Itinerary for Jean Rhodes

Ligurian Hills - Across the Apennines to the sea

Arrival:	**Monday 29 April 2024**
Party size:	**2**
Rooms:	**1 twin (see Client Booking Voucher for details)**

Things to do each day:

a. Check the weather forecast the evening before. If in doubt, speak to your local contact for advice on options.

b. Remember to take your Holiday Handbook (Blue Booklet) each day for reference, and this Itinerary (physically or on your phone)

c. Each evening read at least the introductory advice in your route notes for the next day's walking. This will enable you to consider your options for the following day and make any necessary arrangements for walk shortening (see below).

Times given in the route notes are pure 'walking times' and do not allow for any stops at all. Allow enough time (we suggest +30%) to complete the walks comfortably each day, factoring in rests, meal breaks and time to smell the flowers.

'CUSs' refers to the aggregated daily ascent in metres and is a measure of difficulty - 250m is easy, 500 medium, and anything above 750m can be challenging for some.

d. All accommodation is booked on a bed and breakfast basis unless specified in your booking voucher. Eating out advice can be found in your Holiday Handbook (Blue Booklet) or on a separate sheet. On those occasions where dinner is included this will exclude beverages (pay separately) unless otherwise stated in your booking voucher.

e. Make sure you know where you are staying each night before you set off, as there may be more than one possible accommodation in each centre.

f. If relying on public transport timetables to enable a walk, please check these locally as they may change between the time we create your pack and you doing the walk.

Route specifics

The party leader (you?) should make contact with our local contact Greta by Whatsapp (preferred) or SMS between 1 and 2 weeks prior to arrival, giving the name in which the booking is made and the arrival date, so that she can check it against the details she already holds for you. This will avoid communication difficulties later. Contact details can be found at the end of the itinerary.

This is a fine walk, but a high one too, particularly from Varzi onwards, and should not be done in bad weather. Always check the weather in the evening for the following day, and if necessary make arrangements for a lift - these vary each day, but are clarified on the front page of each day's route notes.

Likewise take care to be properly clothed and shod, and walking poles are well-nigh essential on the ridge walking days.

Please note that Tourist Tax may be payable locally in certain hotels (specified overleaf).

Ensure that your luggage is ready for collection from the hotel foyer by 10:00am.

Getting to your first accommodation:

Your taxi will be waiting for you at the appointed time outside Voghera station (see transfer sheets as to how to exit this rambling station), so if your plans change (or are changed perforce) please call Oltre Driver, whose details can be found towards the end of this itinerary, and give them the revised arrival time, giving them as much notice as possible.

Your day-by-day itinerary:



Monday 29 April

16:20 Taxi: OltreDriver - Taxi Voghera station (Allesandria arr. 16:20) to Cella di Montalto, Montalto Pavese (1-3 pers.)

Arrive at Cella di Montalto and rest after your journey before exploring the village and a good dinner.

Accommodation: Cella di Montalto - Montalto Pavese
Dinner: Provided by your host (included). Drinks extra.

This evening: You have the option of shortening the walk tomorrow (see route notes) or alternatively, you can travel all the way with the luggage. Your hosts will provide you with a packed lunch.

The Locanda del Molino does not open in the afternoon until 3.30pm, so please time your arrival accordingly.

Tuesday 30 April

Walk: Montalto Pavese to Fortunago

A lovely day of ridge walking (3¾ hrs (allow 5 hrs), 13½ km, CUSs 600m) with expansive views.

Accommodation: Locanda del Molino - Fortunago

Dinner: Provided by your host, included in the holiday price. No Tourist Tax.

This evening: If you would like a lift "to the cross" to shorten tomorrow's walk ask Alessandro tonight (Medium-hard: 4¾ hrs, 19km, CUSs 650m, or Easy: 2¾ hrs, 10km, CUS 225m). Alessandra will provide a packed lunch tomorrow.

Wednesday 1 May

Walk: Fortunago to Varzi

A walk through fields and woods as far as the Castello Verde, then up into the wooded hills before descending to Varzi (4¾ hrs (allow 6½ hrs), 19km, CUSs 650m, or shorter option after a lift to the Cross). Please call Greta, your Varzi host and local contact, about one hour before arrival (details in route notes).

Accommodation: Locanda Le Cicale - Varzi

Dinner: Not included - try their own restaurant closed Mon (and Tue in low season) or the pizzeria across the road (unless otherwise stated below).

This evening: Two options again tomorrow, but you don't have to tell anyone that you want to ride with the luggage as far as Castellaro - just be ready by 09:30. Greta will provide a packed lunch. No water refills available except in Castellaro.

Thursday 2 May

09:30 Taxi: Locanda Le Cicale - Clients from Locanda Le Cicale to Castellaro (unless walking there), luggage to Capanne di Cosola

Walk: Varzi to Capanne di Cosola

A sustained climb from Varzi 1000m to the ridgetop for the start of your ridge walking proper, ending in Fausto's hilltop hotel (7 hrs, 21 km, CUSs 1210m, or shorten with a lift to Castellaro (included))

Accommodation: Albergo Capanne di Cosola - Cabella Ligure

Dinner: Included in the holiday price

This evening: Tomorrow's walk is long and there are two shortening options, one of which (riding with the luggage the whole way) needs booking via Greta tonight (see route notes). The other can be arranged en route. Have a good look at the notes tonight so you are prepared.

Fausto will provide a picnic, but take enough water for the day.

Friday 3 May

Walk: Capanne di Cosola to Due Ponti

A long, majestic day (6 hrs (allow 8 hrs), 21km, CUSs 575m), but some in-route shortening options (lifts after a phone call)

Accommodation: Hotel Due Ponti - Due Ponti

Dinner: Provided by your host, included in the holiday price. No Tourist Tax here.

This evening: if you would like to shorten tomorrow's walk you can extend the initial lift (see route summary) or bail out later by calling for a lift from the 4 hour point (pay locally).

Packed lunch provided by your host, water refills available en route.

The accommodation in Calcinara opens from 16:30 so please don't be alarmed if you arrive early and there is no one there to meet you.

Saturday 4 May

09:30 Taxi: Hotel Due Ponti - Client transfer to tunnel below Buffalora (or to the 3½ hour point on request), luggage to Albergo Caprile, Calcinara (1-4 pers)

Walk: Due Ponti to Calcinara

A lovely ridge walk, but a longish day again (6hrs (allow 8 hrs), 19km, CUSs 490m). Shorten with a lift from the 4 hr point.

Accommodation: Albergo Caprile - Calcinara

Dinner: Included in the holiday price

This evening: If you would like to take a taxi tomorrow instead of walking, ask the hotel to arrange it. There are no shortening options.

Packed lunch provided by your host, no water refill points.

Sunday 5 May

Walk: Calcinara to Camogli

Your final walk proper, ending at the sea (5 hrs (allow 6¾ hrs), 15 km, 430m CUSs)

Accommodation: Hotel Cenobio dei Dogi - Camogli

Dinner: Own arrangements in the town

This evening: Decide what you want to do tomorrow. If you plan to walk to San Fruttuoso or even Portofino have a look at the map in your walkers' pack. Or you can use the train to visit other parts of the coast, including the Cinque Terre.

Monday 6 May

Free Day

Today: a free day with no scheduled walking

Accommodation: Hotel Cenobio dei Dogi - Camogli

Dinner: Own arrangements in the town

Departure:

Timetables for your train from Camogli to Milan can be found in your pack. Should you need any help or advice, please let us know.

Local Contact

Greta Coperchini
Mobile and what3words: +39 333 689 3134

Emergency Services

All services: 112

Accommodation contact details

Montalto Pavese

Cella di Montalto, Loc. Cella, 17, 27040 Montalto Pavese (PV)
Your host: Marcella
Telephone: +39 0383 870117 / 0039 346 6175864

Located in Montalto Pavese, dominated by a castle, in the middle of vineyards.

Fortunago

Locanda del Molino, Località Molino della Signora, 10, 27040 Fortunago (PV)

Your host: Alessandra & Alessandro Ghinato

Telephone: +39 0383 875738 / +39 333 481 5956

A rustic and friendly pension in quiet hamlet.

Varzi

Locanda Le Cicale, Piazza della Fiera, 1, 27057 Varzi (PV)

Your host: Greta

Telephone: +39 383 53050 / +39 3336893134

A lively gelateria/B&B in a small town on the edge of the hills.

Cabella Ligure

Albergo Capanne di Cosola, Fr. Capanne di Cosola, 5, Cabella Ligure, 15060 Allessandria

Your host: Paolo

Telephone: +39 0143 999126

A mountain pass restaurant with classic regional cuisine and newly refurbished rooms.

Due Ponti

Hotel Due Ponti, Via Nazionale 2, Localita' Due Ponti, ss 45, 16023, Fontanigorda (GE)

Your host: Ester, Luca, Anna and Matteo

Telephone: +39 010 95812 / +39 347 527 8890

A friendly family run old coaching inn with large gardens on banks of the Trebbia.

Calcinara

Albergo Caprile, Via Giovanni Garaventa, 76, 16030 Uscio GE

Your host: Fausto and Rita Caprile

Telephone: +39 0185 919735 / +39 346 75 27 464

A simple family albergo with strong local following and refurbished rooms with balcony.

Camogli

Hotel Cenobio dei Dogi, Via Nicolo Cuneo, 34, 16032 Camogli (GE)

Your host: Chiara Bonomini

Telephone: +39 0185 7241

The grand old lady of Camogli hotels, overlooking the sea.€2 pppn Tourist Tax payable by clients on departure.

Transfers contact details

Hotel Due Ponti

Contact: Ester, Luca, Anna and Matteo
Telephone: +39 010 95812

Locanda Le Cicale

Contact: Greta
Telephone: +39 383 53050

OltreDriver

Contact: Pierpaolo
Telephone: +39 338 509 7250