

## Coastal walking on the Ligurian Riviera: the Cinque Terre

A 7 or 8 day walking tour

Code tour: ITLIG02W



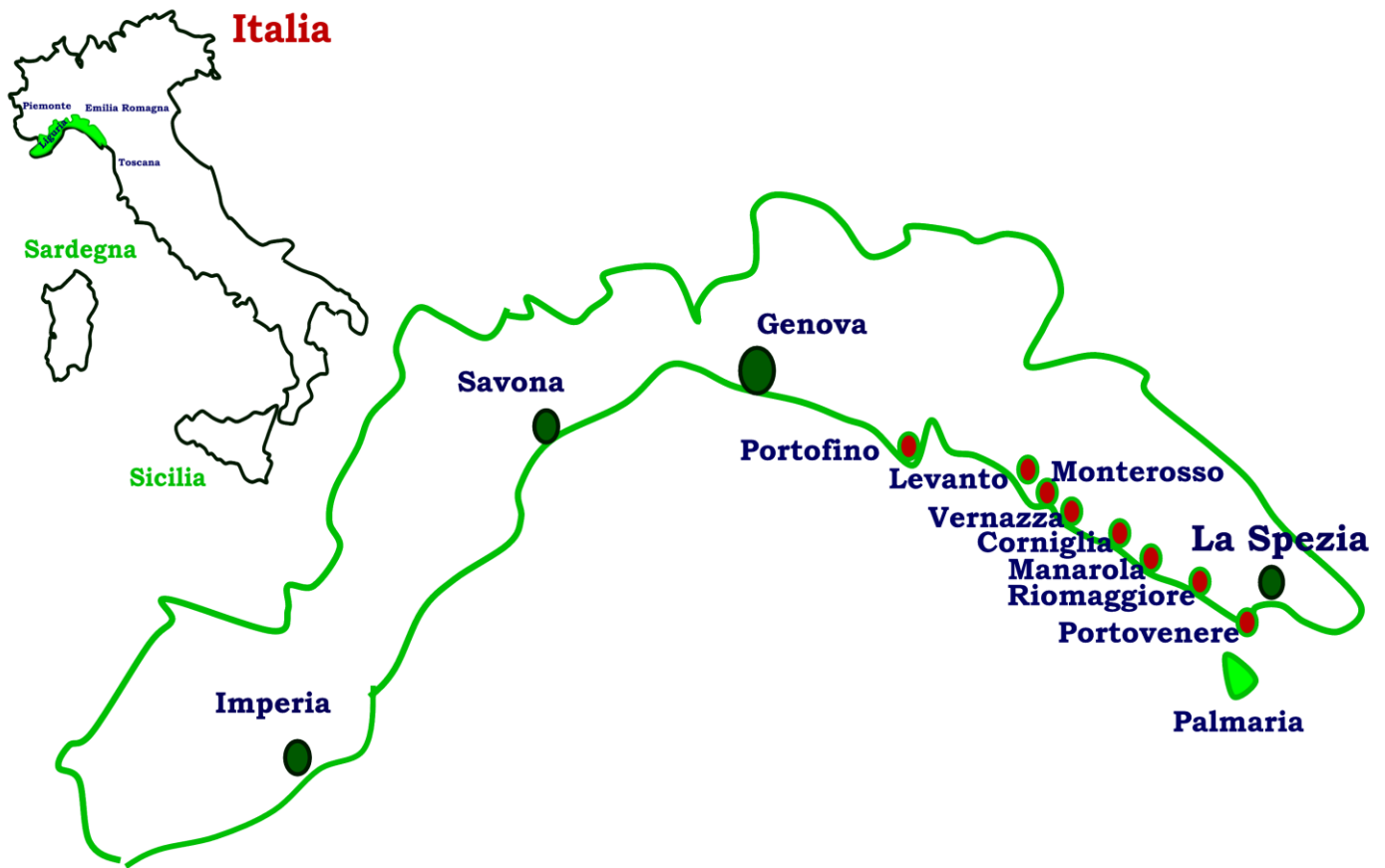
In the Cinque Terre, the sea and the earth meet to become one. This unique area, a Unesco world heritage site, is characterised by a rocky coastline full of tiny bays with beaches, the deep blue Ligurian Sea and small villages with the ever-present backdrop of beautiful mountains and hills. The typical landscape is that of terraced slopes with olive groves and vineyards separated by small dry-stone walls, varied flora and fauna, ancient mule tracks and of course breath-taking views. The towns are characteristic with their lively coloured houses stacked on top of one another. The Cinque Terre are made to discover on foot, a paradise for the outdoor lover. There are 120 km of beautiful hiking trails crossing this wonderful area.

The highlights of this walking tour will be the five villages of the Cinque Terre dotted along the coast: Monterosso al Mare, Vernazza, Corniglia, Manarola with its multi-coloured houses, and Riomaggiore. These five picturesque villages ('borghi'), difficult to reach by car, are connected by a railroad-track and by one of the most beautiful coastal footpaths of Europe. Walking along this footpath you will continuously have spectacular views on the sea and the terraced hills where vineyards, olive and lemon groves as well as a variety of wild flowers and sweet-smelling bushes. Between the walks, take your time for a leisurely lunch on a terrace watching over the sea and enjoy delicious fresh seafood or a pasta with an aromatic basil pesto.

During this tour, from Levanto, you walk along the coastline to the headland of Punto Mesco. Levanto is a sparkling town with an enjoyable beach. A spectacular walk offers you stunning

views over the sea. Another walk brings you into the inner land passing intriguing sanctuaries. You will visit not only the villages of the Cinque Terre, but also stunning places as Portovenere.

The tour has two versions: a central hotel based that is using the frequent public transport to arrive to the start of your walk and return back to the hotel and a more trekking tour from town to town.



**Period:** central based tour daily from 15/03 till 15/11 (last date)  
Hotel trekking tour daily from 15/03 till 15/11 (last date)

**Participants :** from 1 people

**Level:** 2,5

Moderate to strenuous difficulty with some steep climbs along mostly good, accessible walking paths. Sometimes walking along paths with rough surface. The terrain varies from ancient mule tracks to stone steps cut out of the hillside. the itineraries wind mainly through country paths and lanes, rarely and only when unavoidable on busy roads. Differences in altitude between sea level and 700 metres. Daily walking time is between 3 and 6 hours. Walking experience and good physical condition are necessary. You should be able to walk also 5-6 hrs a day in the sun on dusty and stony tracks. On some days, extensions or short cuts are possible.

Most paths are relatively well maintained, but during the season some paths can get overgrown.

Waymarking: A large part of the route is waymarked (mainly by the park authorities); elsewhere you need to follow the route descriptions provided by us together with the maps / GPS tracks. With these, you will always be able to find your route.

**Daily distances:**

Between 4 and 13 km / 2,5 and 8,1 miles

**Total km / mi:**

Approx. Central based 51 km / 32 mi – Trekking version min. 47 km / 29 mi and max. 61 km/38 mi

**Program A: central based in short:**

Day 1 Arrival in Sestri Levante

Day 2 Trek from Bonassola to Monterosso al Mare (10,5 km/6,5 mi; T,E)

Day 3 Monterosso - Vernazza - Corniglia (8,5 km/9,9 mi; EE, EE)

Day 4 Corniglia-Manarolla-Riomaggiore (8 km/5 mi; E, EE)

Day 5 Riomaggiore-Portovenere (13 km / 8 mi; E)

Day 6 Camogli- San Fruttuoso-Portofino ( 11 km/6,8 mi; T, E)

Day 7 Sestri Levante: end of the tour after breakfast

**Program B: trekking version in short:**

Day 1 Arrival in Camogli

Day 2 Trekking in the Portofino Park (11 km/6,8 mi or 7 km /4,3 mi; T, E)

Day 3 Bonassola a Framura (9 km/5,6 mi; EE)

Day 4 Corniglia-Manarolla-Riomaggiore (8 km/5 mi or 6 km/3,7 mi; E, EE)

Day 5 Levanto- Monterosso al mare (8 km/5 mi; E)

Day 6 Monterosso - Vernazza - Corniglia (8 km/5 mi or 4 km / 2,5 mi; EE)

Day 7 Riomaggiore-Portovenere (13 km / 8 mi; E)

Day 8 Monterosso a mare: end of the tour after breakfast

T= Tourist

E= hiking

EE= for expert hikers

**A. Central based tour: program day by day**

**Day 1 Arrival in Sestri Levante**

Individuale arrival at cosy resort Sestri Levante. The oldest - and prettiest - part of the town is on the 'neck' of a peninsula with a small hill at the end. There are two bays on either side called Silent Bay (Baia del Silenzio) and the Bay of Fairy Tales (Baia delle Favole) on the other side. The name Bay of Fairy Tales reminds us of Hans Christian Andersen, who lived and worked for a period in Sestri Levante.

Overnight with breakfast and dinner

## **Day 2 Bonassola – Levanto -Cape of Punta Mesco -Monterosso**

The first walk takes you along the coast to Monterosso al Mare. The walk initially leads up towards the most remarkable promontory, Punta Mesco, a place that invites you for a relaxing picnic lunch. It is possible to make a short detour to visit the ruins of an old 11th-century hermitage of S. Antonio Mesco, where you will enjoy marvellous views of the rugged coastline. Along a steep path surrounded by the typical Mediterranean scrub, dotted with cork trees, you come to Monterosso, which has a sheltered position between the surrounding hills covered with vineyards and olive groves. In this village, you can enjoy the beautiful beaches, crystal-clear seawater and steep, rugged cliffs. You can relax sipping a cool glass of the excellent local white wine! The old part of Monterosso is well-preserved and shows the same typical building style as the other Cinque Terre villages. Dominating Monterosso are the remains of the Castle. The church of San Francesco houses several important works of art, such as the Crucifixion attributed to Van Dyck. There is then time to explore the town before taking the local train back to Sestri Levante.

Overnight with breakfast in Sestri Levante

Distance: 10,5 km / 6,5 miles

Ascent & Descent: approx. + 370m -370m

Walking time: 3,5h - 4h

Difficulty: easy to medium

## **Day 3 Monterosso- Vernazza-Corniglia**

This morning you go by train to Monterosso, which has a sheltered position between the surrounding hills covered with vineyards and olive groves. It is the biggest village of the Cinque Terre. In this village you can enjoy the beautiful beaches, crystal-clear seawater and steep, rugged cliffs. You can relax after the day's walk sipping a cool glass of the excellent local white wine! The old part of Monterosso has been well preserved and shows, of course, the same typical building style as the other Cinque Terre villages. Dominating Monterosso are the remains of the Castle. The church of San Francesco houses several important works of art, such as the Crucifixion attributed to Van Dyck. Your walk takes you through olive groves to Vernazza, the only village of the Cinque Terre with a natural harbour. Steep, narrow alleys will take you to the main street, which ends on a small square in front of the harbour. After visiting Vernazza you continue your walk to Corniglia, quiet village (or 'borgo') located about a hundred metres above sea level, resting on top of a steep promontory and close to a hill with many vineyards. From here it is possible to admire all the other four towns of the Cinque Terre. To reach the town centre, you either climb the 'Lardarina', a long stairway consisting of 377 steps, or follow the street from the train station. The parish church dedicated to San Pietro, built in 1334 on the site of an 11th century chapel, is a beautiful example of the peculiar Ligurian Gothic style. Back by train to Sestri Levante.

Overnight with breakfast and dinner in Sestri Levante

Distance 8,5 km / 5,3 mi

Ascent / Descent + 480 – 480m

Walking time 3 hrs

Difficulty: medium to experienced

## **Day 4 Cinque Terre Park: Corniglia – Manarola – Riomaggiore**

After breakfast you take the train to Corniglia, settled safely on a ridge overlooking the sea and therefor the only town of the Cinque Terre not connected directly with the sea.

From Corniglia you head to Volastra, first climbing and then along a flat terrain with a nice panorama and among vineyards. Volastra is located above Manarola and in Roman times travellers used to change horses here. The residents of Volastra farmed the surrounding terraces, planted olive, lemon and chestnut trees, as well as vines, then in the 12th century part of the population moved down to the sea and founded the village of Manarola.

You descend to Manarola, the oldest village of the Cinque Terre. It has winding streets bringing you down to the square in front of the harbour. Enjoy a glass of the white wine Sciacchetrà, a local wine which is famous since Roman times. You can decide to stop the walk and dedicate some time to sea and sun or continue your walk to Riomaggiore, along a path with steps to reach this lovely town, which is built on terraces. Riomaggiore is the southernmost of the five Cinque Terre Villages. The tall houses, in the typical cheerful colours used in Liguria, are narrow and three to four storeys high. They have an entrance on the ground floor and also a rear entrance on a higher floor due to the steepness of the terrain. In the upper part of the town you can admire the parish church of San Giovanni Battista, built in 1340 by the bishop of Luni, the 16th century oratory 'dei Disciplinati' and the ruins of the 15th - 16th century castle. After a refreshing swim back to Sestri Levante by train

Overnight stay with breakfast Sestri Levante

Distance 8 km / 5 mi

Ascent / Descent + 550m – 550m

Walking time 3 hrs

Difficulty: medium to experienced

### **Day 5 Riomaggiore – Portovenere**

A short ride by train to Riomaggiore and from here start your walk to Campiglia and Portovenere. You walk now along a stretch of one of the most beautiful trails of the Cinque Terre, the Via Grande. A long flight of steps brings you to the Santuario della Madonna di Montenero. The steps can be avoided by taking the bus. It is a captivating walk along coastal cliffs, through vineyards, always enjoying the adorable panoramas of the countryside with a backdrop of the blue sea. You follow the 'Sentiero Rosso' that connects one end of the Cinque Terre to the other. A nice stop can be made in the hamlet of Campiglia. Crossing a pine forest and the trail leads you towards Portovenere. In 1997 Portovenere, the Cinque Terre and the islands of Palmaria, Tino and Tinetto became a UNESCO World Heritage Site. Portovenere, the village that was once a source of inspiration for famous writers such as Shelley and Byron, is situated on the tip of a peninsula. Its name (Portus Veneris) derives from a temple dedicated to the goddess Venus. This temple is built on the spot where we now find the church of San Pietro, consecrated in 1198. Its characteristic façade with black and white stripes (in Ligurian gothic style) dates back to the 13<sup>th</sup> century.

Overnight with breakfast and dinner in Sestri Levante

Distance: 13 km / 8 miles

Ascent & Descent: approx. + 640m -640m

Walking time: 5h

Difficulty: medium

### **Day 6 Walking from Camogli to Portofino passing San Fruttuoso**

After breakfast take the train Camogli, and from here starts your walk of today through the Portofino National Park will start. You pass Paradiso, Pietre Strette and San Fruttuoso. You walk among Holm oaks, mixed wood and the typical Mediterranean brush. The village of San



Fruttuoso is dominated by the abbey of the 8th century. After your visit you can decide to take the boat back to Camogli or walk to Portofino, a tiny sea village on the Italian Riviera circumscribed by the green of the Natural Regional Park and Marine Reserve. The “Piazzetta,” meeting-up point for the international jet-set, is the symbol of Portofino, while the port, with its characteristic, brightly-colored houses, is the icon of this borgo’s maritime traditions, whose inhabitants were called delfini (“dolphins”) by the Greeks and Romans, so apt were they at sea navigation.” After visiting this village you continue to Santa Margherita Ligure with its small harbour where still today is sold fresh fish on the market. Then back by train to Sestri Levante.

Overnight with breakfast in Sestri Levante

Distance: 11 km / 6,8 miles or 7 km/ 4,3 mi

Ascent & Descent: approx. + 690m -690m

Walking time: 5h

Difficulty: medium

## **Day 7 After breakfast the end of the tour**

### **B. Hotel Trek tour: program day by day \***

#### **Day 1 Arrival a Camogli**

Individuale arrival at Camogli, la “città dei mille Bianchi Velieri” (city of a thousand White Sailing Ships).

Overnight with breakfast

#### **Day 2 Walking from Camogli to Portofino passing San Fruttuoso**

After breakfast starts your walk of today through the Portofino National Park will start. You pass Paradiso, Pietre Strette and San Fruttuoso. You walk among Holm oaks, mixed wood and the typical Mediterranean brush. The village of San Fruttuoso is dominated by the abbey of the 8th century. After your visit you can decide to take the boat back to Camogli or walk to Portofino, a tiny sea village on the Italian Riviera circumscribed by the green of the Natural Regional Park and Marine Reserve. The “Piazzetta,” meeting-up point for the international jet-set, is the symbol of Portofino, while the port, with its characteristic, brightly-colored houses, is the icon of this borgo’s maritime traditions, whose inhabitants were called delfini (“dolphins”) by the Greeks and Romans, so apt were they at sea navigation.” After visiting this village you continue to Santa Margherita Ligure with its small harbour where still today is sold fresh fish.

Overnight with breakfast in Camogli

Distance: 11 km / 6,8 miles or 7 km/ 4,3 mi

Ascent & Descent: approx. + 690m -450m

Walking time: 5h

Difficulty: easy to medium

#### **Day 3 Bonassola and Framura**

After breakfast from Camogli you take the train with your luggage to Levanto. Someone will pick-up your luggage at the station and then starts a suggestive walk uphill to Bonassola. You pass the village of Scernio. You continue your panoramic walk through the seaside hills towards the small ‘village’ of Framura, an aggregation of scattered hamlets on the hillside. You can decide to enjoy the beach of Framura and walk or go back by train.

Overnight with breakfast in Levanto

Distance: 10,5km / 6,5 mi or 6km / 3,7 miles

Ascent & Descent: approx. + 370 -330m (both walks)

Walking time: 3h or 2h

Difficulty: medium

#### **Day 4 Cinque Terre Park: Corniglia – Manarola – Riomaggiore**

After a good breakfast you reach the train station after 400 steps. Then by train you go to Corniglia, settled safely on a ridge overlooking the sea and therefor the only town of the Cinque Terre not connected directly with the sea.

From Corniglia you head to Volastra, first climbing and then along a flat terrain with a nice panorama and among vineyards. Volastra is located above Manarola and in Roman times travellers used to change horses here. The residents of Volastra farmed the surrounding terraces, planted olive, lemon and chestnut trees, as well as vines, then in the 12th century part of the population moved down to the sea and founded the village of Manarola.

You descend to Manarola, the oldest village of the Cinque Terre. It has winding streets bringing you down to the square in front of the harbour. Enjoy a glass of the white wine Sciacchetrà, a local wine which is famous since Roman times. You can decide to stop the walk and dedicate some time to sea and sun or continue your walk to Riomaggiore, along a path with steps to reach this lovely town, which is built on terraces. Riomaggiore is the southernmost of the five Cinque Terre Villages. The tall houses, in the typical cheerful colours used in Liguria, are narrow and three to four storeys high. They have an entrance on the ground floor and also a rear entrance on a higher floor due to the steepness of the terrain. In the upper part of the town you can admire the parish church of San Giovanni Battista, built in 1340 by the bishop of Luni, the 16th century oratory 'dei Disciplinati' and the ruins of the 15th - 16th century castle. After a refreshing swim back to Levanto by train

Overnight stay with breakfast at Levanto

Distance 8 km / 5 mi or 6 km / 3,7 mi

Ascent / Descent + 540m – 380m (both walks)

Walking time 3,5 hrs or 2,5 hrs

Difficulty: medium to experienced

#### **Day 5 Levanto - Cape of Punta Mesco -Monterosso**

This walk takes you along the coast to Monterosso al Mare. The first stretch is along the old railway. The walk initially leads up towards the most remarkable promontory, Punta Mesco, a place that invites you for a relaxing picnic lunch. It is possible to make a short detour to visit the ruins of an old 11th-century hermitage of S. Antonio Mesco, where you will enjoy marvellous views of the rugged coastline. Along a steep path surrounded by the typical Mediterranean scrub, dotted with cork trees, you come to Monterosso, which has a sheltered position between the surrounding hills covered with vineyards and olive groves. In this village, you can enjoy the beautiful beaches, crystal-clear seawater and steep, rugged cliffs. You can relax sipping a cool glass of the excellent local white wine! The old part of Monterosso is well-preserved and shows the same typical building style as the other Cinque Terre villages. Dominating Monterosso are the remains of the Castle. The church of San Francesco houses several important works of art, such as the Crucifixion attributed to Van Dyck.

Overnight with breakfast in Monterosso

Distance: 10,5 km / 6,5 miles  
Ascent & Descent: approx. + 370m -370m  
Walking time: 3,5h - 4h  
Difficulty: easy to medium

### **Day 6 Monterosso- Vernazza-Corniglia**

Your walk takes you through olive groves to Vernazza, the only village of the Cinque Terre with a natural harbour. Steep, narrow alleys will take you to the main street, which ends on a small square in front of the harbour. After visiting Vernazza you continue your walk to Corniglia, quiet village (or 'borgo') located about a hundred metres above sea level, resting on top of a steep promontory and close to a hill with many vineyards. From here it is possible to admire all the other four towns of the Cinque Terre. To reach the town centre, you either climb the 'Lardarina', a long stairway consisting of 377 steps, or follow the street from the train station. The parish church dedicated to San Pietro, built in 1334 on the site of an 11th century chapel, is a beautiful example of the peculiar Ligurian Gothic style. Back by train to Monterosso.

Overnight with breakfast in Monterosso  
Distance 8 km / 5 mi or 4 km / 2,5 mi  
Ascent / Descent + 380 - 200m  
Walking time 3,5 hrs or 2 hrs  
Difficulty: medium

### **Day 7 Riomaggiore – Portovenere**

A short ride by train to Riomaggiore and from here start your walk to Campiglia and Portovenere. You walk now along a stretch of one of the most beautiful trails of the Cinque Terre, the Via Grande. A long flight of steps brings you to the Santuario della Madonna di Montenero. The steps can be avoided by taking the bus. It is a captivating walk along coastal cliffs, through vineyards, always enjoying the adorable panoramas of the countryside with a backdrop of the blue sea. You follow the 'Sentiero Rosso' that connects one end of the Cinque Terre to the other. A nice stop can be made in the hamlet of Campiglia. Crossing a pine forest and the trail leads you towards Portovenere. In 1997 Portovenere, the Cinque Terre and the islands of Palmaria, Tino and Tinetto became a UNESCO World Heritage Site. Portovenere, the village that was once a source of inspiration for famous writers such as Shelley and Byron, is situated on the tip of a peninsula. Its name (Portus Veneris) derives from a temple dedicated to the goddess Venus. This temple is built on the spot where we now find the church of San Pietro, consecrated in 1198. Its characteristic façade with black and white stripes (in Ligurian gothic style) dates back to the 13<sup>th</sup> century. You return by boat to Monterosso or by public transport passing La Spezia

Overnight with breakfast in Monterosso  
Distance: 13 km / 8 miles  
Ascent & Descent: approx. + 640m -640m  
Walking time: 5h  
Difficulty: medium

### **Day 8 After breakfast the end of the tour**

\* In rare cases, due to weather conditions, organizational reasons, provisions issued by local authorities, the itinerary may undergo some changes before or during the stay



## **Hotels:**

**Program A** centre based: 6 nights in \*\*\* hotel in Sestri Levante.

**Program B** trek version: \*\*\* hotels

**Public transport between the villages:** The very frequent trains, which connect all the villages, make it easy to modify the program. It gives you the freedom to do the walks at your own pace, shorten them or alternatively, do some sightseeing.

## **Prices per person 2024:**

### **Program A: centre based**

15/03- 23/03 and 28/10-15/11

In double/twin room € 540

In single room € 855

Solo traveller € 930

23/03 - 21/06 and 02/09 - 27/10

In double/twin room € 580

In single room € 915

Solo traveller € 990

22/06 - 19/07

In double/twin room € 650

In single room € 1.010

Solo traveller € 1.085

20/07 - 01/09

In double/twin room € 730

In single room € 1.110

Solo traveller € 1.185

### **Included in the price:**

- 6 overnight stays in \*\*\* hotel with breakfast
- Dinner on day 1,3 and 5 (excluded drinks)
- Route instructions and maps
- Travel App with tracks, maps and route notes
- Tourist information
- 08.00-20.00 assistance

### **Not included in the price:**

- Local tourist taxes (to be paid directly to the accommodation)
- Tickets for bus, train or boat (about 50,00 p.p.)
- 1 day Cinque Terre Card (€ 7,50)
- Lunches and dinner on day 2, 4 and 6
- Insurances that we highly recommend

- Everything which is not mentioned under 'Included in the price'

### **Program B: Trekking Tour**

15/03- 23/03 and 26/10-10/11

In double/twin room € 795

In single room € 1.070

Solo traveller € 1.170

23/03 - 21/06 and 02/09 - 27/10

In double/twin room € 900

In single room € 1.240

Solo traveller € 1.340

22/06 - 19/07

In double/twin room € 950

In single room € 1.320

Solo traveller € 1.420

20/07 - 01/09

In double/twin room € 990

In single room € 1.390

Solo traveller € 1.490

### **Included in the price:**

- 7 overnight stays in \*\*\* hotel with breakfast
- Route instructions and maps
- Travel App with tracks, tour info, maps
- Luggage transport on day 3 from Levanto station to the hotel
- Luggage transport on day 5
- Tourist information
- 08.00-20.00 assistance

### **Not included in the price:**

- Local tourist taxes (to be paid directly to the accommodation)
- Tickets for bus, train or boat (about 35,00 p.p.)
- 1 day Cinque Terre Card (€ 7,50)
- Lunches and dinner
- Insurances that we highly recommend
- Everything which is not mentioned under 'Included in the price'

Transfers on request

### **How to arrive:**

Program A: Start / End of tour: Sestri Levante

Program B: start Camogli and End Monterosso



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