

A WARM

WELCOME



A GUIDE FOR YOUR STAY WITH US



WELCOME!

Dear Guests, we're so happy you made it to Molini and to our B&B! Please note: this is not just a house, it's home, a place to make memories that will stay with you.

It will be our pleasure to help you during your stay. We can advise you on activities, events, places to see and recommend local products and the best restaurants that you can find in Valle Argentina. We wish you a lovely time here.

*Matilde, Silvia
and Luca*

MEET YOUR HOSTS

Silvia, Luca and little Matilde

We are a family that loves travelling, play sports and spend its time outdoor. Atipico-Outdoor Escape was born in 2017 from all our passions.



Our aim is to share with our guests the Valle Argentina with all its beauties: breathtaking views, characteristic villages, traditional cuisine, mountain bike routes, climbing spots, canyoning rivers, trekking paths and more. We have been working in tourism for several years: Luca, as well as being a mountain bike guide, is a ski and snowboard instructor since many years, very careful about the needs of his clients, he manages to make each excursion personalized so that everyone can live an unforgettable experiences. Silvia, has studied psychology and has worked for several years in the hospitality and is always ready to welcome her customers with a smile and to help them and advise them to make the most of their holidays.



EMERGENCY

Contacts



YOUR HOSTS

Silvia

T: +393339306797

Luca

T: +393478794714



GENERAL EMERGENCY

CALL 112

in case of emergencies



MEDICAL EMERGENCY

CALL 118

in case of
emergencies

EMERGENCY MEDICAL
SERVICE

T: 800 554 400



FIRE DEPARTMENT

CALL: 115



LOCAL POLICE

T: 0184 94039

A: Corso Italia, 18010 Triora IM

CHECK IN

Checklist

1

TIME

CHECK IN TIME IS FROM 2PM TO 7PM. Please let us know if you need to arrive at a different time, so we can arrange your check in.



2

DOCUMENT

Please make sure to give us your ID card, passport or driving license so we can check you in. If you are travelling with your family we will need a document of each member.



3

CAR PARK

There is no car access to our b&b. The nearest car park is at the back of the Santo Spirito Restaurant. Other options are Sant'Antonio Church or along the Via Nuova. All the car parks are free.



4

PAYMENTS

We accept cash, cards, paypal, satispay and bank transfers.



CHECK OUT

Checklist

1

TIME

Check out time is by 11AM or earlier.



2

KEYS

Please make sure to give back your room keys.



3

EMPTY YOUR ROOM

Please make sure to take all your belongings with you!



Enjoy your stay!



HOUSE RULES

A FRIENDLY REMINDER



NO SMOKING

Please kindly do not smoke inside the Airbnb. You may smoke in the garden or outside areas.



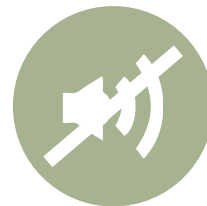
NO SHOES

Please leave your bike/dirty shoes down stairs, you will help us keep the house clean for yourselves!



PETS ALLOWED

We love animals so pets are allowed in the house, please make sure they don't go on the beds/sofas.



QUIET TIME

Please respect the other guests and our neighbors by keeping the noise down after 10pm.



PLEASE RECYCLE

Help us help the planet by recycling trash. Please use the bins in the kitchen for paper, glass, cans and plastic.



ENJOY YOURSELF!

We hope you enjoy your stay. Thank you for leaving the place as you found it

THANK YOU FOR UNDERSTANDING

GETTING COMFORTABLE

HOUSE GUIDE

Below are a few helpful tips and instructions on how to make your stay more comfortable and enjoyable!



WIFI

USERNAME : ATIPICO

PASSWORD: atipico2018



BREAKFAST

Every morning from 8AM, in the breakfast room on the ground floor. Please let us know if you have any allergies or special requests.



WATER

Tap water is drinkable and so is the water of the fountains in the village. If you can avoid buying plastic bottles is good for the environment. Also use water wisely while you shower.



POWER

We would appreciate if you could turn off all lights before leaving the house or going to bed.

Please feel free to ask us any further information you might need!

GETTING COMFORTABLE

HOUSE GUIDE

Below are a few helpful tips and instructions on how to make your stay more comfortable and enjoyable!



TRASH

Please help us recycling, bins are in the kitchen inside the white cupboard.

BLUE BIN = PAPER
GREEN BIN = GLASS AND CANS
YELLOW BIN = PLASTIC
BROWN BIN = ORGANIC



TV & NETFLIX

There's a TV in the lounge room down stairs, it only work with internet. Feel free to use it anytime. You can connect with your netflix/prime account or use the guests profile.



LAUNDRY

Laundry service is available but we prefer to take care of it. Please leave us your dirty clothes bag in the morning and we'll give it back to you the day after.

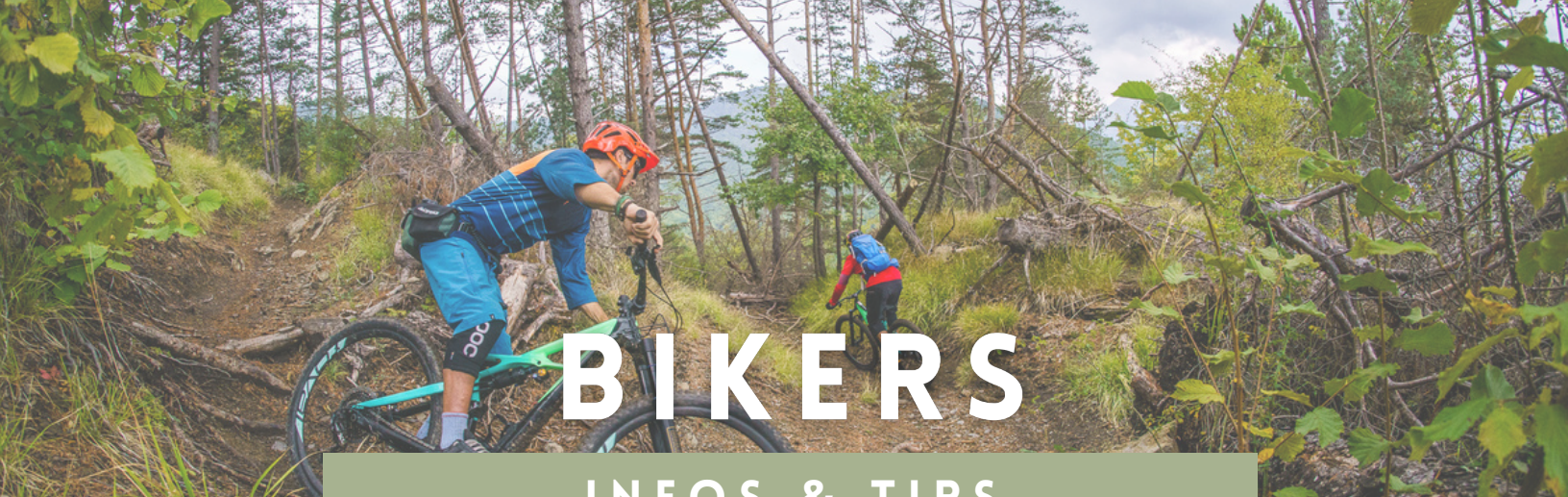
WASHING + DRYING = 8€



TEMPERATURE

Please let us know if you need us to turn the heaters on or change their temperature. Thanks!

Please feel free to ask us any further information you might need!



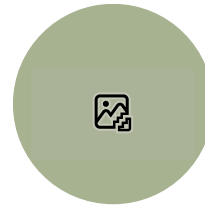
BIKERS

INFOS & TIPS



BIKE RENTAL

We rent Specialized Levo SL, our shop is open every day and guided tours are available upon request.



SHUTTLES

Please make sure to book your shuttle in advance or there might be no seats available.



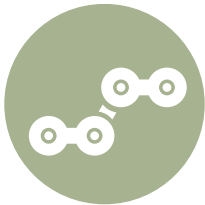
TRAILS

Most of the trails are on trailforks, but always have a chat with us to know the condition of trails you want to ride.



BIKE WASH

There is a bike wash at the sports field/garages area and all the money raised will be used to maintain the trails.



BIKE SHOPS

The closest bike shops are one the coast. We recommend BIKE CLINIC (Santo Stefano) or DANYMARK (Sanremo). Ask us for more infos.



BIKE STORAGE

Your bikes will be stored in our shop in the center of the village. If it's not open please give us a call.

A T I P I C O

LOCAL THINGS

to do & see

YOUR LOCAL AREA

LOCAL SHOPS

IL MULINO - GROCERY STORE

MOLINI DI TRIORA - Via Argentina, 3

Grocery store, full of local food and seasonal veggies. You can find there almost anything, you just need to ask!

OPEN EVERY DAY 7AM-7.30PM - CLOSE ON WEDNESDAYS AFTERNOONS.

Call: 0184 94133



ODELLA FRANCA - GROCERY STORE

MOLINI DI TRIORA - Piazza Roma, 8

Here you can find local cheeses, homemade sardenaira (pizza) and focaccia, olive oil from the Valle Argentina, famous "Taggiasca" olives and more local products.

OPEN EVERY DAY 8AM-7.30PM - CLOSE ON WEDNESDAYS AFTERNOONS.

Call: 0184 94004



REGINA DEL BOSCO - TABACCHI BAR

MOLINI DI TRIORA - Via Nuova, 42

Tobacco and Bar.

OPEN EVERY DAY 9.30AM-6.30PM - CLOSE ON MONDAYS.

Call: +39 333 708 3169

Website: www.lastregaditriora.it

**REGINA
DEL
BOSCO**

LA STREGA DI TRIORA

TRIORA - Corso Italia, 50

Located at the entrance of the Triora Village, it is a good shop to buy typical products from Valle Argentina and the Ligurian Region. They also have an online shop. OPEN EVERY DAY 9.30AM-6.30PM - CLOSE ON SUNDAYS.

Call: +39 333 708 3169

Website: www.lastregaditriora.it



ALIMENTARI DA NANDA

AGAGGIO INFERIORE - Via Regina Margherita, 46

Grocery shops with local fresh products. OPEN EVERY DAY

Call: 331 748 4987



PLACES TO EAT



RISTORANTE SANTO SPIRITO

Piazza Roma 23

Open since 1897, this is a piece of the Village History. Their kitchen offers every day typical dishes prepared with veggies and herbs produced on their own family farm, all accompanied by excellent local wines. **BOOKINGS RECOMMENDED.**

Call: +39 0184 94019

Website: www.ristorantesantospirito.com

PIZZERIA DIVA

Piazza Roma 26

Pizza with fresh local ingredients. Their dough requires a long leavening of at least 48 hours, guaranteeing the full digestibility of a dough made with passion and love for pizza.

Whatsapp or Call: +39 333 453 4001

CLOSE ON MONDAY



BAR CAPRIOLO

Via Nuova 2

Great place to have a coffee and taste the local "torta verde", "sardenaira" or focaccia. They also make sandwiches with local bread, and superb aperitivo!

CLOSE ON TUESDAY

BAR GALLO NERO

Piazza Roma 11

Food and smiles are always available here! Great sandwiches with local products, hamburgers but also focaccia, "sardenaira" , "torta verde" and excellent aperitivi!

CLOSE ON WEDNESDAYS



LOCAL ACTIVITIES



RENT A E-BIKE

MOLINI DI TRIORA - Piazza Roma, 8

Rent a E-Bike or book a PERSONALIZED TOUR to explore some of the best paths of the Valle Argentina and it's surrounding, varying from panoramic rides at high altitude, to technical single tracks and adrenaline climbs up and down.

Pricing: starting from 40€, helmets included.



CANYONING

MOLINI DI TRIORA - RIO ARGENTINA E GROGNARDO

During the descent of a canyon you will alternate jumps, slides, rappels, swimming and walking in the water, all in complete safety, accompanied by expert guides.

Pricing: starting from 60 €, wetsuit and equipment included. Children from 8 yrs. are welcome!



HIKING TRAILS

VALLE ARGANTINA

Valle Argentina offers paths and hiking trails with different lengths and difficulty. You will be fascinated by the variety of its landscapes, the breathtaking views and the beauty of it's villages.

Pricing: starting from € 30 per person.



CLIMBING

LORETO OR ROCCA DI CORTE

A few kilometers away from Molini di Triora you can find the "Rocce di Loreto" which offer a series of small cliffs on gray limestone rocks, the "Paretone" with his spectacular routes up to 170 meters long, and the "Falesia di Corte" made up of 4 sectors close to each other made of limestone rock of excellent quality.

ALPINE GUIDE available on request.

LOCAL

PLACES TO SEE

MOLINI DI TRIORA AND SURROUNDINGS



SANTUARIO DELLA MADONNA DELLA MONTA'

MOLINI DI TRIORA

The church is located along the ancient road that connects Molini to Triora and it's dedicated to "Mary of the ascent". Tradition dates the church back to the 13th century, but the current building is from 15th century. This little church has a cycle of paintings by Antonio da Monteregale, executed in 1435, depicting the Crucifixion, the Virgin and Saints, Christ in the tomb between Saint Anthony the Abbot and Saint Biagio.



CASA BALESTRA *MOLINI DI TRIORA*

Located in the historical center of Molini di Triora, this house was part of the 23 mills where the grain produced in the mountains around Triora was processed. In 1830 this building was transformed into a civilian residence by the famous surgeon Giovanni Battista Balestra.

The house has remained as it was in the past, characterized by the typical 19th century furniture and retains evidence of scientific research and the Italian Risorgimento.



TRIORA THE WITCHES VILLAGE

Triora is a picturesque village, well known in Italy because in the 16th century it was the place where trials and executions of witches took place - still 'commemorated' in the town museum! You will enjoy exploring the ancient alleys, arched passages and steep pathways of what is claimed to be one of the oldest villages in Liguria.



ANDAGNA'S TOWER *ANDAGNA*

Situated at 506 metres above sea level, this tower, built in sandstone blocks, is in a defensive position with two sides on a precipice on the top of a cliff. A first fortification, completely lost, apparently rose in that place already in Roman times. The current tower, dates back to a period between the 19th and 20th centuries; its structure is circular and crenellated, inside there are still traces of frescos on the ceiling with a floral theme. The charm of its ancient history certainly give importance to this magical location, where visitors can enjoy a very incredible view of the Argentina torrent and its valley.

ATIPICO

TIPS FOR

YOUR KIDS

1 GO TO THE RIVER

Along the river there are different ponds to refresh your self and play.

2 PLAYGROUND

Each village of the Valley has is playground: Molini, Triora, Andagna are one of the best ones.

3 WOODS OF CETTA

After the well kept historical village of Cetta you will find a magical forests where Snowwhite has her house and more

4 COLLE MELOSA

Situated at 1500mt Colle Melosa has a nice refuge were you can enjoy a nice meal and it s a great start for different lenght walks.

5 EASY HIKES

Starting from Molini you can reach the nearby Villages of Corta, Andagna and Triora in about 1hour.

6 GO THE BEACH

We're only 30 minutes away from the beaches. Go for a day down the coast.



LOCAL PRODUCTS

VALLE ARGENTINA AND SURROUNDINGS



TAGGIASCA OLIVES AND OIL

Taggiasca is a little olive that contains a high percentage of oil. It is really tasty. They say that producing Ligurian quality oil is an art, but much of the merit can be attributed to the variety of plants that, thanks to centuries of adaptation to the territory and to the climate, provide a low-acidity product with a fruity aroma and a sweet sensation. That enhances the characteristics of food without being intrusive.



MOLINI AND TRIORA'S BREAD

Homemade mountain bread, famous due to its ingredients, whole wheat flour rich in fibers and proteins, buckwheat flour and bran, and its round and large shape, recognizable for the bran on the bottom. It can be kept for over a week, and it is very good served in slices with the bruss, a typical goat ricotta cheese, spread on them.



BRUZZO AND LOCAL "TOMA" CHEESES

Bruzzo, or "brus" for the locals, is a typical goat ricotta cheese. Its taste is very strong, so it's good to eat it spread on a bruschetta with the local bread and fresh tomatoes. Thanks to the different breeding of goats, sheep and cows spread in the alpine meadows of the Ligurian Alps Park also different types "Toma" are produced.



HONEY

There are different beekeeping farms in the Valley that produce excellent honey, also thanks to the extraordinary plant biodiversity and to the widespread presence of chestnut trees and mountain flowers (Rhododendron, Chestnut, Eucalyptus, Basswood, Black locust and more).



LAVENDER

Grown naturally mainly on the sunny hills of Drego and Agaggio Superiore, many high quality products are made from the local lavender: essential oil, scents, bath and body products, but also homemade jams.



SAFFRON

High quality Saffron, grown on the sunny hills of Triora and Glori. You can be guaranteed that this saffron has not been contaminated by chemicals or herbicides. Its delicate flavour will enhance your dishes and give them a touch of magic. Saffron is especially good when used in cooking risotto and other rice dishes.

LOCAL

MUST TRY DISHES

VALLE ARGENTINA AND SURROUNDINGS



SARDENAIRA

It's similar to a pizza or a focaccia, but never call it that way! It's garnished with home made tomato sauce, salted anchovies, local olives, garlic cloves, and capers.



TORTA VERDE

Local savoury cake made with veggies, rice parmesan and eggs. The veggies inside change through the season, in summer is mainly Trombette (local zucchini) and in winter chard, pumpkin or artichokes.



SNAILS

Snails are so important in Molini di Triora that they have been celebrated with a village festival for over fifty years now. They are cooked in a sauce made of herbs and local red wine and served with the local bread.



SUGELI AL BRUZZO

A simple homemade pasta of only water and flour made into small dumplings with the typical "corpu de diu" (the appearance is similar to that of orecchiette) accompanied by a strong local cheese call "Brus", obtained from the natural fermentation of ricotta.



FRANDURA

Simple but tasty local potato pie made with cheese, milk and marjoram herb. Traditionally is cooked in the wood oven.



BRANDACUJUN

The recipe is made with preserved cod (stockfish with cod is generally preferred), boiled with potatoes in salted water. Once the water has drained, garlic, parsley, e.v.o. oil, Taggiasca olives, lemon juice, salt and pepper; then, once the lid has been placed on the pot, it is "brandata" or shaken vigorously until the ingredients break down and amalgamate.

MORE

PLACES TO EAT

AROUND MOLINI DI TRIORA

TRIORA - CREPPO - VERDEGGIA - REALDO



LA LOGGIA DELLA STREGA

Intimate atmosphere, they serve typical dishes, sometimes revisited, prepared with local products. OPEN: lunch and dinner, reservation required
CLOSED ON WEDNESDAY.



L'ERBA GATTA

A place of tradition, where you can taste typical dishes with some digressions, accompanied by fine wines.
OPEN: lunch and dinner
CLOSED ON MONDAY.



BAR I TUVI

Aperitivi and lunches with mixed cold cuts and local cheeses.
OPEN EVERY DAY



TUTTUBEN

Original cuisine in the village of Creppo. High-quality and well-balanced products with references to local traditions. CLOSED MONDAY-TUESDAY



RITROVO DEGLI AMICI

Typical Ligurian and Brigasca cuisine, with tasting menus in Verdeggia. OPEN EVERY DAY from JUNE to SEPTEMBER



OSTERIA DESGENA'

Simple yet excellent Ligurian dishes in the Realdo Village, with unique view.
. BOOKING REQUIRED.

AGAGGIO



LA FONTANTA DELL'OLMO

Family-run farmhouse, open on Saturdays and Sundays with a fixed menu prepared with fresh products from their own farm, all locally sourced and with old grandmothers' recipes.



LA CAPRA PAZZA

The owner Barbara is an excellent cook and will welcome you with her typical homemade dishes with local products and lots and lots of wine. OPEN UPON REQUESTS.



A ROCCA DU LUVU

Ligurian trattoria with traditional dishes. Suitable for families and lunches/dinners with friends.
CHECK IF OPEN BEFORE GOING.

ATIPICO

MORE

PLACES TO EAT

AROUND MOLINI DI TRIORA

BADALUCCO



CIAN DE BIA

OSTERIA
Via Silvio Pellico, 14.
OPEN EVERY DAY
12.30 - 14.30 AND 19.30-23



LA STUA

PIZZERIA RISTORANTE
Piazza Guglielmo Marconi, 3
OPEN EVERY DAY
18.30 - 23



UMAMI

RESTAURANT
Via Ugo Secondo Partigiano, 1
OPEN: 12 - 14.30
19 - 22
CLOSED ON TUESDAY.



LE MACINE DEL CONFLUENTE

RESTAURANTS AND
EVENTS
Loc, Località Oxentina, snc
OPEN EVERY DAY: 19.30-23



CA' MEA

MUSHROOMS RESTAURANT
Strada Statale 548
OPEN: 12.30 - 13.30
19.30 - 20.30
CLOSED ON MONDAY.

COLLA MELOSA



RIFUGIO FRANCO ALLAVENA

Located in Colla Melosa at 1,545 m a.s.l. in the municipality of Pigna on the south-eastern slope of Monte Grai (2,014 mt) and not far from the border with France. The Franco Allavena Refuge is the highest refuge in Liguria, open all year around. The refuge has a restaurant with 80 seats and offers excellent regional home cooking; it is open to the public every day and reservations are recommended.

**SUPPORT
THE
TRAILWORKS!**



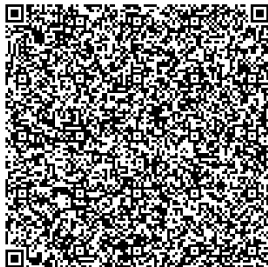
Getting one of our ORGANIC t-shirt or hoodie will help us to keep Molini's trails CLEAN and AWESOME!



LEAVE US A REVIEW

We hope you had a great time
and enjoyed your stay with us!

We would appreciate if you
wouldn't mind taking the time to
leave us a review. Thanks!



*Matilde, Silvia
and Luca*



THANK YOU FOR YOUR FEEDBACK!



THANKS FOR STAYING
WITH US!

Follow us



www.atipicooutdoorscape.com

