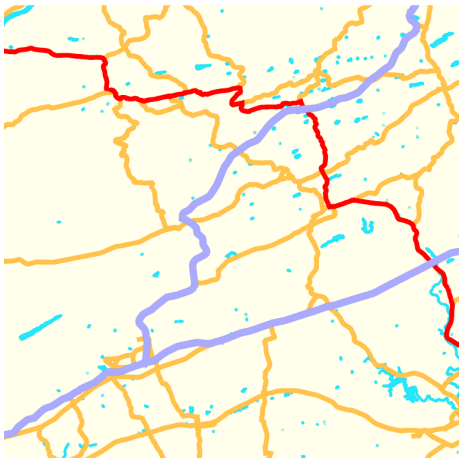


CLASSIC ROUTES SPRING & AUTUMN

type :	Hiking Tours Self-Guided
level :	
duration :	8 days
period:	Mar Apr May Jun Jul Aug Sep Oct
code:	ITSW018

Portofino & The Cinque Terre - Italy

8 days, PRICE FROM *€ 791*



Walking along the **coastal trails of the Ligurian Riviera** means being constantly surrounded by beauty: **terraces of vineyards** overlooking the sea, **olive groves** shaped by centuries of care, and **bursts of wildflowers framed by the deep blue Mediterranean**. Inland, **shady pine** and **chestnut forests** invite you to slow down and discover another side of Liguria — the perfect setting for a **Cinque Terre hike**, a **trekking Cinque Terre** experience or a **walking holiday in Liguria**.

Your journey begins with the **iconic walk to the secluded Abbey of San Fruttuoso** and the **glamorous seaside town of Portofino**, a paradise for those who love **hiking Portofino** and exploring coastal paths by the sea. From there, a short train ride brings you to the charming villages of **Bonassola** and **Monterosso**, the gateway to the **Cinque Terre** and one of the most scenic stretches of any **Cinque Terre hike**. These **five fishing villages**, perched like **colorful jewels on dramatic cliffs**, lead you to the final gem of the Riviera: **Portovenere**. Here, the perfect way to end your adventure is with a plate of fresh local specialties and a glass of crisp Ligurian white wine, enjoyed at a seaside café while the sun sets over the sea.

Route

Day 1 Arrival in Camogli

As soon as you get settled in your accommodation, step outside and breathe in the incredibly fresh, crisp air of the Mediterranean Sea. In the afternoon you can visit the historic centre, and in the evening, let all your senses be delighted as you prepare for your phenomenal walking adventure ahead.

Day 2 Walk from Camogli to Portofino, 12 km

From Camogli take one of the main paths of the Portofino Regional Park; a first steep section takes you to the village of San Rocco (it is possible to take a bus instead), then arrive to the San Fruttuoso Abbey. From San Fruttuoso, you can choose to walk or take a ferry to Portofino.

Enjoy the wonderful view from Il Faro (the Light House), located at the extreme point of the promontory, 1km far from Portofino from where you take the train or boat back to Camogli.

Distance: 12 km

Elevation Gain: +910/-895 m

Day 3 Walk from Bonassola to Deiva Marina, 11 km

Today starts with a short train ride to Bonassola from where you start the day's walk through the hills of the East Riviera which divide Bonassola, Framura and Deiva Marina.

The first part of this walk (Bonassola – Framura) is extremely panoramic with wonderful views over the northern Ligurian coast and it can be shortened by ending in Framura.

Return to Bonassola by train.

Distance: 11 km

Elevation Gain: +700/-700 m

Day 4 Walk from Deiva Marina to Riva Trigoso, 15 km

After breakfast, take a train to Deiva Marina where the day's walk starts. If you wish to make a shorter walk, you can also start in Moneglia. The hike follows the jagged coast line and crossing a few valleys and ends in Riva Trigoso, 1 train stop from Sestri Levante that is worth visiting. Take the train back to Bonassola.

Distance: 15 km

Elevation Gain: +1000/-1000 m

Day 5 Walk from Bonassola to Monterosso al Mare, 11 km

The first part of today's walk runs along an old railway recently transformed in a flattish cycle path. You walk through tunnels and bridges with spectacular views over the sea and the cliffs till you arrive to the nice town of Levanto. Reach the ridge top to enjoy the spectacular views over the mountains which surrounding the gulf. Arrive in Punta Mesco and walk down towards the village of Monterosso where you overnight.

Distance: 11 km

Elevation Gain: +460/-465 m

Day 6 Transfer to Soviore and walk back to Monterosso, 9,5 km

A short transfer takes you to Soviore Monastery where you can stop for a visit before starting the walk back to Monterosso via Vernazza. From the Sanctuary you walk on asphalt road for 1,5km, then take a nice panoramic path that slightly descends to the Madonna di Reggio. Continue walking on a stone path down to Vernazza where you take the panoramic coastal path back to Monterosso. To shorten the walk, you can stop in Vernazza and take a train back to Monterosso.

Distance: 9,5 km

Elevation Gain: +320/-785 m

Day 7 Walk from Riomaggiore to Portovenere, 15 km

A short train ride takes you to Riomaggiore where the day's itinerary starts. The first 1.3km climb gradually to Colle del Telegrafo from where you gently descends to Portovenere walking on panoramic ridge trail and passing through the village of Campiglia.

Today's route is very scenic, with spectacular views on the Cinque Terre coastline, Portovenere and the Gulf of La Spezia, walking on well-beaten and well-marked footpaths.

If you want to shorten the walk, from Campiglia walk or take a bus to Marola and then another bus to Portovenere.

Distance: 15 km

Elevation Gain: +900/-890 m

Day 8 Arrivederci, Portovenere!

The trip and our services end after breakfast.

Take a public bus to La Spezia and there a train to Pisa, Genoa, Florence or Milan airports.

Practical info



On Arrival:

The nearest airports are in Genoa and Pisa. From Pisa airport reach La Spezia train station.

All trains from Genoa or La Spezia go directly to Camogli, only sometimes you need to change.

On Departure:

You can easily reach the aiports of Pisa Genova from Monterosso.

Included

What is included

- 7 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