

# Camogli in winter but not only



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This is a guide from Camogli in winter, but useful throughout the year.

Camogli attracts even in this calm period, when tourists are less numerous than the rest of the year. The warmth of the Ligurian Sea bewitches you even in this season when the beaches are semi-deserted and savour peace around you. There are hotels where to stay, and restaurants and bars are open. The seafront of Via Garibaldi is ideal for a quiet stroll, between the shops on one side and the sea, and the splendid panorama on the Mount of Portofino on the other side.

## **A week on foot and by public transport**

Let us surprise with a nice walk starting from Camogli towards Recco, a city with many excellent restaurants. Where we can taste the famous "Focaccia di Recco". From Recco, you can continue to Nervi,

with the most loved seafront by the Genoese people. The walking path is a bit too long, so it is better to take the train or bus to Recco and enjoy the sea view from the window.

Anyone wishing to undertake a more demanding excursion can wear a pair of hiking shoes and take the mule track that goes up from Camogli to the village of San Rocco. From here you can continue going up the Mount of Portofino and follow one of the 80 kilometres of paths. One of the most scenic routes, but also more challenging, is that from San Rocco to the village of San Fruttuoso di Capodimonte, with its ancient Abbey. The walk takes about three hours and is only for experienced hikers.

Those who want something quieter, can take the bus to Santa Margherita Ligure and from there take the romantic walk along the sea that leads to Portofino.



## How to reach Camogli

The best arrive by train, but for those arriving by car we recommend:

Take the A12 motorway, take the exit Recco and follow the signs to Camogli.

Driving towards the center you'll find parking lots along the road, paid parking in the summer and, at the end of the road, near the railway, a parking lot with a barrier.

Free parking in winter from Monday to Friday.



### Where to eat:

In the historical center:  
Ristorante Cucù

Sea View:  
Ristorante La Camogliese  
Ristorante 7 pance

Trattoria:  
Trattoria del Duca



## Let's go to Recco

**Let's go to Recco to taste his famous focaccia.**

Easily reachable on foot from Camogli, Recco is located in a small bay with the colours of the Paradise Gulf.

A town badly damaged during the Second World War, it was rebuilt immediately after the war.

Numerous churches, shops and bars.

The main characteristic of Recco is its gastronomy. Its restaurants are excellent. Famous is the "Focaccia di Recco", baked product obtained by the processing of wheat flour, water and salt, rolled into the dough and then stuffed with a particular fresh cheese. Extra virgin olive oil to complete.

It is certainly better to eat it on the plate, but, with a little "balance", you can also taste it wrapped.

The important thing, if you go to Recco, is to taste it.



**You can find the best focaccia at the restaurant:**

"Da Lino"  
Via roma 70





## Nervi, the Anita Garibaldi Walk

Beautiful trip to Nervi, to walk the Anita Garibaldi promenade. An itinerary of great charm, suspended between the land and the sea.

From Camogli you can reach Recco by bus or on foot in 20 minutes. Then you can take the bus (direct to Genoa City) or the train to Nervi.

The walk dedicated to Anita Garibaldi, runs over the cliff. The route stretches for 2 km between the sea and the botanical park, Giardini di Nervi.

A lovely place, with a mild climate in the colder months, given its position.

This walk is very appreciated by the Genoese and not only, especially on weekends.

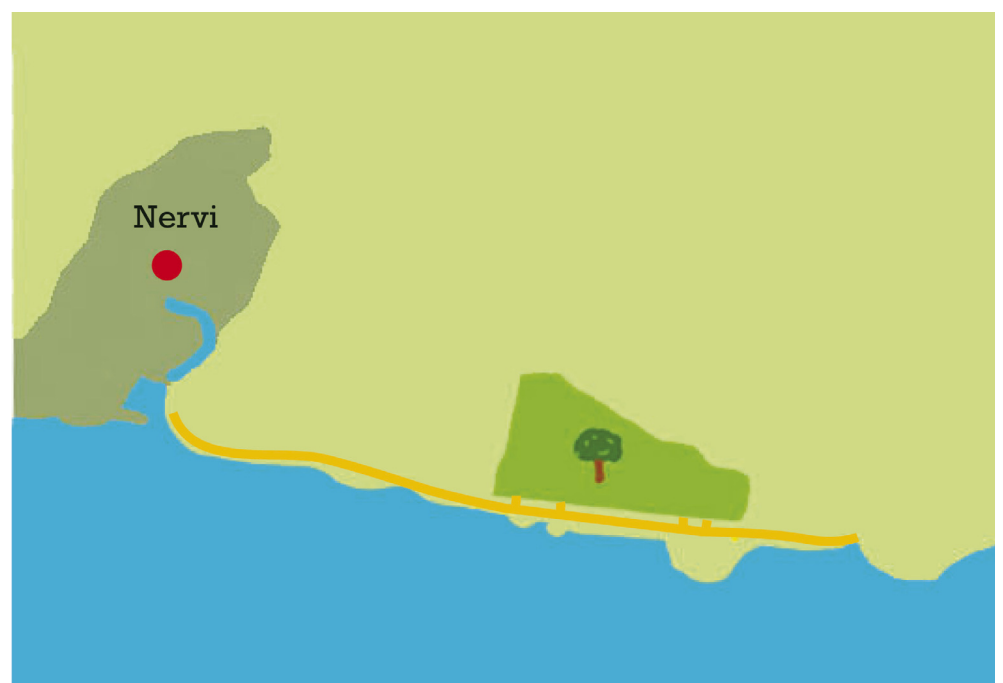
Along the way there are refreshment points.

A wonderful opportunity to admire the charm of the winter sea.



**See here the  
timetables and bus  
routes:**

ATP Bus Exercise  
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## San Fruttuoso (Abbey)

It can only be reached from the sea or on foot, following the mountain trails. A tiny fishing village dominated by the Abbey dating back to the mid-10th century. The beach below, in the deserted winter, during the summer season is very crowded. This bay is famous all over the world for the Christ of the Abyss, a 2.5 meters tall bronze statue positioned on the seabed at 17 meters. If you want to visit the abbey it is better to ask, before leaving, the opening hours that vary according to the season.



## How to get

We suggest an excursion to the Abbey of San Fruttuoso (Italy), starting from Camogli and passing through San Rocco.

Before starting it you must know that: the journey takes about 3,30 hours.

You walk up Via San Rocco along a concrete stairway for 45 minutes. When you reach San Rocco, to the right of the church, you will come across an indicator pole of the park. You can go up to the left and arrive at Portofino Vetta and then from there walk down to San Fruttuoso along an easier route. Or, and it is our case, continue to the right, on the flat path towards Batterie - San Fruttuoso. The path always runs along the sea and, after the initial flat part, has many ups and downs with strong differences in level. In some exposed points, for safety reason, chains have been placed that can be used as a common railing.

**We recommend returning to Camogli with the Golfo Paradiso ferry service:**  
[www.golfoparadiso.it](http://www.golfoparadiso.it)

**For info on the Park's trails:**  
+39 0185 289479  
[www.parcoportofino.com](http://www.parcoportofino.com)



## Santa Margherita Ligure to see

Santa Margherita Ligure is a tourist resort in the Gulf of Tigullio, between Rapallo and Portofino. With its port, its long palm-lined avenue, its hotels and its mild climate, it retains its charm unaltered even in winter.

We recommend a walk along the promenade, a visit to the city center with the beautiful Basilica of Santa Margherita d'Antiochia (in Piazza Caprera), and a ride to the many shops. Friday from 8 to 13 along Corso Matteotti is market days. The hills around are covered by Mediterranean vegetation, especially pines, chestnut trees and, in the lower part, by olive groves. Many luxurious villas overlook the "Costa dei Delfini" between Santa Margherita and Portofino. You can visit the enchanting Villa Durazzo located just above the city. A 17th century noble villa surrounded by greenery where there is an Italian Garden and an English style Forest.



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## Portofino and surroundings

It is pleasant to explore Portofino and its surroundings. Sea and sun, but not only, because even in winter Portofino knows how to steal your heart with its evocative village. From the famous Piazzetta frequented by the international jet set, a small road leaves across the peninsula, passes next to the Church of San Giorgio and the Castello Brown. (Unfortunately closed in winter) to reach the Lighthouse where you can enjoy a spectacular view of the rocks below and on the sea. Here the gaze is lost indefinitely.



## To reach Portofino

To reach Portofino: By bus from Camogli (one stop is in front of the exit from the train station), with change in Ruta, and then up to Santa Margherita. From here with another bus you get to Portofino.



If you want to take a nice walk, once in Santa Margherita, you can continue on foot along the coast that runs along the sea and admire the surroundings. Leads to Paraggi, from where you can follow a beautiful walking path immersed in nature, up to Portofino. On foot, from Santa Margherita to Portofino, it takes about 1 hour and 20 minutes.



## Rapallo historic center

To reach the historic center of Rapallo, take the bus from Camogli to Ruta, then change and take the one for Rapallo. During the journey you can see how the landscape changes and the succession of inhabited areas and olive groves that line the road, with the sea in the background.

You can visit with its many shops and the ancient castle on the sea. Being a pedestrian area, the visit is pleasant and relaxing.

A visit to the Basilica of Saints Gervasio and Protasio in the city centre, and to the modern-style church of Sant'Anna.

Drink a cappuccino in one of its many bars.

A walk along the promenade. Right on the seafront, located in the heart of the city, is the Music Kiosk, a circular Art Nouveau building with 12 columns supporting the dome. Splendid frescoes cover the vault with images of famous musicians.

For those who love shopping, Thursday morning is market day.

An unusual experience is to climb to the Sanctuary of Montallegro using the cableway, the only one in Liguria.

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## The typical Ligurian cuisine

The typical Ligurian cuisine are a good example of the increasingly renowned “Mediterranean diet menu”. This is mainly due to the ingredients that become part of the recipes. Very simple products, obtained mainly from the cultivation of the earth.

The “preboggiòn” is a mixture of wild herbs that are boiled and then used as a main component of soups, pies, omelettes and more.

Pesto is a bit ‘the flag of Ligurian gastronomy. A sauce of salt, garlic, basil, pine nuts, grated cheese and oil. All this was once “pounded” in the typical marble mortar

As for the other typical Ligurian dishes, also for the pesto there are different versions, with variations in the



ingredients. For example, the parmesan cheese can be replaced by the Sardinian one, the pine nuts from the walnuts.

Pesto is used to season the various types of pasta, especially the trofie, a very particular type of pasta.

### The boiled vegetables

The boiled vegetables are the queens in the composition of savoury pies, another typical “poor” dish (especially of fats) of Liguria. Most known and appreciated of these cakes is the Torta Pasqualina.

The Genoese focaccia, with or without onion, is the excellent flour product.

### The fish

Liguria is an arch of land lying on the sea and the fish (as always) is another component of its cuisine. Of course, depending on the type of fish, there are different recipes.

Some types of fish, for example anchovies, are salted. In this way they are preserved for a long time.

Those who wish can take home an “arbanella” of salted anchovies and taste them at home months later

*Hôtel*



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