

## Description

**Paths:** no. 572, 591, 571, 590 SVA

**Lenght:** *6,004 meters;*

**Difference in altitude:** 489 m

**Level demanding:** EE

**Walking Path of the trail:** 3 h

**Map:** [link](#)

The proposed ring route on the high paths of the village starts from via IV Novembre which you have to follow until you pass the tunnel under the railway line, then go up on via Mesco for a short distance and finally turn left onto the path no. 572 (Monterosso-Sella di Bagari), a section recently included by the Park in its REL hiking network.

The recovery of this path, realized by the Municipality of Monterosso and then entrusted to the Park for ordinary maintenance, has also revealed here the signs of the rural past that characterize our entire territory.

The paved path develops uphill between vegetable gardens surrounded by ancient dry stone walls, some quite impressive, streams of water and typical crops such as the olive tree.

The reward of the farmer, today as yesterday, are the views of the sea which, climbing up, allow themselves to be framed first by olive trees and then gradually as the Mediterranean scrub takes over from heather, strawberry trees, downy oaks and holm oaks.

At the top, the route meets path no. 591 (Il Termine - S. Antonio Mesco) and opens up to a new fascinating scenario offered by Sella di Bagari (360 m): crossroads of hiking trails, triumph of juniper and thyme, Ligustica thorny euphorbia that thrive on this substratum.

A chapter of the trek is certainly dedicated to geodiversity which reveals itself through outcrops of rocks, telling a very ancient story. Up to the promontory of Mesco you can see a section of what millions of years ago was an ocean, the Tethys: first you meet gabbri and serpentinites, magmatic rocks then argillites and Gottero sandstones which, on Mesco, appear in powerful layers and cliffs.

But to fully grasp the beauty of the place you have to go up again. The opportunity is provided by the variant - brought to light by the maintainers of the paths of the Park - which with a short jerk branches off to the right of path no. 591 (towards Punta Mesco) and leads to the summit of Monte Vè or Focone (488 m).

If it weren't for the breathtaking view of the sea and the Mediterranean vegetation, it would seem to be in the mountains. The panorama is 360 °: to the east the gulf of the Cinque Terre as far as the eye can see beyond the Tino Island, to the Tuscan Archipelago, to the west the Ligurian Riviera from the Levanto valley to the proud promontory of Portofino. Behind the hug of the Ligurian Alps with the summit of Monte Gottero and the Passo delle Cento Croci clearly visible.

The highly scenic route continues descending on path no. 571, in the direction of the promontory of Mesco until returning to the n. 591 and then at the crossroads with path n. 590 SVA (Monterosso - S. Antonio Mesco) which you take to the left to return to the village, in the locality of Fegina.

\*\* It is worth extending a little the route to visit the historic ruins of the Hermitage of Sant'Antonio del Mesco (11th century AD) immersed in a dense holm oak forest. (About 20 minutes, taking the SVA path to the right at the intersection with path n. 591).

Some simple rules to enjoy trekking in safety

- Always tackle the path in good weather conditions
- wear footwear suitable for trekking
- bring their waste downstream and respect the work of the farmers without leaving the route
- check on the Cinque Terre Hiking Guide, the practicability of the trail network updated in real time at the link [maps.parconazionale5terre.it](http://maps.parconazionale5terre.it)

<http://www.parconazionale5terre.it/dettaglio.php?id=67166>