



## HIKING CINQUE TERRE AND PORTOFINO

self-guided tour  
8 days / 7 nights



## DESCRIPTION

The 'Cinque Terre' gets its name from the five picturesque villages of Monterosso, Vernazza, Corniglia, Manarola and Riomaggiore. The area, now a major National Park, is a unique part of Italy. But the Region of Liguria has more to offer: the nearby small towns of Portovenere, and the wonderful island of Palmaria just in front of it, at the entrance of the 'Gulf of Poets' and the lively Levanto, a charming medieval town with a broad beach. Of course there is also the famed Peninsula of Portofino, not only known for the colourful Portofino itself, resort for the Italian jet-set, but also for the abbey of San Fruttuoso, located in an isolated inlet of this beautiful coastline, and wonderful Camogli. Walking here is an unforgettable experience.

## CHARACTERISTICS OF THE ROUTE

This is a moderately easy tour which is suitable for those who have some experience with walking and a good general physical condition. Most of the walks are on good paths, some of them just recently restored by the local authorities.

## **A DAY BY DAY ACCOUNT OF THE ROUTE**

### **DAY 1: Arrival in Levanto**

After settling in at your hotel there is time for a short visit to the town centre and maybe a swim to wash off the weariness of the journey.

### **DAY 2: Roundwalk Monterosso al Mare (approx. 3,5 - 5,5 hours)**

The first day walk takes you from the centre of Levanto, along the coast to Monterosso al Mare. The first part of the walk leads up towards Punta Mesco, the most notable promontory in the region. This is a good spot to stop at for a picnic lunch. Just short of the headland you can make a small detour to the ruins of an old 11th century hermitage and the nearby 'semaforo', where you will enjoy marvellous views of the rugged coastline. Then you follow a fairly steep path down into Monterosso, a colourful village with blue, red & yellow houses that cluster behind the beachfront. There is then time to explore the town before taking the local train back to Levanto. For those who feel like there is also the option of walking back from here, following a more inland forested path, which brings you back over the ridge behind the castle of Levanto.

### **DAY 3: Levanto - Riomaggiore „Sentirero dell' amore“ (approx. 3,5 - 5,5 Std.)**

You first take the train to Riomaggiore, the most southerly of the five villages. From there you start the most 'classical' of all walks in the Cinque Terre: the coastal path linking all five villages together. First you walk a short stretch along the famous 'Sentiero dell'Amore' ('Lover's Walk'). Then you head for Manarola, an attractive little village with steep multi-coloured houses overlooking a rocky port. From here you hike up to the rural hamlet of Volastra, before descending back to Corniglia, perched on a ridge overlooking the sea, in the midst of stunning terraced vineyards, with awesome views over the whole area. Take your time to look around in Corniglia and then continue through terraced vineyards and the occasional citrus grove. As you approach Vernazza, dominated by its old fortress, you enjoy some of the best views in the region. You contour around the hillsides following a narrow track that leads us up and down, before a fairly steep descent brings us into the village itself. In Vernazza, arguably the prettiest of all the villages, there is time to ascend the castle tower for a stunning view of the port with its brightly painted boats. There are numerous cafés and bars where you can enjoy refreshment before taking the train back to your hotel.

### **DAY 4: Roundwalk Campiglia - Portovenere (approx. 5 - 6 hours)**

Today you walk in eastern direction. From Riomaggiore, you commence your walk to Campiglia and Portovenere. You first hike up a long flight of stairs to the Santuario della Madonna di Montenero (optional bus). Continuing uphill you begin contouring along the coastal cliffs, through terraced vineyards, enjoying wonderful views of the coastline framed by clear blue waters. You are now on the 'Sentiero Rosso', the ridge-top traverse that goes from one end of the Cinque Terre to the other. You pass through the little hamlet of Campiglia where you can stop for some refreshment. Walking down into the pine forest, the track narrows as you continue towards Portovenere with further spectacular views. Arriving at the 16th century castle above the village, you may be able to see the distant peaks of the Alpi Apuane before a long staircase takes us into the heart of the village. There is time to visit the charming village and Punta San Pietro, before settling in your hotel overlooking the Gulf of the Poets.

### **DAY 5: Roundwalk over the island of Palmaria or day off (approx. 3,5 hours)**

After the longer walk yesterday, today you'll have some time to recover. There is the possibility to make an easy roundwalk over the island of Palmaria, just across the bay from Portovenere. By boat you make the short crossing and then you'll have the whole day to discover the beauty of this very Mediterranean island, immersed in the dense vegetation, overlooking the cliffs with the seagulls and azure blue sky above you. Take some time as well to discover the impressive fortresses and perhaps go for a swim on one of the remote beaches. Returning by boat to the main land you still have time to visit the charming village of Portovenere.

### DAY 6: Portovenere - Camogli (approx. 1,5 - 3,5 hours)

From Portovenere you take the train to Camogli today. First you leave the luggage in your hotel here and then you start the first walk onto the Peninsula of Portofino, towards the beautifully located monastery of San Fruttuoso, dating back to the 11th century and set in its own cove and reachable only by boat or on foot. The walk takes through forested areas, along the church of San Rocco and a number of impressive viewpoints. From San Fruttuoso there is the possibility to walk back or take the boat. In the afternoon take your time to explore the beautiful Camogli itself.

### DAY 7: Santa Margherita - Portofino (approx. 3,5 - 5,5 hours)

You first make a short transfer by train to Santa Margherita, where you have some time to walk around this attractive town. From Santa Margherita, you then walk to Portofino, long a resort for the jet set, but apart from that a very attractive colourful village. Do visit its castle and light house, a spectacular viewpoint! If energy permits, you can continue along the trail, with splendid views across the Gulf of Genoa to the Abbey of San Fruttuoso, approaching this 11th century jewel from the other end. You can choose to return by boat to Santa Margherita, or directly to Camogli.

### DAY 8: Departure

Individual departure or extension of your stay.

### GENERAL INFORMATION:

- **Classification of the hiking-tour:** Self-guided tour
- **Duration:** 8 days / 7 nights
- **Starting point:** Levanto (Riomaggiore / Monterosso)
- **Arrival:**
  - By car: The tour starts in Levanto/Riomaggiore. We would like to point out that there are few (cheap) parking spaces in the Cinque Terre area.
  - By train: Good train connections to the starting point of the tour. Timetables on: [www.deutschebahn.de](http://www.deutschebahn.de), [www.oebb.at](http://www.oebb.at), [www.trenitalia.com](http://www.trenitalia.com).
  - By plain: Low-cost flights to Genoa or Pisa airport.
- **Accommodation:** Accommodation in family-run 3\*\*\* hotels  
Attention: Tourist tax – if requested – has to be paid on the spot
- **Parking:** Public car parking in Levanto payable on the spot (approximate price: € 12.00 /day)
- **Please note:** The train journeys from the programm are not included and have to be paid on the spot. The luggage transfer from Portovenere - Camogli is by yourself by train.

## CINQUE TERRE AND PORTOFINO HIKING HOLIDAY

### INCLUDED SERVICES; SELF-GUIDED TOUR:

- Accommodation in family-run 3\*\*\* hotels
- Breakfast buffet or full breakfast
- Personal tour information
- 1 Luggage transfer from Levanto to Portovenere (day 4)
- Well planned routes
- Detailed documents (maps, route description, places of interest, important telephone numbers)
- Telephone service hotline for the entire tour

### NON INCLUDED SERVICES

- Arrival to the starting point of the tour
- Departure at the end of the tour
- Drinks and all extras
- Lunch, Dinner
- Not mentioned entries
- Travel insurance
- All not expressly mentioned under the item „Included services“

### STARTING DATES 2019

#### ARRIVAL

Every day

23/03/2019 (first available date) to 05/11/2019 (last available date)

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## PRICES 2019

### **SELF-GUIDED TOUR, 23/03/2019 - 31/03/2019**

Package price per person in a double room incl. breakfast	€ 670.00
Surcharge single room per person	€ 220.00
Solo Traveller surcharge	€ 280.00

### **SELF-GUIDED TOUR, 01/04/2019 - 14/04/2019**

Package price per person in a double room incl. breakfast	€ 725.00
Surcharge single room per person	€ 250.00
Solo Traveller surcharge	€ 310.00

### **SELF-GUIDED TOUR, 15/04/2019 - 30/09/2019**

Package price per person in a double room incl. breakfast	€ 820.00
Surcharge single room per person	€ 250.00
Solo Traveller surcharge	€ 310.00

### **SELF-GUIDED TOUR, 01/10/2019 - 15/10/2019**

Package price per person in a double room incl. breakfast	€ 725.00
Surcharge single room per person	€ 250.00
Solo Traveller surcharge	€ 310.00

### **SELF-GUIDED TOUR, 16/10/2019 - 05/11/2019**

Package price per person in a double room incl. breakfast	€ 670.00
Surcharge single room per person	€ 220.00
Solo Traveller surcharge	€ 280.00

### **EXTRA NIGHTS**

Per person per night in a double room incl. breakfast	on request
Surcharge single room per night	on request