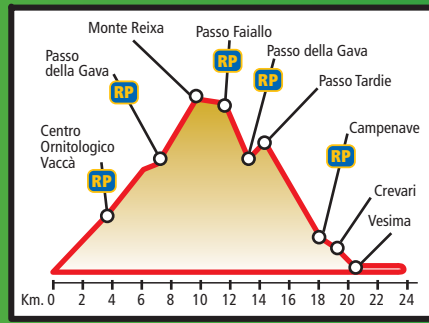


**PERCORSO LUNGO A KM. 23,80** **A**

Partenza Arenzano	
Grotta di Noè	Km. 1,53
Sexia	Km. 1,82
Curlo	Km. 2,44
Centro Ornitologico Vaccà	Km. 3,40 <b>RP</b>
Passo Gavetta	Km. 5,85
Passo della Gava	Km. 6,90 <b>RP</b>
Monte Reixa	Km. 8,99
Passo del Faiallo	Km. 10,25 <b>RP</b>
Passo della Gava	Km. 13,00 <b>RP</b>
Passo Tardie	Km. 13,91
Campenave	Km. 17,70 <b>RP</b>
Crevari	Km. 18,57
Vesima	Km. 19,80
Arenzano Arrivo	Km. 23,80

Dislivello (s.l.m.) Difference in Height (a.s.l.) m. 1.183



**PERCORSO D RIV. DEL BEIGUA KM. 22,867** **D**

Arenzano Partenza	
Cogoleto - Circolo Nautico	Km. 4,51 <b>RP</b>
Varazze - Palasport	Km. 11,32 <b>RP</b>
Cogoleto - Circolo Nautico	Km. 18,35 <b>RP</b>
Arenzano Arrivo	Km. 22,86

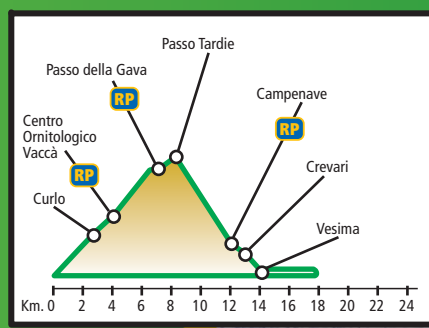
**PERCORSO LUNGO E KM. 30,78** **E**

Partenza Arenzano	
Cogoleto - Circolo Nautico	Km. 4,51 <b>RP</b>
Varazze - Palasport	Km. 11,32 <b>RP</b>
Varazze - Porto	Km. 12,65 <b>R</b>
Celle Ligure	Km. 15,54 <b>RP</b>
Varazze - Porto	Km. 18,43 <b>RP</b>
Cogoleto - Circolo Nautico	Km. 26,27 <b>RP</b>
Arenzano Arrivo	Km. 30,78

**PERCORSO MEDIO B KM.17,70** **B**

Partenza Arenzano	
Grotta di Noè	Km. 1,53
Sexia	Km. 1,82
Curlo	Km. 2,44
Centro Ornitologico Vaccà	Km. 3,40 <b>RP</b>
Passo Gavetta	Km. 5,85
Passo della Gava	Km. 6,90 <b>RP</b>
Passo Tardie	Km. 7,81
Campenave	Km. 11,60 <b>RP</b>
Crevari	Km. 12,47
Vesima	Km. 13,70
Arenzano Arrivo	Km. 17,70

Dislivello (s.l.m.) Difference in Height (a.s.l.) m. 870



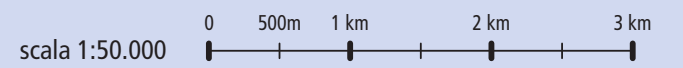
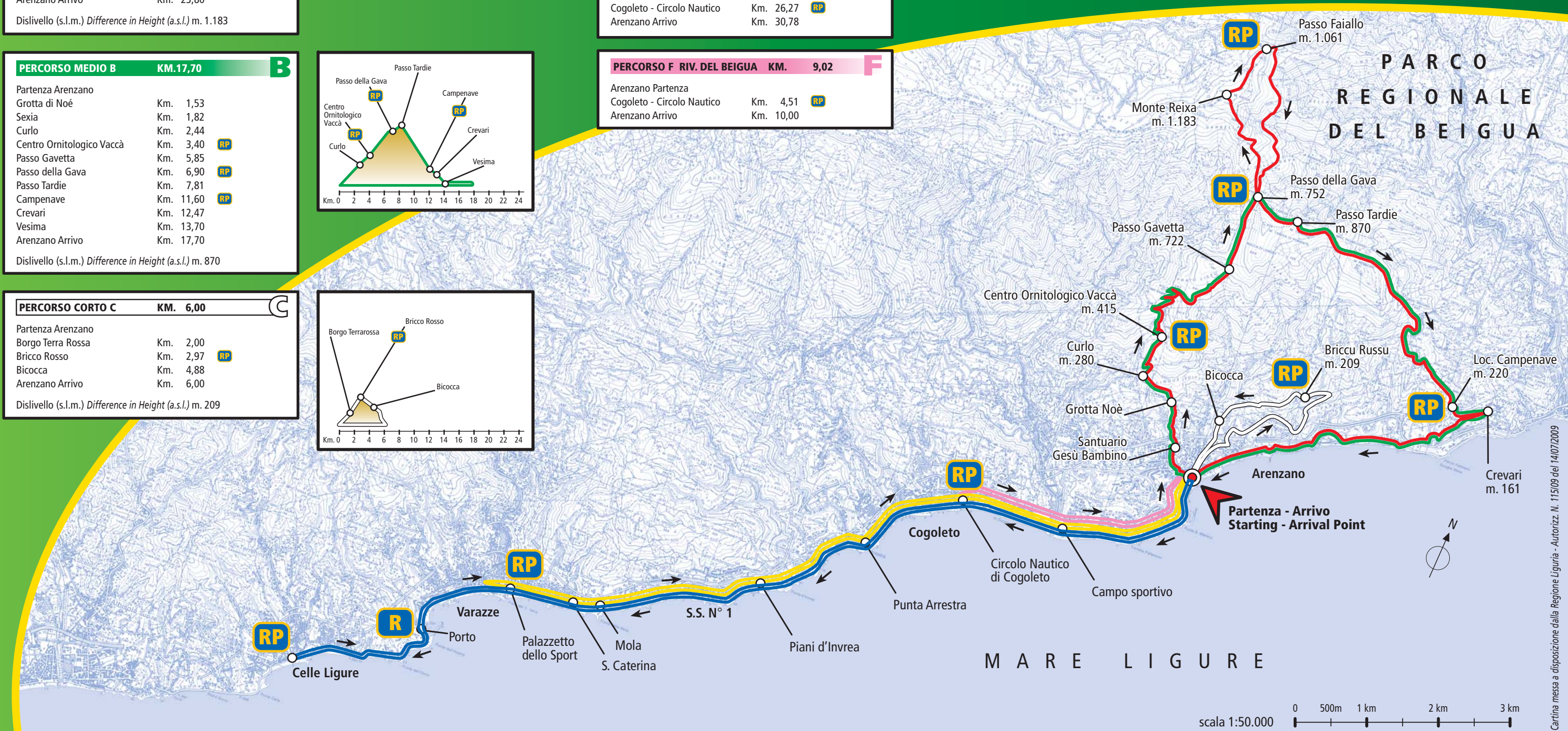
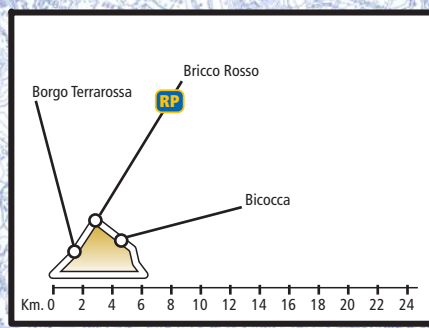
**PERCORSO F RIV. DEL BEIGUA KM. 9,02** **F**

Arenzano Partenza	
Cogoleto - Circolo Nautico	Km. 4,51 <b>RP</b>
Arenzano Arrivo	Km. 10,00

**PERCORSO CORTO C KM. 6,00** **C**

Partenza Arenzano	
Borgo Terra Rossa	Km. 2,00
Bricco Rosso	Km. 2,97 <b>RP</b>
Bicocca	Km. 4,88
Arenzano Arrivo	Km. 6,00

Dislivello (s.l.m.) Difference in Height (a.s.l.) m. 209



# mare e monti arenzano

## Seconda Giornata (Domenica) - 2nd Day (Sunday)

