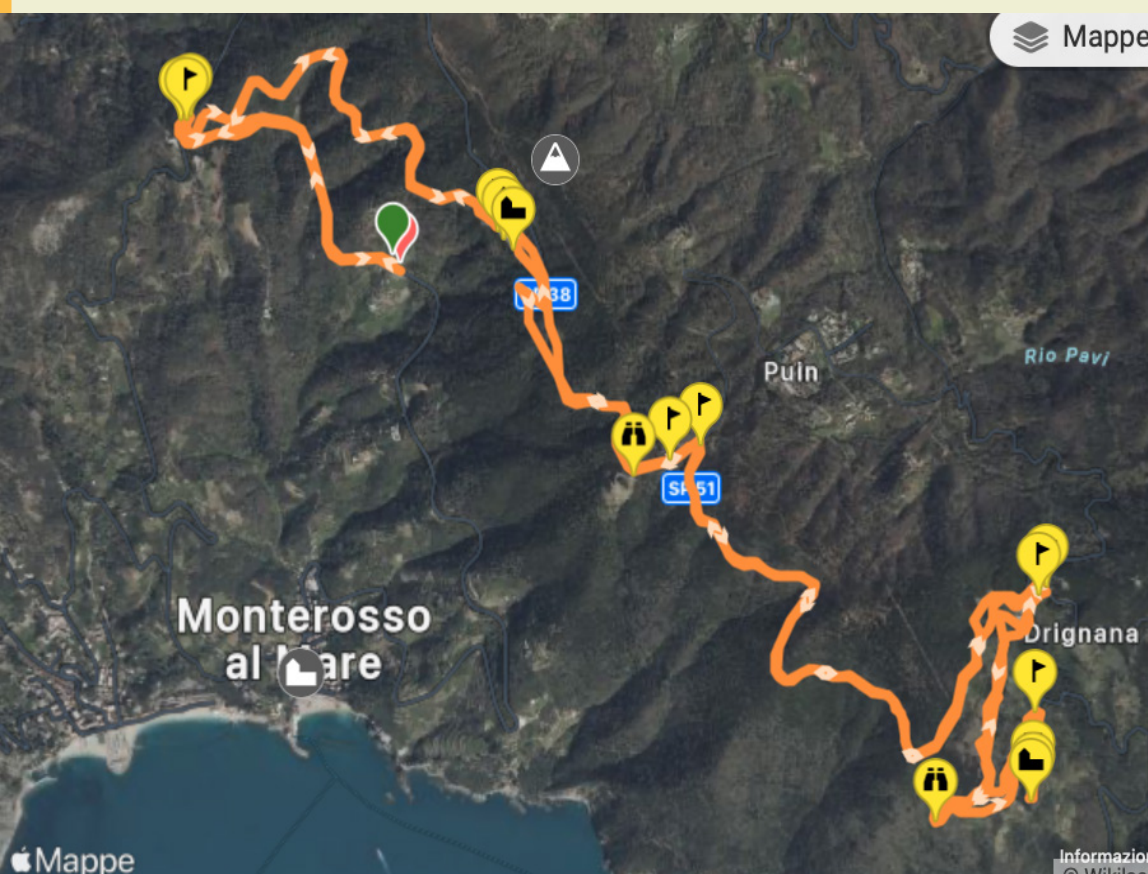


1



Distance
18.86km

Positive height difference
487 m

Technical difficulty
Medium

Negative height difference
487 m

Maximum altitude
544 m

TrailRank
36

Minimum altitude
294 m

Type of route
Ring

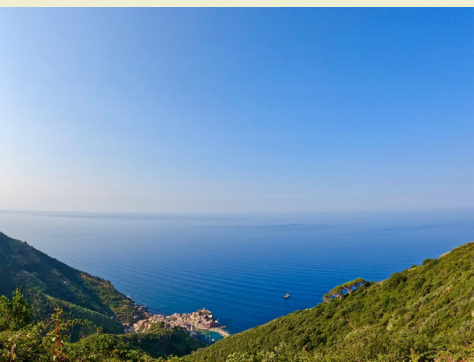
Itinerario dei Santuari

S. MADONNA DI SOVIORE
The Sanctuary of "Madonna di Soviore" is the oldest in Liguria region, with the first mention of its building dating back to 1225. It is possible that its construction took place in that period or even earlier. An ancient legend tells the story of the origin of the sanctuary: during the invasions of the Lombards led by Rotari, the inhabitants of the eastern coast sought refuge in the hinterland and, to protect a sacred wooden statue of the Madonna from looting, they buried it. It is said that the image was found a century later by the locals, following the flight of a dove that indicated the place of its discovery. In the following centuries, the cult of the Madonna di Soviore spread among the population, as evidenced by a 14th-century tombstone located in the presbytery, thus leading to the creation of the "pilgrim's house" and the entrusting of the care of the hospital of Monterosso al Mare to the rector and the massari of the sanctuary. The church received particular impetus during the Black Plague of 1348, when it was transformed into a refuge for pilgrims.

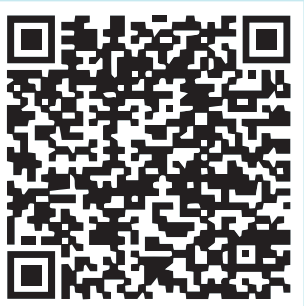
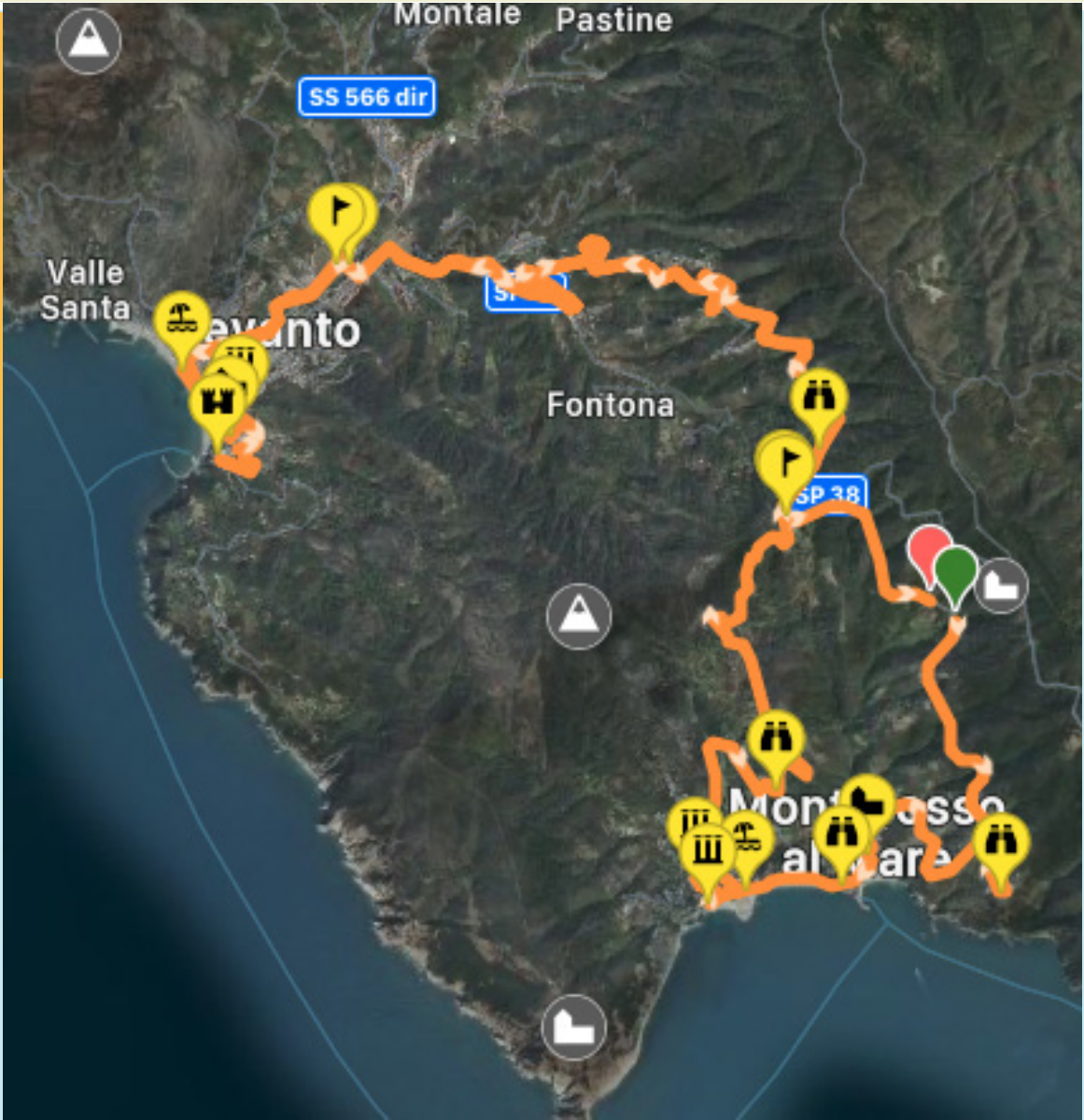
CENTURY HOLMS
The square in front of the sanctuary's guesthouse is bordered at the bottom by a row of centuries-old holm oaks (quercus ilex). These large trees (with a trunk diameter ranging between 240 and 290 cm and a height between 20 and 30 m) have been classified as monumental trees.

S. MADONNA DI REGGIO
The Sanctuary of "Nostra Signora di Reggio" dates back to Roman times, to the 1st century BC, and was an important hub during the Middle Ages. The ancient settlement of Reggio was located here, from which, around the year 1000, the population began to migrate towards the coast to create the first nucleus of Vernazza. The area was probably an ancient pagan cemetery, perhaps dating back to the 5th century. The church, certainly built before the 11th century on the remains of an ancient place of worship, the remains of which are visible in the crypt, is mentioned for the first time in 1248 with the title of Santa Maria. A further document from 1318 mentions the title of Reggio. On the slope surrounding the square there are ancient tombstones. One of them, in the shape of a shield, has engravings of the cross of the Knights of Malta. Not far away is the "column of tears", under which, according to tradition, a knight of the Malaspina family is buried, who died in battle during the Crusade and was brought from Jerusalem.

MONUMENTAL CYPRESS
Leaning against the side of the church is a monumental cypress tree "cupressus sempervirens", 23 metres high and 4 metres in diameter, whose age is estimated at 800 years, making it the oldest in the Liguria region.



2



Distance
27.03km

Positive height difference
667 m

Technical difficulty
Medium

Negative height difference
667 m

Maximum altitude
333 m

TrailRank
36

Minimum altitude
14 m

Type of route
Ring

Monterosso / Levanto

MONTEROSSO
The village of Monterosso was probably founded by the survivors of the legendary Albaroto, located on the hills and destroyed by the Lombards in the 7th century. The settlement of the village then developed at the mouth of the Buranco Torrent around the 9th century. Due to the Saracen incursions in the following centuries, watchtowers were built along the entire coastal strip to defend against pirates, some of which are still visible today. The first document that mentions Monterosso dates back to 1056 during the rule of the Obertenghi. Over the following centuries, Monterosso and the Cinque Terre were the subject of dispute between Genoa and Pisa, until in 1254 Monterosso finally passed under the control of the Genoese.

CHESA S. GIOVANNI BATTISTA
The church of San Giovanni Battista was built between 1244 and 1307 and subsequently renovated in Baroque style. Between 1963 and 1964 it underwent further restoration work. This building is a magnificent example of Genoese Ligurian Gothic. The facade is made up of alternating layers of white marble and dark green serpentine, with a double pair of marble columns. The beautiful central rose window, carved in white marble, is an exceptional example of decorated Gothic, attributed to Matteo and Pietro da Campiglio.

GIANT
The statue of the Giant was created in 1910 by the sculptor Arrigo Minerbi and the engineer Levacher on commission from the lawyer Giovanni Pastine, a descendant of Monterosso from a family who emigrated to Argentina. After having enriched himself abroad, the lawyer returned to the Cinque Terre with the aim of becoming a senator of the Kingdom.

VILLA MONTALE
The undisputed symbol of Eugenio Montale's stays in Monterosso, winner of the Nobel Prize for Literature in 1975, is the beautiful villa. Even today it is possible to admire from the outside what he used to call "the yellowish pagoda" or "villa with the two palms", currently not accessible to the public as it is privately owned.

MONTEROSSO CASTLE
At the top of Via Buranco, the oldest street in Monterosso, are the ruined remains of the castle, which stands on the hill overlooking the village. Originally built by the Obertenghi, an ancient feudal family of Lombard origin, to defend themselves from the Saracens, the castle was subsequently renovated by the Doria, Fieschi and Saporiti families, all Genoese lords.

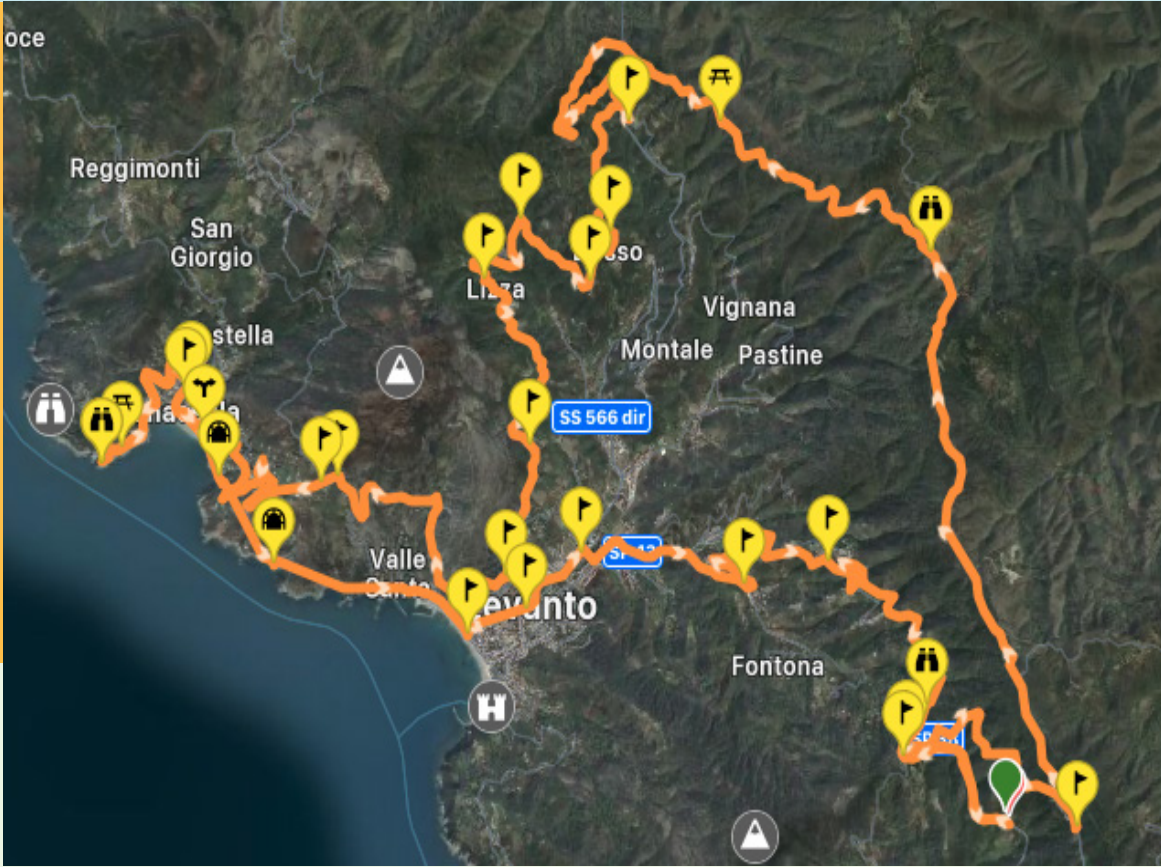
LEVANTO CASTLE
The origin of a castle in the village dates back to 1165 and is presumably owned by the Malaspina family. However, the current monument is almost certainly a Genoese reconstruction of the old manor, dating back to the second half of the 16th century, a period in which the walls were also rebuilt.

CHIESA DI S. ANDREA
Begun in 1222, the construction of the church was consecrated in 1463. Subsequently, the building was enlarged with the addition of two side naves. The facade is composed of alternating bands of white Carrara marble and local serpentine.

LA LOGGIA MEDIEVALE
entitled as early as the 13th century, the site was rebuilt during the 16th century. Since 20 July 2007 the lodge has received the title of "monument witness to culture and peace" by UNESCO. Initially the loggia had a commercial function linked to the nearby medieval canal port and was subsequently used as a municipal archive until the end of the 18th century.



3



Distance
40.58 km

Positive height difference
1,476 m

Technical difficulty
Medium

Negative height difference
1,476 m

Maximum altitude
604 m

TrailRank
59

Minimum altitude
1 m

Type of route
Ring

Bardellone, Bonassola (Madonnina della Punta)

BARDELLONE
Many scholars agree that Mount Bardellone was the "cradle" of Ligurian civilization as regards the middle Val di Vara and a vast coastal area between Bonassola and Monterosso. Its topographic position is fundamental as, located in the shape of an amphitheatre, with a view towards the sea, it represents the natural starting point for going up from the bay of Levanto towards the hinterland, dividing the coast from the internal valleys and allowing the convenient connection of paths coming from the valleys lateral to the main north-south road. Albereto was an important human center of antiquity, expanded and commercial, until its tragic destruction by the Lombard king Rotari in 643. He and his ferocious army sacked and razed every village along the route to Genoa, which they conquered quickly. Even after the Lombard devastation, the few survivors - who later founded Monterosso - continued to frequent the area to exploit the territory, thus maintaining a certain continuity in human activity on the mountain.

CYCLE PEDESTRIAN MAREMONTI
The project to build a railway in Liguria dates back to 1860 and was among the most arduous and expensive of its period. The section between Sestri Levante and La Spezia was particularly tricky. The railway had to adapt to the sinuosities of the coast to reduce the length of the tunnels, which were dug with gunpowder and pickaxes. Furthermore, the transport of materials by sea had to take into account weather and sea conditions. The work was completed only in 1874, after having built 23 bridges and dug 51 tunnels, now accessible from the Framura - Levanto cycle path. The construction of the railway allowed the small towns on the Eastern Ligurian coast to no longer remain isolated and to have a direct connection with the rest of the world. If the Maremonti cycle path was a true revolution, the railway that hosts it today had an even more decisive role.

MADONNINA DELLA PUNTA
The Madonnina della Punta's chapel is located west of the bay of Bonassola, on the tip previously called Santa Rosolea. It was built by the Poggi family at the end of the 1600s. In 1932 it was restored to a design by Orlando Grosso and, on the occasion of this restoration, the portico in front was added. Located on the small promontory, one of the most characteristic corners of the town, it offers a wide panoramic view from Punta Mescio to the Portofino Promontory.

