



One Foot Abroad

Walking & Adventure Holidays



Detailed trip file

Cinque Terre : Coastal Walk



SELF-GUIDED

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**EXPLORE PICTURESQUE CLIFF-HANGING
COASTAL VILLAGES
ADMIRE THE NATIONAL PARK OF CINQUE
TERRE (UNESCO WORLD HERITAGE)
SAVOUR THE FLAVOURS OF LIGURIA
(SEAFOOD, PESTO AND WINE)
RELAX AND ENJOY THE BEACH**

Summary

Cinque Terre is quite possibly the most beautiful coastal walk in Europe, on the most magnificent part of the Italian Riviera.

The Cinque Terre are five coastal, medieval villages in the province of La Spezia: Monterosso al Mare, Vernazza, Corniglia, Manarola and Riomaggiore.

The coastline, the villages, and the surrounding hillsides are all part of a national park of the same name. The Cinque Terre is a UNESCO World Heritage Site.

Walking through the National Park, you will discover the coastline as well as the backcountry: villages that cling to the cliffs, tiny sandy beaches and sandy coves as well as terraced fields and extensive woodlands. Given its location on the Mediterranean, only the freshest fish and seafood are good enough for the local cuisine. The anchovies of Monterosso are a local specialty, while the extensive terraced olive groves provide oil for some of the best pesto in Italy.

As this trip is centre based, you will be able to stay in the heart of the National park and explore the area as you wish.



Itinerary

4 days itinerary

Day 1: Arrival at Cinque Terre (Riomaggiore or Monterosso)

Day 2: Riomaggiore to Monterosso (or opposite) - 430m/4h45min

Day 3: Riomaggiore or Monterosso to Portovenere -515m/5h

Day 4: Riomaggiore or Monterosso. End of the trip

Day 1 : Arrival at Cinque Terre:



Take a train to the Cinque Terre (see “How to get there”) and check into your accommodation in the town of Monterosso or Riomaggiore (depending on the option you chose). If you arrive early enough, it would be possible to complete one of the shorter walks or alternatively, you could explore, rest or go for a swim.

Day 2 : Riomaggiore - Monterosso (or opposite) - 430m/4h45min



This is the famous Via Dell’Amore (Lovers’ Walk). This very picturesque footpath winds along the shore, past the five famous villages of Riomaggiore, Manarola, Corniglia, Vernazza and Monterosso. Pass by pretty terraced vineyards and olive groves. This walk varies in difficulty from an easy stroll to a demanding hike, but offers the best views of the bay and spectacular approaches to both Monterosso and Vernazza. If you feel tired, you can also take a train from any station along the way. You can travel back by train

Day 3: Riomaggiore or Monterosso - Portovenere - 515m/5h



This walk explores the remote Peninsula of Portovenere. We head south on a path going steeply uphill through extensive woodlands. Passing Campiglia, a pretty, traditional Ligurian village, we descend to Portovenere. From here, enjoy great views of “Isla Palmaria” and the little church sitting atop it. From Portovenere, you can travel back either by seasonal ferry, or by taking the bus to La Spezia and then a train to Cinque Terre..

Day 4: Riomaggiore or Monterosso



Breakfast. End of trip. Possibility of Circular walk in one of the towns and extra nights

How to get there

Way in & out : Pisa, Genoa, Milan & Rome



The closest airports are Pisa and Genoa. However, the Cinque Terre are also easily accessible by flying to Milan or Rome.

To Pisa

-Galileo Galilei International airport

20 major airlines fly to Pisa: Ryanair www.ryanair.com, easyJet www.easyjet.com, Air France www.airfrance.com, Alitalia www.alitalia.com, Lufthansa www.lufthansa.com, Sky Europe www.skyeurope.com amongst others.

To Genoa

-Cristoforo Colombo airport

Ryanair www.ryanair.com, Air France www.airfrance.com, Alitalia www.alitalia.com, Lufthansa www.lufthansa.com and other airlines fly to Genoa.

To Milan

Virtually all airlines fly to Milan's airports.

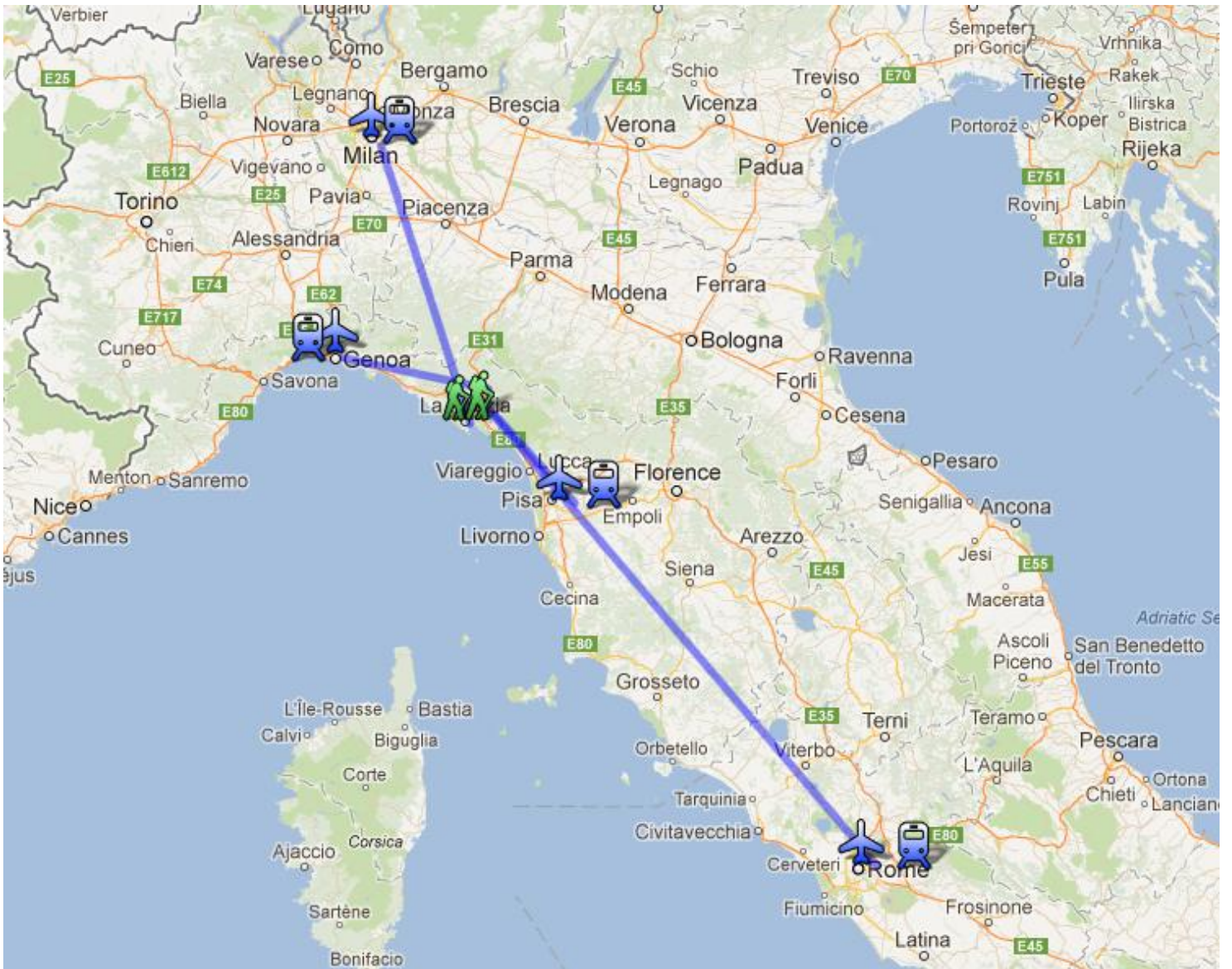
To Rome

Virtually all airlines fly to Rome.



Frequent trains to Cinque Terre from Pisa (1h30min), Genoa (1h30min), Milan-Milano Centrale(3h)andRome-Termini(5h)

<http://www.trenitalia.com/trenitalia.html>



What is included?

See below what it is included in this trip. You have many options to make up your trip personal.

Included	Optional	Not included
- 3 nights 2*,3*or 4* hotels/apartments	- Pre/post-stay days	- Flights/trains (See How to get there tab)
- 3 breakfasts	Transfers from/to airport	- Insurance
- Roadbook (Guide book)		- Drinks
- Emergency phone number		- Lunches & Dinners
- Customer service		

Dates & Prices

Best prices on the market based on this level of comfort and standard!

Package option	Price starts from
4 days – 2* apartments	€290.00
4 days – 3* hotel	€340.00
4 days – 4* hotel	€390.00

See you soon

✓ *Keeping in touch*

Thank you for choosing “One Foot Abroad”. We are committed to provide you with the highest quality of service. For this reason, we would be really grateful if you send us your feedback by completing a simple and quick questionnaire at the internet link:

We use your answers to continuously improve the quality and accuracy of the walking notes and, more generally, of our services. We look forward to hearing from you again, so please contact us for information about your walking holiday:

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By post:

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