

Cinque Terre

8 or 5 Day Trip
Independent Walking up to 50.8 miles

Route Open • 16th Apr to 30th Jun; 1st Sep to 16th Oct



MAGNIFICENT VIEWS ALONG ANCIENT COASTAL PATHS

PHOTO: FRANCIS ORAVETZ

Features

- Walk from palm-fringed Levanto to the promontory village of Portovenere
- One of the finest coastal paths in Europe
- Picturesque fishing villages linked by an ancient network of footpaths...and by train and boat!
- Excursions into the hills behind the villages, with spectacular views and inspiring walks
- Excellent seafood and renowned wines from the terraced vineyards of the coast

Itinerary

The 5 villages of the Cinque Terre are connected by frequent local trains. This provides a daily choice of walking options, from easy to challenging, with over 100 miles of excellent paths.

Day 1 • Arrive in Levanto

Day 2 • Free day in the area

Medieval walls, *loggia* and a 13th century castle contrast with the faded grandeur of this once fashionable resort, with fine beach. Optional circular walk in the hills, once the domain of the feared Zolaschi, who controlled the ancient ridge-top trade route (7.8 miles, 5 hrs).

Day 3 • Levanto to Monterosso

Superb coastal path, through pine woods and scented scrub, with views of the whole Cinque Terre. A stepped path leads down to Monterosso, with medieval centre, castle and Cappucin convent (4.3 or 9.3 miles, 3 or 5 hrs).

Day 4 • Free day in the area

Choice of high paths and circular routes – perhaps a short train to Vernazza, the former Roman port of 'Vulnetia', from where there is a fine pilgrim path up to the church of Madonna di Reggio (various mileages/timings).

Day 5 • Monterosso to Riomaggiore

Walk the famous Cinque Terre coastal path, which links the five villages and their vineyards. This may be crowded in high season. (Options from 7.3 to 14.1 miles, 3.5 to 7 hrs).

Day 6 • Riomaggiore to Portovenere

Up through terraced vineyards to the wooded ridge, via the sanctuary church of Montenero, then through pine, chestnut woods and scrub, before emerging to views of the dramatic coastline and descending to Portovenere (7.8 or 8.8 miles, 4.5 or 5 hrs).

Day 7 • Free day in Portovenere

Explore Portovenere or take a boat to the island of Palmaria, with picturesque paths and beaches for swimming (3 miles, 2.5 hrs).

Day 8 • Departure day

5 DAY ITINERARY:
ONE NIGHT AT EACH STOP ON ROUTE



Cinque Terre Trip Information

Finding Your Way



The ATG Route Booklet includes detailed directions and maps, as well as up-to-date information on towns visited, places of interest, local history, restaurants, cafés and shops en route.



Your Route Manager is there to ensure your trip runs smoothly. They will brief you before you set out, move your luggage along the route, offer advice and answer your questions, and they're contactable by phone to help out in case of emergencies.

Restaurants, Food & Wine

Excellent fresh seafood including interesting very local species – such as the 'bati-bati' a species of curious, but very flavoursome local crayfish, and mussels from the Gulf of La Spezia. Local produce from small farms in hills along the coast. Good *trattorie* everywhere on route, and a couple of very good restaurants.

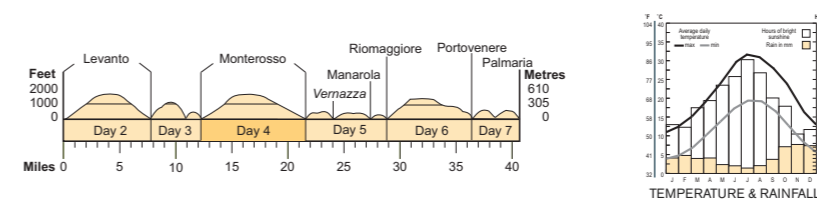
On booking you will be sent further trip information: details of how to get to/from the route, what to bring and other practicalities.

Terrain

Fitness: 20+ or 40+ (see page 12 for fitness calculation)

The coastal path follows the contours of the coast and is punctuated by flights of ancient steps. Once you are on the ridge (2,000 ft) you can walk on fairly level terrain. The paths are mostly ancient but well-preserved, though steep, narrow and rough in places.

Short sections of route not suitable for vertigo sufferers – alternative paths available.



Prices

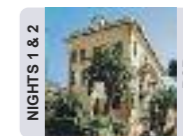
You can plan your Footloose trip for any time within the route opening dates, subject to availability.

TRIP OPTIONS	TRIP PRICES (excluding flights)	DOUBLE FOR SINGLE OCCUPANCY (per night)
8 Days	£965 / \$1,690	£35 / \$61
5 Days	£595 / \$1,040	£35 / \$61

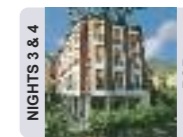
Extend Your Stay

To extend your stay anywhere on the route, please contact the ATG office. See page 68 for extension hotel rates in Genoa or Pisa.

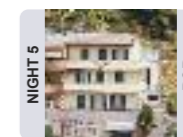
Accommodation



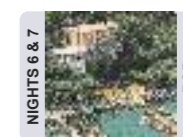
LEVANTO Nazionale
★★★★
Family-run hotel in the town centre



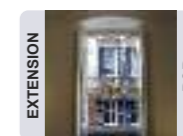
MONTEROSSO Cinque Terre
★★★★
Modern hotel close to the sea front



RIOMAGGIORE Villa Argentina
★★★
Located at the top of the village with sea views



PORTOVENERE Paradiso
★★★★
Mediterranean-style hotel on the Gulf of Portovenere



GENOA Palazzo Cicala
★★★★
Restored 18th century palazzo with modern furnishings



PISA Relais dei Fiori LUXURY B&B
★★★★
Charming hotel in the historical centre of Pisa



PISA Relais dell'Orologio
★★★★★
Award-winning hotel with 14th century tower

The Cinque Terre area offers extremely flexible walking itineraries, with over 100 miles of superb walking and a magnificent ridge path offering extensive views to the island of Gorgona and, on a clear day, to Corsica.

Famous for its beautiful walking routes, the coastal path in this area has become over-popular in recent years, so the best walking is on the higher, inland routes which are included in the ATG Route Booklets. On each day there are several options so you can walk as much or as little as you like.