

# TRAVEL TIP

# 1

## From Rocchetta Nervina to Mendatica

A border path, a long but not particularly difficult trail, plunging into a largely different Liguria, just think that since prehistoric times the Ligurians lived in the castles hidden in the forests and on the mountain peaks. Through the Ligurian Alps Park which includes among the most beautiful and intact mountains, lean meadows and grassy lands, vast woods with wild and suggestive massifs.

An articulated itinerary that includes 4 stages, the entire route winds from a difference in height that rises from 400 meters to 2200 meters on Mount Saccarello, the highest peak in Liguria. This is the most "alpine" stretch of the entire Alta Via, deeply gratifying for those who love the mountains and especially for those who love that particular mountain environment that, from its heights, a panorama that sweeps up to the sea.

- 1.** From Rocchetta Nervina (reachable by bus) you walk to the Gola di Gouta hut, 6 hours of walking with a positive difference in height of 400 m.
- 2.** From Gola di Gouta to Colla Melosa immersed in unique panoramas, 7 hours of walking with a positive altitude difference of 1012 m.
- 3.** From Colla Melosa to the top of Monte Saccarello and to the eastern front where there is a large bronze statue of Christ the Redeemer (Redentore), we are above the village of Monesi di Triora, a 7 hour walk with a positive height difference of 1100 m.
- 4.** From Valletta di Monesi di Triora we reach the village of Mendatica, a 6 hour walk with a negative altitude difference of 1720 m.