



Cinque Terre and Portofino Italy Walking Tour

Located on a part of Italy's most beautiful coastline, our base in the seaside town of Moneglia is a real treat for visitors. The town is perfectly nestled between the Cinque Terre and Bay of Portofino in a spectacular setting.



YOUR
ADVENTURE
AWAITS

8 days/7 nights

ITINERARY

Day 1: Moneglia

Start at our base in the seaside town of Moneglia. Beautifully located in the heart of a bay on the Mediterranean sea, the picture-postcard town is listed since 2012 on the 'I Borghi Più Belli d'Italia' (Most Beautiful Villages of Italy) and has been awarded the European Blue Flag every year since 1990, for its clear waters and the quality of the services offered. Meals: D

On inspirational walks through Italian hills, woodland and coastal villages we will discover why these areas have earned names such as the Gulf of the Poets. Many of the country's most iconic trails are situated in the region and the temperate climate, ample opportunities for walking, relaxing and sampling delicious food and wine, make this trip a great introduction to Italy. The hotel where we are based is just metres away from the beach which has been awarded the European Blue Badge for cleanliness and sustainability.

Day 2: Moneglia - Deiva Marina-Framura

In the morning we take a short train to Deiva Marina and start our walk through holm oak forests and maquis shrubland. The walk begins with a relatively steep path, climbing up to picturesque woods of pine and strawberry trees. Our efforts will be rewarded at the top of the hill with stunning panoramic views of the coastline and the Promontory of Portofino.

We will then take an undulating trail that offers beautiful views over the Ligurian Sea and leads to the village of Framura, where we stop for lunch. After the refreshments, we descend by steps almost to sea level then meander through woods until a final steep climb for magnificent views of the sea. We then head to the pretty village of Bonassola before taking the train back to our hotel in Moneglia. Meals: B, L

Day 3: Cinque Terre National Park

Today we will set out to visit the spectacular Cinque Terre (Five Lands), one of Italy's most beautiful 'works of art', declared a UNESCO World Heritage Site in 1997 and part of the Cinque Terre National Park. The best way to explore these charming villages is on foot, and today we will walk on the famous Sentiero Azzurro Ligure (Ligurian Blue Path), which connects the five villages.

Today we will visit three of the five, namely Corniglia, Vernazza and Monterosso, and we will pass along old mule tracks, walking through terraced vineyards and olive groves. After completing some steep and rocky sections, we will be rewarded with wonderful views of the colourful villages, built into the rocks facing the sea. Please note that some sections of the path may be closed so we may need to take the train between villages or change the itinerary accordingly.

At the end of the walk, we catch the train back to Moneglia where there will be time to relax or go for a swim before dinner. Meals: B



Day 4: Portofino

Walk on the Portofino peninsula and explore the world renowned village of Portofino itself. This morning we will set out by train to Santa Margherita Ligure, a charming coastal town, where we will begin our hike to the once sleepy fishing village, Portofino, now playground of the rich and famous. Meals: B

Day 5: Free day

Free day to relax, take optional walks, try kayaking or visit nearby Portovenere or Genova. Today you will enjoy a well-earned break and perhaps spend your day relaxing at the beach. The more active might like to use the opportunity for some sightseeing. Genova, the region's capital city, home of Christopher Columbus and one of the largest aquariums in Europe is not to be missed. Alternatively, you could use the day to visit the marble quarries at Carrara. Meals: B

Day 6: Rapallo-Chiavari

Transfer to Rapallo by train, take the cable car up Montallegro for fantastic views and walk down to Chiavari; afternoon wine tasting. From here we will set out on a walk through quiet woodland, catching glimpses of the Ligurian sea en route to the seaside town of Chiavari. In the early evening we will have the chance to enjoy the local speciality at our well-deserved wine tasting! Meals: B, L

Day 7: Cinque Terre

Return to the Cinque Terre area for an alternative walk through glorious coastline and colourful villages. This morning we will head back to the famous Cinque Terre to walk some of the quieter, alternative trails. The exact path you will walk will depend on local track conditions, but they are generally on higher ground than the classic Sentiero Azzuro, so offer even more spectacular views of the coastline and villages. Total walk approx 7 or 10km. Meals: B

Day 8: Moneglia

The tour ends today at check out. We can arrange for your to continue on to another destination or to fly home. Just ask! Meals: B

Details

Guided Small Group

Disclaimer: We do our utmost to ensure that information posted on our website is current at the time of publication, however trip details are subject to change without notice by the suppliers and operators involved. We update the information as soon as possible when changes are advised to us, however, we cannot assume responsibility for such changes made by the suppliers and operators.

Trip Code:

009390 - W20

INCLUDED

- 7 nights of accommodation at 3-star Hotel Piccolo
- Meals as indicated in the day by day itinerary: B-Breakfast, L-Lunch, D-Dinner
- Transport and listed activities
- Tour leader throughout



NOT INCLUDED

- Airfare
- Transportation to/from Moneglia
- Passport and visa fees (if required)
- Gratuities
- Travel Insurance
- Items of a personal nature

TOUR NOTES

Category: Moderate, grade 3

The pace of the walks is leisurely, so we have plenty of time to rest, admire the views and on many days we can also enjoy swim breaks! Over the course of the week, the terrain and type of path track will vary from man-made paved tracks, tarmac to forest trails. Some areas may be rocky underfoot with narrow, overgrown or exposed paths. Although the walks are not technically challenging, you do need to be steady on your feet! All walks take between 4 and 6 hours including lunch stops and require a moderate level of fitness. Public transport can be subject to delays and some waiting at train stations should be expected.

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ROUTE MAP



Contact

Winnipeg

164 Marion Street
Winnipeg, MB, Canada
R2H 0T4
Phone: 204.949.0199
Fax: 204.949.0188
Toll Free: 800.661.3830

Edmonton

(formerly Butte Travel Service)
11733 95th St. NW
Edmonton, AB, Canada
T5G 1M1
Phone: 780.477.3561
Fax: 780.477.9871
Toll Free: 800.661.8906



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