

# PERCHED VILLAGES OF LIGURIA



**8 days - 7 nights**

Hiking trip

- ✓ 3-star hotel with a good comfort
- ✓ Perched villages and their narrow streets
- ✓ Hikes with views of the Mediterranean sea
- ✓ Mountains of the Ligurian Dolomites
- ✓ Wine tasting and 3D theatre
- ✓ Medieval cities and a mild climate

*Located at the foot of the Ligurian Alps and a few kilometers from the Mediterranean sea, the valleys of Argentina and Nervi host on their south faces some romantic and medieval perched villages. These authentic hamlets look like they are in the Middle-age, with farms, stone and vineyards where the red wine is harvested. Above the vineyards, on a 2000m high summit, the statue of the Redentore is protecting the inhabitants. You will enjoy the beaches of the Riviera to have a swim in the Mediterranean Sea.*

# PROGRAM OF 8 DAYS



1

## DOLCEACQUA AND THE DORIA'S CASTLE

We welcome you at Nice airport in the early afternoon and after a short transfer to Italy (1h) we reach the fortified village of Dolceacqua. After the visit, a 10 minutes transfer to your hotel. The medieval village, the 3D movie theater and wine tasting.

2 hours walk through the history of Dolceacqua and its medieval architecture. In the old town with narrow streets, the castle, the places and the churches, we will tell you the story of the "Michetta". Around the corner, a 3D movie will show us what the place looked like centuries ago among the shepherds of the Nervia valley. The day ends with a local wine tasting.

2

## THE PRINCIPALITY OF SEBORGHA

Tour of the village and hike to the Black Mountain. Seborga is a small medieval village, 500 meters above Bordighera. Pope Gregory declared Seborga a Principality of the Holy Roman Empire in 1079 and its inhabitants chose their own Prince. We'll visit the village and reach the crest that leads to the summit of the Black Mountain. Our reward is a panoramic view of the Ligurian coast. On a clear day it is possible to observe Corsica.

- Walk: 150 m elevation gain / 3.5 hours / 7 km / visit of village, site with fossils and panoramic crest
- Intermediate: 350 m elevation gain / 5 hours / 10 km / visit, tour of Black Mountain and fossils
- Hike: 650 m elevation gain / 6 hours / 15 kms / village, crest, summit and fossils
- Transfer by bus 30 minutes, 20 km from the hotel

## PROGRAM

3

### FEET IN THE WATER! (HALF-DAY HIKE) "POSSIBLE SWIMMING"

A complete change of scenery and a huge contrast : after a short transfer to the French Riviera, we will walk along the sea. Luxurious villas and concrete suddenly give place to the most exotic vegetation.

- Discovery (80m; 3 hours)
- Free afternoon, or cultural visits to the Cocteau museum and Carnolès palace in Menton
- Transfer by bus 45 minutes, 20 km from the hotel

4

### PERCHED VILLAGES OF NERVIA VALLEY

4 medieval villages in 1 day: Dolceacqua, Isolabona, Apricale, Perinaldo. 6 hours of hike through history and panoramic views on the Italian Riviera. From Dolceacqua, we'll reach 4 perched medieval villages. We'll walk on the terraces, forests and olive groves, panoramic crests with the view of the sea and the Ligurian Alps. We'll visit the Cassini museum and its Meridian.

- Walk: 150 m elevation gain / 3.5 hours / 1 village
- Intermediate: 400 m elevation gain / 4.5 hours / 12 km / a tour of 3 villages
- Hike: 650 m elevation gain / 6 hours / 15 km / a tour of 4 villages
- Transfer by bus 10 minutes, 5 km from the hotel

5

### SAN REMO CYCLING "POSSIBLE SWIMMING"

After a huge breakfast, we head towards San Remo, the capital town of the Italian Riviera of Flowers (50 minutes). In the morning, we visit the old town and you will have free time in the market and the shops. After a picnic by the sea, we suggest that you ride a bike or a Rosalie (pedal car) on the bike path that runs along the seaside, the "Dolce Vita" (not included in the price, supplement of 10-15€ per person).

- Bike ride: 30 m elevation / 3 hours / 15 km



## PROGRAM



6

### ROMANTIC LIGURIA "POSSIBLE SWIMMING"

Morning: From the village of Cervo, overlooking the sea like a deer with its horns, you will cross the Forest Park Cervo and we will reach the sea for a swim and a picnic on the beach.

Afternoon: Visit of the cave of Toirano which presents an exceptional interest, as well from the geological and geomorphological point of view as palaeontological and prehistoric. It is one of the most interesting and beautiful geological sites in the Southern Alps (2 hours visit)

- End of day around 18h00
- Walk: 150 m elevation gain / 2 hours / 5 km / Cervo village
- Intermediate: 350 m / 3 hours / 9 km / Hike and Cervo village
- Transfer by bus 60 minutes

7

### RIVERS OF ROCHETTA NERVINA "POSSIBLE SWIMMING"

Close to the hotel you will find Rochetta Nervina, a tiny medieval village with narrow streets and small piazzas, surrounded by woods and olive groves, dominating two beautiful rivers, Rio Barbaira and Rio Oggia.

- Walk: 150 m vertical drop / 3.5h / 8 km / valley of Oggia back and forth. No car transfer
- Discovery: 500 m vertical drop / 4.5h / 12 km / Rio Barbaira. 3 km . transfer in minibus
- Sports: 800 m vertical drop / 6h00 / 15 km / Rio Barbera and Monte Abellio. No car transfer
- Carpool from 0 to 4 km from the hotel

8

### IT'S ONLY AN «AU REVOIR»

End of stay and transfer to Nice airport according to the time of your flight.

# MAP



Important: hikes may be rearranged by the guide depending on weather conditions, number of visitors or public transportation.

## **PRACTICAL INFO**

### Level of the hikes



Sporty moderate, from 12-years old. Elevation gain: 500 to 700 m; Walking time < 5 hours; Altitude < 3000 m; Backpack < 5 Kg (30 liters max); Hiking shoes are mandatory. Mountain trails and steady ascents from 30 minutes to 1 hour.

### Climate

The best period for this trip is in spring and autumn.

### Meeting point

Nice airport early afternoon Day 1.

### Access

By car, motorway A8 towards Genova, exit Vintimille then cross the town and join the Nervia Valley, towards Dolceacqua and Rocchetta Nervina.

1 hour from Nice

3 hours from Marseille

5h45 from Lyon

### End of the stay

The trip ends in the morning on Day 8.

### Our accommodation

The hotel is located in the middle of the Nervia valley is comfortable and calm and the atmosphere is the one of a chalet in the mountains. It is surrounded with gardens, a tennis court, swimming-pool and solarium, petanque and poolroom. Above all, it is famous for its typical and local food, served generously by a nice team.

### Our lunches

All lunches are made with fresh and local products by the accommodation owners.

### Our dinners

Buffet at the hotel : fresh vegetable salad of the day, delicatessen, cheese, home-made bread, wine, fruits, coffee and snacks (all meals are home-cooked, with local Italian products).



## **EQUIPMENT**



### The essentials

- Backpack of 30 litres
- Pair of hiking shoes
- Mountain pants
- Pile jacket
- Rain cover and wind shell
- Extra base layer
- Warm socks
- Cap, sunglasses, sunscreen
- Knife and water bottle (1.5 liters minimum)
- Extra food: high energy snacks
- Personal medication
- Picnic kit : glass, plate, fork, knife

### We advise you to bring

- Casual clothes for the cultural visits
- Towel and swimsuit
- Camera

### Groups

Our groups are made up of 6 to 15 people by mountain guide.

## PRICES

to be found on [www.orgaya.com](http://www.orgaya.com)

### 8 days - 7 nights

Hiking stay



#### INCLUDES

- Professional guide (French : Accompagnateur Moyenne Montagne) maximum 15 persons per group
- 6 and a half days of hikes and walks
- Bus transfer round trip (Airport and hikes)
- Security gear
- Professional civil liability insurance
- Lunches from Day 2 to Day 7 with local fresh food
- Half-board in a 3-star hotel
- Wine at the restaurants, 1 bottle for 4 persons
- 1 wine tasting and a farewell drink
- 1 entry to the 3D movie theatre in Dolceacqua

#### DOES NOT INCLUDE

- Supplement for a single room
- Personal snacks and drinks
- Extra drinks at the bars
- Lunches on Day 1 and Day 8
- Personal civil liability insurance
- Cancellation insurance
- Everything that is not indicated in the section «What the price includes »



## OUR CHARTS



### Quality chart : ORGAYA

We help you to discover our sporting activities, accompanied and coached by professionals with state diplomas, with extensive knowledge of geography, prehistory, ecology and coaching. Our approach is fun and relaxed. We are not looking for performance. We are here to help you discover nature and share our knowledge and passion acquired during 30 years in the field of hiking. We are at your disposal to adapt our services to your physical condition, your financial possibilities and your interests. Our groups consist of 6 to 15 persons per guide.

Our hikes and walks are classified in 6 categories according to the features :

- Nature
- Culture
- Discovery
- Family
- Technical
- Sporty

### Difficulty chart

●●●●● Easy, from 6 years old. Elevation : 100 to 250 m ; Walking time < 3h00 ; Altitude < 2250 m ; Backpack weight < 3 Kg (backpack of max 20 liters) ; All types of sport shoes. Easy trails and regular ascents of 15 minutes.

●●●●● Moderate, from 9 years old. Elevation : 250 to 500 m ; Walking time < 4h00 ; Altitude < 2250 m ; Backpack weight < 3 Kg (backpack of max 20 liters) ; Hiking shoes recommended. Marked trails and regular ascents of 30 minutes.

●●●●● Moderately sporty, from 12 years old. Elevation : 500 to 750 m ; Walking time < 5h00 ; Altitude < 3000 m ; Backpack weight < 5 Kg (backpack of max 30 liters) ; Hiking shoes mandatory.. Mountaintrails that are marked or not and regular ascents of 30 minutes to 1h00.

●●●●● Sporty. Elevation : 750 to 1000 m ; Walking time < 6h00 ; Altitude > 3000 m ; Backpack weight : > 8 Kg (backpack of max 50 liters) ; Hiking shoes mandatory. Passages off trail, scree and regular ascents of more than 1 hour.

●●●●● Difficult. Elevation > 1000 m ; Walking time > 6h00 ; Altitude > 3000 m ; Backpack weight : > 10 Kg (backpack of 60 liters and more); Hiking shoes mandatory. All types of ground, regular ascents of 2 hours or more.

## LEGAL INFORMATION



### Insurance

Our insurance covers the organisation and the guiding of our hikes and cultural visits. We kindly ask our clients to have an individual liability insurance. You can subscribe through our services to an insurance for assistance–repatriation and cancellation as a group (min 10 persons) or individual. The insurance Loisirs Confort covers damages suffered by the insured before and during the stay as well as the costs remaining at his expense. The insurance can include personal assistance, guarantees in case of cancellation of the trip, guarantee for luggage, guarantee fees for interrupting the stay as well as a compensation in case of a physical accident according to the conditions of the contract you subscribed to.

You can find the general sales conditions on [www.orgaya.com](http://www.orgaya.com)

### Registration

For organisational reasons and availability in the hotels, we kindly ask you to enrol at least 3 months before the departure date.

### Tailormade trips

On request we can create a tailormade trip by modifying the length of the stay, the level of the hikes and the quality of the accommodation.

### Payment & reservations

[www.orgaya.com](http://www.orgaya.com) / [sas.orgaya@gmail.com](mailto:sas.orgaya@gmail.com)

Deposit of 35 % when booking

Balance : 21 days before the departure date

Payment methods available : Credit card, bank transfer

### Legal details

ORGAYA- OPERATEUR DE VOYAGES

Immatriculation Opérateurs de Voyages

IM006130019 - Atout France

Garantie Financière : 100 000 € GROUPAMA

RCP : HISCOX, 38 Avenue de l'Opéra, 75002 Paris

*Thanks from Orgaya !*