

Walking in Cinque Terre

Trip Code: SGCT

Version: SGCT Walking in Cinque Terre



WALK & TREK



SELF-GUIDED



LEISURELY



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

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

ACCOMMODATIONS & MEALS

- 6 nights Apartment

[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 7-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 3-4 hours in duration and average ascents of 400m 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

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DAY 1

Arrive in Corniglia and settle into your apartment, home for the next week.

Arrive in Corniglia and check in to your apartment. Depending on your arrival time, you will have the opportunity to explore this beautiful coastal village and its quaint local shops today. Commanding four-storey houses and bustling narrow streets characterise Corniglia, the middle of the five villages that collectively make up the Cinque Terre National Park, unique to its neighbours in that it is not a cliffside village. Instead, it is perched proudly on a promontory 100m above the sea, surrounded by pristine vineyards and terraces. If you are arriving into Pisa you may wish to pay a visit to the great leaning tower - located just a twenty minute walk from Pisa train station - on your way to Corniglia.



Accommodation
Apartment

DAY 2

Explore the northern villages of Vernazza and Monterosso.

Today you will have your first experience of walking on the stunning Cinque Terre coast. Be sure to pack your camera! Your route will take you north out of Corniglia, first to discover the quaint town of Vernazza. This busy tourist town still resembles an old fishing village, with its well protected harbour welcoming fishing boats throughout the day, whilst enthusiastic swimmers jump from the surrounding rocks to cool off in the summer months. The harbour cafes make an excellent stop for a cool drink and a spot of people watching. You will then continue to Monterosso, accompanied by the warm sea breeze and fantastic views back along the coast. This village has the largest beach of the five villages, allowing for a satisfying end to your day's walk - and an excellent chance to enjoy a swim in the warm waters before taking the train back to Corniglia.



Accommodation
Apartment



Ascent
270M



Descent
345M



Time
3-4 hours walking








Distance
8KM

DAY 3

Discover Soviore Sanctuary and Mesco Peak as you walk from Monterosso to Levanto.






Your day begins with a short train ride to Monterosso. There will be time for a morning coffee before making the steep hike up the pilgrim path to the stunning 17th-century Soviore Sanctuary, the oldest sanctuary in Liguria. Your route continues through the Gritta Pass to reach Mesco Peak where you are rewarded with spectacular views out over the Liguarian Sea. After pausing to admire the view, you begin to descend to Levanto. This popular city is awash with lovely cafes and there is a covered market (Monday- Saturday) selling fresh fruit and vegetables and, of course, the catch of the day. The beach is popular with sunbathers, divers, and surfers alike - as well as with hikers who want to cool off after a good walk! There is time to explore the city's medieval monuments and vestiges before your train ride back to Corniglia.

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|  Accommodation Apartment |  Ascent 600M |  Descent 600M |  Time 4-5 hours walking |  Distance 10KM |
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DAY 4

Enjoy a circular walk from Lerici harbour into the Montemarcello-Magra Natural Park, discover the Golfo dei Poeti, and marvel at the Carrara marble.

Today's adventure begins with a short train transfer La Spezia followed by a short ride on the local bus to Lerici where your walk begins. Starting in the village's quaint harbour, you will explore the area on a circular route taking you inland into the Montemarcello-Magra Natural Park, sandwiched between the Golfo dei Poeti and the Apuan Alps. Along the way, you will be accompanied by spectacular views as you wander past olive groves and farmland towards Zanego. This region is renowned for its highly sought after bright Carrara Marble, and you may spot it decorating the local churches. It is then time to hop back on the bus and the train back to your home in Corniglia.

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|  Accommodation Apartment |  Ascent 400M |  Descent 400M |  Time 3-4 hours walking |  Distance 10KM |
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DAY 5

Walk through Volastra's terraced vineyards, discover pretty Manarola, and stroll along the Via dell'Amore to photogenic Riomaggiore.

Today you will set off from your front door and hike up through terraced vineyards to the small village of Volastra. The Bosco, Albarola, and Vermentino grapes grown in this area are used in the production of the region's best-known wine - Cinque Terre D.O.C. - and perhaps you will enjoy a glass after your walk today! You might spot the impressive little rack and pinion railway systems used to bring the harvested grapes up these steep hillsides. After Volastra, you continue on your way with views out over the coast until you reach Manarola, possibly the most charming of the Cinque Terre villages. Be amazed by its tall, colourful houses clinging to the cliffs some 70m above the sea, admire its tiny piazza, and look onto the




little harbour below. There will be time to explore its little streets or enjoy some of the delicious fresh calamari, a popular street food here. Next, stroll along the famous Via dell'Amore ('Lovers' Lane') carved in the rock overlooking the sea to reach your final goal for the day, Riomaggiore - the last of the five villages. With colourful houses stacked on top of each other lining a steep ravine that surrounds the narrow harbor below, this is perhaps the most photographed of all the Cinque Terre villages. Depending on the time of your visit, you might decide to enjoy the sunset from the harbour before your return to Corniglia by train.

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|  Accommodation Apartment |  Ascent 495M |  Descent 500M |  Time 4 hours walking |  Distance 8KM |
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DAY 6

Enjoy panoramic views as you hike from the hamlet of Marola to your boat in Portovenere to experience the five villages from a different perspective.

After a train ride to La Spezia and a short local bus ride, your final walk of the week begins in the small hamlet of Marola, from where you will hike up the crests enjoying spectacular panoramic views over the Golfo dei Poeti and the Riviera de Levante as you go. Following a Roman balcony trail, you will arrive in pretty Portovenere, an area popular with divers. This medieval fishing village sits on the western peninsula of the Golfo dei Poeti, so-named for attracting many English poets, such as Lord Byron, in the 1800s. The eight-story houses guarding its harbour front almost give the appearance of multi-coloured ramparts. There is time to explore the village, and perhaps visit the shop in the old quarter where you might pick up some delicious home-made pesto, before taking a relaxing boat journey to Monterosso that will provide the opportunity to appreciate the Cinque Terre villages from a new perspective. You will then return from Monterosso to Corniglia by train.

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|  Accommodation Apartment |  Ascent 510M |  Descent 510M |  Time 4 hours walking |  Distance 9KM |
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DAY 7

Departure Day.

There is time for one last stroll in the beautiful village of Corniglia before making your onward journey.

Holiday Information

What's Included

- All accommodation as described
- Self-guided information pack containing your map and route notes
- On-site welcome and assistance
- All train transfers for the hiking days included in the program
- Navigation App and GPX tracks available

What's not Included

- Travel insurance
- Travel to and 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 buses
- Cinque Terre National Park fees
- Boat ride from Portovenere to Monterosso
- 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.

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 holiday for your family, a centre based trip is a fantastic option as it allows you to easily opt out of a days 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.

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 studio Duplex 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 the 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.

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 duffel 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.

It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

Health & Vaccinations

Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations.

GHIC / Medical cover

UK residents should carry a free Global Health Insurance Card (GHIC). This entitles you to state provided medical treatment when you're visiting an EU country or Switzerland. This is not a substitute for medical travel insurance which is vital when travelling overseas.

Severe Allergies

Please inform our KE Sales and support team of any severe allergies you may have before travel. We will always do our best to help but we are unable to guarantee an allergy free environment on our KE trips. We advise that you always carry your own treatment for the allergy with you such as 'adrenaline auto-injectors' if required. We also recommend that you discuss this with your accommodation on arrival so that they can better assist you.

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. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

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

Cotswold Outdoor

Many of the equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive a 12.5% discount with Cotswold Outdoor, Snow+Rock and Runners Need. The discount code can be downloaded from your MyKE account and you can use this code at the checkout, either in store or online.

Land Only Information

Please note 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, ask our sales team to find out more about this.

Our sales team will be happy to provide you a quote for scheduled flights or alternatively you may wish to book your own flights with a low cost carrier from your nearest regional airport.

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

We offer some transfers to your hotel from the nearest airports, please refer to the 'joining arrangements and transfers' 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 21/01/2025 and the trip is subject to change