

## ITALY – THE CINQUE TERRE COAST

8-day / 7-night one-hotel guided walking tour based at Bonassola near Levanto



Perhaps our most popular destination in Italy, the Cinque Terre offers great walking along the various levels of its unique, protected landscape and Marine National Park. The ancient fishing villages of Monterosso, Vernazza, Corniglia, Manarola and Riomaggiore cling to the rocky cliffs, surrounded by steep terraced vineyards. The spectacular path linking these five villages offers some of the best coastal walking in Italy.. **Bonassola** lies slightly to the north of the Cinque Terre, and is just a few minutes away by train. This charming seaside village is an ideal base from which to enjoy the popular coastal paths and peaceful trails through the hills further inland, while avoiding the crowds that often descend into the more touristic towns within the Cinque Terre.

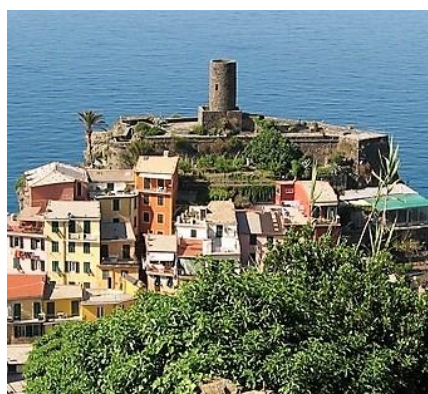
Our guided walks follow the **coastal paths** and ascend using cobbled mule tracks onto the aromatic hillsides above. Regular trains and ferries provide access along this spectacular stretch of coastline. Our centre-based or one-hotel walking holidays offer a choice of two guided walks each day – usually an easier walk or a more challenging option. There is usually a free day midweek for sightseeing or to relax on the beach.

**Cost from:** \$2420 per person (twin share) Single room supplement \$365 (limited availability)

**Departs:** 30<sup>th</sup> April; 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> May; 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> September, 2022

**Tour includes:** 7 nights in comfortable hotel accommodation with ensuite bathrooms, 7 breakfasts, 7 dinners, experienced walks leader with a choice of two levels of guided walks on 5 days, local transport to/from the walks.

**Not Included:** Airport transfers from Pisa (these can be pre-booked at extra cost – please ask for details when booking), meals & drinks not mentioned, personal expenses, transport/excursions on your free day.



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



**Hotel Delle Rose:** A comfortable, 3-star hotel, run by brothers Enrico and Roberto Bernadin, is situated in Bonassola, just a few minutes from the beach. There are 25 en-suite bedrooms, a restaurant, comfortable lounge, rooftop garden bar with sea views and adjacent ice cream parlour owned by the same family. The cuisine here is a special treat – local Ligurian pastries and pasta are made in-house.

**Suggested itinerary:** subject to change at the discretion of the tour guide should conditions determine it\*

**Day 1:** Arrival day – plan to arrive at Bonassola mid-afternoon. Ask about airport transfers from Pisa, or take the train from Pisa, La Spezia or Genoa.

**Day 2:** Explore the tiny hamlets above Bonassola, with their superb views over the resort, or continue over the headland to the nearby town of Levanto.

**Day 3:** We walk the coastal paths linking the villages, from Manarola or picturesque Vernazza to Corniglia, set atop a headland and surrounded by vineyards. Relax in a waterfront bar or café before returning to the hotel.

**Day 4:** Take the train north to Framura, a collection of villages which we wind our way through. Above Framura walk around Monte Serra on a delightful wooded path that contours through sea pines and chestnut trees.

**Day 5:** Free day - perhaps take the coastal train to Genoa, rich with the history of Columbus, or to the naval port of La Spezia, home to the Amedeo Lia art collection. You can also simply relax and enjoy the day at the beach.

**Day 6:** Walk along the dramatic path to the tip of the peninsula at Portovenere before admiring this remarkable stretch of coastline on the return journey by boat.

**Day 7:** Ascend on cobbled mule tracks from the colourful harbour at Vernazza to the Santuario della Madonna di Reggio, set high on the aromatic hillside, with panoramic views of the Cinque Terre villages below.

**Day 8:** Tour ends after breakfast - departure transfer to Pisa Airport available at extra cost.

\* **Please Note:** The above program should give you a good feel for the walks at this resort but is subject to change. Each year we listen carefully to the views of our guests and make improvements to our walking programmes. Further information will be sent to you prior to your holiday; however the final selection of walks to be offered during each week will be made by your walking leaders.

**Footpath information:** There are few level paths along this stretch of coast. Most walks include steep ascents and descents sometimes on stone steps.



**Easier Walks:** 7 to 11km on paths that are stony and rugged in some places; expect some steep ascents & descents on the coastal paths with up to 420m of ascent in a day.



**Harder Walks:** 10 to 16km over undulating coastal paths, with longer ascents to the hills above with up to 670m of ascent in a day.

Considering a 2-week walking holiday? Why not combine this holiday with a second week in another area of Italy such as **Tuscany**, **Chianti**, the **Amalfi Coast**, or **the Dolomites** – ask for details. Similar guided or self-guided walks are available in most destinations in Europe or the United Kingdom.

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

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