



Tour:

“Inland and the upland plain of the Manie”

(itinerary length: 25 km)

From the upland plain of the Manie: a breathtaking view,
... not so far from the coast.

1) The upland of the manie



From the exit of the motorway or from the station of Finale Ligure turn towards Finalpia, continue on the left in the direction of the upland of the Manie.

In the heart of the Manie lies the Val Ponci. Although it is not accessible by car today, the valley was once an important thoroughfare since it lay on the consular Roman road known as the Julia Augusta. Here one finds the most interesting traces of the Romans' years in Liguria, as well as evidence of their legendary reputation for road building: the **five bridges** across the **Val Ponci** point to times when men travelled to the four corners of the globe on foot and horseback.

Of particular interest are the valley of the fossils at Montesordo, whose river flows through unique karst scenery, and the Arma delle Manie, with its vast cave and prehistoric treasures providing evidence of a mild climate with dense forests and plenty game.

Coming back to the car you can drive down to **Noli** (7,5 km).

1) Noli, the Maritime Republic



According to the history books, Italy had four maritime republics, but in fact there were more: Noli is one of the lesser-known examples.

This beautiful village, overlooked by steep **Monte Ursino**, enjoyed six centuries of maritime glory and

political independence from 1202 to 1797. In the town, surrounded by three city walls and dominated by the ruins of the 11th century castle, the influence of Genoese architecture is palpable: of the 72 towers-cum-dwellings which stood in the 12th century, only 8 remain today, including the 33 metre high Communal Tower which is still intact; **San Paragorio**: Noli's most important church is not actually a cathedral. The beautiful example of Romanesque architecture is one of the finest to be found in Liguria.

Noli is filled with narrow alleyways, loggias and lively piazzas with tiny shops offering fragrant focaccia and products from the local countryside.



From Noli you can easily come back to Finale Ligure driving the panoramic way along via Aurelia. You can admire a unique stretch of Ligurian coastline (**Capo Noli**) made up of steep **white chalky cliffs** which give way to the dazzling blue sea below.