



Cinque Terre Hiking 6 Days

Summary

Length

6 days/5 nights, with 4½ days of walking

Dates

Any start date from March to November

Level

3 to 6 hours of hiking each day

There are hard climbs on most days

Welcome to the Ligurian Coast — the jewel of the Mediterranean! Become entranced by the seductive charms of this stunning coastline. Feel the heat of the sun as you walk through terraced citrus orchards and vineyards high-above the sparkling blue waters of the sea. Breathe the aroma of freshly baked foccaccia while meandering the cobbled streets of tiny cliffside villages. Embrace the tranquility of Mediterranean oak forests teeming with butterflies, birds and wild flowers. Delight your palate each night with traditional pastas and fresh seafood while sipping a crisp Ligurian white.

Itinerary



Day 1

Arrive in Monterosso. Monterosso al Mare is the most western town of the Cinque Terre. The village is

protected by hills covered with vineyard and olive groves. It has beautiful beaches, steep rugged cliffs and crystalline waters. Spend some time wandering in old Monterosso dominated by the ruins of the castle and characterized by typical tower-houses crossed by the "carruggi", narrow medieval streets. Overnight in Monterosso.

Day 2

Explore the hills above Monterosso today - stopping in at the Sanctuary of Sovoيرة and at the top of Colla Bagari for great views. You'll also have time to explore the historic sites in Monterosso—like the 13th century church of St. John and the castle ruins. Night in Monterosso. The walk is approximately 4 1/4 hours long with 650m of elevation gain - leaving lots of time to explore Monterosso.

Day 3

The classic Cinque Terre walking trail awaits you today. Begin in Monterosso, the northernmost of the five famous perched vil-

lages and make your way to the southernmost - Riomaggiore. See for yourself what makes this region so famous! Be sure to stop in at one or more of the enotecas that can be found in these villages, to sample some local fare. Night in Riomaggiore. The walk is 4 1/2 hours long with 550m of elevation gain.

Day 4

Start your day in Riomaggiore and walk the last section of trail in the UNESCO World Heritage Site of the Cinque Terre. Your destination is the charming village of Portovenere. Night in Portovenere. Time is 5:15 with 680m of elevation.





How to get there?

You start in Monterosso Al mare.

The closest airports are in Genoa, Milan and Pisa. All of these are international airports with flights from European capitals as well as from Rome.

From all of these locations it is possible to take a train to Monterosso (Genoa 1h30 min; Milan 3h40; Pisa 2hrs — via La Spezia; Rome 5h30 via Pisa).

Your information package will provide information about getting to the tour start.

Itinerary

Day 5

Today is an island walk around Isola Palmaria, a short ferry from Portovenere. An island noted for its natural beauty, the scent of sage, myrtle, broom, acacias and strawberry-trees will follow you all day long. On this walk you will encounter panoramic views, evocative grottoes, and remnants of a ferocious past. Night in Lerici. Total walking time is approximately 3 hours with 305m of elevation gain.

Day 6

Before departure explore the area along the coast of the Golfo dei Poeti - so named because this was the area that Byron, Shelley, Sand, and others, came to be inspired. Your walk will take you to the old European seaside village of Tellaro. Spend some time at one of the many beaches along your route, before returning to Lerici. Total walking time is 4 hours and 45 minutes with 680m of elevation gain.

Accommodation

Classic



Hotel La Colonnina, Monterosso

Family owned and operated, this 3 star hotel offers a warm welcome and excellent service. The hotel is located in the historic centre of Monterosso al Mare within easy reach of the beach, the small port and the walking trails that connect the five villages of the Cinque Terre.



Locanda Del Sole, Riomaggiore

The Locanda del Sole is the most modern hotel in Riomaggiore. It is located on a hill just on the edge of town, near the hiking trail. Rooms are bright and spacious with large windows. They serve a wonderful home-made breakfast each morning.



Hotel Belvedere, Portovenere

Situated directly on the sea, this hotel dates from the 19th century has been completely renovated and is a fine 3-star hotel. All rooms have sea views.



Randonnée Tours

The Price includes:

- 5 nights hotels
- All breakfasts and 1 dinner
- Detailed route instructions and map
- Luggage transfers

Accommodation

Classic



Hotel Doria Park, Lerici

Overlooking the Gulf of Poets, and just 2 minutes from the historical center of Lerici, this 3-star hotel has earned accolades for service. Breakfast is served on the terrace with a view of the harbour.

Luxe



Hotel Porto Roca, Monterosso

This 4 star is one of the most beautiful hotels of Italy and is located only 200 meters from the historic centre of Monterosso. Its extraordinary position on the Mediterranean sea offers a relaxing oasis and the rooms are furnished with beautiful antique pieces.



Locanda Del Sole, Riomaggiore

The Locanda del Sole is the most modern hotel in Riomaggiore. It is located on a hill just on the edge of town, near the hiking trail. Rooms are bright and spacious with a large window. They serves a wonderful homemade breakfast each morning.



Grand Hotel Porto Venere, Portovenere

This 4-star hotel was a monastery in the 13th century and today welcomes discriminating guests. Enjoy the on-site spa facilities including a Turkish bath and massage services.



Hotel Doria Park, Premium room Lerici

Overlooking the Gulf of Poets, and just 2 minutes from the historical center of Lerici, this 3-star hotel has earned accolades for service. For the luxe option, we'll book a Superior or Deluxe Room with sea views if available. Breakfast is served on the terrace with a view of the harbour.