



Nature trails

Trails

TELLARO AND THE SURROUNDINGS One of the most beautiful villages in Italy

In the protected area of the Montemarcello-Magra-Vara Regional Natural Park, among centuries-old olive trees, dry-stone walls and Mediterranean scrub, numerous panoramic trails connect Tellaro with Lerici, La Serra and Fiascherino. It is possible to return to Lerici by following the CAI (Italian Alpine Club) trails no. 431 and 433, which lead to the ruins of the rural village of Portesone. After a short stretch on the CAI trail no. 461, we reach the hamlet of Serra, which offers a wonderful view of the Gulf. From here, there are several ways to return to Lerici (e.g. CAI trail 463). Duration: max 3 hours.

Alternatively, a detour on the CAI 433, leads to the ruins of Barbazzano (CAI 432): the founders of Tellaro, came from this abandoned settlement, where we can still see the remains of the ancient church of San Giorgio, following the mule tracks that still connect the sea to the hill. A short descent, sometimes steep, takes us to Fiascherino, famous for its beaches, where D.H. Lawrence stayed. In his letters, he wrote: "It is very beautiful here. I sit all day on the rocks in front of the sea and write. I tell you. It is a dream."

Duration: max 2 hours.

LA ROCCHETTA

The itinerary touches one of the highest points of the Lerici hills (about 400 metres above sea level), from where you can reach the characteristic hilltop hamlet of Serra, following the AVG (Alta Via del Golfo – CAI 422) and then descending to Lerici. Rocchetta offers an incredible variety of views and excursions, such as CAI 411, which leads to the Monti di San Lorenzo locality, and CAI 426: near Redarca, protected by a thick and shady wood, there is the ancient Villa Volpara, known as "Il Fodo", used by the partisans as a clandestine printery during the Second World War.

FALCONARA

The Park of Falconara offers breathtaking views of the Gulf of La Spezia as you walk through the Mediterranean scrub. This was the site of a military fort, a gunpowder and ammunition depot, which tragically exploded in 1922, leaving hundreds dead, injured and homeless in nearby Pozzuolo and San Terenzo. From Falconara, CAI trail 452 leads down to the Baia Blu, while trail 413, takes you back to the historic centre of San Terenzo.

CANARBINO - HIKING ON THE AVG - HIGH GULF ROUTE

From Canarmino there are several excursion options. The fastest one starts from loc. Pin Bon, where a section of CAI 413 reaches loc. Tre Strade and then San Terenzo, an ancient fishing village and the last earthly residence of the Romantic poet P.B. Shelley, which can be reached by various trails (e.g. CAI 454, CAI 413 from Falconara, CAI 455 or 456 from Solaro). Duration from 45 minutes to 2 hours at a maximum depending on the route chosen.

If you have more time available, we recommend another scenic route: about 1 km after Pin Bon, a detour to the right along CAI 413 Canarmino-Trebiano (signposted AVG Bocca di Magra) leads to Pugliola, an authentic Ligurian village overlooking the Gulf of Poets. The AVG route crosses the village, reaches Barcola and then Bellavista, from where you can easily return to the historic centre of Lerici along CAI trail 460.

Duration: about 2 hours.

CANARBINO / LA ROCCHETTA DI LERICI

This is a long but not particularly difficult itinerary, although there are some differences in altitude. From the Canarmino hill (about 200 metres above sea level), follow the CAI 413 (Canarmino-Trebiano section) as far as the junction with the Cerri-Trebiano road. From the village of Cerri, go down to the locality of Guercio until you reach the Lerici – Romito road. From here, the CAI 467 trail, which joins the CAI 411, leads to locality of Monti San Lorenzo, a very charming place for the presence of the remains of a very ancient church and the site of the Farfalla Dorata (Golden Butterfly), an archaeoastronomical phenomenon visible during the summer solstice. Continuing along the CAI 411, we reach Campo di Già and then (towards Montemarcello) the Rocchetta di Lerici.

Duration: 4 hours.

SAN LORENZO MOUNTAINS

In Monti San Lorenzo, not far from the road, are the ruins of the ancient Church of San Lorenzo del Caprione and the site of the Farfalla Dorata (Golden Butterfly), an archaeoastronomical phenomenon visible on the days of summer solstice, just a few steps from the church (CAI 415-417 trails). Continuing along trail 411, you reach Rocchetta, from where you can descend to the village of Serra (CAI 422) and then to Lerici. Duration: 3 hours.

ZANEGO - TELLARO

From Zanego, immersed in the green hills of the Montemarcello Park, you can reach Tellaro by following the CAI 433 trail and then the CAI 439, or CAI 466. The itinerary offers unforgettable views. Although it is downhill, some sections require caution. Duration: about 2 hours. This itinerary can also be extended to reach Montemarcello (Municipality of Ameglia) by walking along CAI 433.

