



SEMA

**Italian Language and Culture Centre
Sestri Levante, Liguria**

Sema's itinerant italian lessons: learn italian out of school!!

PUNTA MANARA



Punta Manara is the promontory between Sestri Levante and Riva Trigoso. It was in the past a strategic sighting point for the control of the Marine front; today it's one of the most popular tour for hikers and nature lovers because of its lush Maquis shrubland, for its wonderful views, its Saracen sighting tower and the ancient ruins.

