

## THE CINQUE TERRE

Nice and relaxed tour between Gênes & La Spézia



🕒 5 days

👤 Guided / with a guide

🧳 With or without baggage transport

🏠 Accommodation : Hotel

🗝️ Level : \*\*

🏠 From : 675€

### You will like

## The route

**Day 1**

**Day 2**

**Day 3**

**Day 4**

**Day 5**

## The trip

## Practical information

## Dates & prices

From 16/09/24 to 20/09/24 **Open departure** **675 €**

# 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