

# The Ligurian coast from Rapallo to Nervi

## A week along the Ligurian coast on foot and with public means of transport

This tourist guide will allow you to fully appreciate beautiful Ligurian Riviera from Rapallo to Nervi.

This area, washed by the Mediterranean Coast, enjoys a warm but pleasantly dry climate during the summer.

When in Rapallo we won't be visiting just the city centre; we'll then reach Santa Margherita's seafront on foot, with its churches and its shops.

We'll move on to Portofino, down to the poshy "piazzetta" and the colorful bunch of houses all around, then up to Castello Brown.

Picturesque Camogli will welcome us with its multicolored houses facing the sea and tiny San Fruttuoso with its Abbey.

In Recco, we'll give us a treat with the mythical focaccia, while in Nervi we'll enjoy the promenade along the cliffs.



## Historic center of Rapallo

You can visit with its many shops and the ancient Rapallo 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.

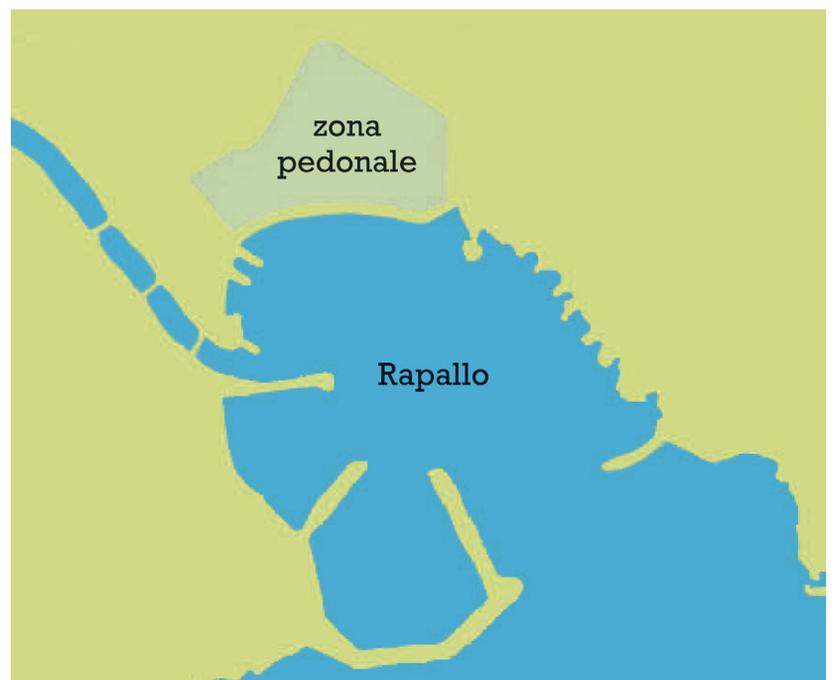
A walk along the promenade.

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 Ligurian coast.



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

Esercizio Bus ATP  
[www.atpesercizio.it](http://www.atpesercizio.it)

## S.ta Margherita Ligure

Santa Margherita Ligure is a tourist resort in the Gulf of Tigullio, between Rapallo and Portofino.

Beautiful, with its port, its long avenue lined with palm trees, its hotels and its mild climate, and its sea.

We recommend a walk along the promenade, to visit the city center with the beautiful Basilica of Santa Margherita d'Antiochia (in Caprera Square), and a ride to the many shops.

Friday from 8 to 13 along Corso Matteotti is market days.

The vegetation around the region, especially pines, chestnut trees and, in the lower part, by olive groves. Many luxurious villas overlook the "Dolphin Coast" 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.



## Portofino

**It is pleasant to explore Portofino (Italy) and its surroundings.**

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. 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

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. On foot, from Santa Margherita to Portofino, it takes about 1 hour and 20 minutes.

If you want to follow the same path in the opposite direction, in Portofino you climb along a narrow road in front of the Church of Divo Martino.

The pizzeria with the best quality-price ratio can be found at “L’Isolotto”.



## Camogli on the sea

One of a kind Camogli (Liguria) lies on a series of successive terraces unrolling along a steep slope towards the sea view.

On leaving the main road, you'll find a few parking places on the roadside, a barrier-controlled paid parking and, during the summer, other paid parkings once you get to the bottom of the road.

It is advisable to reach Camogli either by train or by bus since the parkings are often busy.

You can enjoy a nice, quiet walk along the quayside, lined with cafés, restaurants and shops.

Picturesque, colorful houses overlook the sea, the small beach and the little port – a true Ligurian gem.



### Recommended restaurants Camogli:

In the historic center:  
Ristorante Cucù

Sea View:  
Ristorante La Camogliese  
Ristorante 7 pance

Trattoria:  
Trattoria del Duca



## How to get

We suggest an excursion to the Abbey of San Fruttuoso (Abbey), starting from Camogli and passing through San Rocco. Before starting it you must know that: The journey takes about 3 hours and there's no water available along the trail.

The itinerary begins in Camogli from Viale dei Cipressi, near the Carabinieri casern. 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. In some exposed points, for safety reason, chains have been placed that can be used as a common railing. It is easy to meet wild goats. Despite the long horns, they are absolutely harmless. Along this itinerary you can admire the military construction of the Second World War and splendid views of the coast and the sea below. We recommend returning to Camogli with the Golfo Paradiso ferry service.

**For info on the Park's trails +39 0185 289479 (int.6)**

Parco di Portofino  
[www.parcoportofino.com](http://www.parcoportofino.com)

## 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 and by the Doria Tower built to defend against the Turkish-Barbary pirates. 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.



## Let's go to Recco

### Let's go to Recco (Liguria) to taste his famous focaccia

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 (Italy), is to taste it.

Recco is easily reachable by train from Rapallo.

**The focaccia with the best value value for money can be found at the restaurant:**

"Da Lino"  
Via roma 70



## Anita Garibaldi Walk

**Beautiful trip to Nervi, to walk the Anita Garibaldi promenade.**

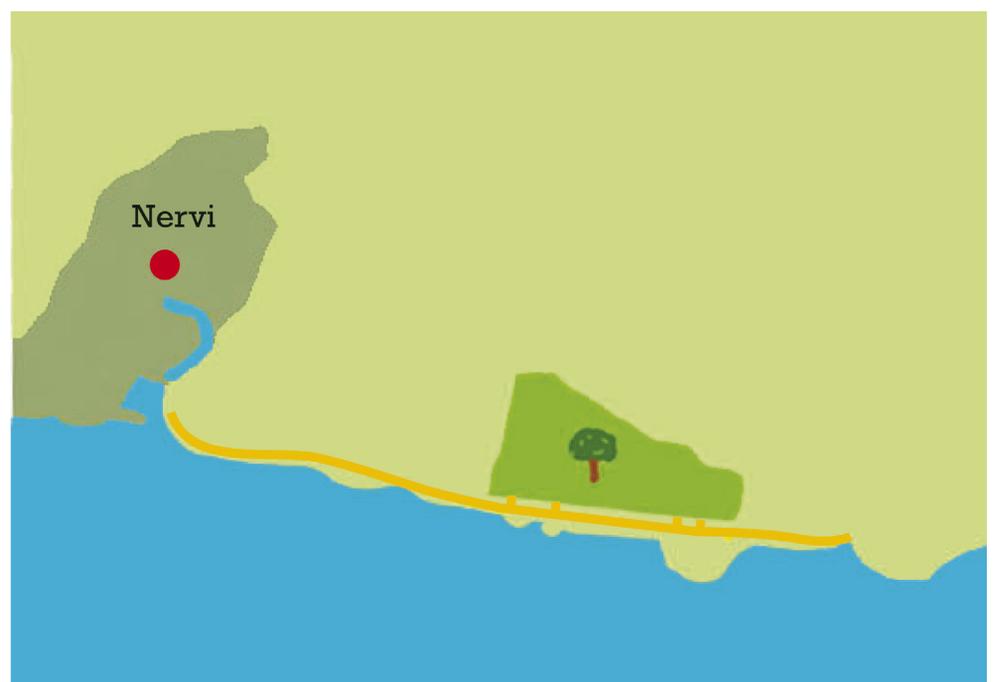
An itinerary of great charm, suspended between the land and the sea. The walk dedicated to Anita Garibaldi, runs over the cliff. The route stretches for 2 km between the sea and the botanical park, Giardini di Nervi. A lovely place, with a mild climate in the colder months, given its position. This walk is very appreciated by the Genoese and not only, especially on weekends. Along the way there are refreshment points.

Nervi can be reached by train from Rapallo.



**See the train timetable here:**

[www.thetrainline.com](http://www.thetrainline.com)



## Ligurian dishes

The typical Ligurian dishes are a good example of the increasingly renowned “Mediterranean diet”. 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.

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.

Liguria is not only sea, but also mountain. The wooded areas of the interior of Liguria, have been above all in the past a game reserve.

Of course, the ingredient that is never lacking in Ligurian cuisine is olive oil, better if extra virgin.

*Hôtel*



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