

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.

Cost from: \$3665 per person (twin share) Single room supplement \$460 (limited availability)

Departs: 26 April, 3, 10, 17 May, 7, 14 June, 6, 13, 20, 27 September, 4 October, 2025

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: Meals & drinks not mentioned, personal expenses, transport/excursions on your free day. Airport transfers can be pre-booked for extra cost from Pisa. Please ask for details when booking.



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 ensuite 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.

Trip Grading: Moderate walking with some steep ascents and descents along the coastal path. Easier walks of 7-11km with up to 420m ascent and 600m descent in a day. Harder walks of 8-16km with up to 660m ascent.

A typical European centre-based walking holiday offers a choice of up to two guided walks each day. You choose the walk that best suits your ability and fitness. Walks leaders make the final decision on which routes are offered; each evening they will brief you about the walks for the next day and answer questions you may have.

Suggested itinerary (Routes are determined by the walk leaders each day and are subject to change):

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: Walking around Bonassola Explore the tiny hamlets above Bonassola, with their superb views over the resort, or take the train to Monterosso and walk over the headland via Levanto back to Bonassola.

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

Day 4: Vernazza & Monterosso 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 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: Ridge walk to Portovenere Starting in either Campiglia or Riomaggiore we 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, if sea conditions permit.

Day 7: Camogli, San Fruttuoso and Portofino After a bus trip to Camogli, we explore the narrow alleyways of this charming fishing village before boarding a boat to the bay of San Fruttuoso. We walk to the world-famous Portofino with its luxurious yachts surrounded by picturesque fishing boats and continue to Santa Margherita.

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

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 Brenta 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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