

The sea, hills, vineyards, ancient fishing villages and Genoese churches open up the enchanting landscapes of Cinque Terre. In the Middle Ages, the word "terre" meant "village". Hence the name Cinque Terre. After Punta Mesco, arriving from Genoa, the first village is Monterosso, with its vast beach, then Vernazza, at the mouth of a torrent, Corniglia, on a hill, and finally Manarola and Riomaggiore, clinging to the rock, multicolored mosaics. The landscape has been shaped by man, with a multitude of terraces set high above the sea. Now a Unesco-recognized Nature Park and Marine Protected Area, the Cinque Terre can be "savored" on foot, along footpaths and century-old staircases.

PROGRAMME

Day 1: Settling in Cinque Terre

Arrive in Cinque Terre and settle into your hotel. You'll have time to acclimatize to the peaceful atmosphere of the village during a short tour of the surrounding area. Why not take advantage of the opportunity to enjoy an Italian-style meal in the village square?

ACCOMMODATION: in a *** or *** hotel, depending on the package chosen.

Day 2: Monterosso to Vernazza

We'll start out on one of the most beautiful trails in the Cinque Terre Park.

In the morning, transfer by train to Monterosso, and visit the village, the most touristic of the Cinque Terre, with the monasteries of Notre-Dame-de-Soviore and Madone-de-Reggio and its beaches. We'll then head for Vernazza along this path through vineyards and forests with Mediterranean vegetation, where every bend in the road offers magnificent views with the sea as a backdrop. The arrival on the heights of Vernazza alone is worth the detour, a colorful jewel with its port, its church and its history.

Return to hotel by train.

HIKING TIME: 4 hours

ASCENT : + 600 m

DESCENT : 600 m

ACCOMMODATION: *** or *** hotel, depending on package chosen

TRANSFER TIME TO AND FROM: by train, 15' from Levanto, 50' from Moneglia

Day 3: Manarola to Corniglia via the Volastra vineyards

For our second escapade in the heart of the Cinque Terre, we'll follow the typical path linking Manarola to Corniglia.

Departure by train for Manarola, and a visit to this village where the famous "via dell'Amore" begins, where lovers from all over the world come to hang little padlocks on the railings along the path before throwing the key into the sea.

We head for Corniglia through vineyards overlooking the sea. The path takes us higher and deeper into the hinterland to discover Volastra, a charming authentic village. We'll take advantage of this seafront location to stop for a picnic.

We return to Corniglia, which unlike the other villages is not on the seafront. We'll visit the Church of St. Peter and the Oratory of the Flagellants of St. Catherine before returning to the hotel by train.

HIKING TIME: 4h

ASCENT: + 550 m

DESCENT : - 550 m

ACCOMMODATION: in a *** or *** hotel, depending on the option chosen.

TRANSFER TIME TO AND FROM: by train, 30' from Levanto, 1h15' from Moneglia

Day 4: Portofino peninsula, the jewel of Liguria

Transfer to Camogli, visit the town and its enchanting port, surrounded by colorful historic buildings by the sea and the ruins of the medieval castle.

Boat trip to the monastery of San Fruttuoso, nestled in a sheltered cove. From here, we begin a superb hike through the Portofino Regional Nature Park, ending in Portofino, Italy's little Saint-Tropez.

Visit this pretty village made famous by the song "Love in Portofino", then take the bus and train back to the hotel.

HIKING TIME: 3h30

ASCENT : + 400 m

DESCENT : - 400 m

ACCOMMODATION: in *** or *** hotel, depending on package chosen

TRANSFER TIME TO AND FROM: by train, bus and boat, 3h30' from Levanto, 3h' from Moneglia

Day 5: Riomaggiore to Portovenere

Today's hike takes us to a more authentic and less frequented side of the mountain.

After breakfast, we take the train to Riomaggiore.

We'll head for Riomaggiore Castle, which rises above the village, and soon reach the sanctuary of the Madonna di Montenero, with its superb view over the Gulf of La Spezia.

Along a path overlooking the sea, we reach the village of Campiglia, and continue on to enjoy panoramic views of the Portovenere peninsula and the islands of Pamarina and Tino.

Visit to the medieval fishing village, also a UNESCO World Heritage Site.

Return to hotel by train.

HIKING TIME: 5h

ASCENT : + 680 m

DESCENT : - 680 m

ACCOMMODATION: in *** or *** hotel, depending on package chosen

TRANSFER TIME TO AND FROM: by train, 1h40' from Levanto, 2h' from Moneglia

Day 6: Framura to Levanto via the village of Bonassola

We round off our discovery tour on a coastal path immersed in nature, with spectacular sea views.

Departing for the village of Framura by train, we follow a superb path that leads us to Bonassola, a charming seaside village.

From there, we're off to Levanto.

HIKING TIME: 4h00

ASCENT : + 350 m

DESCENT : - 350 m

ACCOMMODATION: *** or *** hotel, depending on package chosen

TRANSFER TIME TO AND FROM: by train, 10' from Levanto, 30' from Moneglia

Day 7: End of your stay in Cinque Terre

End of your stay after breakfast.

We may occasionally have to modify the itinerary indicated: either for organizational reasons (overcrowding of accommodation, changes in terrain, landslides, damaged paths, etc.), or due to weather conditions. These modifications are always made in your interest, for your safety and greater comfort!

FICHE PRATIQUE

ACCUEIL

Day 1 in the afternoon in Levanto or Moneglia depending on the accommodation version chosen.

How to get there:

By plane :

Alitalia, Air France, and low-cost airlines

Then train to Levanto or Moneglia.

- From Pisa airport, shuttle buses run every 10 minutes to the train station (approx. 10-minute journey). For your information, the famous Leaning Tower of Pisa and the historic center are a 10-minute walk from the station.

- From Genoa airport, between 6 a.m. and 11 p.m., a scheduled bus (AMT VOLABUS) leaves every hour for the train station (Stazione F.S. Principe) in the center of Genoa. Journey time 30 minutes, price €6 per person. Tickets can be purchased from the driver.

By train :

Levanto or Moneglia stations are on the Genova (Genoa) / La Spezia railway line.

Arrival via Genoa, Milan or Turin from Paris, Lyon, Nice or Geneva.

Train timetables are available on the website: www.trenitalia.com

By car :

Itineraries on www.mappy.fr or www.viamichelin.fr

Parking :

Hotel *** in Levanto:

Possibility of parking in Levanto in the hotel parking lot (guarded) or in a nearby street. N.B.: Please let us know when you register if you are arriving by car.

Hotel ** in Moneglia :

The hotel doesn't have its own parking lot, but you'll find free parking spaces around the accommodation or paying parking lots (approx. €15/day).

DISPERSION

Day 7 after breakfast in Levanto or Moneglia.

NIVEAU

Easy to medium level.

The general level is fairly easy, with no technical difficulties. The trails are well-maintained, although in some cases we'll have to negotiate uneven surfaces.

It is therefore necessary to be able to walk for 5 hours at a time, sometimes under a fairly hot sun and over rocky terrain.

The trails are generally well-marked, but you'll need to follow the description and maps provided at the start. This trip is suitable for those who are in good physical shape and, if possible, enjoy hiking on a regular basis.

HEBERGEMENT

Version * hotel in Levanto:**

Offering views of the Ligurian Sea, this historic, family-run hotel with a relaxed atmosphere is a 4-minute walk from Levanto beach. The train station is 7 minutes away.

Enjoy the hotel's beautiful outdoor spaces: terrace, sunbathing area, lounge and large flower garden.

Rooms are equipped with free Wi-Fi and TV. Air conditioning and heating are also provided.

Each room has its own private bathroom (with hairdryer) and toilet.

Guarded parking available at the hotel.

For dinner, enjoy local cuisine based on fresh produce, and discover Ligurian cuisine.

Hotel version in Moneglia:**

Hotel ** located in the historic center of the village, one of the most beautiful in Italy, where you'll find bars, restaurants and stores.

The hotel is 50 meters from the beach, in the bay of the Tigullio Golf Club. Surrounded by olive groves and vineyards. Enjoy the sea and its many activities (snorkeling, diving, swimming, fishing...).

The Cinque Terre train station is a 5-minute walk away.

Rooms are equipped with free WI-FI access and TV.

Each room has air conditioning/heating.

Rooms are equipped with private bathroom (with hairdryer) and toilet.

The hotel doesn't have its own parking lot, but you'll find free parking spaces around the accommodation or paying parking lots (approx. €15/day).

The restaurant serves traditional Ligurian and Italian dishes, as well as fish specialties.

PORTAGE DES BAGAGES

GROUPE

From one person.

ENCADREMENT

No guide on this trip.

Before your departure, we'll give you a road book specially designed for this tour, with precise indications that will allow you to explore and hike in complete freedom.

To fully enjoy and appreciate your hiking trip, you must be able to ensure your autonomy in the field with the documents provided.

MATERIEL FOURNI

EQUIPEMENT INDIVIDUEL A PREVOIR

For hiking:

- Ankle-hugging mountain boots with a good notched sole, a counter and good waterproofing.

- Comfortable "special hiking" socks (3 pairs minimum)

- Fleece

- Comfortable hiking pants (made of fast-drying technical fabrics)

- Shorts, T-shirts and technical underwear (fast-drying material)
- Long-sleeved shirt (fast-drying technical material)
- Walking poles (telescopic), very important for ease of walking

Note: synthetic technical clothing performs very well. New merino wool garments have also appeared; they are high-performance and pleasant to wear, and have the advantage of not developing perspiration odors! (Icebreaker, Ruka, etc.).

As a general rule, avoid cotton, which cools down when wet.

For the lunchtime picnic :

- Plastic bowl, box or plate
- Cutlery (spoon, fork, knife)
- 1.5-liter water bottle (mandatory); a thermos flask for winter use

Against sun and rain :

- Sunscreen (high protection) and sunglasses
- Hat, cap or bob
- Rain cape or "Goretex" and possibly Goretex pants

After exercise :

- A pair of jogging-style tennis shoes for the evening
- Change of clothes and personal linen
- Toilet bag and towel (mini)
- A bathing suit
- Mini-pharmacy: personal medication, elastoplast, biogas or "2nd skin", gauze, disinfectant, arnica granules and aspirin for minor injuries... (quite a program! but rest assured, the pharmacy often returns intact from your week's hiking)

Luggage :

To carry your belongings

- A small, comfortable 40-50 L backpack with waist belt to carry your personal belongings and picnic during the day.
- Follow-up luggage: a backpack, a travel bag in good condition, or a suitcase that's not too bulky. Only one piece of luggage per person, limited to 15kg.

LE PRIX COMPREND

- Travel documents,
- Overnight accommodation in a room of 2 in a hotel*** in Levanto or hotel** in Moneglia, depending on the version chosen,
- Breakfasts,
- Dinners if you choose the half-board version,
- Registration and organization fees,
- tourist taxes.

LE PRIX NE COMPREND PAS

- Insurance,
- Picnics,
- Transport by train, local bus and boat, as well as passes to access the paid trails of the Cinque Terre National Park (approx. €60 per person),

- Return transport to departure point,
- Drinks, visits and personal expenses.