

# EXPLORE!



**Self-Guided Walking the Cinque Terre**

5 days

Italy - Trip code WSCT

## Self-Guided Walking the Cinque Terre

A short self-guided walking holiday to enjoy hiking along the stunning coastal footpaths of the Ligurian Riviera where craggy cliffs plunge into an azure sea. You'll ramble through lush Mediterranean vineyards and olive groves whilst inland there are dense pine and chestnut forests waiting to be discovered. Explore the picturesque villages of Bonassola and Monterosso, entering the magical land of the Cinque Terre where five unique fishing villages are set like gems along the jagged high cliff coast.

### Trip highlights

- ★ **Cinque Terre villages** - Exploring some of the colourful fishing villages of the Cinque Terre
- ★ **Ligurian Riviera** - Enjoy hikes with breathtaking views of the emerald blue Mediterranean Sea
- ★ **Regional cuisine** - Enjoy fresh seafood and the famous Trofie al Pesto

#### ACCOMMODATION GRADE:

##### Standard

Our standard, mid-range accommodation offers a good level of service, often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en suite facilities.

#### WALKING GRADE:

##### Easy To Moderate

This grade is ideal if you want to enjoy both easy and moderate level walks on the same tour. You'll be walking mainly on good paths and at low altitude, with occasional more demanding ascents or descents.

# Itinerary

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

## DAY 1 - Trip starts in Monterosso

After checking in to your hotel base for the first two nights of the holiday, we recommend spending time exploring the first Cinque Terre village of your trip.

Visible from all parts of the Cinque Terre, Monterosso's convent is worth visiting due to its wealth of historical and artistic treasures, including works by Van Dyck and Luca Cambiaso. Monterosso is also home to the only extensive sand beach in the Cinque Terre, which, unsurprisingly, proves popular with tourists and locals alike.



**Accommodation: Hotel Marina** (or similar)



Standard Hotel



Single room available



Meals Provided: None

## DAY 2 - Trek from Riomaggiore to Portovenere

This morning, a short train ride takes you to the start of today's walk in Riomaggiore. From here, the views of the coastline and cliffs are spectacular as you walk along the edge of the mountain chain bordering the Cinque Terre region until you reach Portovenere. Along with the Cinque Terre villages, this settlement has been granted UNESCO World Heritage status for its scenic and cultural value.

For your return to Monterosso, you have the choice between taking a bus to La Spezia and then catching a train, or taking a direct ferry.

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



**Accommodation: Hotel Marina** (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

## DAY 3 - Walk to Bonassola via Levanto

Gently climbing along a narrow footpath, today's route contours through terraces and vineyards to Punta Mesco before

descending to the stunningly-located village of Levanto. After spending time exploring its warren of narrow, ancient lanes and perhaps enjoying lunch in one of its cafes, your route continues along a converted railway track. Walking through tunnels and across bridges, you will soon reach the beach town of Bonassola - your base for the next two nights.

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



**Accommodation: Hotel Villa Belvedere** (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

## DAY 4 - Trek through the Eastern Riviera hills to Deiva Marina

Today's walk from Bonassola provides fantastic views over the northern Ligurian coast as you pass through the hills of the Eastern Riviera to Deiva Marina. From here, you will return to Bonassola by train. It is also possible to shorten today's route by ending in Framura.

You can expect today's 11 kilometre walk to take approximately four hours, with the shorter route covering five kilometres over two-and-a-half hours.



**Accommodation: Hotel Villa Belvedere** (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

## DAY 5 - Trip ends in Bonassola

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



Meals Provided: Breakfast

# Walking and Trekking information

## DAILY DISTANCE

Day 2	13km	
Day 3	10km	
Day 4	5.5km	7km

Optional Walks

### Walking grade

Easy to moderate

### Trek details

On this journey you walk 34 km over 3 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. On two days there is an ascent and descent of around 300 m whilst on the last day it is a tougher 568 m descent.

### Max walking altitude (m)

568



## What's included?



### Included meals

Breakfast: 4



### Accommodation

4 nights standard hotel

## 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

+1

## Plugs

2 Pin Round

## Religion

Roman Catholic

## Language

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 each hotel

### 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

Liguria 1:200.000 TCI Touring Club Italiano, ISBN: 8836548342

#### Topographic maps

1:50000

- Cinque Terre - Golfo dei Poeti, Erga Edizioni, ISBN: 978881635146

- Cinque Terre, Studio FMB Bologna, ISBN: 9788877754509

1:25000

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

- Cinque Terre-Porto Venere-Isola Palmaria, Ligurpress, ISBN: 8864060132

- Il Parco Naturale Regionale di Portofino, Studio Cartografico Italiano, ISBN: 8888968024

- Cinque Terre, Edizioni Multigraphic, ISBN: 8874650019

## Tipping

### Local fees

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

### Country Information

## 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

£5.00 - 10.00

#### Dinner price

£15.00 - 20.00

#### Beer price

£2.00 - 4.00

#### Water price

£1.00 - 2.00

### Foreign Exchange

#### Local currency

Euro.

#### Recommended Currency For Exchange

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

Major towns.

#### Credit Card Acceptance

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

### Recommended airport

Genoa or Pisa

### Flying to your destination

We recommend outbound flights into either Genoa or Pisa airports 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 or Pisa airports.

From Genoa airport you can take an AMT (Genoa bus company) bus to the train station. Nearly all trains from Genoa go directly to Monterosso 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 Monterosso. 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 consider applying 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 transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. 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.

## Maximum altitude (m)

568

## 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.

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