Walking in Cinque Terre

Trip Code: SGCT

Version:

WALK & TREK	SELF-GUIDED	LEISURELY
		3



HIGHLIGHTS

- Stay in Corniglia in the heart of the UNESCO villages
- Enjoy the villages from a new perspective on a boat trip to Monterosso
- Walk on the famous Cinque Terre coastal path and swim in the clear blue waters
- Explore Monterosso, Vernazza, Corniglia, Manarola and Riomaggiore

AT A GLANCE

- 5 days walking & sightseeing
- Centre-based
- Daily departures
- Join at Corniglia

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

Picture-perfect villages, fantastic food, crystal-clear seas and bustling harbours - the Cinque Terre really does have it all! Situated in the north-west of Italy, the five UNESCO villages of the Cinque Terre are nestled on the Ligurian coast, sandwiched between the blue waters of the Ligurian Sea and the magnificent Apuan Alps. Staying in the pretty village of Corniglia right at the centre of the five villages - Vernazza, Monterosso, Corniglia, Manarola, and Riomaggiore - you will have the ultimate base for exploring the 'Five Earths', or 'Cinque Terre'. Using the trains and coastal paths that link these colourful villages, you will feel like a local in no time. You will even have the opportunity to enjoy a boat journey from Portovenere to Monterosso to see the villages from the sea for a different perspective - and from their most photographed angle.

Is this holiday for you?

This holiday is perfect for you if you love to explore on foot at your own pace. Specially designed for those wanting an active holiday balanced with flexibility, relaxation time, home comforts, and fantastic food, this 6-day self-guided walking holiday includes a self-catering apartment allowing you to dine out on the many delicious Ligurian delights, or to try your hand at making them yourself in your fully-equipped kitchen. The walks take you along famous coastal paths that provide a stunning backdrop for those with a head for heights. With walks of around 4 hours in duration with average ascents of around 500m on well-marked paths, this trip provides the perfect opportunity to explore the villages or take time to relax on the beach with a good book as well.

Itinerary

Version:

Holiday Information

What's Included

- All accommodation as described
- Self-guided information pack containing your map and route notes
- On-site welcome and assistance
- GPX tracks supplied

What's not Included

- Travel insurance
- Travel to/from Corniglia
- Visas (if applicable)
- Tourist taxes may apply and are usually around 1 Euro per person per night
- Meals
- Additional trains outside those listed in the program
- Local trains and buses
- Boat ride from Portovenere to Monterosso
- Cinque Terre National Park fees
- Personal equipment
- Any additional activities/excursions indicated as optional

Important Notice

The five villages of the Cinque Terre are famed for their colourful cliffside buildings and the airy coastal paths that connect them. These fantastic balcony paths certainly are a highlight for those visiting the region. Due to their wild coastal nature, they are regularly monitored by the local park authority and may be closed for safety reasons or maintenance during/following wet weather and/or during exceptionally busy periods, to ensure that you remain safe and enjoy your time in this magnificent region.

We provide you with a selection of alternative routes should the paths be closed during your holiday, and it is always possible to opt to use the coastal train as an alternative way to experience the villages. For the most up-to-date information about the coastal paths please visit www.parconazionale5terre.it/Esentieri-outdoor.php.

In addition, since 2019 Cinque Terre National Park has prohibited open-toed shoes, flip-flops, and shoes with smooth soles being worn on its paths, to address safety issues. Those caught wearing unsuitable footwear can be fined between €50 and a significant €2,500 (April 2025).

Your Self-Guided Pack & Route Notes

Each self-guided holiday comes with comprehensive route notes and a map or pocket guidebook of the area you are exploring. The route notes contain information about the places you will visit and the local transport you might need, along with the detailed route notes for your daily walks or cycle rides. We even include some tips for the best places to stop for lunch.

You can expect to receive your Self-Guided Pack containing your route notes, a map or guidebook, and all your relevant documents, no later than 3 weeks before your holiday start-date. We will send your documents using a signed-for courier so that you can track your package and know that it is safely on its way to you. For bookings of more than 4 people we will send an additional Self-Guided Pack. If you do not need this additional pack please inform our Sales Team. Your pack will be sent to the lead booker, so please remind them to pack it before setting off.

Should your self-guided trip be part of a longer adventure requiring you to leave home more than three weeks before your holiday start-date, please inform our Sales Team so that we can make alternative delivery arrangements.

Self-Guided Families

Our Self-Guided Holidays are perfect for your next family holiday and are suitable for children of all ages.

Our partner hotels and accommodations are able to provide cots for young children, and some offer family rooms. We can also arrange hire of children's bikes and tag along bikes for most of our self-guided cycling trips and with trips such as Lake Constance and the Danube offering routes on designated cycle paths you can rest assured in keeping your family safe.

As a parent we trust that you know your own child's capabilities, so please read the itinerary details to ensure the distances covered each day are suitable for your family. If this is a first time walking or cycling holiday for your family, a centre-based trip is a fantastic option as it allows you to easily opt out of a day's walking if a day of building sand castles, swimming in the pool, or visiting museums is calling instead.

Please discuss this further with our Sales Team who will be happy to assist in picking the best trip for your family.

Joining Arrangements & Transfers

This trip starts and ends at your apartment in Corniglia. All of our self-guided holidays are sold on a Land Only basis, allowing you the flexibility to choose the travel method that best suits you. The nearest airport for this trip is Pisa Airport, with many departures from UK regional airports.

The rail network in this part of Italy is extremely good, and if you are flying into Pisa the train is the best way to get to your apartment. From Pisa airport you can take the regular shuttle to Pisa Centrale train station. The journey takes approximately 5-10 minutes. The train journey from Pisa Centrale to Corniglia takes approximately 1.5-2 hours, with one change at La Spezia Centrale. The train service is regular and tickets can be booked in advance at www.lefrecce.it. Corniglia town is located around 1km above Corniglia station. A shuttle runs every day until 8pm and can sometimes be very busy (cost: €1.50 per person per ride). After 8pm, or if the shuttle is full, you will need to walk to your accommodation with your luggage either for around 1km along the road, or up many steps - we do not recommend hard cases with wheels for this reason and suggest bringing something you can carry more easily if required. A hybrid wheel-able soft duffle bag with backpack straps would be ideal.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Food & Water

Water from the taps is perfectly drinkable on this holiday - please use this to fill your personal bottles for your daily activities. We do not encourage the purchase of single-use plastic bottles.

Part of the experience of any visit to Italy is the opportunity to taste the wonderful cuisine. Liguria is renowned for its simple flavours, especially the world famous Pesto alla Genovese! The surrounding hills are dotted with pine trees that provide the all-important pine nuts used in many Ligurian dishes, including the famous pesto. The region is well-known for hearty and rustic country flavours, with the warm Mediterranean air creating excellent conditions for olives, grapes, corn, herbs, garlic, potatoes, onions, and artichokes. Seafood in the region is a highlight, with many restaurants serving the day's fresh catch, not to mention the delicious cones of fresh calamari served as a fast food snack in the villages. Yummy!

As in the whole of Italy, pasta is a constitution. Pesto is on most menus and is often served with fidelini - a long very thin pasta, or trenette - a flat, thin pasta similar to linguine. Gnocchi is also plentiful and is delicious. No meal in Italy is complete without a pleasant wine to wash it down, and Italian wine is excellent! Italy is also famous for its aperitifs, from chilled prosecco to Campari, Vermouth and Cinzano all served over ice, to various spritzes. Aperol, anyone? Don't forget the zesty Limoncello produced in the region, which is particularly delicious poured over ice cream!

Accommodation

We have designed this trip on a self-catering basis to give you the opportunity to enjoy the many welcoming cafes and restaurants in Corniglia and along your walks. You will stay in a simple apartment in the heart of the characterful hilltop village of Corniglia. The apartments are situated in a converted town house and the owners, local wine producers from the village, look forward to welcoming you to your apartment and providing you with top tips for your stay.

Basing yourself in the middle of the five villages allows you to easily access the paths and villages and to truly immerse yourself in the Ligurian way of life. The apartments are equipped with all you need for a week's holiday, including WiFi for sharing those all-important holiday snaps with your friends and family at home. We can offer you three types of apartment, subject to availability, to suit your group size and requirements:

- A studio apartment perfect for individuals and couples.

- A one bedroom apartment consisting of one separate bedroom and a living/kitchen area with a sofa bed, perfect for families or for up to 3 adults.

- We can arrange two studio apartments on the same floor for families of 4, or for a group of 4 adults travelling together.

Park Fees & Permits

Since 2001 the Cinque Terre National Park has charged walkers to use some of the hiking paths in order to continue their maintenance and conservation. The pass known as the 'Cinque Terre Card' costs €7.50 for an adult ticket per day (€15 in peak season) and can be purchased at the Cinque Terre National Park's welcome centres. Alternatively you can purchase it online before you travel from https://card.parconazionale5terre.it/. As a guide, the current standard and peak season dates can be found here: https://www.cinqueterre.eu.com/en/cinque-terre-card#cinque-terre-trekking-card-prices.

The card states the user's full name and may be asked to be seen by an inspector along with your proof of identity.

Please note that an additional ticketing system applies for the Via dell'Amore path in order to help prevent erosion and overcrowding. If you have already purchased the Cinque Terre Card, you can purchase the €10 supplement for the Via dell'Amore path at one of the Cinque Terre Info Points in all five villages. Alternatively, you can buy a one-day ticket that combines access to the Via dell'Amore path with a Cinque Terre Card. This usually costs €17.50 for an adult ticket per day (€25 in peak season) and can be purchased online from https://www.viadellamore.info/en/tickets.

Baggage Allowance

For this holiday you should take one piece of luggage and a daypack. Soft luggage with wheels AND backpack straps is useful for this holiday. If arriving by train please note that Corniglia town, where you are staying, is located around 1km above Corniglia station. A shuttle runs every day until 8pm and can sometimes be very busy (cost: €1.50 per person per ride). After 8pm, or if the shuttle is full, you will need to walk to your accommodation with your luggage either for around 1km along the road, or up many steps - we do not recommend hard cases with wheels for this reason and suggest bringing something you can carry more easily if required. A hybrid wheel-able soft duffle bag with backpack straps would be ideal.

General Information

Passport & Visas

Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required**,** and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Currency

The currency for part or all of this holiday is the Euro.

Preparing for your Holiday

The advantage of a self-guided walking holiday is that you decide the pace however getting some additional exercise before coming on an active holiday makes a lot of sense. The fitter you are, after all, the more enjoyable your walks will be. The walks take you along the famous coastal paths which provide a stunning backdrop for those with a head for heights. You should be comfortable with walking 3 to 4 hours for consecutive days with some steep stepped ascents. We suggest that you try to fit in a number of daily walks in hilly countryside before your trip and its always a good idea to spend some time walking in the footwear you are going to use on this holiday.

Climate

Cinque Terre lies on the coast of Liguria in north-western Italy, with a typical Mediterranean coastal climate where winters tend to be mild and rainy, and summers warm and sunny.

July and August are the warmest months in Cinque Terre, with average temperatures of 24 degrees centigrade and average highs of around 28 degrees centigrade. July is also the driest month, with a monthly average of 30mm of rain.

May/June and September/October are also pleasantly warm, with average temperatures of around 17-22 degrees centigrade and average highs of around 21-26 degrees centigrade. October is however the wettest month, with a monthly average of 150mm of rain, and the area can be susceptible to local flooding at that time of year. April/May and August/September can also be a little damp, with a monthly averages of 75-100mm of rain.

February, March, April and November are the coolest times to go on this trip, with average temperatures of around 8-14 degrees centigrade and average highs of around 12-18 degrees centigrade.

At all times of the year we'd recommend having your waterproofs and warm layers to hand just in case because, as you can see, the weather is not unlike that in many coastal areas of the UK throughout the year!

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'Travel Aware'** campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

- Liguria - Bradt Travel Guide
- Last Train from Liguria - Christine Dwyer Hickey
- 3 Day Guide to Cinque Terre - 3 Day City Guides
- Extra Virgin: Amongst the Olive Groves of Liguria - Annie Hawes

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

Equipment Information

Equipment List

- Hiking boots with good grip soles
- Functional base layer
- T-shirts
- Hat
- Windproof jacket
- Fleece / extra layer
- Long/short hiking trousers
- Hiking socks
- Waterproof Jacket
- Waterproof Trousers
- Rucksack (approx. 20 l)
- Small first aid kit for your rucksack
- Sunscreen
- Water bottle or hydration pack
- Camera (batteries/memory card)
- Mobile Phone
- Sun glasses
- Personal wash kit
- Reusable cloth bag for shopping to avoid the use of plastic bags

- Walking poles
- Ear Plugs

Land Only Information

Please note that our 'from' price listed is based on 4 persons in two studio apartments, however we can quote for any number of travellers including solo travellers - contact our Sales Team for a quote.

All of our self-guided holidays are sold on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. You may even wish to make this holiday part of a bigger adventure or pair it with one of our other holidays. We can arrange additional nights' accommodation before or after your self-guided trip - please ask our Sales Team to find out more about this.

Please DO NOT book your flights before you have received your booking confirmation and your deposit has been taken.

Our Sales Team will also be happy to provide you with a quote for scheduled flights from your nearest regional airport (where possible). Flight prices are subject to change depending on availability and seasonality. Flight prices will only be confirmed to you when all services have been arranged and confirmed for your requested dates.

We offer some transfers to your accommodation from the nearest airports - please refer to the 'Joining Arrangements & Transfers' section for further details for this trip.

Why Choose KE

Why KE

Experience this fantastic UNESCO World Heritage Site with complete flexibility. This centre-based holiday includes a self-catering apartment so that you can enjoy dining out and experience the wonderful food this region has to offer. Being based in the heart of the five villages allows you to choose how to explore them, either on foot or simply by taking the train between these beautiful villages.

Please Note This document was downloaded on 11/11/2026 and the trip is subject to change