

2019



WELCOME TO AMICO SHIPYARD

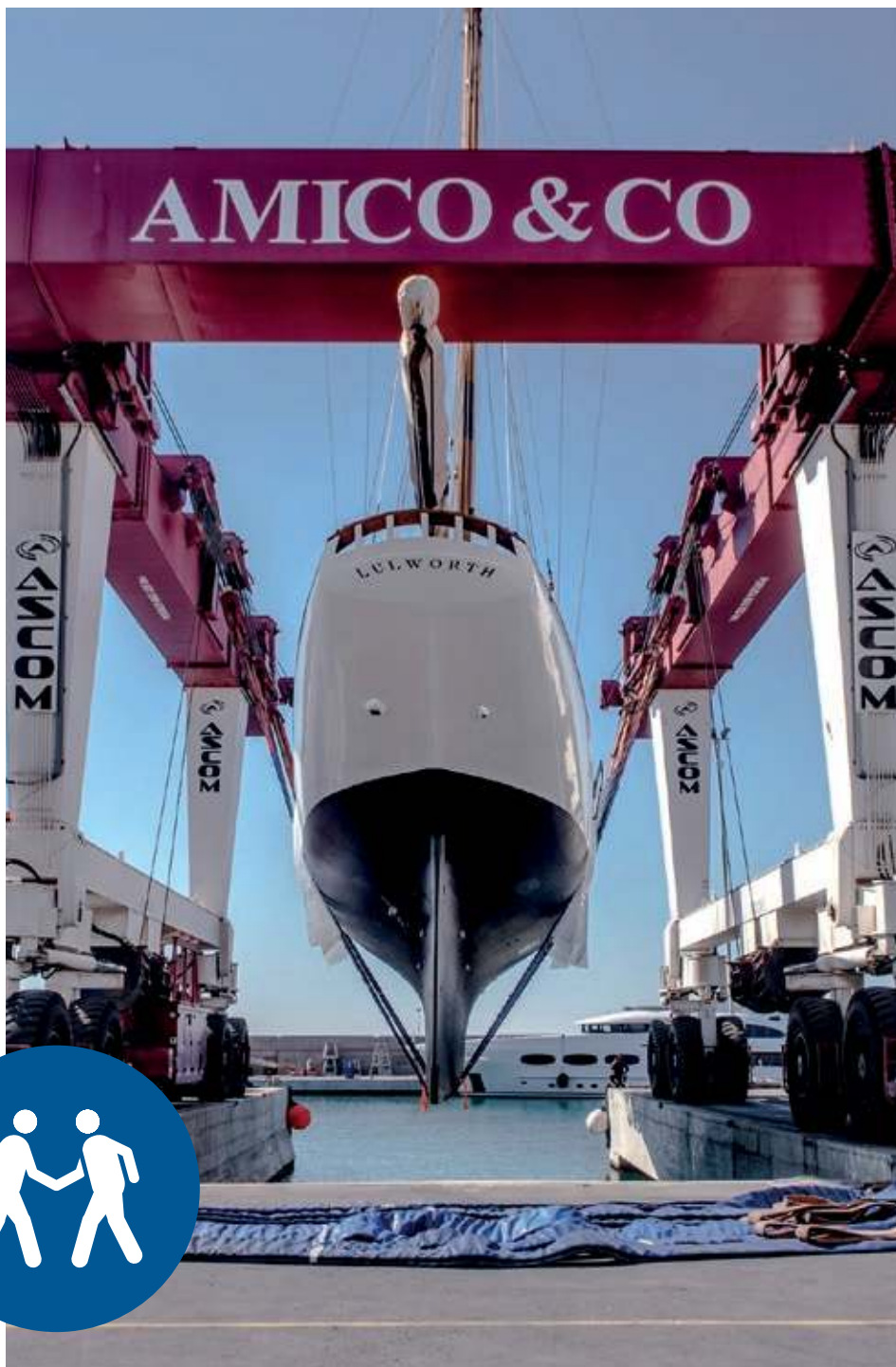
A guide to help you and your crew



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Welcome to Amico & Co shipyard



Amico Services is the name of our highly qualified concierge department, where skilled personnel handle all kinds of customer service requests. Amico Services was created by Amico & Co specifically to help you and your crew during your stay here in the shipyard. Our mission is to make everything easier for you and your crew. Our crew services are free of charge for all our clients. These are just a few of the things that we can do for you:

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 from Amico. We also have some complimentary bicycles for use by our customers – to obtain the keys, just leave a deposit in the Amico Services office. Amico also has its own **free Amico 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

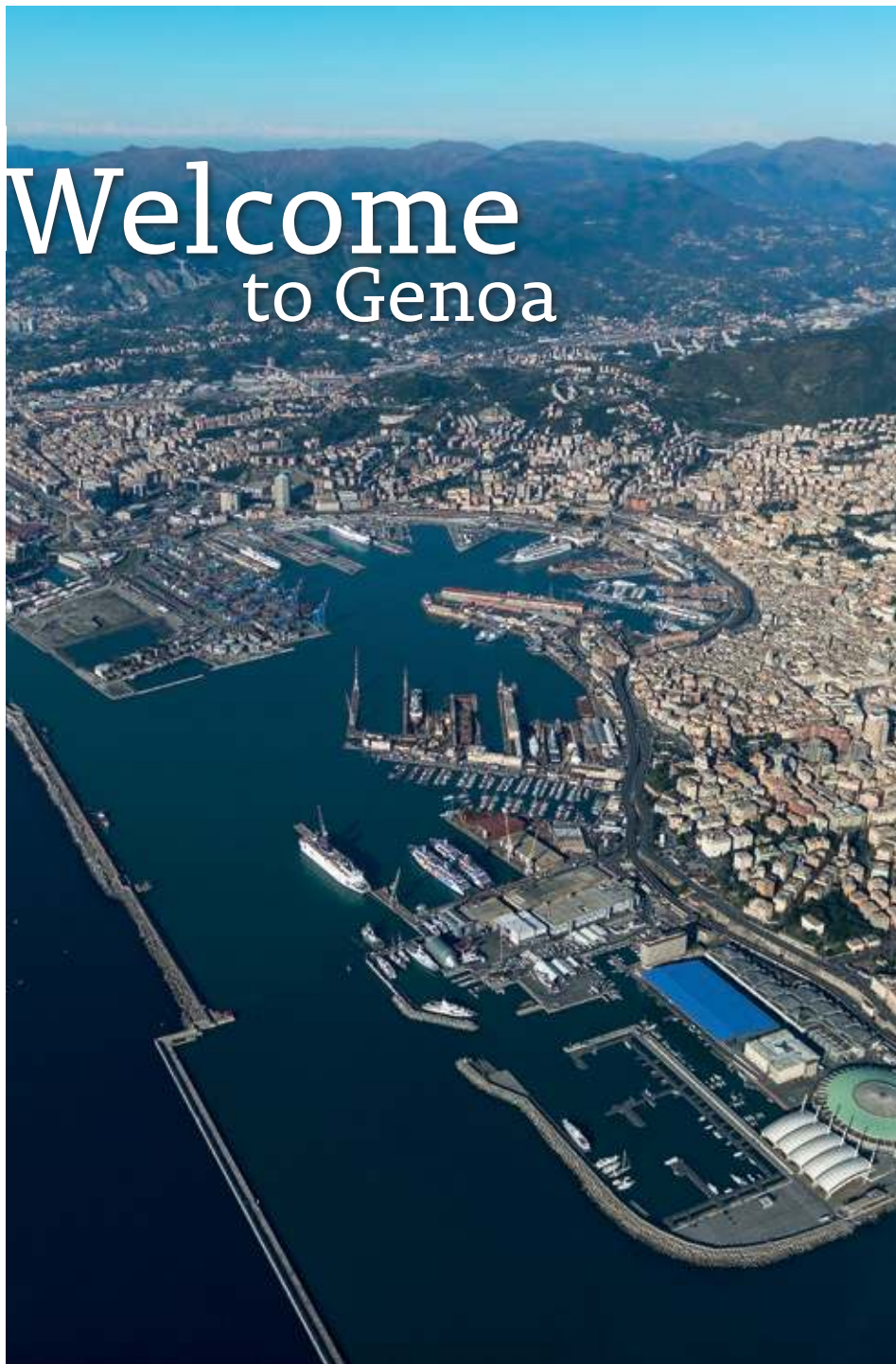
If you get ill during your stay or need to consult a health professional, we can put you in contact with English-speaking doctors in Genoa or alternatively request a visit at your accommodation or on board. We can also organize specialist visits or appointments with the dentist or the optician, as well 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 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, accessing the crew area on the 2nd floor and using Amico shuttle (see pg 15).



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. Watch the noticeboard in the crew area for organized sports events, like match packages or ski trips.

Laundry, tailoring services, linens and uniforms

Amico has 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.

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!

Where to find us and how to get in touch

Amico Services is on the 2nd floor, with the rest of the Amico & Co offices. Come on up and ask for Clelia, Giulia, Jessima or Alessia at the main desk – we are in the office from 8.30am to 12.30 and from 2.30 to 6.30pm.

To get in touch, send us an email: amico.servizi@amicoshipyard.com or phone the office on +39 010 2470067 and ask for us.

You can also become a friend of Amico Shipyard on Facebook (we automatically invite you on arrival in the yard) and then send us a message: www.facebook.com/amico.shipyard.

Amico & Co and the Amico Services team wish you a very pleasant stay at Amico!





Italian Experience for Yacht crew in Genoa by Amico & Pesto

We expect that you have probably been to Liguria many times before in your yachting career – but have you ever really had the Italian experience? As the 5th largest city in Italy, Genoa is just the starting point for some wonderful Italian adventures! The aim of the Amico & Pesto “Experience” project is to entertain you and your crew during your stay in Liguria with its bespoke hospitality services, organizing different kinds of activities that you can take part in all around our beautiful country.

Our destinations, apart from Genoa, Liguria and all around, include Italian lake and mountain destinations, plus cities like Milan and Venice and wine areas like the Veneto and the nearby Langhe.

Our activities include

- ▶ Shopping & Pampering
- ▶ Sport & Adventure
- ▶ Enogastronomy Tours
- ▶ Trips & City Tours
- ▶ Dinners & Parties...plus anything else that you would love to do!

Need some ideas? For example, we can

- ▶ organise a motivating teambuilding activity doing archery amongst the ancient castles above our city
- ▶ take your crew on a discovery tour of Genoa's historical centre, eating and drinking along the way
- ▶ have your crew mountain biking in Finale Ligure, one of the most exciting MTB locations in the world according to Red Bull
- ▶ orchestrate a rewarding crew trip to the nearby Langhe wine region, with tasting, local gastronomy and transport all included
- ▶ take your crew on an adrenaline rush at the go-karting or a chill-out session at the a wonderful local spa

To discover more and check the calendar of the activities, please visit the dedicated website: www.italianexperienceforcrew.com

Our mission is to make everything more enjoyable for you and your crew. Live life and have fun!



ITALIAN EXPERIENCE

For yacht crew in Genoa
by AMICO & PESTO



Relax!



Come on up to the Amico Crew Area

Come and enjoy our special crew area up in the office block. A meeting point for all our crew here in the yard, where you can relax, watch a movie, play table-tennis or table football and connect to wi-fi!

How do you get there?

Take the lift up to the Amico & Co offices on the 2nd floor. Turn left out of the lift and keep going straight on along the balcony until you reach the Crew Area sign on the left.

How do you get in?

Use your crew badge to get in and out. It's open 24 hours a day, 7 days a week!

Wi-Fi connection

If you want to connect to Wi-Fi, stop off at our front-desk: Simona or Paola will provide you with a username and password to log in.

Satellite tv

You can choose between various different satellite tv systems:

- ▶ Sky UK and Sky Italia
- ▶ Digital Terrestrial
- ▶ Astra 2, Hotbird 13.0E

You can also plug in and play your own movies and music – with DVDs, CDs or your USB stick.

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 from Italian Experience for Yacht Crew by Amico and Pesto.

Crew noticeboard

Keep an eye on the events noticeboard by the kitchen - we regularly post news and information on what's on around town, as well as deals, Amico crew events info and special offers for sports events.



Restrooms in the yard

There is a bathroom in the crew area, but should that be occupied, there are also two other toilets in the yard, both located near the lift closest to the main electronic gate which opens on to Via dei Pescatori, on the passenger ferry side. To get to them, from ground level just go up two flights of the fire escape behind the lift and you will see them straight ahead of you; they are open at all times. There is also a toilet in the covered dry-dock.

Bikes in the yard

We have three bikes available for use in the shipyard – just come up to the Amico Services with a 50 euro deposit and we will be happy to give you the keys and loan them to you for whenever you need them. Please note that bicycle helmets are not obligatory in Italy but are always advised in traffic.

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 amico.servizi@amicoshipyard 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.
- 1 **The Elpis Restaurant** at the club offers a specially priced lunch for Amico & Co crews: first course and espresso € 6; first course, dessert and espresso € 7.50; Second course, with water and espresso coffee € 8; second course, with dessert, water and espresso coffee € 9.50; combo menu with first and second courses, water or glass of wine and espresso coffee € 12.
- 2 **Rete Service Fiera** Palazzina Servizi – Molo Cagni 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

The nearest pharmacy is in Via San Giorgio 11/r, almost in front of the Varco delle Grazie port entrance. The name is Farmacia Operaia San Giorgio and it is 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.



1) Elpis Rowing Club
Via al Molo Giano, Genova
Phone: +39 010 251 8720

Elpis Restaurant
Via al Molo Giano, Genova
Phone: +39 380 4342140

2) Rete Service Fiera
Palazzina Servizi
Molo Cagni, Genova
Phone: +39 010 2471624

3) Pharmacy San Giorgio
Via San Giorgio 11/r, Genova
Phone: +39 010 2473021



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 **Genoa 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. If using private transport, due to recent traffic route changes owing to the Morandi bridge collapse, you should leave at least an hour to reach the airport.

The city centre is just a ten minute walk away from the shipyard, but as the yard is 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 Brigade Partigiane, at the end of Via dei Pescatori. Just outside Varco Giano is the **Sarzano metro stop** which is handily connected both to Genoa Brignole and Genoa Principe stations.

Amico shuttle

In the evenings from Monday to Saturday, **Amico shuttle** runs from 5.30pm to midnight. 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 yard 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) 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 "From (pick-up point) to shipyard/Ente Bacini, number of people". You can also agree a pick-up directly with the driver on your outbound ride; last call by WhatsApp is at 11.30pm. Please note that the driver's telephone is switched off outside of running hours.

Taxis - Should you need to reach the shipyard 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. A daytime taxi from the yard to Genoa 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.

Amico 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 Amico 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 2470067 from Monday to Friday, 8.30-12.30 and 2.30-6.30pm or send us an email on amico.servizi@amicoshipyard.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. **It is the only entrance open 24h, 7 days a week.**

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 7am/7pm on workdays, closed Saturday and Sunday.

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 6.30am/8pm daily, Saturday 6.30am/3pm, Sunday closed.



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 - greatly increased departures since the bridge tragedy - some days have up to nine departures, with travel times between 2.5 and 4 hours.

► 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.





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.



Driving & Parking



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**.

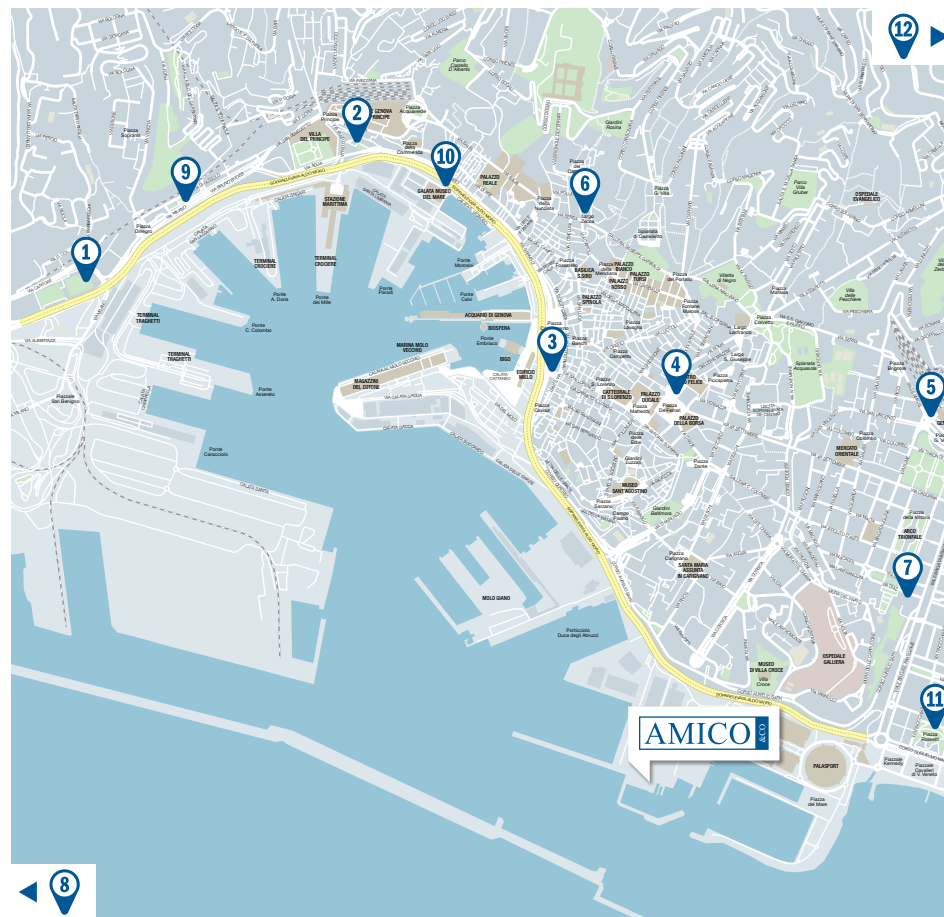
Once you reach the nearest Mobike station, pick up your bike: swipe the card or use your smartphone on a column with an available bike, unhooking it by leading it towards the right. Once you arrive at your destination, put the bike back in the nearest Mobike station, swipe the card or use your smartphone 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

- 1 MATITONE - Via di Francia, 1
- 2 PRINCIPE - Piazza Principe
- 3 CARICAMENTO - Palazzo San Giorgio
- 4 DE FERRARI - Piazza De Ferrari
- 5 BRIGNOLE - Piazza Verdi
- 6 ZECCA - Largo della Zecca
- 7 QUESTURA - Via A. Diaz
- 8 VITTORIO VENETO - Piazza Vittorio Veneto
- 9 DI NEGRO - Via Buozi lato civ. 59/p.za Di Negro
- 10 DARSENA - Via Gramsci fr. civ. 31
- 11 ROSSETTI - Piazza Rossetti lato civ. 2
- 12 RAGGI - Piazza Raggi / via Canevari

<http://genovaparcheggi.com/le-stazioni/>





Provisioning and Shopping

Time to stock up



Amico Services does 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

Address: Piazzale dei Traghetti Iqbal 13, 16126, Genoa

Just a couple of km from the shipyard.

Opening hours: Mon - Sun: 08.30 - 20.00

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

Address: Via Luigi Perini 9, 16152, Genova Campi area.

About 9 km from the shipyard. Nearby, there is also IKEA and Decathlon.

Opening hours: Mon - Sat: 05.30 - 19.00
Sunday: 08.00 - 12.30

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

Address: Largo Silvio Gandolfo 4, 16162 Genova Bolzaneto

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

Opening hours: Mon - Fri: 06.00 - 21.00

Sat: 07.00 - 21.00 | Sun: 08.00 - 20.00

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. Delivery service: If you go to cash & carry in person and prepare the goods that you would like to purchase and pay for them there, you can then have the goods delivered directly on board the day after or even the same afternoon if bought in the morning. Delivery costs vary, but are generally 15 euro + VAT for goods >500 euro or 20 euro + VAT if <500 euro.



Fresh produce markets

1 Mercato Orientale - "The Eastern market"

Address: Via XX Settembre 9, with various entrances from other sidestreets in that area, just below the Ponte Monumentale, the bridge in the middle of the main shopping street, Via XX Settembre.

Opening hours: Mon - Sat: 07.30 - 13.00 and 15.30 - 19.30, Sunday closed. www.mercatidigenova.it

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!



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. Calata Cattaneo, 15



3 Carrefour

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 9.



4 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.

5 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

Seghezzo

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, 16043 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 Zara, H&M, Swatch, Stradivarius, Bershka, Pull&Bear, Intimissimi and Coin, the main multibrand department store.
- 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 Louis Vuitton, Hogan, Tods, Ferragamo, Andrea Morando).
- 5 **Via XXV Aprile:** again full of boutiques, antiques shops and luxury brands.



Outside of Genoa city and the malls on the opposite page, don't forget historical department store **Giglio Bagnara** in Sestri Ponente (near the airport and Marina Genova Aeroporto) – a great upmarket store with pop-up brand corners for ladies and menswear plus a great “casa” or home section.

Fiumara shopping centre

www.fiumara.net

There are over 100 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!

Open every day. Mall opening hours: 9am - 9pm

Entertainment complex opening hours: Midday – 2am



Designer outlet shopping

Serravalle Outlet In Serravalle Scrivia (Piedmont)

www.mcarthurglen.com

“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.

Open every day, from 10am - 8pm.

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

www.shopinnbrugnato5terre.it

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.

Open every day, from 10am - 8pm; on weekends in the summer from 10am to 10pm.

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





Sport

Ready to keep yourself ship-shape?

Gyms

- 1 **Elpis Rowing Club** - Via Molo Giano, 16128 Genova. Exceptionally near the shipyard, with basic equipment plus rowing and canoeing simulators
- 2 **Eden Gym & Spa** - Via Santa Maria Lata 2, 16128 Genova - www.edengym.it
After working out here you can also have a relaxing spa experience (sauna, turkish bath and emotional shower).
- 3 **Empire Gym** - Via Fieschi 63/r, 16121 Genova - www.palestraempire.com
Weights room, courses, all the usual.
- 4 **Area 51** - Piazza Piccapietra 7, 16121 Genova - www.area51genova.it
Near central De Ferrari square, with weights room, spinning, pilates
- 5 **Virgin Active Genova** - Near the Fiumara mall, with gym floor, pool and area relax.
Special rates for crew members by showing your Amico crew badge.
www.virginactive.it

- 6 **Vivo For Fit** - Piazza Henry Dunant 4, 16146 Genova - www.xfit.it
Situating inside the Albaro pool complex, this gym has a weights room, fitness classes, pool fitness courses, personal trainer, group cycling and a spa.
- 7 **Area 51/ Raider CrossFit** - Porto Antico in Calata Mandraccio - www.raidercrossfit.it
Crossfit lessons and courses in this brand new super nearby modern gym.
- 8 **Well&Fit** - Terminal Traghetti, Piazzale Iqbal Masih 25, 16126 Genova - wellfitgenova.it
Free parking and close to the shipyard. Large weights room with modern equipment, a wide range of fitness courses and a relaxation area.

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 Albarno

Piazza Henry Dunant 4/22, 16156 Genova - www.piscinedialbaro.com
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.

Piscine Sciorba

Via Adamoli 57, 16141, Genova - www.piscinesciorba.com
Six pools, including two Olympic sized pools and a special 30 degree rehabilitation pool.

Golf Clubs

- 1 **Arenzano Golf Club - Arenzano**
www.golfarenzano.com
- 2 **Sant'Anna Golf Club - Lerca (Cogoleto)**
www.santannagolf.com
- 3 **Rapallo Golf Club - Rapallo**
www.golfetennisrapallo.it
- 4 **Garlenda Golf Club - Garlenda (Alassio)**
www.garlendagolf.it
- 5 **Colline del Gavi Golf Club - Gavi (Alessandria)**
www.golfcollinedelgavi.com



Tennis

Campanella Tennis & Calcetto

Via Tommaso Campanella 4, 16146 Genova
4 clay and synthetic grass courts available for hire from 8am to 11pm – plus bubble soccer!
Requires booking by ph. +39 010 313056 (Amico Servizi can help you book if you need any help).

Pitch/court rental

Marina Park by Colombo: right by the Varco Molo Giano port exit, 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 Amico Servizi offices for details.



Sports therapist

Masseur

Standard massages, postural lengthening and Pancafit method Alessandro Barcellona
mob. +39 335457773

Wellness centres

- 1 **Hammam**
Via Bartolomeo Bosco 33, 16121 Genova
www.hammambagnoturco.it
Traditional Turkish baths with a wide range of treatments available.
- 2 **Le Mille e una Notte**
Via del Molo 49, 16128 Genova (near the old port)
www.hammambagnoturcogenova.it/foreigners/
- 3 **Mya Spa & Wellness**
Via Angelo Carrara 250, Genova Quarto
www.myaspa.it
A high-tech beauty and sports centre with an on-site bistro.



Yoga centres

Il Cuore dello Yoga

Viale Sauli 4/7 sc. A - Intimate centre with a 60mq yoga room offering Hatha yoga, Raja and Nada yoga, Shiva flow and yin yoga, integrated yoga, Restorative yoga, meditation and pelvic floor exercises. They also organise yoga on Vernazzola beach (in the Genoa quarter of Sturla) in the summer months. For course times www.ilcuoredelloyoga.it or contact Silvia on +39 345 69 73 959

Red Yoga

Piazza Brignole 5/7 - 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, you can find course times here - www.redyoga.it/orari/ or contact +39 342 808 4284

Infusion - CucinaYogaStore

Salita della Tosse 7-9r - 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. For course times - www.yoga-integrale.it/genova/orari-dei-corsi/ or contact +39 349.6895608. They even offer a vegan catering service!

Other sports

Squash

Courts for hire are just down the road in at Squash Genova, Corso Italia 7/A - squashgenova.squarespace.com/sport-1

Climbing

There are two good options:

1. **Sisport climbing with indoor gym**, in Vico Chiuso degli Eroi in the historical centre near Piazza delle Erbe. They also have 5-a-side football and volley courts. www.sisportgym.com/
2. **In the Sciorba sports complex** in Via Adamoli 57, 700 square metres of climbing space with 3,000 handholds. In the same complex there is also a pool and running track. For info: www.sciorba.it

Surfing & Paddleboarding

The best local spots are Recco, Bogliasco, Niasco (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 Niasco.

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 there is a well-equipped shop at the end of Corso Italia in Via Caprera 26/r called **Spinnaker**, www.spinnaker.ge.it

Skiing and 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 (kartsavignone.it) 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 (pistaronco.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:

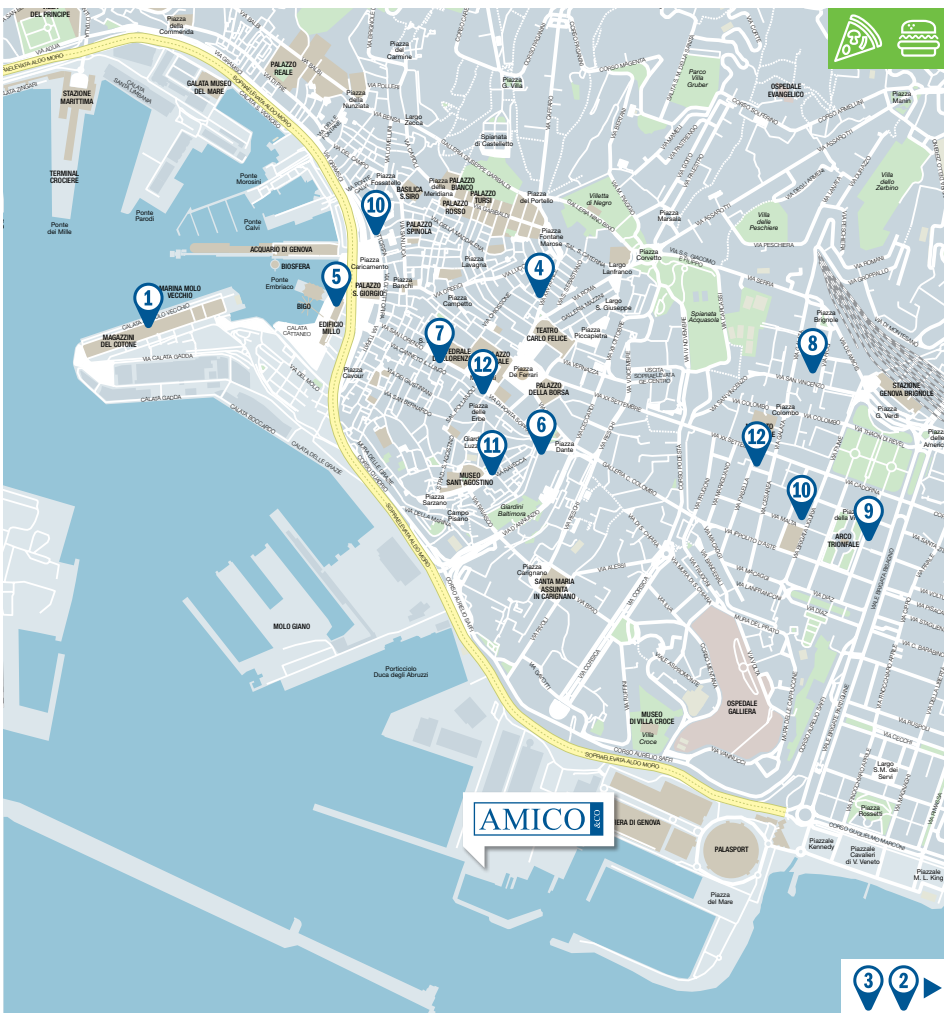
Pasta al pesto: traditional long pasta with basil sauce, potatoes and green beans. Pesto also contains garlic and pine nuts.

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 **Rossopomodoro** - Calata Molo Vecchio 16
www.rossopomodoro.it/ristoranti/GENOVA/porto-antico
- 2 **Piuma** - Via Tabarca, 64
- 3 **Sugo** - Via Caprera 42/r
- 4 **Pizzeria Sciuscià e Sciarbi** - Via XXV Aprile, 30/r
- 5 **Eataly** - Calata Cattaneo, 15 in front of the Bigo
www.eataly.net/it_en/shops/genoa

Hamburgers



- 6 **Strike!** - Vico Gattilusio 4/r, corner of Via Ravecca
www.strikeburger.it
- 7 **Ham Holyburger** - Via San Lorenzo 77
www.hamhollyburger.it
- 8 **La Chianina hamburger** - Via Vincenzo Ricci 12/r
www.lachianinahamburger.com
- 9 **La Moucca** - Piazza della Vittoria, 36/r
www.lamoucca.axeleroweb.it
- 10 **Panino Marino** - Piazza Caricamento 65/r (near the old port) and via Brigata Liguria (by the Natural History Museum)
www.paninomarino.it
Fishburger, seafood or and fish panini
- 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 16-18r
www.roosterrotisserie.com
Fresh poultry based burgers





Typical Genoese Cuisine



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

- 1 **Cantiere goloso** - Piazza delle Fontane Marose
- 2 **Il Fabbro** - Vico del Campanile delle Vigne, 19/r
- 3 **Il Pampino** - Via Eugenio Ruspoli, 33/r
- 4 **La cantina clandestina** - Salita Pallavicini 25r
www.lacantinaclandestina.it
- 5 **Locanda Tortuga** - Via Ravecca 13/r
- 6 **Sa Pesta** - Via dei Giustiniani - www.sapesta.it
- 7 **Trattoria Ugo** - Via dei Giustiniani, 86r
- 8 **Trattoria Vegia Zena** - Vico del Serriglio, 15
- 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 in the old port area - www.itremerli.it
- 12 **La Funicolare** - Corso Magenta 29
- 13 **Le cicale in trattoria** - Via Eugenio Ruspoli, 55
- 14 **Osteria La Forchetta Curiosa** - Piazza Negri, 5/r
www.laforchettacuriosa.com
- 15 **Trattoria dell'Acchiughetta** - Piazza Sant'Elena - www.acchiughetta.it
- 16 **Vico Palla Restaurant** - Via del Molo

Ethnic Cuisine



☆☆ Medium price

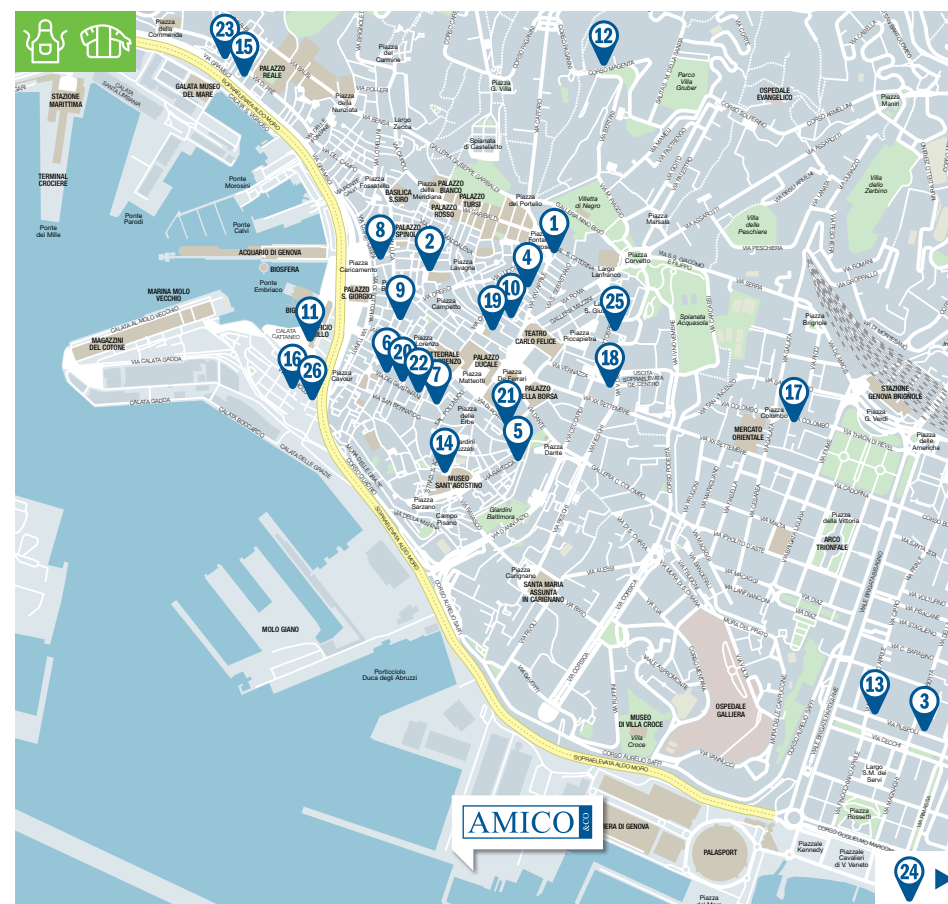
- 17 **Shapla** - Via Colombo 14/r - www.ristoranteindianoshapla.it
Tasty Indian cuisine with tandoori specialties.
- 18 **Yuan** - Via Vernazza 8 - www.ristoranteyuan.com
Chinese, Thai and Japanese cuisine right in the city centre.
- 19 **Nabil** - Vico Falamonica, 21
Falafel, cous cous and Lebanese wines surrounded by beautiful Arabian décor.

- 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.

☆☆☆ Higher end

- 25 **Sushi Concept** - Via 12 Ottobre 27,
www.sushiconcept/broadside.it
Elegant concept sushi restaurant.
- 26 **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 **Gran Gatto** - Viale Brigata Bisagno, 69/r
www.grangatto.com

Delicious cooking, with fillet steaks and kidney and some wonderful pasta combinations – a local classic. A short walk from the shipyard by Piazza della Vittoria.

- 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 2-3-4-30
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 Cicalè in Albaro (Bistrot) - Piazza Leopardi, 12/r

<http://www.le-cicale.it/bistrot/>

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



18 Kapperi - Via del Molo/Vico dei Lavatori 6/r

www.ristorantekapperi.it

Expert sushi kitchen plus well-executed traditional fish dishes with a touch of modernity.



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

<http://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 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

Other cinemas, like the **UCI at the Fiumara mall**, also show original language films.

Bowling

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/new-park.html - to book, ring 010 6467574

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

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

A specially designed pub with specialised hand-drawn beers.

3 Muà Bar - Via di S. Sebastiano, 13 - www.mua-ge.com

The essence of cocktail-making with creative drinks and a selection of tasty appetizers.

4 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 Kilkeny and great pub grub, including fish and chips.

5 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.

6 La Goletta at the Porto Antico in Marina Molo Vecchio. A pub full of Porto Antico yachties and a live DJ on the weekends.

7 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.

8 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.

9 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.

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

11 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.

12 Ai troeggi Via Chiabrera, 61r - www.aitroeggi.it. Bruschettas and platters of cold cuts together with a wide selection of craft beers and bio wines.





Nightclubs

A list of nightspots in Genoa and around. 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 Genova - Lungomare Lombardo, 27 on Genoa seafront - www.sysgenova.it
- 5 **Blunt Beach Club** - Via del Tritone 11n in Genoa Sturla
www.bluntbeachclub.it
- 6 **Caribe** - Corso Italia, 3 - in particular on Friday night for Latin-American night
- 7 **Richmond** - Via di Santa Zita 12, www.richmondclub.it
- 8 **261** - Via Mura delle Grazie 21 - live music venue and nightclub just outside Varco delle Grazie
- 9 **La Terrazza** - Via V Maggio 5, after dinner disco pub
www.latterazzagenova.it
- 10 **Beautiful Loser** - Piazza Marsala 8/r - super trendy disco pub, on Thursday and Saturday music till 2am, Friday until 3am
www.beautifulloser.it



Eastern Riviera

- 1 **Sol Levante** - Cavi di Lavagna on the Eastern Riviera
www.sollevantebeach.it
- 2 **Piscine dei Castelli** - Sestri Levante on the Eastern Riviera
www.piscinadeicastelli.it

Western Riviera

- 3 **Pippy Island** - Cogoleto on the Western Riviera
check their facebook page for opening hours
- 4 **Orizzonte** - Varazze on the Western Riviera - www.orizzonte.playdance.tv
- 5 **Mivida Golden Beach** - Albisola Superiore on the Western Riviera
www.mividagoldenbeach.com
- 6 **Le Vele** - Albisola Superiore on the Western Riviera
www.levelealassio.it
- 7 **Soleluna** - Albissola Marina on the Western Riviera
www.solelunabeach.club
- 8 **La Kava** - Bergeggi - open only in Summer
www.kavasummerclub.it



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

Tourism blog
www.virtualtourist.com

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: http://www.parconazionale5terre.it/sentieri_parco.asp?id_lingue=2

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/it/info/noleggio-bici-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.

Recommended service providers

At our annual captains and managers event, The Italian Job, we work closely with a series of professional brands working in the yacht industry. So we are also very happy to introduce the following local brands to you, who will be happy to help with any quotes or supplies that you may need during your stay:

Flessing Cocchella – Bespoke mattress suppliers

Via Tortosa 92 r - 16139 Genova (GE) - Tel. +39 010 880294

info@materassiflessing.it - www.materassiflessing.it

A specialist shop which produces and sells mattresses. Sleeping well is essential for staying healthy and feeling good – our mission is to guarantee you a comfortable and relaxing night's sleep.

Flessing Cocchella is a shop specialised in the production and sales of these important elements of the bed, with innovative work techniques and top quality materials being the base of our business.

The Genoa store is renowned for creating made-to-measure personalised solutions, especially non-standard sizes and solutions for yacht and campervan beds. All the products worked with in the workshop are studied so that they can be adapted perfectly to every client's needs. Flessing Cocchella sells items with fillings made from materials that are resistant to moulds and mites especially studied to help you get quality sleep.



Natoli – Fine jewellers

Via XX Settembre 137/r - 16121 Genova - Tel. +39 010 585809
info@natolispa.com - www.natoligioielli.com

A tradition spanning hundreds of years: the Natoli family boasts a tradition of goldsmithery spanning three centuries. In 1915, the family opened its first jewellery shop in Genoa, and they have been working with unique, precious jewels in their goldsmith's workshop ever since. The Natoli collections embrace the family's passion for the art of making jewellery. All of the pieces are crafted by hand, exquisitely cared for down to the finest detail, in sought-after, exclusive designs.

Whether creating an exclusive piece of jewellery, restoring a vintage ring or modernising a dated piece of jewellery, the Natoli Workshop follows a precise production process, from the design to the manufacture of the piece, taking exquisite care over every detail with their precision and expertise. When you think about jewellery, you think about art, culture, traditions, fashion, style and trends. There are no rules, generational barriers or rigid stylistic doctrines in the jewellery world.

Natoli jewellery is timeless, it defines those special moments and experiences and it accompanies us through all the happy moments in our lives. Natoli jewellery holds a world of emotions and bewitches anyone who sees it with its infinite, sophisticated beauty.



Natoli

Odone – Fine linens

Via Albaro 35r - 16145 Genoa - Tel. +39 010 319395
info@odonealbaro.it - www.odonealbaro.it

An historical family company, founded in 1875, Odone offers the finest linens for yachts: sheets, blankets, duvets and covers for the bedrooms; towels, bathrobes and mats for the bathroom; tablecloths, runners, napkins and placemats for dining; everything for guests and crew.

Curtains and covers for interiors and exteriors and sun/salt resistant covers for sponge sunbathing mattresses. Tailor-made, shaped, embroidered and personalized items.

Odone is happy to come on board and then provide you with an accurate quotation and share our know-how and experience. We offer only the best quality products and rapid turnaround times.



ODONE

da Albaro

Radif 1820 – Fine tableware

Via San Lorenzo 52R - 16123 Genova - Tel. +39 010 248551
promotion@radif.it - www.radif.it

Since 1820, when the company was established by Luigi Radif, the firm has been handed down from father to son for six generations, reaching a leading role in the delicate field of relations between producer and consumer.

In the Twenties, during the Golden Age of the Italian Liners, Radif, having already been in business for 100 years, produced and supplied porcelain plates and accessories for the most beautiful liners of that time, writing a very important chapter of its history.

A private museum in the company headquarters in Genoa houses original pieces belonging to these extraordinary porcelain services on display. Radif today designs and produces its own brand porcelain products – as well as glass and cutlery – for the HoReCa business.

Through a large commercial network and managing special customers such as hotel chains or shipping companies directly from its headquarters, Radif aspires to give all restaurant operators the possibility of creating their own personal table style.



RADIF

GENOVA 1820

CCS Coating Consultants for Superyachts

Tesselschadelaan 15c - 1217 LG Hilversum - The Netherlands
ccsyacht.com

In everything we do we strive for perfection, for the highest quality. That's why we love and understand the world of superyachts. For over 20 years, we have offered knowledge, independence and experience in all fields of superyacht coatings to ensure every paint job is done in the best way possible. CCS helps you to write the Acceptance criteria and paint specifications for your New Build or Refit project. This way we can ensure that the end result of the paint job is as expected.

During a New Build or Refit we perform several intermediate inspections and at the end of the project a Final Survey for acceptance and warranty purposes. All CCS surveyors are Frosio/ Nace/RMCI certified, which is essential in case of disputes.

When hiring CCS the risks of overrun on the total budget will drop significantly and subcontractors can be held accountable for their work in an objective manner. A CCS coating consultant easily pays back itself resulting in top-quality work.



CCS

Coating Consultants
for Superyachts

Services - New Build, Refit,
Final Survey, Tender Survey,
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Gourmet Deliveries is one of the leading yacht & villa provisioning companies in the Mediterranean and we proudly count amongst our clientele many of the largest & most prestigious private & charter vessels in the World.

We provide a full provisioning service for gallery & interior service departments, with Worldwide delivery, and are renowned for the exceptional quality of our fresh fruit and vegetables which we source directly from the RUNGIS markets in Paris & the MIN in Nice.

Our sister company, GDT-Gourmet Drinks & Tobacco, has a 1000 sq meter bonded warehouse, stocked with an extensive & varied selection of champagnes, wines, soft drinks & tobacco which we can deliver quickly & efficiently worldwide.

Many of you will already know us by sight as the "Pink Ladies", notably the infamous Gabi Gruber & Helen Grensinger.



Nobili 1942 – Profumeria artistica

Via Evandro Ferri 34 B - 16161 Genova (GE)

nobile1942.it

The Nobile 1942 laboratory represents hand-made in Italy, exports the elegance of the artistic perfumery by choosing limited, prestigious Italian and internationally distribution.

Its production is based on artisan procedures and natural raw materials.

Maceration moves at the pace of nature. Fragrances sends out precise messages.



NOBILE
1942
Profumeria Artistica

Yacht Uniform – Crew wear

Corso Italia 15 - 16035 Rapallo (GE)

yachtuniform.com

Yacht Uniform is a company that deals in the professional and specialized supply of uniforms and workwear for yachts. Thanks to the association with another company owned by the group, Tecnorcamis also based in Rapallo, Yacht Uniform is able to provide a customization of the clothes items by using of industrial machines and different operators, who work daily in the creation of logos, lettering and similar.

Embroideries and silk-screen prints are executed professionally and quickly thanks to our equipment which puts us in a position to operate for our customers with great flexibility. Normally we operate from Viareggio to Nice but we can ship to ports around the Mediterranean, reaching places even outside of this geographical area. Our willingness to come on board to agree directly with the Captain uniform items and crew measurements allows the creation of a relationship that ensures the success of the supply without any fit problems.

Yachts, dealerships nautical and prestigious shipyards already use our services. By choosing Yacht Uniform you are guaranteed to:

- Have elegant uniforms for evening service on board for both men and women;
- Use specific clothing for work in the ER or galley;
- Have customized terry bathrobes and towels;
- Have uniforms to use at boat shows

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