

Proposal for excursions in Borgio Verezzi for the 2022 season

The programme is offered by ABA (ASSOCIATION OF BORGIO VEREZZI HOTELS) for itineraries proposed by “DUE ZAINI E UN CAMALLO” Association

All participants must wear trekking or tank-soled shoes (no shoes such as Vans, Superga, flipflops, or slippery shoes). The guides have the right not to accept participants who are not adequately equipped.

It is advisable to bring enough water with you and, for those who have them, walking sticks.

The booking of excursions that include tastings are always subject to a fee. Anyone who does not want to take advantage of the tasting is still required to pay the fee.

SHORT itineraries



ON THE FOOTSTEPS OF THE PALEOLITHIC

Duration 2.30 hrs. - Height difference 140 metres - Difficulty E

Departure at 16.30 from Verezzi (Piazza A. Gramsci parking)

Meeting point: in front of the Antica Società restaurant - Borgata Piazza – Itinerary: walk along the brown path (next to the Bergallo horses) - San Martino Church – walk along the Geological Path -

Mulino Fenicio - Croce dei Santi (panoramic point) - the Dolmen of Verezzi - Arma Crosa (Cave) - Borgata Crosa – return to Borgata Piazza.

You may refresh with an aperitif in one of the local bars (not covered by the programme)

Excursion offered by ABA



THE SEA-CLIFFS

Duration 2.30/3 hrs. - Height difference 130 metres - Difficulty E

Departure from the car park in Piazza A. Gramsci in front of Borgata Piazza

Option 1: half an hour before dawn

Option 2: 9.30 am

Itinerary: meeting in front of the Antica Società restaurant – panoramic point above the Old Cave (to see the dawn option 1) - visit of the Old Cave - MUSCLE TONING WITH CERTIFIED PILATES TRAINER – walk along the Culture Path - Church of San Martino – walk along the Geological Path - Via dei Carri matti (millstones) – return to the parking lot.

Excursion and muscle toning offered by ABA



THE AGE OF IRON IN VEREZZI

Duration 2.30 Hrs. – Height difference 150 metres with a steep climb at the beginning - Difficulty E

Departure: 9.30 from the Chapel of the Madonna dei Campi (parking in front of the hamlet of Crosa) – Itinerary: climb up to Castellaro - visit of the ruins – bushwalking through the Geological and Nature paths and descent to the Medieval

washhouse in Crosa – walk along the pebble alleys of Borgata Crosa, Borgata Piazza, and Borgata Roccaro

LIGHT SNACK AT THE FARMHOUSE “CA DU GREGORIO” BASED ON THE TYPICAL VEREZZI ONIONS

Excursion offered by ABA - Tasting 7 €

LONG itineraries



BORGATA CASTELLARO AND BASTIA

Duration approximately 7 hours including breaks

Height difference 350 metres - Difficulty EE

Departure from the car park near Piazza del Commercio in Borgio (or along the Bottassano river) at 10 am

Itinerary: Old Borgio - Via Trento Trieste - Via dei Pasti – walk along the Geological Path up to Borgata Poggio - Borgata Piazza -

Borgata Roccaro - Borgata Crosa - Church of San Martino – walk along the Geological Path – the Phoenician Mill - Stop for a snack/lunch at the Croce dei Santi (panoramic point) - Castellaro - Torre di Bastia - stop at the Garden of Good Sense for a double experience: PILATES and DESCRIPTION OF THE ELEMENTARY CULTIVATIONS with GARDEN SNACK (enhancement of the DE.CO. CIPOLLA DI VEREZZI produced by the farmhouse) - Path of the Ciappin - Parco dell'Acquedotto - Borgio.

Excursion and Pilates offered by ABA - Tasting 7 €



THE WOODS AND THE MEDITERRANEAN SCRUB

Duration approximately 6 hours including breaks

Height difference 250 metres - Difficulty EE

Departure from the car park at Borgio railway station at 10 am (at the rail crossing)

Itinerary: walk along Via della Cornice and the Nature Trail - ascent to Verezzi - Church of San Martino – the woods behind the two churches – the ruins of the old miners' houses – walk along the Geological Trail - Castellaro - Borgata Crosa - Borgata Piazza - Borgata Roccaro - descent on the Geological Path towards Borgio - Aqueduct Park -

Borgio historic centre – LIGHT SNACK WITH THE TYPICAL PUMPKIN CAKE OF FRATELLI BRACCO (DE.CO. MUNICIPAL) and local wine tasting at “I Giardini di Vale B&B” – return to the Station

Excursion offered by ABA - Tasting 7 €



HISTORICAL CENTRES, THE GROTTA AND DE.CO.

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Duration approximately 4 hours including tasting breaks

Difference in altitude 200 meters Difficulty E

Departure at 10 am from the parking in front of Borgio Verezzi Town-hall (Via Municipio 17)

Itinerary: walk through via San Sebastiano in front of the Fratelli

Bracco bakery - Borgio historic centre - first stop at the garden of the A Carubba du Bungiurnu farmhouse for TASTING THE PUMPKIN CAKE OF FRATELLI BRACCO - Aqueduct Park – walk along the Geological Path - Borgata Roccaro - TASTING OF VEREZZI ONION-BASED PRODUCTS BY THE VEREZZI FARM - Borgata Piazza - TASTING OF SNAILS VEREZZINA STYLE AT CONCORDIA DI VEREZZI - descent along the Culture Path through Via delle Sevore - Grotto of Borgio Verezzi (Guided tour in the 1st room) - Borgio historic centre – return to the Town-hall

Excursion offered by ABA, visit to the first room of the Borgio Verezzi Grotto offered by the Arcadia cooperative (manager of the Grotto) - Tastings (all three De.Co) 15 €