

Guided Excursions between Genoa and La Spezia

In the global tourism market, an expert guide transforms a simple outdoor activity into a profound cultural and naturalistic experience, where landscape narration merges with scientific analysis.

Let me introduce myself, I'm Viviana Bobbio, born and raised in Genoa. I have a degree in Natural Sciences, I am Hiking Guide, Cinque Terre Park Guide, Trainer and Environmental Educator for the Liguria Region, and also Tour Leader. I speak Italian, English, and French. My itineraries are focused on botany, geology, local history, and gastronomic traditions, ensuring safety, customization, and high-quality communication. I promote an approach that prioritizes supporting the local economy and best practices in sustainability.

Historic Gardens in Genoa: Biodiversity and Art

Genoa's urban gardens are ideal for high-level cultural tours. These monumental areas, born from the prestige of ancient aristocratic families, offer exclusive settings, combining the charm of historic residences with an internationally renowned botanical heritage.

- Villa Brignole Sale in Voltri: a romantic park with waterfalls and deer. The tour includes a stop in the village of Voltri, famous for its traditional focaccia, before exploring the castle and coffee house.
- Villa Doria in Pegli: the park boasts a 16th-century artificial lake designed by Galeazzo Alessi and is home to the Museum of Navigation.
- Villa Pallavicini and the Clelia Durazzo Garden: from the 18th-century botanical garden to the scenic path among ancient camphor trees and splendid camellia blooms.
- The Prince's Garden: the famous Italian garden restored according to the dictates of the era of Admiral Andrea Doria; nearby, the 1901 rack railway and the tomb of the Molosso dog.
- Villetta Di Negro: A panoramic oasis elevated above city traffic; home to the Chiossone Museum of Oriental Art and offering incredible views over the rooftops of the historic center.
- University Botanical Garden: 1,000 square meters with tree fern greenhouses and water lily ponds in the garden, which offers the same enchanting atmosphere as when it hosted the first International Botanical Congress in Italy in 1893.
- Villa Imperiale Cattaneo: A magnificent complex in Terralba built for Lorenzo Cristoforo Cattaneo; historically significant for having hosted King Louis XII in 1502.
- Parchi di Nervi: A monumental complex of villas (Gropallo, Serra, Grimaldi, Luxoro) with exotic plants, a renowned rose collection, and a clifftop view.

Hiking and Trekking in the Genoa Area

The morphology of the Genoa area allows for outdoor activities to be adapted for team building and corporate training. The variety of trails, ranging from military fortifications to industrial archaeology, offers the perfect setting for targeted activities for groups of all ages.

Historical-Natural Itineraries

- Monte Gazzo: among medieval lime quarries and kilns, bunkers, and the Sanctuary with its ancient tavern among centuries-old holm oaks.
- Parco delle Mura: along the 17th-century ramparts, to the Righi forts. The most beautiful view of the city can be reached by funicular; a stop at the typical trattoria on the butterfly trail is recommended.
- Historic Aqueduct: a route from Roman times to the Middle Ages, passing by the thousand-year-old church of San Siro, among the pergolas of renowned trattorias, a favorite destination for Genoese on weekends, you arrive at the evocative siphon bridge that crosses the Monumental Cemetery of Staglieno.
- Ciaé Botanical Trail: accessible via the historic Casella train; An ecosystem of streams, salamanders, and ancient oaks.
- Monte Moro and Monte Fasce: a trail that follows the ancient Roman road and then ascends the panoramic paths of the Rio San Pietro Valley, past bunkers and blooming orchids.
- Laghetti di Nervi: a journey through time, starting from the small seaside port where grain once arrived from the Black Sea, following the waterway past award-winning pasta factories, ancient mills, and the Column of Infamy.

Tradition and Gastronomy

- Preboggion: the botanical trek in the Golfo Paradiso dedicated to identifying edible wild herbs, used in the filling of pansotti with walnut sauce, a cornerstone of local cuisine.
- Gardens and Ice Cream: the centuries-old trees in Nervi's parks reveal the most authentic thickener: carob seed flour. During the walk, a stop at the village's renowned creameries is a must for a cone of focaccia or a pinguino, a gourmet version of the chocolate mottarello.

Trekking in the Parks of the Riviera di Levante

Portofino and the Cinque Terre are icons of global tourism. My mission is to offer privileged access to these territories and to introduce even the lesser-known ones, ensuring a balance between the exclusivity of the landscape and the preservation of environmental integrity.

Historical-Natural Itineraries

- Portofino and the Abbey of San Fruttuoso: explore Liguria's oldest park, along the monks' paths and the thousand-year-old architecture of the Benedictine Abbey.
- Lavagna and Cogorno: hike along the ancient porters' paths between slate quarries where the architecture of the dry stone walls blends with the verdant nature.
- Rocche di Sant'Anna: loop starting and returning from Sestri Levante, through the Mediterranean scrubland and the ancient ruins of the merchants' route.
- Punta Manara: hike through cork oak forests starting from Sestri Levante to reach the Saracen Tower, with cliffs overlooking the sea.
- Leap of the Hare: a circular hike starting and ending in Bonassola, with views spanning from Punta Mesco to Portofino.
- Bonassola Levanto: a stroll along the cycle path to admire the pillow-shaped basalt cliffs. On the return journey, a hike through the mountains to Bonassola.
- Monterosso Levanto Bonassola: starting from the Cinque Terre village, you climb to the ruins of Sant'Antonino and cross the Mesco promontory to descend to Levanto. After a visit to the historic center, along the pedestrian path to Bonassola.
- Cinque Terre: A walk through the terraced vineyards, tasting Sciacchetrà, made from the finest grapes dried and climbing to the ancient sanctuaries, symbols of the balance between man and nature.
- Portovenere and Palmaria Park: Trekking on Palmaria Island amidst Mediterranean flora and the evocative Portoro marble quarries.

Tradition and Gastronomy

- The Bakery Paradise between Recco and Camogli: A scenic route to discover typical Ligurian recipes, from Recco cheese focaccia to the historic bakeries of Camogli, where the sailor's galletta is still produced.
- The Entella Gardens: Trekking along the wildlife oasis of the Entella River to the ancient village and basilica of the Fieschi family, to learn about the producers of Lavagna's famous vegetables and the recipe for stuffed cabbage. A visit to the olive oil mill and extra virgin olive oil tasting are a must.
- The Wines of the Sea Route: Walks from the sea to the hills for local wine tastings directly in the vineyards of producers in Bonassola and Framura.
- Gattafin di Levanto: foraging for the herbs used in the large fried ravioli, a traditional Levanto specialty. Originally a humble yet hearty dish, they've become a renowned street food.

Nature and Art Workshop

- A walk through the ancient woods and quarries used since prehistoric times to choose materials, followed by a creative workshop with a sculptor from the Academy of Fine Arts to create your own personalized engraving.
- The panoramic hike to discover landscapes immortalized by painters of the past and create your own watercolor en plein air with the help of a landscape artist from the Academy of Fine Arts.
- A visit to the bookbinding workshop to choose your own personalized handmade notebook and a hike to create a herbarium with naturalistic notes on local plants.
- Field excursion to collect wild aromatic plants and create a scented sachet to combat stress.

Monumental Trees

The presence of "Monumental Trees" transforms the area into a living science museum, adding botanical insights to the itineraries. Here is a small selection.

Genoa

Oriental Plane Tree: Villa Brignole Sale (Circumference: 497 cm | Height: 27 m)
False Pepper Tree: Nervi, Salita Morelli (Circumference: 213 cm | Height: 12.5 m)
Araucaria Tree: Villa Gropallo (Circumference: 608 cm | Height: 28 m)
Holm Oak: Sant'Ilario (Circumference: 352 cm | Height: 18 m)

Lavagna

Holm Oak: Santa Giulia (Circumference: 450 cm | Height: 11 m)

Cinque Terre and Gulf of Poets

Holm Oak: Sanctuary of Monterosso (Circumference: 280 cm | Height: 18 m)
Terebinth: Monterosso Cemetery (Circumference: 160 cm | Height: 10 m)
Cypress: Sanctuary of Reggio (Circumference: 400 cm | Height: 23 m)
Holm Oak: Sanctuary of Our Lady of Reggio (Circumference: 300 cm | Height: 21 m)
Aleppo Pine: Palmaria Island (Circumference: 372 cm | Height: 16.5 m)
Tamarisk: Piazza Garibaldi, Lerici (Circumference: 265 cm | Height: 3 m)

Prices (Groups up to 20 people)

- Half Day: €170.00
- Full Day: €270.00

Rates include taxes.

Viviana Bobbio tel. +39 3930637090 vivianabobbio@gmail.com liguriawalkingtour.com

For consultations and reservations, please contact me directly. I'll be happy to collaborate on tailor-made itineraries.