



La Musa

Guest house

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Your copy

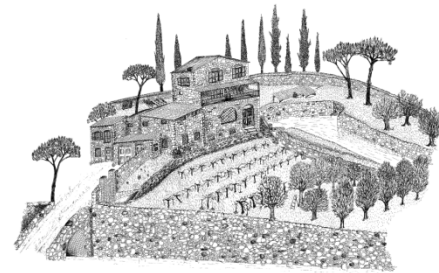
Sight-seeing and suggestions



La Musa

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La Musa's history



This land defined by the outpouring of the river Magra and mount Montemarcello was an Etruscan basis for the conquest of Corsica and centuries later it was a major natural barrier against the Romans trying to conquer the North West.

For a long time, this marginal land was the battle field between Rome and the native Ligurian-Apuans fighting for the control and access to the Ligurian Sea.

For many years the Romans attacked the area and Tito Livo (180 BC) considered it as the training area for the roman army in between the big wars.

However, in 186 BC, the rebel Ligurians defeated the roman consul Quinzio Marzio. 4000 roman soldiers were killed and "Marzio" became the shame of Rome. The battle was fought on the level land between Trebiano and Monte Carpine, right before the slope towards Barcola/Lerici ... exactly where La Musa is located nowadays.

The stream in front of La Musa was called Canale del Marzo which was presumably derived from the name the Roman consul, "Marzio". In 1773 the official name of the stream was changed into Riomaggio but natives often called this torrent "Canale del Guercio" according to the many oaks (querce in Italian) in this green fertile level land.

This area between mount Carpine and the Guercio stream was elected to host a water mill for the local grain cultivation. There are good archeological reasons to believe that the first origin of this mill goes back to Etruscan times and may have survived roman times. The only official description of the mill is dated 1795 and illustrates in which way the water flows powered the grinder of the mill.

The water was drawn from the Riomaggio with a floodgate at the tip of the property in front of the house. Walking down the path in front of the house, in the gorge behind the cactus border you can still see the upper arch of the floodgate. This gate was opened manually to draw water from the stream that filled the large basin (currently the low part of the garden). This way the water from the basin flowed under the basement of the house. During the rainy months of the year, the brook behind the house collects spring water from mount Carpine which flows under the house, below the basement of the cellar. Opening the trapdoor in the cellar you can still see the historical water tunnels in which the rotor powered the enormous grinders.

We bought the property in 2003 from the family Cresci that lived here for numerous generations. After many years of quarrels with the neighbours about the considerable withdrawal of water from the Riomaggio, the Cresci's decided in 1916 to replace the water mill with an electric grinder in the basement. Being the only mill in the area, business was going very well and Cherubino, their good hearted, Tuscan miller had a hard time (in between the frequent sips of his bottle of grappa) to cope with the queues of people waiting for hours and hours.

After the second world war, competition was coming from new mills in the area and in 1960 the Cresci's decided to close the activity.

However locals still call the area 'il mulino' ; some locals continue to call the bus stop 'at the mill' and remember their mothers and grandmothers going there to do the laundry in the basin.



Ferry boat

	Lerici	09.30	10.30		11.30		14.30	15.30	
	Portovenere	10.00	11.00		12.00	14.15	15.00	16.00	17.20
5 Terre	Riomaggiore	10.30	11.30	12.00	12.30	14.45	15.25	16.30	17.45
	Manarola	10.40	11.40	12.10	12.40	14.55	15.30	16.40	17.50
	Corniglia	↓	↓	↓	↓	↓	↓	↓	↓
	Vernazza	10.55	11.55	12.30	12.55	15.15	15.50	16.55	18.10
5 Terre	Monterosso	11.10	12.15	12.40	13.10	15.25	16.05	17.10	18.20

Ritorno - Return - Retour

5 Terre	Monterosso	10.30	11.30	12.10	14.30	15.00	16.00	17.00
	Vernazza	10.40	11.40	12.20	14.40	15.10	16.10	17.10
	Corniglia	↓	↓	↓	↓	↓	↓	↓
	Manarola	11.00	↓	12.40	15.00	15.30	16.30	17.30
	Riomaggiore	11.10	12.00	12.50	15.10	15.40	16.40	17.40
	Portovenere	11.40		13.20	15.40	16.10	17.10	18.10
●	Da Portovenere	12.30		15.00		17.15	18.10	
	Arrivo a Lerici	13.00		15.30		17.45	18.40	

Partenze da Portovenere per Lerici ore: 17.15 - 18.10

N.B. Il servizio verrà effettuato con condizioni meteo marine favorevoli e potrà essere modificato o sospeso per cause di forza maggiore

Lerici - 5 Terre

GITA GIORNALIERA

Partenze - Abfahrt - Departs - Departures
Ore: 9.30 - 10.30 - 11.30

Il biglietto giornaliero dà la possibilità di salire e scendere a piacere nei paesini delle 5 Terre (Riomaggiore - Manarola - Vernazza - Monterosso) - orari e coincidenze riportati nel retro -

GITA POMERIDIANA

Partenze - Abfahrt - Departs - Departures
Ore: 14.30 - 15.30

Tariffe - Fahrpreis - Prices - Preis	
Giornaliero feriale	€ 23,00
Giornaliero prefestivo	€ 25,00
Giornaliero festivo	€ 25,00
Giornaliero Agosto	€ 27,00
Solo andata Riomaggiore o Manarola	€ 11,00
Pomeridiano intero	€ 18,00
Pomeridiano ridotto	€ 13,00
Ridotto giornaliero o andata	€ 15,00
Andata con tutte le soste	€ 18,00

Linea Lerici - Portovenere

Partenze - Abfahrt - Departs - Departures da Lerici alle ore:
09.30 - 10.30 - 11.30 - 14.30 - 15.30

Partenze - Abfahrt - Departs - Departures da Portovenere alle ore:
12.30 - 15.00 - 17.15 - 18.10

Tariffe - Fahrpreis - Prices - Preis:
Intero € 10,00 Andata o Ridotto € 6,00

A Portovenere possibilità di effettuare il Giro delle Tre Isole

Ridotti: bambini da 6 a 11 anni se accompagnati da almeno un adulto

What most guests enjoy

1. Short roundtrip to Montemarcello - Ameglia - Bocca di Magra - Romito Magra - La Musa

At La Musa, go left on the Provincial road (direction Lerici) ; at the roundabout, take the road on the left (don't take the tunnel) and after 200m, right before the tank station, take the road on the left to Montemarcello. Montemarcello is worth visiting and has a large parking on the right. Continue on the spectacularly panoramic road to Bocca di Magra which deserves another stop. After Bocca di Magra, proceed to Ameglia (also worth visiting) and follow signs for Romito Magra ... In Romito Magra follow the provincial road, direction Lerici, back to La Musa

2. Lerici - Tellaro

At La Musa, go left, at the roundabout take the tunnel and immediately after the tunnel, turn right. Off season, you may decide leaving your car downtown Lerici but fines are not totally excluded. If you have a rent car, we strongly recommend using the large parking prior to the second tunnel. During summertime we strongly recommend using the large parking area only (or catching the bus). Tellaro really deserves a visit. From downtown Lerici, you follow the winding road (direction Sarzana/highway) and after 500m on the right hand, take the beautiful road to Tellaro. Or alternatively, from La Musa, take the road slightly left on the roundabout and proceed the winding road to Lerici until you see the signboard Tellaro on the left: Finding a parking in Tellaro isn't always easy but it's worth the effort. Half way you can stop at the beach of "Fiascherino" ; a beautiful small bay, ideal during May, June and September but too crowded during summertime.

3. Cantina Lunae

Beautiful place to taste and buy local wines (colli di Luni) but also various liquors and marmelades. In case you would like to visit Cantina Lunae, please tell us so that we can plan your visit. How to get there? Take a right and follow signs for the highway ; after the bridge over the river Magra, proceed (neither take the highway nor Sarzana) until the first roundabout and go straight on (direction Carrara) ; always go straight on for about 7 km over the "Variante Aurelia" until you reach Ortonovo. You will see Cantina Lunae on your left.

4. Visit to the marble quarries of Carrara (Fantascritti)

Take the highway to Carrara and in the centre of Carrara follow the sign boards "Cave di marmo". Keep on driving through the mountains following "Marmo tours". Fantascritti are biggest marble quarries of this type in the world. The quarries are open to the public all year long from 10 am until 6.30 pm. They drive you inside the mountain and have excellent guides (French, English and Italian). You may have to wait half an hour before the van leaves for the quarries but you can visit the marble museum or have a snack in their restaurant.

5. Day trip to Barga - Lucca

Unforgettable itinerary through the the white (marble) and green Garfagnana mountains to Barga and Lucca. Take the highway to Massa and in the city of Massa follow the signs for "Castelnuovo di Garfagnano". Continue your journey to Barga but don't forget to stop in Isolasantia, a mediaval abandoned village (but with an excellent grill restaurant on the road). Barga is a typical Tuscan mountain village with lots of art and antique shops. After Barga you could either drive back to Massa or proceed towards Lucca. You could spend the evening in Lucca if you wish. However, if you take the highway, Lucca is only 30 minutes away from Lerici and therefore, you may just as well dedicate more time to this fascinating city.

6. Last but not least, the Cinque Terre

From May until end of September you can take the boat shuttle from Lerici to Portovenere/5 Terre. Off season, the most comfortable way to visit the 5 Terre is by car to Riomaggiore where you'll find a large car "silo". From there you can either walk or catch the frequent train service stopping in 4 out of 5. Portovenere - which does not belong to the 5Terre but competes with it in terms of beauty- has no train station but you can get there by car. In summertime we do not recommend visiting Portovenere by car (impossible to park your car) but the boat shuttle is the best alternative.

Beaches and swimming



Baia Blu: The blue bay of Pozzuolo is another recommended beach nearby. You can reach this beach driving to Lerici – San Terenzo and right after San Terenzo, about 50 meters before the tunnel you'll see the indication "Pozzuolo" on your left. From their the parking area of the Baia Blu is clearly indicated. Part of the beach is free but it is worth paying for an umbrella/chair near the swimming pool and excellent restaurant



Fiascherino: Half way the the beautiful, narrow and winding road from Lerici to Tellaro, along the hillside above the coast. While driving, you'll see glimpse of one of the most beautiful sandy bays of Italy and can leave your car at the parking area. The first bay 'Eco del Mare' is a very exclusive (and expensive) pay beach but the free bay right behind is highly recommended. After the parking area, you just need to walk a little further in the direction of Tellaro until you'll see the indication 'mare'. You'll have to face some stairs but it's worth the effort. This small bay (unfortunately getting smaller and smaller every year) with sandy beach can become crowded in high season, we recommend going there during the morning to occupy a good spot for your towel on the free part of the beach or to pay for a chair and umbrella on the pay beach.



Marina di Sarzana: To spend an entire afternoon on a sand beach with children or to enjoy windsurf or other beach sports



Lerici (behind the castle): The beautiful little bay behind the castle of Lerici may be too crowded by young people during August or weekends but is worth visiting. You can reach this bay by feet, walking through the tunnel of the castle of Lerici or by car, following the signs for Tellaro for about 1-2 km and turn right for Maralunga

Lerici, Venere Azzurro: the best reachable beach on the left of Lerici, nice and sandy, and good services



Beautiful rocky swimming areas:

The Gulf of the Poets and the 5terre offer a unique swimming experience ; numerous rocky spots or pebble beaches with cristal clear water. We recommend the center of Tellaro where you settle down in front of the church and can dive into the sea.



San Terenzo: Large sandy beach in front of San Terenzo. Hopefully after the recent works they will reopen the beautiful bay on the left of San Terenzo (follow the side walk behind the little boats)

Visiting the Cinque Terre



The most charming way to visit the Cinque Terre is by ferry boat which starts in springtime. This excursion gives you the possibility to hop on and off the shuttle boat for the entire day. See calender on next page.

In case of rough sea there are no boats and you could consider visiting the Cinqueterre by train, leaving from La Spezia. However, you can also drive up to Riomaggiore (through La Spezia, following the sign boards for Cinque Terre) and take the train to visit the villages of the Cinque Terre. In case you go by car, don't forget to visit the most beautiful pearl of this coastline, Portovenere, which has no train station.

You can drive to Lerici by car but remember that you should not enter the tunnel/harbour but leave your car on the large parking areas outside the ZTL zone. You may also consider catching the public bus and we can sell you bus tickets as they are only for sale in the T (tabacco) shops around. Each half hour there is a bus leaving in front of La Musa but be aware that the last bus back from Lerici is around 11 pm in summer and around 8 pm off season. Coming back from Lerici, ring the buzzer on the bus when you see the sign board "Guercio", at the big white house with blue shutters. The bus then drops you off right in front of La Musa.

Marble quarries

La Musa Pool en Fitness

MARMO TOUR
HAI MAI VISITATO UNA CAVA DI MAR
VENITE A FANTISCRITTI (cartina sul retro)

Sei curioso di scoprire "l'oro bianco" conosciuto in tutto il mondo?
 La MARMO TOUR è fiero di essere la prima a permettere di visitare la galleria RAVACCIONE nata nel cuore del monte, i suggestivi e fantastici del nostro territorio.
 Sito nel piazzale "DEI FANTISCRITTI" N° 84 località MISUGLIA CARRARA.
 Seguendo un percorso stabilito gli organizzatori ti guideranno in un fantastico viaggio alla scoperta del tesoro della nostra più grande risorsa... IL MARMO!!!

Aren't you curious to discover the worldwide famous "white gold"?
 MARMO TOUR is proud to be the first to let you visit the RAVACCIONE gallery deep in the heart of the mountain, a striking and sight.
 Located in yard No 84 "DEI FANTISCRITTI" in MISUGLIA CARRARA.
 Our organizers will lead you on a fantastic experience, to reveal our town's treasure, our most important resource... MARBLE!

Est-tu curieux de découvrir "l'or blanc" connu dans tout le monde?
 La MARMO TOUR est fier d'être l'exclusif de faire découvrir la gallerie de RAVACCIONE, née dans le cœur de la montagne suggestif et fantastique sur notre territoire.
 Arrive sur le site DE FANTISCRITTI localité MISUGLIA CARRARA.
 Les organisateurs vous guideront au travers d'un parcours établi dans un fantastique voyage à la découverte du trésor de la plus grande ressource... LE MARBRE!!!

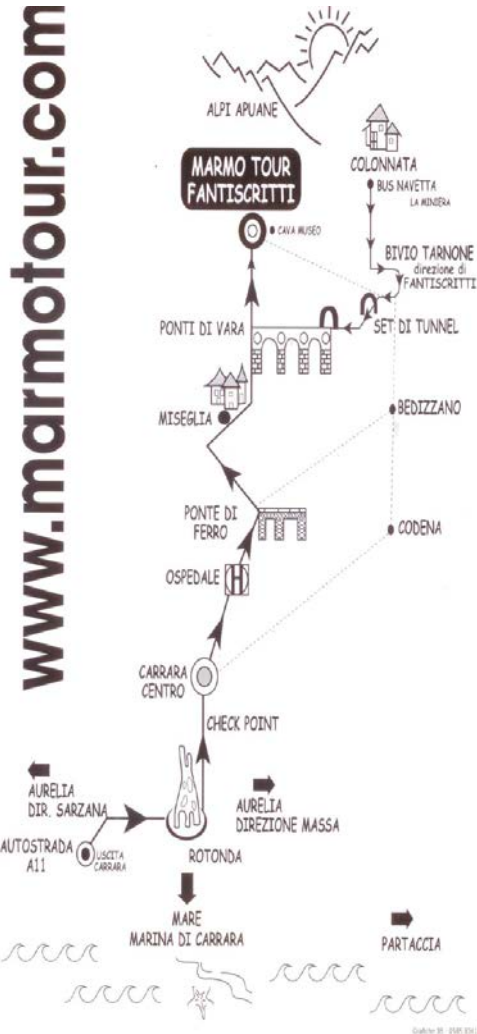
Moechten sie das weltberühmte "WEISSE GOLD" entdecken?
 MARMO TOUR erlaubt Ihnen zum ersten Mal, den stillen RAVACCIONE im Berginneren zu besichtigen, ein einst überwältigendes Naturschauspiel unserer Landschaft.
 Ausgangspunkt ist der Platz FANTISCRITTI N° 84 MISUGLIA über CARRARA.
 Von dort führt der Verlauf der Besichtigungstour in die phantastische Welt des grössten Schatzes unserer Stadt-MARMORE!

www.marmotour.com

ORARIO:
 Giorni Feriali: dalle 14.30 alle 18.30
 Sabato e Giorni Festivi: continuato dalle 10.30 alle 18.30
 Dal 12 Agosto 1998 I GIORNI orario continuato dalle ore 10.30 alle 18.30
 INFO: 339.7657470

Temperatura 18°C

www.marmotour.com



You can enjoy our private pool all day long but we do emphasize some basic rules to ensure the comfort and hygiene for all guests:

- Use slippers around the swimming pool, and take a shower before swimming.
- Diving is dangerous as our pool is only 1.40m deep
- Use only beach towels are available at the pool upon request ; please do not use the towels from the room.
- Refrain from using shampoo or soap under the pool shower
- Playing with balls or other toys in and around the swimming pool is forbidden for security reasons and respect for the quiet of the other guests
- We adore children but appreciate parents ensuring the quiet and wishes of other guests in the pool area, which is rather small
- Our pool bar is open most of the day during summer time. Sabrina is usually available during the day, from 11 am on and Marc from 6 pm on. The bar closes at midnight at the latest.

Feel free to enjoy our private work out room, free of charge and on your own responsibility. Prior to using any equipment, please ask Marc to provide you with some explanation to ensure safe use of all equipment.

Most recommended restaurants

Pizzeria “Il Mattatoio”,
via Provinciale 174 Romito
Best pizza in the area ; at walking
distance from La Musa (next to the post
office in Romito Magra)
0187 989036

Bonta Nascoste
Via Cavour 52
Lerici
0187 965500

Le Vele
Piazza Garibaldi 8
Lerici
0187 965370
339 6939391

Cicciopasticcio,
Via Cavour 58, Lerici,
333 4481507
Closed on Wednesday

Jeri
Next to the castle of Lerici on the
first floor (out-door terrace on the
2nd floor)
“Fish à volontà”, fixed menu
0187 967605
Closed on Monday

Ciccio
Bocca di Magra
0187 65568

Osteria Picciarelllo
Via Fieschi 300
La Spezia (on the way to
Portovenere)
0187 779237
Closed on Monday
Slow food – biodynamic wines

La Piceda
Piazza Calandrini 5
Sarzana
0187 603591

Cantina del Vescovo
Via Mazzini 82 Sarzana
0187 621 943

Il Loggiato
Via Buonaparte 11
Sarzana
0187 620165
Beautiful historical restaurant
on the first floor ; entrance
stairs at the side of the
Roman church

Osteria dei Sani
Via Torrione Testa Forte 11
Sarzana
(Closed on Tuesday)
0187 620829

La Pia
Via Mazzini 134
Sarzana
0187 620521
Recommended: Farinata or
focaccia with stracchino
cheese
Closed on Monday

Eating, the Italian way

Italians have remained loyal to their food and eating habits. Therefore, eating in Italy has remained very Italian and often typical region by region. Hopefully a short explanation is useful to clarify some peculiarities:

Only on special occasions Italians start from antipasti (apetizers), primi (pasta, risotto, soup, gnocchi, testaroli, ...), secondi (main courses) through dolci (deserts). Taking a ‘primo’ only probably leaves you on your hunger but you can order either an ‘antipasto’ or a ‘secondo’ as a second course. However, a ‘secondo’ never comes with vegetables or potatoes ; they will bring you only bread. If you want salad, vegetables, potatoes or french fries, you have to order this as a ‘contorno’.

One dish meals don’t exist in Italy, except pizza! Often, pizzerias are allowed to prepare pizza only and they often only open during the evening due to the heat of the wood-ovens. It shouldn’t cost much more than 10€ a person for a great crispy pizza with a typically light Italian beer. No wonder all Italian families visit a pizzeria at least once a week. Pizza is almost never prepared at home.

Leaving a tip in Italy is not really necessary (leaving some coins on the table is always appreciated though). However, you will usually find “servizio” added to your bill which legally accounts for preparing the table, the water and the basket of bread.

Remind that restaurants are closed during the afternoon and open again by 7 – 7:30 pm. Before that time, you can enjoy a Spritz, a glass of wine or some cocktail in an Italian bar (restaurants usually don’t serve aperitifs) and they will usually bring you lots of crackers, tramezzini and pieces of pizza. Italians don’t call it happy hour or chill-out but it sometimes satisfies you to the point where you skip the restaurant.