TRAILS OF THE CINQUE TERRE - SELF GUIDED WALKING

The best way to discover the Cinque Terre is on foot. Five fishing villages nestled into the steep coastline of the Ligurian Riviera make up the Cinque Terre, a UNESCO World Heritage Site. Smell the sea as you walk along ancient walking trails clinging to the steep cliffs, marvel at the terraced vineyards and savour the tranquility of the pine and chestnut forests of the Cinque Terre National Park.

Known as Italy’s “Flower Riviera” the Ligurian Riviera is a delight for all the senses. Waves crash below coastal footpaths, wild flowers and vineyards surround you & the smell of fresh coffee tempts you into local cafes. The five fishing villages of the Cinque Terre have remained almost untouched by modern developments and are an idyllic walking escape. You can choose to enjoy this holiday over either a 5 or 7 day itinerary. Based in Monterosso and Portovenere you can explore the coast by foot, boat or train and choose from a selection of coastal and mountain walks each day.

Your walking holiday in The Cinque Terre includes hand-picked 3 star hotel accommodation, all breakfasts, a 48 Hour Cinque Terre Card (train pass), luggage transfers, comprehensive route notes and maps and a detailed pre-departure information pack as well as emergency support.

HIGHLIGHTS

- Exploring the steep streets of the five villages of Monterosso, Vernazza, Cornilia, Manarola and Riomaggiore.
- Drinking in the delicious views of the emerald blue Mediterranean.
- Soaking in the atmosphere over a glass of vino and delicious local seafood at an outdoor cafe.
- Plunging into the sea at one of the many fabulous swimming spots.

WHY CHOOSE MACS ADVENTURE HOLIDAYS?

We specialise in outstanding self guided walking holidays where every last detail is taken care of. We understand what makes for an unforgettable adventure; great walks, breath-taking scenery and warm, welcoming accommodation, wonderful food and wine, all backed up by outstanding customer service. Each holiday we offer is unique, tailor made to meet your requirements.

WHY CHOOSE A SELF GUIDED WALKING HOLIDAY IN THE CINQUE TERRE?

Walking is the very best way to discover the hidden coves, coasts and villages of the Cinque Terre. Free to wander at your own pace and off the beaten track you can really get under the skin of the people, history, towns, food and wine of this enchanting region.

We offer a choice of a five or seven day walking holiday in the Cinque Terre. The five day trip misses out days 3 & 4 of the seven day trip but is otherwise the same.
Seven Day Option
Code: WITSCCT1
Days: 7 (5 Days Walking)
Nights: 6
Overnights: 4 Monterosso, 2 Portovenere

Five Day Option
Code: WITSCCT2
Days: 5 (3 Days Walking)
Nights: 4
Overnights: 2 Monterosso, 2 Portovenere

DAY 1
Arrive Monterosso
We recommend flying to Genoa or Pisa, which have good train connections to Monterosso. Florence is also an option.
Settle into your accommodation, step outside and breathe in the fresh, crisp air of the Mediterranean Sea. The hustle and bustle of the historic centre of Monterosso is captivating. Alternatively head to the wide sandy beach for the afternoon.

Overnight: Hotel Marina, Monterosso
This small and charming family run 3 star hotel is located on a narrow street in the historic centre of the old fishing village of Monterosso.

The following hotel is available at an upgrade supplement:
Albergo Degli Amici, Monterosso
Hotel Degli Amici is a 3 star hotel located in the historical centre of Monterosso, in an extremely peaceful area, surrounded by vineyards and olive trees, just 150 metres from the sea.

DAY 2
Walk from Bonassola to Deiva Marina
Today you walk through the hills of the East Riviera, between Bonassola, Framura and Deiva Marina. The first part of this walk is extremely panoramic with wonderful views over the northern Ligurian coast. Visit the nice villages of Bonassola and Deiva Marina and after the walk return to Monterosso by train.

Overnight: Monterosso

Walk 1: 6-10km, 266 or 643m ascent, 870 OR 1098m descent, 3 or 4 hours approx.
Walk 2: 10km, 471m ascent, 448m descent, 4 hours

DAY 3
Soviore to Vernazza or Corniglia–Volastra–Riomaggiore–Manarola
Today’s first optional walk begins with a very steep section up an ancient cobbled path to Soviore. (If you wish to avoid this steep section you can take a taxi to Soviore from Monterosso). On arrival in Soviore you can either stop to visit the local Monastery or immediately begin your walk towards Vernazza. Follow a panoramic path that slightly descends to the Madonna di Reggio, a Sanctuary that is located on the hills behind the little town of Vernazza. From here continue walking on a stone path down to this pretty port full of coloured houses and fishing boats.

Alternatively you may choose to embark on the walk from Corniglia to Riomaggiore. Use your Cinque Terre Pass to take a train from Monterosso to Corniglia which is situated on top of a promontory and surrounded on three sides by vineyards and terraces. The fourth side descends steeply into the sea. From here you walk up the path towards Volastra and on towards Riomaggiore. Then take a train back to Monterosso.

Walk 1: 6-10km, 266 or 643m ascent, 870 OR 1098m descent, 3 or 4 hours approx.
Walk 2: 10km, 471m ascent, 448m descent, 4 hours

Overnight: Monterosso

DAY 4
Monterosso to Levanto
Follow the coastline from Monterosso to the idyllic painter’s paradise of Levanto, located in the centre of a charming valley surrounded by green hills and uncontaminated nature. Along the way, pass the Promontory of Mesco, a lookout point where you can visit the ruins of the Chapel of Sant’ Antonio Semaforo. Glance out over the crystal clean waters and take in the essence of Liguria.

It is also possible to walk all the way back to Monterosso from Levanto.

Walk 1: 7km, 350m ascent/descent, 3 hours
Walk 2: 14km, 820m ascent/descent, 5 hours
Overnight: Monterosso

DAY 5
Riomaggiore via Colle del Telegrafo to Portovenere

This really is a superlative day of walking. Begin by taking the train to Riomaggiore. From Riomaggiore climb mule tracks through deciduous forests to enjoy panoramic views of the Gulf of La Spezia. It’s easy to appreciate why Shelley and Byron were so inspired by this magical coastline.

Tear yourself away from the tremendous views to descend to Portovenere via rough hewn paths and staircases.

Overnight: Hotel Paradiso, Portovenere

This lovely small hotel is located right on the Gulf of Portovenere with a view of Palmaria Island and the Apuan Alps which frame this picturesque area.

The following hotel is available at an upgrade supplement:

Hotel Belvedere, Portovenere

The Hotel Belvedere has over 40 years of experience in welcoming customers and the rooms all have magnificent views from the balconies. You will be sure of a warm welcome at the Belvedere.

Walk: 13km, 861m ascent, 875m descent, 6 hours

DAY 6
Round walk of Palmaria Island

Take the ferry to Palmaria Island today for a wonderful days walking. Explore the coast round the island and discover various fascinating caverns. Palmaria Island also showcases a fantastic variety rare reptiles and marine birds.

Overnight: Portovenere

Walk: 6.5km, 326m ascent, 339m descent, 2.5 hours

DAY 7
You can depart Portovenere by bus to La Spezia and from there you can easily get to Pisa, Genoa, Florence or Milan airports by train.

TRIP INFORMATION

Extensions
Why not extend your time in Italy with a few nights in Genoa, Pisa or Florence? We offer several short city extensions at hand picked hotels so you can explore these wonderful cities.

Accommodation
We specifically choose our hotels for comfort, location and real authenticity. All are owner operated three star hotels with en suite rooms that offer a genuinely warm Italian welcome.

Accommodation Details
We will always try and accommodate you at the locations detailed in the brochure, but because of limited availability we may have to accommodate you at an alternative location of the same or better standard. We will confirm your accommodation details on confirming your reservation.

Single Rooms
Single rooms are available but attract a single supplement.

Solo Walkers
This is a great holiday for solo walkers. If you are travelling solo the holiday is slightly more expensive as some costs are not shared.

Meals
The delicious Italian food and wine available locally is undoubtedly a highlight of this holiday. The price of your holiday includes breakfast each morning. Lunch and dinner are not included so you are free to choose from the available options.

Baggage Transfer
When required your bags will be transferred from your hotel and moved onto your next overnight accommodation. We ask you to limit your luggage to one bag of up to 20kg per person.

Equipment
Your information pack has a detailed equipment list which includes standard walking gear such as good walking boots or shoes, waterproofs, comfortable walking clothes, warm and waterproof clothes and a day pack.

Walking Grade
This holiday is graded easy to moderate because although the daily walks are relatively short the terrain is very hilly and summer temperatures can be high. The walks follow ancient footpaths and mule tracks. Many are made up of steep stone staircases and some are literally cut into the cliff so if heights aren’t your thing this may not be the best trip for you.

Navigation
You will be following way marked trails for many of your walks and we supply very detailed route notes and maps so navigation is generally easy.

***Hydrogeological instability in the Cinque Terre region can at times cause the closure of certain sections of the trails. Before embarking on your daily walk please check with your accommodation and also if possible on the Cinque Terre National Park website.

Getting to Monterosso/Portovenere

We recommend arriving at either Genoa or Pisa Airports although Florence is also a possibility.
(Train 1h20, 2h30 and 3h30 respectively). Tickets can be purchased on arrival or online prior to departure. Visit www.trenitalia.it for times, prices and booking.

**Travelling by Car**

Much of the Cinque Terre is closed to non-residential traffic. There are two guarded car parks in Monterosso where you can leave your car for the duration of your trip.

**Travel in the Cinque Terre**

The excellent local train service connects all the villages and is what you will use to access many of the walks. Another pleasant alternative is to use the local ferry services to travel between villages.

**Availability**

You can start your holiday on any date between April and October. The best time of year is April through to June and September until mid-October. July and August can be very busy and too hot for walking.

**Price**

Up to date prices are available on our website.

- Flights and public transportation
- Travel insurance
- Admissions and entrance fees of any
- Personal expenses such as lunch, dinner, snacks, wine tasting, drinks, phone calls, etc.
- Any item that has not been specifically mentioned in the program

**M.A.C.S. RESPONSIBLE TRAVEL**

We operate holidays in some of the most beautiful areas in Europe and try to operate in an environmentally aware and sustainable manner. We do this by following our M.A.C.S. Responsible travel policy, the cornerstones of which are below. Please see our website for more details.

- Minimise Impact & Maximise Benefit
- Action & Advocacy
- Carbon & Communities
- Sensitive & Sustainable

**HOW TO BOOK**

Once you have read all the information in this factsheet or on our website and decided on your preferred itinerary, visit our website or give us a call to confirm availability. You can then book by any of the following methods:

- Book Securely Online: www.macsadventure.com
- Telephone: +44 (0) 141 530 8886
- Please don’t hesitate to contact us by phone on +44 (0) 0141 530 8886 or email: info@macsadventure.com if you have any queries and one of our expert customer service team will be happy to help.

**BOOK WITH CONFIDENCE**

**Financial Security**

In accordance with "The Package Travel, Package Holidays and Package Tours Regulations1992" all passengers booking with Macs Adventure Ltd are fully protected for the initial deposit and subsequently the balance of all monies paid to us, including repatriation if required (this insurance will not cover repatriation to the country of origin for the passengers outside of the EU), arising from cancellation or curtailment of your travel arrangements due to the insolvency of Macs Adventure Ltd. There is no requirement for Financial Protection of day trips, and none is provided. This insurance is only valid for packages booked that DO NOT include flights.

**Consumer aware:** Your booking is insured by IPP Ltd and its panel of insurers. - This insurance is only valid for passengers who book and pay directly with/to Macs Adventure Ltd. For further information please go to www.ipplondon.co.uk. This Insurance has been arranged by International Passenger Protection Limited and underwritten by Insurers who are members of the Association of British Insurers & Lloyds Syndicates.

**ABTA Member Statement**

Macs Adventure Holidays is a Member of ABTA. ABTA and ABTA Members help holidaymakers to get the most from their travel and assist when things don’t go according to plan. We are obliged to maintain a high standard of service to you by ABTA’s Code of Conduct. For more information on ABTA, the Code of Conduct and the arbitration scheme available to you if you have a complaint, contact ABTA, 30 Park Street, London SE1 9EQ, tel 020 3117 0581 www.abta.com