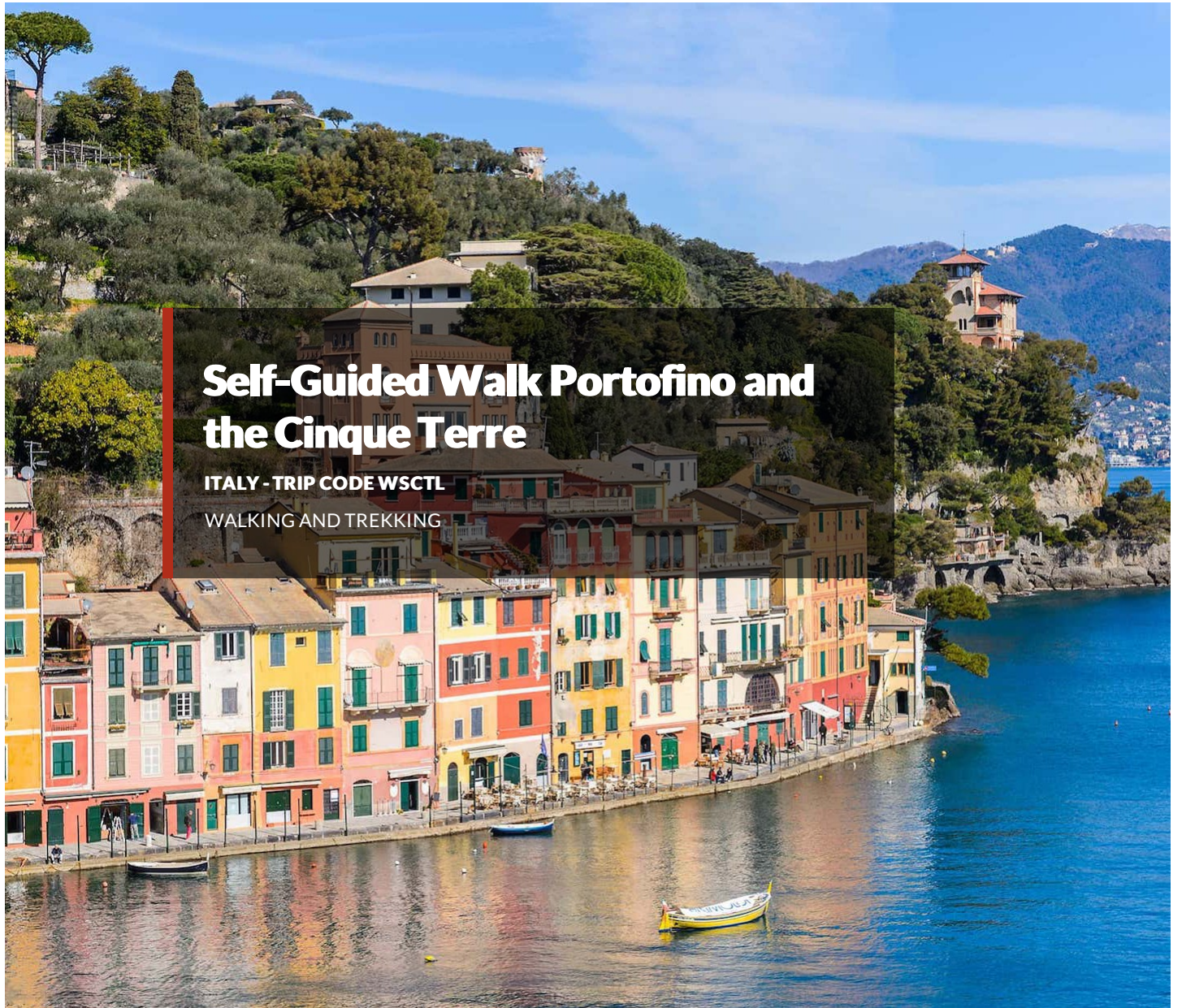


# EXPLORE!



## Self-Guided Walk Portofino and the Cinque Terre

ITALY - TRIP CODE WSCTL

WALKING AND TREKKING

### Why book this trip?

---

Enjoy hiking along the stunning coastal footpaths of the Ligurian Riviera where craggy cliffs plunge into an azure sea on this self-guided holiday. You'll ramble through lush Mediterranean vineyards and olive groves whilst inland there are dense pine and chestnut forests waiting to be discovered.

- **Cinque Terre villages** - Exploring some of the colourful fishing villages of the Cinque Terre
- **Steep terraced hills of olive groves, vineyards and lemon trees** - Fabulous coves for swimming
- **Regional cuisine** - Enjoy fresh seafood and the famous Trofie al Pesto



**INCLUDED MEALS**  
Breakfast: 7



**TRIP STAFF**  
None



**TRANSPORT**  
Bus  
Ferry  
Train



**ACCOMMODATION**  
6 nights comfortable hotel  
1 nights simple hotel



**WALKING GRADE:**  
Moderate

## Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

### DAY 1 - Join trip in Camogli

The first night of your holiday is spent in Camogli. As soon as you get settled in to your accommodation, you can step outside and breathe in the fresh air of the Mediterranean Sea. In the afternoon you may like to visit the historic centre and prepare for your walking adventure ahead.



**ACCOMMODATION:**  
Albergo La Camogliese (or similar)

**Grade: Comfortable Hotel**



**SINGLE ROOM AVAILABLE**



**MEALS PROVIDED: NONE**

### DAY 2 - Walk from Camogli to Portofino via San Fruttuoso Abbey

Your walk today from Camogli to Portofino is on one of the main paths of the Portofino Regional Park. The first section is quite steep and takes you to the village of San Rocco. If you'd prefer a more relaxed start to your first day then it is possible to take a bus to San Rocco. You continue to San Fruttuoso where you can see the beautiful seafront abbey. It's a restored Medieval stronghold which was originally built for the Benedictines of Monte Cassino. From San Fruttuoso, you can choose to walk or take a ferry boat

(about 20 minutes crossing) to the beautiful harbour town of Portofino. Once here you can enjoy a walk (one kilometre) to Il Faro (the light house), located at the extreme point of the promontory, to admire the wonderful view. From Portofino you can take either the train or a ferry boat back to Camogli.

You can expect today's 13 kilometre walk to take approximately five-and-a-half hours. If you opt to start the walk in San Rocco, the walking distance will be seven kilometres and it will take approximately three-and-a-half hours.



ACCOMMODATION:  
Albergo La Camogliese (or similar)



**Grade: Comfortable Hotel**



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

---

### **DAY 3 - Train to Bonassola and walk to Deiva Marina via Framura**

Today starts with a short train ride to Bonassola and you can drop your main luggage at your hotel before starting the walk through the hills of the East Riviera to Framura and Deiva Marina. (Our hotels are all either very near the train stations or the hotel will provide a transfer to/from the station.) The first part of this walk to Framura is extremely scenic with fantastic panoramic views over the northern Ligurian coast. If you wish to shorten the walk then you can end it here in the idyllic town of Framura and then return to Bonassola by train. If you want to take a longer walk then you can continue to Deiva Marina before returning to Bonassola by train. Deiva Marina gives you a taste of the old Riviera with its timeless elegance. The town is set between two cliffs and has a long beach which is a popular swimming spot.

You can expect today's 12.5 kilometre walk to take approximately five hours. If you opt to finish the walk in Framura, the walking distance will be five-and-a-half kilometres and it will take approximately two-and-a-half hours.



ACCOMMODATION:  
Pensione Moderna (or similar)



**Grade: Simple Hotel**



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

---

#### **DAY 4 - Walk from Bonassola to Monterosso al Mare via Levanto**

The first part of today's walk runs along an old railway recently transformed into a relatively flat cycle and walking path. You walk through tunnels and over bridges with great views out to sea and of the surrounding cliffs until you arrive in the pleasant town of Levanto. You climb up to the ridge top to enjoy the spectacular view over the mountains around the gulf. You continue walking from here to Punta Mesco and then down towards the Cinque Terre village of Monterosso al Mare where you spend the night.

You can expect today's 10 kilometre walk to take approximately four-and-a-half hours.



ACCOMMODATION:  
Hotel Marina (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

---

#### **DAY 5 - Visit to Soviore Monastery; walk back to Monterosso**

A short included taxi transfer takes you to Soviore Monastery where you can stop for a visit before starting the walk back to Monterosso via Vernazza. From the monastery you walk on asphalt road for one-and-a-half kilometres and then take a nice panoramic path that slightly descends to the Madonna di Reggio. From here you continue walking along a stone path down to Vernazza where you take the panoramic coastal path back to Monterosso al Mare. To shorten today's walk, you can stop in Vernazza and then take a train back to Monterosso.

You can expect today's 13 kilometre walk to take approximately six hours.



ACCOMMODATION:  
Hotel Marina (or similar)

## Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

---

### DAY 6 - Two walking options available from Monterosso

You have the possibility of two alternative walks today from Monterosso. The first is a circular walk via Colla di Gritta. You head inland past the 'Chiesa dei Cappucini' to the Colla di Gritta then continue over the mountain ridge through stretches of lush forests, passing over Monte Molinelli, Monte Rossini, Montenegro and Colla dei Bagari until you reach Punta Mesco. You return to Monterosso by descending a series of old stone footpaths. The second option takes you further south along the Cinque Terre coast and visits two more of the famed five villages after which the Cinque Terre takes its name. You take the train from Monterosso to the village of Corniglia where the walk starts. You take the path towards Volastra and continue all the way to Riomaggiore. After time to explore you can take a train back to Monterosso.

The Monterosso loop walk via Colla di Gritta is 9 kilometres and will take you approximately four to five hours. The Corniglia-Volastra-Riomaggiore walk is 11 kilometres and will take approximately four hours.



ACCOMMODATION:  
Hotel Marina (or similar)



## Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

---

### DAY 7 - Train to Riomaggiore and walk to Portovenere

A short train ride takes you to Riomaggiore from where you walk to the edge of the mountain chain that borders the Cinque Terre area. From Colle del Telegrafo, you'll follow the coast's edge till you reach Portovenere, passing through the village of Campiglia along the way. Today's walk is spectacular, thanks to the great views over the Cinque Terre coastline and the impressive cliffs of Portovenere at the end. From Portovenere you can choose to take a bus to La Spezia and a train from here to Monterosso or, weather conditions allowing, take a ferry directly back to Monterosso. The walk can also be shortened

today if you fancy a more relaxing final day.

You can expect today's 13 kilometre walk to take approximately for to five hours.



ACCOMMODATION:  
Hotel Marina (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

---

### DAY 8 - Trip ends in Monterosso

After breakfast, the organised part of your holiday comes to an end.



MEALS PROVIDED: BREAKFAST

---

## Trip information

---

### Country information

#### Italy

##### Climate

April/May and October/November are pleasantly warm. June/September are the hottest months. Showers are common in Autumn.

Time difference to GMT	Plugs	Religion	Language
+1	2 Pin Round	Roman Catholic	Italian

---

## **Budgeting and packing**

### **Clothing**

Take light and comfortable clothing that can be layered according to the temperature. July and August are the hottest months whilst early and late in the season go prepared with clothing to suit drops in temperature and possible showers. Take your swimming gear, light rainwear may be needed at any time of year, and a warm fleece/jacket is recommended for cooler evenings and nights.

### **Footwear**

Walking boots or shoes and comfortable trainers and/or sandals for sightseeing and relaxing.

### **Luggage: On tour**

You will need one main piece of baggage and a daypack sufficiently large to take everything needed for your walking day, such as your water bottle, snacks, spare clothing and camera. Your main luggage will be transferred to your next accommodation. Please clearly mark all your belongings with your name and the name of the next accommodation and ask the accommodation owner where your bags should be left on the morning of your departure.

### **Luggage transfer**

Included between the hotels in Bonassola and Monterosso. On day 3 you will travel with your own luggage on the train from Camogli to Bonassola where our hotels are all either very near the train stations or will provide a transfer to/from the station.

### **Equipment**

A water bottle, sunhat and high factor sunscreen are all essential. Trekking poles are not essential but can be useful on the ascents and descents around the coast.

Maps - Along with the destination manual and route notes you will be sent a set of maps that have been created specifically for this trip to help you navigate. The route is marked on each map together with a series of numbered waypoints which correspond with instructions in the route notes. Should you wish to purchase a more detailed commercially produced map we recommend the following:-

#### General maps

1:50000

-Cinque Terre - Golfo dei Poeti, Istituto Geografico Centrale , ISBN: 8896455235

-Cinque Terre, Studio FMB Bologna,ISBN: 9788877754509

1:25000

-Lavagna-Sestri-Moneglia-Framura,Edizioni del Magistero, ISBN:8896107202

-Il Parco Naturale Regionale di Portofino, Studio Cartografico Italiano, ISBN: 8896107377

- Cinque Terre, Michelin, ISBN: 2067127144

1:20000

-5 Terre, Edizioni del Magistero, ISBN: 88961072534

-Liguria, De Agostini, ISBN: 8851111286

## Tipping

### Local fees

A local city tax is required to be paid in cash upon check in to the accommodation. The amount varies from €1 to €3 per person per night, with the higher amount relating to higher category hotels.

Local trains to access walks - allow between €2 - €5 for each journey

## Italy

### Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Lunch price	Dinner price	Beer price	Water price
£10.00 - 15.00	£20.00 - 25.00	£2.00 - 4.00	£1.00 - 2.00

### Foreign Exchange

Local currency	Recommended Currency For Exchange
Euro.	GBP.

### Where To Exchange

We recommend that you change any currency into Euros prior to arrival. Bureau de Change are generally only found in major cities and large airports.

ATM Availability	Credit Card Acceptance
Major towns.	Larger hotels and restaurants.

### Travellers Cheques

Only in major towns. Please note, the exchange rate for cash and Travellers Cheques is poor.

---

## Transport, Accommodation & Meals

### Transport Information

Bus, Ferry, Train

### Recommended airport

Genoa Airport (GOA) or Pisa Airport (PSA).

### Flying to your destination

We recommend outbound flights into either Genoa Airport (GOA) or Pisa Airport (PSA), which are served by both budget (including Easyjet, Ryanair) and non-budget airlines (including British Airways)



from multiple airports in the UK.

## Arrival and departure information

For this trip you can fly into and back from Genoa Airport (GOA) or Pisa Airports (PSA)

From Genoa Airport you can take an AMT (Genoa bus company) bus to the train station. Nearly all trains from Genoa go directly to Camogli and the the whole journey should take approximately one hour.

From Pisa Airport take a train to Pisa Centrale train station where you will need to change to a train to La Spezia. Change again at La Spezia to a local train that stops in Camogli. The whole journey should take approximately two-and-a-half to three hours.

On your return journey back to the airport you can reverse your journey setting out from Monterosso which is on the same rail line as Camogli.

---

## Essential Information

### FCO Advice

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office advice [click here](#).

For more information from Explore about travel advice, [click here](#)

### Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

### Price Guarantee

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

### Visa and Passport Information

Italy: Visas are not required by UK, E.U Nationals, Australian, New Zealand, US and Canadian citizens. Other nationalities should consult their local embassy or consular office.

All visa information is subject to change. You should confirm all visa related questions with the relevant Embassy prior to departure.

If you do require assistance in obtaining a visa then you may be able to apply through Explore's recommended visa service in the UK, Travcour. See [www.travcour.com](http://www.travcour.com) to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa

applications, please call them directly on 0208 5431846.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

## Booking conditions

Before booking your Explore trip, please ensure that you read both our Essential Information and Booking Conditions.

## Transfers

[Find out more about Trip Transfer Terms and Conditions before you book.](#)

### Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

### Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The complimentary transfers will be arranged from the Explore designated airport or train station to your trips joining point, and then back from the ending point to the designated airport or train station. Generally the airport or station that Explore have selected will be the one that is closest to the town or city where the trip starts, or the one nearest to the joining point. It will be either an airport or train station but not both.

The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Polar, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer [click here](#)

## Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. Medical and

repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

Read more information about what travel insurance is required.

## Flight information

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. Read more about them here.

### Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

### Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

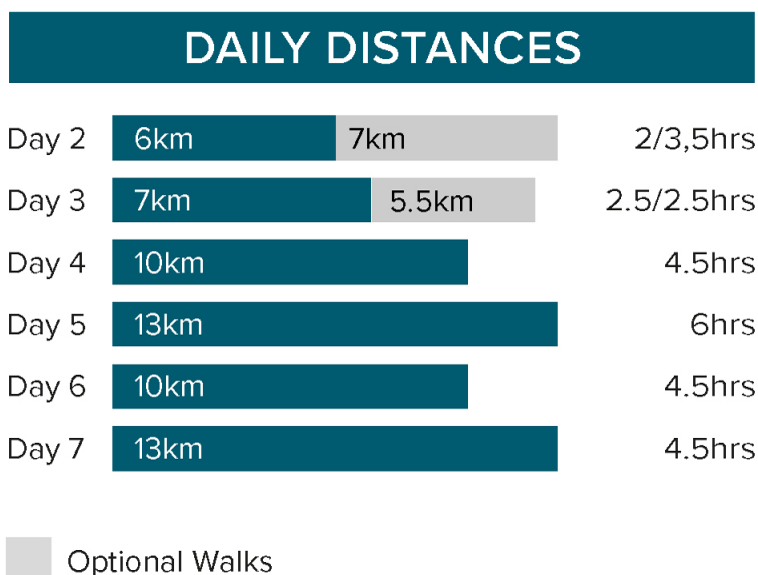
## Italy

### Vaccinations

Nothing required. Tetanus recommended. Please check the latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at Explore Travel Health and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.

---

## Walking and Trekking information



## Walking grade

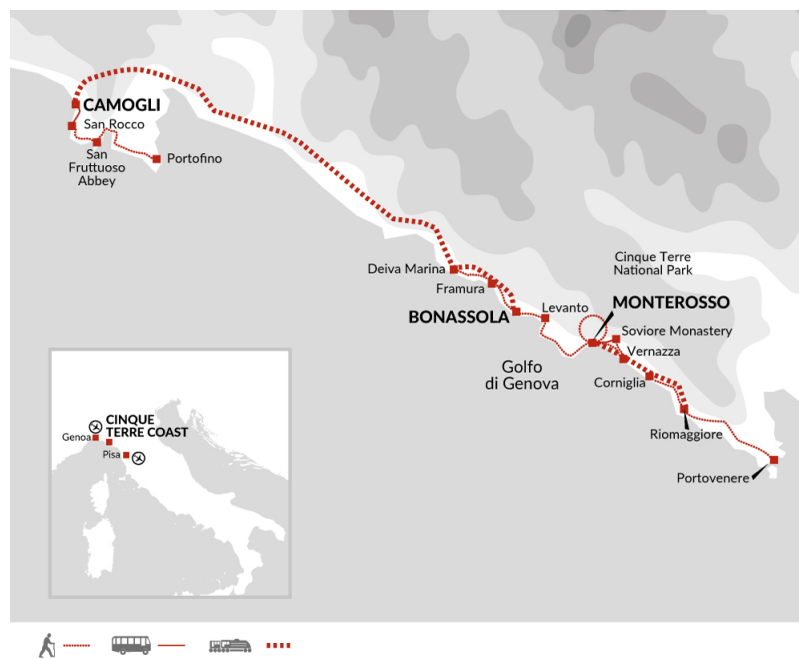
Moderate

## Trek details

On this journey you walk 68.5 km over 6 days (an average of 11 km per day) with the opportunity to shorten the walks if you wish by using the local buses and trains. Your route follows well marked footpaths and mule tracks. Heavy rains and summer fires can cause temporary closure of trails so be sure to check conditions locally.

---

## Additional Information



---

## Reviews



**AWARD WINNING  
EXPLORE LEADERS**



**PRICE GUARANTEE  
PROMISE**



**AIRPORT  
TRANSFERS**