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R-ItinERA

ITINERARI ECOTURISTICI
ITINÉRAIRES ÉCOTOURISTIQUES

MARITTIMO-IT FR-MARITIME

Fonds européen de développement régional
Fondo Europeo di Sviluppo Regionale

FRANCE
ITALY

ECOTOURISTIC ITINERARIES



Var • Corsica • Liguria
Tuscany • Sardinia



ZERO EMISSION EXCURSIONS FOR THE LUXURY CRUISE MARKET



La coopération au cœur de la Méditerranée
La cooperazione al cuore del Mediterraneo



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R-ITINERA PROJECT



The R-ITINERA project is in continuation of the ItinERA project (European Interreg Italy France Marittimo programme 2014-2020), **dedicated exclusively to cruise passengers**. It aims to promote new immersive and sustainable ecotourism experiences through the economic valorisation of cultural and natural heritage within cross border itineraries, with an offer widened to a greater "social accessibility". It brings together 5 of the 8 partners of ITINERA and aims to strengthen the economic competitiveness of the five regions involved (Var, Corsica, Liguria, Tuscany and Sardinia). Following the effects of the COVID-19 pandemic, its goal is to accompany the territories involved in the medium and long term in the process of recovery to meet the objectives of competitiveness, sustainability and cohesion of the Agenda 2030 and the Cohesion Policy.

The achievement of these objectives will lead to positive changes in quantitative terms, regarding the increase of the perimeter of the tourist basin, the enlargement of the target groups (by adding senior citizens, family and students) in addition to cruise passengers in the luxury segment, thanks to the valorization of the itineraries for the cruise industry sector. The direct beneficiaries are the socio professionals and tourist sites of the visited territories, while the indirect beneficiaries are the people who will use these itineraries to discover the enclosed excursions. Each of the regions proposes 2 to 5 immersive cultural and/or gastronomic experiences by favoring soft modes of transportation. Two separate cruise itineraries will allow people to discover this unique offer from the cross border territorial ports of call.

The R-ITINERA project is part of the **European Interreg Italy France Maritime Programme 2020-2026**, cofinanced by the European Regional Development Fund (ERDF).



On the footsteps of tradition and wilderness

The discovery of outstanding natural sites using a soft mobility option



An itiniatory journey in harmony with our 5 senses

The discovery of local products/ gastronomy by testing/exploring locally sourced products

For both thematic areas, a macro-itinerary has been designed for cruises and it will cover several days.

La coopération au cœur de la Méditerranée



CORSICA	The whole Island
LIGURIA	Intera regione
VAR PROVENCE	Var District
SARDEGNA	Intera regione
TOSCANA	Grosseto Lucca Livorno Massa Carrara Pisa



6,5 M
inhabitants



199.649.898 €
per year



169.702.411 €
FESR
- European Regional Development Fund -

THE PARTNERS

Project Leader

Cagliari, Chamber of Commerce Industry, Agriculture and Craft (Sardina)



Var Chambre of Commerce and Industry



Maremma Chamber of Commerce Industry, Agriculture and Craft (Tuscany)



Genoa Chamber of Commerce, Industry, Agriculture and Craft



Bastia and Haute Corse Chamber of Commerce and Industry

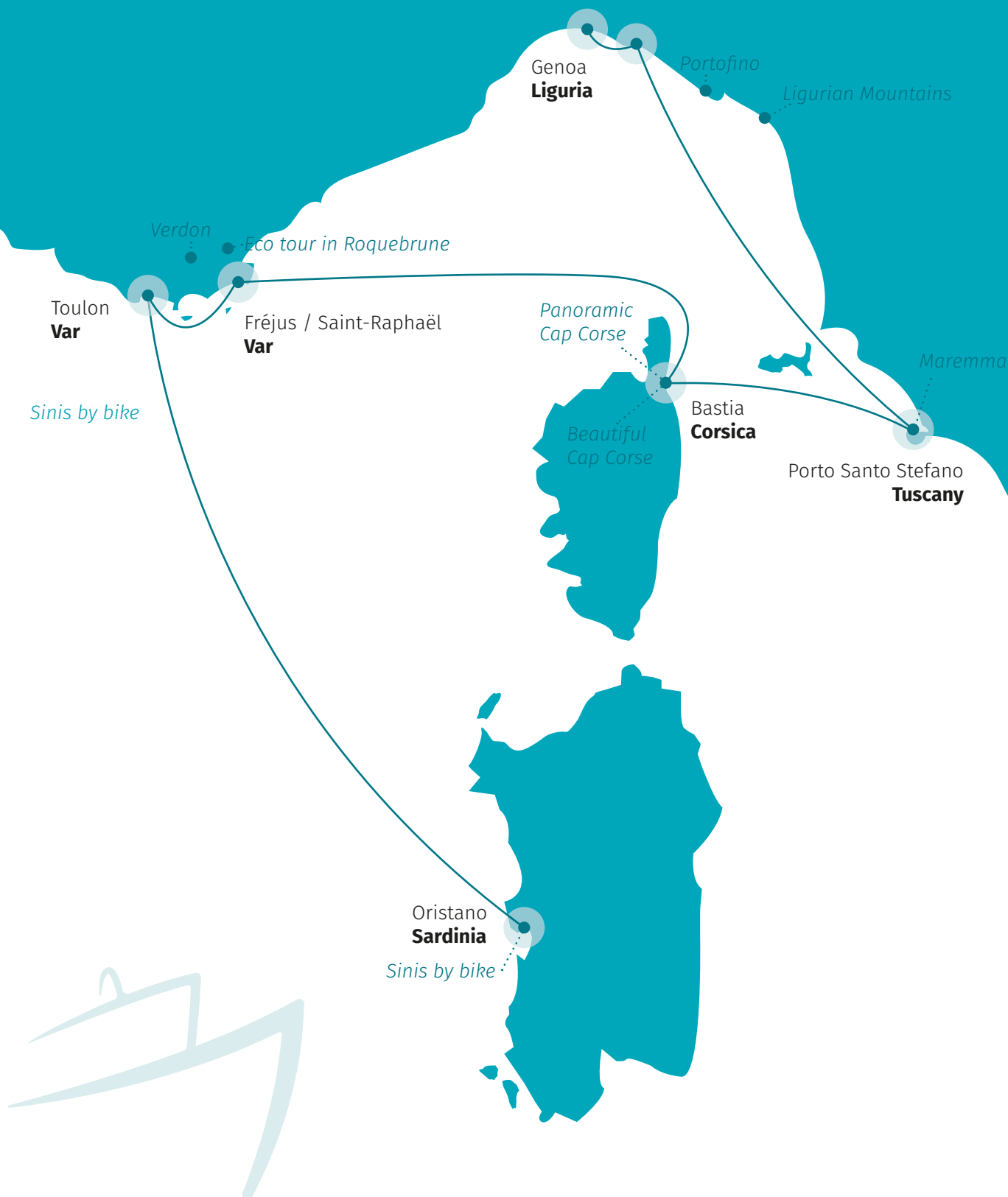




ITINERARY 1

ON THE FOOTSTEPS OF TRADITION AND WILDERNESS

This cruise itinerary is a genuine mix of pristine boutique ports and city ports





SINIS BY BIKE

PENINSULA OF SINIS AND FISH FARM OF CABRAS

One-day trip

Unique from an archaeological and naturalistic point of view, the Sinis Peninsula is a place of extraordinary scenic beauty, a strip of land separating the Gulf of Oristano from the Sardinian Sea, rich in natural and archaeological treasures. It is home to the ancient city of Tharros, and is also the site where the Giants of Monti Prama, nuragic sculptures representing ancient warriors, were recently discovered. It will be possible to enjoy and visit the peninsula through a bicycle tour, in order to make the most of the natural, cultural and environmental resources.



SARDINIA

OUTDOOR
ACTIVITY

LOCAL WINE
AND FOOD

SOFT MODE
OF TRANSPORT

EXCURSION DETAILS

- **Half day tour or Full day tour**
- **Interests:** Culture, Food & Wine
- **Port of call:** Oristano
 - > **Landing time:** 09:00
 - > **Embarkation time:** 17:00
- **16 - 20 PEOPLE**

TARGET AUDIENCE

- **Age group:** YOUNG | ADULTS
- **Diversification:**
SINGLE | COUPLES | FAMILIES

DURATION

- Approx. **8.00 hours**

LOCATION

- **First Step: 9.30:** Peninsula of Sinis - Oristano
- **Second Step: 13.00:** Peschiera Mar' e' Pontis (Cabras - OR)
- **Third Step: 15.30:** Civic Museum "G.Marongiu" (Cabras - OR)



SITE OF THE EXCURSION

A strip of Sardinia that gives a feeling of continuity between land and sea. In the protected area of the Sinis peninsula and the island of Mal di Ventre, established in 1997 and covering about 26,000 hectares in the Cabras area, a multicoloured sample of land and lake environments gently slope down towards beaches and cliffs. The sandy seabed and posidonia meadows are populated by fish, molluscs and crustaceans: underwater landscapes that are ideal for snorkelling and underwater photography, thanks also to the presence of wrecks from every era: Roman, Spanish and 20th-century ships, including a 36-metre oneraria sunk between 80 and 50 B.C. with two thousand lead ingots.



FURTHER INFORMATION:

To ensure the full narrative of the theme of the excursion and the total understanding of the «space-time» path, a qualified guide (archaeologist) will join the group accompanying it all day long.

In the immediate hinterland, the sand dunes give way to the Cabras ponds, one of the largest and most productive marshland ecosystems in Europe, populated by pink flamingos and a variety of other avian species.

To retrace the prehistory and history of Sinis, we start from Tharros: it was a Nuragic village, a Phoenician colony, a Carthaginian port, a city in Roman times, the capital of the Byzantine period and, finally, the first capital of the giudicato d'Arborea. We then continue to the museum of Cabras where we can admire the statues of the Giants of Mont'e Prama (8th century B.C.), fortunately discovered by a farmer in the 1970s, which are one of Sardinia's most fascinating treasures.

DESCRIPTION OF THE EXCURSION

After disembarking at the port of Oristano, a shuttle service will take you to the nearby Sinis Peninsula, where you will take bicycles and begin a tour along the end of the peninsula, an important natural oasis that reaches the seaside village of San Giovanni. You will then visit the ruins of the ancient city of Tharros, founded by the Phoenicians in the 8th century and later conquered by the Romans, before being ruled by the Vandals and then the Byzantines. Before lunch, you will also visit the ancient Romanesque Church of San Giovanni di Sinis, dating back to the 5th century.

We will then move on to the Mar' e' Pontis fishpond, in the Cabras pond, where, after a tour illustrating mullet farming and the production of bottarga, an important island delicacy, we will have the opportunity to enjoy a lunch of local fish, in the company of the fishermen. We will then return to Cabras to visit the G.Marongiu Civic Museum, where some of the Giants of Monti Prama are on display. After the visit we will return to the port of Oristano.

CONTACT :

Dott.ssa Giuseppina Scorrano

Responsabile Settore Promozione Turismo

Centro Servizi Promozionali per le Imprese
Azienda Speciale della Camera di Commercio di Cagliari

Largo Carlo Felice 66 - 09126 Cagliari

Tel. +39 070 60512330

Email: turismo@csimprese.it

Web: www.csimprese.it





FROM FRÉJUS, SAINT-RAPHAËL

VAR PROVENANCE

MODE OF SOFT TRANSPORTATION

A map of the Roquebrune-sur-Argens area in France. The map shows the coastline, major roads, and a magnifying glass highlighting the town of Roquebrune-sur-Argens. The map also shows the location of Roquebrune-sur-Argens relative to other towns in the region, including Fréjus and Saint-Raphaël. The map is credited to OpenStreetMap contributors.

10 ————— ZERO EMISSION EXCURSIONS FOR THE LUXURY CRUISE MARKET



ENJOY AN ELECTRIC BIKE VINEYARD TOUR :

Discover a renowned estate and have a taste of the Provençal art of living! After a 7 km ride on electric bike in the Provençal countryside, you will stop at an authentic estate, and take a fun masterclass where you will learn about the Provence wine region as well as the basics of wine tasting. You will also meet with passionate winemakers who are sensitive to sustainable development, faithful to traditions and proud of their know-how.

DISCOVER NATURAL AND CULTURAL HERITAGE BY BIKE

Enjoy a panoramic view of the Roquebrune rock while riding an e-bike. Discover Roquebrune-sur-Argens, an ancient medieval village surrounded by 7 vineyards, oil mills and several beekeepers. Taste local products and delicious chocolates made by local Chefs from this authentic Provençal village. Everybody will enjoy this tour!

GET AN OUTSTANDING VIEW DURING YOUR CANOE RIDE

La Base du Rocher, an outdoor activities center, is a fabulous starting point for nature lovers. Follow the course and enjoy an outstanding view of the Roquebrune rock, a 373-meter high mountain. As it is an easy course with no rapids, you will cover 6 km on your canoe and go back to La Base du Rocher where you can relax under an ancient tree.

Opt for this easy course if you are a beginner.



FURTHER INFORMATION:

To ensure the full narrative of the theme of the excursion and the total understanding of the «space-time» path, a qualified guide (archaeologist) will join the group accompanying it all day long.

CONTACT :



Var Provence Cruise Club

Julie Bensadoun

04 94 22 80 60 - 06 01 19 12 61

julie.bensadoun@var.cci.fr





By



THE VERDON COUNTRY: BETWEEN NATURE AND EXCEPTIONAL GASTRONOMY

FROM FRÉJUS, SAINT-RAPHAËL

Full day Tour

VAR PROVENCE

NATURE
—
DISCOVERY
—
GASTRONOMY

EXCURSION DETAILS

- Full-day excursion
- **Interests:** Leisure, nature, sport
- **VIP TOUR | SMALL GROUP | MEDIUM GROUP | MEDIUM-SIZED**
- From April to November

TARGET AUDIENCE

- Everyone, families
- **Segment: ÉCO. | MI-RANGE | LUXURY**

DURATION

- Approx. **6.00 hours**, depending on the workshops chosen

LOCATION

- Aups (Haut Var)
- 1 hour 15 minutes from the port of Fréjus, Saint Raphaël and 1 hour 30 minutes



THE TRUFFLE SHARES ITS SECRETS

Located in the heart of the village of Aups, La Maison de la Truffe offers an immersive experience into the underground, mysterious world of the black diamond of Aups that will delight young and old, experts and novices alike. The Maison offers four experience worlds with complementary atmospheres and destinations:

- The truffle adventure - a poly-sensory space
- The truffle by the 5 senses - discover/learn how to taste
- Truffle tourism - activities/services based on the truffle
- A shop area - products for sale



FURTHER INFORMATION:

In Provence, “truffle tourism” is very popular. The truffle is a rare and precious treasure, used by the greatest chefs in the most refined restaurants. Truffles are highly valued for their distinctive and unique taste but also for their very low calories and fat content.

CATAMARAN RIDE ON THE LAC DE SAINTE-CROIX

Cross the Lac de Sainte-Croix in the north of the department. It is France’s fourth largest lake and a magical place for tourists with its many water activities.

GOURMET VISIT TO LA MAISON DE LA TRUFFE, AUPS

Immerse yourself in the mysterious world of truffles by visiting the 200 m² of multi-sensory spaces at La Maison de la Truffe of Aups and Verdon. At the end of the visit, enjoy a local black truffle speciality with a glass of Haut-Var wine.

Included: one product from La Maison de la Truffe shop.

“TRUFFLES: TRADITIONAL CUISINE VERSUS MOLECULAR CUISINE” MASTER CLASS AT LA BASTIDE DE CALALOU

Try your hand in the kitchen of a “Maître-Restaurateur” local chef and revisit the classics by experimenting with molecular recipes based around Aups truffles. Enjoy the four dishes on offer and discover suggestions for pairings with Haut-Var wines.

Included: one glass of champagne

DEMONSTRATION: DOGS HUNTING FOR TRUFFLES

Discover the production cycle of a truffle, how a truffle field works, how truffles are harvested (digging), the dog’s work and his training from his master. OR Blending workshop at the Taurenne oil estate Visit the largest olive farm in the Var and experience the art of blending oils from the eight varieties. Included: one bottle of blended oil for tasting offered to participants

CONTACT :



Var Provence Cruise Club

Julie Bensadoun

04 94 22 80 60 - 06 01 19 12 61

julie.bensadoun@var.cci.fr

By



*Chambre de Commerce
et d'Industrie
de Corse*

PANORAMIC CAP CORSE

BY E- BIKE

Hal day



CORSICA

OUTDOOR
ACTIVITY

SPORT

NATURE

EXCURSION DETAILS

- **Half day tour**
- **Interests:** co-culture, sport, nature
- **Port of call:** Bastia
 - > **Landing time:** 09:30
 - > **Embarkation time:** 11:30
- **6-12 PEOPLE**

TARGET AUDIENCE

- **Diversification:**
SINGLE | COUPLES | FAMILIES

DURATION

- Approx. **3.00 hours**

LOCATION

- **From Bastia to Santa Maria di Lota**



© OpenStreetMap contributors

DESCRIPTION OF THE EXCURSION

The coast of Cap Corse is characterized by its Genoese towers, such as that of Miomo, a legacy of a centuries-old past and offers a wonderful view of the islands of the Tuscan archipelago (Elba, Capraia, Monte Cristo). With this electric bike tour, you take the time to contemplate the view with a real feeling of freedom.



FURTHER INFORMATION:

The tour requires ability and a physical condition suitable for sports practice.

The excursion starts from the port and reaches the village of Miomo, 5 kilometers north of Bastia, where the Cap Corse begins. You go around the «corniche», the panoramic road above Miomo, where you will have a breathtaking view over the Toscan archipelago : Elba, Capraia and Monte Cristo islands and by cleat weather, until the italian coasts.

Corsica is reknowned for its gastronomy so a local tasting will be provided so you can taste the flavors of the island before heading back to Bastia by e-bike.

CONTACT :

Chambre de Commerce
et d'Industrie
de Corse

Chambre de commerce et d'industrie
territoriale de haute Corse

Anne-Marie Spinosi

Tel : 04.95.55.25.11

Fax. : 04.95.55.25.01

www.bastia.port.fr

*Chambre de Commerce
et d'Industrie
de Corse*

BEAUTIFUL CAP CORSE

SEEN FROM THE SEA

Half day

CORSICA

OUTDOOR
ACTIVITY
SPORT
NATURE

EXCURSION DETAILS

- **Half day tour**
- **Interests:** eco-culture, sport, nature
- **Port of call:** Bastia
 - > **Landing time:** 08:30
 - > **Embarkation time:** 12:00
- **6-12 PEOPLE**

TARGET AUDIENCE

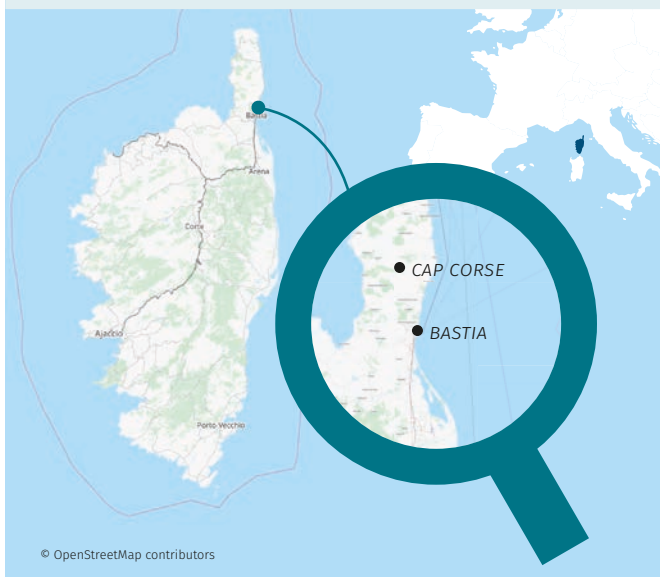
- **Diversification:**
SINGLE | COUPLES | FAMILIES

DURATION

- Approx. **3.50 hours**

LOCATION

- **From Erbalunga to Miomo (5/10 kilometers from Bastia)**



DESCRIPTION OF THE EXCURSION

Discover the wild coast of Cap Corse from the fishing village of Erbalunga, almost cut into the rock to the Genoese tower of Miomo.

The excursion starts from the beach of Erbalunga, located 10 kilometers from Bastia, a village to visit



before leaving by canoe. Erbalung is situated in the region of Cap Corse («the finger») which coast is characterized by its «Genoese towers» and its clear waters along a very preserved coast you will go along.

Pass along Lavasina, famous in Corsica for its pilgrimage every September, to arrive at the village of Miomo, 5 kilometers south for a pause where a Corsican « spuntinu », a light local tasting will be provided before heading back to Erbalunga by canoe. (Round trip Erbalunga/Miomo by canoe 1h30).

FURTHER INFORMATION:

The tour requires ability and a physical condition suitable for sports practice.

CONTACT :

Chambre de Commerce
et d'Industrie
de Corse

Chambre de commerce et d'industrie
territoriale de haute Corse

Anne-Marie Spinosi

Tel : 04.95.55.25.11

Fax : 04.95.55.25.01

www.bastia.port.fr

CAMERA DI COMMERCIO
MAREMMA E TIRRENO

IN THE HEART OF THE MAREMMA

A JOURNEY THROUGH NATURE AND FOOD AND WINE TRADITIONS

Full day

TUSCANY

NATURE

LEISURE

LOCAL WINE
AND FOOD

EXCURSION DETAILS

→ Full day tour

→ **Interests:** eco-culture, eco-enogastronomy

→ **Port of call:** Porto S. Stefano

→ **Landing time:** 09:00

→ **Embarkation time:** 16:30

(must return to the port by 16h00-16h30 at the latest)

→ 16-20 PEOPLE

Means of transport used: bus, horse-drawn carriage.

TARGET AUDIENCE

→ **Age group:** YOUNG | ADULTS | OLDER PEOPLE

→ Diversification:

SINGLE | COUPLES | FAMILIES | PEOPLE WITH DIFFERENT ABILITIES

DURATION

→ Approx. **7.30 hours**

LOCATION

→ **First site:** Parco Regionale della Maremma.

DISTANCE FROM THE PORT OF CALL:

35,3 km, 37 minuti.

ACCESSIBILITY: easy

Local product

→ **Refreshment time:** Antica Fattoria La Parrina.

DURATION: 1 hour cooking class + 1 hour lunch

DISTANCE FROM THE FIRST SITE:

28km, 25 min

DISTANCE FROM THE PORT OF CALL:

20 km ; 28 min

ACCESSIBILITY: easy

LOCAL PRODUCT

→ **Second Site:** Antica Fattoria La Parrina

DISTANCE FROM THE FIRST SITE:

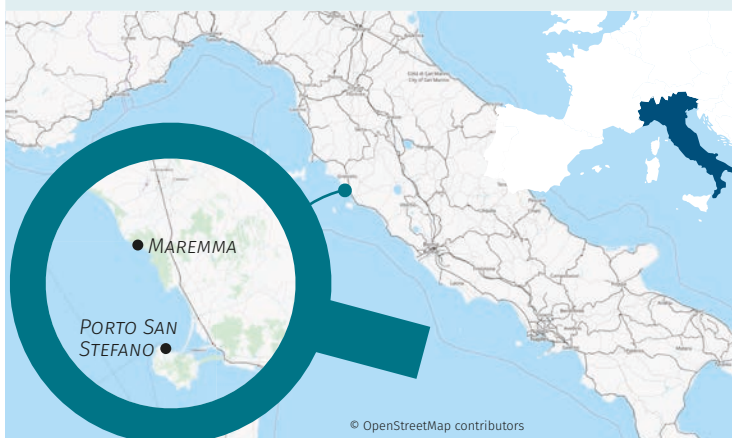
28km, 25 min

DISTANCE FROM THE PORT OF CALL:

20 km ; 28 min

ACCESSIBILITY: easy

Local product



TOUR AREA

The excursion takes place in the heart of the Maremma of Grosseto, an area among the few in Italy that still remains wild and uncontaminated, where natural environments intermingle with human activities and presence since ancient times, in a dynamic balance attentive to the conservation of its great biodiversity and the maintenance of the most ancient cultural traditions.



FURTHER INFORMATION:

The entire tour will be led by qualified multilingual local staff who hold the professional title of Environmental and Tourist Guide.

From the unique landscapes of the Maremma Park to the Antica Fattoria La Parrina, one of the oldest and most fascinating farms in the area, visitors will be able to get to know the most authentic heart of the region, in a journey through nature, traditions and excellence to be discovered.

DESCRIPTION OF THE EXCURSION

Visitors will be welcomed on disembarkation and transferred to the **Maremma Regional Park Visitor Centre**, from where a fascinating horse-drawn carriage ride will begin amidst the varied landscapes of unspoilt nature and the remains of ancient fortifications erected to protect the coastline in the Middle Ages. The velvety gait of the heavy draught horses will allow visitors to enjoy the natural beauty in complete tranquillity and to observe at close quarters, without frightening them, the wild animals and herds of horses and cows of the Maremma that still live in the wild.

Then it's off to the **Antica Fattoria La Parrina** where, under the watchful eye of the chef, visitors will have the opportunity to get to know and learn how to cook traditional recipes from the Maremma. At the end of the cooking class, visitors will be able to enjoy a moment of refreshment, where they can taste dishes prepared with ingredients produced on the farm and accompanied by **Parrina D.O.C. red and white wines**.

The full immersion session ends with **a tour of the vineyards and winery**, and a moment to relax in the shade of the large plane trees or in the winery shop before returning to the port.

CONTACT :



CAMERA DI COMMERCIO
MAREMMA E TIRRENO



Camera di commercio maremma e tirreno
Servizio Promozione e sviluppo economico

Luca Bilotti

Tel : +39 0564 430212

www.lg.camcom.gov.it

Camera di Commercio
Genova

KAYAKING AND SNORKELLING

IN PORTOFINO

Full day excursion

LIGURIA

OUTDOOR
ACTIVITY

SPORT

NATURE

EXCURSION DETAILS

- **Full day tour**
 - **Interests:** eco-culture
 - **Port of call:** Santa Margherita Ligure (or also Genoa)
 - > **Landing time:** 08:30
 - > **Embarkation time:** 16:30
 - **MAX. 15 PEOPLE**
- Means of transport used.... (by centralabs)

TARGET AUDIENCE

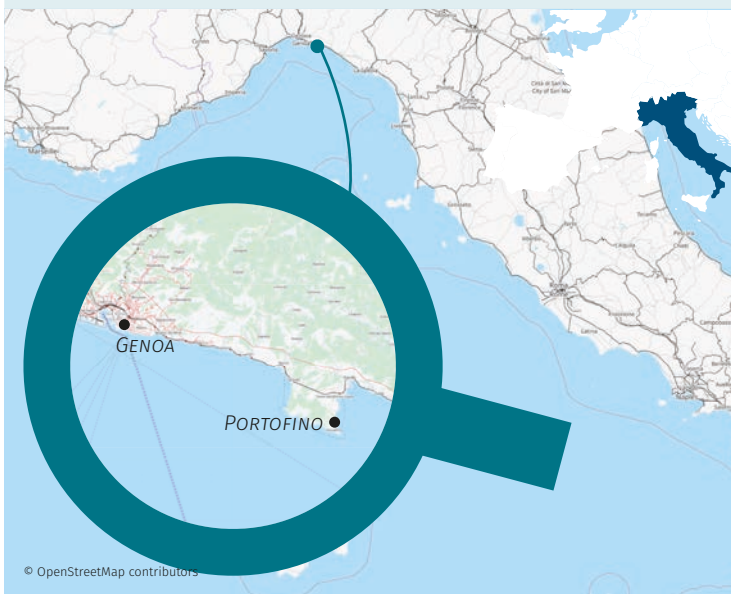
- **Age group:** YOUNG | ADULTS | OLDER PEOPLE
- **Diversification:** SINGLE | COUPLES | FAMILIES | PEOPLE WITH DISABILITIES

DURATION

- Approx. **7.30 hours**

LOCATION

- **First Site:** Portofino (Promontory)
DISTANCE FROM THE FIRST SITE: 3,6km, 10 min.
ACCESSIBILITY: easy
 Local product
- **Refreshment time:** Abbey of San Fruttuoso di Camogli and duration (1h)
DISTANCE FROM THE FIRST SITE: 5,6km, 1h10.
ACCESSIBILITY: medium

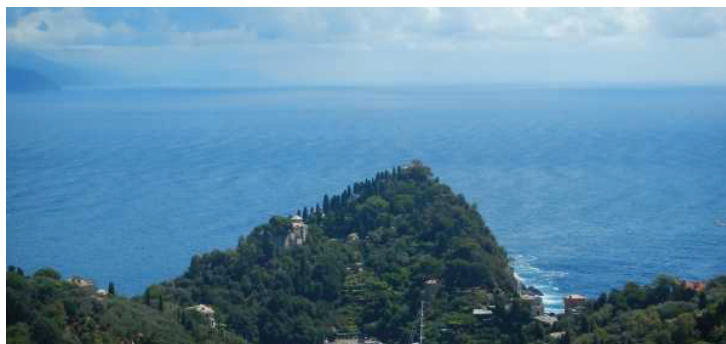


TOUR AREA

The municipality is located in the western part of the Gulf of Tigullio, in a bay at the base of the promontory of the same name, east of Genoa, which effectively marks the geographical boundary between the Gulf of Paradise and Tigullio.

The entire municipality is included in the Portofino Regional Natural Park and in the Portofino Marine Protected Area.

The municipality and its surroundings are an important tourist destination, especially for foreigners, who point out that the area is one of the most pleasant ports in the Mediterranean.



DESCRIPTION OF THE EXCURSION

Paddling immersed in the nature of the Portofino Park. Sea kayaking excursion accompanied by a canoe guide (BC and Fick certified) in which you reach the most evocative places of the Portofino marine protected area. For this activity, specific and high quality sea kayak equipment is used. On board the kayak you will discover enchanting places steeped in history and charm, such as Portofino, Cala degli Inglesi, San Fruttuoso, Punta Chiappa, Porto Pidocchio (the itinerary is subject to change according to the level of the participants). The wild landscape of the Portofino Park is rich in flora and fauna and offers the opportunity to observe dolphins, different types of birds, including cormorants and grey herons, and many other species. A pleasant stop for lunch, based on typical Ligurian focaccia, allows you to visit other points of interest, such as the interior of the Abbey of San Fruttuoso and, further west, the tuna fishing and fishing village of Camogli. At lunchtime, a break at the Abbey of San Fruttuoso is the best way to immerse yourself in an oasis of peace! The tasting of typical local products accompanied by a delicious natural wine «Triple A» strictly local, will fully satisfy your senses. It will also be possible to discover the wonders of the seabed in the protected marine area of Portofino, a snorkelling along the wild coastline offers breathtaking scenery. Your guide will be able to suggest the most interesting and species-rich spots.



FURTHER INFORMATION:

The Kayak itinerary may vary according to sea conditions and the level of preparation of the participants...

CONTACT :



Camera di Commercio
Genova

Centro Ligure per la Produttività Agenzia formativa del Sistema Camerale Ligure e delle Associazioni datoriali di Categoria

Manuela Caramanna

Tel : 010 55087228

Fax : 010 55087230

www.clpge.it

Camera di Commercio
Genova

DISCOVER THE PERCHED PATHS

OF THE LIGURIAN MOUNTAINS

Whole day excursion

OUTDOOR
ACTIVITYLOCAL
CULTURE

NATURE

EXCURSION DETAILS

→ **Whole day**→ **Interests:** eco-culture

(must return to the port by 16h00-16h30 at the latest)

→ **Port of call:** Genoa→ **21-25 PEOPLE**

Means of transport used: organised transfer with a maximum capacity of 20 people

TARGET AUDIENCE

→ **Age group:** **YOUNG** | **ADULTS** | **OLDER PEOPLE**→ **Diversification:**
SINGLE | **COUPLES** | **FAMILIES** | **PEOPLE WITH DISABILITIES**

DURATION

→ Approx. **7.30 hours**

LOCATION

→ **First Site:** San Salvatore di Cogorno - Basilica dei Fieschi. 5kms, 15mins.**ACCESSIBILITY:** easy

Local product

→ **Refreshment time:** Barbagelata
Departure from Barbagelata per the walk towards Monte Caucaso (1H30). Lunch break at "Rifugio del Caucaso", located on the ridge at an altitude of about 1200 m, from where you can admire a wide panorama of the Fontanabuona Valley and the Gulf of Tigullio. The refuge is part of the «Natura 2000» ecological network

and, thanks to the natural and geomorphological beauty of the area, it is included in one of the Sites of Community Importance.

DISTANCE FROM THE FIRST SITE:

35km, 55 min.

ACCESSIBILITY: easy - average→ **Third Site:** Lorsica – Museum of Damasks**DISTANCE FROM THE FIRST SITE:**

20km, 35 min from Barbagelata

ACCESSIBILITY: easy

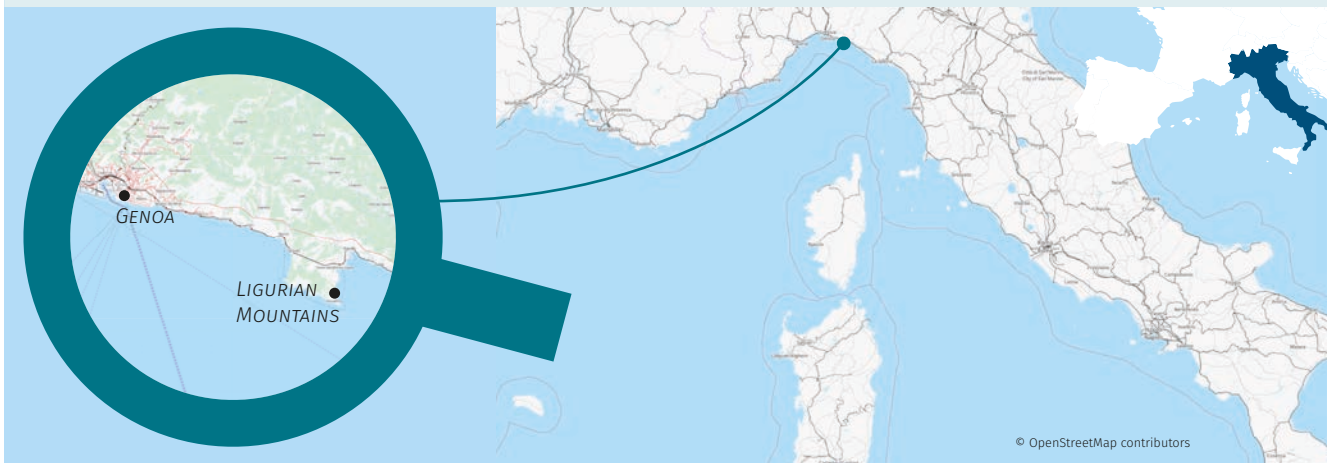
Local product

→ **Fourth Site:** Chiavari (various options available for dinner)
Visit to the Historical Centre (short walk, up to 1 hr)**DISTANCE FROM THE THIRD SITE:**

25km, 40 min

ACCESSIBILITY: easy

Local product



© OpenStreetMap contributors



DESCRIPTION OF THE EXCURSION

This one-day excursion allows you to get to know the characteristics of the Ligurian landscape, which offers the possibility of passing from seaside resorts to mountain areas of high value in a short time.

The proposed itinerary allows you to :

- appreciate the landscape and naturalistic excellences of the Chiavarese area and its hinterland
- get to know the typical food products of the territory
- discover a portion of the «Alta Via dei Monti Liguri» route.

The excursion is organised with a transfer that makes the connections between the proposed stages easy and can be started either from Genoa or directly from Chiavari, depending on the type of user.

There are several disembarkation points, depending on the type of user.

If Cruise passenger: Port of call Genoa or Savona.



CONTACT :



Camera di Commercio
Genova

Centro Ligure per la Produttività Agenzia formativa del Sistema Camerale Ligure e delle Associazioni datoriali di Categoria

Manuela Caramanna

Tel : 010 55087228

Fax : 010 55087230

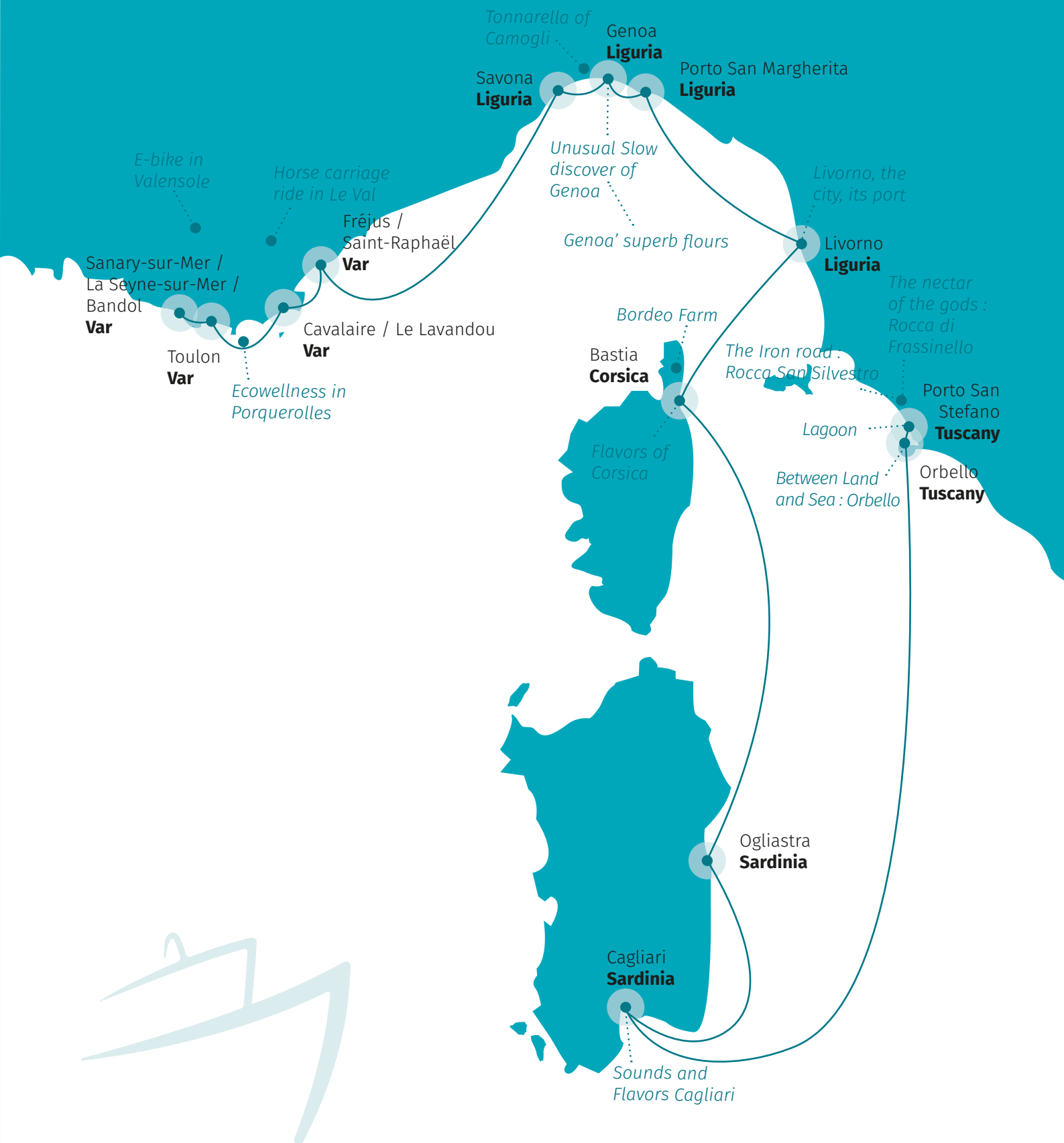
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ITINERARY 2

AN INITIATORY JOURNEY IN HARMONY WITH OUR 5 SENSES

This cruise itinerary is a genuine mix of pristine boutique ports and city ports





SOUNDS AND FLAVORS OF CAGLIARI

CITY OF CAGLIARI

Half-day excursion

Walking in the city of Cagliari to discover the authentic flavours and sounds of a unique place at the heart of the Mediterranean. Inside one of the largest civic markets in Europe, rediscovering authentic flavours and foods, in the company of a chef who will then cook them together with the guests. The afternoon will be spent in discovering the magic of the launeddas, an ancient Sardinian instrument and its typical sound, which is traditionally passed down from one generation to the next only orally.



EXCURSION DETAILS

- **Full day tour**
- **Interests:** Culture, Food & Wine
- **Port of call:** Cagliari
 - > **Landing time:** 09:00
 - > **Embarkation time:** 15:00
- **MAX 15 PEOPLE**

TARGET AUDIENCE

- **Age group:** YOUNG | ADULTS
- **Diversification:** SINGLE | COUPLES | FAMILIES | SUBJECTS WITH DISABILITIES

DURATION

- Approx. **5.00 hours**

LOCATION

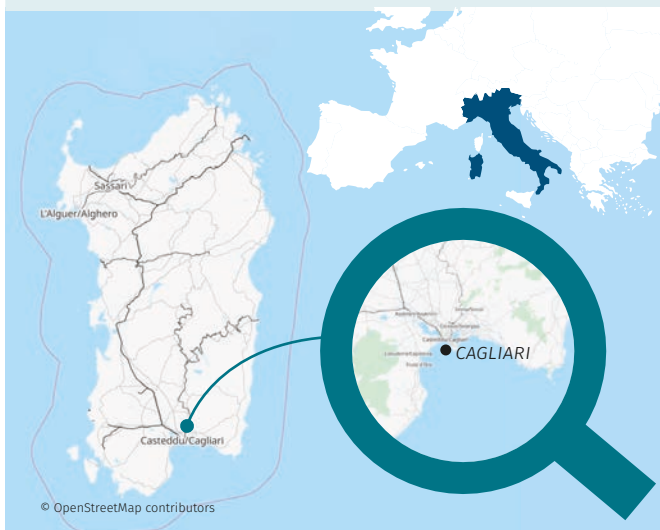
- **First Site: 9.30:** Panoramic tour of the City. Market of San Benedetto - Cagliari - 10.30 hrs
 - Tour inside the market among the stalls with the sellers.
 - Availability in the vicinity of a place where you can take a typical Sardinian cooking class
 - Possibility to buy typical products inside the market.
-  Local product

→ Refreshment time: 12.00:

Salsamentaria or "I Cherchi" cheese counter at the market

→ Third Site: 13.00: Cittadella dei Musei Sala Isre.

Introduction by the musicologist and the craftsman on the significance of launeddas in Sardinian musical culture, their characteristics, their use in the musical panorama. Observation of the craft methods of construction of the instrument. Final concert commented and described by the ethnomusicologist.



TOUR AREA

The city of Cagliari is the capital of the region of Sardinia. Dominated first by the Punic and Carthaginians, then by the Romans and later by the Vandals and Byzantines, in the Middle Ages it came under Pisan and then Aragonese control, before coming under the Savoy umbrella. A port and frontier city, its various dominations over the centuries have made it a multifaceted city, rich in treasures: interpreting this complexity through food and music is a unique and innovative way of getting to know the Sardinian capital, capturing its true and genuine soul.



The San Benedetto market is one of the largest civic markets in Europe, with a specific area dedicated to fish that is constantly supplied by local fishermen: its visit is a unique experience and a journey into the deepest seas of the Mediterranean.

The excursion will be completed with the knowledge of a heritage of the Sardinian musical tradition, the launeddas instrument: it will be possible to assist to the original manufacture of these instruments and to a small private concert.

DESCRIPTION OF THE EXCURSION

After a panoramic tour of the city, accompanied by a professional chef, you will wander through the stalls of the San Benedetto market, discovering typical products such as cheeses, cured meats, wines, typical bread, fish, meat, fruit and vegetables, sweets and many others that characterise the Cagliari area. Together with the chef, some special products will be chosen and then transformed into dishes together with the guests.

Alternatively, at the market, there will be a cheese tasting, taking the most important Sardinian product on a virtual tour of the island.

After the tasting, the group will move on to the Museum Citadel where, inside the ethnographic museum, an expert teacher will offer those present the secrets of the launeddas, a wind instrument typical of southern Sardinia and one of the oldest in the Mediterranean: under the competent guidance of an ethnomusicologist, they will get in tune with the instrument, getting to know its characteristics, its use, its sounds and melodies, and finally attending a private concert.

CONTACT :

Dott.ssa Giuseppina Scorrano

Responsabile Settore Promozione Turismo

Centro Servizi Promozionali per le Imprese
Azienda Speciale della Camera di Commercio di Cagliari

Largo Carlo Felice 66 - 09126 Cagliari

Tel. +39 070 60512330

Email: turismo@csimprese.it

Web: www.csimprese.it



FURTHER INFORMATION:

To ensure the full narrative of the theme of the excursion and the total understanding of the «space-time» path, a qualified guide (archaeologist) will join the group accompanying it all day long.



By



A PRISTINE ECO-WELLNESS GETAWAY ON PORQUEROLLES ISLAND

FROM CAVALAIRE, LE LAVANDOU, TOULON/LA
SEYNE

Full day excursion

VAR PROVENCE

LEISURE
—
NATURE
—
WELL-BEING
—
CULTURE

EXCURSION DETAILS

- Full-day excursion
- Leisure, nature, well-being, culture
- **VIP TOUR** | MEDIUM GROUP | LARGE GROUP

TARGET AUDIENCE

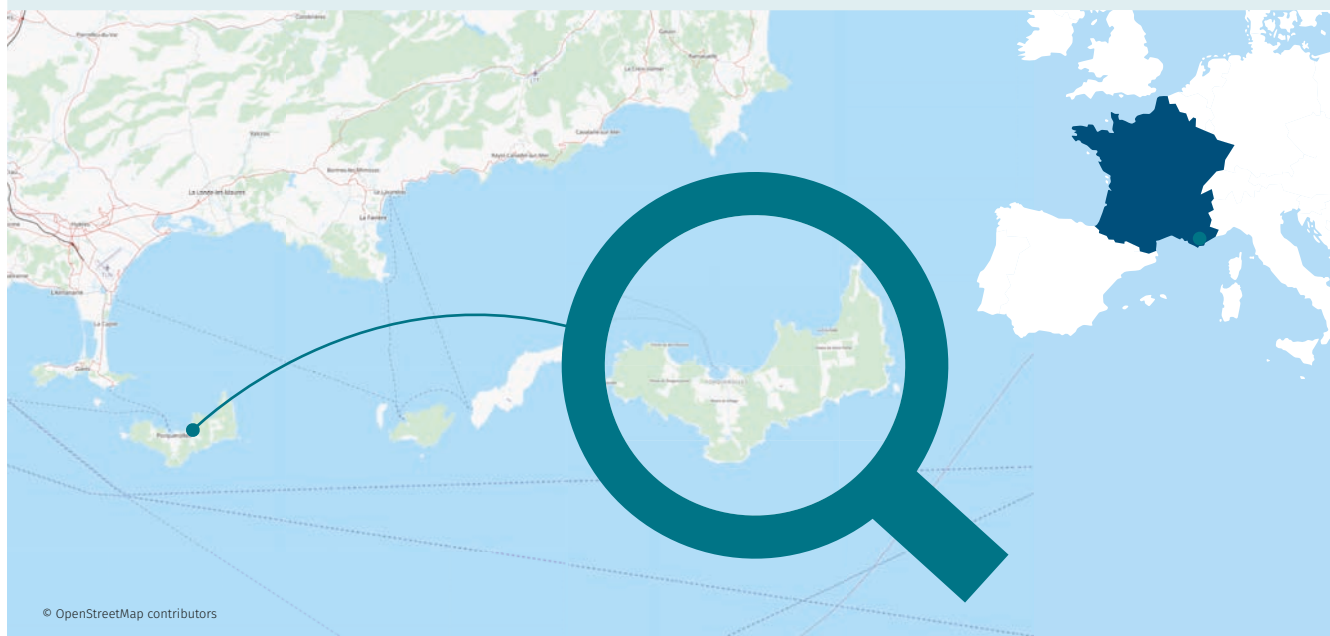
- All ages
- Segment: **ÉCO.** | MI-RANGE | LUXURY

DURATION

- Approx. **6.00 hours**

LOCATION

- Porquerolles
- Port of call: Le Lavandou, Toulon / La Seyne, Cavalaire





DISCOVER THE NATURAL WONDERS OF THE ISLAND OF PORQUEROLLES:

Meet your nature guide, Charlotte, at the departure point of the boat trip to Porquerolles. Riding your electric bike over trails in the heart of the shrubland, discover authentic landscapes shaped by centuries of history and see the lighthouse, the mill and Fort St. Agatha, with a private tour of its temporary exhibitions and exceptional panoramic views from its terrace. Throughout the tour, discover a variety of ancient, wild and endemic species of fruit, fig, and citrus trees in a protected area at the heart of the Port-Cros National Park of which Porquerolles, one of metropolitan France's most beautiful islands, is part.

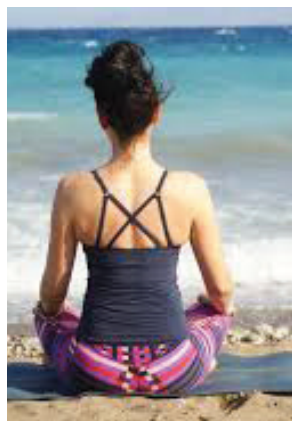
TREAT YOURSELF TO A MOMENT OF WELL-BEING

During the day, stop off at Notre Dame beach, voted the most beautiful beach in Europe, for a plantar reflexology or Qi Gong session to relax, activate your positive resources, connect to the nature surrounding you and live completely the present moment.

AN ART AND NATURE EXPERIENCE

Porquerolles also offers the opportunity to visit one of the most unique places in Europe: Villa Carmignac, a contemporary/Pop art museum surrounded by a park housing giant sculptures and nestled in pine forest. Villa Carmignac is more than a museum: it is an experience.

On entering the gallery, visitors are welcomed with herbal tea before embarking on a barefoot visit where only 50 people at a time have the privilege of discovering nearly 250 works of art, including major pieces by Andy Warhol, Jean-Michel Basquiat, Roy Lichtenstein and Gerhard Richter as well as many talented young artists.



FURTHER INFORMATION:

- Guided tour adhering « **Esprit Parc** » a brand committed to safeguarding the French national parks.
- Light snacks provided during the tour.
- Restaurant lunch includes a main dish and a dessert (excluding drinks).

CONTACT :



Var Provence Cruise Club

Julie Bensadoun

04 94 22 80 60 - 06 01 19 12 61

julie.bensadoun@var.cci.fr

By





By



A HORSE CARRIAGE RIDE THROUGH VINEYARDS AND FORESTS FOR WINE AND NATURE LOVERS

FROM TOULON, LA SEYNE-SUR-MER, SANARY, BANDOL

Half-day excursion

VAR PROVENCE



LEISURE

NATURE

WINE

EXCURSION DETAILS

- Half-day excursion
- Leisure, nature, wine
- **VIP TOUR** | **MEDIUM GROUP** |
LARGE GROUP

TARGET AUDIENCE

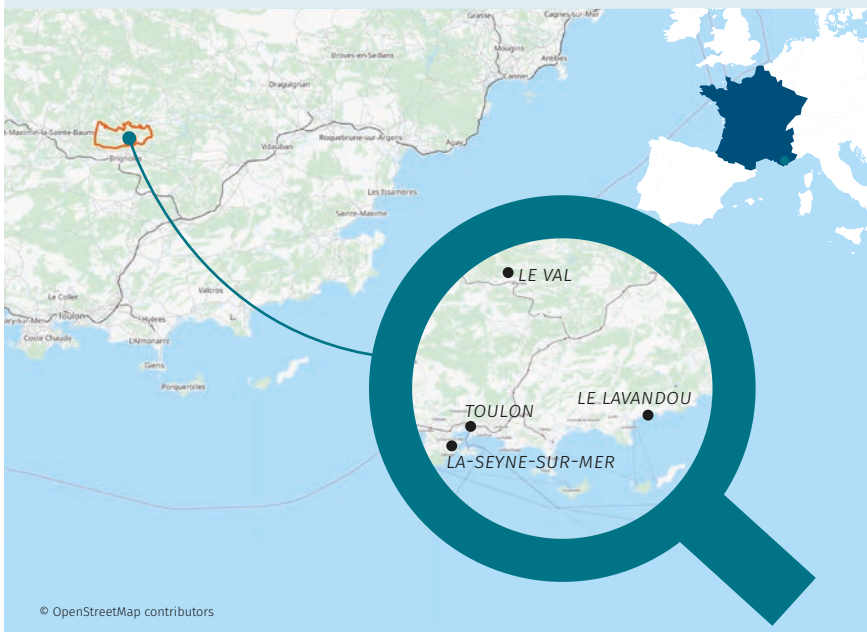
- All ages, families
- **Segment: ÉCO.** | **MEDIUM** |
LUXURY

DURATION

- Approx. **3.00** hours

LOCATION

- **Le Val**
- **Closest ports of call:** Toulon, La Seyne-sur-Mer, Sanary-sur-Mer, Bandol



A CARRIAGE RIDE TO GET CLOSE TO NATURE

Seven beautiful horses, including five powerful ones from Franche-Comté, perform an ancient and uncommon activity: the horse and carriage. Couples, families or groups of friends can all climb aboard the carriage for a ride through vineyards, forests, Provençal terraces and cross over rivers... A rustic pathway amidst fantastic country houses and farm animals to be close to Nature!



Available in June (on Saturdays), in July (on Wednesdays and Saturdays) and in August (on Wednesdays and Saturdays).

TASTING AND INTRODUCTION TO OENOLOGY

Enter the well-guarded cellars of the Château Fontainebleau, discover the vintner's winemaking methods, his know-how and learn the secrets of organic and biodynamic agriculture. Enjoy a complete tasting session led by a professional team and learn the characteristics of a wide range of wines from the estate.

FURTHER INFORMATION:

- From **May to August**, open daily **from 10:00 AM to 7:00 PM**
- The cellar tour, the tastings and the introduction to oenology take place every day **by reservation**
- **Duration** of the carriage ride: half-hour.
Capacity: 6 people

CONTACT :



Var Provence Cruise Club

Julie Bensadoun

04 94 22 80 60 - 06 01 19 12 61

julie.bensadoun@var.cci.fr

By





By



UNFORGETTABLE E-BIKE RIDE IN VALENSOLE'S COLORFUL LAVENDER FIELDS, A PROVENÇAL TREASURE

FROM TOULON, LA SEYNE-SUR-MER

Whole-day excursion

VAR PROVENCE

LEISURE

NATURE

SPORT

EXCURSION DETAILS

- Whole-day excursion
- Leisure, nature, sport
- **VIP TOUR** | MEDIUM GROUP | LARGE GROUP

TARGET AUDIENCE

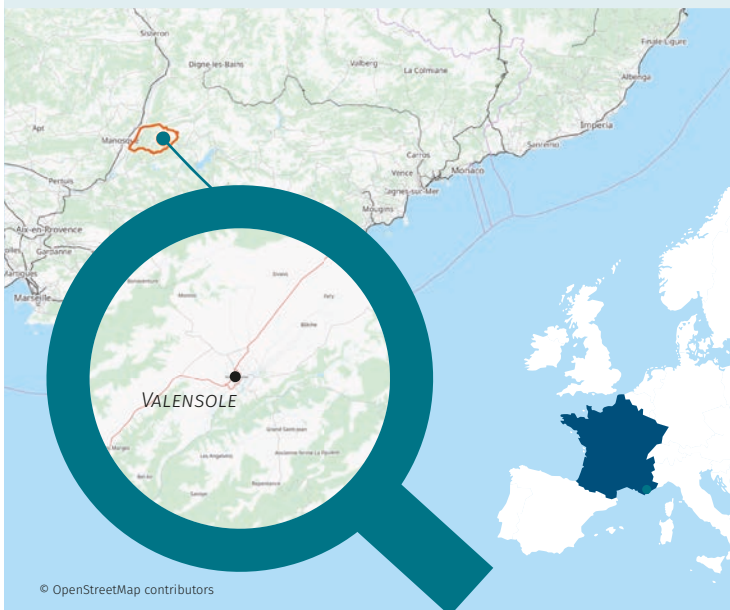
- All ages, families
- Segment: **ÉCO.** | MEDIUM | LUXURY

DURATION

- Approx. **3.00 hours**

LOCATION

- Valensole
- **Closest ports of call:** Toulon, La Seyne-sur-Mer



A JOURNEY THROUGH THE SENSES

Discover the factory L'OCCITANE, its museum and shop through a guided tour in the heart of Provence. Since its creation in 1976, L'OCCITANE en Provence has been making beauty products using essential oils and natural fragrances developed following the principals of phytotherapy and aromatherapy. Take a stroll along the Mediterranean garden and enjoy a pleasant stimulation of the senses while discovering the aromatic and medicinal plants that are used for the skin/body cares and fragrances of L'OCCITANE en Provence.



CYCLING IN THE LAVENDER FIELDS OF PROVENCE

You will never forget this electric bike ride in the heart of Provence! Smell the sweet scent of lavender, admire the shades of blue and purple in the endless lavender fields, breathe the fresh air of the Provençal countryside while pedaling gently and joyfully!

A nice basket of local and artisanal gastronomic products will be offered to you, to be enjoyed without moderation during a stop in a lavender field !

Lavender is a true symbol of Provence, come and discover this natural wonder.

FURTHER INFORMATION:

- Blooming period **between mid-June and mid-July.**
- The factory is open **from Monday to Friday. Exceptionally open on Sundays*** in July and August. **Guided tours available by reservation.** (*NO ACTIVITY IN THE FACTORY)
- You are advised to wear casual clothes for the electric bike ride.

CONTACT :



By



Var Provence Cruise Club

Julie Bensadoun

04 94 22 80 60 - 06 01 19 12 61

julie.bensadoun@var.cci.fr

Chambre de Commerce
et d'Industrie
de Corse

THE BORDEO FARM AND ESSENTIAL OILS DISTILLERY

Half day trip



CORSICA

OUTDOOR
ACTIVITY

LOCAL WINE
AND FOOD

CULTURE

EXCURSION DETAILS

- **Half Day tour**
- **Interests :** eco-culture, nature, organic products
- **Port of Call :** Bastia
 - > **Landing time:** 08:30
 - > **Embarkation time:** 12:30
- **10-20 PEOPLE**

TARGET AUDIENCE

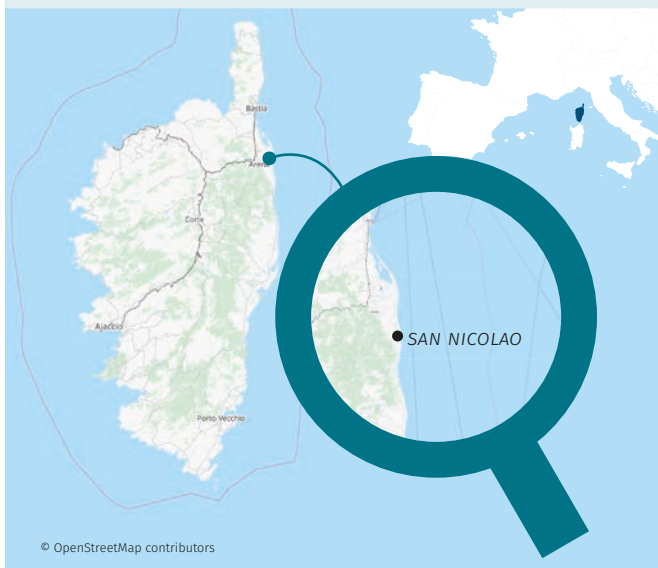
- **Age group:** YOUNG | ADULTS | OLDER PEOPLE
- **Diversification:** SINGLE | COUPLES | FAMILIES

DURATION

- Approx. **4.00 hours**

LOCATION

- **San Nicolao**, 45 kms from Bastia (50 mns drive)



BRIEF DESCRIPTION OF THE EXCURSION

The region is traditionally an agricultural region with many different cultures: citrus fruits, kiwis, vines, melons ...

For more than 20 years, the Van Keyserlingk family has been cultivating, distilling and extracting Corsican and Mediterranean aromatic plants, or from more distant origins. Since 1985, their productions are certified in organic and biodynamic agriculture, by Ecocert and Demeter.



Specialist in the organic cultivation of aromatic plants, the extraction and distillation of Corsican flora and citrus fruits, their know-how lies in the use of traditional recipes.

The excursion start with a guided visit of their wonderful botanic garden where you could find various type of Corsican and Mediterranean plants but also very exotic ones and by chance, if you visit the farm in May, a wonderful Damascus rose garden.

The tour continues at the distillery where the whole process of distillation of essential oils and floral waters will be explained to you.

A local tasting with products from their garden and local organic artisans will be proposed to conclude the tour.

FURTHER INFORMATION:

A 30 minutes workshop to make their own cosmetic products with floral waters and essential oils from Bordeo Farm can be included to the tour.

CONTACT :

Chambre de Commerce
et d'Industrie
de Corse

Chambre de commerce et d'industrie
territoriale de haute Corse

Anne-Marie Spinosi

Tel : 04.95.55.25.11

Fax : 04.95.55.25.01

www.bastia.port.fr

Chambre de Commerce
et d'Industrie
de Corse

FLAVORS OF CORSICA

A TOUR OF THE SENSES IN PATRIMONIO

Half day trip



CORSICA

ORGANIC
PRODUCTS

LOCAL WINE
AND FOOD

NATURAL SITE
REMARKABLE

EXCURSION DETAILS

- **Half Day tour**
- **Interests:** Food, Wine, Organic Products
- **Port of Call :** Bastia
 - > **Landing time:** 08:30
 - > **Embarkation time:** 12:30
- **10-20 PEOPLE**

TARGET AUDIENCE

- **Age group:** YOUNG | ADULTS | OLDER PEOPLE

- **Diversification:** SINGLE | COUPLES | FAMILIES

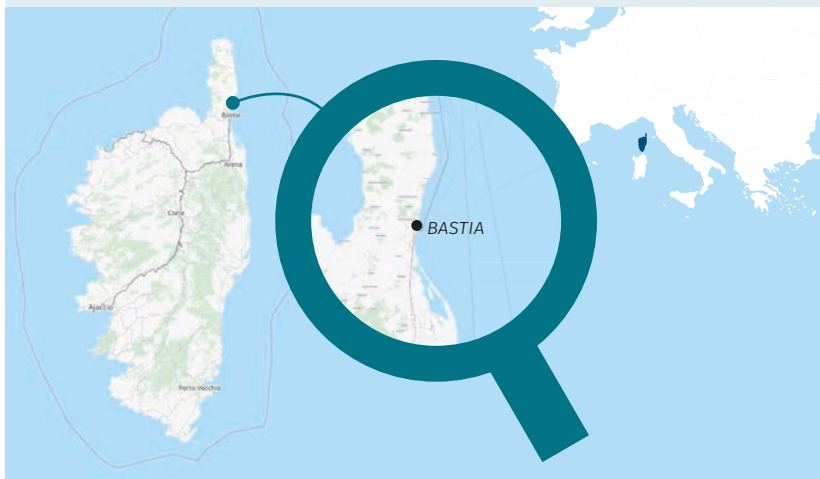
DURATION

- Approx. **4.00 hours**

LOCATION

- **Patrimonio**
- **First Site:** visit of the Savonnerie du Nebbiu, an artisanal soap factory, working with Corsican plants.

- **Seconde Site:** visit of the workshop and honey tasting at Pierre Carli, neighboring beekeeper.
- **Third Site:** a few hundred meters away, the Stéphanie Olmeta estate welcomes you for a visit and tasting of its cuvées.



BRIEF DESCRIPTION OF THE EXCURSION

Less than half an hour's journey from Bastia is enough to reach the small village of Patrimonio, renowned for the quality of its wines. This is where the Savonnerie du Nebbiu was set up, an organic artisanal soap factory, which uses Corsican plants (immortelle, myrtle, etc.) but also Patriminio grapes



to create high quality organic products, cold saponified. Then head to Pierre Carli, the neighboring beekeeper who, depending on the season, moves his hives into the Corsican maquis to offer a whole range of honeys, from the sweetest to the most full-bodied. After visiting the workshop, a tasting is offered to discover the range of tastes and flavors of the honey produced.

Finally, you cannot leave the village of Patrimoine without tasting its wine: its clay-limestone soil provides wines served on the finest tables. It should be noted that within the AOP Patrimoine, the vast majority of estates are in organic production or in a transition phase. This is the case of Stéphanie Olmeta, who produces her organic wine on 8 hectares that belonged to her grandfather. Its vines are worked in the traditional way and the harvest is done by hand. In her pretty boutique, Stéphanie Olmeta will let you taste her different cuvées.

CONTACT :

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et d'Industrie
de Corse

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Anne-Marie Spinosi

Tel : 04.95.55.25.11

Fax : 04.95.55.25.01

www.bastia.port.fr

CAMERA DI COMMERCIO
MAREMMA E TIRRENO

THE NECTAR OF THE GODS FROM THE MYSTERIES OF THE ETRUSCAN CIVILIZATION TO THE ARCHITECTURES OF THE AUTHOR'S CELLARS

Full day excursion



REGION OF TUSCANY

OUTDOOR
ACTIVITY

LOCAL WINE
AND FOOD

SOFT MODE
OF TRANSPORT

EXCURSION DETAILS

- **One-day trip**
- **Interests:** Eco-cultural and enogastronomic field
- **Port of call:** Porto S. Stefano
 - > **Disembarkation time:** 09:00
 - > **Embarkation time:** 16:30
- **21 - 25 PEOPLE**

TARGET AUDIENCE

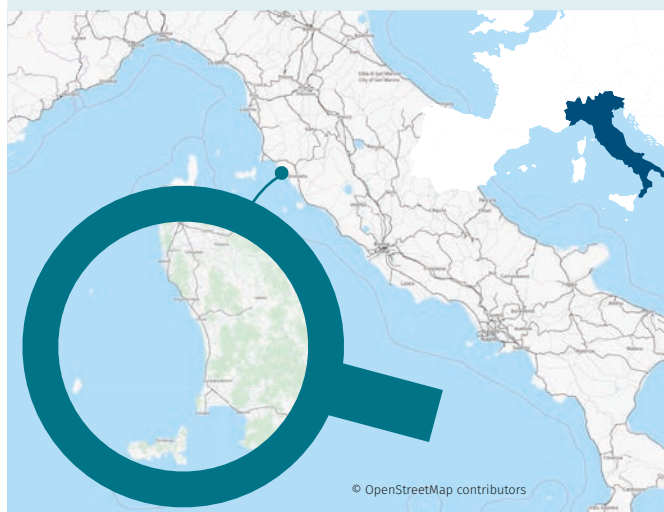
- **Age group:** **YOUNG** | **ADULTS** | **OLDER PEOPLE**
- **Diversification:** **SINGLE** | **COUPLES** | **FAMILIES**

DURATION

- Approx. **6.00 hours**

LOCATION

- **First location:** Vetulonia
- **Second location:** Rocca di Frassinello



TOUR AREA

The excursion takes place on the first slopes of the Metalliferous Hills of Grosseto, between the ancient Etruscan town of Vetulonia and the very modern Rocca di Frassinello vineyard, designed by Renzo Piano. In a natural setting characterized by the gentle Mediterranean hills, the olive groves and the vineyards of the Mediterranean, the visitor will have the opportunity to live a «long journey of 3000 years» on the red thread traced by the nectar of the gods.



FURTHER INFORMATION:

To ensure a complete narrative of the theme of the excursion and understanding of the «space-time» route, a qualified guide (archaeologist) will join the group he will accompany throughout the day.

BRIEF DESCRIPTION OF THE EXCURSION

Departing from the port of Santo Stefano, we reach **Vetulonia**, a small medieval village in the heart of the Maremma. For centuries, Vetulonia has been a famous city of Etruscan Dodecapolis, an economic, political and artistic power whose traces have been completely lost throughout history. Only in 1880, the discoveries revealed following the research campaigns led by Isidoro Falchi, «doctor in the service of archeology», proved without a shadow of a doubt that the ancient and mysterious city had been found. The visitor can then discover the «Lost City» by visiting the Etruscan Museum with its well-preserved collections. The unique experience of the multisensory workshop **«Appuntamento al Buio»** will allow you to enjoy the visit of the museum, as well as in a traditional way: the blindfolded visitor will be the protagonist of a moment of personal knowledge, during which he will come into contact with finds that discover their characteristics through senses that have never been evaluated, such as touch, taste and smell, stimulated by the perfumes and essences of the ancient world.

From there, we will follow this thread to go to the nearby cellar Rocca di Frassinello where, after a light and refreshing lunch, the visitor will come to know which AD Architectural Digest is among the 14 most beautiful vineyards in the world. At the end of the excursion, the visitor can complete the experience by tasting the wine «all'etrusca» in the charming rooms dedicated to the exhibition **«The Etruscans and wine in Rocca di Frassinello»**.

CONTACT :



CAMERA DI COMMERCIO
MAREMMA E TIRRENO



Camera di commercio maremma e tirreno
Servizio Promozione e sviluppo economico

Luca Bilotti

Tel : +39 0564 430212

www.lg.camcom.gov.it

CAMERA DI COMMERCIO
MAREMMA E TIRRENO

BETWEEN LAND AND SEA

THE ORBETELLO LAGOON

Full day excursion

REGION OF TUSCANY

OUTDOOR
ACTIVITYEXCEPTIONAL
NATURAL SITESOFT MODE
OF TRANSPORT

EXCURSION DETAILS

- **One-day trip**
- **Interests:** Eco-cultural and enogastronomic field
- **Port of call:** Porto S.Stefano
 - > **Disembarkation time:** 10:00
 - > **Embarkation time:** 16:30
- **21 - 25 PEOPLE**

TARGET AUDIENCE

- **Age group:** **YOUNG** | **ADULTS** | **OLDER PEOPLE**
- **Diversification:** **SINGLE** | **COUPLES** | **FAMILIES**

DURATION

- Approx. **6.00 hours**

LOCATION

- **First location:** Laguna di Orbetello e Peschiera di Santa Liberata
- **Second location:** Fortezza Spagnola, Porto Santo Stefano



TOUR AREA

The excursion takes place in the region of Orbetello, a few kilometers from the Porto Santo Stefano's disembarking berth.. This beautiful region is largely covered by scented Mediterranean vegetation, dominated by the 635 m of Mount Argentario. Three slender sand tongues surrounding the bird sanctuary of WWF's Orbetello Lagoon connect the Argentario promontory to the coast and offer visitors an enchanting setting. Here, visitors can learn more about the delicate ecosystem of the lagoon, accompany the men who have always worked there, taste excellence and understand how the land and sea for centuries are interwoven and model themselves.



Brief description of the excursion:

After a quick transfer from Porto Santo Stefano's disembarking berth., the day begins with a trip to **the Orbetello lagoon** with fishermen, guardians of the lagoon and heirs of a long tradition in the art of fishing and fish processing. In their company, visitors will discover the wildlife and landscapes of the protected area as well as the ancient secrets of their trade, handed down from generation to generation. To deepen this aspect, we will then head towards **the fish farm of Santa Liberata**, the largest and most complex of those located in the lagoon, where we will understand in more detail the delicate natural balance of the region and the complex role of guardians played by the fishermen.

To complete this experience, the refreshing break will take place at **the Orbetello Fishermen's Cooperative Tasting Center**, where visitors will be able to taste and buy the best lagoon products, whose quality and durability are certified by the Slow Food brand.

Back to the promontory of Argentario, you will cross the picturesque **Via Panoramica** by bus and you will end the day visiting the Spanish fortress and its permanent exhibitions **«Memorie Sommerse»** and **«Maestri d'Ascia»**, crowning a rich experience dedicated to the relationship between man and the sea.

FURTHER INFORMATION:

The whole excursion will be accompanied by the operators of the Orbetello Fishermen's Cooperative as well as by qualified and multilingual staff bearing the professional title of Tourist and Environmental Guide.

CONTACT :



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MAREMMA E TIRRENO



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Tel : +39 0564 430212

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CAMERA DI COMMERCIO
MAREMMA E TIRRENO

LIVORNO: THE CITY, ITS SEA

Full day

REGION OF TUSCANY

LEISURE
—
CULTURE
—
GASTRONOMY

EXCURSION DETAILS

→ One-day trip

→ **Interests:** Eco-cultural and enogastronomic field

→ **Port of call:** Livorno

> **Disembarkation time:** 9:30

> **Embarkation time:** 16:00

Means of transport used: walking itinerary, boat

→ **MAX 25 PEOPLE**

TARGET AUDIENCE

→ **Age group:** YOUNG | ADULTS | OLDER PEOPLE

→ **Diversification:** SINGLE | COUPLES | FAMILIES

DURATION

→ Approx. **6.30 hours**

LOCATION

→ **First location:** Mercato delle Vettovaglie; duration: 1 hour and 30 min

DISTANCE FROM THE FIRST SITE OF THE EXCURSION: 750mt, 5 min

DISTANCE FROM THE PORT OF CALL: 1, 2 km e 8 min

ACCESSIBILITY: easy

Local product

→ **Second location:** Museo della Città

DISTANCE: 900 m., 11 min from the refreshment place

DISTANCE: 400 m., 5 min from the port port of call

ACCESSIBILITY: easy

Local product



TOUR AREA

Livorno, which became a city in 1606 by the will of the Medici family, has always been an oasis of welcome for all the religious, political or racial persecuted that have enriched it with the company and customs of the most diverse cultures. A city inextricably linked to the sea, which is an integral part of its life, with a beautiful promenade among gardens, fragrant plants and kiosks, the elegant bathing establishments, the port and its activities.

The artistic heritage of its seventeenth and eighteenth century churches, its Art Nouveau architecture and the elegant villas where internationally renowned personalities stayed make the Labradorian city, the birthplace of Amedeo Modigliani, Pietro Mascagni, Giovanni Fattori and Francesco Domenico Guerrazzi, a centre to discover.



FURTHER INFORMATION:

The entire tour will be led by qualified multilingual staff with the professional title of tour guide.

During the tour, unique places with a strong emotional impact are visited with the participation of local people who will offer an important contribution by directly involving the participants and telling them in a thrilling way insights of the local life and the city's history.

BRIEF DESCRIPTION OF THE EXCURSION

The day begins at 10:00 with the **Tour of the Ditches by boat**, a fascinating touristic-cultural excursion that allows you to discover the city of Livorno from the Renaissance canals. The route crosses the old town, tracing the ancient port and maritime workplaces and leading the visitor to discover the most intimate identity of this city of the sea. This discovery continues once you get off the boat, with a visit to one of the old fishermen's cellars that open up along the water's edge of the canals. From here we continue with a walk along **Via della Madonna**, a street which, with the presence of no less than three national churches, constitutes a European historical-religious unicum, symbol of the cosmopolitanism that has characterised the city of Livorno for over three centuries.

You will then go to the **magnificent covered market**, an evocative and colourful setting to discover and taste the typical products of Livorno's gastronomy.

After a free lunch break, during which visitors can choose between an informal meal inside the market or a more traditional gastronomic experience in one of the characteristic restaurants of the area, the day ends with a walk through the **historic district of Venezia** and a visit to the **Museo della Città** where, through objects, images, installations and multimedia supports, visitors can retrace the history of Livorno, in an evocative «journey» through time to recover its memory, from the most remote antiquity to the most recent masterpieces of contemporary art.

The entire tour will be led by qualified multilingual staff with the professional title of tour guide.

During the tour, unique places with a strong emotional impact are visited with the participation of local people who will offer an important contribution by directly involving the participants and telling them in a thrilling way insights of the local life and the city's history.

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CAMERA DI COMMERCIO
MAREMMA E TIRRENO

ROCCA DI SAN SILVERSTRO

THE IRON ROAD BETWEEN ARCHAEOLOGY AND NATURE

Full day

REGION OF TUSCANY

CULTURE
—
ARCHEOLOGY
—
OUTDOOR
ACTIVITY

EXCURSION DETAILS

- **One-day trip**
- **Interests:** Eco-cultural
- **Port of call:** Livorno
 - > **Disembarkation time:** 9:00
 - > **Embarkation time:** 16:30

Means of transport used: bus + walking tour

→ **MAX 25 PEOPLE**

TARGET AUDIENCE

- **Age group:** YOUNG | ADULTS
- **Diversification:** SINGLE | COUPLES | FAMILIES

DURATION

- Approx. **7.30 hours**

LOCATION

- **First location:** Parco Archeominerario Rocca di San Silvestro
DISTANCE FROM THE FIRST SITE OF THE EXCURSION: 70,5 km, 1 hour
ACCESSIBILITY: medium

- **Refreshment time:** Restaurant of Parco Archeominerario Rocca di San Silvestro
DISTANCE FROM THE FIRST SITE OF THE EXCURSION: 2 km and 30 min

DISTANCE FROM THE PORT OF CALL:

70,5 km, 1h and 02 min

ACCESSIBILITY: medium

Local product

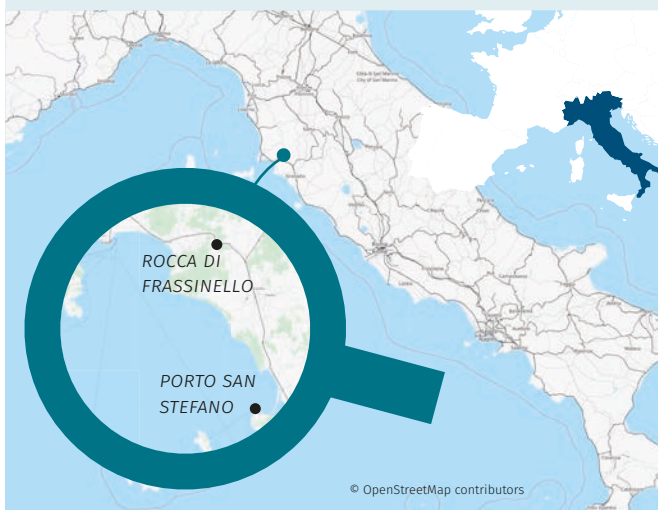
- **Second location:** Temperino Mine, Parco Archeominerario Rocca di San Silvestro

Right next to the refreshment site

DISTANCE FROM THE FIRST SITE OF THE EXCURSION: 75Km, 1 hour

ACCESSIBILITY: medium

Local product



TOUR AREA

The excursion takes place entirely in the territory of the archaeological-mineral park of the Rocca di San Silvestro.

Located behind Campiglia Marittima and the promontory of Piombino, the park covers an area of about 450 hectares. The visitor trails wind through museums, mining galleries, a medieval village of miners and smelters founded about a thousand years ago, and paths of historical, archaeological, geological and natural interest, accompanying the visitor to discover the evolution of mineral research and extraction techniques, as well as the beauty and fascination of the underground world.



BRIEF DESCRIPTION OF THE EXCURSION

The itinerary starts from the port of Livorno. After a bus transfer of about an hour, we reach the entrance to the archaeological mineral park from where, with a walk of about half an hour, we reach the medieval **fortress of San Silvestro**. The visit to the castle, which has been completely excavated and is one of the birthplaces of medieval archaeology in Italy, will be made unique not only by the marvellous landscape of the park and the beauty of the site, but also by the possibility of visiting at close quarters a real medieval building site, reconstructed thanks to experimental archaeology, where those interested will be able to experience at close quarters the activities and gestures of daily life in the early Middle Ages, from the squaring of stones to the shooting of bows and arrows, and from the cooking of bread to the preparation of mortar.

After a short lunch break in the park's restaurant, the itinerary continues with a visit to the **Temperino mine**. The 360-metre long gallery, which can be visited, is one of the few where it is still possible to compare ancient and modern mining techniques. Equipped with helmets, visitors will discover a wide range of rocks and minerals from the **metal deposits of the Campigliese region** and traces of the work of the miners, reminding us of the hard work of a profession that is now almost extinct.

FURTHER INFORMATION:

From disembarkation to the return to the port, visitors will be accompanied by one of the archaeologists who excavated the site and set up the experimental archaeology site.

CONTACT :



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Luca Bilotti

Tel : +39 0564 430212

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Genova

THE TONNARELLA OF CAMOGLI:

AN EMOTIONAL EXPERIENCE OUT OF TIME

Full day excursion

LIGURIA

OUTDOOR
ACTIVITYLOCAL
CULTURE

NATURE

EXCURSION DETAILS

- **One-day trip**
- **Interests:** eco-culture
- **Port of call:** S. Margherita Ligure
 - > **Landing time:** 08:30
 - > **Embarkation time:** 16:30
- **16-20 PEOPLE**

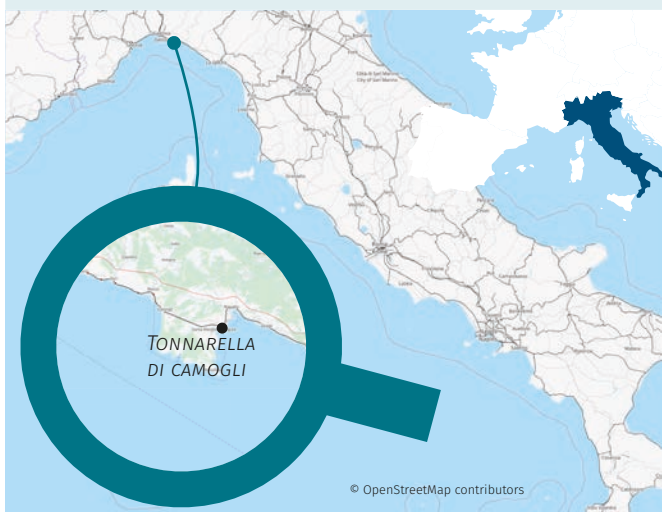
TARGET AUDIENCE

- **Age group:** YOUNG | ADULTS | OLD PEOPLE
- **Diversification:** SINGLE | COUPLES | FAMILIES | SUBJECTS WITH DIFFERENT ABILITIES

LOCATION

- **First Site:** Camogli with boarding for Punta Chiappa (Porto Pidocchio)
DISTANCE: 8,9 km, 19 min
ACCESSIBILITY: medium
 Local product
- **Refreshment Time:** Porto Pidocchio (1h)
DISTANCE FROM THE FIRST SITE: 5 km, 20 min
DISTANCE FROM THE PORT OF CALL: 13 km, 40 min
ACCESSIBILITY: medium
 Local product

- **After a moment of refreshment, possibility to end the excursion by returning to camogli**
- **Second Site:** San Fruttuoso di Camogli
DISTANCE FROM THE FIRST SITE: 2 nautical miles, 15 min
DISTANCE FROM THE PORT OF CALL: 18 km, 60 min
ACCESSIBILITY: medium
 Local product



TOUR AREA

The excursion takes place in the Portofino marine protected area. Established in 1999, it includes the municipalities of Camogli, Portofino and Santa Margherita Ligure and, with its 346 hectares, it is the smallest in Italy. The ambitious objective of the marine protected area is to safeguard biodiversity and marine biological resources while promoting local economic activities when compatible with the natural and landscape aspects of the area. For several years now, it has been promoting new forms of tourism and raising awareness among users of the importance of protecting the environment, preserving nature for future generations and maintaining the good condition of the underwater environment.



Camogli is a beautiful seaside village overlooking the Gulf of Paradise, on the Ligurian Riviera of Levante. A typical seaside village characterised by tall, brightly coloured houses that captivate the eye. A place immersed in a magnificent natural setting that for centuries has enchanted tourists from all over the world in search of relaxation, culture, sea and good food.

Porto Pidocchio is a small harbour, which used to house only fishermen's warehouses, and was named for its tiny size by the famous Italian director Paolucci during the shooting of the film *Preludio D'Amore* with the young Vittorio Gassman.

San Fruttuoso di Camogli: a deep cove between Camogli and Portofino, on the jagged coast of the Portofino promontory. Here stands the famous Abbey of San Fruttuoso di Capodimonte (part of the FAI) in the unspoiled fishing village of the same name. After the first monastic presence, the complex of San Fruttuoso di Capodimonte was a humble fishermen's dwelling, often a pirate's hideout, and then the property of the Doria princes for centuries: an absolutely unique place, where the work of man has been happily integrated with that of nature. In its bay is the famous statue of the Christ of the Abyss, placed at the bottom of the sea in 1954. It is not

accessible by any road, but only by sea or by following a steep path that descends from the mountain of Portofino, which overlooks the Gulf of Paradise.

BRIEF DESCRIPTION OF THE EXCURSION

The first stage of the excursion starts from Camogli - an ancient fishing village - with the road to Porto Pidocchio and goes to the sea of Golfo Paradiso in front of S. Nicolò di Capodimonte. We moor near the Tonnarella factory to learn its secrets and observe the work of the fishermen who, today as 400 years ago, continue this traditional fishing. When the fishermen start to haul in their nets, we set sail again towards Porto Pidocchio to visit the fishing museum in Punta Chiappa. Here it is possible to see the fishing gear and other equipment belonging to the fishermen of Camogli and to access an extensive historical archive. After a stop at the museum, those who wish to do so can return to the factory for the final phase of the fishing, when the nets are closed. The experience ends with the tasting of a typical local dish that has made the history of the fish farm of Porto Pidocchio.

After lunch, we will visit the enchanting bay of San Fruttuoso and its abbey: a Benedictine monastery dating back to the year 1000, which over the years has become a haven for pirates and a fishing village.

FURTHER INFORMATION:

The rickshaw tour also takes place in case of rain because the rickshaws are equipped with a roof (and in winter they provide blankets to put on the legs).

The rickshaws can comfortably carry 2 people (or two adults and a child).

A serene and pleasant visit with zero environmental impact!

CONTACT :



Camera di Commercio
Genova

Centro Ligure per la Produttività Agenzia formativa del Sistema Camerale Ligure e delle Associazioni datoriali di Categoria

Manuela Caramanna

Tel : 010 55087228

Fax : 010 55087230

www.clpge.it

Camera di Commercio
Genova

AN UNUSUAL MEANS OF TRANSPORT

TO SLOWLY DISCOVER THE LIGURIA MAGIC OF GENOA

Full day excursion



LIGURIA

OUTDOOR
ACTIVITYLOCAL WINE
AND FOODSOFT MODE
OF TRANSPORT

EXCURSION DETAILS

- One-day trip
- Interests: Eco-Cultural field
- Port of call: Genoa or Savona
 - > Landing time: 08:30
 - > Embarkation time: 16:30
- MAX 15 PEOPLE

TARGET AUDIENCE

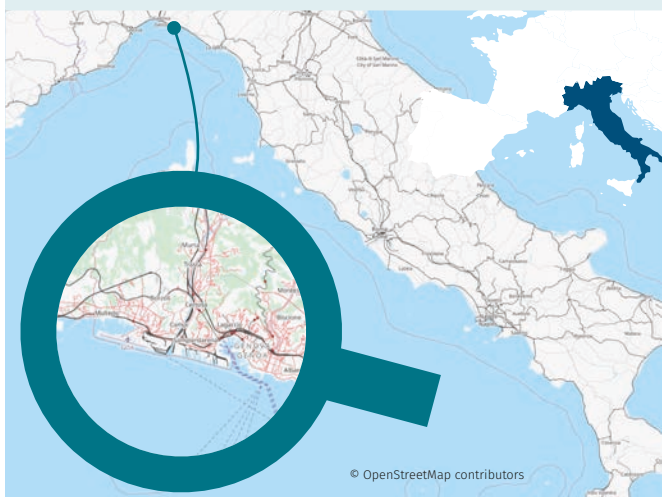
- Age group: YOUNG | ADULTS | OLD PEOPLE

- Diversification: SINGLE | COUPLES | FAMILIES | SUBJECTS WITH DIFFERENT ABILITIES

LOCATION

- First Site: Genoa
 - DISTANCE: 1 km, 3 min
 - ACCESSIBILITY: easy
 - Local product

- Refreshment Time: Boccadasse
 - DISTANCE: 4.7 km, 20 min
 - DISTANCE FROM THE PORT OF CALL: 6,8 km, 40 min
 - ACCESSIBILITY: medium
 - Local product
- Second Site: Boccadasse and Genoa centre
 - ACCESSIBILITY: easy
 - Local product



TOUR AREA

Genoa, a unique city due to its multicultural character, is famous for the hidden treasures that can be discovered in the most unexpected corners, many of which are less well known. Although it retains the soul of a medieval and welcoming city, the city is much larger than one might think at first sight, and it is easy, as well as fascinating, to risk getting lost among its «caruggi» and small squares.



BRIEF DESCRIPTION OF THE EXCURSION

The excursion includes a visit to the Centro Storico - the labyrinthine medieval old town, the largest in Europe - with the discovery of its Palazzi and narrow streets, the «caruggi», which climb steeply up the hills overlooking the Genoese sea. A visit to an artisanal pesto production workshop located in a very characteristic corner of the historic centre is planned. During the visit, the owners will explain how their artisanal products (pesto, oil, etc.) are made, showing the traditional techniques of using a mortar and those of today, and will offer a tasting to the guests. Afterwards, again by rickshaw, we head for Boccadasse, an old fishing village that still preserves its fishing characteristics. In the middle of Boccadasse, there will be a moment of refreshment at the Boccadasse fish tourism. Afterwards, we will return to the centre of Genoa to continue our tour and visit some of the most interesting and characteristic historical workshops.

FURTHER INFORMATION:

The rickshaw tour also takes place in case of rain because the rickshaws are equipped with a roof (and in winter they provide blankets to put on the legs).

The rickshaws can comfortably carry 2 people (or two adults and a child).

A serene and pleasant visit with zero environmental impact!

CONTACT :



Camera di Commercio
Genova

Centro Ligure per la Produttività Agenzia formativa del Sistema Camerale Ligure e delle Associazioni datoriali di Categoria

Manuela Caramanna

Tel : 010 55087228

Fax : 010 55087230

www.clpge.it

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SUPERB FLOURS

GENOA, CROSSROADS OF THE MEDITERRANEAN WHITE ART

Half day excursion

LIGURIA
CULTURE
ACTIVITYLOCAL WINE
AND FOODSOFT MODE
OF TRANSPORT

EXCURSION DETAILS

- **Half-day trip**
- **Interests:** eco-gastronomy
- **Port of call:** Genoa or Savona
 - > **Landing time:** 09:00
 - > **Embarkation time:** 14:00
- **MAX 15 PEOPLE**

TARGET AUDIENCE

- **Age group:** **ADULTS**
- **Diversification:** **SINGLE** | **COUPLES** | **FAMILIES** | **FOODBLOGGERS**

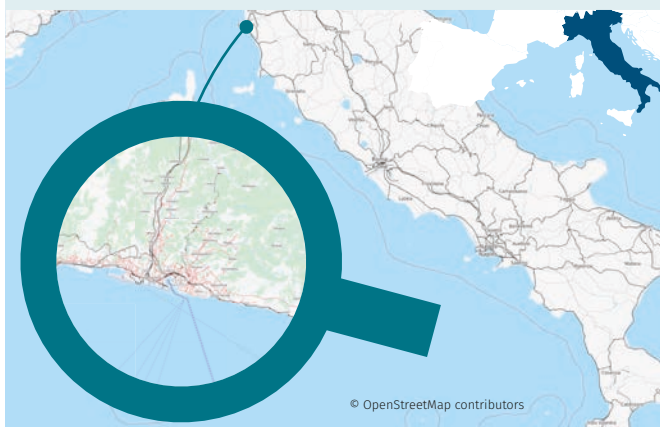
DURATION

- Approx. **4.00 hours**

LOCATION

- **First Site:** historic centre of Genoa
DISTANCE: 10-15 min
ACCESSIBILITY: medium
 Local product
- **Second Site:** Mercato Orientale and its educational areas, via XX Settembre, Genoa
DISTANCE: 2 km, 40 min
ACCESSIBILITY: medium
 Local product

- **Refreshment Time:** This phase is not necessary as it is already included in the core activity proposed by the tour. Moreover, both the area of the Oriental Market and the surrounding neighbourhood are dotted with food shops of all kinds (restaurants, trattorias, pizzerias, deep fryers, pastry shops, ice cream parlours, etc.), which offer a variety of solutions both in terms of menu and price range.



TOUR AREA

The excursion takes place in the famous historical centre of Genoa, characterised by a cultural and architectural heritage and commercial activities (ancient covered markets, typical shops, refreshments, handicrafts...) that now attract tourism from all over the world.



BRIEF DESCRIPTION OF THE EXCURSION

It offers an intense enogastronomic experience, designed to give the guest the feeling of spending a day as a Genoese, immersing him in the true daily authenticity of life and work in the city. In the places already mentioned in the previous point (always accessible on foot), the tourist of a gastronomic laboratory will get acquainted of the main excellences of the Genoese white art (focaccia, farinata, canestrelli, pandolci ...) and do an organoleptic tasting, guided step by step through an ad hoc record, and including the local doc wine. The Genoese and Ligurian cookbook is also linked to extraregional traditions just as virtuous, from Provence to Corsica, from Sardinia to Tuscany. During the event, the importance of PDO products and the sustainable and qualitative raw material will be highlighted (ancient cereals, unrefined flours, correct yeast...).

FURTHER INFORMATION:

When we talk about focaccia in Genoa, we don't really joke. A real Genoese eats it at any time of the day: from breakfast, soaked in coffee, at dinner.

The traditional Genoese «fugassa» is obtained with a few ingredients: water, flour, brewer's yeast, salt and a good extra virgin olive oil. The dough is left to rise in several stages, sprinkled with coarse salt and brushed with oil and water before cooking.

Good tasting!

CONTACT :



Camera di Commercio
Genova

Centro Ligure per la Produttività Agenzia formativa del Sistema Camerale Ligure e delle Associazioni datoriali di Categoria

Manuela Caramanna

Tel : 010 55087228

Fax : 010 55087230

www.clpge.it

CONTACTS

Project Leader

Giuseppina Scorrano

Head of Tourism Promotion Sector
Centro Servizi Promozionali per le Imprese
Azienda Speciale della Camera di Commercio di Cagliari
Largo Carlo Felice 66 - 09126 Cagliari
+39 070 60512330
turismo@csimprese.it
www.csimprese.it

Communication Team



Elena TONON

ItinERA Communication Officer
+33 4 94 22 88 37
elena.tonon@var.cci.fr



Julie BENSADOUN

Project Manager
VAR PROVENCE CRUISE CLUB
+ 33 4 94 22 80 60 / + 33 6 01 19 12 61
elena.tonon@var.cci.fr



Anne-Marie BLUM

Manager Var Provence Cruise Club
+33 4 94 22 89 08
anne-marie.blum@var.cci.fr