

# TRAVEL TIP

# 2



Those of you who have only a few days available, may be interested in a series of suggestions in some sections of Alta Via Dei Monti Liguri.

ALTA INFO  
H24 VIA



## FROM CAMPO LIGURE TO SARZANA

Total Km 275,10

Seven days in mountain bike or e-bike following the route of the Alta Via dei Monti Liguri and its variants. Fully rideable on your bike, fantastic views, overnight stays, and good dinners at the accommodation facilities of Ospitalità Alta Via

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Claudio Simonetti  
Mountain Bike guide  
LIGURIA - ITALIA



The Alta Via dei Monti Liguri (AVML) was born from the idea of a path that runs through the Ligurian-Padan watershed from Ventimiglia to Ceparana (SP). It is a path of a thousand suggestions that crosses innumerable natural environments, from the Mediterranean scrub and the hills covered with olive groves to the alpine prairies and larch forests. From the large pre-Alpine beech woods to the Apennine chestnut forests.

From the path you can often see our Ligurian Sea on one side and Monviso or Monte Rosa on the other. On clear days you can also see Corsica far away on the horizon. Even from a historical and cultural point of view as you proceed from west to east, you can perceive the thousand shades of the path, people change, cooking changes, human activities change. On the ridge, the Ligurian culture of the coast gradually mixed with the Brigasca, Piedmontese, Emilian and Lunense cultures.

The itinerary was born about thirty years ago as a hiking route. Then with the advent of mountain bikes many have ventured pedalling on this path. To faithfully follow the pedestrian path with the bike, however, you need to have excellent technical skills and consider long stretches of "portage". To make this trail accessible to a wider audience, continuously increasing also thanks to e-bikes, Claudio Simonetti on behalf of the reception network of Ospitalità Alta Via dei Monti Liguri of which he is a founding member, has created a path that uses pedestrian AVML where it can be pedalled and goes along as many dirt roads and trails as possible where it is necessary to avoid overly technical sections.

With its total 590 km it reaches its maximum altitude at 1960 meters of Col Bertrand and, in its entirety, it can be conservatively covered in 10/13 daily stages, relying on the many accommodation facilities of Ospitalità Alta Via where bikers can enjoy their meals, overnight stays, battery recharging, luggage transport, MTB guides and much more.

The route thus elaborated represents an excellent opportunity for the sustainable development of the territories crossed because, addressing the kind of tourist bikers public, it will be able to express numbers significantly higher than the niche represented by super-expert sportsmen. FIAB (Italian Environment and Bicycle Federation) - Genoa liked this project because it was perfectly in line with the statutory aims of promoting the environmentally sustainable territory. It was therefore decided to actively support it.

For this reason, in collaboration with the reception network of Ospitalità Alta Via dei Monti Liguri, we will go with a maximum of 15 of our members to ride the first stretch from Ventimiglia to Genoa by MTB. They, when back home, and if liked the route, will in turn be able to promote this MTB trail among friends and relatives as we believe there is nothing better than the direct promotion of those who have actually travelled an itinerary.

*text by Romolo Solari  
FIAB President - Genoa*

# Day 1

## From Campo Ligure to Pietralavezzara

Km 33,00 | Elevation gain m. 930 | Elevation drop m. 810

Participants can reach Campo Ligure with their own vehicles (which will be parked here) or, better, by train.

Those who want to reach Campo Ligure the night before departure can stay overnight at the B&B Il Giardino Fiorito or B&B Ca' du Tu.

■ Scheduled departure from the square in front of the Train Station at 09.00.

We will reach Masone riding along the county road for six km.

After leaving the village, we skirt a tributary of the Stura river, and we proceed steadily uphill to Pratorondanino (catering on advance request). We reach the asphalt on the county road SP4, which leads us to the Piani di Praglia. From here spectacular views of Genoa and its Ligurian Sea.

Once past the Piani di Praglia, the descent begins which takes us to Caffa ella firs , and to Isoverde then (here various shops and services including pharmacy).

From Isoverde a short but steep climb leads us to Gheresi (700 meters before Pietralavezzara, famous for its green marble) where Claudio lives, author of the guide on the network [altaviainfoh24.com](http://altaviainfoh24.com), current operator of the Alta Via Info H24 telephone service +39. 338. 16 29 347 and co-author of this travel tip. He too owns one of the many accommodation facilities on this route, here in Gheresi you will find his B&B Casa Torre where you will be hosted.

If time permits, there will be a variant (not included in the distance and in the positive height difference indicated below) to the Gorzente lakes, an imposing water basin serving the aqueducts of Genoa, whose construction began in 1883.

■ Packed lunch.

■ Dinner in Pietralavezzara at a partner restaurant/pizzeria.

■ Bed and breakfast at the Casa Torre B&B or other.

You may see the itinerary on [www.liguriatrail.it](http://www.liguriatrail.it):

menu > itinerary > detailed digital map > from left see orange / blue / orange track and zoom them.

## Day 2

### From Pietralavezzara to Garaventa

Km 44,80 | Elevation gain m. 1370 | Elevation drop m. 878

- Departure 09.00 a.m. at [www.ferroviagenovacasella.it](http://www.ferroviagenovacasella.it)



- Lunch close to Vittoria's Sanctuary near "il Castello" agritourism or other.
- Dinner at a partner restaurant.
- Overnight stay and breakfast at Villa Tiffa y B&B or other.

## Day 3

### From Garaventa to Lago delle Lame

Km 39,70 | Elevation gain m. 730 | Elevation drop m. 650

- Departure 09.00 a.m.

Leaving Garaventa we will reach Barbagelata, Priosà, Cabanne e Rezzoaglio to get finally o "Lago delle Lame".

- Packed lunch.
- Dinner, overnight stay and breakfast at Lago delle Lame motel or other.

## Day 4

### From Lago delle Lame to Passo del Bocco

Km 44,00 | Elevation gain m. 1180 | Elevation drop m. 1265

- Departure 08.30 a.m.

We now go in the fantastic Aveto Park by going through its luxuriant beechwoods. Once out of these aerial breath-taking panoramas, which extend up to the sea.

- Lunch at Pratomollo, at Casermette del Penna lodge or other.
- Dinner, overnight stay and breakfast at Antonio Devoto lodge or other.

## Day 5

### From Bocco Pass to Scassella Pass

Km 24,90 | Elevation gain m. 860 | Elevation drop m. 750

■ Departure at 09.00 a.m.

A few kilometres downhill, bypassing the Monte Zatta massif from which the rivers Vara, Entella and Taro originate, leads us to Colla Craiolo Pass where the dirt road begins and leads us to the Cento Croci Pass. A few more kilometres and we will reach Scassella Pass where we will spend the night.

■ Packed lunch.

■ Dinner at a "trattoria" in the area.

■ Overnight stay and breakfast at Canova B&B or other.

## Day 6

### From Scassella Pass to Casoni di Suvero

Km 49,10 | Elevation gain m. 1650 | Elevation drop m. 1730

■ Departure at 09.00 a.m.

We go back up the Scassella pass to reach the Cappelletta one, where we leave "walking route" Alta Via non-ridable. We enjoy these mountains' landscape and naturalistic beauties, which have no equals. We now trespass first in Emilia and immediately after in Tuscany. In Boschetto area we turn the handlebar to the right to go up to "A Zum Zeri". From here descent to Adelano, Rastello Pass (or Rastrello), in the middle of large meadows and pastures, to finally reach Casoni.

■ Lunch at "Zum Zeri" at Faggio Crociato Refuge or other.

■ Dinner, overnight stay and breakfast at Cuccaro Club or other.

## Day 7

### From Casoni di Suvero to Sarzana

Km 39,60 | Dislivello in salita m. 500 | Dislivello in discesa m. 1480

■ Departure at 09.00 a.m.

Sadly, this is the last day of our trip.

We reach Bolano, with wide open spaces first and in the middle of the thick woods then. Once arrived in Ceparana, the AV walking route terminal, we go on to Sarzana along the beautiful, winding but flat cycle path of the Canale Lunense. Here there is the train station from where we can return. Here we say goodbye with the hope to see you soon again on another Alta Via dei Monti Liguri route. Thanks for having ridden with us.

## What

### is included in this travel tip

- Half board Accommodation (dinner, bed and breakfast) in facilities of the reception network of Alta Via dei Monti Liguri Hospitality.  
Note: overnight accommodation is provided in multiple rooms or dormitories. In case of large participation in some stage terminals, it may be necessary to stay overnight in different structures.
- Mountain Bike Guide.
- Luggage transport.
- Tools for minor bicycle repairs.
- Free and temporary registration as an Associate Member of the National Mountain Bike Academy.
- Consultation of paper maps in vision.

## What

### is not included in this travel tip

- Transport to the place of departure and return.
- Lunches.
- Any mountain bike or e-bike rental that can also be booked and supplied by the organization.
- Anything not specifically described in this travel tip.

**Total cost per person € 930** (nine hundred thirty)

there is a discount if the participants exceed the minimum of 5.

**Participants** Minimum 5, maximum 15.

**Best months** except for exceptional snowfalls, all year round.

**Note** The organization reserves the right, if necessary and/or due to force majeure, to make corrections to the program while maintaining the prices indicated unchanged.



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