

16 - 24 September 2017 Ligurian Coast - Italy



Tour details

16.09.2017 SATURDAY Genoa

The day will be spent in Genoa and will be dedicated to the hosting of the rowers, to the welcome ceremony and the introductory briefing which will be held at the Canottieri ELPIS Rowing Club.

17.09.2017 SUNDAY

Bocca di Magra \rightarrow Portovenere

In the early morning the rowers will be transferred by coach to the starting venue in Bocca di Magra (La Spezia) which is a small village by the sea at the mouth of the river Magra.

The first day (about 28 km) will touch the beautiful locations close to La Spezia, such as Tellaro, Lerici, the islands of Palmaria, Tino and Tinetto and will terminate in Portovenere.

Rowers, guests and staff will spend the night in the Portovenere area.

18.09.2017 Monday Portovenere → Monterosso

About the same distance (25 km) will be covered by the rowers on the second day starting from Portovenere bound to the world's famous

area of Cinque Terre. The rowers will gain a special appreciation of the villages of Riomaggiore, Manarola, Corniglia, Vernazza and Monterosso, where the day terminates.

Rowers will be accommodated in Monterosso area.

19.09.2017 TUESDAY

Monterosso → Sestri Levante

Third day of rowing: travelling west, the crews will navigate from Monterosso to Bonassola, Framura, Deiva, Moneglia and will terminate the leg in Sestri Levante. Distance to be covered is around 25 km. Rowers will spend the night in Monterosso area.

20.09.2017 WEDNESDAY Sestri Levante → Rapallo

This will be the fourth day of rowing: starting from Sestri Levante the rowers will visit Zoagli and Rapallo and will have the opportunity to have a preview of the Portofino area (to which is dedicated the entire following day).

The length of the trip will be about 15 km; night spent in Rapallo area

$\begin{array}{l} \textbf{21.09.2017} \text{ Thursday} \\ \textbf{Rapallo} \rightarrow \textbf{Camogli} \end{array}$

The trip of the day winds entirely in the Naturalistic Area of the Promontorio di Portofino. From Rapallo, the crews will admire Santa Margherita, Paraggi, San Michele di Pagana, Portofino, San Fruttuoso di Camogli, Punta Chiappa, Camogli.

The distance that will be rowed is about 17 $\ensuremath{\mathsf{km}}$.

Rowers will be hosted in Rapallo area.

$\begin{array}{l} \textbf{22.09.2017} \ \mathsf{Friday} \\ \textbf{Camogli} \rightarrow \textbf{Genoa} \end{array}$

This will be the last day of rowing for our guests: from Camogli they will navigate towards Genoa viewing Recco, Sori, Pieve Ligure, Bogliasco and Nervi. The trip is 20 km long.

Rowers will spend the night in Genoa area.

23.09.2017 Saturday Genoa

The day is dedicated to discovering Genoa: a mixture of culture, tradition and typical foods. In the evening, all the guests will be hosted at the Farewell Dinner.

24.09.2017 Sunday **Genoa**

Breakfast in a typical cafè of Genoa; visit to the centre of Genoa; transfer to airport/rail-way station.

