



# Apennines and Valleys

Nature, sport and traditions: the lands of the Genovesato



Turismo

Sistema Turistico Locale  
del Genovesato



## Sistema Turistico Locale del Genovesato

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# Contents

<b>Genovesato: Apennine Hinterlands</b>	<b>2</b>
<b>Weekend - Park of the Beigua</b>	<b>4</b>
<b>Weekend - Park of the Antola</b>	<b>10</b>
<b>Map and Routes</b>	<b>16</b>
<b>A Week in the Apennines</b>	<b>19</b>
<b>Focus:</b>	
Gastronomy	<b>26</b>
Children and Young Adults	<b>28</b>
<b>Traditions and Special Events</b>	<b>31</b>
<b>STL Genovesato Projects</b>	<b>32</b>



# Genovesato: Apennine Hinterlands

## Spectacular Mountains on the Sea

narrow canyons carved out by rushing mountain streams, or

with ancient castles towering over their hillsides, and centuries-old palaces of noble families that tell legends of adventure and intrigue. **Children** too can find enjoyment here, between nature walks in the parks, alpine flowers and mule-back rides, and educational demonstrations offered on the farms.

So close to Genoa and the beaches of the Riviera, the valleys of the Apennines are the perfect get-away area. Take some time from your visit to Genoa to discover them. You'll find the peace in your soul in a land that is rustic but welcoming at the same time.



**Sports** of all kinds, against a wonderful natural background. Two **Regional Parks** to protect the area's pristine nature and great biodiversity. The fascination of **history** dating back centuries. **Traditions** rooted in the past. A **cuisine** that is healthy, hearty, and full of flavor. This is the essence of the Apennine hinterland that lies behind Genoa, in the area called the "Genovesato".

Green and wooded, suspended high along the Mediterranean, this is a land where each visitor can find what he is looking for. It offers intense experiences all year long. Sports lovers have an ample choice. There is hiking and trekking on the High Road of the Ligurian Mountains, the **Alta Via dei Monti Liguri**.

You can try out canyoning, which takes you through the

walks, or walks with snow shoes, mountain biking, cross country skiing, mountain climbing. The variety is endless. And so are the traditions in the old **villages** where the old trades are still plied, the landscape has its own perfumes, produce is local, and the food speaks of natural flavors grown and cultivated with love. Villages that are immersed in **history** and **art**,



# Weekend Park of the Beigua

With almost 9,000 hectares of pristine nature and amazing geological features, this is Liguria's biggest Regional Park

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A **UNESCO Geopark** since 2005 thanks to its unique geological features, the **Parco Regionale del Beigua - Beigua Geopark** is characterized by its extraordinary biodiversity in a landscape that takes you from the typical Mediterranean environment to Alpine conditions in just a short stretch of distance. The sight of the sea remains with you from the mountain tops. It is one of the highlights of the park, along with sudden unexpected ruins dating back centuries, and "rivers" of rocks in the middle of the forests, pinnacles of stone, and narrow canyons. Its picturesque surrounding villages take you back in time, where people still work the land, and artisans and their traditions abound.

A classic example, the village of **Tiglieto**, is the first of our stops. Located in the valley of

the Orba, it has been inhabited since Roman times. Its historic and monumental Abbey of Maria della Croce is better known as the **Badia di Tiglieto**. Built in 1120, the abbey was the first Cistercian abbey founded outside of France. Its huge complex has been recently restored and includes an enormous Romanesque-gothic church, a convent, cloister, and refectory,



all built on a plateau that is surrounded by centuries-old trees. After its renovation, the monks have returned. They will guide the visitor on a tour of the building and allow them to sample the products that they produce.

Nearby, a **Romanesque bridge** crosses the Orba in five graceful

arches, next to the ruins of a mill and a huge centuries-old oak. The abbey and the bridge can be reached by taking a pleasant walk on foot. It takes about two hours and is not strenuous. The starting point for the walk is the crossroads where the state road (marked "S.S.") meets the turn off for Olbicella. The walk is marked by the symbol of a barred yellow circle. You can



park your car in the area marked along the road.

The next stop, which can be reached by car or by public bus, is **Campo Ligure**, a lovely little village which is on the list of "The Most Beautiful Towns of Italy". Campo Ligure is internationally known as the capital of filigree workmanship,

done both in silver and in gold. The Filigree Museum has an impressive collection of over two hundred objects from around the world, including more modern pieces, that however still remember their traditional roots. Artisan workshops abound in the characteristic multicolored buildings of the village, which look onto the narrow alleyways that are so typical of Liguria. Above them rises a medieval castle that was built by the Spinolas, the local lords, in 1309. (It now hosts events.) The River Stura that runs through the town is crossed by a Roman bridge. Time in the village has not stopped, but has found the right balance. The surrounding



area is full of agri-tourism farms and small trattorias offering excellent local cuisine. Lodging can be found on the farms (the agri-tourism arrangement), in Bed and Breakfasts, and in small family-run hotels.

The next day is dedicated to sports and outdoor activities. Many different opportunities are on offer, (for routes and services, check out [www.parcobeigua.it](http://www.parcobeigua.it)), but the most passionate of

**hikers** love the **Alta Via dei Monti Liguri**, the High Road of the Ligurian Mountains. The High Road crosses the whole of Liguria along its Apennine crest in a huge arc that goes from Tuscany to France. It also connects to the centuries-old network of mule paths, trails, and roads that go up from the sea into the hinterlands. The Alta Via is clearly marked with small red and white flags with "AV" written on them. There are short stretches and long several day tracts, parts that can be done on horseback or mountain bike, and areas only



for expert hikers. The best place for detailed information is its website, [www.altaviadeimontiliguri.it](http://www.altaviadeimontiliguri.it) Our suggestion for a fascinating taste of the Alta Via is the well-groomed **equipped trail** ring in the Gargassa Valley (marked XX in yellow). It starts in Rossiglione, by the sports facilities, and then winds through the wildly impressive canyon of the swift-flowing Gargassa. Once you have passed through the abandoned village of Veirera, where once glass was worked, the path loops back (marked with three yellow

dots) to Rossiglione but provides yet more spectacular views. The landscape along the route is typical of the area, as is the vegetation, which is constantly changing. The route also has some interesting geological features. The Park of the Beigua offers some fascinating **archeological itineraries** in the area around Alpicella which include the "rock shelter road" and the "road of the megaliths" which ends in a strange circle of giant stones. Prehistoric man lived in the area, and rare - and sometimes





mysterious - artifacts have been found here.

“**Canyoning**” is a more strenuous physical activity which involves crossing through narrow canyons on foot using ropes.

**Hang gliding** offers splendid



views of the mountains and the sea in the area around

Varazze and on the Faiallo. **Bird-watching** is also popular, as over 80 different species nest in the park, including golden eagles, short-toed eagles, rock thrushes, nightjars, and lesser gray shrikes. Birdwatchers from across Europe come to see the spring and the fall migrations as the park fills with transitory birds. One of the best places to see this is the Valley of the Lerone. The path we suggest goes from Crevari to Arenzano, and crosses olive groves, meadows, Mediterranean scrub, woods, and pine woods. The view is spectacular. The bird watching center, **Centro Ornitologico e di Educazione Ambientale**, in Vaccà, above Arenzano, does educational and scientific activities for the park. Don't miss “Biancone Day” honoring the Short-toed Eagle in March.

When spring is over and the hot days of the summer begin, you can come here for a fresh-water swim in natural settings. The park holds many accessible “**Apennine beaches**” in tiny canyons, along meadows and in the woods. Autumn offers perfumes and bright colors (especially yellows) in the woods where the locals turn out in droves to go hunting for **mushrooms** and **chestnuts**. There are also many festivals in the surrounding villages on this theme. Winter brings snow, and **snow-shoe excursions**

following the footsteps of the many critters that inhabit the park. The park interior is accessible on foot or even by car. There is a bus service and a train that connects the villages around the park, especially Campo Ligure and Rossiglione, to Genoa. The park also has a CST, a Territorial Services Center, which provides nature and excursion guides - who can also transport your baggage and bicycles - for an informative and stress-free vacation. Information at [info@parcobeigua.it](mailto:info@parcobeigua.it)



# Weekend Park of the Antola

A picturesque land in a natural setting full of surprises, ancient villages and tradition

**Monte Antola's** name comes from the Greek, "anthos", which means flowers. In Spring the mountain is covered in lilies, gentians, orchids, anemones, and the famous white narcissuses of Pian della Cavalla. Aromatic and healing herbs, flowers of species that are both rare and protected, colorful butterflies everywhere,

the meadows on the mountain are a sight to behold. In addition there is the fauna, with deer, antelopes, wild boar, foxes, eagles, hawks and the occasional wolf.

Thanks to the great range of environments and landscapes in the park, the Parco dell'Antola also offers a wide range of sports

in addition to its panoramic views (to check out the routes and services on offer see the website, [www.parcoantola.it](http://www.parcoantola.it)). **Hikers** of all levels will enjoy the trail that circles Monte Antola (1597 m) with the option of having dinner or spending the night at the newly-built Refuge (tel. +39 3394874872). There are a great many trails and paths, and their difficulty varies. One leaves from **Torriglia**, known for its canestrelli butter cookies, and follows an old mule trail lined by beech trees and laburnum. The trail offers views of the Lake of Brugneto, and takes about 3 hours to reach the summit, marked by a huge white cross, with panoramic views of the Mediterranean Sea to the south - on a clear day you can see the

Island of Corsica - and the Alps to the north and west. The trail is marked by 2 yellow dots (left by the FIE).

Another trail crosses the park from west to east, following the crest of the mountains. It leaves Ronco Scrivia, crosses mighty Monte Reale, Monte Buio, and Monte Antola, to reach Gorreto, a village full of history including the thousand year old Church of S. Stefano di Fontanarossa. The route is known as the Alta Via dell'Antola (the High Road of the Antola). With its flower-filled meadows and incredible views, it is a perfect way to sample the delights of the territory. But seeing as it is rather long, it is better to divide the trip up into segments.

**Cyclists** also love the park.

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There are bicycle paths for all levels of cycling. Bring your own bike, or rent it on the spot. **Horseback riding** is permitted along numerous paths. The park has an equestrian-tourism center in Torriglia, the **Centro Servizi per il Turismo Equestre**, which offers lodging, horseback riding lessons, and school activities. Horseback riders from all over Europe use it as their starting point to ride the paths of the Alta Via dei Monti Liguri (the High Road of the Mountains of Liguria). Swift-flowing mountain streams come down off the mountains in the Scrivia and Trebbia Valleys, making **canoeing** and **kayaking** other popular sports. **Fishermen** also come to the Lake of Brugneto to indulge. As do **bird and animal watchers**, seeing the abundance of indigenous

species (both flora and fauna). The rocks at the **Rocche del Reopasso** near Crocefieschi, are favored by **rock climbers**. But its scenic topography with its extremely steep rock faces, makes for difficult trails that



should be attempted only by expert alpine climbers. Other sports for the daring are **delta planes** and **hang gliders**, centered around Montemaggio, in Savignone, with Casella as the favored landing spot. During the winter **cross-country skiing** is very popular, along with **snow-shoeing**. A less physically, but more intellectually demanding activity is star-gazing. The altitude and the lack of both air and light pollution in the area make the area interesting for **astronomers**, and is the reason behind a new observatory that is being built near the pass at Casa del Romano in the municipal area of Fascia. It is to be dedicated to

research, but will also cater to visitors and schools. Traditionally in autumn everyone stops to harvest chestnuts. This was once the staple of the area, used instead of grain to make flour. Come gather the chestnuts in, for example, Pentema, whose traditional welcome extends all the way to Christmas with its famous and magical living crèche, featuring live “peasants” carrying out their trades. To rest and relax after a day of athletic activity, many inns, agri-tourism farms, and restaurants will serve you typical dishes using produce from the park. You can also spend the night at one of the numerous Bed and Breakfasts, agri-tourism farms,

refuges, and hotels at various levels. The choice is ample. The next day of our proposed itinerary starts with the trip to the Castle of the Stone, **Castello della Pietra di Vobbia** (Info: Ente Parco Antola, ph. +39 010 944175). Built over a thousand years ago, it watched over the Via del Sale

only with reservations), and it is worth the while also for the incredible view of the valley from its highest tower. Inside the castle grounds events and historical revivals are held, along with the usual guided tours.

The Castle can be reached from the provincial road for Vobbia (about 20 minutes), or



- the heavily trafficked route that brought salt from the sea to the north of Italy - and protected the valley from Saracen raids. Sandwiched between two heavy spurs of rock, the castle still dominates its valley. It can be visited all summer (in the winter

by taking the medieval Path of the Castellani (about 2 hours). The path - originally used by the "castellani", the lords of the castle and their troops - starts at the Tower of Vobbia and winds its way along the canyon formed by the swiftly flowing stream.



A whole itinerary can be developed around the past. In the neighboring valley, the Valbrenvena, the Castle of the Fieschis, the lords of the old town of **Senarega**, bears witness to this prestigious noble family that dominated the history of the Genovesato. The ruins of another one of their imposing castles is the **Castello di Torriglia**, the family's main home.

A fun way of arriving in the area is by another piece of history, the historic little train, the **Trenino di Casella**. With its restored cars, the tiny train crosses three valleys by winding across the slopes of their mountains, the Val Bisagno, Polcevera, and Scrivia. It stops in several of the villages and is extremely popular on weekends with hikers and picnickers ([www.ferroviagenovacasella.it](http://www.ferroviagenovacasella.it)). The train also has a stop before

it reaches the Park of the Antola, near the Genoese **forts** that once defended the city against Napoleon. Located in the huge natural green area called the Park of the City Walls, **Parco delle Mura**, this city park offers everything - nature, history, views of the city and the port, along with intense flora and fauna - just a few minutes by cable car from the city center. Trails lead off from here connecting the line of old forts, but there are also bicycle and physical fitness (with equipment strung out every hundred or so meters) paths. To travel to Genoa's Park of the City Walls, there are many forms of public transport in addition to the option of coming by car. To reach the Park of the Antola come by car, bus (the ATP lines offer excellent service), the Trenino di Casella is an alternative way to travel by train, or call the CST, the Territorial Services Center in Torriglia, which offers tourists the possibility of booking transportation to see or do the Alta Via dei Monti Liguri and the main destinations in the park and can also, if desired, provide you with an expert sight-seeing or excursionist guide. The center can be reached on *internet* ([cst.torrigliaaltaviadeimontiliguri.it](http://cst.torrigliaaltaviadeimontiliguri.it) or [info@parcoantola.it](mailto:info@parcoantola.it) or by *phone*, +39 010944175).

# S.T.L. Genovesato

## Our Land



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- Highways
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- Railroads
- Parks



# A Week in the Apennines

## Two Regional Parks Above the Sea: the Beigua and the Antola

The view of the Mediterranean from the summits of Monte Beigua and Monte Antola are ideal starting points at either ends of the route we are proposing across the Apennine hinterlands behind Genoa.

**Monte Beigua**, is the highest

artifacts found especially in the area around **Alpicella**, where there are “archeological trails” that can be followed that lead to megaliths and other structures of prehistoric man.

At a lower altitude, scenic trails leave from the pass at



point in its park. The panorama from the top is so exceptional, that prehistoric man worshiped it as a sacred place. His presence has been affirmed by many

**Prariondo**, descending towards the sea at Varazze (like the path to **Le Faie**, where the wild mountain vegetation gradually gives way to Mediterranean



scrub), Cogoletto, and the Valley of the Orba. You can take one of these paths (or else go by car), to reach **Urbe** and from there head to **Tiglieto**, the home of the famous **Badia**, the first Cistercian abbey in Italy. In a peaceful setting, surrounded by centuries old trees, the monks of the Abbey will take you on a tour. After which, you can return to the starting point, passing by an ancient **Romanesque bridge**. Nearby **Rossiglione** offers a Museum of Pastimes, the amusing, **Museo Passatempo**, which holds old motorcycles, bicycles and objects from the

period after the war, some of which have real historic or cultural significance. After, lies **Campo Ligure**, with its castle, **Castello Spinola** and its filigree museum, **Museo della Filigrana**. Those with a bit more time can visit the Botanical Gardens of **Pratorondanino**, which displays Ligurian flora, including the most rare and protected species. Also in the park is the town of **Masone**, located at the convergence of three streams. It is a historic old village surrounded by wild forested landscape ideal for

excursions and hikes. Among its most interesting architectural monuments is the church, **Santa Maria in Vezzulla** or **Chiesa del Romitorio** or **Sacrario dei Martiri del Turchino e della Resistenza**, which was founded in the XII century and has been recently renovated with great attention to detail. The Ethnographic Museum, **Museo Etnografico e del Ferro**, explains peasant crafts and holds workers' tools, a testimonial to local history and the artisan spirit of the Valley Stura. Near the High Road of the Ligurian Mountains, the Alta Via, in Masone is **Forte Geremia**, the imposing military structure built in the mid-1800s and today transformed into a hikers' refuge. The panorama will amaze you.

Hike, or take a bus, or a car, to the heart of the valley, Val Leira. **Mele** is a lovely little village almost a kilometer above sea level from where you can descend the slopes of the Apennine Mountains. Worth the visit is the **Oratorio di Sant'Antonio Abate**, whose very rich stucco was done by Ratti and De Ferrari. It also holds the processional chest of Anton Maria Maragliano, a masterpiece of Genoese XVIII century wood sculpture. In neighboring **Acquasanta** there is a sanctuary

with the works of Brilla and Fiasella, a center for the art of paper, and an antique "icebox", which held ice for refrigeration even in the hot summer months. Soon it will also be possible to visit the hot springs located here. From Mele, take the highway, or use public transport, to head for the valleys of the Polcevera and the Scrivia Rivers. **Ceranesi**, in the Val Polcevera, is just beyond Genoa, but already borders the lower Piedmont. A beautiful route through the greenery leads you to the summit of **Monte Figogna** with its sanctuary, the **Santuario della Guardia**, a pilgrimage destination like the nearby **Santuario di Nostra Signora della Vittoria**, in **Mignanego**. From **Ceranesi** it is also easy to reach the meadows of the **Piani di Praglia**, a popular picnic spot. Also on offer is horse-back riding, and excursions to, for example, places like the **Lakes of the Gorzente**. Here you can follow



a nature trail that has recently been made to show the beautiful scenery, and also history, with boundary markers set by the Romans in 117 B.C. to denote the limits of the territory of the Liguri Langenses. The nearby town of **Campomorone** has a **Museo Civico di Paleontologia e Mineralogia** and a **Museo delle Marionette** (the collection of Ligurian marionettes was donated by A. Cenderelli). Both museums are housed in the seventeenth century Palazzo and are fascinating and particularly suited for children.

For something out of the ordinary in **Comago** a part of **Sant'Olcese**, go see **Villa Serra**, a neo-gothic architectural gem done in Tudor style. Its very picturesque English-style park is adorned with exotic plants and

trees, water fountains that play games, and ponds of black and white swans. The park of the villa also hosts many events, including the summer music Breakout Festival, dedicated to popular music.

From Sant'Olcese, take the little train of **Casella**, the Trenino, which passes through the heart of the mountains. Casella has a new trade fairgrounds for events and shows, where it hosts the Expò della Valle Scrivia - which shows the area's typical agricultural and artisan products - each year.

This part of the Park of the Antola is characterized by pristine nature, with a few famous historic villages located in the park. This was the summer home area for the turn-of-the-century bourgeoisie, who would come up

the Apennines in their carriages to escape the city's heat. Neogothic, eclectic, Art Nouveau, and Coppedé styled homes abound. Also worth visiting are the small churches like the parish church, the **Parrocchia di San Giovanni Decollato In Montoggio** (XII century), which holds many paintings dating to the 17<sup>th</sup> and 18<sup>th</sup> century; the **Chiesa parrocchiale di San Pietro in Savignone**, with a painting by Giovanni Battista Carlone; the **Church of Santa**

and the castles of the feudal lords who once possessed these lands. The majestic **Castello della Pietra di Vobbia**, can be reached by a pleasant walk. The **Castello of Borgo Fornari in Ronco Scrivia** ([www.coopcastellodellapietra.it](http://www.coopcastellodellapietra.it)), reminds us of the strategic importance of this major crossroads between northern Italy and the Mediterranean Sea. The mountain tops and the fertile plains at their base were continually contested by the



**Croce** in **Crocefieschi**, with two sculptures by Maragliano; and the **Santuario di Nostra Signora dell'Acqua** in **Valbrevenna**, built in the XVI century to commemorate a miraculous healing from the natural spring at the site. And then there are the forts

nobles of the time. There are museums galore to tell of this past, and how people lived then. The **Museum Network of the Valley of the Scrivia and the Trebbia** includes the archeological area of Caserza, the **Museo di Paleontologia**

of **Crocefieschi**, the **Museo di Archeologia of Isola del Cantone** (being renovated) and the **Museo Etnografico of Senarega** (Valbrevenna), which is one of the most characteristic medieval towns of the valley.

If you want to take a hike through the woods, take the path from **Montoggio** to the tranquil lake, **Lago Val di Noci**. Or from Crocefieschi take the road to the rocks, **Rocche del Reopasso**, a favorite rock-climbers' destination that is considered to be very sinister and mysterious, along with its sister sinister summit, the **Carrega del Diavolo**, (that theoretically belongs to the Devil). Centuries past it was believed that the area was inhabited by sinister presences and frightening animals. The area to the west of the valley has a lot of high-tech industry, that however does not clash with its natural surroundings. **Busalla**, at the end of our loop offers artisan rose

products production, including a syrup made from rose petals. Treat yourself to some scioppo artigianale di rose while you stop to visit **Villa Borzino** and its lovely park, before heading south to the coast.

Just behind the Gulf of Paradise on the Mediterranean, with its coastal Riviera towns of Sori and Bogliasco, is a whole different world where you will find the mountain villages of **Avegno** and **Uscio**. Of interest is the Romanesque church, **Pieve romanica di Sant' Ambrogio**, the unusual Clock Tower Museum, **Museo dell'Orologio da Torre**, which pays homage to a typical artisan craft of the area (making bell-tower clocks), or check out the Arnaldi Health Colony which has been healing now for decades with natural medicine and remedies based on herbs. **Bargagli** has a parish church that was founded in 935, the **Parrocchiale di Santa**



**Maria Assunta.** And in the heart of the forest of **Viganego**, during the winters, an original stone crèche is decorated, reproducing the local Ligurian countryside.

Heading back to Genoa, your first contact with the city's metropolitan area is a thousand year old Romanesque church at **Struppa**, the **Church of San Siro**, which is filled with artwork. Next on our tour is **Davagna**, with its ancient **Church of San Pietro Apostolo** and the **Chiesa di San Colombano**, founded by the monks of Bobbio, as we head towards the Val Trebbia. The first village of the valley is **Torriglia**, the seat of the **Castle of the Fieschis** since the XIII century. Its ruins are now restored.

In **Pentema**, nearby, the stone village has remained intact over the centuries. Its urban structure is typical of the region, with houses in stone attached one to the other, forming a solid front, divided only by the tiny and narrow alleyways paved in pebbles. At Christmas time, the village provides total immersion in the Liguria of centuries past, as it becomes the background for a living crèche. Each costumed tradesman in each house plies his trade as he once did centuries ago, donkeys and cows bray in the stalls, ladies in peasant

costume gather to gossip in the piazza - this is definitely worth the trip for both children and adults.

Further to the north is **Montebruno**, the annex to the **Convento Agostiniano** built in 1400, whose Museum of the Peasant Culture, **Museo della cultura contadina** shows peasant life in the past. At the Fairy Woods, the **Bosco delle Fate**, in **Fontanigorda**, there is



a trail lined with poetry carved into slate by the poet, Giorgio Caproni, who loved the Val Trebbia, and is buried here. Stop in **Rovegno** to taste the white potatoes that are famous for the area, to be eaten with pesto served on braided fresh pasta, called trenette. On the edge of Liguria is a tiny village, **Gorreto**, that lies on the border of four different provinces (Alessandria, Genova, Pavia and Piacenza).

It is famous for its traditional music and peasant dances to the accompaniment of the fifes and accordion.

Now we will take you across the Val Brugneto to **Propata**, a biking/trekking/mountain biking center, and the home of the **Museo del Partigiano**, and to **Rondanina**, the smallest town in Liguria, which has a refuge for excursionists and the Park of the Antola's **Museo della Flora e**

### Specific Itineraries

A fun way to discover this land is to cross it using an itinerary "on theme". For example, motorcyclists may like to use the routes for the Genovesato suggested in "**Boroughs and Castles of Liguria and Piedmont by Bike**" ([www.motorbikeinitaly.it](http://www.motorbikeinitaly.it)).

The fascinating Route to the Sea, offering "Trekking [Hiking] through the Vineyards" offers a long itinerary to be taken on foot through the mountains of the Apennines to the Mediterranean Sea, wine-tasting as you go ([www.winetrekking.it](http://www.winetrekking.it)).

Each valley specializes in its own produce. Get to learn them by following the "**Roads of the Chestnut**"

([www.agenziadisviluppogalganovese.com](http://www.agenziadisviluppogalganovese.com)) and the "**Milk Valleys**" and the "**Land of Pesto**"

([www.cmvallisturaorba.it/vallilatte](http://www.cmvallisturaorba.it/vallilatte)), which bring out the environmental, cultural and individual characteristics of the land.

**Fauna.** Going up the route, with the lovely view of the Lake of Brugneto, you reach **Fascia** and the pass at **Casa del Romano**, a panoramic point 1,400 meters above sea level. This is the starting point for the famous trail that leads to the summit of Monte Antola. The view of the sea from the mountains is the fitting conclusion of our tour of the Apennine hinterlands of the Genovesato.



## Focus Gastronomy

Natural products and ancient recipes that are jealously guarded are the main ingredients of Ligurian Apennine cuisine. Of course pesto plays a leading role, served on fresh pasta like **trofiette**, **trenette**, or the **corzetti** typical of the Valpolcevera. You can eat them with the white potato, the **patata quarantina bianca Genovese**, which has been recently rediscovered in the Antola valleys. **Focaccia** is another native food that went on to conquer the

tastebuds of the world. In its traditional form it is golden brown and crunchy on the outside, soft on the inside, but the **revzora**, from the Valle Stura, is based on corn meal. Try it with a local salami. Or the unusual **focaccette di Crevari**, which should be eaten when just taken out of the oven, with figs and prosciutto ham. In the Spring, you must stop at Sant'Olcese, and try its famous **salami** with the **fresh fava beans** that are in season and sheep cheese. This is a typical



Genoese favorite for quick snacks, picnics.

For dessert try **canestrelli** and **canestrelletti di Torriglia**, the Italian butter cookies shaped like a flower, in all its many local variations (including covered with chocolate). Honey, the “fruits of the forest” - meaning raspberries, currants, wild strawberries - and even flowers are all used for making desserts in the Genovesato. Variations include ice cream, jams, and syrups (don't miss the rose syrup made in the Valle Scrivia).

With autumn come mushrooms, so beloved of the Genoese, (and also the main ingredient in “**tuccu de funzi**” served in many trattorias). And chestnuts, which traditionally were the base of flour in this region, and therefore is used in everything from pasta to breads to desserts. **Castagne di Campamon**, is a dessert made from chestnut flour and chocolate, and **Panmorone**,

is a variation on the typical pan dolce (sweetbread) but made of chestnut flour.

Milk and cheese come from the Valle Stura and the area around Monte Beigua. Also special meats are typical of the area around Monte Antola.



## Focus Children and Young Adults

With nature like this - high altitude mountains, forests, and sea breezes - and the added plus of history and tradition, the Apennine portion of the Genovesato is perfect for a vacation with children.

The **Regional Parks of the Antola** and the **Beigua** each have **Visitors' Centers** with educational offerings and organize many events, initiatives, meetings, excursions, and visits for school children. The local farms also have programs for children, allowing them to "pretend to be peasants", learning about animals and plants. Guides can take families in search of deer and antelope and, even, yes, wolves. In the heart of the Parco del Beigua there is a reserve, the **Torbiera del Laione**, that holds amphibians, reptiles, and carnivorous plants. It can be reached by a **nature trail**. Then there are the geological oddities in the park, such as the "block streams" [the English words are used in Italian], which are streams of blocks of stone that are frozen in place as they



descend down the mountainside - no one has yet explained why they exist; prehistoric megalithic stone circles, and unexpectedly tight canyons with swift flowing streams.

An adventure park in **Rossiglione** takes the young to walk in the treetops.



**Campomorone**, offers a **Civic Museum of Paleontology and Mineralogy** with an interesting prehistory lab. The **Museum of Marionettes** is also interesting. In **Pentema**, in the Parco dell'Antola, the living Christmas crèche, with locals dressed like peasants of old, and acting out the ancient trades is fascinating for both young and

old. In **Rondanina**, children can visit the **Museum of the Flora and Fauna of the Antola**, and at **Ronco Scrivia** they can take rides on donkeys.

Genoa has recently opened its own adventure park by one of the old forts at the top of the city in Righi. Suspended walkways take you through the trees, as the mountainside drops down to the sea ([www.genova-righi.parcosventura.it](http://www.genova-righi.parcosventura.it)).



## Traditions & Special Events

### GENOA

#### January

- Il mandillo di semi - Torriglia

#### March

- Biancone (Short-toed Eagle)

Day - Park of the Beigua

#### April

- Fava Bean and Salami

Festival - Sant'Olcese

#### May

- EX MELLE Festival of Street

Artists - Mele

- May in the Parks - Park of the Antola, Park of the Beigua and all the other Ligurian Parks

- Sagra (Festival) of the Canestrelletto - Torriglia

- Spring Festival

Campomorone

- Break Out Festival

Villa Serra di Comago

(Sant'Olcese) - May thru July

#### June

- Festival of the Roses - Busalla

- RigAntoCa - marathon between Righi, Antola and Caprile

- Hobbincasella - Casella

- Picnic in Val Gargassa

Rossiglione

- Festival of Monte Antola

#### July

- Expo Valle Scrivia

- Expo Val Trebbia

- Festa dell'Acquasanta - Mele

- CampoFestival - Campo Ligure

#### August

- U Mundantigu

Valbrevenna

- Polentone and Pentathlon of the Woods - Tiglieto

#### September

- Expo Valle Stura

- Expo Valpolcevera

- Palio della Tavola Bronzea

Valpolcevera

- Sea and Mountain Trek "Mare e Monti"

Arenzano

#### October

- Chestnut festivals

in the Apennines

- Sagra (Festival) of the Potato Quarantina - Rovegno

#### November

- Squash Show - Murta

(Genoa)

#### December

- Christmas Market - Valleys of the Stura, Orba and Leira

- The Creche of Pentema Pentema (Toriglia)

#### December/January

- The Creche in the Woods Viganego (Bargagli)

- Market dell'Immacolata Campomorone

# STL del Genovesato Projects

## “Enjoy Nature” PROJECT

- “The Mountains of Paradise”  
Project undertaken by Gal Appennino Genovese
- “The Roads of the Sea”  
Project undertaken by Parco Antola Administration
- “Discovering the Valle Scrivia and the Beauty of Parco Antola”  
Project undertaken by Parco Antola Administration and the Mountain Community of the Valleys of Genoa
- “Voyage in Valpolcevera and the Valle Scrivia: searching for identity, culture, nature and memories”  
Project undertaken by the Mountain Community of the Valleys of Genoa
- “Discovering the Parco del Beigua and its lands in the Valleys of the Argentea, Stura and Orba”  
Project undertaken by the Mountain Community of the Valleys of the Stura, Orba and Leira
- “Communication and Promotion of the Genovesato”  
(brochures, folders, website, news, fairs, etc.)  
Project undertaken by the STL del Genovesato

**INFO POINT AND  
TOURIST SERVICES SALES POINT  
STL DEL GENOVESATO**

Aquarium Ticket Office  
Porto Antico - Genoa  
Ph. +39010234.53.38-Fax+39010234.55.05  
accoglienzaturistica@incomingliguria.it



**Tourist Information  
and Services Office  
(I.A.T.)**

### **GENOVA**

**Visitor Centre - IAT Garibaldi**  
Palazzo delle Torrette - Via Garibaldi 12R  
Ph. +39 010 557.29.03 - 727.51  
Fax +39 010 557.24.14  
genovaturismosedede@comune.Genova.it

### **IAT De Ferrari**

Porticato Teatro Carlo Felice  
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Fax +39 010 860.64.76  
genovaturismodeferrari@comune.Genova.it

### **IAT Aeroporto Cristoforo Colombo**

Via Pionieri e Aviatori d'Italia - Piano arrivi  
Ph. and Fax +39 010 601.52.47  
genovaturismoaeroporto@comune.Genova.it

### **ARENZANO**

Lungomare Kennedy  
Ph. and Fax +39 010 912.75.81  
iat@comune.arenzano.ge.it

### **BOGLIASCO GOLFO PARADISO**

Via Aurelia 106  
Ph. and Fax +39 010 347.04.29  
iat@prolocobogliasco.it

## **USEFUL NUMBERS**

### **AIRPORT**

Flight information: +39 010 60.43.565/650.17.15

### **HIGHWAYS**

Travel info: 840 04.21.21

### **BOATS**

#### **Liguria Via Mare Boat Services:**

+39 010 26.57.12 +39 010 25.67.75

#### **Maritime Transport Golfo Paradiso:**

+39 0185 77.20.91

### **CAMPO LIGURE (summer only)**

Valli Stura e Orba  
Via della Giustizia 5  
Ph. and Fax +39 010 92.10.55  
prolococampo@yahoo.it

### **CASELLA (summer only)**

Stazione ferroviaria  
Ph. +39 010 968.21.28  
iat@comune.casella.ge.it

### **Punto Informazioni Turistiche**

#### **GORRETO (summer only)**

c/o Comune - Via Capoluogo  
Ph. and Fax 010 954.30.22  
info@gorreto.org

### **TORRIGLIA**

Via Nostra Signora  
della Provvidenza 3  
Ph. +39 010 94.41.75  
Fax +39 010 945.30.07  
info@parcoantola.it

### **USCIO**

c/o Pro Loco  
Via Vittorio Veneto 100  
Ph. +39 0185 91.101  
prolocouscio@libero.it

### **Maritime Services Golfo del Tigullio:**

+39 0185 28.46.70

### **Maritime Station:**

+39 010 24.12.361/393

### **PUBLIC TRANSPORT**

**Urban Bus Lines - AMT:** 800 08.53.11

**Regional Bus Lines - ATP:** +39 010 54.67.44.10

**Train: Genoa - Casella:** +39 010 83.73.21

**Radio Taxi Genoa:** +39 010 59.66

## Itinerary Guide Series

- The Genovesato
- The Sea
- Genoa and the Rolli Palaces

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## The Top Ten Places to see!

- The Regional Park of the Beigua - Beigua UNESCO Geopark and the Abbey of Tiglieto
- The Regional Park of the Antola and the Castello della Pietra di Vobbia
- Villa Serra di Comago (Sant'Olcese)
- Pentema and its Christmas Crèche
- Torriglia and its canestrelli butter cookies
- Itinerary for Taste: the Valleys of Milk and the Lands of Pesto
- Roads of the Chestnut Forests
- The Park of the City Walls and the Forts of Genoa
- Campoligure and its filigree work
- Alta Via dei Monti Liguri