

WALKING CINQUE TERRE

6 days/5 nights walking tour

Hotels: GH Portovenere 2 nights (1 prenight + 1 on tour) + La Torretta Manarola 3 nights



Explore on foot the natural beauties of the Cinque Terre, one of the most iconic Italian landscapes, suspended between the sea and the mountains. In 1997, this gorgeous and picturesque area was included in the UNESCO Heritage List.

DAY 1 - Island of Palmaria and Portovenere

In the morning you will meet your guide and follow him on the ferry boat for the **Island of Palmaria** (in front of **Portovenere**) for your first walking. This island, covered with the typical **Mediterranean vegetation**, has a triangular shape: the sides facing, respectively, La Spezia gulf and Portovenere, gently slope down to the sea level; while the other side, facing west towards the open sea, is characterized by **high cliffs**, where many **caves** can be found. Among these caves, the most famous ones are the so called **Grotta Azzurra** (“Blue Cave”), which can be visited by boat, and the **Grotta dei Colombi** (“Cave of Pigeons”), that is accessible only by climbing on ropes. After the visit of the Island, the boat will take you **back to Portovenere**.

DAY 2 - Manarola, Volastra, Corniglia

After a transfer to **Manarola**, where you will also spend the night, your guide will lead you to **Volastra** and **Corniglia**. **Corniglia** is the only village of the Cinque Terre which isn't directly adjacent to the sea, because it is **nested** on the top of a 100-meters-high **promontory**, and it is surrounded on three sides by the typical **cultivated terraces and vineyards**. Your walking will then proceed onto **Vernazza**, a small town with no cars which is considered to be one of the most **genuine “fishing villages”** on the Italian Riviera. From here you will take a local train **back to Manarola**.

DAY 3 - Monterosso, Levanto, Punta Mesco

After breakfast, you'll start your walking towards **Monterosso**, passing through **Levanto** and **Punta Mesco**. In Monterosso, if you want, you can also walk up to the **Santuario of Soviore**, a **spiritual place**, and a well-known **stop for trekkers**, surrounded by the **Mediterranean scrub** of the **Cinque Terre National Park**. After your walking, a local train will bring you **back to Manarola**.

DAY 4 - Bonassola and Framura

After breakfast, you'll start your walking to **Bonassola**, a lovely village on a **natural gulf** surrounded by **hills** cultivated with **vines and olive trees**. This small town in 2005 produced a **Guinness World Record pesto lasagna** of 50 sq. meters (538 sq. ft) that could be divided up to four thousand portions! After Bonassola, you will proceed onto **Framura**, another **typical settlement** of the Cinque Terre Landscape. From Framura, you will take a local train **back to Manarola**.

DAY 5 - Goodbye

Breakfast and **check out**. **Optional transfer** to airport or your next destination is available on request.

Arrivederci!