



Top Ristorante Morgana overlooking the harbour.
Above San Remo harbour.

Right The streets of old San Remo are always full of life.

Below from left Villa Nobel on the cyclepath in San Remo where Alfred Nobel lived until his death; The 1905 Casino is an Art Nouveau masterpiece.



LIGURIA CYCLING RIVIERA I



OSPEDALETTI



SAN REMO



TAGGIA

RIVA
LIGURE



The historic and beautiful coast

Starting at Ospedaletti, a pretty fishing town that takes its name from a 14th century hospice, the Cycling Riviera path heads west along the coast towards San Remo and San Lorenzo.

The region has a unique microclimate and the rejuvenated verges bordering the path, planted with fragrant local flora like myrtle, valerian, sand poppy, lavender, and native palms, fill the air with fragrant breezes.

Half-an-hour ride from Ospedaletti, stop for lunch in Arma di Taggia at La Conchiglia, a gourmet's delight. The homemade Trenette al pesto served with fresh San Remo dark prawns are truly to die for.

In the afternoon you can ride on to historic Santo Stefano where the "enneagon", a nine-sided tower was built in the 16th century to rebuff cannons fired from Saracen pirate ships.

Close by, the new leisure port of Marina degli Aregai combines the beauty

of a traditional fishing village with the excitement of a glamorous yacht harbour.

Further along you can take a dip at the Cipressa beach, one of more than five kilometers of pristine beaches now accessible because of the path.

Refreshed, you could reach in half an hour San Lorenzo for a prosecco at the bar on the beach. Cycling back to Ospedaletti will take you an hour or so. But why rush? Take your time and explore all the joys of the Cycling Riviera – you are, after all, on holiday.

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COSTARAINERA

**SAN LORENZO
AL MARE**

CIPRESSA



**SANTO STEFANO
AL MARE**



Cycling Riviera
PARCO COSTIERO LIGURE



The English Connection

The opening of the Calais-Roma Express in 1883 offered the English an easy way to the Italian Riviera. They could leave foggy London and in less than 24 hours find themselves taking in the mesmerising beauty of the Mediterranean coast.

San Remo in the Belle Époque became one of the most fashionable holiday spots for Europe's wealthy aristocrats seeking a warm place to winter.

Eighteen kilometers from San Remo is Villa Hanbury, one of 16 impressive 19th century villas along Cycling Riviera's route. The famous garden is a botanist's paradise boasting 3,500 different species. Both Queen Victoria and Winston Churchill visited and today it is open to the public.

Villa Nobel, where Alfred Nobel lived out the last of his days, in San Remo is another pearl of the Belle Époque era built in an imposing mixture of styles from Baroque to Rococo. A little further is the beautiful Villa Grock, another reminder of the English influence. It reflects the extravagant personality of its owner, Adrien Wettach, dubbed "the King of Clowns" at The Olympia of Paris in 1919.



Top Villa Hanbury.
Above left Bust of Sir Thomas Hanbury, 1832-1907.

Left The lake and baroque glory of Villa Grock.

Above and below Flowers in the Riviera Gardens

