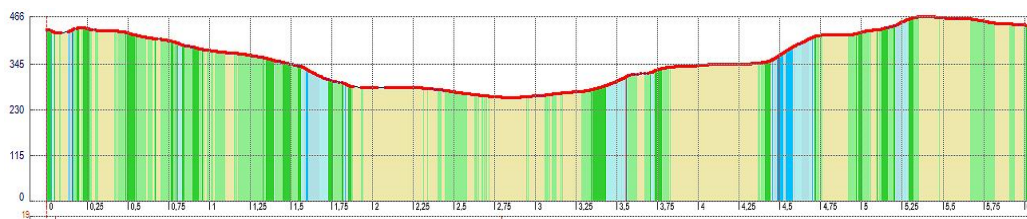


Pantasina - Praelo - Canneto soprano - San Antonio – Pantasina



Elevation profile

Distance: 6 km

Time: 2 ½ - 3 ½ hours

Ascent: 212 m

Data on the hike

The starting point of the hike is the church square in Pantasina .

Take Via Santuario (arrow in Fig. 1) for about 150 metres past the Azienda agricultura Pino. After a few metres, turn left into Via Lascaris and immediately (after approx. 10 m) turn right into Via Giuseppe Mela (arrow in fig. 2 and 3). Follow the road past the small church of San Giuseppe (Fig. 4), keep left at the fork in the road (Fig. 5), continue slightly downhill until you come to another group of houses (Case Galli). Keep right there (fig. 6). Follow the path to the church of San Damiano (fig. 7). Pass the church (fig. 7), keep right and follow the path downhill through olive groves. After a short distance, the path leads through a deciduous forest. Immediately after the forest, a narrow path (fig. 8) turns off to the left. Follow the narrow path downhill (fig. 9) through olive groves. Between the trees you will occasionally have a view of Praelo and the valley as far as Dolcedo. After about 30 to 50 minutes, you will come to the provincial road (fig. 10). Turn right onto the road to Canneto soprano (Fig. 11). Cross Canneto soprano until just before the village square.



Cross Canneto, pass the village square and follow this path straight ahead (figs. 12, 13, 14) past a house on the right (fig. 15). After a few hundred metres, turn right onto an uphill path (fig. 16). Follow this path uphill and after a short, steep stretch you will reach the Oratory of San Antonio (fig. 17). Pass the oratory (fig. 18) and continue straight ahead until you reach a fork in the path (fig. 19). Continue straight ahead. After a few hundred metres, partly under olive trees, a path branches off to the left that leads uphill. Take this path. After a while, turn left (Fig. 20). From time to time you can still see red markings for a former mountain bike trail, but these are already very washed out. Now walk under olive trees (fig. 21) on a flat stretch for about 200 - 300 metres until you come to a larger path (fig. 22). Turn right there and follow the path uphill (fig. 23, 24). Eventually you reach the provincial road (fig. 25), which you follow downhill to Pantasina.

