

Day 1 - MONTEROSSO

Individual arrival in Monterosso where your first hotel accommodation is located. To arrive, the best is to take the train to La Spezia and then connect to the local train for the Cinque Terre villages; Monterosso is the primary stop for Cinque Terre. At your hotel you will be given your hiking maps and cue sheets as well as boat/ferry/train tickets. On this trip we do not include an on-site orientation, but local assistance is available by phone to help get you started. Superior 3 star quality hotel included; dinner included in a local restaurant. (D)

Day 2 : PALMARIA ISLAND AND PORTOVENERE

After breakfast, train transfer to La Spezia. From here by boat (vaporetto = 'water bus') to the Palmaria Island for a circular tour of this little island rich in Mediterranean vegetation. Depending on the period you can see the bloom of cistus and nice rare orchids and admire the colorful wood. Along the way spectacular scenery on the sea and the coastline. In the first afternoon you will reach by boat Portovenere where you will visit the medieval town, the Churches of San Pietro and San Lorenzo and the Byron Grotto. Return to La Spezia by boat and to Monterosso by train. Return to the same hotel and overnight. 3.5 hours hiking, 200m+ elev gain. (B,D)

Day 3 : LEVANTO, PUNTA MESCO AND MONTEROSSO

After breakfast, train transfer to Levanto and visit of the little historical centre dated XII century. From here start the ascent to the promontory of Punta Mesco walking along ancient colonial houses. The path runs with up and downs and views

Hiking Cinque Terre

Duration - 5 days / 4 nights

Dates: everyday from April to the end of October

Number of participants: minimum 2

Price -note variations in seasons

790 euros per person based on double occupancy; mid season rate. For July/Aug/Sept add 30 euros/person. Triple rooms and group rates - please contact us. Single supplement applies when 2 or more traveling but staying in single rooms; 179 euros. 2 person minimum.
(convert)

Trip includes -accommodation in hotel*** in double room with private facilities; breakfast and dinner daily from the night of the first day to the breakfast of the last day; entry for Cinque Terre; train tickets and ferry tickets; route maps and hiking descriptions. Pre-travel documentation is provided along with travel planning assistance such as trains, pre/post tour hotel stays.

Level - Level 2

Consistently hilly but not significant climbing; well marked and developed footpaths with average 4 hours hiking per day. This trip is a self guided trip - see what all that includes.

Options - add on extra nights in Cinque Terre with more hiking itineraries possible.

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on the marine reserve and the below beaches. The dominant Mediterranean vegetation hides some rarely Cork oak. You arrive at the ruins of the ancient Eremo of Sant Antonio. From here starts a deep descent towards Monterosso. Return to your same hotel with dinner out. Hiking 4 hours approx with +350m elev gain. (B,D).

Day 4 : MONTEROSSO - RIOMAGGIORE AND VIA DELL'AMORE

The today's walk bring you in the hearth of the National Park of Cinque Terre. With start from Monterosso the first stop is at Vernazza, important and historical burg and the only natural harbor of the Cinque Terre that is well worth a visit. Out of Vernazza you walk along the olive groves and with views on the beach of Guvano. In Manarola starts the Via dell'Amore, one of the most famous path in Italy, till Riomaggiore. Return by train. Overnight in Monterosso again. 4 hours hiking; +600m elev gain; + time to linger and explore the villages! (B,D)

Day 5

After breakfast depart on your own back through La Spezia. Added hiking possible or simply added nights in other villages of the Cinque Terre. Additional hikes of 4-6 hours possible including Portofino and more time to Riomaggiore and Portovenere. (B)