Coastal walking on the Ligurian Riviera: the Cinque Terre
A 7 or 8 day walking tour

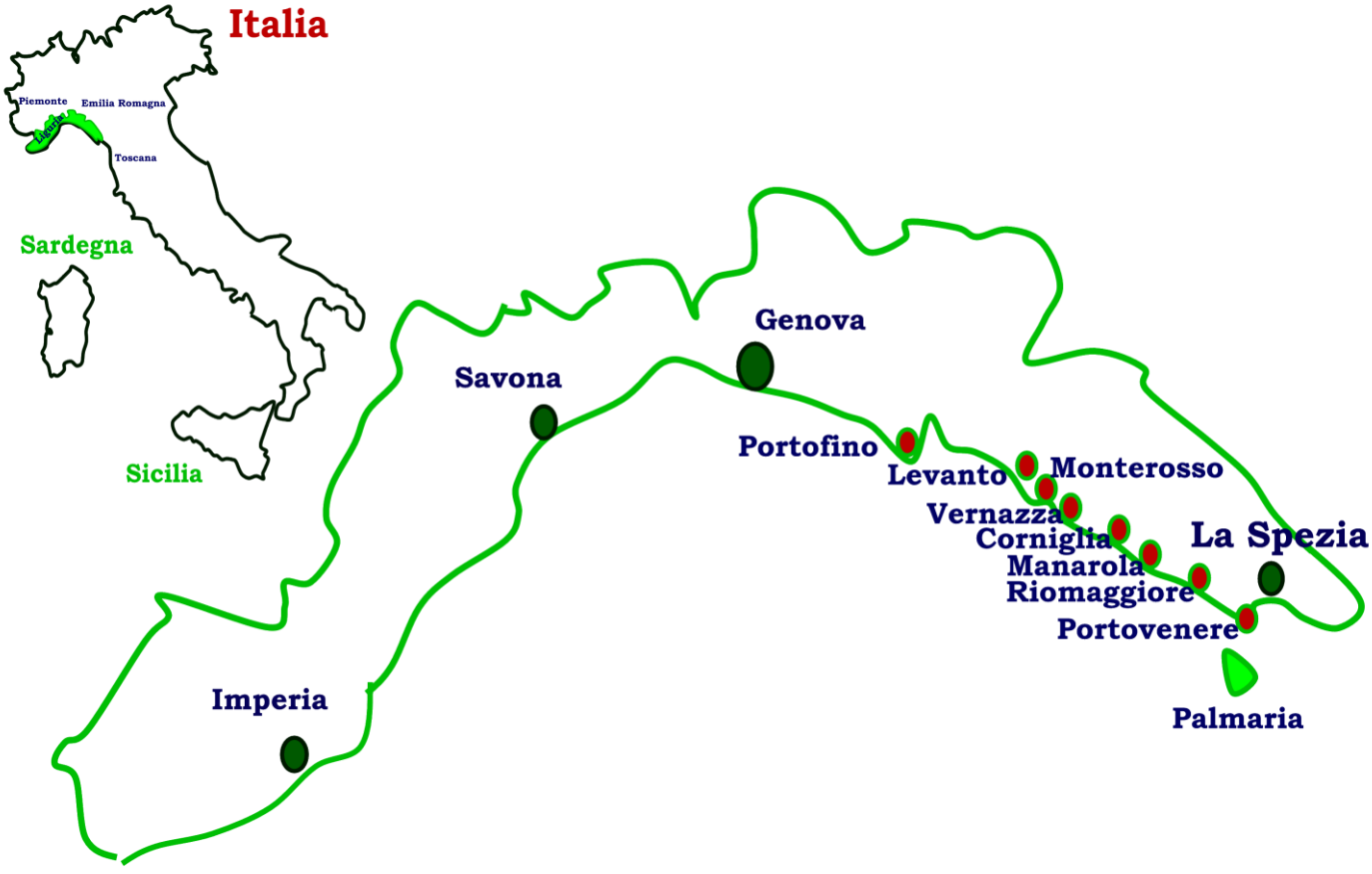
Code tour: ITLIG02W



Cinque Terre Hiking Tour: 8 Days on Foot Between Sea, Villages and Timeless Landscapes
Walking through the Cinque Terre is not just a journey – it is a soul-stirring experience. In this spectacular corner of Liguria, where the sea merges with rugged cliffs and colorful houses seem to defy gravity, an **8-day hiking adventure awaits you along some of the most beautiful trails in Europe**, in the heart of a **UNESCO World Heritage Site**.
For centuries, humans have shaped these mountains with infinite patience, building thousands of kilometers of **dry-stone walls** so ingenious that they are even visible from space. Locals like to say that without them, the Cinque Terre would simply slide into the sea. As you walk through heroic vineyards and olive groves overlooking the deep blue Ligurian Sea, you will be surrounded by ever-changing landscapes, filled with the scents of Mediterranean scrub, dramatic cliffs and hidden coves.
During your **Cinque Terre walking holiday**, you will discover one by one the famous five villages:
Monterosso al Mare, with its golden beach;
Vernazza, often ranked among the most beautiful villages in Italy;
Corniglia, the only one perched high above the sea;
Manarola, iconic for its colorful houses and breathtaking sunsets;
and **Riomaggiore**, romantic and authentic, with fishing boats reflected in crystal-clear waters.

According to a local legend, these ancient paths were once used by sailors, monks and even smugglers to transport wine, olive oil and anchovies – today the very symbols of Ligurian cuisine. And speaking of flavors, between hikes you will enjoy delicious breaks with **fragrant basil pesto, warm focaccia, Sciacchetrà dessert wine and the freshest seafood**, always with a stunning sea view.
Your trekking adventure will also take you beyond the most famous routes, from **Levanto to the wild headland of Punta Mesco**, and into the peaceful hinterland with its ancient sanctuaries and quiet forests. You will also explore **Portovenere**, the hidden gateway to the Cinque Terre, beloved by poets such as Lord Byron.
This **8-day hiking tour in the Cinque Terre** is designed for travelers who love to walk slowly, for those seeking breathtaking landscapes, authenticity, nature and culture. Every step is an encounter – with the sea, with history, with traditions that are still alive. A perfect journey for hikers, outdoor lovers, photographers, curious travelers and timeless romantics.
Get ready to experience one of Italy's most iconic trekking routes, where every bend in the trail reveals a postcard view, and every sunset feels like it was painted just for those who chose to arrive… on foot.

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 15/02 till 15/11
Hotel trekking tour daily from 25/02 till 25/11

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–Manarola-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–Manarola-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
Individual arrival in Sestri Levante, one of the most charming towns on the Ligurian Riviera. Its historic center lies on a narrow peninsula that separates two beautiful bays: the romantic **Bay of Silence** and the scenic **Bay of Fables**.
The name of the Bay of Fables pays tribute to the famous writer **Hans Christian Andersen**, who once stayed here and found inspiration in this magical setting. With its clear sea, colorful houses and seaside lanes, Sestri Levante is the perfect starting point for your journey.

Overnight with breakfast and dinner

Day 2 Bonassola – Levanto -Cape of Punta Mesco -Monterosso
The first hike takes you along the coast to **Monterosso al Mare**, starting from the **Punta Mesco** promontory, perfect for a relaxing picnic. A short detour allows you to visit the ruins of the ancient **Hermitage of Sant'Antonio**, dating back to the 11th century, with stunning views over the rugged coastline.
Following a trail through typical **Mediterranean scrub**, dotted with cork oaks and vineyards, you arrive in Monterosso, a sheltered village nestled among hills covered with olive groves and vineyards. Here you can enjoy its beautiful **beaches**, the **crystal-clear sea**, and dramatic cliffs, sipping a glass of the local **white wine**.
The **old town of Monterosso** retains the traditional charm of the Cinque Terre villages, dominated by the remains of its **castle**. The **Church of San Francesco** houses important artworks, including the **Crucifixion attributed to Van Dyck**. After exploring the village, return to Sestri Levante by **local train**.

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, take the train to **Monterosso al Mare**, the largest village of the Cinque Terre, sheltered among hills covered with vineyards and olive groves. Here you can relax on its **beaches**, admire the **crystal-clear sea**, and the steep cliffs. The **historic center** preserves the typical style of Cinque Terre villages, dominated by the remains of the **castle**, while the **Church of San Francesco** houses important artworks, including the **Crucifixion attributed to Van Dyck**.
The walk continues through olive groves and scenic trails to **Vernazza**, the only village with a **natural harbor**, where narrow, steep alleys lead to the small square by the sea. From Vernazza, the route reaches **Corniglia**, a quiet village perched about 100 meters above sea level, surrounded by vineyard-covered hills, offering a spectacular view of the other four Cinque Terre villages. Access to the center is via the famous **Lardarina**, a staircase of 377 steps, or the road from the train station.
The **Church of San Pietro**, built in 1334 on the site of an 11th-century chapel, is a fine example of **Ligurian Gothic style**.
Return 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, take the train to **Corniglia**, a village perched on a cliff above the sea and the only one of the Cinque Terre not directly on the coast. From Corniglia, the trail heads to **Volastra**, first uphill and then along a flat section through vineyards with stunning views. Volastra, located above **Manarola**, was a horse-changing point in Roman times. Its inhabitants cultivated terraces with olive trees, lemons, chestnuts, and vineyards; in the 12th century, some moved to the coast, founding **Manarola**.
The route then descends to **Manarola**, the oldest Cinque Terre village, with winding streets leading to the square by the harbor. Don't miss a glass of the famous local **Sciacchetrà white wine**. You can stop here to enjoy the sea and sun or continue hiking to **Riomaggiore**, following a stepped trail through the terraced hills. Riomaggiore, the southernmost village, features **tall, colorful houses** with multiple entrances due to the slope. In the upper part of the village, visit the **Church of San Giovanni Battista** (1340), the 16th-century Oratory of the Disciplinati, and the castle ruins. After a refreshing swim, return by train to **Sestri Levante**.

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 train ride brings you to **Riomaggiore**, where your walk begins towards **Campiglia** and **Portovenere** along one of the most scenic trails of the Cinque Terre, the **Via Grande**. A long staircase leads to the **Sanctuary of Madonna di Montenero**, which can be avoided by bus.
The trail continues along **cliffs and vineyards**, offering spectacular views of the sea. You will follow the **Red Trail**, passing through the hamlet of Campiglia and a pine forest before reaching **Portovenere**.
Since 1997, **Portovenere**, the Cinque Terre, and the islands of Palmaria, Tino, and Tinetto have been a **UNESCO World Heritage Site**. This village, once a source of inspiration for writers such as Shelley and Byron, sits on a peninsula tip. Its name, **Portus Veneris**, comes from a temple dedicated to Venus, now replaced by the **Church of San Pietro** (1198) with its distinctive 13th-century **black-and-white striped Gothic façade**.

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 to **Camogli**, where today's walk begins through the **Portofino National Park**, passing **Paradiso, Pietre Strette**, and **San Fruttuoso**. The trail winds through **holm oaks, mixed forests, and Mediterranean scrub**. In San Fruttuoso, admire the impressive **8th-century Abbey**.

After your visit, you can return to Camogli by boat or continue on foot to **Portofino**, a small fishing village surrounded by the green of the Regional Natural Park and Marine Reserve. The famous **Piazzetta** and the harbor with **colorful houses** symbolize the village's maritime traditions; its inhabitants were called "dolphins" by the Greeks and Romans for their seafaring skills.
The walk continues to **Santa Margherita Ligure**, with its charming harbor where **fresh fish** is still sold today. Return 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
Individual arrival in Camogli, the famous **"City of a Thousand White Sailing Ships"**, a picturesque fishing village overlooking the Gulf of Paradiso. Its **tall, colorful houses**, small harbor, and fishing boats reflect a long history of seafaring and trade. In the 19th century, Camogli had one of Italy's most important sailing fleets.
In the afternoon, enjoy a stroll through the **historic center**, admire the **seafront promenade**, and relax in **Piazza Colombo**, the heart of the town. Don't miss the **Basilica of Santa Maria Assunta**, with its 18th-century façade and beautifully decorated interiors. For panoramic views, climb up to the **Castello della Dragonara**, overlooking the village and the sea.
For a leisurely moment, enjoy a local **focaccia** or ice cream along the harbor while watching the boats and soaking in the maritime atmosphere of this charming town.

Overnight with breakfast

Day 2 Walking from Camogli to Portofino passing San Fruttuoso
After breakfast, begin your **first walk of the tour** through the **Portofino National Park**, passing **Paradiso, Pietre Strette**, and the picturesque village of **San Fruttuoso**. The trail winds through **holm oaks, mixed forests, and Mediterranean scrub**, offering breathtaking views of the coast. In San Fruttuoso, visit the impressive **8th-century Abbey**, nestled in a small bay accessible only on foot or by boat.
After the visit, you can return to Camogli by boat or continue on foot to **Portofino**, a tiny fishing village surrounded by the green of the Regional Natural Park and Marine Reserve. The famous **Piazzetta**, a hub for the international jet-set, and the harbor with **brightly colored houses** reflect the village's maritime traditions; its inhabitants were called "dolphins" by the Greeks and Romans for their seafaring skills.
The walk continues to **Santa Margherita Ligure**, with its charming harbor where **fresh fish** is still sold today. Return to Camogli by boat or public transport, enjoying the sea views and coastal breeze along the way.

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, take the train with your luggage to **Levanto**, where it will be collected at the station and delivered directly to your hotel. From there, enjoy a **scenic walk** through the hills overlooking the sea to the charming village of **Framura**, a cluster of small hamlets scattered along the hillside.
In Framura, you can choose to **relax on the beach** and stroll through the village streets, or return by train to **Levanto**, enjoying the coastal views along the way.

Overnight with breakfast in Levanto
Distance: 8 km / 5,6 miles
Ascent & Descent: approx. + 370 -330m (both walks)
Walking time: 3h
Difficulty: medium to difficult

Day 4 Cinque Terre Park: Corniglia – Manarola – Riomaggiore
After breakfast, reach Levanto station, located at the top of **400 steps**, and take the train to **Corniglia**, the only Cinque Terre village not directly on the sea, perched on a cliff.
From Corniglia, the trail climbs to **Volastra**, passing through **vineyards and stunning viewpoints** along a flat section. Volastra, above **Manarola**, was a Roman-era horse-changing point, and its inhabitants cultivated olive trees, lemons, chestnuts, and vineyards. In the 12th century, part of the population moved to the coast, founding **Manarola**.
Next, descend to **Manarola**, the oldest Cinque Terre village, with **winding alleys** leading to the harbor square. Don't miss a glass of the famous **Sciacchetrà white wine**, known since Roman times. You can pause here to enjoy the sea or continue hiking to **Riomaggiore**, following a stepped trail through the terraced hills.
Riomaggiore, the southernmost village, is famous for **tall, colorful houses** with multi-level entrances due to the slope. In the upper part, admire the **Church of San Giovanni Battista** (1340), the 16th-century Oratory of the Disciplinati, and the castle ruins. After a refreshing swim, return 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 coastal walk leads to **Monterosso al Mare**, the largest village in the Cinque Terre. The route begins along the old **railway** and climbs to **Punta Mesco**, perfect for a relaxing **picnic lunch**. A short detour allows you to visit the **ruins of the 11th-century Hermitage of S. Antonio Mesco**, offering spectacular views of the rugged coastline.
Continuing along a steep trail through **Mediterranean scrub** dotted with cork trees, you reach Monterosso, sheltered by hills covered with **vineyards and olive groves**. Enjoy the **beaches**, admire the **cliffs**, and sip a glass of **local white wine**. The old town retains the typical **Cinque Terre style**, dominated by the **Castle ruins**. The **Church of San Francesco** houses important artworks, including the **Crucifixion attributed to Van Dyck**.

Overnight with breakfast in Monterosso
Distance: 8 km / 5,6 miles
Ascent & Descent: approx. + 370m -370m
Walking time: 3,5h - 4h
Difficulty: easy to medium

Day 6 Monterosso- Vernazza-Corniglia
Today's walk leads through **olive groves and vineyards** to **Vernazza**, the only Cinque Terre village with a **natural harbor**. Narrow, steep alleys bring you to the main street, ending in a **harbor square**, the vibrant heart of the village.
The trail continues to **Corniglia**, a quiet village perched about 100 meters above sea level on a cliff, offering panoramic views of the other four villages. To reach the center, you can climb the **Lardarina**, a long staircase of 377 steps, or follow the road from the train station.
The **Church of San Pietro**, built in 1334 on the site of an 11th-century chapel, is a fine example of **Ligurian Gothic architecture**. Return to **Monterosso** by train.

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
After a short train ride to **Riomaggiore**, your final walk begins toward **Campiglia** and **Portovenere**. You will follow a section of the scenic **Via Grande**, including a long staircase to the **Sanctuary of Madonna di Montenero** (steps can be avoided by bus).
The trail continues along **cliffs and vineyards**, offering spectacular views of the countryside and the deep blue sea. You will follow the famous **Sentiero Rosso**, connecting one end of the Cinque Terre to the other, with a pleasant stop in **Campiglia**. Passing through a pine forest, the path leads to **Portovenere**, declared a **UNESCO World Heritage Site** together with the Cinque Terre and the islands of Palmaria, Tino, and Tinetto.
Portovenere, which inspired writers like Shelley and Byron, is located on a peninsula tip. Its name, **Portus Veneris**, comes from a temple dedicated to the goddess Venus, now replaced by the **Church of San Pietro** (1198), with its distinctive black-and-white **Ligurian Gothic façade** from the 13th century. Return to **Monterosso by boat** or public transport via 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

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 2026:
Program A: centre based

15/02 – 30/03 and 01/11 – 15/11
In double/twin room € 560
In single room € 885
Solo traveller € 965

01/04 – 30/04 and 01/10 – 31/10
In double/twin room € 600
In single room € 945
Solo traveller € 1.025

01/05 – 10/07 and 30/08 – 30/09
In double/twin room € 670
In single room € 1.040
Solo traveller € 1.120

11/07 - 29/08
In double/twin room € 750
In single room € 1.140
Solo traveller € 1.220

Transfer:

Transfer Sestri Levante – Genova Apt	90,00 €
Transfer Sestri Levante – Pisa Apt	126,00 €
Transfer Sestri Levante – Linate Apt	162,00 €
Transfer Sestri Levante – Malpensa Apt	189,00 €
Transfer Sestri Levante – Bergamo Apt	189,00 €
Transfer Sestri Levante – Bologna Apt	198,00 €

Extra night on request

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
- 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

25/02 – 30/03 and 07/11 – 25/11
In double/twin room € 850
In single room € 1.160
Solo traveller € 1.305

01/04 - 30/04 and 05/10 – 06/11
In double/twin room € 960
In single room € 1.330
Solo traveller € 1.475

01/05 - 10/07 and 30/08 – 04/10
In double/twin room € 1.005
In single room € 1.400
Solo traveller € 1.545

11/07 - 29/08
In double/twin room € 1.050
In single room € 1.480
Solo traveller € 1.625

Transfer min. 2 pax:

Transfer Torino Apt-Camogli	235,00 €
Transfer Firenze Apt-Camogli	207,00 €
Transfer Pisa Apt-Camogli	144,00 €
Transfer Genova Apt-Camogli	90,00 €
Transfer Monterosso-Torino Apt	252,00 €
Transfer Monterosso-Firenze Apt	205,00 €
Transfer Monterosso-Pisa Apt	144,00 €
Transfer Monterosso-Genova Apt	153,00 €

Extra night on request

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
- 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'

CANCELLATION PENALTIES
a) withdrawal until 30 days before holiday start date – 20% of the total cost of the stay;
b) withdrawal from 29 to 21 days before holiday start date – 25% of the total cost of the stay;
c) withdrawal from 21 to 14 days before holiday start date – 50% of the total cost of the stay;
d) withdrawal from 13 to 6 days before holiday start date – 80% of the total cost of the stay;
e) withdrawal within 5 days before holiday start date – 100% of the total cost of the stay.
The day calculation only includes working days, it does not include the day of withdrawal, Saturdays and public holidays.

How to arrive:
Program A: Start / End of tour: Sestri Levante
Program B: start Camogli and End Monterosso

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