



2021
2022

WELCOME

TO AMICO SHIPYARD & WATERFRONT MARINA

A guide to help you and your crew



www.genovawaterfrontmarina.com



www.amicoshipyard.com

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Welcome to Amico & Co shipyard & Waterfront Marina

A highly qualified and skilled concierge department handles all kinds of customer service requests to make the stay of captains and crew as seamless as possible.

Accommodation

We would be very happy to source accommodation for you and your crew, whether it is for a longer or shorter period. Just give us an outline of your requirements and your chosen price range and we shall present you with a series of rental proposals, mostly near the yard. Alternatively, we have special rates reserved with local hotels to suit all budgets.

Transportation

We will happily arrange car, van or scooter hire with local hire companies – let us know your requirements and we will let you know the best rate that we can find - your hire vehicle can also be delivered and picked up directly by the boat. Amico also has its own **Free Shuttle running in the evenings** – refer to the *Getting here and away* section for more details.

Food and beverage

So your galley is out of use and you have twenty-five hungry mouths to feed (three of whom are vegans)? Don't panic - we have a wide range of suppliers ready to come to your aid! Let us know your budget per person per day and any special requirements that you may have and we will be happy to propose menus for you, both for lunch and dinner. We can also arrange pizza, curry and sushi delivery.

Personal health

If you get ill during your stay or need to consult a health professional, we can put you in contact with English-speaking doctors in Genoa or alternatively request a visit at your accommodation or on board. We can also organize specialist visits or appointments with the dentist or the optician, as well as other health specialists, like podiatrists. If required, we can also organize drug testing on board and organise crew vaccinations.

Your badge

On arrival in the shipyard/Marina you will be provided with a personalised magnetic shipyard badge. Carry this with you at all times, as you will need this for swiping in and out of the shipyard/Marina.



Welcome to Genoa



Sports and well-being

Genoa has a wonderful climate even in winter time and sports can be practiced all year round. Whether you want to find the right club or track, book a squash or paddle court or simply want to watch a match as a spectator, we would be very happy to help. We can also suggest spas and massage professionals, book hairdressers and arrange beauty treatments.

Crew members can enjoy their leisure time and recharge their batteries using the Waterfront Marina's facilities – fully equipped gym, yoga studio, padel court, tennis court/fivea-side football pitch and basketball court/multisport pitch. Not to mention the crew lounge and the bbq or kitchen facilities at the crew's disposal , after booking on the dedicated app.

How to get the app? Just send an e mail to crew@amicoshipyard.com / crew@genovawaterfrontmarina.com and make the request .

Laundry, tailoring services, linens and uniforms

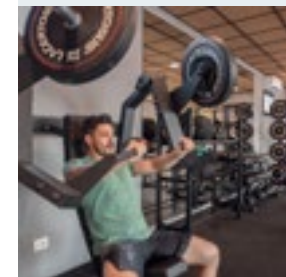
We have agreements with a series of local laundries specialised in cleaning larger items, such as fender covers, bedcovers and curtains, so for all of those requirements or for washing uniforms and linens, just let us know and we will put you in touch.

We can also help you order tailor-made personalized bath and bedlinen for your yacht and assist with ordering crew uniforms from various brands. But if you prefer to do the laundry yourself you can use the token washers and dryers available in Waterfront Marina.

Getting out and about

We would be pleased to suggest dining out options for all budgets, whether it be a crew pizza or a Michelin-starred dinner for two in the country. If there is an event or gig that you would like to go to, we would be more than happy to help you buy tickets. And of course if you have time during your stay in the yard to travel further afield, we can help with travel reservations and tourist information.

Anything else? We haven't been asked to buy any giraffes yet but we are quite used to what could at first seem a strange or trivial request. We have sourced knife sharpeners, found expert ski jacket repairers and advised on where to buy all sorts of exotic ingredients locally. Just try us!



HOW TO GET IN TOUCH - CREW SERVICES

+39 010 2753100

crew@amicoshipyard.com - crew@genovawaterfrontmarina.com

Come on up to Crewopoly

All crew members both of the yard and the Marina can come and enjoy the Waterfront Marina Crewopoly: A brand new sport and chill zone inside the Marina includes a fully equipped gym, and a training studio, padel court, tennis court/five a-side football pitch and basket/volleyball court which has been created to make the stay as pleasurable as possible for all yachting professionals. A designer lounge with smart tv and sofas and an extensive barbecue area complete the chill zone.

The area also includes an extensive meeting room for events and training, kitchen and token laundry facilities, a module of showers, toilets and changing rooms, as well as scooter and car-parking, also for electrically powered vehicles. All the area is clearly wi fi connected!

How do you get there?

A free shuttle Monday to Saturday, from 5.30pm to 10.30pm (last call by WhatsApp 10.15 pm) connects the Amico yard to Crewopoly and return.

BOOK YOUR LIFT CONTACTING THE DRIVER:
please send a Whatsapp to +39 340 5768535

How do you get in?

The personal badge allows you to get into the Crewopoly and use the facilities.

HOW CAN YOU BOOK YOUR PLACE?

email:
crew@amicoshipyard.com / crew@genovawaterfrontmarina.com
to get instructions to download the App.

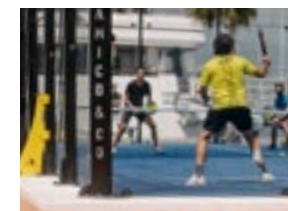
Wi-Fi connection

If you want to connect to Wi-Fi, stop off at our front-desk: you will be provided with a username and password

Crew events

We often organise crew events, often in collaboration with Pesto Sea Group over in Marina Molo Vecchio or in city centre bars and restaurants, from sushi or beer and curry nights, to cookery courses, barbecues down on the dock and skiing trips.

Got a good idea for an event that your crew would like to do? We would be happy to put you in touch with our hospitality experts.



Relax!



How to get an Italian mobile phone number

If you intend to stay in Italy for a longer period of time, you can get an Italian mobile phone number just by going to one of the mobile phone company stores (e.g. Tim, Vodafone, Wind, Tre, Fastweb), which you can find almost anywhere throughout the city, and asking for a SIM card; you will need to take a valid passport with you. Your rechargeable SIM card will be associated with a calling/data plan, that generally includes a certain number of minutes, text messages (sms), and GB per month, for which you will have to pay (i.e. by recharging the card) a determined sum every month (currently prices are around € 6-15 per month), generally recharging the card at tobacco shops, supermarkets, company stores, online or via app. If you want to keep the card active and use the offer that you signed up for you must recharge it periodically (generally every 4 weeks) before your monthly offer expires, and at least once a year otherwise the sim card will expire. If you do not recharge your card, it will remain active for 12 months and you will be able to receive incoming calls or text messages, but not to make outgoing calls, send text messages or surf the internet. After 12 months from the last recharge, the sim card will expire.



Freshly cooked food orders and deliveries

We have a local company serving a daily menu that can deliver directly to your boat. We have all sorts of different Italian options together with light dishes, sandwiches and salads plus beverages – just get in touch and we will send the daily menu – orders should be made by 10:30 am and food can be delivered at around midday onwards. We can also arrange deliveries of pizza, sushi and Mexican on board – send us an email at crew@amicoshipyard.com / crew@genovawaterfrontmarina.com with your requirements and we will try and get you exactly the lunch or dinner you were looking for. Please note that pizzas are generally delivered in the evening not before 6:30pm. If you are looking for a restaurant – Italian, fine dining, fish, vegetarian, vegan – let us know your requirements and budget and we will happily give you a list of establishments that could suit. Generally restaurants in Italy are closed on Monday or sometimes Tuesday.

Sport Club and Restaurants

1 The Elpis Rowing Club is just a short walk from the Amico & Co shipyard. It has a basic gym equipment, including rowing machines, plus changing rooms and showers and is open from 6am to 10pm. Monthly gym membership is 50 euro. Via al Molo Giano, Genova
Phone: +39 010 2518720

2 Rete Service Fiera

Palazzina Servizi – Molo Cagni Genova
Phone: +39 010 2471624

The port canteen at the end of the road – there is a varied menu, which changes every day, and advantageous prices. School dinner type fayre but cheap, tasty and filling!

Opening times: 6.30am to 5pm; breakfast: starting from 6.30am

(€ 1,50); hot lunch: 11:30am – 2:30pm

At lunch there are 4 first courses, 4 main courses

and 4 sides on offer: Lunch formulas, water included: € 6,00: first course, side-dish, dessert and coffee; € 7,00: main course, side-dish, dessert and coffee; € 9,00: first course, main course, side-dish, dessert and coffee.

Pharmacy

You can rely on various pharmacies for your onboard deliveries:

3 Farmacia San Giorgio: Via San Giorgio 11/r, almost in front of the Varco delle Grazie port entrance. also specialised in on board medical kits, for all flags – you can send them a list of your requirements using the email: farmacia@operaiasangiorgio.com

Phone: +39 010 243021

4 Or Farmacia Sociale Piazza Tommaseo, 22 r, 16129 Genova GE

Phone + 39 010 3628010



Getting here



Getting here and away

Genoa city has two main train stations and Amico & Co is just 3km away from the station **Genova Piazza Principe** (serving the Western Riviera, France, Milan and Turin) and 2.5km away from the station **Genova Brignole** (serving the Eastern Riviera, Versilia, Tuscany and Rome). It is 10km away from international **Cristoforo Colombo airport (GOA)**, which can be reached easily by train, stopping at the **Genova Sestri Ponente station**, or by getting the Volabus bus from Brignole or Piazza Principe stations (for more information, see www.amt.genova.it) which takes approximately 50 minutes or at least an hour during rush hour.

The city centre is just a ten minute walk away from the shipyard, but as the yard (if you are there) inside the protected port area, public transport does not enter this area. The nearest buses are just in front of the Varco delle Grazie area and next to the Fiera del Mare in Via Brigate Partigiane, at the end of Via dei Pescatori. Just outside Varco Giano is the **Sarzano metro stop** which is handily connected both to Genova Brignole and Genova Principe stations.

Free shuttle

In the evenings from Monday to Saturday, **Free shuttle** runs from 5.30pm to 10.30pm. It travels a non-stop central circuit to the various port entrances and the city centre and can take up to 8 people at a time. Pick-up point is outside the main gate: just show your Amico & Co./Waterfront Marina badge to the driver as you alight.

To contact the driver send a WhatsApp message on +39 340 5768535

with the format "From shipyard or Ente Bacini)/Waterfront Marina to (desired destination), number of people". Then later on if you are out in town and

need a pick-up, writing another WhatsApp with the format "shipyard (or Ente Bacini)/Waterfront Marina, number of people". You can also agree a pick-up directly with the driver on your outbound ride; last call by WhatsApp is at 10.15pm. Please note that the driver's telephone is switched off outside of running hours.

Taxis - Should you need to reach the shipyard/Marina outside of shuttle hours, you can call the city taxi service on 010 5966 (they also accept bookings by **Whatsapp using the number +39 3925966123**) asking to be taken to Amico & Co in Via dei Pescatori in the port area/Waterfront Marina Piazzale Kennedy. A daytime taxi from the yard to Genova Brignole station should cost around 10 euro. If your vessel is in dry-dock #1 or #2 at the Ente Bacini facility, to reach the facility in taxi, ask to be taken to Ente Bacini at Molo Giano in the Port Area.

Shuttle extra - If you need to book a paid transfer to somewhere further afield (such as airports like Malpensa, cities or the Côte d'Azur) for single travellers, groups or any other sort of personalised service, we will be happy to quote you the special shuttle extra rates; we can also organise paid shuttle bus services for crews staying in more than one location needing daily transport to the shipyard. For any help organising transport for getting around or getting away.

Just give us a call on +39 010 2753100,
or send us an email on
crew@amicoshipyard.com /
crew@genovawaterfrontmarina.com



Port area entrances – getting to Amico & Co

To get to Amico & Co, you need to enter the port area via one of three different port area entrances or “varchi”.

1 Varco delle Grazie port area entrance

This is the main entrance for entering the port and can be reached from Piazza Cavour. **Open Mon – Fri 6.30 am – 8 pm**
Sat 6.30 am - 3 pm - Closed on Sunday

2 Varco Molo Giano port area entrance

Heading East from the flyover and motorways, right after the traffic lights just after the underpass, turn right in the side road; at the first roundabout turn left and at the second roundabout take the final exit. Heading West from Corso Maurizio Quadrio, make a U-turn to reach Via della Marina and turn right at the roundabout. At the roundabout, take the first road to the right and you will see the Molo Giano port entrance. **Open 24 hours 7 days a week**

3 Varco di Levante port area entrance

Heading south from Viale Brigate Partigiane, take the road on the right just before the Sopraelevata (by the Casa del Pescatore fishing tackle shop) which is Via dei Pescatori. **Open 6.15 am – 8.15 pm 7 days a week**



How to get from

Genoa to the Côte d'Azur and Nice airport

By train from Genoa Piazza Principe station

► **Thello** fast direct train www.thello.com - usually leaving three times a day for Nice (3hrs) stopping in Monte Carlo; weekend evening trains continue on to Marseille stopping in Antibes, Cannes, St Raphael, Toulon. Bus #99 departs every half hour from Nice station bound for **Nice airport** Terminal 2 bus station, but do check schedules.

By coach from Genoa Principe Fanti d'Italia coach stop, about 150m from the station atrium, reached by leaving the station side entrance:

► **Flixbus** www.flixbus.co.uk
► **SNCF** run **Ouibus** every other day www.ouibus.com - direct non-stopping service arriving at Nice airport and Marseille.

These buses often stop at Nice airport, at the Terminal 1 bus station.

Genoa to Milan and Milan airports

► By train from Genoa Brignole or Genoa Piazza Principe station, 10 trains a day arriving at Milano Centrale station (2 hrs). Shuttles for Milano Linate (25 mins) leave from outside the station every 30 minutes as does the Malpensa shuttles (50 mins), leaving every 20 minutes.

If you need a private transfer with driver to reach Malpensa airport from Amico & Co, please enquire at the office for our special **Amico shuttle** rates.

► **Flixbus** www.flixbus.co.uk leaving from Genoa Principe Fanti d'Italia stop, arriving at Milano Lampugnano bus terminal or Milano San Donato metro station; most days have around ten departures. In just over an hour, train or train/bus combinations will get you to Malpensa airport from these Milan stops.

If you do need to reach Malpensa airport from Amico & Co, you may need to use a private transfer with driver – please enquire at the office for our special Amico shuttle rates.

Genoa to Rome

With the fast Frecciabianca train you can reach Rome from Genoa Piazza Principe four times a day in just under 5h. By taking the 7:05am train, you can be in Rome at midday and then catch the 6:27pm Freccia back to be in Genoa before midnight.



Driving & Parking

What advice do I need for driving around Genoa city?

The most common fine that crews get during their stay in Genoa is for entering the ZTL by mistake

In the historical centre there are a series of limited traffic areas, known as ZTL (zona a traffico limitato):



- Green area (sector 1)
- Purple area (sector 2)
- Yellow area (sector 3)
- Orange area (sector 4)
- Light blue area (sector 5)
- Red area (Molo)

Only residents with special permits are allowed to drive in these areas. Special ZTL cameras register your car plate number and if you don't have a permit, you will receive a fine of over €80. With hire car penalties, if the notification arrives by post, there will automatically be an extra 37€ cost!

Yellow lines

The painted yellow lines on the roads delimit the area that is strictly reserved for public transport and other authorised vehicles, like taxis and public utility vehicles. It is forbidden to cross or drive on this part of the road. Cameras have been installed in various points of the city to record violations and if you do not respect the rules, you will be punished with an (expensive) penalty and get points on your licence. The cameras are in various points of the city and new cameras are continuously being installed.





Where are the yellow lines?

On various roads in the city centre:

- | | |
|----------------------|--|
| ① Corso Sardegna | ⑤ Via Bobbio |
| ② Corso Europa | ⑥ Corso Gastaldi |
| ③ Corso Buenos Aires | ⑦ Via Invrea |
| ④ Via Canevari | ⑧ Corso Quadrio (just outside the port area) |

“Sopraelevata” flyover

The sopraelevata is the central coastal flyover that connects the Eastern and Western sides of the city.

The speed limit on this road is 60 km/h. Fixed speed control machines are installed to record your speed.

It may sound superfluous to say but every year we have to remind our crew guests: **cycling on the sopraelevata is forbidden.**

Sometimes in high wind conditions the sopraelevata is also closed to scooter and motorcycle traffic.

Parking areas - Blu Area and “Isola Azzurra” (light blue area):

The blue stripes delimit the paid parking areas throughout the city centre. Usually these areas are for paid parking during the day and free parking at night time and on Sundays and holidays. Do however always **check the timetable on the meters** before leaving your car without having paid a fee, as the hours are subject to change.

In these blue areas, you can pay for your parking:

- ▶ by buying a ticket from the ticket machine
- ▶ by paying the parking attendant directly – you can normally recognize them by the yellow or orange vests that they wear.

When you buy the ticket, the meter shows you until what time your stay is paid for. If you return later than you intended, **you will have to pay the difference - and a fine -** directly to the parking attendant.

Keeping safe and crossing roads

The streets in Genoa are generally safe, especially the main tourist and residential areas. Some limited areas of the historical centre, especially those off the main alleyways, might be subject to petty crime, so use your common sense and don't walk around unaccompanied in the early hours.

It is advisable to exercise extra caution and always use your common sense: avoid walking into narrower, darker or more deserted alleys off the main paths unless you know exactly where you are going. Don't wear flashy watches or jewellery and hold your bag or purse firmly under your arm or in front of you, especially on crowded buses where pickpockets have a field day.

When walking the streets, do not expect motorists - especially scooters and bikers - to be particularly disciplined. At pedestrian crossings without traffic lights, you might need to be assertive and insist on your right of way by just starting to cross the road - with caution! - as Italian pedestrians normally do, rather than waiting for motorists to stop.

If a car, van or truck has stopped to let you cross, be very careful as you proceed and **always assume that behind it there might be a scooter passing at high speed that hasn't seen you** (we speak from personal experience!).



Bike sharing

There are currently 12 active bike-sharing stations in Genoa, with more opening shortly at the football stadium, Marina Genova Aeroporto and piazza Raggi in Sestri Ponente.

A yearly subscription is just 40 euro, whilst weekly rates are around €13 and daily rates can be just €6. To use the service, you need to sign up for the Mobike service and pick up the electronic card in one of the authorised sales points or by using the app **Bicincitta**.

Once you reach the nearest Mobike station, pick up your bike: swipe the card or use your

smartphone on a column with an available bike, unhooking it by leading it towards the right. Once you arrive at your destination, put the bike back in the nearest Mobike station, swipe the card or use your smartphone on a bikeless column, hooking it back up by lifting it up slightly. Traditional bikes go in traditional columns whilst electric bikes go in electric ones.

The Mobike service can be activated at the offices of Genova Parcheggi S.p.A. which is in Viale Brigate Partigiane, 1, just outside the Varco del Levante, a five minute walk from the shipyard - they are open Monday to Friday from 8:30am to 4:30pm.

Bike stations in the city <https://www.bicincitta.com/frmLeStazioniComune.aspx?ID=175>

- | | |
|-----------------------------------|---|
| 1 MATITONE Via di Francia, 1 | 9 VITTORIO VENETO Piazza Vittorio Veneto |
| 2 PRINCIPE Piazza Principe | 10 STADIO Via Jean Monnet fr. via Calì |
| 3 CARICAMENTO Palazzo San Giorgio | 11 FIUMARA Via Paolo Mantovani / rotonda donne di Teheran |
| 4 DE FERRARI Piazza De Ferrari | 12 DARSENA Via Gramsci fr. civ.31 |
| 5 BRIGNOLE. Piazza Verdi | 13 MARINA Via della Marina c/o ascensore |
| 6 ZECCA Largo della Zecca | 14 ROSSETTI Piazza Rossetti lato civ.2 |
| 7 QUESTURA Via A Diaz | 15 RAGGI Piazza Raggi / Via Canevari |
| 8 SAN BENIGNO Via di Francia /WTC | |



MiMoto <https://mimoto.it/>

MiMoto is the first Made in Italy sharing scooter service! You can just forget your keys and use your smartphone to move freely around the city centre.

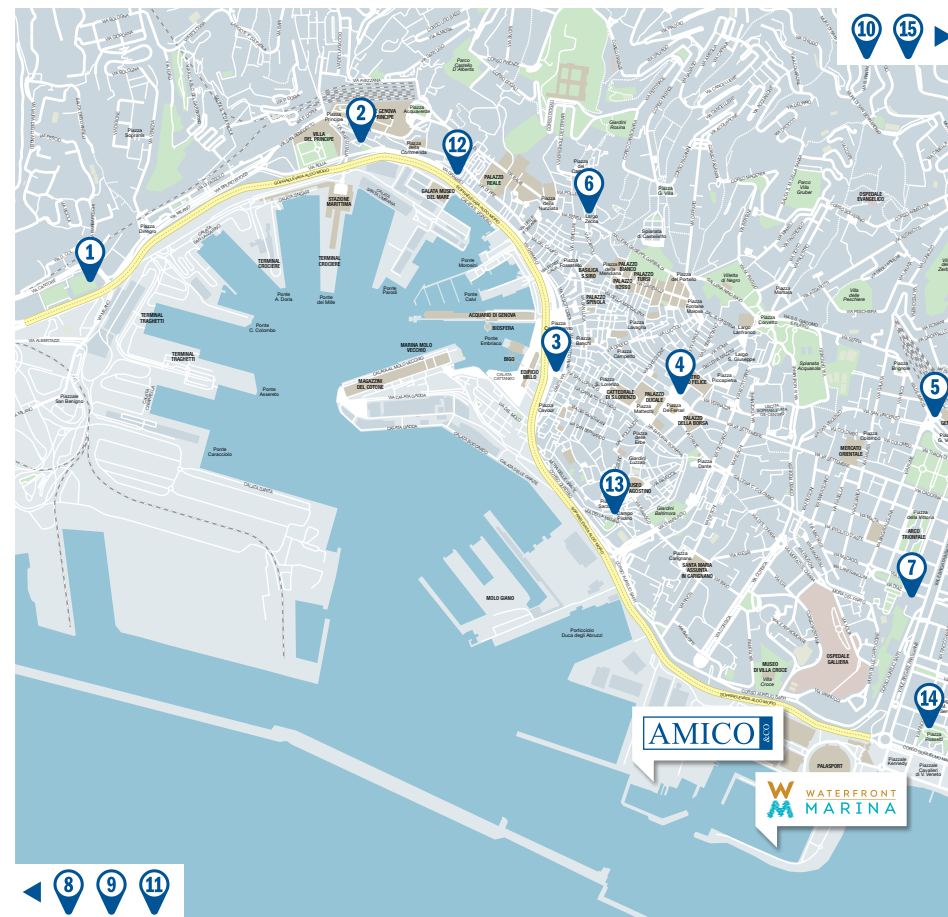
You either download the MiMoto App (iOS or Android) or you just go on the website: www.mimoto.it, enter your data and register! During the registration you will have to choose a personal PIN, that will then be used for all rentals.

MiMoto offers some convenient rates:
(the more you rent, the less you pay)

€ 0.35 per minute

€ 9.99 per hour

€ 29.99 per day





Provisioning and Shopping

Time to stock up



We do not endorse businesses but suggests the following companies and services. For further options and more info, just drop by our offices and we will be glad to help.

Supermarkets

1 Coop superstore – Terminal Traghetti

Piazzale dei Traghetti IQBAL MASIH,
13 nero, 16126, GENOVA,

Opening hours: Mon-Sun: 8am-8pm

Just a couple of km from the shipyard.

This big general supermarket is located inside the Terminal Traghetti mall and is the nearest large supermarket to the shipyard.

2 SoGeGross wholesale Cash & Carry

Via Ponte Carrega, 22, 16141 Genova GE

Opening hours: Mon-Sat: 6:30am-7pm,

Sun: 8:30am-7pm

About 7 km from the shipyard. To make purchases, you need to take a document with a VAT number so that you can obtain their free cash & carry card.

3 Metro wholesale Cash & Carry

Largo Silvio Gandolfo 4, 16162

Genova-Bolzaneto

Opening hours: Mon-Sat: 6am-8pm,

Sun: 8am-7pm

15 km from the shipyard, by taking the motorway towards Milan and exiting at Genova Bolzaneto.

To make purchases, you need their cash & carry card and to obtain this, take a copy of vessel's certificate of registry with you, plus a copy of the Captain's passport and the crew list.

4 Esselunga

Via Piave, 5 16145 Genova

Opening hours: Mon-Sat: 7:30am-10pm,

Sun: 7:30am-9pm

Recently opened in Genoa, it's a well known brand with a vast selection of high quality fresh produce, as well as a wide range of pre-cooked meals and gastronomical specialities.

Fresh produce markets

1 Mercato Orientale di Genova/Flea & Street Market

With various entrances from other sidestreets in that area, just below the Ponte Monumentale, the bridge in the middle of the main shopping street. This is the central main fruit/vegetable and meat/fish/dairy market, always full of customers. Beware – the smells are colours are intoxicating and you will end up buying much more than what you came for!

Via XX Settembre 75/r. 16124 Genova

7:30am-1pm, 3:30pm-7:30pm,

Sunday closed.

www.moggenova.it

www.tripadvisor.com/Attraction_Review-g187823-d521776-Reviews-Mercato_Orientale-Genoa-Italian_Riviera_Liguria.html

Speciality foods

If you are looking for speciality or foreign foods, there are various shops in Genoa and province that are particularly well-stocked to this regard. Prices are premium and always check sell-by dates, especially for rarer items:

2 Eataly

Eataly is an Italian food hall comprising a variety of restaurants, food and beverage counters, bakery, retail items, and a cookery school – the very best of local and speciality Italian products can be found here.

Edificio Millo Porto Antico, Calata Cattaneo 15, 16126 Genova

Mon-Sun: 10am-10pm

+39 010 8698721

https://www.eataly.net/it_it/negozi/genova

Carrefour Market

Most Carrefour shops have a small “ethnic” section whilst the largest, central 24 hour Market has a whole wall of products including marmite, baked beans, coconut milk and so on.

Via Cesarea, 10-12/r. 16121 Genova

Mon-Sun: 7am-9pm

3 Chicco Caffè

In the centre near Brignole station, together with great coffee they also stock various UK and USA items – baked beans, cakes, biscuits, golden syrup, jams and more.

Piazza Colombo, 9/r.

4 Asia African Market

Next to the Shanghai market in Via Gramsci – this speciality shop has many fresh, dried and tinned Indian, African and Asian ingredients.

Via Antonio Gramsci, 107

5 Seghezze

Out of town in Santa Margherita Ligure near Portofino, this charming old world emporium really does have almost anything that a Brit, Aussie, Kiwi or American may be looking for, including water biscuits and lime marmalade; if in doubt, give them a call.

Via Cavour, 1, 16038 Santa Margherita Ligure (GE), 0185 287172



Cake makers

Everyone loves to celebrate a special occasion – need a cake for a crew member? You can either buy an off the shelf cake or we can help you order one specially – artisan cakes are usually around 40 euro per kilo, so for a 15 person crew treat, you should consider around 60 euro. If you are short on time, you could try popping in to one of these shops:

6 Dria

Corso Torino 93/r in the Foce quarter near the shipyard. Famous the city over for its wonderful

creations, amongst which *la torta del Dria*, a sponge cake with creamy zabaione.

7 Douce

A city centre chain, both in Piazza Giacomo

Matteotti, 84r or in Via XX Settembre, 62r.

Modern, sleek, colourful and above all delicious!

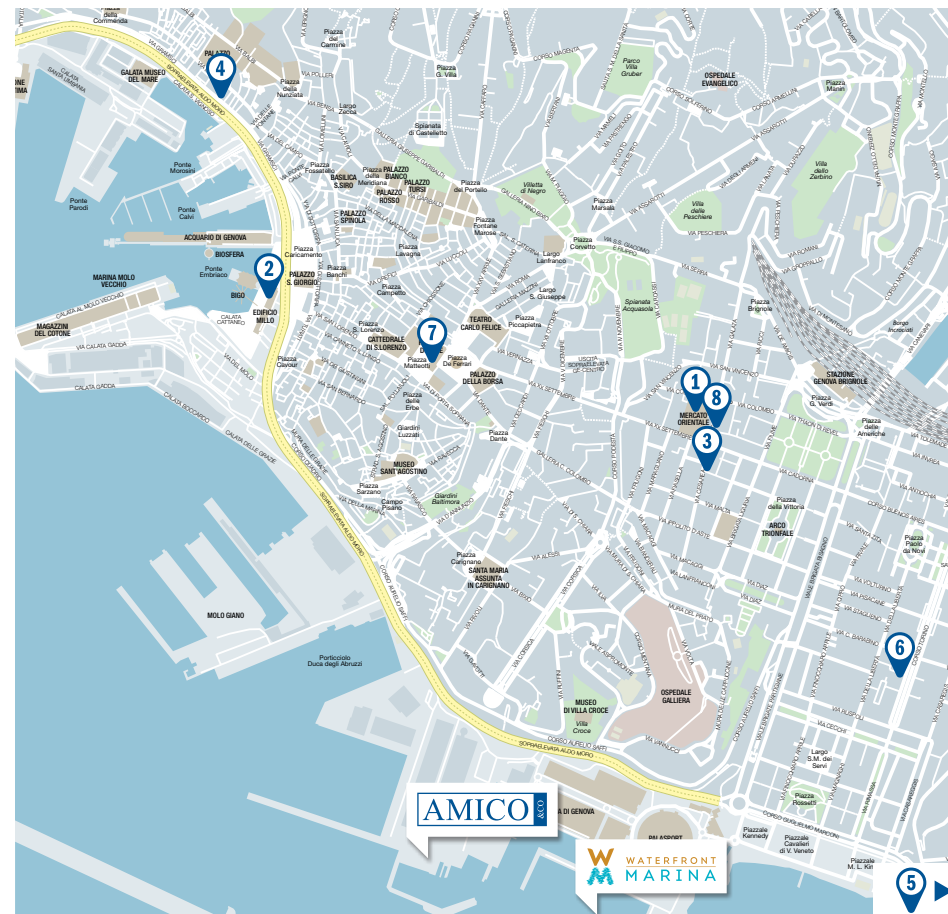
www.douce.it

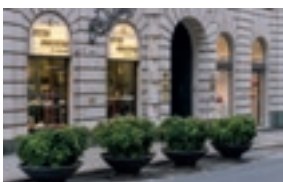
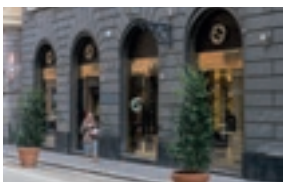
8 Tagliafico

In Via Galata 31r, right by the Mercato Orientale.

Historical Genoese cake shop with marvellous

bavaresi or *millesfoglie* plus wonderful fruit-topped *crostatas*. www.pasticceriatagliafico.it





Shopping in Genoa city

Down-town area:

Generally shops are open from 10am to 7:30pm and are normally open throughout the lunch hour. Not all shops however are open on Sundays.

- 1 **Via XX Settembre:** is the city's main shopping street, with a huge variety of high street chain stores, such as L'ultima volta che vidi Parigi, MaxMara, Motivi, Glad Store, Foot Locker, H&M, Zara, Bershka, Stradivarius, Pull & Bear...
- 2 **Via San Vincenzo:** is a pedestrian precinct full of smaller and more varied shops including Mauro Leone shoes and Salewa mountain gear shop.
- 3 **Via San Lorenzo:** has interesting shops and bars (and some wonderful ice cream parlours....).
- 4 **Via Roma:** is full of upmarket boutiques and luxury brands (like Patrizia Pepe, Pinko, Falconeri, Michael Kors, Vinicio, Hogan, Blauer Usa, Salvatore Ferragamo, Louis Vuitton...).
- 5 **Via XXV Aprile:** again full of boutiques, antiques shops and luxury brands.



Fiumara shopping centre

There are over 120 different shops inside the Fiumara mall, selling everything from electronic goods (MediaWorld) to clothes and footwear (Footlocker, Timberland) and Disney, Nespresso and so on. There are also large bookshops, bars, restaurants, plus banks, newsagents and a great big entertainment complex next door, complete with cinema, snooker and bowling. Perfect for a rainy weekend!

Via Fiumara 15,16 Genova

+39 010460676

Open every day.

Mall opening hours: 9am-9pm

Entertainment complex opening hours:

Mon-Sun Midday-2am

www.fiumara.net

Designer outlet shopping

Serravalle Outlet In Serravalle Scrivia (Piedmont)

"Because a good bargain never goes out of fashion".

A shopping village set deep within the beautiful green hills of Gavi (Piedmont).

There are 180 shops offering designer brand clothing, sportswear and accessories with prices reduced by 30% to 70% all year long, as the goods were from previous seasons or come from excess production. In addition to the exclusive discounts, non-EU citizens can make their shopping experience even more rewarding by receiving a tax refund on all products purchased at Serravalle Designer Outlet.

Via della Moda 1, Serravalle Scrivia, 15069

+39 0143 609000

Mon-Sun: 10am-9pm

www.mcarthurglen.com/outlets/en/it/designer-outlet-serravalle/

About a 45 minute drive from Genoa; various bus operators offer low cost fares for a day trip there.

Shopinn Outlet In Brugnato, near the Cinque Terre

A smaller shopping village in the hinterland behind the Cinque Terre villages. With many designer brands like Nike, Puma and Seven/Invicta and interior design brands like Kartell and Bialetti accessories with prices reduced by 30% to 70% all year long, as the goods were from previous seasons or come from excess production. In addition to the exclusive discounts, non-EU citizens can make their shopping experience even more rewarding by receiving a tax refund on all products purchased at Shopinn.

Via Nuova Antica Romana snc 19020 Brugnato (SP)

+39 0187 894521

Mon-Sun: 10am-8pm

From July 18th to August 15th

Mon-Sun: 10am-9pm

All Saturday until August 21st

10am-11pm

www.shopinnbrugnato5terre.it

FREE daily shuttle bus from Piazza della Vittoria near the shipyard – for departure times, see their website.

Giglio Bagnara, department store

A great upmarket store with pop-up brand corners for ladies and menswear plus a great "casa" or home section.

Via Sestri, 46 · 16154 Genova Sestri Ponente

or Via XX Settembre, 258, 16121 Genova GE

+39 01060241

<https://gigliobagnara.it/>





Sport



Ready to keep yourself ship-shape?

1 Waterfront Marina Equipped Gym

Waterfront Marina's Gym has a whole range of different equipment including: a Pro power rack, a Chest Press, Vertical Row, Leg Press, Cable CrossOver, Glute ham, Treadmill, Runner, Assault Airbike, Concept2 Rowing machine, Concept2 Skierg, Wall Ball and Russian Kettlebells! As you can see it is very well equipped and is situated in the brand-new Marina!

E mail crew@genovawaterfrontmarina.com for details. You'll receive all the log in instructions.
P.le John Fitzgerald Kennedy, 1, 16129 Genova
Tel. +39 010 2753100
www.genovawaterfrontmarina.com

2 Vivo 4 Fit

Situated in the Arena Albaro Village is the Vivo 4 Fit fitness and wellness center. It is very well equipped and has a pool, a spa, personal training services, a weight room and various gym classes such as group cycling, martial arts, body mind, cardio, dance and tonification.
Piazza Henry Dunant, 4, 16146 Genova
Tel. +39 010 8593001
www.vivo4fit.it/

3 Eden gym spa

Located in the centre of Genoa is Eden Gym Spa.
Via Santa Maria in Via Lata, 2, 16128 Genova
Tel. +39 010 564600
www.palestrefitness.com/palestra/eden-gym-spa-genova/

4 Area 51 palestra e fitness

The Area 51 gym, situated in two locations, one closer to the Porto Antico and one in the city center offers personal training, a very well-equipped weight room and a wide range of classes that include zumba, crossfit lessons, bodystep, bodycombat, bodypump, pilates, spinning, striking and much more!
Piazza Piccapietra, 7 or Via Calata Mandracio, 13
Tel. +39 010 8602411 (Piccapietra),
Tel. +39 010 0987735 (Porto Antico)
www.area51genova.com/

5 Elpis Rowing Club

Via Molo Giano, 16128 Genova
Tel. +39 010 251 8720
www.elpisgenova.com/

For gym subscriptions of a month or more, you will need to present a medical certificate (Certificato medico di buona salute) which you need to get from the doctor.



Swimming

Piscine di Albaro

Public Olympic-sized swimming pool, offering a variety of lessons, aquagym etc. In the summer, a beach volley court is also available for hire there.

Piazza Henry Dunant, 4/22, 16156 Genova

www.piscinedialbaro.com

Piscine Sciorba

Six pools, including two Olympic sized pools and a special 30 degree rehabilitation pool.

Via Adamoli, 57, 16141, Genova

www.piscinesciorba.com

Golf Clubs

- ① **Arenzano Golf Club - Arenzano**

www.golfarenzano.com

- ② **Rapallo Golf Club - Rapallo**

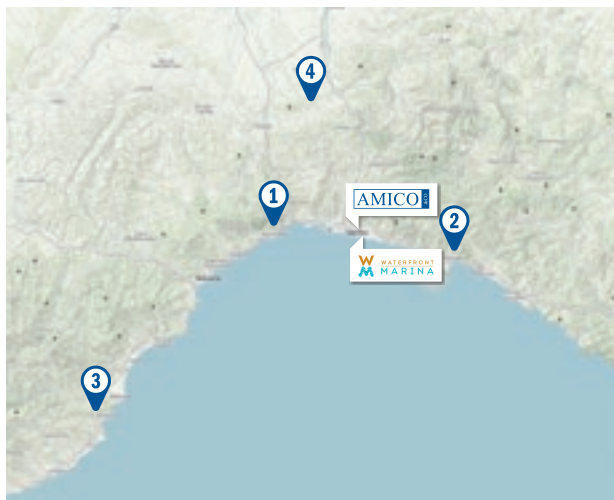
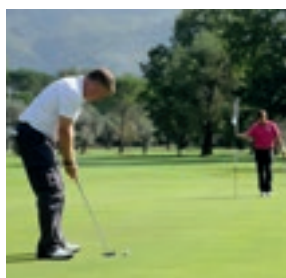
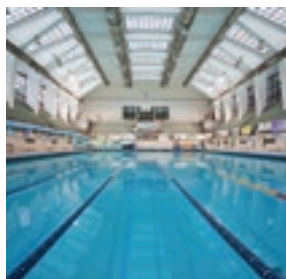
www.golfetennisrapallo.it

- ③ **Garlenda Golf Club - Garlenda (Alassio)**

www.garlendagolf.it

- ④ **Colline del Gavi Golf Club - Gavi (Alessandria)**

www.golfcollinedelgavi.com



Tennis & soccer

Genova Waterfront Marina

Piazzale Kennedy, 1, 16129 Genova

Tel. +39 010 2753100

A brand new private sport facility specially created for crew. 1 tennis & five-a-side soccer court, 1 Padel court and 1 basket and volley ball court. A special App has been created to reserve your court. E mail crew@genovawaterfrontmarina.com for details. You'll receive all the log in instructions.

Campanella Tennis & Calcetto

Piazza H. Durant, 4, 16146 Genova,

Tel: +39 0108986678

4 clay and synthetic grass courts available for hire from 8am to 11pm – plus bubble soccer! Requires booking by ph. +39 010 313056 (The Crew Services is at disposal if you need any help in booking).

Padel & Soccer Marina Park by Colombo

Via della Madre di Dio, 10r, 16128 Genova

8am-11pm

Tel: +39 393 9216999

Right by the Varco Molo Giano port exit.

Cristoforo Colombo Beach & Paddle Club

Scalinata del Milite Ignoto, 1, 16129 Genova

Tel: +39010562162

www.cristoforocolomboclub.it

You can hire a Royal tennis court or five-a-side football pitch whilst at the Cristoforo Colombo Beach & Paddle Club, seawards of Piazza della Vittoria, rents courts/pitches for Royal tennis/paddle tennis, beach volley, foot volley and beach tennis. Contact The Crew Services for details.

Massages & body treatments

Sonia Andolina

Physiotherapist - all types of massage.

Via Zara, 9/13, 16145 Genova

Tel. +39 3492230846

Alessandro Barcella

Different types of massages - available to come on board

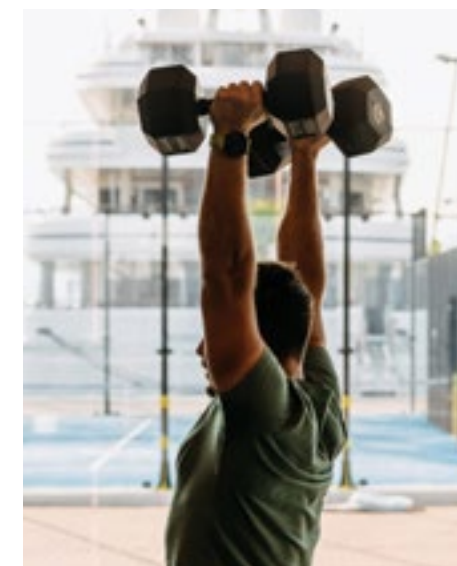
Via Maragliano, 6, 16121 Genova

Tel. +39 335457773

Marta Colombo

Shiatsu massage - available to come on board

Tel. +39 338 7207978





Thermal baths & spa centers



Plaisir de Beauté

A brand new location dedicated to feminine beauty. Spa, Boutique and Beauty services and treatments.

Via XX Settembre 258 - Tel. +39 010 407.5916

www.plaisirdebeaute.it



MYA SPA & Wellness

This luxurious and stylish location has a sauna and Turkish bath, but is also equipped with a sports area that offers pilates and cross training classes. The beauty services include waxing, massages and facials. MYA SPA & Wellness is 20 minutes away from the city centre (driving distance).

Via Carrara, 250 C - Tel. +39.010.899.48.00

www.myaspa.it



Le Mille e una Notte

This cosy and small location, which disposes of a steam bath and offers massages is right behind Marina Molo Vecchio. They are specialized in hammam wellness ritual and bath services, but also offer beauty services.

Via del Molo, 49 - Tel. +39.010.246.58.84

www.lemilleeunanotte.net



Terme di Acquasanta

Terme di Acquasanta is a small thermal resort placed up on the hills, 20 km away from Genoa city center. It offers health and beauty treatments and disposes of some thermal baths.

Via Acquasanta, 245 - Tel. +39 010 638178

<https://laviadelleterme.it/terme-di-genova/>



Yoga centres

Waterfront Marina Yoga Studio

A private fitness room suitable to private lessons on demand.

Piazzale Kennedy, 1, 16129 Genova - Tel. + 39 010 253100

www.genovawaterfrontmarina.com

Red Yoga

New and airy centre near the station offering lessons in Red Vinyasa yoga, Hatha flow yoga, Tin yoga and yoga Nidra. Also offering thai massage, individual lessons and yoga weekends in the country.

Piazza Brignole, 5/9, 16122 Genova - Tel: +39 342 808 4284

www.redyoga.it/contatti/

Infusion - CucinaYogaStore

This centre specialising in Atman Shala yoga and meditation in a beautiful calm alleyway off busy San Vincenzo also has a vegan and raw food diet restaurant attached with a vegan and macro superfood store. They even offer a vegan catering service!

www.yoga-integrale.it/genova/orari-dei-corsi/

Salita della Tosse, 7r, 16121 Genova - Tel: +39 010 9970835

Nadeshwari Joythimayananda

Yoga lessons (also in English) and Ayurvedic massage (also four hands). Available to come on board

Tel. +39 340 5711835





Other sports

Climbing

There are two good options:

1. Sisport climbing with indoor gym,

In the historical centre near Piazza delle Erbe.

They also have 5-a-side football and volley courts.

Vico Chiuso degli Eroi, 2, 16128 Genova

www.sisportgym.com/arrampicata/

2. In the Sciorba sports complex

57, 700 square metres of climbing space with 3,000 handholds.

In the same complex there is also a pool and running track.

Via Gelasio Adamoli, 57, 16141 Genova

www.sciorba.it

Adventure park

Via Carso, 16137 Genova

www.parcoavventuragenova.it/

Surfing & paddleboarding

The best local spots are Recco, Bogliasco, Niasca (near Portofino) and Levanto on the Western coast and Varazze and Andora on the Eastern coast. All these locations have clubs and shops and also run courses – we recommend Roofless in Bogliasco, Blackwave in Recco and Outdoor Portofino in Niasca.

Surf shops:

- Blackwave Surf shop: Passeggiata Punta S. Anna, box 10
16036 – Recco (GE) - shop.blackwave.it
- Roofless: Via Giuseppe Mazzini, 153, 16031 Bogliasco (Ge)
www.roofless.it
- Outdoor Portofino: Tel.: +39 3343290804
www.outdoorportofino.com
- Centro Surf Shop: Via Antonio Cecchi, 57/r, 16129 Genova

Skateboarding

Do take care if you skateboard around the port area roads as the traffic in this area often interprets traffic regulations very liberally to allow extra-long or extra-wide vehicles to get about – and they certainly don't expect to see skateboarders behind them!

There is a public skate park in the city centre in the Giardini Govi, very near the Giano port entrance, and another in the Eastern Sestri Ponente quarter of Genoa in the Giardini Rodari.

For skateboard and snowboard/ski equipment:

Spinnaker: Via Caprera, 26/r, 16146 Genova - www.spinnaker.ge.it

Skiing & snowboarding

If you would like to spend a weekend skiing or snowboarding, there are various locations near Genoa that you can visit – some with an easy day trip. These locations include the two Piedmont areas – Mondolè Ski, which includes Frabosa Soprana, Artesina and Prato Nevoso, which has a great snowpark for boarding, and Limone – plus Pila, Champoluc and La Thuile in Valle d'Aosta.

Courmayeur is a three hour drive from Genoa (and has the lovely Thermal Baths of Pré Saint Didier nearby) as is Cervinia, Champoluc and La Thuile, whilst driving to Limone and Prato Nevoso takes just 2 hours – do be aware that by law you will need snow chains aboard your vehicle so if you hire a vehicle, you will need to hire these too. To give you an idea of costs, renting basic skis, boots, sticks and a helmet should cost you something around 20 euro pp for the day and daily ski passes average at 32 euro.

There are also organised trips run by local long coach companies and prices include transport and skipass – often the best deals are in the week when the pistes are emptier. All leave from nearby Piazza della Vittoria at around 6am and they also offer transport-only options, should you just like a breath of mountain air or prefer to hire a sledge.

Go-karting

The undercover Savignone go-karting track (www.facebook.com/kartsavignone) is a ½ hr drive from Amico & Co. Open from 10am until 8pm and with an on-site restaurant, booking is recommended; if you are planning a race you should book an hour or so. Alternatively, there is a big, open air track in Ronco Scrivia (pistaranco.it) open in the afternoons and from 10.30am-1pm and from 3 to 7pm on the weekends. On Sundays they also organize GPs and events that you can sign up for in advance. Last but not least try the brand new Drift kart track in Albenga (www.pistadriftkartalbenga.it), all undercover with super hi-tech electric vehicles, a go-kart collection and a museum, open in the evenings and after 4pm on weekends.

And of course... watching sports

Need help getting tickets to a premier event, such as the Italian Serie A football matches of Genoa or Sampdoria?

Every weekend (apart from when the national team is playing) there is a match or one or the other team at the Marassi stadium, just a few minutes' walk from the Genova Brignole station.

To buy tickets you will need to provide photo ID – if you need our help organising a crew trip to the match, just let us know – we are happy to help.





Eating Out



Where shall we eat out in town today?

Traditional Liguria cuisine

Ligurian and Genoese gastronomy uses characteristic flavours typical of the area, reflecting the creativity of its people. It's a simple, poor cuisine, rich in vegetables and herbs, making wide use of olive oil: this helps make delicious, flavoursome dishes which are very natural and attractive.

During your stay in Liguria you must try:

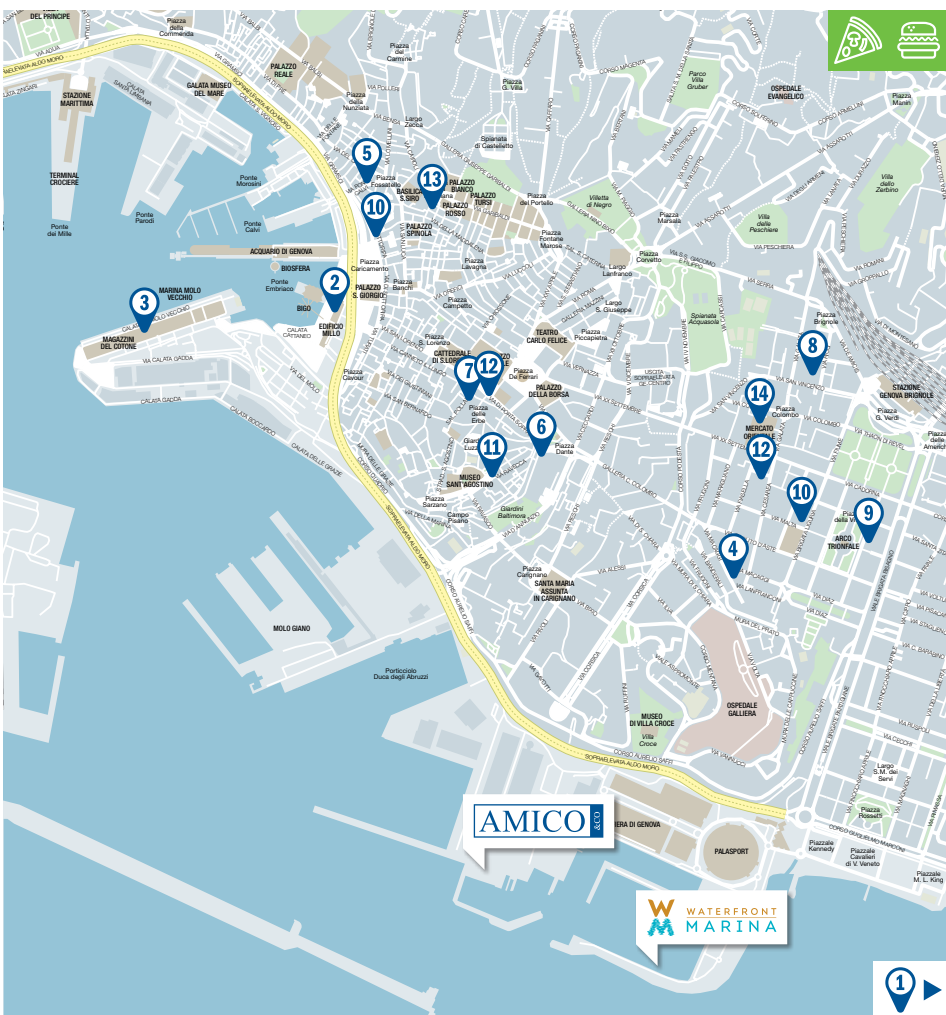
Pasta al pesto: traditional long pasta with basil sauce, potatoes and green beans. Pesto also contains garlic and pine nuts.

Farinata: a low, flat focaccia made out of chickpea flour mixed with water, salt and olive oil, baked in a wood-burning oven. Mmmmm!

Ravioli or pansoti in salsa di noci: stuffed pasta such as the traditional ravioli and typical pansoti (pasta filled with chard, eggs and ricotta cheese), served with a walnut sauce.

Focaccia: an original speciality of Ligurian cooking famous the world over, delicious focaccia can be plain, made just with olive oil, or can have many other savoury versions (with onions, with olives, with sage, with cheese... the list is endless!)





Pizza restaurants



There are some excellent pizza options in the city centre.
Our “recommended” list:

- 1 **Sugo** - Via Caprera 42/r
- 2 **Eataly** - Calata Cattaneo, 15 in front of the Bigo
www.eataly.net/it_en/shops/genova
- 3 **Rossopomodoro** - Calata Molo Vecchio 16
www.rossopomodoro.it/ristoranti/GENOVA/porto-antico
- 4 **Fra Diavolo - Pizza & Cucina** - Via Bernardo Castello, 2
- 5 **Savò - Pizza Gourmet** - Via al Ponte Calvi 16/r



Hamburgers



- 6 **Strike!** - Vico Gattilusio 4/r, corner of Via Ravecca
www.strikeburger.it
- 7 **Masetto Hamburgeria Nazionale** - Via di Canneto il Lungo 111/r
www.ilmasetto.it
- 8 **La Chianina Hamburgeria** - Via Vincenzo Ricci 12/r
www.lachianinahamburger.com
- 9 **La Moucca Hamburgeria** - Piazza della Vittoria, 36/r
www.lamoucca.axeleroweb.it
- 10 **Panino Marino (fish hamburgers)** - Piazza Caricamento 65/r
(near the old port) and via Brigata Liguria, 69/r
(by the Natural History Museum)
www.paninomarino.it
- 11 **La Toasteria** - Piazza di Sarzano, 1/r
Admittedly not hamburgers but delicious stuffed club sandwiches
- 12 **Rooster streetfood rotisserie** - Piazza Matteotti 41/r
and Via Domenico Fiasella 16-18/r
www.roosterrotisserie.com
Fresh poultry based burgers
- 13 **Groove**
Via ai Quattro Canti di S. Francesco, 32/r
www.grooveburger.it
- 14 **Bear and Grill Burger, MOG**
Mercato Orientale Genova - Via XX Settembre, 75r Corner





Typical Genoese Cuisine



☆☆ Low-medium price - places the locals go to

- 1 **Cantiere Goloso** - Piazza delle Fontane Marose, 5/r
- 2 **Il Fabbro** - Vico del Campanile delle Vigne, 17-19/r
- 3 **Il Pampino** - Via Eugenio Ruspoli, 33/r
- 4 **La Cantina Clandestina Contemporary Restaurant**
Salita Pallavicini 25r - www.lacantinaclandestina.it
- 5 **Locanda Tortuga** - Via Ravecca 13/r
- 6 **Sa Pesta** - Via dei Giustiniani, 16/r
www.sapesta.it
- 7 **Trattoria Ugo** - Via Dei Giustiniani 86/r
- 8 **Trattoria Vegia Zena** - Vico del Serriglio, 13
- 9 **Zimino** - Vico delle Scuole Pie, 4/r

☆☆☆ Medium-high price-for a treat
(we suggest advance booking)

- 10 **20 Tre ristorante** - Via David Chiossone, 20r
www.ristorante20tregenova.it
- 11 **I 3 Merli** - Calata Cattaneo, 17 - www.itremerli.it
- 12 **La Funicolare** - Corso Magenta, 29/r
- 13 **Le Cicale in Trattoria** - Via Eugenio Ruspoli, 55/r
- 14 **Osteria La Forchetta Curiosa** - Piazza Negri, 5/r
www.laforchettacuriosa.com
- 15 **Trattoria dell'Acchiughetta** - Piazza Sant'Elena - www.acchiughetta.it
- 16 **Antica Osteria di Vico Palla** - Vico Palla, 15/r

Ethnic Cuisine



☆☆ Medium price

- 17 **Shapla** - Via Colombo 14/r - www.ristoranteindianoshapla.it
Tasty Indian cuisine with tandoori specialties.
- 18 **Sushi Inside** - Corso Torino, 127/r
(only take away).

- 19 **Lo's Take Away** - Via Lomellini, 5
chinese food.
- 20 **Jamila** - Via dei Giustiniani, 11/r
Tasty Senegalese cooking, especially the fish and seafood.
- 21 **Josna** - Via di Porta Soprana, 31/r
Delicious and elegant Indian cuisine a few metres from central Palazzo Ducale.
- 22 **Kowalski** - Via dei Giustiniani 3/r
Delights from Eastern Europe - Poland, Russia, Ukraine, Romania, Hungary and Balkans - in the heart of the vicoli.
- 23 **Taqueria Mamacita** - Via Prè 113-115/r
Robust and spicy Mexican cooking.
- 24 **Makinho - Brazilian Sushi** - Piazza Henry Dunant, 4/20b, inside the Piscine di Albaro complex
A new sushi concept: for example, strawberry and salmon maki and temaki or tuna with avocado.
- 25 **Zushi** - Piazza Raffaele Rossetti, 12/r
- 26 **Gorilla Sushi** - Via Podgora 17/r
- ☆☆☆ Higher end
- 27 **Broadside Sushi Concept** - Via 12 Ottobre 27,
www.sushiconcept/broadside.it
Elegant concept sushi restaurant.
- 28 **Kapperi** - Via del Molo/Vico dei Lavatoi 6/r
www.ristorantekapperi.it
Japanese cuisine, sushi, raw and cooked fish and traditional Genoese cuisine.





Traditional luxury dining experiences



If you have a special visitor, whether it be your Owner, your loved ones or your Mum, with this list you won't put a foot wrong.

- ① **Zeffirino** - Via XX Settembre, 20

www.zeffirino.com/zeffirino

Famous the world over, the kitchen proposes revisited traditional Italian and typical Ligurian tradition, using selected ingredients of the territory and fresh fish.

- ② **Ippogrifo** - Via Raffaele Gestro, 9

www.ristoranteippogrifo.it

Elegant, well-executed traditional local cuisine; walking distance from the shipyard, near the Fiera. A very classy choice.

- ③ **Le Cicale in Città** - Via Giuseppe Macaggi, 53/r

www.le-cicale.it/ristorante

An intimate atmosphere in this restaurant divided into two communicating rooms, adorned with antique mirrors: dishes mainly based on fresh fish, cooked classically.

- ④ **Santamonica** - Lungomare Lombardo, 27

www.santamonica.genova.it

Mainly a fish restaurant with a bit of fantasy and unconventional style. At walking distance with a wide terrace with sea view and "pied dans l'eau".

- ⑤ **Le Perlage** - Via Mascherpa, 4/r

www.leperlage.com

Elegant, refined local cuisine with wonderful tasting menus and crudité, at walking distance from the shipyard.



- ⑥ **Pesciolino** - Vico Domoculta, 14

Seafood specialities including exquisite signature dish shrimps with almonds.

- ⑦ **Pintori** - Via San Bernardo 68/r

www.pintori.net

Intimate, informal restaurant in the heart of the historical centre's movida with Genoese cooking and Sardinian roots.

- ⑧ **La Bottega del Re** - Via Francesco Domenico Guerrazzi, 66/r

Newly opened elegant spot in the heart of the Albaro quarter, equally divided between sea and "earth" specialties, with great homemade filled pasta.

- ⑨ **Enoteca Ristorante Sola** - Via Barabino 120/r

www.enotecaristorantesola.com

Elegant yet not too stuffy Ligurian dining, with some classically cooked Genoese dishes such as stockfish, wonderful anchovies cooked all sorts of ways and an absolutely superlative winelist, as one would expect.

- ⑩ **Osvaldo Antica Trattoria** - Via Dellacasa, 2/r, Boccadasse

Fresh fish and traditional Ligurian cuisine. A local favourite choice.

- ⑪ **La Piedigrotta da Carmine & Antonio**

Via Angelo Gianelli, 29E/r, Quinto

www.lapiedigrotta.com

A fresh fish specialist, the menu ranges from seafood dishes to delicious pizza. A guarantee.

- ⑫ **Ristorante Santa Teresa** - Via di Porta Soprana, 55/r

www.ristorantesantateresagenova.it

High-class cooking on the edge of the historical centre in this newly-opened restaurant, with regional specialties from both the "earth" and sea - reworked classics.

- ⑬ **Ristorante San Giorgio** - Via Rimassa 150/r

www.ristorantesangiorgiogenova.it

The Scala family - owners also of the Ristorante Santa Teresa - also run this very classy establishment, not far from the shipyard towards Corso Italia.

- ⑭ **Cantine di Squarciafico** - Piazzetta dell'Amico, 2

www.cantinesquarciafico.it

Just off the main road by Genoa cathedral, another local favourite, with dishes such as paper thin lasagne with pesto and seafood "paella" with spelt.





15 Volta la Carta - Via Assarotti 60/r

www.voltalacartagenova.it

In the town centre near the theatres, an eclectic ambience with excellent cooking for very special occasions. Exceptional homemade breads and focaccia.



16 The Cook - Vico Falamonica, 9, Genova

www.thecookrestaurant.com

A new *vicoli-chic* location a minute from Piazza De Ferrari for this well-known one Michelin starred restaurant, which has both a seafood speciality à la carte menu and a tasting menu.

Something different



17 Le Cicale in Albaro (Bistrot) - Piazza Leopardi, 12/r

www.le-cicale.it/bistrot/

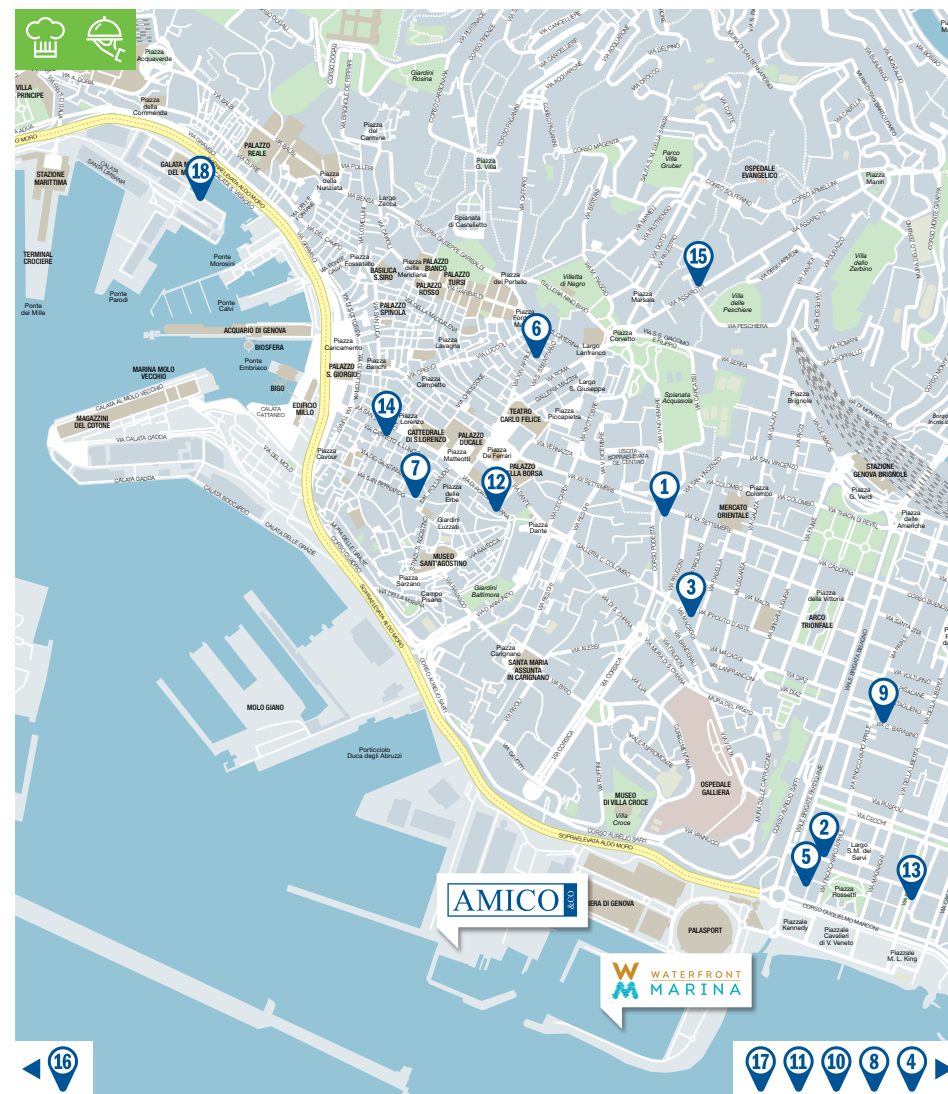
Homemade pastas, an excellent winelist and an informal atmosphere in this establishment which combines Liguria and simplicity.

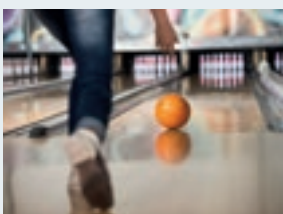


18 Indarsena Oyster Bar - Vecchia Darsena di Genova - Calata A. Dinegro (Nearby Galata-Museo del Mare and the Submarine)

www.indarsena.it

One of the very few real Oyster Bars in Italy; exactly like in the Parisian restaurants, at least 7 different kinds of oysters are to be enjoyed every week.





Cinema

Thanks to its urban configuration and rich history, Genoa is becoming more and more popular as an ideal location for films, shorts and video shoots. It also has more than one English language film option.

1 Circuito Cinema City

Vico Carmagnola (near Via XXV Aprile) - Tel. 010 869 0073

Movies in original language show on **Mondays** and **Tuesdays** with Italian subtitles. The current film schedule is to be found on their site, usually running from September to June (with a pause in the summer): www.circuitocinemagenova.com

2 The Space Cinema - Porto Antico

Via Magazzini Del Cotone - www.thespacecinema.it/al-cinema/genova

3 UCI Cinemas Fiumara

Via Paolo Mantovani - www.ucicinemass.it/cinema/liguria/genova/uci-cinemas-fiumara-genova/

Bowling

4 Fiumara Entertainment Center

Via Fiumara, 15

New Park bowling - Ten-pin bowling at the Fiumara Mall open from 1pm to half past midnight. NB payment is cash only. www.fiumara.net/ - to book, ring +39 010 460976

Bars & Pubs

Genoa is packed with bars and pubs, with everything from classy Riviera style aperitivo lounges to grungy hang-outs. Just take your pick!

Historical center

On Wednesday and Friday nights, the historical center is packed with young people. The little alleys really come to life, with groups of people getting together for a drink—Genoa's evening "movement" is known as the *movida*. Consider **Piazza delle Erbe** to be the central point.

"Iconic" drinking spots

5 Scurreria Beer & Bagel - Via di Scurreria, 22/r.

A specially designed pub with specialised hand-drawn beers.

6 The Britannia Pub in Vico Casana, right next to the De Ferrari fountain.

British atmosphere in the heart of Genoa: draught beers such as Carlsberg Elephant, Guinness, John Martins and Kilkenny and great pub grub, including fish and chips.

7 Birreria Hofbrauhaus "HB" in Via Dante, very near the De Ferrari fountain. Linked to the most famous brewery in the world, with food specialities from pork-knuckle to Weiburst, gulasch or apple strudel, all served in their typical Bavarian atmosphere.

8 Les Rouges Cucina & Cocktails in central Piazza Campetto - www.lesrouges.it - aperitifs and great local food in this classy choice housed in a Rolli palace, Palazzo Imperiale. Unmissable stuffed anchovies.

9 Kitchen Mon Amour, Via S. Donato, 13 nearby Piazza delle Erbe. Another very busy Yachtie spot developed over three floors, with live music on the upper floors.

10 Taverna Zaccaria Vico di S. Cosimo. Aperitifs and DJs in a setting straight out of the middle ages. In the summer seats in the little square outside the breath-taking church out front. Occasional acoustic live music.

11 Café Il Barbarossa Piano San Andrea, 23. Historical American bar in Porta Soprana.

12 Negroneria Genovese Salita alla Torre degli Embriaci, 2. A vintage atmosphere in this super new "in" bar in an enchanting part of the Centro Storico.





Nightclubs

Do consult their websites before going, as seasonal opening hours can vary.

Genoa city

- 1 **Casa Mia Club** - Via XII Ottobre in Genoa town centre
www.casamiacub.it
- 2 **Estoril** - Corso Italia, 7/d on Genoa seafront
www.estorilbeachclub.com
- 3 **Makò** - Corso Italia 28/r on Genoa seafront – open from 1st May to 30th September – www.makogenova.com
- 4 **SYS Sporting Club** - Lungomare Lombardo, 27 Genoa on Genoa seafront - www.sysgenova.it
- 5 **Blunt Beach Club** - Via del Tritone, 11n in Genoa Sturla
www.bluntbeachclub.it
- 6 **Caribe Club** - Corso Italia, 3 Genova – in particular on Friday night for Latin-American night
- 7 **Richmond** - Via di Santa Zita 12, Genova www.richmondclub.it
- 8 **Mama Sunclub** - Lungomare Lombardo, 29 Genova
- 9 **La Terrazza** - Via V Maggio, 5 Genova - after dinner disco pub
www.latterazzagenova.it



Eastern Riviera

- 1 **Sol Levante** - Via Aurelia, 1, 16033 Cavi GE
www.sollevantebeach.it
- 2 **Piscine dei Castelli** - Piazza Marinai d'Italia, 3, 16039 Sestri Levante GE
www.piscinadeicastelli.it
- 3 **Covo di Nord-Est** - Lungomare Raffaele Rossetti, 1, 16035 Santa Margherita Ligure GE
covidinorddest.it/

Western Riviera

- 4 **Pippy Island** - Via Aurelia di Levante, 16016 Cogoleto
check their facebook page for opening hours
- 5 **Orizzonte** - Via dei Pini D'Aleppo, 16, 17019 Varazze SV
www.orizzonte.playdance.tv
- 6 **Le Vele** - Via Francesco Maria Giancardi, n°50, 17021 Alassio SV
www.levelealassio.it
- 7 **Soleluna** - Corso Baldovino Bigliati, 5, 17012 Albissola Marina SV
www.solelunabeach.club
- 8 **Kava Summerclub** - SS 1, 30R, 17028 Bergeggi SV
Open only in Summer - www.kavasummerclub.it
- 9 **La Suerte** - Via Roma, 115, 17053 Laigueglia SV, - www.lasuerte.it/
- 10 **Golden Beach** - Passeggiata Eugenio Montale, 6, Albisola Superiore (SV) - www.mividagoldenbeach.com/



Sightseeing in Genoa and around



Discovering hidden gems in the city and on the stunning Riviera

Historical center

Top 13 places to visit in Genoa:

- 1 **The Cathedral of San Lorenzo**
- 2 **The Ducal Palace**
Palazzo Ducale
- 3 **The Carlo Felice Theatre**
For opera and ballet
- 4 **Via Garibaldi**
The "golden road"
- 5 **Spianata Castelletto**
A panoramic viewpoint
- 6 **Genoa Aquarium**
- 7 **Porto Antico – Old Port area**
- 8 **Palazzo del Principe**
- 9 **Castello De Albertis** with the
Museum of World Cultures
- 10 **The Genoa lighthouse** and
adjacent walkway and museum
- 11 **Boccadasse** a picturesque
fishing village just a short
distance from the town centre
- 12 **Nervi museums and gardens**

The typical historic shops

(botteghe storiche) including
spice shops, chocolate-makers,
haberdashers, tripe-shops and more
[www.bottegestorichegenova.it/
en/the-shops/](http://www.bottegestorichegenova.it/en/the-shops/)



Useful links

Genoa Tourist Office
www.visitgenoa.it

Old Port Area
www.portoantico.it

Complete overview of Genoa Old Port area and the historical center



Visiting the Riviera

Liguria is that multi-faceted sliver of Italy where differences weave together, creating a wide array of things to do and see during your stay. The region features impressive mountains and lovely rolling hills, coloured by the green Mediterranean turf and overlooking the Ligurian Sea. The two are divided by a high, indented coastline.

The Ligurian Coast is a place for true romantics, with incredible landscapes, unique natural spectacles, untouched by time, and unforgettable sunsets. Nature, mountains, culture, entertainment or night life: all one has to do is choose. The waters of this section of the Mediterranean are an enormously important feature of the region, with its characteristic rocky coasts interrupted by small coves, and beaches of fine golden sand.

Here are just a few of the “unmissable” day trips that you can do from Genoa:

San Fruttuoso

A small fishing village located in a splendid bay at the foot of Mount Portofino, San Fruttuoso can only be reached by sea or on foot by following the trails of Portofino Park starting in the towns of Camogli or Santa Margherita Ligure. A underwater statue of Christ, known as the Christ of the Depths, protector of divers, is found on the seafloor at the bottom of the bay. It really is one of the picture postcard locations of Liguria and is breathtakingly beautiful.

Portofino

The “eighth wonder of the world”, it is said that Portofino has the most beautiful Piazzetta (little square) in the world. In such a small space you can shop (or windowshop) at luxury brand stores, admire the luxury yachts (yes, more of those!) in the marina and watch the local fisherman mending and rearranging their nets. The view of the bay is unforgettable, with its pastel coloured houses.





Cinque Terre

Made up of five tiny isolated villages (Monterosso, Vernazza, Corniglia, Manarola, Riomaggiore) set in steep, rugged coastline, the Cinque Terre is a Unesco World Heritage site. A visit to the Cinque Terre wouldn't be complete without a walk along one of the many hiking itineraries, such as the famous Via dell'Amore (Path of Love) from Riomaggiore to Manarola.

Visiting the Cinque Terre

The Cinque Terre - or "five lands" - is the name given to a group of five isolated little villages: Monterosso, Vernazza, Corniglia, Manarola and Riomaggiore. A UNESCO world heritage site, the towns are set along steep, rugged coastline and are exquisite.

When visiting the Cinque Terre, you can choose between diving into the sea or hiking along the hills, between strolling through the narrow alleys known as "carruggi" or a boat trip, a pilgrimage to a sanctuary or a delicious seafood lunch. It is a unique landscape, in which man and nature have lived together in harmony since the beginning of time.

There are hiking paths all the way from Monterosso to Riomaggiore, but after recent landslides, you should always consult the official site before setting off: www.parconazionale5terre.it/pagina.php?id=334. The "traffic light" colour indicates whether each path is open or not.

Here below are the expected walking times for each path:

Departure	Arrival	Distance	Walking time
Riomaggiore	Manarola	0.6 mi	20 minutes
Manarola	Corniglia	1.7 mi	1 hour
Corniglia	Vernazza	2.1 mi	1 ½ hours
Vernazza	Monterosso	2.3 mi	2 hours



How to get there

By car To Monterosso and Vernazza:

Exit the motorway at Carrodano-Levanto (Motorway A12 Genova-Livorno). Follow directions to Levanto and to Monterosso.

To Corniglia, Manarola and Riomaggiore: On the same motorway, choose the La Spezia exit and follow the directions to the Cinque Terre, taking panoramic road SP370.

By train

Look for local or regional trains that stop at Monterosso, Vernazza, Corniglia, Manarola and Riomaggiore. Nearly all the faster trains stop in nearby Levanto, so you can get off there and then change.

By ferry

Ferry boats connect La Spezia, Lerici, Portovenere and Portofino to the Cinque Terre, mostly heading to Monterosso. Check the schedule here: www.navigazionegolfoeipoeti.it.

Summer departures also from Genoa's Porto Antico, check boards in the Porto Antico for details.



Another great trip out can be had by taking a train to the station of Framura (between Sestri Levante and La Spezia and just before the start of the Cinque Terre); bring your bike on the train or hire a bike at U Pesciocan (just on the right after the train tunnel as you exit the station) www.framuraturismo.it/listing/bike-rental-pesciocan/. You can then ride through the old train tunnels - now converted into a beautiful cycle path - between Framura, Bonassola and Levanto itself, stopping to have a picnic in one of the pretty coves along the way or on the long sandy beach in Levanto.



Trips further afield

Genoa is well-connected to other beautiful cities that you may like to visit during your stay here in Italy.



Rome

9 trains per day from Genova Piazza Principe or Genova Brignole station (4 to 6 hrs); Alitalia direct flight, four per day, for Rome Fiumicino airport; Flixbus five departures per day from Genoa Principe Fanti d'Italia stop (7 hrs) including two overnights, arriving at Rome Tiburtina bus terminal.



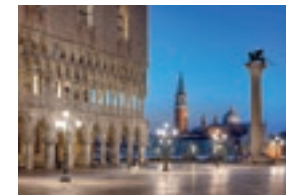
Florence

Numerous trains every day from both main stations (around 3 hrs) either direct or changing in Pisa; Flixbus three departures per day from Genoa Principe Fanti d'Italia stop (3 hrs) arriving at Piazzale Montelungo bus terminal.



Venice

Numerous trains every day from Genova Piazza Principe station (around 5hrs) mostly via Milano Centrale where you will need to change, but there is a direct train every day at 07:05 from Genova Principe (4hrs). Arrival is at Venezia Santa Lucia station which is on Venice itself; alternatively Flixbus daily coach departure from Genoa Principe Fanti d'Italia stop (6 hrs) arriving at Tronchetto bus terminal - you can then reach St. Mark's Square using ferry line #2.



The Langhe

Just an hour and twenty minutes from Genoa lies the world famous Langhe area, known for its marvellous Barolo, Barbera and Nebbiolo wines, for the white truffles of Alba and the eponymous festival which is held in October and November every year, plus other gastronomical delights such as hazelnuts and gianduja chocolate and nut spread. The perfect location for a foodie weekend with some wine-tasting thrown in, all set in the rolling hills of the Langhe, beautiful in every season of the year.

Do not forget:

If you are driving in Milan city centre there are levies for entering the heart of the city centre by car. For Milan, this 5 euro charge is applicable Monday to Friday and the instructions are here <https://areac.atm-mi.it/Areac/iweb/English.aspx>. If you forget to activate the fee, you have 24hrs without any extra charges to pay up.

Both in Rome and Florence there are limitations in the ZTL (Zona Traffico Limitato) that may be avoided if you prove that you are staying in a city hotel - check with your hotel for details before you enter the zone.



USEFUL EMERGENCY NUMBERS

112

Call for Ambulance, the Fire Brigade or the Police (Carabinieri)
English Speaking Medical Doctor: Dott Zanetti + 39 3405620761

SECURITY

+39 345 921841

Call Security & Courtesy Solutions for issues with security or with operation of the barrier

TAXI

+39 010 5966 - Whatsapp +39 3925966123

CREW SERVICES

8.30am to 12.30 and from 2.30 to 6.30pm, Monday to Friday + 39 2470067 +39 010 2753100



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