

Cinque Terre National Park

www.parconazionale5terre.it

With its network of more than 100 km of trails, the Cinque Terre offers the possibility to choose between simpler trails and hiking trails for experienced walkers.



The beauty of the terraced landscape surrounds these paths: your walks will be framed by vineyards, ancient villages, Mediterranean maquis, vertical slopes and oak and chestnut forests. Thanks to the mild climate, the trails are walkable all year round. In addition to hiking, the large network of footpaths allows the following outdoor activities: trail running, nordic walking and mountain biking. Within the Marine Protected Area you can do the following activities: kayaking, snorkeling and diving and open water swimming along specified routes.



Bergeggi Marine Protected Area and Natural Reserve

www.comune.bergeggi.gov.it/

Bergeggi looks like a hanging garden, watching over the arc shaped Ligurian coast and the homonymous islet, it features a natural heritage preserved by the Regional Natural Reserve and by the Marine Protected Area. The limestone cliffs interspersed with the green



of the forest and scrub plunge into a clear sea; scenic trails, characteristic narrow streets, intimate beaches and important historical traces make Bergeggi a unique tourist destination. Be sure not to miss the guided tours (Cave "Gallery of the train", Marine Cave, snorkeling, diving and kayaking) and, to live Bergeggi independently: apnea, s.u.p. and scenic walking (the Botanic Path, the ancient Roman road, the cork oak woodland, the fortifications).



THE SPECIAL HIKES OF LIGURIA

Sentiero Liguria

Liguria is preparing a new hiking trail that runs from Ventimiglia to Luni, crossing the whole region, along beautiful paths accessible to all and a few steps away from the sea. A unique opportunity to discover the beauty of our land 365 days a year.

Alta Via dei Monti Liguri

www.altaviadeimontiliguri.it

The "Alta Via dei Monti Liguri" is a hiking trail that extends for about 440 km from east to west on the Ligurian ridge, splitting it into 43 stages. A scenic route that will allow you to discover an untouched Liguria. Hiking, horseback riding and mountain biking, snowshoeing, cross country skiing and ski touring are some of the options. On the Alta Via there are a variety of festivals including the exciting competition MTB "Alta Via Stage Race" and many trail running races.



iParchiLiguria for iPad



iParchiLiguria for iPhone



Outdoor in Liguria is...

Liguria is a land of fishing villages, beaches and rocky coasts, with promontories and mountains overlooking the sea, dense forests, gorgeous views and an environmental biodiversity that is among the richest in Europe. This natural heritage is protected by a System of Ligurian Protected Areas: natural treasures as well as extraordinary outdoor gyms where you can practice many sports, thoroughly experiencing the beautiful nature of this corner of Italy with respect.



Hiking, horseback riding, mountain biking, snorkeling and diving, kayaking, surfing, rock climbing, orienteering, Nordic Walking, snowshoeing, canyoning, mountaineering...

...why should you just lie on a beach in Liguria?

Project, management and coordination:  
LabTer Parco di Portofino

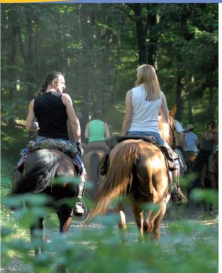


www.cromaticprinting.it

OUTDOOR  
in the Protected  
Areas of Liguria



AREE PROTETTE  
REGIONE LIGURIA





Portofino Park and Marine Protected Area

www.parcoportofino.it  
www.portofinoamp.it



Thanks to its features, the park offers a variety of environments: from the cool forests of the northern mountainside to the sunny cliffs overlooking the sea, from the cultivation of the chestnut and olive trees to the traditions related to the sea and fishery. Here you can find a flora diversity among the highest in Italy and important historical and cultural evidence, such as the famous abbey of San Fruttuoso. Be sure

not to miss 80 km of trails, the nordic walking paths, kayaking, walks with donkeys, the exciting "Sentiero dei Tubi", the most beautiful sea beds of



the Mediterranean for snorkeling and diving and the "Blue Mile", a sea stroke for swimmers only.



Beigua Park  
European & Global Geopark

www.parcobeigua.it



Untouched environment, breathtaking views, history, culture and gastronomic delights to suit all tastes. We are in the biggest natural protected area of Liguria, in a territory recognized as an international Geopark, that is a UNESCO-designated World Heritage Site. Be sure not to miss hiking along over 600 Km of paths, enhanced by 3 spectacular sections of the Ligurian "Alta Via dei Monti", nordic walking, trail running and canyoning routes, mountain biking, horseback riding or walks with donkeys, orienteering and climbing gyms, paragliding flights, winter snowshoe walking, surfing, snorkeling and diving along the coastal strip, and also birdwatching to follow the migration of birds of prey.



Antola Park

www.parcoantola.it

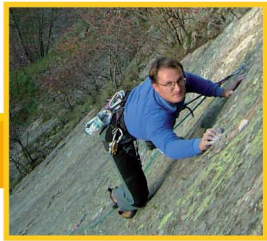


In the heart of the Ligurian Apennines, the Park of Antola stretches between the high valleys Scrivia and Trebbia, in a mountainous area which houses a heritage of nature and biodiversity, but also of history, architecture and traditions. Be sure not to miss over 200 km of trails that during the spring are known for abundant flowering, routes for multi-day hikes (Antola Alta Via and Via del Mare), Mountain Biking, horseback riding, "ferrata" paths for mountaineering and climbing among the pinnacles of the Rocche del Reopasso, kayaking along the major rivers, paragliding and hang-gliding in the area of Mt Maggio, fishing and winter hiking with cross-country skis and snowshoeing.



Aveto Park

www.parcoaveto.it



The Aveto Park, which stretches from Val Graveglia to the Sturla and Aveto valleys, offers different seasonal outdoor opportunities, thanks to an extensive network of trails. Hiking, mountain biking and horseback riding are some of the possible summer activities, while, in the cold season, snowshoeing, cross-country skiing and

winter mountaineering satisfy the snow lovers. In the Park it is also possible to practice white water rafting, canyoning and free climbing on spectacular cliffs, and exploring caves with a guided tour to the Tana Ca Fregghè. But the Park is not only nature, sports and adventure. There are many ancient rural villages, religious and civil buildings and every trip is an opportunity to enjoy and appreciate the delicious typical food of the Park.



Alpi Liguri Park

www.parcoalpiliguri.eu  
www.parconaturalealpiliguri.it



What else could stimulate the desire to be outdoors and play sports, if not a land rich in variety of natural and historical environments? Playing outdoor sports and walking in the "Ligurian Alps Park" allows you to feel the beauty of nature and discover the history of this interesting area. Be sure not to miss walking along the trail networks "Alta Via dei Monti Liguri" and "Via Alpina", paths marked



Montemarcello-Magra Park

www.parcomagra.it



The park is located in the easternmost part of Liguria and includes the river areas of Magra and Vara and the Promontory of Caprione, whose steep cliffs plunge into the crystal clear sea. The Magra River hosts unique wetlands, with staging and nesting areas for migratory birds. The Vara River rapids run mostly through narrow valleys. Mount Caprione hosts the Botanical Garden of Montemarcello and is characterized by a rich biodiversity and surprising historic and landscaped features. Be sure not to miss the many walking paths, kayak trips along the Magra and Vara Rivers or at sea, horseback riding, biking on dedicated paths along the river, snorkeling at the beaches of Caprione and "streamed hiking" by walking on the river beds.

