

Mante Acuta

From Toirano to Ceriale

Departure altitude: 50 mt
Total difference in height: 800 mt
Length: 23 km
Departure locality: Toirano SV

The scenic impact through this route is guaranteed but bear in mind that is not for those who dislike getting out the saddle and walk... the real fun begins just below the summit of Monte Acuto and there is a stunning panorama throughout all the crossing. From Loano 2 Village, passing through Boissano, after 7 kilometers you reach Toirano and follow the asphalt road to Balestrino, the road begins to climb slightly; near the first sharp bend you leave the main road and you enter a comfortable unpaved road with stretches of asphalt that passes through bands of olive trees that leads to the abandoned and charming village of Balestrino. From here you continue on the main road towards Castelvecchio di Rocca Barbena for several kilometers until you reach the crossroads. From here follow the indications for the panoramic sanctuary of Monte Croce. Now the matter becomes interesting: to the right of the sanctuary starts a path with the sign "empty red square", follow it southward to the sea.

The return to Loano is on the Aurelia.

Mante Carma

from Pietra Ligure

Maximum height: 1640 mt
Total difference in height: 1680 mt
Length: 42 km
Departure point: Loano 2 Village (Loano, SV)

From Loano 2 Village you reach the Aurelia and turn left for Pietra Ligure; you go up towards Pianazzo and Giustenice, first on asphalt with a fairly steep slope and then on a dirt road. From Giogo di Giustenice you go up to Monte Carmo with the last tract of a small portage. The view is wonderful and rewards the effort. From the top, descend on your own steps on the ridge and then go down to the left on the technical and splendid path marked with trail markers that leads to Giogo di Toirano. Continuing, the downhill routes can be different, from the easiest on the road to the beautiful and technical one of the "salto del lupo" marked with a full red rhombus. The one in the attached track is all cyclable and fun and leads to Boissano and then Loano to close the loop of a beautiful tour.

Caprazoppa

Loop from Finalborgo to Verazzi's church

Departure altitude: 5 mt
Total difference in height: 320 mt
Length: 12 km
Departure point: Finalborgo (Finale Ligure, SV)

The itinerary is short but very panoramic and can be combined with other itineraries. It starts next to the road that leads to the sea, turn right on the old Napoleonic road. Climb on a very bumpy road that with three bends leads to the old caves, from there take the path "Rombo Rosso" that, with a fun stretch of single-track, leads to the hole under the Church of Verezzi. From the church (water) you reach the ridge always following the "Rombo Rosso" and you arrive above Gorra. Two steep semi-asphalted slopes downhill lead to the provincial road. At this stage turn right onto the provincial road, and as soon as you get to the village keep to the right until you enter a path with a low wall. Avoid the first crossroad on the right and continue until you meet the path with three red dots that comes from the Church of Verezzi.
Go left, and after a newspaper kiosk a "very difficult" downhill path begins.
that leads exactly to the starting point.

Gira dei panti romani del finalese

Total elevation gain: 450 mt
Length: 27 km
Place of departure: Finalpia (Finale Ligure, SV)

From Final Pia towards Calvisio, turning right for Verzi, through Rocca di Corno you have to follow the ancient Roman road passing the three Roman bridges reaching the Colla Magnone (stretches on foot because of bad ground).

From the Colla turn right up to a gate, then turn left reaching the Bric dei Monti (400 mt above the sea level), 200 mt before the Bric you will find a path on the right that descends to Andrassa and then goes up to the provincial road, cross it and after 100 mt on the right you will reach the Bric Covi.

Cross it and with a drop first on a fun technical path and then along the dirt road you reach the traffic light of Capo Noli 50 meters before the traffic light on the right there is a narrow but well marked path with spectacular views of Capo Noli. When you reach a road on the right (blue marks), follow it on foot and return to the road of the traffic light. On the left for 300 mt, on the left again uphill to a crossroad, on the right downhill to a road, on the right uphill to the provincial road, cross it, downhill to the Church of S. Giacomo, go to the trattoria of the cave, find a path that, with a wonderful technical slope, leads back to the 2nd Roman bridge and then to Finalpia.

Ex Base Nata *From Finalborgo, downhill path H*

Departure altitude: 10 mt
Total difference in height: 1250 mt
Length: 32 km
Departure point: Finalborgo (Finale Ligure, SV)

The route H, almost 6 km long, easily recognizable because it starts from a former heliport, is the most beautiful and atypical thing you can find in the mountains near Finale Ligure: single track, fast stretches, walls and shores make it absolutely unmissable. Departure from Finalborgo along the road that leads to Calice and then take an easy path that leads to the Church of the Madonna della Neve and, still on asphalt, to the former NATO base.