossiglione)

**Hotel:** Il Fado 78 (Mele), Turchino\*\* (Campoligure), Villa Margherita (Tiglieto)

## MEALS

In almost all accommodations or, at choice, at the following restaurants: La Taverna del Falco (Campoligure), Cacciatori and La locanda degli artisti (Rossiglione). In holiday farms: La Patarina (Rossiglione), La Fattoria nel bosco (Tiglieto), I Piani (Masone)



# Scrivia, place attempted by...the Aquilotti!!!

## FRIDAY

Arrival to the Scrivia Valley in the afternoon. Accomodation as reserved. Dinner and overnight stay.

## SATURDAY

Breakfast, whole day with environmental bike guide on indicated routes. Dinner with local and Ligurian products.

## SUNDAY

Breakfast, free activities. End of services

**Suggestions:** visit to the local production workshops, syrop of roses and violets (Savignone), goat farm, honey, roses (Casella), dairy products (Savignone), canestrelli (Montoggio), quality shopping in Busalla.

## Advices:

- visit to the Castello della Pietra di Vobbia
- visit to the Castello degli Spinola di Borgo Fornari

## Recommended routes

1° Excursion: **Psoo dei Giovi, Bocchetta, Fraconalto, Porale, Borgo Fornari.**

Route Trail of the Ligurian Mountains from Giovi to Pian di Reste (Bocchetta), historical stretch of *via Postumia*, Fraconalto, Porale in the lands of the ancient Cistercian Abbey, panoramic view of the Alps mountain, then down on the ridge towards Chiappa and Borgo Fornari.

**Challenging, over 20 km.**

2° Excursion: **naturalistic historical route from the ancient dam of Busalla to the castle of Fornari di Borgo.**

From Busalla you can go up the valley of the lake of Busalietta to the village Chiappari, Costa Lazzari, holiday dairy farm Sereta, ring of Cavetti, descent and visit the castle (restored ruins, visit on payment only on Sundays), Borgo Fornari.

**Challenging level: low, km 12.**

3° Excursion: **from the castle of Fornari to the lands of the counts Fieschi of Savignone.**

From the ancient rural settlement of Zerbie you can go ahead toward Gruppolino, Bastia, Olivieri. Panoramic stretches, descent in the valley of Seminella, Salvarezza and Semino. Go up the opposite bank of the stream towards Costalovaia and Gabbie. After the descent, with the parabolic curves of "Sambuco", go up again towards Savignone, you can visit the Castello di Fieschi (ruins, free visit), Savignone.

**Challenging level: medium, about 20 km.**

4° Excursion: **the ring route of Mount Royal.**

From Ronco Scrivia you can go up to Malvasi, Minceto. Once reached the ridge between Scrivia Valley and Vobbia valley, go on through the ancient village of Griffoglieto. Panoramic stretch with a view on the characteristic rocky projection of the Castle Della Pietra. Get over the houses and go on to Curlo and then downward to the beautiful chapel of "Bambino di Praga", go back to Ronco through a technical descent.

**Challenging level: medium-high, about 20 km.**

**N.B. EDUCATIONAL FARMS**, you can visit the enterprises; get close to animals, buy products.

Cascina Salvega (Casella)

Artemisia (Montoggio)

Autra (Savignone)



## PARTICIPATION FEES FOR TWO PEOPLE € 350,00

\* Overnight stay surcharge € 57,00

\*\* Overnight stay surcharge € 14,00

## INCLUDING:

- > N. 2 overnight stays with breakfast
- > N. 2 dinners at a restaurant, hotel or holiday farm
- > Book with 5 historical naturalistic routes
- > Environmental bike guide service (1 full day)

## OVERNIGHT

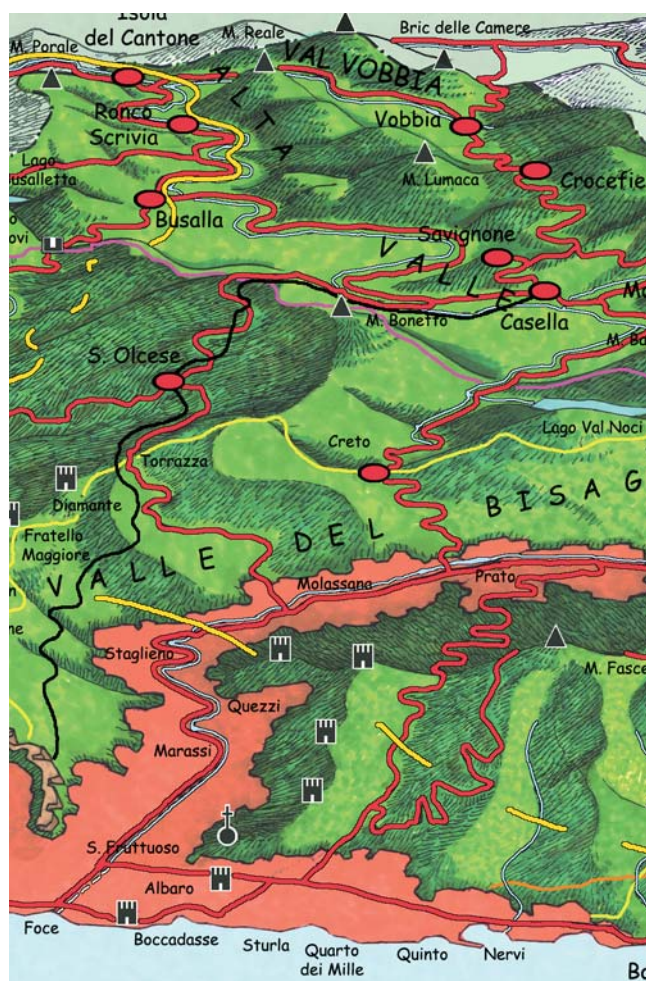
**B&B:** A o Soa\* (Savignone)

**Holiday Farms:** Artemisia\*\* (Montoggio), Cascina Salvega (Casella)

**Refuges:** refuge Parco Antola

## MEALS

In almost all accommodations or, at choice, at the following restaurants: Il Grit (Busalla), Taverna di donna Violante (Savignone). In holiday farms: Autra (Savignone), Da O Gatto (Montoggio)



La focaccia >



La Torta Pasqualina  
v



< La farinata



< La torta Baciocca



Le torte di verdura >



Verdure ripiene  
alla genovese >

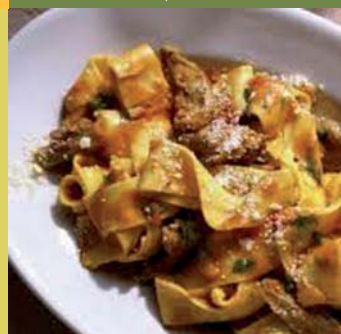


< Il cappon magro



## menu Valli Genovesi to discover all the flavors of Liguria

Pappardelle  
al sugo di lepre  
v



< Le trenette al pesto



I ravioli  
con ũ tuccu >



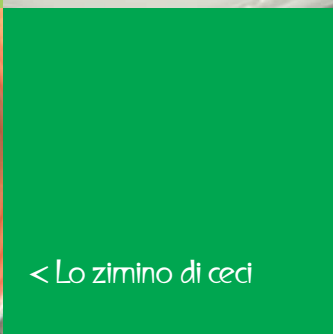
I pansoti  
al sugo di noci >



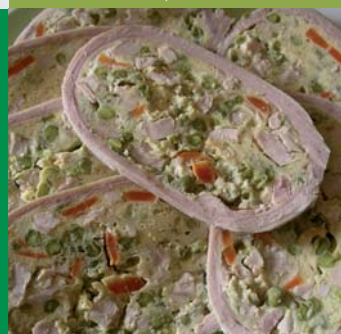
La cima  
alla genovese  
v



< Lo zimino di ceci



Il coniglio  
< alla ligure



Il fritto misto  
alla ligure >



Lo stoccafisso  
accomodato >



The "**Consorzio Turistico del Genovesato**" gathers operators active in the areas of accommodation and catering, typical and artisan products, shopping and outdoor activities. In this brochure you'll find packages aimed at the discovery of the region and the offering of quality tourist services.

**[www.entroterragenovese.it](http://www.entroterragenovese.it)**

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