

## ITALY: CINQUE TERRE - MANAROLA OR RIOMAGGIORE

**VALUE**

5-day / 4-nights centre-based **SELF-GUIDED** walking & sightseeing - departs year-round



Cinque Terre is one of our most popular walking destinations in Italy. This centre-based holiday allows you to discover the villages and unforgettable coastal views of this UNESCO World Heritage Site and National Park. Follow the many footpaths along the coastline on the mid-level or upper trails built by the Etruscans, trails that contour the terraced vineyards and 6730 kilometres of dry-stone walls.

Once the only means of communication for local inhabitants, the many trails offer varied easy to challenging walking routes. The villages are also linked by train (mostly hidden from view by a series of tunnels) and ferries so you can hop on and off to vary the walks. Stay in typical, but simple guesthouse accommodation to explore and discover vineyards and olive groves, hamlets, fishing villages, ports, medieval churches and sanctuaries.

Accommodation is in the villages of Manarola or Riomaggiore where you will find seafood restaurants, cafés, shopping places and a Mediterranean ambiance and we provide a wonderful seafood dinner in a traditional trattoria on one night. On your first day of walking, we suggest you explore the vineyards and taste local wines in a wine bar in Manarola. Next day hike an ancient pilgrimage path to the sanctuary of Madonna di Soviore. Third day enjoy expansive coastal views walking the spectacular path from Riomaggiore to Portovenere.

**Duration:** 5 days / 4 nights

**Departs:** Daily all year round (recommended from early April to late October) with a minimum 2 people

**Cost from:** **\$995** per person twin share - guesthouse room accommodation with ensuite.

Upgrades from: **\$1155** per person twin share - self-contained apartments with private facilities  
**\$1345** per person twin share - 3-star Manarola hotel in an ensuite room (includes breakfast)  
 Single room & triple share rooms are available on request – ask for details.

**Includes:** 4 nights of simple apartment or hotel accommodation with private bathroom in Manarola or Riomaggiore, a 3-course dinner, 3-day consecutive Cinque Terre Train Card (includes train travel, public buses, National Park Cinque Terre entry and local discounts), wine tasting in a Manarola enoteca, walk notes, photo book, route map, local assistance

**Not included:** Breakfast (unless specified), lunch, dinner on 3 nights, drinks, personal expenses, city tax (paid locally).



**Call OUTDOOR TRAVEL on 1800 331 582 for details & reservations**



## Suggested itinerary:

**Day 1:** Arrive mid-afternoon, meet & introduction to your guesthouse, apartment or hotel accommodation

**Day 2:** Vineyards and wine tasting. Corniglia – Volastra – Manarola – Riomaggiore (@ 3 hours walk)

**Day 3:** Ancient sanctuaries. Monterosso – Soviore – Madonna di Reggio – Vernazza (@ 4 hours walk)

**Day 4:** Great Panoramas: Riomaggiore – Montenero – Campiglia – Portovenere (@ 6 hours walk)

**Day 5:** Departure day

Each person receives a 3-day *Cinque Terre Card Treno* (Train) providing the following services:

- Use of trains (between Levanto & La Spezia), buses and public elevators within the National Park
- Entry to the Cinque Terre National Park & discounts to other selected attractions.
- Use of free WiFi at the National Park hotspots
- Discounts including reduced admission fee to the Civic Museums in La Spezia

## Suggested accommodation:

**Manarola** – One of the prettiest villages in the National Park, the town was named after the restored old mill and olive press. Described as a paradise surrounded by green hills, vineyards and olive groves, the colourful houses of this historic village seem to grow out of the very rocks on which they are perched. There is a port which is serviced by a ferry in the warmer months. With its many shops, cafés and restaurants and beautiful gardens, in the summer Manarola is full of life and colour. There are festivals in the summer months where the hillside and harbour are lit up at night with dramatic and colourful lights.

Simple but large studio apartment ideal for 2 people with double bed, fridge, microwave, bathroom with shower, heating, and a balcony with beautiful sea view. It is situated in the historical centre of Manarola in a quiet area, just 5 minutes' walk to the sea, restaurants, shops and the railway station.



**Riomaggiore** – the most southern of the Cinque Terre villages, with a picturesque little harbour flanked by pastel houses clinging to the steep cliff sides.

A typical, simply furnished guesthouse in the historical centre of Riomaggiore. Rooms - a double bedroom, with private bathroom with shower. Just 1 minutes' walk from shops and restaurants, the room has a fridge, a toaster, a kettle, wi-fi and air conditioning.



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Please note that while all accommodation includes private bathroom facilities many other inclusions may vary between individual rooms and properties. Availability depends on the date of booking and you will receive a description of the particular room held for you when you make your reservation.



**Outdoor Travel** offers walking holidays both guided in small groups or self-guided with inn-to-inn luggage transfers & meals in many other areas of Italy including the **Via Francigena**, the pilgrims' road to Rome, the **Dolomites**, **Amalfi Coast**, or **Umbria**. In France walk the **Dordogne**, the **Vermillion Coast**, **Corsica**, **Provence**, & the **Loire Valley** or the famous **Camino de Santiago**, the **Way of St James** starting in Le Puy in France stretching to Santiago de Compostela in Spain. In England we offer Wainwright's scenic and challenging **Coast to Coast** route, walks in **Lake District**, or the **Cotswolds** near to Stratford-upon-Avon.

**Contact Outdoor Travel for more itinerary details and reservations**

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