

ANTICA VIA DEL SALE

THE ANCIENT SALT TRAIL

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Those of you who have even one day available, may be interested in a series of suggestions in some sections of Alta Via Dei Monti Liguri.

ALTA INFO
H24 VIA



FROM TORRIGLIA TO GENOA NERVI
Total Km 45

Tel. +39.333.9642392
garittabar@yahoo.it

One day in MTB or E-MTB, along the ridge of the Antica Via del Sale and a stretch of Alta Via dei Monti Liguri, a variant of the classic cycle path. Completely rideable (non portage) entirely designed on scenic and technical trail from the mountains till the sea shore



Besu Guide Antola
LIGURIA - ITALIA

Tour

extra Alta Via dai Monti al Mare

From Monte Antola - Casa del Romano to the Tourist Port of Nervi

Km 45 | Uphill height gain mts. 1,000 | Downhill loss mts. 1,600

- For medium / high level skills.
- Top range full suspension E-mtb rental if required.
- Participants can reach Torriglia in the morning and park their vehicles, or arrive in Torriglia the previous evening: overnight stay in one of the Ospitalità Alta Via accommodation facilities.

■ Departure at 08,00.

Meeting point in Piazza delle Piscine in Torriglia and transfer by shuttle to Casa del Romano. From there, you will continue by bike along the Antica Via del Sale until you reach and travel a stretch of the Alta Via di Monti Liguri.

You go along dirt roads and single trails through woods and ridges with fantastic views ranging from the mountains to the sea, and finally you reach the sea, ending the tour in the characteristic tourist port of Genova Nervi.

- Packed lunch.
- Return by shuttle to Torriglia in the evening.

Equipment Mandatory equipment

Each participant must be equipped with:

- Spare air chamber.
- Helmet.
- Small repair tools set.
- Your bicycle should be in order (contrarily the organizer can not let you participate).
- Packed lunch.
- Water bottle.
- Backpack.

What

is included in this travel tip

- Shuttle service.
- Expert Mountain Bike Guide.
- Notions of improvement and MTB technique

What

is not included in this travel tip

- E-MTB rental (Euro 65.00 per day).
- Overnight.
- Any stops along the way.
- Anything not specifically described in this travel tip.

Total cost € 420,00 (fourhundred twenty)
divisible for up to 7 participants

The price per person varies according to the number of participants.

Reservation with mandatory deposit of Euro 30.00 per person, refundable only by presenting a medical certificate or due to cancellation by the organizer.

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.



MTB guide: Besutti Marco
Phone: +39. 333. 96 42 392
mail: garittabar@yahoo.it

BESU GUIDE ANTOLA

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