

ITALY: CINQUE TERRE - MANAROLA OR MONTEROSSO

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, easy to challenging trails that contour the terraced vineyards and 6730 kilometres of dry-stone walls. 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 apartment 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 Monterosso 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. On day three 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: **\$1420** per person twin share - self-contained apartments with private facilities.

Upgrades from: **\$1580** per person twin share - 3-star Manarola hotel in an ensuite room (includes breakfast)

\$1750 per person twin share - 3-star Monterosso hotel in an ensuite room

\$1995 per person twin share - Hotel Relais Monterosso in a deluxe room with ensuite
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 Monterosso, 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 Corniglia 'enoteca' (wine bar), walk notes, route map, QR code for tracks, local assistance

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



Call OUTDOOR TRAVEL on 1800 331 582 for details & reservations

Suggested itinerary:

Day 1: Arrive mid-afternoon, be greeted & settle in 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 local 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.



For those who prefer the comfort of a small 3-star hotel, with breakfast included, stay in a unique spot, close to the picturesque harbour of Manarola. Some rooms have fantastic sea views and all are equipped with air conditioning, telephone, Wi-Fi and safe, as well as a private bathroom.

Monterosso – Upgraded hotel stays are also available in this popular seaside village. Comfortable and Relais hotel accommodation options are available in the newer part of Monterosso. It is only a few minutes by foot away from the most beautiful beaches of the Cinque Terre, close to small shops, focaccia bakery. The train station is 10 minutes on foot which makes it an ideal start point for exploring the Ligurian East and West coast.



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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.



Contact Outdoor Travel for more itinerary details and reservations

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