

Italy

Self-Guided tour Hiking Trip

Active Journeys



Cinque Terre

Day 1
Arrive Levanto

Day 2
Free day or Circular Walk 10 or 13 km

Day 3
To Monterosso 8 or 15.5 km

Day 4
Free Day or Circular Walk 12.5 km

Day 5
To Riomaggiore 23 km

Day 6
To Portovenere 14 km

Day 7
Free Day or optional walk 5 km

Day 8
Tour Ends

This trip will satisfy anyone with a taste for adventure. Cinque Terre is famous for its beautiful coastline and picturesque villages. The ancient system of footpaths and trails were for centuries the only land link with the outside world. It is debated whether the finest coastal walk in Europe is from Vernazza to Corniglia or from Corniglia to Vernazza. We include the entire classic coastal path that entails visits to small villages clinging to rock buttresses or the sides of steep ravines. This route takes you along the ancient Etruscan trade route with an endless variety of walks.

The Cinque Terre is undoubtedly the most picturesque coastline in Europe. This hike offers a great combination of fine weather, palm trees, medieval villages, gastronomic cuisine and fine wines.

On an independent holiday you can explore the Cinque Terre at liberty, walking along quiet roads through changing scenery. These holidays offer all the pleasures of hiking point to point, arriving at a new destination each day, without the hassle of carrying any luggage. Distances each day are moderate, allowing you to walk at your own pace and enjoy the countryside. Our detailed route notes, up-to-date maps, together with the official marker posts, will ensure that you can enjoy your holiday without worrying about finding the routes.



Fast Facts

- Enjoy one week in Cinque Terre in only four hotels
- Choice of several routes each day
- Enjoy wonderful local seafood with trattorie everywhere en route
- Considered to be one of the finest coastal paths in the world
- Picturesque fishing villages linked by ancient networks of walking paths
- Try the renowned wines from the terraced vineyards

Tour Details

Daily: Mid April to end June
September to mid October

Cost: \$2395 per person

Single Room Upgrade: Upon request

Length: 8 days/7 nights

Grade: Moderate to Intermediate

Starts: Levanto

Ends: Portovenere

ITINERARY

Day 1 Arrive in Levanto

Arrive in Levanto anytime during the day. Levanto's highlights include the medieval walls. Loggia and 13th castle on a promontory contrast with the once grand and fashionable 19th and early 20th resort. Neo-classical buildings and palm trees are set beside narrow medieval alleys and buildings with origins in the 8th. Of course, the best highlight is the wide beautiful beach, with excellent swimming.

Day 2 Levanto 10 or 13 km / 3.5 or 5 hrs

Go on excursions around Levanto, including paths that lead to pilgrim churches and the ancient Etruscan trade route along the ridge. Optional circular walk in the hills, once the domain of the feared Zolaschi, who controlled the ancient ridge-top trade route. Additional walk to the coastal village of Bonassola (1 hour), returning by train or on foot.

Day 3 Levanto to Monterosso 8 or 15.5 km / 3 or 6 hrs

Walk along a superb coastal path, through woods and scented scrub, with fabulous views of the entire Cinque Terre. The trail is an ancient stony mule path, along steep slopes and cliffs to Monterosso. There is an alternative 'high route' for those looking for something more challenging. Monterosso is the first of the Cinque Terre villages, divided into new and old parts. The old comprises the castle, the Capuchin convent (with a painting attributed to Van Dyke) and a medieval village. The new village is built along the extensive beach and a promenade.

Day 4 Free day in Monterosso Choices, choices 12.5 km

Again you have ample choices to make today! A steady climb up a cobble path brings you to a ridge with wonderful views - both inland and seaward, leading to the sanctuary of Madonna di Reggio, from where a fine pilgrim path leads gently down to Vernazza, the former Roman port of 'Vulnetia'. Return along the coast by train, boat or on foot.

Day 5 Monterosso to Riomaggiore 23 km / 8hrs

Walk the famous Cinque Terre coastal path, linking the five villages and serving the hillside vineyards. The path has been modified into endless steps. Again we have a higher route that goes more deeply into the interior hills. Riomaggiore is a spectacular village with a long history, castle, church, and beautiful harbour.

Day 6 Riomaggiore to Portovenere 14 km / 5.5 hrs

Today you head up through the terraced vineyards to the wooded ridge, via the sanctuary church of Montenero. On the ridge trail, you enter extensive pine and chestnut forests. You emerge to find the most dramatic coastline of the tour, before descending to Portovenere. This village is of Roman/Byzantine origin, though the present village is predominantly medieval. It has a massive fortress and fortified houses along the port. A Gothic church to San Pietro now surmounts the promontory, once the site of a temple to Venus. Moored in the harbour are colourful fishing boats, and on the quay are lively restaurants and bars.

Day 7 Portovenere Free day 5 km / 2.5 hrs

Go by boat to the island of Palmaria, which has great walking trails and some of the best beaches for swimming.

Day 8 End of tour

Tours ends after breakfast.



What to Expect

What will the weather be like?

The daytime temperature will be warm and sunny. In September, you can expect high 70's (high 20's C), and cooler evenings. Sunscreen is a must during the day, as is a sweater for the cooler nights. Traditionally it does not rain, but it is recommended to bring some rain gear in case.

How many hours of walking a day?

Be prepared to walk between 4 to 8 hours daily, rarely on flat terrain. Cinque Terre has terraces and is all hills. You are either going up or down almost all the time; however, these are shorter rolling ascents and descents. There is a shorter flatter route hugging the coast most days.

How fit do I need to be?

The fitter the better, and some hiking experience is recommended but not required. You can always take public transport to get to next location— either by train or boat.

What are the hotels like?

We use 3* accommodations, with twin-bedded rooms, all with private facilities. They are chosen for their charm and hospitality.

NOTE: Paths in the national park may, on occasion, be temporarily closed due to adverse weather or other considerations. The Route Book provides for this eventuality by including a range of equally beautiful route options for each day. Your Route Manager will advise you accordingly.



Getting There

Cinque Terre is linked by train to the major line running along the coast and is therefore highly accessible. There are international flights to Pisa and Genoa, then trains from there to Cinque Terre. Frequent trains depart from Pisa to Levanto (1 5 hours) until 21:19. From Portovenere, take a bus back to La Spezia to connect with the trains to Genoa, Pisa, Milan or Rome.



How to book your holiday

- Contact our office to make sure there is space available. One of our travel planners will walk you through the entire booking process.
- Download the reservation form from our website and send in completed form by fax or email. Once this is done, your space is confirmed and a pre-departure packet will be sent immediately.
- Deposit is required immediately, and final payment is due 60 days prior to departure. Terms & conditions are outlined on the back of our Reservation Form.
- Plan your air travel as soon as possible.
- We encourage you to purchase travel insurance, either through us or directly a travel insurance provider.
- Ensure that you are in proper health for the trip chosen. Contact us for more information on vaccinations, inoculations, and fitness requirements.