

Riviera & Portofino

8 or 6 Day Trip

Independent Walking up to 50.5 miles

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



DOWN TO THE ANCIENT FISHING PORT OF CAMOGLI

PHOTO: FRANCIS CHAVETZ

Features

- Walk from Sestri Levante's beautiful Bay of Silence to the ancient fishing port of Camogli
- Stunning coastal scenery and views, olive terraces, wooded hillsides and the dramatic Portofino peninsula
- Colourfully painted towns and villages renowned for their *trompe-l'oeil* decoration; medieval centres, colonnaded streets, elegant *palazzi* and excellent beaches
- Ancient, slate-paved paths traversing high above the coast
- San Fruttuoso Abbey, accessible only on foot

Itinerary

(SUPERIOR OPTION)

Day 1 • Arrive in Sestri Levante

Day 2 • Free day in Sestri Levante

Time to explore Sestri Levante with its picturesque medieval streets and port, tranquil bay and excellent beaches. Optional circular walk (4 miles, 2.5 hrs) or coastal walk southwards (10.5 miles, 5 hrs).

Day 3 • Sestri Levante to Chiavari

Follow the coastal path with fine views, then cross hills to the 12th century basilica of San Salvatore dei Fieschi, before continuing to bustling Chiavari with its medieval centre and fine Botanic Gardens (11.6 miles, 6 hrs).

Day 4 • Chiavari to Rapallo

Paved paths through olive groves and small farms lead past two fine churches before descending to Rapallo (8.4 miles, 4.5 hours). Alternative high route through remote, wilder country with spectacular views (9.4 miles, 5.5 hrs).

Day 5 • Rapallo to Paraggi/Portofino

Optional cable-car ascent to Montallegro, above Rapallo, with pilgrim path descent (2.6 miles, 1.5 hrs). Then, from Rapallo, quiet paths and alleys lead around the bay to Santa Margherita Ligure, continuing, with swimming opportunities en route, to the tiny cove of Paraggi – Standard hotel (4.8 miles, 2.5 hrs). A paved walkway contours around a wooded headland to the delightful village of Portofino – Superior hotel (1.1 mile, 30 mins).

Day 6 • Free day to explore Portofino

Opportunities to explore this famously picturesque resort, where exotic 'glitterati' coexist with the local fishing community, and farmers of the terraces and hidden valleys behind the village (3.1 miles, 1.5 hrs).

Day 7 • Paraggi/Portofino to Camogli

Climb past ruined mills to pine-shaded paths with lovely views and down to the 11th century monastery of San Fruttuoso. Opportunities to visit the monastery and swim to view the famous underwater statue Cristo degli Abissi. Paths through woods and terraces lead up to the central ridge, before descending past the church of San Rocco to Camogli (7.6 miles, 4 hrs).

Day 8 • Departure day

6 DAY ITINERARY:
ONE NIGHT AT EACH STOP ON ROUTE



Riviera & Portofino 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

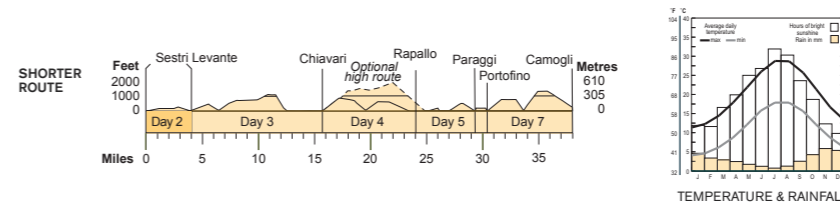
Fabulous seafood is available throughout the route. Alternatively, try the *trofiette recchelline* (pasta with green beans, potatoes and pesto), and the *farinata* (gigantic pancake made with chickpea flour and baked in pizza-oven). The area is also renowned for pesto, olive oil, *focaccia*.

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: 30+ or 35+ (see page 12 for fitness calculation)

Ancient paths through olive groves and woodland, traversing hillsides above the coast. A few steep climbs and ascents with some approaches to villages and the sea, including long flights of steps. Slate-paved paths are a unique feature of the area and can become slippery when wet. **Sticks/poles advisable.**



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 Day Standard | ● £1,175 / \$2,055 | ● £60 / \$105 |
| ● 8 Day Superior | ● £1,725 / \$3,020 | ● £82 / \$144 |
| ● 6 Day Standard | ● £ 865 / \$1,515 | ● £60 / \$105 |
| ● 6 Day Superior | ● £1,175 / \$2,055 | ● £80 / \$140 |

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

- NIGHTS 1 & 2** ● **B&B** ● **SESTRI LEVANTE Miramare** ★★★★★
On the Bay of Silence with terrace and beach
Superior rooms have sea view
- NIGHT 3** ● **B&B** ● **CHIAVARI Monte Rosa** ★★★
Quiet location in the medieval centre
- NIGHT 4** ● **B&B** ● **RAPALLO Tigullio Royal** ★★★★★
Renovated hotel on the promenade
Superior rooms have sea view
- NIGHTS 5 & 6** ● **B&B** ● **PARAGGI Hotel Argentina** ★★
Friendly hotel in exclusive cove
- NIGHTS 5 & 6** ● **B&B** ● **PORTOFINO Eight Hotel Portofino** ★★★★★
Small, renovated *palazzo*
- NIGHT 7** ● **B&B** ● **CAMOGLI Cenobio Dei Dogi** ★★★★★
Charming *grand hotel* with private beach and pool
Superior rooms have sea view
- EXTENSION** ● **B&B** ● **GENOA Palazzo Cicala** ★★★
Restored 18th century *palazzo* with modern furnishings
- EXTENSION** ● **B&B** ● **PISA Relais dei Fiori** LUXURY B&B
Charming hotel in the historical centre of Pisa
- EXTENSION** ● **B&B** ● **PISA Relais dell'Orologio** ★★★★★
Award-winning hotel with 14th century tower

- STANDARD OPTION
- SUPERIOR OPTION
- STANDARD & SUPERIOR OPTIONS