





# THE CINQUE TERRE


## Balcony on the sea



Between seaside, typical villages and Mediterranean vegetation, this trip allows a change of scenery very accessible near France to discover one of the most attractive regions of Italy: the Cinque Terre. Linked by small mule trails and stairs through vineyards and olive groves, the picturesque villages of Cinque Terre and their colourful houses are a paradise for hikers and travellers wishing to taste the gastronomic pleasures of Italy!

 6 days

 Guided / with a guide

 With or without baggage transport

 Accommodation : Hotel

 Level : \*\*

 From : 940€

## You will like

- Balcony walks punctuated with daily swimming
- The charm and authenticity of colorful villages
- The Cinque Terre trail pass included in the price
- The family hotel 200m from the beach and close to the Cinque Terre

# The route

## Day 1

**Reception at 19h at the hotel of Moneglia**

### **WELCOME**

At the hotel you will meet Brunella, your host, and set up for 5 nights. Dinner and presentation of the stay.

## Day 2

### **LEVANTO - MONTEROSSO**

Train to Levanto. Walk in the centre before the start of the hike to reach Punta Mesco. We enjoy beautiful views of the Cinque Terre marine reserve all along the way, before arriving at the hermitage San Antonio, where a superb panorama of the entire coast awaits us. A magnificent view allows to see the routes carried out the previous two days. Descent on Monterosso and visit of the village with optional tasting of local products. Swimming possible on the beach of the village, before the return by train to the hotel. Dinner.

3h30 walk / Altitude difference: +/-300m

## Day 3

### **MONEGLIA - SESTRI LEVANTE - PUNTA MANARA**

In the morning, transfer by train to Sestri Levante, start of the first hike to the promontory Punta Manara (regional park). The trail allows you to enjoy the beautiful panoramas on Sestri Levante, known as "the city of both seas". Return to Sestri Levante for lunch and swimming possible. Brief tour of the historic center, observation of the "leudo", typical boat of Liguria then back by train to the hotel. Dinner can be taken at the hotel or in one of the local restaurants.

3h00 walk/ Altitude difference: +/- 300 m

## Day 4

### **CORNIGLIA - MANAROLA - RIOMAGGIORE**

In the morning, train from Moneglia to Corniglia, the only village of Cinque Terre perched on a promontory, without direct access to the sea. From the train station, up to the village and small visit, before starting the hike. Pass through the small village of Volastra and then resdescente on Manarola, through the terraced vineyards. From Manarola, train ride to Riomaggiore and visit with swimming possible. Return by train, dinner and overnight at the hotel. Depending on the conditions of the sea, your guide can offer you a return boat during your stay (optional, with supplement).

4h00 walk/ Altitude difference: +/-400 m

## Day 5

### **VERNAZZA - MONTEROSSO**

In the morning, drive by train to Corniglia and hike to Vernazza and Monterosso. Passage between the cultivation of lemons, olive trees and a famous vineyard in Italy before reaching the western gate of the park. Swimming and picnic on the beach. In the afternoon, walk to the convent of Capuccini for a beautiful view of the coast. Train to Moneglia.

4h00 walk/ Altitude difference: +/-550 m

## Day 6

### **END OF STAY**

Breakfast at the hotel and end of stay.

If you want to make the most of your last free day, you can leave your luggage at the hotel and pick it up at the end of the day.

*The itinerary may be modified and the order of the walks reversed, without altering the quality of the programme.*

# The trip

## LEVEL \*\*

Positive altitude difference of 300 to 600 meters per day.

Maximum positive altitude difference: 600 meters.

Walking time: 4 to 6 hours of walking per day.

Nature of the terrain: easy trails and trails, stairs. Good physical condition required.

Particular difficulties: you have to reckon with a strong heat in summer! Some of the trails are on the mountainside, so caution is recommended. Several series of stairs and "natural" steps will come interspersed with hiking trails.

This trip was made in collaboration with our local partners, who like us are committed to creating an authentic stay for you.

## GUIDING

Number of participants between 5 and 15 people supervised by a qualified professional (mountain guide).

## ACCOMODATION

**\*\* Change of accommodation in 2022 \*\***

Small\*\* family-run hotel located in the historic centre of Moneglia (fishing village), CLOSE to the sea (50 meters from the beach) and the village's shops. The railway station is 400m away and allows easy access to the villages of Cinque Terre. Rooms for 2 people, triple or quadruple room possible on request.

## MEALS

Lunch at the restaurant or hotel, picnics at noon.

In Italy, water at the table in restaurants is charged.

## PHYSICAL CONDITION

Be able to easily walk 15 km (in plain) in 3 hours maximum.

If this is not the case, within three weeks of departure, 2 to 3 times a week, we advise you to start a good workout: 4 to 5 km of jogging or 3 to 4 hours of hiking or cycling. Your physical preparation will facilitate your stay and allow you to enjoy it all the more.

## Practical information

### ACCESS TO THE STARTING POINT

#### BY PLANE

Milan, Genoa or Pisa

Allitalia, Air France, and low-cost airlines

Then train to Moneglia, see "second stage" by train

From Genoa airport, it is possible to get to the station by train ([www.trainitalia.com](http://www.trainitalia.com)).

ATM tickets purchased from the airport arrivals area. Alternatively, regular shuttle from the airport to the city center of Genoa in just 30 minutes (company Volabus).

### TO CONTACT US

If you are late, contact the agency: +33 (0)4 50 79 09 16 or +33 (0)6 42 49 76 07

## Dates & prices

From 14/04/24 to 19/04/24	Full	940 €
From 21/04/24 to 26/04/24	Full	940 €
From 28/04/24 to 03/05/24	Full	940 €
From 05/05/24 to 10/05/24	Guaranteed departure	990 €
From 12/05/24 to 17/05/24	Guaranteed departure	940 €
From 19/05/24 to 24/05/24	Guaranteed departure	990 €
From 26/05/24 to 31/05/24	Guaranteed departure	940 €
From 02/06/24 to 07/06/24	Guaranteed departure	940 €
From 09/06/24 to 14/06/24	Last places available	990 €
From 16/06/24 to 21/06/24	Guaranteed departure	940 €
From 23/06/24 to 28/06/24	Open departure	940 €
From 30/06/24 to 05/07/24	Open departure	1040 €
From 07/07/24 to 12/07/24	Open departure	1040 €
From 14/07/24 to 19/07/24	Guaranteed departure	1040 €
From 21/07/24 to 26/07/24	Open departure	1040 €
From 28/07/24 to 02/08/24	Guaranteed departure	1040 €
From 04/08/24 to 09/08/24	Full	1090 €
From 11/08/24 to 16/08/24	Guaranteed departure	1040 €
From 18/08/24 to 23/08/24	Open departure	1040 €
From 25/08/24 to 30/08/24	Open departure	1040 €
From 01/09/24 to 06/09/24	Open departure	940 €
From 08/09/24 to 13/09/24	Guaranteed departure	940 €
From 15/09/24 to 20/09/24	Guaranteed departure	990 €
From 22/09/24 to 27/09/24	Guaranteed departure	940 €
From 29/09/24 to 04/10/24	Full	990 €
From 06/10/24 to 11/10/24	Open departure	940 €
From 13/10/24 to 18/10/24	Guaranteed departure	940 €
From 20/10/24 to 25/10/24	Guaranteed departure	940 €
From 27/10/24 to 01/11/24	Open departure	890 €

## THE PRICE

### Includes:

- Transfers provided for in the programme;
- Accommodation in full board except drinks and certain meals;
- Entry into the Cinque Terre National Park for the 2 days concerned;
- Tourist tax;
- Organization and management costs.

### Does not include:

- Day 1 and 6 lunches;
- Dinner on day 3;
- Personal expenses (drinks, etc.), visits;
- Cancellation assistance insurance (4.2% of the travel amount);
- Your return journey from home to the point of departure/end point.

The tariff is all inclusive from the meeting point to the point of dispersion

# Equipment and baggage

## RECOMMENDED EQUIPMENT

### Clothes

- Hiking trousers
- Shorts (1 swimsuit in case)
- Tee-shirts "breathable" or merino wool
- Long "breathable" or merino wool shorts
- Fleece or sweater
- Windbreaker or Goretex jacket
- Rain cape + gaiters or trousers type Goretex + a bag cape
- A pair of gloves and a light bonnet
- Hat or cap
- Hiking socks (double layer, looped, 1 pair per day)
- Footwear with well-tuned treads and running shoes
- 1 change of clothes for the evening
- Spare shoes for the evening

### Miscellaneous equipment

- Toilet bag
- Towel (quick drying, sold in a specialist shop)
- Sunglasses and sunscreen
- Flask or thermos (1.5 liters minimum)
- Knife and cutlery
- An airtight plastic box as a plate for your picnics
- Coffee cup
- Small personal pharmacy (analgesic, dressings type compeed...)
- Survival blanket
- Headlamp or flashlight
- A sack sheet and pillowcase (the cottages provide blankets)
- Two telescopic sticks (highly recommended)
- Valid ID card or passport

## BACKPACK

Pack a comfortable 30-40 litre backpack for your day's effects (warm clothing, a rain cape, a canteen, a box and cutlery for the picnic, sun protection and ID) and a little room to carry a picnic and snacks.



## Details



## Registration by mail form

Last name:

PRENOM:

Date of birth:

Address:

Phone number:

Mobile phone number:

Email address:

SEJOUR DEMANDE:

Number of days:

Insurance:

Price:

x 30% =

Deposit

Locality where signed:

Date

Signature:

Return with your deposit to:  
Altitude Mont-Blanc, 62 Passage du Nant Devant, 74110 Montriond, FRANCE