



LIGURIA
ITALIA
terradamare

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> Seaside emotions

-  Art Settings
-  History Trail
-  Scents and flavours
-  Sports itineraries
-  A sea of gardens

Sailing, windsurf, diving, whale watching, or simply sunbathing:
there are hundreds of sea adventures in a holiday on the Riviera.



Publishing Info

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Golfo dei Poeti. The place where your soul belongs.

A warm embrace of jagged coastline to the East, and quiet beaches towards Lerici - little creeks, islands, and purple-veined white rocks in Punta Bianca: Golfo dei Poeti, the land that inspired Shelley and Petrarca, is the very eastern end of Liguria, at the border with Tuscany.



Bocca di Magra

Lerici.

Luxurious resorts with wide beaches, and wonderful hotels, framed by the Genoese Castle dating back to the 12th century, are all be good reasons why this little town in the Riviera di Levante is considered a pearl of the gulf. Chosen by D.H. Lawrence and the English Romanticists as their elected summer residence, today Lerici is the destination for elegant visitors all year long.

Tellaro.

The ancient strongholds built to defend the city core from sea invaders, serve today to keep the noise away, and offer a relaxing hideout on the water. Tellaro is the typical Ligurian village where the houses are huddled together along narrow snaky paths. Divine simplicity.

Palmaria Island



Lerici

Porto Venere.

The goddess of beauty could be the only one to protect this stretch of land. Portovenere, already well-known by the Romans, was destroyed in 643, and rose again in the Medieval Times, with its fortress-houses, the magnificent Genoese Castle, the **Church of San Pietro**, as well as walls, towers, the entrance door, and the **Church of San Lorenzo**, built by the Antelami master builders. Both a sea and inland village, Porto Venere is renowned for its beaches and cliffs, for the **Muzzerone** natural climbing wall, and the regional park of the Isle of **Palmaria**, with its spontaneous vegetation and caves, only accessible by boat. Not far from the beach resorts sits the sea town of **Le Grazie** in the vicinity of the **Varignano Villa**.

Cinque Terre, a Wealth of Emotions.

Punta Mesco and **Punta Manara** are the two capes that enclose an area of the region where the high cliffs fall sheer to the cobalt blue water. Here nature's beauty and man's skills meet along the 7,000 km of dry dwarf walls built to support the terracing structures. A web of stones, olive trees, and vineyards contains the mountains - a huge natural and cultural heritage enlisted among the UNESCO World Heritage Sites, and protected both as a Natural Park and a Sea Reserve.

Riomaggiore, **Manarola**, **Corniglia**, **Vernazza**, and **Monterosso** are the five little towns this area was named after (Cinque Terre means Five Lands). These narrow towns are linked by paths and old steps, which clamber up the Mediterranean maquis, among broom bushes, plants of butterbush, rare agaves flowers, and fragrant lemons. The most renowned way is the Lovers' Walk "**Via dell'Amore**", the first easy leg in the **Blue Route**, dug in the rock between 1926 and 1928. To fully understand the reason why this path was named after love, we suggest you sit with your partner on one of the many stone benches along the way, possibly at sunset... heavenly romantic!



Vernazza

Riomaggiore.

A little town with light and shadow effects, sunshine and refreshing darkness along the alley walls. Riomaggiore, founded in 1250 in between two steep hills, enchanted the Florentine painter Telemaco Signorini with its beautiful colourful houses, the Church of San Giovanni Battista, and the ancient fishermen village located around the beach of [Marina Piccola](#).



Via dell'Amore (Lovers' Walk)

Corniglia



Manarola and Corniglia.

The people living in Manarola learnt how to tame nature and turn a cliff on the sea into a fertile land. In this enchanting spot they have been producing wine and oil for centuries.

The proof of such tradition is the old oil mill which was restored by the National Park - a visit you simply can't miss before splashing back in to the blue waters of this nice little harbour.

The nearby Corniglia, Roman little town enclosed on three sides by vineyards, has an agricultural tradition too.



Monterosso al Mare

Vernazza.

Vernazza seems to jump out of a Medieval romance telling of knights and ladies, with its ancient stately towers above the bay, and its churches in Ligurian Gothic style. You can't miss the magic of the fishing boats (called lampare) when they set sail like little fireflies at sunset, or the fantastic Cave of the Devil, 70 metres deep.

Monterosso.

The Italian poet Eugenio Montale used to describe Monterosso as a "Plain village made of stone, a refuge for fishermen and farmers".

Nowadays the village is divided into a modern area, the sea resort of [Fegina](#) and a 13th century historic centre.

When you roam across the little alleys you will be stricken by the 17th century Capuchin Monastery, by the walls of the ancient fortress, the remains of the castle, and the [Aurora Tower](#).

Tigullio and Genovesato: a Blend of Mysticism and Frivolity.

Forests, thick formations of coral, purple branches bending beneath the warm waters, and then woods of fragrant maquis, ancient olive trees, and holm oaks in an inland territory that reaches the gulf - the elegance and glamour of Tigullio and Genovesato means refined little harbours and fashionable nights, promenades through medieval centres and celebrity sea resorts. But this area is also a treasure of wild nature and unspoilt sea - like an immense desert where you're never alone.

If you look at the horizon from **Portofino**, you may imagine Guy de Maupassant on his "Bel-Ami" yacht, setting sail for a lonely regatta; along the roads of **Rapallo** you may feel the fluttering spirit of Ernest Hemingway; and on the beach of **Cavi di Lavagna** you can still see the sea-lily planted by Lord Byron blossom. A holiday in these places can turn your imagination into poetry.



Camogli





Sestri Levante.

Between earth and sky, between the *Bay* that H.C. Andersen christened “*Bay of Fairy Tales*” and the *Bay of Silence*, Sestri Levante offers a wealth of thrilling experiences - sea sports, thrilling free climbing on rock walls that leap into the sea of **Riva Trigoso**, fashionable nights out in bars and clubs, the enthralling folklore of local festivals and events, the spirit of the little town, the peace of **Punta Manara**, triangular promontory which mirrors itself in the crystal clear water.

Chiavari.

“Key of the Valleys” is the meaning of the name of this enchanting little sea town, located as it is in a strategic position in the middle of the Tigullio area, in the alluvial plain created by the Entella stream. A focal point among the Ligurian sea resorts, Chiavari looks into the future, with its advanced hospitality structures and futuristic shipyards, and, at the same time, it remains rooted in the past, with a very well preserved historic centre **Court Tower**, the courtyard of **Palazzo Pizzorno** and the **Church of San Giacomo Rupinaro**.

A rich calendar of folkloristic, colourful events will provide additional emotions to your holiday. From the patron saint festival of **Nostra Signora dell’Orto** in July, to the fair of Sant’Antonio in January, passing through the International Show of Orchids (February of all odd years), the Festival of Tigullio (March and April), the Tigullio Maritime “Palio”, and the Golden Olive Award in September. A few kilometres away from Chiavari sits the town of **Lavagna**, famous for its 1500 boat-space tourist harbour, and the **beach of Cavi**, the widest in the Eastern area.



San Michele di Pagana

Rapallo.

Sea, festivals, art, and fine cuisine are the main ingredients you can enjoy when you spend your holidays in Rapallo, destination of the elite nautical tourism, domain, in the past, of the Este Marquises, the Fieschi from Genoa, and the Savoia family. You can always find something new, among the very well equipped sea resorts, the two little harbours, and the promenade with its famous terraces. Here nature and culture are closely intertwined, especially on the occasion of the annual National Literary Award dedicated to woman writers (June to September) and of the International Cartoon Festival (in September).

Santa Margherita Ligure.

The sea here will give you intense emotions. All the best features of the Riviera di Levante can be found here, from the cliffs of **San Michele di Pagana**, to the sand of the **Bay of Paraggi**. MAYBE this is the reason why in the 17th century many Genoese families built their summer residences here, such as **Villa Durazzo Centurione**, immersed in the spectacular park on the hill of **San Giacomo**.

Portofino.

Portofino guarantees its visitors a celebrity lifestyle.

If you want to enjoy a panoramic view, we suggest you visit the **Church of San Giorgio** from where you can see the harbour, the Roman Portus Delphini, and the rich palette of characteristic houses.

Portofino does not only mean architectural heritage (with examples like the **Church of San Martino** and the **Brown Castle**), it also means nature and landscapes. Off the Portofino promontory, in fact, a **Sea Reserve** is divided into three areas: the first one is enclosed in the creek called **Cala dell'Oro**; the second one, stretching from cape **Punta del Faro** to cape **Punta Chiappa**, - where you can see a variety of sea fans, red coral, and the beautiful sea fauna; and the third, an immense undersea meadow of Posidonia. You can swim in the blue sea or enjoy a diving session to discover the Mohawk Deer wreck, and then visit the green **Park of the Mount of Portofino**, with over 700 different flora species. For an unforgettable tour we suggest you walk or take the ferry boat to the Abbey of San Fruttuoso, a site protected by the National Trust for Italy. The complex is located in a fantastic panoramic spot, in a deep inlet in the indented coastline of the Promontory, and you may visit it any time of the year - experience the emotions of pilgrims following in the footsteps of 14th century monks.



Santa Margherita Ligure.



Portofino

Camogli.

Tourism hasn't spoiled the ancient look of this sea town located at the slopes of the Mount of Portofino, preserved by the medieval walls of the **Dragone Castle**. The horizontal line formed by the beach and harbour, which was built by the Republic of Genoa in the 18th century, meets the vertical structure of the stately colourful buildings, which symbolised prosperity for a village of fishermen and fitter-outs known all over the world, Camogli is a surprise every day of the year, but if you visit the city on the second Sunday of May, you'll be blessed. On the occasion of the Festival of San Fortunato, in fact, you can enjoy the world's biggest fried fish, cooked in huge frying pans. A tour around the city will lead you to **Recco**, Ligurian gastronomic capital, with its restaurants and the unmissable cheese focaccia, and to **Sori**, with its houses huddled together around the sandy shore.

Cogoleto and Arenzano.

A fifteen minute drive will take you from the busy city of Genoa to the blue sea bay of Cogoleto the Eastern entrance to the Italian Riviera, a paradise for sailing, surf, canoe, kayak and diving lovers, with its wide sandy coasts and hidden cliffs. The medieval core of the city is backed by **Mount Beigua**, where you can enjoy fantastic strolls and bike excursions.

Riviera delle Palme, simply a perfect day...

It's so nice to wake up immersed in the long beaches of soft quartz sand, and then dive into waters populated by dolphins and sperm whales. And when the day gets hot, you can either stay under the beach umbrella or hide in the alleys of the little towns, where the smell of baked bread and fresh fish is inebriating. A quick lunch and you'll find new energy to jump from the table to the waves on a surf board.

If you are unsure whether to spend the afternoon at the seaside or in the mountains, why not try cycling, horse riding or trekking on the hill ridges and valleys of the inland territory? For those who have a taste for history and culture, **Savona** offers interesting tours to discover Priamar, the ancient fortress built on the harbour by the "Liguri Sabati" - population of the Bronze Age - , and then became a defensive stronghold for Romans and Byzantine. When the sun goes down, night turns on in discos and festivals under the moon, bonfires and processions, local feasts in the squares of stone villages and recollections of ancient battles.

24 hours in the Riviera delle Palme are simply a perfect day..



Pietra Ligure





Bergeggi

Varazze.

Here the unexpected can happen. A Californian movie style surfer may ride the waves next to a fisherman devoted to his ancient profession; the young night life in pubs and clubs may turn to deafening silence in the Desert of the **Arrestra Valley**; the plain flat Promenade of Lungomare Europa meets dark woods of holm oaks, and the noble Castle of the Invrea family is as inviting and welcoming as the many hotels and campsites of the city.

Celle Ligure.

Like two planets that gravitate around the same axis, Piani and the city centre are the cores of the residential area of Celle. Piani is a modern area full of hotels, tourist services and leisure centres, whereas the

city centre is a medieval area.

This two worlds apart are linked by the elegant promenade along the coast.

Albisole.

It may look a tongue twister, but in geography you need to be very precise! Albisole are two cities in one - Albissola Marina and Albisola Superiore, with an s. These places are so beautiful that you will forgive their tricky names. Walking along the promenade Lungomare degli Artisti - which had been paved with a mosaic in 1963 - or wandering across the little streets of the higher part of the town, stopping in front of the shop windows with their traditional pottery on display, is a real pleasure.

Noli.

Maritime Republic in the past and Empress among sea resorts at present. Noli must be mentioned also for its cultural heritage - narrow alleys in the medieval centre enclosed in walls and red brick towers, the **Romanesque Church of San Paragorio**, and the Patrician churches of Pagliano, Repetta and Vivaldo.

“In the middle of the journey...” around Noli you will see the steep **Mount Ursino** that inspired poet Dante Alighieri when composing his “Purgatory”, and from there you may enjoy a paragliding experience down towards the coast where divers search for seahorses, squids, monkfish, and lobsters.

Finale Ligure e Varigotti.

Finale offers three kinds of holiday sets: **Final Pia** tells the glorious story of Renaissance and Baroque art in its Abbey and 16th-17th century villas surrounded by orchards and kitchen gardens; **Final Marina** is the centre of fashion with its modern boutiques and sea resorts; and finally **Final Borgo** is lost in time, with “Porta Reale”, its ancient entrance to the city, its walls, its Garibaldi Square and the beautiful workshop where the local stone is processed. Only a few kilometres away is **Varigotti**, inspiring muse of writers Cesare Pavese and Gina Lagorio, with the colourful houses that overlook the beach.



Finale Ligure

From Borgio Verezzi to Borghetto Santo Spirito.

“The sea in winter... looks like a black and white movie on tv”: this line from a beautiful song is out of tune with the magic atmosphere of this Spring Land. You can experience the best of this side of Liguria from September to June, when fishermen regain their beach in **Pietra Ligure**, deckchairs turn into nets and fishing boats, and cats enjoy the warmth of the faint sun. The sea in winter, then, becomes yellow like January mimosa flowers, colourful like the Carnival of **Loano**, the green hinterland nature, the white of the almond trees in February, the light of the gentle sky, and palm trees in the wind, which have nothing to envy Tropical islands.

Alassio e Laigueglia.

Class on the water, Alassio is the most elegant ray of sunlight in the Bay of the Sun (Baia del Sole), where holidays means beaches, walks across the alleys off the coastal main promenade, and fine shops, windows and 16th-17th century buildings. Read the notes left by guests of famous visitors on the tiles of the public garden wall: a series of memories in stone and pottery, left by Charlie Chaplin, Fabrizio De Andrè, Mina, Hemingway, Valentino Rossi, and Domenico Modugno. You can pleasantly walk bare feet along the beach, passing by deckchairs and beach umbrellas, and reach the close-by Laigueglia. Alternatively you can go there by bike, possibly stopping in one of the many bars on the beach.





Andora

Andora.

Pure nature plus all modern comforts. Beach resorts, two diving centres, the 700 boat-space little harbour, the sailing clubs and all services on offer have not spoiled the crystal clear waters of Andora or the seabed made of sand and rock. In the sea area of the Sanctuary of Cetaceans and in the internal Merula oasis, there is a deep respect for the environment, and nature repays with authenticity.



Riviera dei Fiori. Will Simply Leave You Speechless!

Thousands and thousands of words would still not be enough to describe the beauty of Riviera dei Fiori. The landscape is very varied along the coast - from sand, to pebbles, to cliffs. Thin sand in the bays of **Sanremo**, golden tongues in **Diano Marina** and **Arma di Taggia**, cliffs at **Capo Sant'Ampelio** and **Capo Cervo**, - where the waves bubble and cling, mumble and swarm with life, in the inlets of smooth pebbles. The varied coastline turns into valleys, gorges and mountain peaks at an altitude of 300 metres. A whirl of landscapes for a wealth of experiences to live night and day in the lively cities, while hiking in the woods, or plunging in history inside medieval little towns.



Arma di Taggia





Imperia

Cervo.

For those who prefer the sound of the sea rather than the noise of the city, chamber music rather than discos, Cervo is the perfect place. It is also called the Music Town for its international festival. The pedestrian area of the historic centre mirrors itself in transparent waters, and on the upper part of the town, woods and olive trees dye the hills green.

A sea of silence.

Diano Marina.

Amusement follows quiet. Diano Marina is lively and young, with nice hotels, well equipped beaches and night clubs of all kinds, and of course nice places to shop after a sunbathing session on the beach. A true explosion of colours and happiness is guaranteed on the occasion of Carnival and the Corpus Domini Infiorata. The coastal blue and the hill green are the main colours in **San Bartolomeo al Mare**, modern town enclosed within the coast and the "Via Aurelia" street.

Imperia.

Every place, like every person, has its own smell, and Imperia fragrances are unmistakable, with its exotic and Mediterranean vegetation at the same time, and with the aroma of wonderful seafood cuisine. Once you've awakened your sense of smell, you'll have to compensate with great views, like the wonders of the huge African palm trees on the coast, or the Parasio, the historic centre with its medieval buildings, baroque churches, arcades overlooking the beach, and steep concentric alleys.

Arma di Taggia.

You can go for a nice walk along the beach from Grotta dell'Annunziata to the harbour, maybe eating the savoury speciality of the city, canestrelli, or the sweet fennel biscuits. A family holiday in Arma di Taggia will offer you unique and precious moments you will remember.



Sanremo

Sanremo.

In Sanremo every day is a special day. The city offers amusement for the children in the little white sandy beach equipped with every comfort, and entertains adults in the famous 1905 Casino, where the green table is king. Fashion shopping is the most popular activity along the streets Matteotti and Palazzo, whereas along the seaside you can enjoy fishing, diving, canoeing, sailing, and surfing. The Flowers City is mostly identified with the Festival of Sanremo - the Italian song Festival -, the main event in a very rich calendar. Sanremo offers literary meetings on Tuesdays, concert seasons, as well as the bicycle racing "Classicissima", the car Rally, and Criterium, the wonderful Easter sailing event. Great performances on the sea.



Ospedaletti

Ospedaletti.

Hospitality is the passion of this fishing little town. Ospedaletti, with the most temperate climate in Italy, was a longed for destination of Mary Shelley and Katherine Mansfield. To understand their passion in full, try to walk along the sea between gardens of carnations and roses in bloom, or to climb up ancient muletracks through the woods.

Bordighera.

An Eastern spot in Liguria. Bordighera is the city with the most northerly palm grove in Europe. Actually, this kind of tree creates a special landscape very well integrated with the façades of the buildings, villas in Liberty Style, the harbour, and the upper city - a tangle of alleys and stone arches dating back to the 15th century. Monet painted it, Edmondo De Amicis wrote about it, Margaret of Savoy loved it... and how can you blame her? You just need to go up to the belvedere of **Capo Sant'Ampelio** for a panoramic view that is love at first sight.



Balzi Rossi

Ventimiglia.

This sea town is built along the Roia river, which separates the coastal medieval part from the modern area.

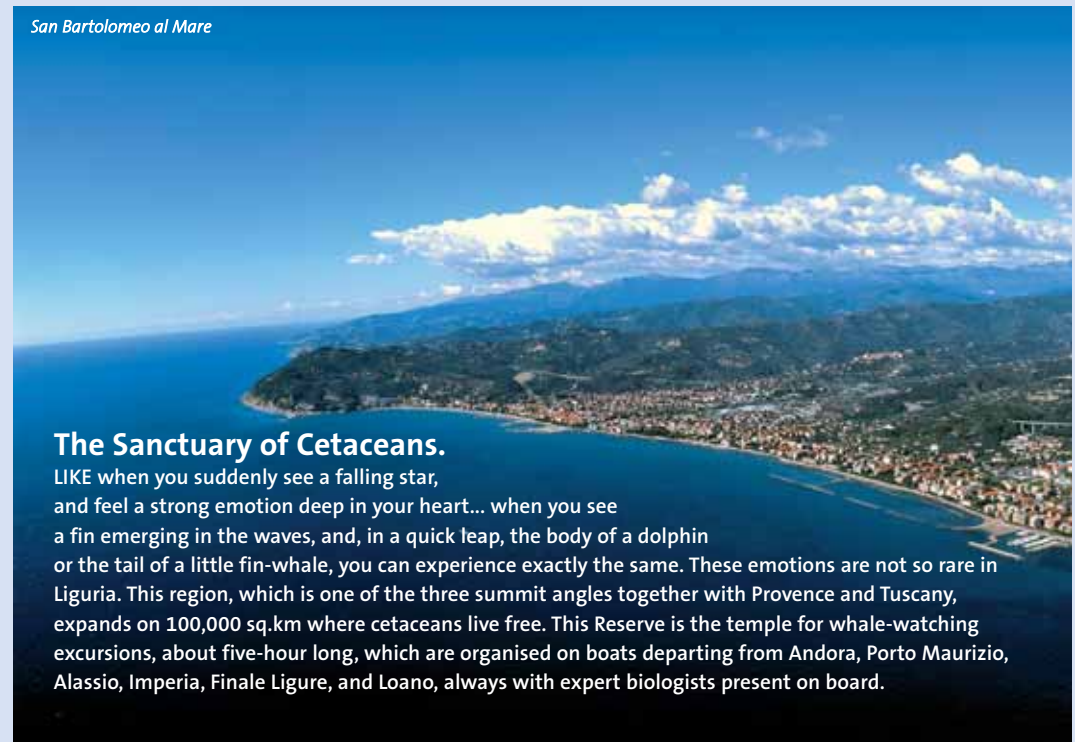
The cultural heritage of this town, which is located at the border with France, is very wide and is on display on the occasion of important cultural events like the Flowers Battle, the medieval cortege procession with drummers and flag-wavers, the Ludum Balistrae - a crossbow tournament -, the Regatta of San Secondo, and the Festival of Castagnole.

Balzi Rossi.

The border charm. We end this itinerary from the very beginning, from the origins of human history when 200 thousand years ago men lived in the "Balzi Rossi" caves. Before you cross the border say goodbye to Liguria with a dive in the emerald waters of **Spiaggia delle Uova**, a little bay of smooth rounded stones.

And then welcome France, another land, another history.

San Bartolomeo al Mare



The Sanctuary of Cetaceans.

LIKE when you suddenly see a falling star, and feel a strong emotion deep in your heart... when you see a fin emerging in the waves, and, in a quick leap, the body of a dolphin or the tail of a little fin-whale, you can experience exactly the same. These emotions are not so rare in Liguria. This region, which is one of the three summit angles together with Provence and Tuscany, expands on 100,000 sq.km where cetaceans live free. This Reserve is the temple for whale-watching excursions, about five-hour long, which are organised on boats departing from Andora, Porto Maurizio, Alassio, Imperia, Finale Ligure, and Loano, always with expert biologists present on board.

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Blue flags waving.

From Bordighera to Albisola, from Celle Ligure to Campososso... many many beaches have been awarded the longed blue flag by the Foundation for Environmental Education which certifies the quality of water, of environmental management systems, of services, and safety of course. Peace of mind for your holiday "nel blu dipinto di blu."

Varazze



Camogli - Genoa

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