

# Cinque Terre Cooking and Walking

**Tour Style:** Walks with a theme

**Destination:** Italy

**Trip code:** CQLGC

**Trip Walking Grade:** 1



## HOLIDAY OVERVIEW

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The quiet coastal resort of Bonassola is the perfect base from which to explore the region. There is easy access to both the enchanting villages of Cinque Terre and peaceful countryside further inland. On this holiday, you will not only explore the area but also join the Bernardin brothers at their cookery school to learn about and taste some classic Ligurian dishes.

## WHAT'S INCLUDED

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- Good quality en-suite accommodation in one of our European partner hotels
- Half Board – continental breakfast and evening meal
- Cooking lessons – three morning and one afternoon sessions
- The services of an experienced HF Holidays' Walk Leader
- Transport for the wine tasting visit and walks
- Admission cost for wine tasting

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## HOLIDAYS HIGHLIGHTS

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- Learn to cook traditional Ligurian dishes using locally-sourced ingredients
- Enjoy guided walks and excursions both inland and along the much-photographed coastline
- Follow a mule path through the olive groves to Groppo for a wine tasting
- Enjoy an ice-cream in the historic town of Levanto

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## ITINERARY

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### Day 1: Arrival Day

### Day 2: Bonassola Villages

#### *Saltre de Lepre, Montaretto, San Giorgio & Scernio*

Today's walk takes you on a loop through the peaceful hillside above Bonassola. There are breathtaking views from the villages along the way, including Saltre de Lepre – try and spot Genoa and France from here. Montaretto is an excellent place to stop for lunch before entering into woods where you may see signs of wild boar! You will also pass San Giorgio, a perfectly-placed hamlet and one of the first to be founded in the area. There is the option of continuing to Scernio along a path which boasts open views of the sweeping bay below before returning to Bonassola.

### Day 3: Antipasto, Pasta And A Charming Local Chapel

Today's cookery session focuses on the very first course of an Italian meal: antipasto. There will be an optional walk to break the day which will take you to the local chapel before returning to the cookery school for a session on pasta making, including top tips for creating the authentic Italian taste.

### Day 4: Free Day

On our 7-night holidays, we offer one free day where there is no organised excursion. This is an ideal opportunity for you to relax, enjoy the hotel facilities or explore the area independently.

### Day 5: Main Courses, Groppo, Wine Terraces & Tasting

This morning, your cookery session will give you the chance to get hands-on with some classic Ligurian meals. In the afternoon, you will take the train to the start point of a walk to the harbour in Manarola via the wine terraces. Following another of the area's mule paths up to Groppo, you'll meander through the charming olive groves to the finishing point where there'll be a glass or two of wine waiting!

### Day 6: Italian Desserts & Levanto

For those of you with a sweet tooth, today's your lucky day! This morning, you will have the chance to get familiar with some tasty Italian desserts before embarking on a walk to the historic town of Levanto. You can enjoy an ice-cream break before taking advantage of some free time to explore in more depth. You may then choose to make your way back to the hotel independently, or follow your Leader on another walk over the saddle to Bonassola.

### Day 7: Corniglia, Vernazza And Monterosso

Today you begin with a train journey along the iconic Cinque Terre coastline to Corniglia. There will be time to explore this popular coastal village with superb sea views. If you're feeling energetic, you may want to take the 377 steps up to Corniglia but there is a shuttle bus for those who aren't! Your walk today follows the coastal

path to the charming village of Vernazza, complete with waterfront bars and colourful houses. From here you may choose to continue along the path to Monterosso and explore the town before returning to Bonassola on the train.

## Day 8: Departure Day

Depart after a leisurely breakfast.

## ACCOMMODATION

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### Hotel Delle Rose - Cinque Terre

The 3-star Hotel Delle Rose is a charming family-run hotel, owned and run by two brothers, Roberto and Enrico Bernardin. The hotel is located close to the seafront in Bonassola and within easy walking distance of all the local facilities. A handful of cafés and bars can all be found within a couple of minutes' walk from the hotel. Offering a warm welcome and a more personal and friendly service, the Hotel Delle Rose has been welcoming HF Holidays' guests for over 15 years.

#### Accommodation Info

#### Rooms

Hotel Delle Rose has 25 en-suite bedrooms, all of which have been refurbished within the last few years.

All bedrooms have:

- Telephone
- Satellite television
- Fridge
- Safe deposit box
- Hairdryer
- Adjustable ceiling fans.
- The bathrooms have a shower (no bath) and WC.

#### Facilities

On the ground floor is a lounge area and the roof garden terrace has a serviced bar with sea views.

Our guests can enjoy an aperitif before dinner or a tea or coffee during the day.

There is a small lounge on the ground floor with seating and offers a quiet corner to read in. Tourist literature is displayed here and a small library of foreign language paperbacks, which include English.

#### Food & Drink

Our holidays at Hotel Delle Rose are on a Half Board basis and include breakfast and evening meal.

#### Breakfast

Hotel Delle Rose offers a self-service continental breakfast, including freshly baked croissants and Ligurian Focaccia from the local bakery.

Breakfast is served on the roof garden terrace with sea views.

## Lunch (Payable Locally)

You can order a picnic lunch from the hotel. Alternatively, ingredients for a picnic lunch can be purchased from the local shops, either in Bonassola or one of the other villages.

On certain days it may be possible to eat in a café whilst out for the day; your leaders will advise.

## Drinks

Hotel Delle Rose serves drinks on the roof garden terrace in the serviced bar with sea views. The chef prepares daily Ligurian specialities to eat with your drinks.

## Evening Meal

The hotel provides a typical Italian three-course evening meal. A selection of local dishes and locally-caught fish form an important part of the menu. Each morning the manager likes to discuss any vegetarian or other dietary requirements with you personally. The pasta is home-made and the hotel offers pasta demonstrations once a week, a possible option on your free day.

## Travel Details

### *THE HASSLE-FREE OPTION*

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Book your holiday 'with flight' and choose between Heathrow or Manchester flights to Pisa airport. For flight times and prices please see the Dates & Prices tab.

If you choose this option we automatically include return transfers between the airport and the hotel. The coach transfer takes approx 2 hours to the Hotel Delle Rose.

**Please note** guests travelling to San Quirico and Chianti will also fly in to Pisa. Leaders will be available at the airport to direct guests to the correct transfer coach.

### *THE FLEXIBLE TRAVEL OPTION*

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Alternatively, tailor your journey to suit you by booking your holiday 'without flight' allowing you the freedom to book your own flights from your local airport.

If you choose this option, transfers are not included in the price. However, below are some suggestions to help you reach your destination:

- We can book you a seat on the **HF Holidays' transfer coach** from Pisa airport. This is timed to meet the HF Holidays' flights\* (provisional flight times can be found on the dates and prices tab or you can call us on 020 8732 1220 for more information). Cost per single journey is £51. **Please note** guests travelling to San Quirico will also fly in to Pisa. Leaders will be available at the airport to direct guests to the correct transfer coach.
- Why not let us book you a **private taxi transfer** - price on request

Transfers must be pre-booked. Please call 020 8732 1220 for more details

Pisa has numerous UK connections, you may want to consider our transfer options or alternatively enjoy the rail journey to Bonassola.

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## USEFUL HOLIDAY INFORMATION

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### What To Bring

#### Essential Equipment

To enjoy walking/hiking comfortably and safely, footwear, clothing and equipment needs to be suitable for the conditions. Safety and comfort are our priorities, so our advice is to come prepared for all eventualities.

- Footwear with a good grip on the sole (e.g. Vibram sole) is the key to avoiding accidents.
- Walking/hiking boots providing ankle support and good grip are recommended (ideally worn in), and specialist walking socks to avoid blisters.
- Several layers of clothing, which can be added or removed, are better than a single layer (include spares).
- Fabrics (lightweight and fast drying) designed for the outdoors are recommended.
- Waterproof jacket and waterproof over trousers.
- Warm hat and gloves.
- Denim jeans and capes are not suitable on any walks.
- Rucksack with a waterproof liner.
- Thermos flask for hot drink.
- Water bottle (at least 2 litre).
- Spare high-energy food such as a chocolate bar.
- Small torch.
- First aid kit – your leader's first aid kit doesn't contain any medication or blister kits (such as Compeed).
- Sun hat and sunglasses
- Sun cream.

#### Optional Equipment

- Walking poles are useful, particularly for descents.
- Insect repellent.
- Camera.
- Gaiters.

### Useful Information

The language of Cinque Terre is Italian.

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## HOW TO BOOK

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When you're ready to book, you can choose to **book online** or book **over the phone**. Our website offers secure online booking for our holidays, is available 24/7, and offers more in-depth information about all our holidays. If you prefer to call us, our experienced and knowledgeable team are available to answer any specific questions you have and can offer guidance as to which holiday is best suited to your needs.

Our office is open: Monday to Friday: 9am – 7pm Saturday & Sunday: 9am – 1pm Bank Holiday Monday: 9am – 1pm

#### PAYING YOUR DEPOSIT

To secure the holiday of your choice, you will need to pay a deposit: UK & European Holidays: £150 per person and Worldwide Holidays: £250 per person. You can pay your deposit by debit or credit card with no additional card fees charged or make an online BACS payment directly into HF's bank account, please see details under BACS payments. You can also pay your deposit by cheque within seven days of booking. Cheques should be made payable to 'HF Holidays Ltd' with your booking reference / Order ID on the back.

## **ASSOCIATE'S FEE**

Non-members can join our holidays by paying an Associate's fee of £10 per person per holiday. Alternatively, full life membership is available from £100 – visit [hfholidays.co.uk/membership](http://hfholidays.co.uk/membership) for details.

## **BACS PAYMENTS**

Please quote your booking reference / Order ID when you make your payment online: Bank Name: Svenska Handelsbanken AB (publ) Account Name: HF Holidays Ltd Account Number: 35923304 Sort Code: 40-51-62 IBAN: GB92HAND40516235923304 Swift / Bic Code: HANDGB22

Once we have received your booking and deposit, we will send a confirmation invoice to the lead name. Please check this carefully. For bookings 'with flights' it is essential that the names on your booking confirmation invoice match those on your passport for bookings overseas. Please advise us immediately of any errors. Any name changes after the balance of your holiday has been paid will be subject to a fee levied by the airline.

## **MANAGE MY BOOKINGS**

Payments can also be made through the Manage My Booking function on our website. Click on the link at the top of our homepage. This is available to all customers who provide an email address at the time of booking.

## **YOUR FINAL BALANCE**

The balance is due 10 weeks before departure. As with paying your deposit, you can pay your final balance by debit or credit card, make an online BACS payment directly into HF's bank account or pay by cheque.

## **TRAVEL INSURANCE**

Travel insurance is an important part of any booking and essential for one of our holidays. HF Holidays works with specialist. Insurance Brokers Campbell Irvine Direct. For more information or to obtain a quote call them on 01702 427 236 or visit [hfholidays.co.uk/insurance](http://hfholidays.co.uk/insurance)

## **PEACE OF MIND**

### **ATOL:**

The air holidays and flights in this brochure are ATOL-protected, since we hold an Air Travel Organiser's Licence granted by the Civil Aviation Authority. Our ATOL number is ATOL 710. In the unlikely event of our insolvency, the CAA will ensure that you are not stranded abroad and will arrange to refund any money you have paid us for advance bookings. For further information visit the ATOL website [atol.org.uk](http://atol.org.uk)

### **MEMBER OF ABTOT:**

HF Holidays is a member of ABTOT (The Association of Bonded Travel Organisers Trust Limited) which provides financial protection under the Package Travel, Package Holidays and Package Tours Regulations 1992 for HF Holidays Ltd and in the event of their insolvency, protection is provided for the following: 1. non-flight packages commencing in and returning to the UK; 2. non-flight packages commencing and returning to a country other than the UK; 3. flight inclusive packages that commence outside of the UK and Republic of Ireland, which are sold to customers outside of the UK and Republic of Ireland. 1, 2 and 3 provides for a refund in the event you have not yet travelled. 1 and 3 provides for repatriation. Please note that bookings made outside the UK and Republic of Ireland are only protected by ABTOT when purchased directly with HF Holidays Ltd.

## **TRIP NOTE VALIDITY**

These Trip Notes are valid based on the date printed at the bottom of the page. They will occasionally be updated post booking and pre-departure. We will send you the latest trip notes prior to departure through a link in your pre departure documents or we can send you a copy in the post if preferred.

In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call HF Holidays and ask to speak to one of the

team about this itinerary.

The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure, the Trip Notes supersede the brochure. All holidays can be subject to unexpected changes; so please be prepared to be flexible where necessary. At times, it may not be possible to follow the itinerary as planned due to weather conditions, political, physical or other factors. In these circumstances we will make the best possible alternative arrangements to maintain the integrity of the original itinerary.

## PRICE GUARANTEE

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We promise that our earliest published prices will always be the best and if we reduce our holiday price after your booking has been confirmed, we will pass this reduction on to you. Our price promise applies if any subsequent offer price is for an identical holiday, duration, location and date and does not cover any optional extras, flights or additional services.

**Document produced:** 14-10-2019

