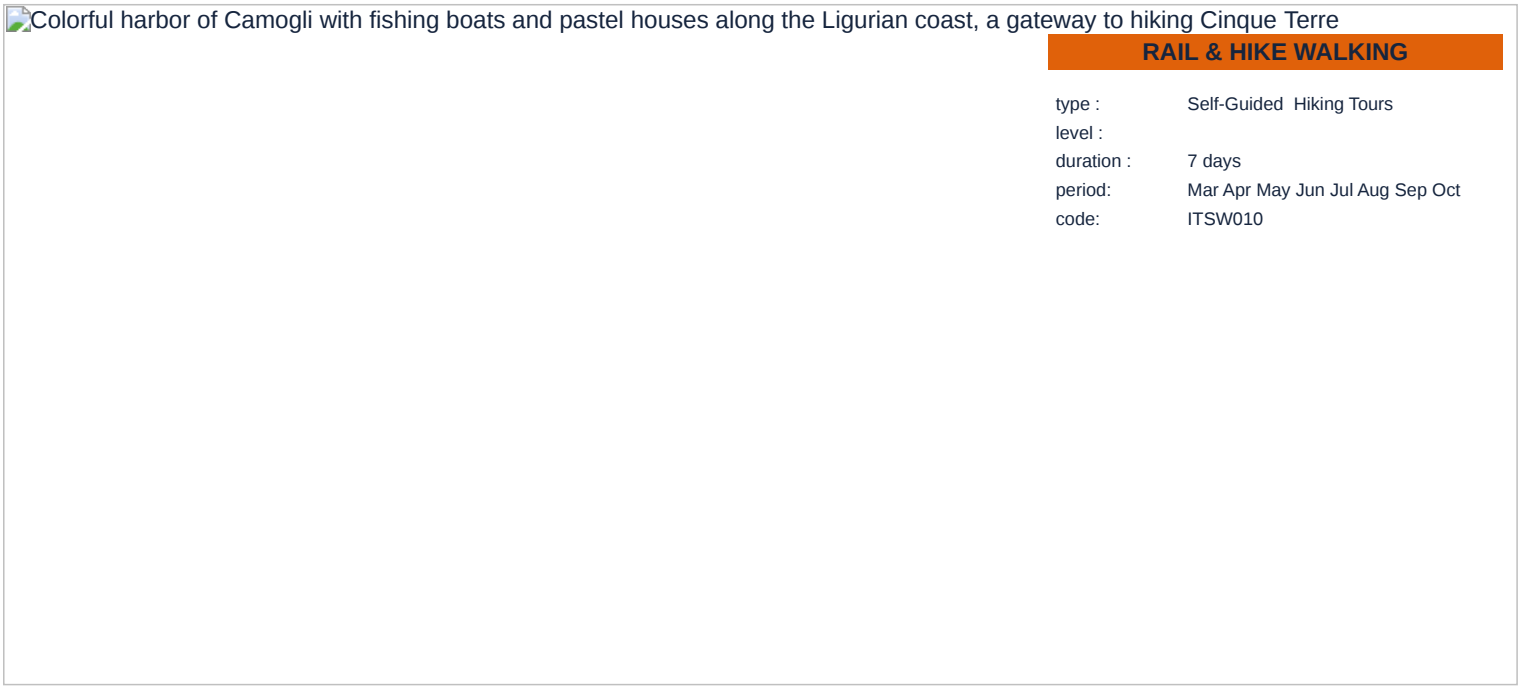
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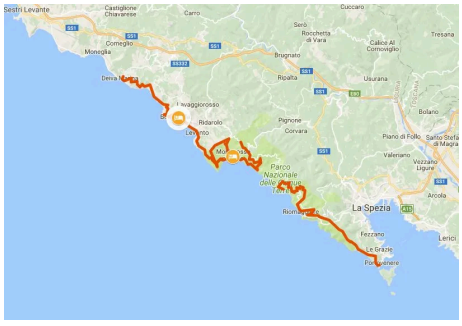
RAIL & HIKE WALKING

type :	Self-Guided Hiking Tours
level :	
duration :	7 days
period:	Mar Apr May Jun Jul Aug Sep Oct
code:	ITSW010

Two Center Cinque Terre Hiking - Italy

Two Center Cinque Terre Hiking

7 days, PRICE FROM *€ 740*



This **hiking Cinque Terre** trip takes you in the **magical atmosphere** of **colorful** Cinque Terre and the **villages** around them: you may ask yourself if they deserve their popularity and the answer is yes, they do.

Be ready to walk along **coastal paths** covered in **wildflowers**, **maritime pine** and **juniper-scented forests**, gorgeous **vineyards** and panoramic views on the **sea**: a constant travel companion, showing a different side with every day of walking.

At the end of the path you'll find colorful, **lively villages**, **churches** surrounded by oleanders and secular **trees**, squares filled with voices and light, tiny restaurants offering **freshly caught fish**.

Route

Day 1 Monterosso

Today you can prepare for your travel enjoying the fresh, crisp seaside breeze, or relaxing with a little walk in the **beautiful historic centre of Monterosso:** go up to the **Torre Aurora** for a unique view on the sea, or admire the **Giant**, the enormous stone man sitting on the rocks. Try the anchovies for dinner: they're a local speciality.

Day 2 Monterosso loop Via Levanto, 12 km

Today the route is very scenic and offers views of the coast and inland mountain ranges. It is possible to shorten the walk by starting from **Colle di Gritta**. Continue over the **graceful mountain ridge** through stretches of **lush forests**, until you reach **Punta Mesco**.
Return to Monterosso by descending a series of captivating old stone footpaths.

Distance: 12 km

Elevation gain: +816/-817 m

Day 3 You can choose between three options for this day

- **From Soviore to Monterosso, 9 km**

The itinerary starts from the **Soviore Monastery:** before beginning your walk, enter its door to admire the beautiful frescoed vault. After a brief stretch of asphalted road, you will descend through a panoramic path to the **Madonna di Reggio Sanctuary**, with its beautiful stone façade surrounded by secular trees. From here you will continue to **Vernazza**: don't miss the panoramic view from the **Santa Margherita church**, before going back to Monterosso following the Coastal Road.

Distance: 9 km

Elevation gain: +329/-740 m

- **From Corniglia to Manarola, 7 km**

From Monterosso you can reach **Corniglia** with a brief train ride: the most adventurous ones will face its 380 steps, before setting off for **Riomaggiore**. Here you will be able to take a little break, wandering through the typical colorful houses, and you will discover that local specialities are based on rice, and not on fish. From Riomaggiore you can go back to Monterosso by train, but we suggest to continue along the Coastal road to **Manarola**, even just for a glass of Sciacchetrà.

Distance: 7 km

Elevation gain: +663/-664 m

- **From Monterosso to Corniglia, 7 km**

Today you walk along the **coastal trail** that **connects the five villages** of the Cinque Terre. Thetrail contours the coastline, ascending and descending, and it includes some stone staircases that can be challenging. The route is straightforward and easy to follow. At the end of the walk, take the train back to Monterosso.

Distance: 7 km

Elevation gain: +482/-404 m

Day 4 From Riomaggiore to Porto Venere, 15 km

Let yourselves be inspired by this wonderful walk, following the path of the English writers Shelley and Byron: a path through the woods will lead you to the **La Spezia Gulf,** where you will enjoy a breath-taking view on the coast and islands. From this point you will descend through occasioally steep foothpaths until entering the door of **Porto Venere**, dominated by the beautiful castle.

Distance: 15 km

Elevation gain: +900/-890 m

Day 5 From Colle di Gritta to Bonassola, 14 km

The day starts with a short bus ride from Monterosso to Colle di Gritta. From here it is possible to choose between **a short and easy route** that descends the slope from Colle di Gritta towards Levanto or a longer route that runs along the slopes of **the hills overlooking Levanto**. This route is very scenic and passes through several inland villages.
To avoid the second part of the walk along the hills, you can take the train in Levanto or walk on the cycle path towards **Bonassola**.

Distance: 14 km

Elevation gain: +620/-940 m

Day 6 From Bonassola to Deiva Marina, 12,5 km

Your last day of walk will lead you to discover the hills surrounding **Bonassola**, through a panoramic route offering wonderful views on the northern Liguria coast. If the weather is good we suggest to stop for a bath in **Framura**, before continuing towards **Deiva Marina**, where you will be able to enjoy an ice cream wandering in the historic centre admiring the well preserved **Control Towers**, built during the Genoa domination.

Distance: 12,5 km

Elevation gain: +657/-643 m

Day 7 Bonassola

The service ends after breakfast.

Accommodation

Nights in double room in *** hotel with breakfast



Hotel Marina - Monterosso
Hotel Marina*** lies in a quiet area, 100 meters from the sea. Rooms are beautifully decorated, spacious and well finished with free Wifi, air-conditioning/heated, TV, telephone. Breakfast is very good and various and the staff is welcoming and helpful.



Hotel Villa Belvedere - Bonassola
Hotel Villa Belvedere is located on a hill overlooking the blue bay of Bonassola and has a big garden. Rooms overlooking the sea and the surroundings and are furnished in a simple way, clean but not very soundproofed. Accommodations have heating, telephone, TV, Free Wifi, ceiling fan. Breakfast is good and various.

Practical info

Nearly all trains from Genoa go directly to Monterosso, only sometimes you need to change either in Sestri Levante or la Spezia (approximately 1.5 to 2 hours).

From Pisa airport (PSA), you have to change at Pisa Centrale, and again at La Spezia for a local train that stops in Monterosso al Mare (approximately 2 hours).

On departure, you can easily reach the aiports of Pisa (PSA), Genova (GOA) and Florence (FLR) from Bonassola.

Train timetables available on www.trenitalia.com.

GPS tracks are available on request.

Included

What is included

- 6 Nights in double room in **/*** hotels , B&B and agriturismi with breakfast
- Cinque Terre Card for Cinque Terre National Park, valid for 2 days
- luggage transportation from hotel to hotel
- maps and detailed description of the itinerary in digital form, app
- Medical and luggage travel insurance
- 24h phone assistance

What is not included

- Transfers to the starting location and from the arriving location of the tour
- lunches and dinners, if not otherwise stated
- visits and entrance fees - tips
- personal expense
- possible sojourn taxes
- everything that is not mentioned in the "What is included" section.

Optional Services

These services can be added to the ones included in the base price of the tour:

- Single room supplement
- cancellation insurance
- Transfers to reach the starting location or to leave the arriving location of the tour, which will be quoted on request.
- travel documentation in printed form (maps and detailed description of the itinerary), shipped to the first hotel