

Path nr 1 (length: circa 40 km, duration of the trip: circa 13 h)

Path n°1 connects Porto Venere with Levanto, and goes mostly along the crest that separates the coastal slope of the Riviera of La Spezia (the Cinque Terre) from the interior one, that faces the greenness of Vara Valley and the Gulf of La Spezia. The natural panorama of this area, between the sea and the slope, is deeply signed by the work of the "man" that has transformed the earth into terraces that slope down to the sea in order to plant wine trees, olive trees, and other horticultural species, in a place very arid and steep.

As this path is very variegated and charming, it is certainly the most fascinating one.

The sea remains majestic on your left (if you start obviously from Porto Venere), and it seems almost that you can touch the Apennine chain, and the Apuan Alps with all the Tyrrhenian coast until Livorno - a unique spectacle.

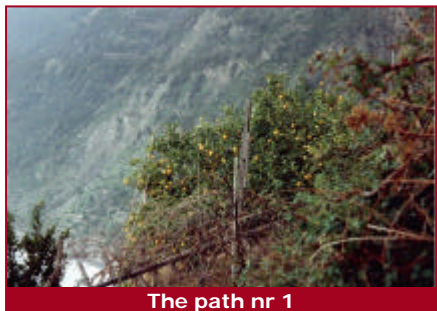
The itinerary can be certainly divided into different sections, and that is what Tuttospezia.it has done for you, in order to give you the possibility to appreciate this area that the Unesco has defined as "patrimony of the humanity" even more.



Path nr 1 - part 1, Porto Venere (0 meters o.s.l.) - Campiglia (401 meters o.s.l.)

Distance: circa 6 km.

Duration of the trip: circa 2 h



The path nr 1

The path nr 1 for Levanto starts from the central part of the village of Porto Venere (end station for the busses coming from La Spezia).

The path goes up steeply, coasting the castle that was built in 1161 and completed in the 16th century; near the cemetery we have a splendid view of the sea and the promontory of San Pietro.

The path continues to rise and goes through the spontaneous vegetation, the well-known Mediterranean bush that has regained the fields once cultivated mainly with olives trees.

We proceed coasting the wall of rocks of the Muzzerone that overhangs the sea, and represents a beloved destination for free-climbers from all over the world; continuing on an apparently flat ground, we reach the locality of Mortea (name coming from "mirto" - myrtle, once a very abundant plant in this part of the region)

from where we can see in whole liberty a magnificent panorama, viewing the Gulf of La Spezia, the islands and all the Tyrrhenian coast until Livorno, and in the middle the marble of the Apuan Alps.

Once on the asphalt-road we reach the "Sella di Derbi" (190 meters o.s.l.) - from here we see the open sea and the path that is again excavated and narrow - which means: from now on be careful!

We pass in front of a memorial tablet in honour of workers who died here in 1937, and in the middle of the Mediterranean bush, although not so exuberant as before 1987 - the year of a terrible fire.

When we arrive at the "Pitone" locality (local term to say Belvedere), we have a splendid panorama of the coast characterised by the precipices of the Muzzerone and the islands. At this point, when passed a little ridge we enter into the D'albana valley with its coloured jaspers, we walk through the carriage way to Campiglia in the middle of a pinewood, and after the football field we pass the village of Campiglia, built along the old path on the crest.

Path nr 1 - part 2, Campiglia (401 meters o.s.l.) - Cigoletta (612 meters o.s.l.)

Distance: circa 11 km.

Duration of the trip: circa 4 h

As mentioned before the built-up area of Campiglia is grown along the old path on the crest and for this reason it is a crossroad of paths: from the main square start the path n°11 and n° 4/b (on the left), while on the right continues the n°11 to Acquasanta and a little bit further the 4/a for Biassa.

Before you can once again enjoy the fantastic panorama of the Gulf and the littoral, you have to go up some steep stairs following path n°1. You can continue to the Sant'Antonio pass through cultivated vineyards that you can observe closely, while from now on you will see few of them and far away; pinewoods and cork -trees (very rare at this altitudes and with this humidity) and a foreshortening panorama of Schiara, a little group of seasonal houses, can be seen.

Surpassed the "Pozai" coast and a chestnut wood the path follows an excavated street and goes long a pinewood of maritime pines, where you can have sort of relax with all kinds of gymnastic tools: "the green gymnasium", so appreciated by the local people.

We go down until the Sant'Antonio chapel, crossroad of the paths to Biassa and Pegazzano (n° 4, right side), to Fossola and Scoglio Grimaldo (n° 4/c) and for Schiara and Monesteroli (n° 4, left side, and n° 4/d). We walk through a pinewood proceeding to "Telegrafo" with a little restaurant "Il Caminetto", a place where we can eat the typical local dishes and in particular the "mesciua", a soup with vegetables and spelt, flavoured with olive oil, salt and pepper.

Even "Telegrafo" is an important crossroad of paths: on the left with the n° 3 and n° 3/a you can reach the beautiful Sanctuary of the Madonna of Montenero and Riomaggiore, on the right with the same n° 3 you can walk to Biassa.

The path n°1 continues to rise along the crest with a spectacle of suggestive pictures - you can see from Montenero right to Punta Mesco, passing Volastra. At the height of Bramapane, on the right, a "cut" of the path of some meters allows you to see the Gulf of La Spezia, all this shadowed by Verrugoli (745 meters), invaded of antennas.

We proceed slowly at an altitude of 630 meters and after having passed "Cava Ferrando" on the right you find a diversion (path n°4/e) that brings you to 'Monte Parodi' through the "Sella di Carpena", and to the tavern "Paradiso".

On path n° 1 you arrive at "Monte Grosso" and "Sella La Croce", well indicated on a metal placket; from here you can reach the following destinations: on the left n° 01 (to Riomaggiore) and nr 02 (for Manarola), while on the right the same n° 01 goes to Carpena, Castè and La Foce where the Pieve of Morinasco rises.

Our path n°1 instead continues to go up a little bit and bypassed a flat ground we are under the "Monte Galera".

After having passed a little artificial cave at 708 meters over the sea level, on the right we have the n° 2 path to Crocetta and San Benedetto, while on the left the same n° 2 leads to Manarola and 6/b to Volastra.

Straight after, we come across "Menhir of Monte Capri" or "Menhir of Cinque Terre" - a big prehistoric discovery of ca. 4 meter lengths from the bronze age. The path continues with its ups and downs, passing indistinctly from the seaside (on the left) to the landside (on the right), and immediately after having passed the "Sella di Cuna", we arrive at the South East of Monte Marvede", another important crossroad of paths.

On the left: n° 6 (to Volastra and Manarola), the not very easy n° 7/c (to Corniglia). at the right n° 6 to Casella, Val dipino e Riccò del Golfo.

The n° 1 instead leads you to the Valley of Molinello; the houses of Porciano are immersed between the wine trees, and after a short descent, you arrive at a grass field surrounded by maritime pines, the ideal place to rest a little bit. You arrive at the Passo della Cigoletta.

From here you can divert, taking path n° 7 (passing by San Bernardino - from here with nr 7/b to Corniglia) to Vernazza, arriving from the heights to village.

A path that we invite you to discover.

On the right instead, with n° 7 you arrive at a little river and as a consequence at Riccò del Golfo.

Path 1 - part 3, Cigoletta (612 meters o.s.l.) - Madonna di Soviore (470 meters o.s.l.)

Distance: circa 10 km.

Duration of the trip: circa 3,5 h

Our path n° 1 to Levanto restarts up steeply, and as before you are walking between the land- and the seaside. We are at the feet of "Monte Gaginarà" with its 771 meters altitude; the pathway is large but progressively goes up while on the background dominates the promontory of Mesco.

Before getting even higher, we reach two little connection paths (n° 3 and n° 3/a) to Casella, Ponzò and Pian di Barca.

We start to descend slowly, while on the left we see Monte Castello from where you can join path n° 4 that brings to Corvara; after hundred meters we join another saddle of Prato Como, in front of Monte Malpertuoso that with its 815 meters is the highest relief of our path. This saddle has on the right another path (n° 5) that goes to Corvara too.

Passed the Saddle of Malpertuoso, path n° 1 descends through the wood, alternating with the asphalt-street until you reach the "Foce di Drignana". We proceed, and shortly after the Saddle Caprile the path branches off: one part goes directly to Saddle Schisarola, bypassing, the other one proceeds under the little hill of Monte Santa Croce.

Now path n° 1 has reached "Colle Il Termine" and with it the asphalt-street.

We arrived practically at the Sanctuary of the Madonna of Soviore, situated in the upper side of Monterosso al Mare.

The Sanctuary is a well-known place as it has several receptive places, with rooms, bar, restaurants and a wide space to regain energy.

From the square path n° 9 leads to Monterosso.

Path 1 - part 4, Madonna di Soviore (470 meters o.s.l.) - Levanto (0 meters o.s.l.)

Distance: circa 11 km.

Duration of the trip: circa 4 h

From the Sanctuary of the Madonna of Soviore to the "Colle della Gritta" we have to continue on an asphalt-street. After this hill (Colle della Gritta) the first houses of Levanto that we can reach immediately, cutting n° 1 and taking path n° 12 instead - are appearing in a certain distance.

Passed the restaurant after the parking space, from 329 meters we go up to the pinewood of "Monte Molinelli".

We enjoy a game of lights and shadows, and the panorama towards Monte Rossini is astonishing.

From one side the coast that we have left behind us departing from Porto Venere, on the other side a very nice panoramic view of Levanto, the promontory of Bonassola, Framura until Punta Manara.

Proceeding you reach the saddle of Colla dei Bagari - a starting point for different paths: the n° 14 to Fegina through Casa Ciletto, the n° 22 to Levanto passing through the "Costa del Monte delle Forche", the n° 16 that bypasses Punta Mesco, and the n° 15 that arrives at Levanto through the "Piani di Seghezza".

Path n° 1 continues versus south, following the crest, arriving at the Saddle of Sant'Antonio where a little sight tower appears: we are just over Punta Mesco.

At the left path n°10 leads to Monterosso.

Regaining Saddle Sant'Antonio the n°1 goes down to a pinewood.

We see groups of isolated houses (Casa Lovara and Casa Nuova), and the scenery is always unique; in a short time we reach the asphalt-street and the restaurant "La Giada del Mesco".

Passed a farmhouse, our path changes its character once again: a stair is bringing you to Levanto.

Our path and our trip that started at Porto Venere ends with a walk along the sea of Levanto

The path leads you to the square that is on the opposite side of the castle of Sant'Andrea.