

## ITALY: CINQUE TERRE - CORNIGLIA OR MANAROLA **GREAT VALUE**

5-day / 4-nights centre-based **SELF-GUIDED** easy to medium walks & 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 at sea level or the mid-level or upper trails built by the Etruscans, trails that contour the terraced vineyards and 6000 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 and you can hop on and off to vary the walks. Stay in simple but typical guesthouse accommodation to explore and discover vineyards and olive groves, hamlets, fishing villages, ports, medieval churches and sanctuaries.

Accommodation is in the villages of Corniglia or Manarola 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:** **\$795** per person twin share - guesthouse room accommodation with ensuite.

Upgrades from: **\$965** per person twin share - self-contained apartments with private facilities

**\$1035** 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 Corniglia or Manarola, a 3-course seafood dinner, 3-day consecutive Cinque Terre Train Card (includes train travel, public buses, National Park Cinque Terre entry and local discounts), wine tasting and traditional snacks in a Manarola enoteca, walk notes, photo book, route map, local assistance

**Not included:** Breakfast, lunch, dinner on 3 nights, drinks, personal expenses, city tax (€1 nightly paid locally)



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

## Suggested itinerary:

**Day 1:** Arrive mid-afternoon and make your way 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
- Use of bus service between Corniglia train station and the village
- Entry to the Cinque Terre National Park & discounts to other selected attractions.
- Discount on products purchased at the Information Centres located throughout the Cinque Terre Park.

## Suggested accommodation:

**Corniglia** – named after the Roman colonist Corneliu, who produced a renowned white wine. This ancient Roman village has a long and rich agricultural tradition. Perched above a striking high bluff, it is the only town in the Cinque Terre without direct access from the sea and is relatively free from the tourist crowds. To reach the town you ascend a flight of 400 stone steps known as 'Lardarina'. There is a street suitable for motor vehicles leading from the train station. The village is surrounded on three sides by vineyards and terraces.

A typical, simply furnished guesthouse near the piazza in the historical centre of Corniglia. Rooms - some with sea views - each with a double bedroom, all with private bathroom with shower. Rooftop terrace with sea views available to all apartments. Just 5 minutes' walk from the walking route, 2 minutes to shops and restaurants, 15 minutes to the sea or train station (or take the minibus which operates every 30 minutes around the town).



**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.





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**

- Call toll free on 1800 331 582 or (03) 57551743 or Fax (03) 57501020
- Email: [info@outdoortravel.com.au](mailto:info@outdoortravel.com.au)
- Web: <http://www.outdoortravel.com.au>
- Mail: Outdoor Travel Pty Ltd, PO Box 286, Bright, VIC 3741, Australia