



The Sea

Culture and recreation on the coast of the Genovesato



Turismo

Sistema Turistico Locale
del Genovesato



Sistema Turistico Locale del Genovesato

*Consortium for the enhancement
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The Sea of the Genovesato

From East to West: a Sea for Everyone



The sea has always been closely tied to Genoa and the area immediately around it, the Genovesato. It has always played a major role in its history, its development, its economy and since ancient times, it has formed its character. The sea is a continuous presence in the Genovesato. You feel it in the salt on the air, in the stiff breezes off the waters, in the glimpses of blue or grey from all the corners of this great north Italian city. And

it adds spice to the adventure of discovering Genoa and its territory. Thanks to its mild Mediterranean climate, the sea and the coast of the Genovesato can be visited at any time of the year, and they have gifts to offer for all different tastes. Sun-seekers crowd its beaches in the summer. Tourists wander along its harbors in the winter. Flowers cover the hillsides to the sea in the spring. The forests of the Apennine Mountain

backdrop turn golden in autumn. The Genovesato is fascinating all year round.

The Riviera of the Genovesato offers two types of sea. The coastline to the west, “**verso Ponente**”, towards the setting sun, has long sandy beaches, lined with beach establishments with life guards, lounge chairs, restaurants and bars just a few meters away from the waves. The coastline to the east, “**verso Levante**”, towards the rising sun, is rocky, often lined with steep cliffs, punctuated by small coves with pebble beaches or low rocks jutting into the waters. The vast

steamboat network that crosses Liguria can take you almost everywhere by sea at a reasonable price. The “boat terminus” is the old port of Genoa, **Porto Antico**. To the **east**, the boats follow the mountainous coastline to the old fishing villages of **Nervi, Bogliasco, Pieve Ligure, Camogli, Portofino** and beyond. To the **west**, in addition to scenic transport, steamboats go out whale-watching at the **Whale Sanctuary** west of the Genovesato, where the continental shelf serves landwards, and the whales come to feed. No matter which direction you choose, you will find excellent local cuisine, and don't forget to try the native dishes from fish to pesto, salty pies to cheese “focaccia al formaggio”.



Weekend The West

Sea, Sports, and Music

GENOA

- *Porto Antico, the Aquarium and the Galata Museum of the Sea*
- *the submarine, 5518 Nazario Sauro*

PEGLI

- *boat trip*
- *Villa Durazzo-Pallavicini and the Ligurian Museum of Archeology*

ARENZANO

- *the promenade along the sea*
- *Muvita Museum*
- *boat trips*
- *hiking and walks in the Regional Park of the Beigua*

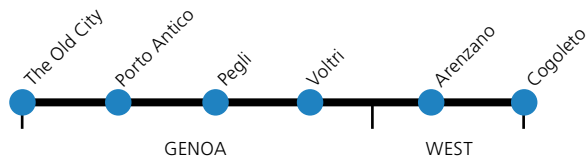
Take a “ bus-boat “ used by commuters from Genoa’s old port, Porto Antico, to **Pegli**, an outlying suburb of Genoa. The trip lets you see the city in all its splendor from a unique sea viewpoint, highlighting the tall mountains behind Genoa, and the beauty of its natural setting.

Within half an hour, you will arrive at Pegli’s Pier, Molo Archetti. Two museums are located nearby, the Naval Museum, **Museo Civico Navale**, and the Archeological Museum, **Museo di Archeologia Ligure**, known for its grave of an Ice Age prince and other findings, and for its location in the elegant residence of a noble family, the **Villa Durazzo-Pallavicini**. The gardens, with their water

features and gothic scenery created around an opera theme, were famous throughout Europe. Neighboring residential Pegli is **Voltri**, an industrial suburb, which once bustled with shipyards. Stroll through the turn of the century industrial architecture, and stop to sample the local focaccia, golden brown and crunchy. Many bakeries line the streets. We recommend a stop at **Fratelli Priano**, famous for its focaccia and its pastries. Following the traces of the old



Roman Road along the coast, Voltri ends abruptly, and the rocky Riviera coastline starts immediately after, leading to **Arenzano**, a typical Riviera town with its palm-lined streets and beachfront promenade. Arenzano is the summer home of many Genoese, a center for many different sports - from cycling to diving - and also houses Italy’s first Science Center, **Muvita** (Live Museum of Technologies for the Environment) dedicated to the relationship between man, energy, and climate, with didactic features and educational workshops for children. Of exceptional beauty is the cycling/walking “**passaggiata**”, which connects **Arenzano** to **Varazze**, passing





through **Cogoleto**. Inaugurated in 2006 its ten kilometers of asphalt and sometimes dirt road follow the old train tracks - including its tunnels - which went from Genoa to France. Named after internationally famous Genoese singer-songwriter, Fabrizio De Andrè, the passeggiata skirts the rocky coast and crosses the cliffs, passing through Mediterranean vegetation on the edge of the sea. Looking down through the transparent turquoise waters, you can see the abundant marine

life that makes the area famous for diving and snorkeling. Also popular is sailing, swimming and sunbathing on the many beaches. Those who prefer greens to blue, can visit the **Golf Clubs** which abound in the area. Also numerous are restaurants, both along the sea, and high up on the hills. Aperitifs with a view of the waves are very popular, and most of the beach establishments serve excellent fish dinners on the beach. A proper conclusion to the evening could be a visit to a

discotheque, we suggest **La Kascia**, which is extremely popular in the summer. Its location is rather unique, with two halls carved out of an old train tunnel - it also features a display of the manual labors of the miners of the turn of the century, armed only with chisels and dynamite - and a huge summer terrace of over 500 square meters with a restaurant and lounging areas.

For Sports Lovers

Arenzano is a scuba diving center. It offers facilities for both novices--learn how to dive in a real acqua-gym, that is, a real **underwater divers' training gym**, Italy's first, in open waters in the port area--and for experts. The Mediterranean's biggest wreck, the **Haven**, is located

in 74 meters (over 200 feet) deep waters barely a kilometer off the coast. It sank on April 14, 1991, and has gradually been transformed by marine life into a fascinating submerged underwater natural park. The wreck can be dangerous and is for expert divers only.

The **Parco Regionale del Beigua**,

in the Apennine Mountains behind Arenzano, offers sports for nature lovers - hiking, trekking, cycling, rock climbing, canyoning, etc. - just a stone's throw from the sea. In fact its proximity to the coast and its high altitude have made it an area of exceptional biodiversity, and bird-watching as migrant species pass through is also very popular. (Golden eagles and short-toed eagles actually nest in the park.) Also of interest are its many strange geological formations which have made this a UNESCO Geo-park.

For Families

The Old Port of Genoa, **Porto Antico**, has so much to offer for families. The **AcquarioVillage** includes: *Biosfera*, *La città dei bambini e dei ragazzi* and *Galata Museo del Mare*. The **Acquario di Genova** - Europe's largest by number of ecosystems - attracts



visitors from all over the world. Of special interest is the huge glass wall that opens onto the sharks, with a dozen or so swimming actively in front of you at eye-level; the penguins, hopping in and out of the water; and the stingray petting tanks. There are also jellyfish, tropical waters and rain forest areas, swamps with

Renzo Piano. The **Bigo** takes you up for a panoramic view of the medieval Old City - Europe's largest - and its port, visibly demonstrating that Genoa was actually one of the world's four largest cities in the 1300s. Proceeding further towards one of the massive gates that led from the port to the city, (and which

first and largest science center for children between the ages of 2 to 14, which holds over 90 exhibits dedicated to science and technology.

The large yellow buildings at the end of the pier were once cotton warehouses. The **Genoa Port Center** is located here in the "Magazzini del Cotone". It is

Port is the Museum of the Sea, **Galata Museo del Mare**, the largest Maritime Museum in the Mediterranean. It offers remains of real ships, full-size replicas of real ships, full size walk-through models of ocean liner cabins, films from the days of the Atlantic crossings, multi-media exhibits and much more. From May 2010



piranhas and crocodiles, and much more. In the huge transparent bubble outside the aquarium, the **Biosfera** harbors butterflies, scarlet ibis, and other rain forest birds and beasts.

To the left of the Aquarium facing the sea, is a panoramic elevator styled by world famous architect

now houses a museum dedicated to the illustrator, Emanuele Luzzati - **Museo Luzzati** - with drawings, illustrations, graphics, and theatre scenery), are the National Museum of the Antarctic, **Museo Nazionale dell'Antartide** and the Children's City, **La città dei bambini e dei ragazzi**, Italy's

subdivided into four areas - the port, boats, piers, and goods - and has 27 fun interactive exhibits that explain all about the work done in the port. It has navigation simulators, and programs offering real operations of loading and unloading goods.

On the opposite side of the Old

on, Italy's largest submarine has been docked in front of the museum and can be visited even though it is in the waters of the port. The **S518 Nazario Sauro** gives fascinating insights into the life on board a submarine, by using interactive and multimedia techniques.

Weekend The East

Itineraries by Steamboat or on Foot

Start from the heart of Genoa, the old port, **Porto Antico**. From Porto Antico steamboats - part of the local transportation network - ply the coast, and so we sail to **Nervi**, an old fishing village on Genoa's eastern edge. This is an enjoyable way to see the city from the sea, passing

the wide palm-lined boulevard, Corso Italia; the tiny fishermen's cove at **Boccadasse**; and the rocky point where Garibaldi set sail for Sicily. An alternative is to use bus no. 17, from Via Brigata Liguria, near the natural history museum, Museo di Storia Naturale G. Doria, or the train, leaving from Stazione Brignole or Principe.

Upon reaching Nervi, we head for its famous series of parks along the sea. The **Parchi di Nervi** once belonged to three

NERVI

- *the villas and their parks*
- *the little harbor*
- *the scenic promenade, Passeggiata Anita Garibaldi*

PIEVE LIGURE

- *the Festival of the Mimosa*

RECCO

- *focaccia al formaggio*

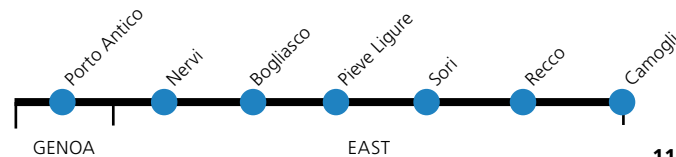
CAMOGLI

- *boats to San Fruttuoso and Portofino*
- *excursions on the Mountain of Portofino*



patrician villas, Villa **Gropallo**, **Serra** and **Grimaldi Fassio**, but now house three museums. The **Galleria d'Arte Moderna (GAM)** hosts modern art and interesting shows. The **Museo Raccolte Frugone** has the

Frugone Collection of Italian and foreign artists of the 1800s. And the **Villa Luxoro** located to the east, in Nervi-Capolungo, houses the **Museo Giannettino Luxoro**, with paintings, ceramics, and precious textiles.



Nervi holds yet another museum which is a must for those who love decorative arts and design from between the two world wars, the **Wolfsoniana**, which contains a collection donated by Mitchell Wolfson, the famous collector from Miami, who has always loved Italy in general and Genoa in particular. Huge trees, ponds full of goldfish, birds, and flowers make the parks a pleasant shady border along the **Passeggiata Anita Garibaldi** on the sea.



The promenade, beloved of locals, is less well-known among tourists. It is an incredible

walkway on the cliffs that can be quickly reached by the underpass at the train station in Nervi. The enameled-brick paved promenade is wide and smooth - easy walking for anyone, even the disabled. It stretches for several kilometers across Nervi to its harbor.

Nervi's tiny **harbor** is an enchanting little cove guarded by its colorful houses and a yellow stucco monastery (now a school). Fishing boats, pulled up on the stony beach, await their moment, along with kayakers, rowers, and canoes who head out along the rocky coast of the Riviera. The municipal pool



(covered in the winter) is also the training "grounds" waters, for two water polo teams, Sportiva and Rari Nantes Nervi. If you are looking for sedentary culinary entertainment, Nervi's harbor has much to offer. The local specialties are, of course, fresh fish, but include other delights such as the "bruschetta", toasted bread smeared with garlic and topped with tomato sauce and the famous small-leaved local basil. The Passeggiata also offers excellent restaurants which serve



fish with a soft salty breeze off the waters. We suggest the **Señor do Bonfim** with live jazz, or for the younger set, the **Blue Marlin**, a discotheque on the rocks.

Nervi's neighbor to the east is **Bogliasco**. Once a fishing village, now a lovely beach spot, its shores are lined with small pebbles, typical of the area, or with craggy rocks that jut into the sea. Pastel-colored façades surround its small harbor, and with a castle, a Roman bridge, and a church perched above

the sea, Bogliasco is extremely scenic in a typical Ligurian setting, and well worth the visit. It can be easily reached by car or by train, and is very popular from April to October.

Above Bogliasco is another typical Ligurian village. **San Bernardo** sits on the crest of the outcraggers of the Apennine Mountains that border the Italian Riviera, overlooking the sea, and leads to **Pieve Alta**, whose view is breath-taking. Typical narrow streets, paved with cobblestones, wind through the houses

following the contours of the hill. They emerge out of the olive groves, among umbrella pines and the purple bouganvillea that blooms everywhere across the Riviera, and descend down to the sea. Pieve hosts a festival on the second Sunday of February, the **Sagra della Mimosa**, with a parade of peasant carts covered with yellow mimosa flowers. Next on the Aurelia, is **Sori**. Another old fishing village, pastel-colored houses line a crescent-shaped beach between two spurs of rock. Its picturesque church perched on a rocky point on the sea, and its famous "**focaccine**" - little focaccia rolls filled with "crescenza" soft cheese and then fried - attract thousands of tourists to its festival.

The mountains behind Sori are dotted with silvery olive groves among green Mediterranean scrub. High above the town is the picturesque church of **Sant'Apollinare** looking out over a vast panorama of blue sea and distant purple coastline. A narrow road leads down from the village of Sant'Apollinare to **Megli**, on the way to **Recco**, justly famous for its "focaccia al formaggio", with thin layers of dough holding a rich filling of cheeses. The Recco bay is lovely, offering a view of the Gulf of Paradise bordered by Portofino Mountain and Regional Park, with Camogli at its base. **Camogli** derives its name from the Italian for "*the house of the wives*", and is famous both for having provided Italy with a great



number of its sea captains, and for its absolutely breath-taking tiny harbor surrounded by a solid line of high but extremely narrow multi-storey houses in all the pastel colors of the Riviera. The pink, yellow and apricot reflected into the blue waters under the huge green mountain of Portofino in sight of many small fishermen's boats make this village an essential stop for the discerning tourist. It is reached from Recco by a two kilometer stretch of coastal road, and from here you can take one of the steamboats that leave hourly for **San Fruttuoso** and **Portofino**, or walk up the mountain into "**Parco Regionale di Portofino**".



S.T.L. Genovesato

Our Land



LEGEND

- STL Genovesato
- Highways
- Main Roads
- Secondary Roads
- Railroads



A Week from “Coast to Coast”

A Voyage along the Coasts of the Genovesato

For a week of “pure sea” on the Italian Riviera, our suggested itinerary starts from the west of the Genovesato, in **Cogoleto**. Once an old fishing village, now a popular summer destination, its beaches slope quite quickly down into the waters, making it easy to snorkel just a few meters from the shore. It has great beds of the sea grass, *Posidonia oceanica*, and its waters are normally crystal clear, and perfect for observing sea life or scuba diving. Cyclists in Cogoleto will enjoy the bicycle path that winds through the old town until it reaches the abandoned railroad tracks for the trains going from Genoa to France. The path has been renovated for bicycles, and now leads - sometimes through railroad tunnels - to **Arenzano**, further down the coast. Arenzano has a lovely palm-lined sea promenade, long sandy beaches, and an old town center with tight streets that leads to the park of a patrician villa, **Parco Negrotto Cambiaso**, close to the train station. You can also walk



up to the sanctuary on the hill, **Santuario Gesù Bambino di Praga**. Arenzano's little harbor, the **porticciolo**, has an area reserved for the fishing boats where you can see the fishermen bringing in their catch (and buy if you wish) freshly fished from the sea. Between Arenzano and Genoa, lies **Vesima**, a stretch of rocky coast with lovely narrow beaches, restaurants, discotheques, and a camping establishment on the sea. It is also known for **Villa Azzurra**, which houses the offices of world-famous architect, Renzo Piano. Continuing further on the Aurelia, the old Roman road that follows the coast, we reach the industrial outskirts of Genoa, which

starts at **Voltri**. Once a fishing village, then an industrial hub, it has a “children’s beach” with play structures, and an antique villa, **Villa Brignole Sale Duchessa di Galliera**, which once belonged to a noble family. Inside are 18th century frescoes and rococo decoration. The next town to the east was once upper-class residential. **Pegli**, has many villas and two exceptional museums. The Naval Museum, **Museo Civico Navale**, is located in huge **Villa Centurione**, and holds nautical charts done on parchment; atlases and maps from centuries past; and paintings, drawings and engravings of the sea, among its over 5000



the port. The climb to the top - all 375 steps worth - gives a view of Genoa, its harbor, and the hazy mountain ranges along the coast of the Riviera to France. The Lanterna has a museum that tells the story of Genoa, and there is also an interesting “**passaggiata**” that can be taken that leads to the Ferryboat Terminal.

objects on exhibit. It also is one of the few European museum holding extremely rare documentation on medieval navigation. Above the Naval Museum on the hill is the Archeological Museum, **Museo di Archeologia Ligure**, located in another beautiful old villa and surrounded by a park with fun water features designed on an opera theme. Pegli is also known for its beaches and restaurants. **Sestri Ponente** follows, with its fascinating pedestrian shopping street. People come from the other side of Genoa to shop at the elegant boutique, **Giglio Bagnara**. The marina by the airport, **Marina Aeroporto** has restaurants, bars, shops, and a pier filled with fancy boats. The park and villa, **Villa Rossi Martini** often host shows in the summer, and has a roller skating path. Looking east to Genoa, you will see the amazingly tall lighthouse that was built almost a thousand years ago. Now symbol of the city, the **Lanterna**, dominates



The Waterfront and the City Center

The **Stazione Marittima**, which faces onto the port just after the Ferryboat Terminal, was once the starting point for many an ocean crossing. Now Mediterranean cruises leave from its pier, **Ponte**

dei Mille. In front of the building a bridge leads across to the **Villa del Principe** whose gardens once rose up out of the sea (the area was filled in centuries later). Built in 1530 by the admiral, Andrea Doria, the palace, one of Genoa's most beautiful and sumptuous, is definitely worth a visit and often features art exhibitions. Both places are just a few minutes walk from the main train station, Stazione Principe.

About a hundred meters from the train station, on the left side of the street is the entrance to one of the world's most unusual public elevators, the Ascensore Montegalletto. You go deep into the mountain on a train, that then turns into an elevator and goes straight up to the panoramic castle, **Castello d'Albertis**, perched

on a rocky promontory above the old city walls. It now houses the Museum of World Cultures, **Museo delle Culture del Mondo**. Turning right from the Maritime Station a ten minute walk along the edge of the port takes you to the Museum of the Sea, **Galata Museo del Mare**. This is the start of the Aquarium of Genoa area along the piers, with many fascinating tourist itineraries to follow through the old medieval city. Many are marked along the alleyways or shown on panels, others can be seen at the **Mirador** terrace of the museum.

On the opposite side of the busy road a beautiful white stone building with Romanesque arches and tall towers catches the eye. The **Commenda di San Giovanni di Prè** was a medieval hospice run



by the Knights of Malta for pilgrims on their way to the Holy Land. Composed of two churches one above the other, the Commenda, which also served as a hospital, is now a "museum-theatre" which tells the story of the characters that once passed through here by using sophisticated multi-media imaging and spectacle.

Docked in the waters in front of the Museo de Mare, is Italy's largest submarine, the **S518 Nazario Sauro**. You can go inside it and visit it, and thanks to multi-media programs see the life and the activities carried out by the people on board.

The area of the old port, the **Porto Antico**, was the economic and spiritual heart of Genoa until the eighties. Native son and world famous architect, Renzo Piano, redesigned the area for Columbus'

500th anniversary in 1992, and it is now a vast pedestrian area with many museums and interesting things to do. It is also the starting point for boat tours of the port, little train tours of the old city, and walking tours of the whole area. There is also an intensive steamboat service to towns along the Riviera that leaves from here, along with whale watching trips. The focal point of Porto Antico is the **Acquario di Genova**, one of Europe's biggest. Be sure to leave yourself at least two hours, because it is definitely worth visiting. Perhaps the most fascinating exhibit is the huge glass wall with sharks swimming at eye level on the other side, but also interesting are the penguins, the piranhas, crocodiles, jellyfish, mangrove swamps, and deep water fauna and flora. The latest



arrival is the manatees. Outside the aquarium is a transparent geodesic dome, the **Biosfera**, with rainforest inhabitants including butterflies and scarlet ibises. A hundred meters to the east of the Aquarium is a panoramic elevator called the **Bigo**. It takes you up above the port for a good view of the vast medieval old city - Europe's largest - that in the 1300s was one of the largest cities in the world.

Proceeding further we reach the National Museum of the Antarctic, **Museo Nazionale dell'Antartide** with interactive exhibits on Italy's contribution to Antarctic discovery; the **Museo Luzzati**, featuring work by illustrator and theatre scenery designer, Emanuele Luzzati; and Italy's first children's science

center, **La città dei bambini e dei ragazzi**, with 90 different exhibits on science and technology, multi-media offerings, and educational workshops. The **Genoa Port Center** is located in the huge yellow buildings at the end of the pier, which once housed cotton warehouses. It explains, with many interactive exhibits, the workings of the port.

The Coast of the Rising Sun

From the highway exit at Genova Ovest take the elevated roadway, the "Sopraelevata", for a bird's-eye view of Genoa. It follows the contours of the port to descend to ground level at the trade fairgrounds, **Fiera del Mare**. This is the location of Europe's greatest boat fair, held yearly, the



Salone Nautico Internazionale and of Euroflora, a flower show that attracts people from across the world.

The entrance to the Fiera del Mare marks the start of Genoa's most popular promenade, **Corso Italia**, a wide tiled area that hugs the coastline above the waves and is extremely popular with strollers, joggers, roller skaters, and children on bicycles. Corso Italia is lined with bars, pizzerias, ice cream shops (check out Gelateria Italia, one of the city's most famous), and many beach establishments - for those who don't like to rough it, and want changing rooms, swimming pools, lounge chairs, and restaurants. Corso Italia ends at **Boccadasse**, a miniature but densely populated fisherman's village, filled with boats, people, and multi-colored multi-storied

houses surrounding a tiny pebbled beach. Above it rises the cape, **Capo Santa Chiara**, with excellent restaurants on the sea, perfect for romantic candlelight dinners. After Capo Santa Chiara comes **Vernazzola**, another old fisherman's spot. Then **Sturla**, with shops and restaurants on the sea. Followed by **Quarto**, which in Italy is extremely famous as the point where Garibaldi, in 1860, left the north with a thousand soldiers to conquer Sicily and unify Italy. A monument marks the spot, and in a true Italian mixing of the old and the new, the trendy with history, the Bar of the **Bagni Monumento**, is a popular hot spot among the younger set, where they go to have cocktails and listen to music in the summer evenings. Next comes another old fishing village, **Quinto**, now a

residential area with ancient villas mixed with modern apartment buildings on the sea.

The easternmost part of Genoa is **Nervi**. It is famous for its villas, now museums, with their huge parks that follow the coast, but even more so for its incredibly panoramic promenade along the sea.

The promenade starts at the tiny harbor, passes the train station (you can reach it by the pedestrian underpass), and ends at a small pebble beach. It crosses over the spurs of black rock with white stripes that jut out into the turquoise blue waters high above the waves. It is well paved and smooth, easy to walk, and thoroughly enjoyable even in the winter, when the sun heats up the south-facing promenade, bringing out locals of all ages, from the elderly to families with children on bicycles.

Behind Nervi rises the hill of **Sant'Ilario** famous in a song by Genoese singer-songwriter, Fabrizio De Andrè, and to the east is another town, **Bogliasco**. Bogliasco is a popular summer resort for the locals. It is the true start of the eastern Riviera, with its small fishing villages, pebble beaches, and rocky coastline. Festivals are held in these towns throughout the summer and



even in autumn and spring. **San Bernardo**, a "fraction" of Bogliasco, offers two: one dedicated to shrimps, and one for nutella, that hazelnut cream so beloved of youngsters. Next along the old Roman road is **Pieve**, which is divided into two parts, High Pieve on the hill, **Pieve Alta**, and low Pieve, **Pieve Bassa**. Worth seeing, if you can find it, is the municipal beach which consists of a concrete boat jetty with a shower and a changing room off a terrace above a sea with its transparent turquoise blue, emerald green, and golden waters. **Sori**, holds a proper pebble beach, one of the largest in this part of the Gulf of Paradise, and offers jazz in the summer. **Recco** is at the end of the tour, but the starting point for Portofino Mountain, with Camogli at its base. In Genoa, Recco is famous for its "focaccia al formaggio".



Focus Gastronomy

Genoese cuisine offers interesting recipes and gastronomic specialties relating both to the land and the sea, but the sea is the starting point for many typical dishes of the area. Fresh anchovies are served fried, stuffed, or with lemon; baby anchovies are boiled or mixed in a frittata; sea bass,

bream, are favorites, but equally popular are mussels, clams, and other "fruits of the sea". Don't miss the typical "**frittura del golfo**" with fried shrimp, baby octopus, shrimp, fish, and squid. The Genovesato is also the land of a special type of fresh pasta, **pansoti**, a variation on ravioli filled with herbs and wildflowers



and their greens, topped with a sauce made from ground hazelnuts. Each valley in the area uses different seasonal greens, which are then boiled in salty water and garnished with extra-virgin olive oil, or accompanied by boiled potatoes or rice.

Wild herbs and vegetables are the base of the typical **salty pies**. The Pasqualina, served at Easter (hence its name), is filled with artichokes or mustard greens. The pies are also made with onions, wild onions, squash, and rice. Try them in the "fry shops", the "**sciamadde**" under the arcades of the ripa maris in front of the old port, Porto Antico.

Genoese **pesto** and focaccia went on to conquer the world. But Genoa also offers other specialties such as the cheese

focaccia al formaggio made in Recco, the **fugasette** from Sori ("bundles" of fried dough with a cheese center - it even has its own special festival in June), and the delicious "**cappon magro**", which consists of crackers soaked in wine vinegar, and then layered with fish and crustaceans, and seasonal vegetables, served with a green sauce based on parsley. The perfect mixture of the produce of the sea and the land.



Focus Children and Young Adults



The area of Genoa's old port, **Porto Antico**, is a joy to do with children. You can easily spend the whole day, and they'll be begging for more. The focal point is the aquarium, the **Acquario di Genova**, where they can watch the dolphins being fed, go eye-to-eye with sharks in the huge glass-walled shark tank. There are penguins and piranhas and crocodiles, and jellyfish that go up and down in their tank. Half of the Aquarium is actually a boat, **Nave Italia**, floating in the waters of the port, and it holds mangrove swamps, tropical seas, and a stingray petting tank. Outside is a tropical rain forest in a transparent "bubble".

Children love to search out the colorful butterflies in the **Biosfera's** jungle vegetation among the turtles, reptiles, and scarlet ibises. And just beyond is a strange elevator, shaped like one of the old cranes in the port, the **Bigo**.

Then there are a series of areas located in sight of the sea and the aquarium, where parents can rest their feet, while children use up their energy. The National Antarctic Museum, **Museo Nazionale dell'Antartide**, which shows Italy's experience in the Antarctic, offers imaginary voyages to one of the most remote parts of the planet. The International Library, **Biblioteca Internazionale De Amicis**, has workshops and fun programs with a lovely view over the port. The Children's Science Center, **La città dei bambini e dei ragazzi**, offers more than 90 different interactive exhibits on science and technology. There is an illustrator's museum, **Museo Luzzati**, located inside the huge fortified city gate onto the port, and the new **Genoa Port**

Center, inside the Magazzini del Cotone, which explains how a port works through interactive exhibits.

On the other side of the aquarium, past the movie set pirate's galleon (that can also be visited), is the museum of the sea, **Galata Museo del Mare**, with life-sized boats and walk-through ocean liner cabins, and the **Commenda di San Giovanni di Prè** a lovely



pilgrim's hospice that dates to the Middle Ages. Parents will enjoy the architecture, and



children the faces of people from a thousand years ago - projected by the miracle of modern technology onto the stone walls - who passed through Genoa on their way to the Holy Land. In front of the Galata Museum, Italy's largest submarine is docked. The **S518 Nazario**

Sauro can be visited, even though it is in the waters of the port, and the tight spaces are brought to life by a multi-media presentation. Arenzano, on the coast also has an important Science Center,

Muvita, which uses scientific animation to discuss the climate and new sources of energy.

Outdoor Sports and Activities

The Genovesato is perfect for outdoor activities, with its special combination of a mild climate and the sea. There are excursions to be taken by sailboat or steamboat, canoe or kayak. The beaches offer rugged nature or the refinements of the Italian lifestyle with excellent restaurants and services. To the west are the sandy beaches of **Vesima, Arenzano, and Cogoletto** with additional opportunities for cycling, walks, and promenades. To the east, the landscape around **Bogliasco** and **Sori** is breath-taking with pebble beaches at the foot of sea cliffs, and isolated swimming spots off the rocks.

The Italian Riviera, with special focus on the Genovesato, is also a scuba diver's paradise. The Marine Area of Arenzano has Italy's first **underwater diver's training gym** in the open waters of its harbor, and barely a kilometer from the shore is the Mediterranean's biggest



wreck, the **Haven**, an oil tanker. At 74 meters (over 200 feet) of depth, it has slowly become populated by fascinating marine life.

But the Genovesato offers even more. There is tennis, with public courts throughout the area, and high quality professional tennis at the **Valletta Cambiaso** in Genoa which hosted the Italian Davis Cup and other international tournaments. Golf - at the **Sant'Anna Golf** in Cogoletto and **Garden Golf** in the pine woods of the Pineta di Arenzano - both of which have packages for families. In fact the **Club House** in Cogoletto offers lodging in a luxurious country villa, so Dad can golf, while the children go swimming in the Mediterranean, or take sailing lessons, or rent a bike and go cycling on the ten kilometer bicycle path along the sea.



Traditional & Special Events

GENOA

February

- Fiera di Sant'Agata

March

- Fiera Primavera (Spring Fair)
- Pesto World Championships (2010 and every 2 years)

April/May

- Euroflora (2011 and every 5 years)
- Slow Fish (2011 and every 2 years)

May

- Genova in Festa - Stelle nello Sport

June

- SUQ, Festival of the Cultures of the Mediterranean
- International Poetry Festival
- Terroir Vino (Wine Fair)
- Festival of St. John the Baptist

June/July

- Festival Music of the Mediterranean
- Genoa Film Festival
- Mondo Mare Festival

July

- PortoAnticoEstateSpettacolo (shows all summer)

September

- Notte Bianca (all night festivities)

October

- Salone Nautico (Genoa Boat Show)

October/November

- Festival of the Sciences

November

- In Scala (the fair of models)

THE WEST

April

- Florarte di Arenzano (flower art)

May

- Maggio nei Parchi (May in the Parks)

September

- Marcia "Mare e Monti" di Arenzano (Sea and Sky March)

THE EAST

February (first Sunday)

- Sagra (Festival) della mimosa di Pieve Ligure

May (second Sunday)

- Sagra (Fish Festival) del pesce di Camogli

June

- Sagra (Festival) delle focaccine di Sori

July

- Sagra (Festival) della nutella di Bogliasco
- Sagra (Shrimp Festival) del gambero di Bogliasco

August

- Sagra (Festival) della Paella e della Sangria di Pieve Ligure

September (8th)

- Fuochi di Recco (fireworks)

STL del Genovesato Projects

“EXPERIENCE THE SEA” PROJECT

- “*Summer tourist boat network Genoa - Camogli*”
in collaboration with the ATI Cooperativa Battellieri del Porto di Genova and Golfo Paradiso S.r.l.
- “*Visitors’ center and sale of tourist products for the Genovesato in the area of the Porto Antico*”
in collaboration with the Incoming Liguria, Costa Edutainment S.p.A. and Porto Antico S.p.A.
- “*Transportation service city center - waterfront*”
(only in special occasions or for special events)
by Porto Antico di Genova S.p.A.
- “*Rose Garden Visitors’ Center*”
by the Associazione “Welcome Nervi”
- “*Miragenova: Itineraries for City and Sea*”
by Mu.MA, the Institution of the Museums of Navigation and the Sea
- “*Promotion of sustainable tourism*”
by Convention Bureau Genova S.r.l.
- “*100 Young Pirates - Sea Adventure Routes*”
by Associazione Palatini
- “*Communication and Promotion of the Genovesato*”
(brochures, folders, website, fairs, etc.)
by STL del Genovesato

INFO POINT AND TOURIST SERVICES SALES POINT STL DEL GENOVESATO

Aquarium Ticket Office
Porto Antico - Genoa
Ph. +39 010234.53.38-Fax+39010234.55.05
accoglienzaturistica@incomingliguria.it



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

GENOA

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

IAT De Ferrari

Porticato Teatro Carlo Felice
Largo A. Pertini 13
Ph. +39 010 860.61.22
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

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

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

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
- Apennines and Valleys
- Genoa and the Rolli Palaces

The Top Ten Places to see!

- Porto Antico: Aquarium and Galata Museum of the Sea
- Villa del Principe (by way of the sea)
- The Maritime Station and the lighthouse
- Villa Durazzo-Pallavicini and the Promenade of Pegli (by boat)
- The Underwater Divers' Training Gym in Arenzano
- The Promenade from Arenzano to Cogoleto
- Genoa's Trade Fair on the Sea
- Boccadasse and Corso Italia
- The Promenade and the Parks of Nervi
- The fishing villages of Bogliasco, Pieve Ligure and Sori