



GOLFO DEI POETI
 La Spezia, Portovenere, Lerici
CINQUE TERRE
VAL DI VARA
SARZANA VAL DI MAGRA
& LUNIGIANA CARRARA
& MORE TO LIVE

DOIN S.c.r.l.
 P.Iva 01415810116
 Via U. Rattazzi 32 - La Spezia

info@do-in-italy.com
 www.do-in-italy.com

LA SPEZIA
 city center

- 1 - Revel Bridge
- 2 - Public Gardens and Garibaldi Monument
- 3 - Via del Prione or Carugio Dritto
- 4 - Santa Maria Assunta
- 5 - The Market, local veggies and fish
- 6 - Museum Lia



- 7 - Piazza Sant'Agostino
- 8 - The Fortress of San Giorgio Castle
- 9 - Piazza Verdi
- 10 - Cristo Re Cathedral and Piazza Europa
- 11 - Molo Italia and red lighthouse
- 12 - Piazza Brin
- 13 - Naval Museum



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Do In Italy - La Spezia

The Welcome Point DoInItaly is the right place to start your visit in La Spezia, Cinque Terre and around. You can ask for information and figure out how to move around as well as book experiences and activities to do in the area. Speak with people who know the area, meet local artists and buy locally made products. Luggage storage is a service offered for your short or long term needs. You can store bikes, skis, boxes and other items, also by booking in advance. Visit our website and online shop and schedule your experience in advance with a small deposit.
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EXPERIENCES

- City tours
- Family friendly
- Food & wine
- Romantic tours
- Boat tours
- Trekking
- Sightseeing
- Sport & adventures



ECO-SOCIAL ADVICE

Do not throw trash in the sea (plastic, paper, glass, cigarettes , etc ..)

Use fountains, do not abuse plastic.

Respect the queues

- Train
- Highway
- main road
- Ferry



If you want to enjoy a night out, Lerici is probably one of the best options thanks to the lively atmosphere of the town, together with the majestic view of **its castle at night**. **Lerici beaches** are among the most popular in the area: the **Venere Azzurra** and **San Terenzo** beaches are free, but they also offer sun umbrellas and chairs and services, especially for **families with kids**. A few miles away you can reach the nearby beaches of Fiascherino, Baia Blu, Eco del Mare (with entrance ticket). **Tellaro**, rated among the most beautiful hamlets in Italy, overlooks the Gulf of Poets from a privileged position.

The Castle of Lerici
The beaches: Venere Azzurra, Fiascherino, Baia Blu, San Terenzo
Tellaro Village
Romantic waterfront walk from San Terenzo to Lerici
Panoramic view point from La Serra village

Church of San Pietro and San Lorenzo
Underwater "Madonna" in Tino island
Panoramic view from the Castle
Torre Scola Watching Tower in Palmaria
Panoramic view from the Muzzerone Cliff
Palmaria island
Byron grotto
Mussels aquaculture



Try panigacci and testaroli in Podenzana, erbazzone and potatoes pies, barbotta pie, castagnaccio, chestnuts pancakes, "Amor" wafer in Pontremoli, bread in Vinca, mushrooms
Visit at least one castle
Statue Stele museum in Pontremoli
Bagnone, Fosdinovo and Filetto villages
Equi Terme archeological site and caves
Stretti di Giaredo natural can