Explore the Cinque Terre



Trip style:	Destination:	Walking Grade	Carbon Footprint:
Guided Walking Holidays	Italy	4 & 7	548kg CO2

HOLIDAY OVERVIEW

As one of the Italian Riviera highlights, the sun-dappled Cinque Terre (meaning Five Lands) is home to the five enchanting fishing villages of Monterosso, Vernazza, Corniglia, Manarola, and Riomaggiore. You'll get to walk spectacular coastal paths, soak up sweeping views of the Mediterranean Sea, and take a boat trip from the village of Portovenere at the tip of the peninsula. On your free day, you'll have the options to spend more time in any (or all) of the villages or visit Genoa or Portofino.

WHAT YOU'LL LOVE

- Exploring the five coastal villages of Cinque Terre
- Taking a boat trip from Portovenere
- Staying in the charming town of Bonassola
- Following paths to vineyards and olive groves in the hills

WHAT'S INCLUDED

- Return flights from London Heathrow, including baggage and transfers (flights available from other airports - price may vary)

- A choice of 2 guided walks per day with local leaders (on walking days)
- HF Holidays Tour Manager
- 7 nights' accommodation in Bonassola
- 7 breakfasts & 7 dinners
- All in-destination transport

ITINERARY - ITINERARY

Day 1 **Arrival day**

Welcome to Hotel delle Rose. Unpack and settle in.

Day 2 **Walking from Bonassola: Villages and coast**

Introductory walks either explore the villages above Bonassola, or head along the coast to the neighbouring resorts of Levanto and Monterosso. Both walks take in narrow streets, mule tracks, and pathways through woodland, and have splendid views down the sweep of the coast below. We learn something of the history of Bonassola and the surrounding communities.

Option 1 - Above Bonassola: Headland of the Hare, Montaretto and San Giorgio

Distance: 5 miles (8km)

Total ascent: 1,400 feet (420m)

In summary: The goal for today's walk is the magnificently situated hillside village of Montaretto high above Bonassola. The morning will be spent gradually winding our way up there, via a spectacular headland and on through olive and vine terraces, before returning to the hotel via waterfalls, a church and Bonassola's castle.

Highlight: Keep an eye out for local flora and fauna.

Option 2 - Over two saddles: Monterosso to Bonassola

Distance: 7 miles (11.5km)

Total ascent: 1,900 feet (570m)

In summary: We take the train out of Bonassola to Monterosso. There's a steep ascent out of Monterosso to the headland to follow a section of the Cinque Terre high level route with great views. We reach the open saddle between Monterosso and Levanto and make our way down from the ridge into the medieval quarter of the popular resort of Levanto. We'll find refreshments before walking back over the headland to Bonassola and our hotel.

Highlight: Views of the valley and hilltop villages.

Day 3 **Cinque Terre coastal paths**

Both groups start the day with a train journey and explore the Cinque Terre villages.

Option 1 - Cinque Terre Villages: Vernazza to Corniglia & Manorola

Distance: 5 miles (8km)

In summary: After alighting the train at Vernazza we head off along the famous Cinque Terre Coastal Path to reach the charming village of Corniglia perched on its headland. Our route continues with a visit to Manorola and walks through vineyards and down to the harbour.

Highlight: Soak up the atmosphere in Manarola, with its brightly coloured houses set above the rocky cove.

Option 2 - Vineyards & Villages: Manarola, Volastra,Corniglia and Vernazza

Distance: 7.5 miles (12km)

Total ascent: 1,900 feet (580m)

In summary: We take the train to Manarola. From here, we head up to a medieval village high on the hillside above. After absorbing the stunning views down to the sea from a path contouring through terraced vineyards, we drop down to Corniglia before heading on along the coastal path to Vernazza and its harbour cafes. We take the train back.

Highlight: Visiting peaceful Volastra, as well as 3 Cinque Terre villages.

Day 4 Vernazza to Monterosso

Vernazza is arguably the prettiest of the five Cinque Terre villages with its colourful houses winding down to its natural harbour, protected by a rocky headland. Today we walk from Vernazza to Monterosso. Both walks use the final section of the coast path which links the five villages of the Cinque Terre.

Option 1 - Vernazza Coastal path to Monterosso

Distance: 4 miles (6½km)

Total ascent: 1,100 feet (330m)

In summary: From Vernazza, the path ascends through woodland onto a section of the elevated coastal path to enjoy superb viewpoints of the coast. Descending through the famous lemon groves to Monterossa old town, we'll take the opportunity for refreshments and time to explore this beautiful village.

Highlight: Enjoy the perfume as you descend through lemon groves into Monterosso old town, with views of the coast stretching as far as the eye can see.

Option 2 - Vernazza to Monterosso Monastery Trail

Distance: 6 miles (9½km)

Total ascent: 1,800 feet (540m)

In summary: Our route winds its way up from Vernazza past a series of viewpoints to the Sanctuary of the Madonna di Reggio. After a chance to enjoy a rest in the shade of this tranquil spot we continue up the hillside to the Sanctuary of Soviore a great spot for a picnic lunch. From here a path descends to the old town of Monterosso.

Highlight: Popping in to visit the centuries old monastery and Madonna surrounded by ancient oak trees and olive groves.

Day 5 Free day

Each week there is a day when no guided walks are offered. This is an ideal opportunity to relax around the hotel, walk independently or visit local places of interest. Some options for your free day include:

Cinque Terre villages: You may enjoy spending some more time in the Cinque Terre villages that you have seen previously on the walks. Each village has its own railway station and the frequent trains mean that it is possible to visit all five villages in one day.

Genoa: The largest port in Italy, was designated European Capital of Culture in 2004. After a fairly lengthy train journey along the coast, you'll find a number of attractions including the cathedral, a magnificent street of palaces, opera house and museums, plus a regenerated dock area and a vast ornate cemetery with its very own bus network! Alternatively, you may just prefer to wander through the famous caruggi (narrow alleyways) in the old town.

Portofino: You could revisit the chic resort of Portofino approximately two thirds of the distance to Genoa. Enjoy a leisurely lunch and admire the expensive yachts in the harbour, walk up to Castello Brown or take a boat trip.

Day 6 Coastal ridge walks to Portovenere

Today we travel south along the Cinque Terre and enjoy some spectacular walking with views over the naval port of La Spezia, the Gulf of the Poets, and, as we walk down to it, the village of Portovenere at the tip of the peninsula. From here, if sea conditions permit, we take a boat back along the coast seeing the Cinque Terre harbours from the sea.

Option 1 - Campiglia Ridge Walk to Portovenere

Distance: 6 miles (9½km)

Total ascent: 700 feet (210m)

Total descent: 2,200 feet (660m)

In summary: Today's walk begins with a chance to enjoy the views from the pretty village square of Campiglia before heading through woodland to a great picnic spot high on a ridge. Our route then winds gently along the peninsula for more fine vistas, followed by a long steep section of rugged path and steps leading down to Portovenere at the tip of the peninsula. From here if sea conditions permit, we take a boat back along the coast seeing the Cinque Terre villages.

Highlight: Relax on the afternoon boat trip to enjoy the stunning coastline with its colourful, tumbling villages from a different perspective.

Option 2 - Riomaggiore Ridge and Coast Walk to Portovenere

Distance: 8 miles (13km)

Total ascent: 2,100 feet (630m)

In summary: Our walk starts from Riomaggiore ascending to the 14th century Sanctuary of the Madonna of Montenero. From this popular viewpoint we ascend to the col known as Telegrafo and follow the ridge to the pretty square in Campiglia for a spot of lunch. We then take a spectacular coastal path high above the sea before descending steeply down the ridge to Portovenere to meet our boat.

Highlight: Dramatic views from the spectacular coastal path.

Day 7 Camogli, San Fruttuoso and Portofino

Today takes us to world-famous Portofino and a boat ride to Santa Fruttuoso Abbey.

Option 1 - San Fruttuoso to Portofino

Distance: 3.7 miles (6km)

Total ascent: 1,500 feet (450m)

In summary: We reach Camogli by bus, this charming fishing village is the starting point of today's excursion. After a pleasant stroll through the narrow alleyways we depart by boat for the small Bay of San Fruttuoso. Our hiking tour takes us to world-famous Portofino with its luxurious yachts surrounded by picturesque fishing boats. We enjoy a walk in this elegant town before reaching seductive Santa Margherita, our final destination, by boat. We return to Bonassola by coach from Santa Margherita.

Highlight: Visit the picturesque Portofino.

Option 2 - San Fruttuoso to Portofino and Santa Margherita Ligure

Distance: 4.5 miles (7km)

Total ascent: 1,640 feet (500m)

In summary: We also start the walk in the charming fishing village of Camogli. After a pleasant stroll through the narrow alleyways, we depart by boat for the small Bay of San Fruttuoso. Our hiking tour takes us to world-famous Portofino with its luxurious yachts surrounded by picturesque fishing boats. We enjoy a walk in this elegant town before walking out to the lighthouse located high on a promontory above the sea. We'll enjoy the views before walking back to Portofino and joining the other group for the boat back to Santa Margherita.

Highlight: Enjoy lovely views of Santa Fruttuoso Abbey when you arrive there by boat.

Day 8 Departure day

Depart after a leisurely breakfast.

DAILY WALK OPTIONS



Gentle walking grade 4

The most active Gentle grade, with longer walks, some ascent, and possible steps, stiles, or off-path uneven ground. Typically, 6-7 miles (10-12km) with around 1,000ft (300m) of ascent.



Moderate walking grade 7

The most active moderate grade. Longer distances and short but steep ascents and descents possible throughout the day. Hill walking experience desirable. Typically, 11-12 miles (18-19km) with around 1,800ft (560m) of ascent.

ACCOMMODATION

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 personal and friendly service, the Hotel Delle Rose has been welcoming HF Holidays' guests for over 15 years.

FOOD & DRINK

Dining at the Hotel Delle Rose

Our holidays at Hotel Delle Rose are on a half-board basis and include breakfast and evening meal at a local restaurant.

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)

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.

Evening meal

We visit a local restaurant for our evening meals, which is situated just 100m from the hotel. A selection of local dishes and locally-caught fish form an important part of the menu. Please note that the local restaurant is unfortunately unable to cater for Vegan or Lactose Free diets.

Drinks

Hotel Delle Rose serves drinks on the roof garden terrace in the serviced bar with sea views.

ROOMS

Your room at the Hotel Delle Rose

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

ABOUT YOUR STAY

Facilities at the Hotel Delle Rose

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 which offers a quiet corner to read in. Tourist literature is displayed here and a small library of foreign language paperbacks, which include English.

TRAVEL DETAILS

Address

Hotel Delle Rose
Via Garibaldi 8
19011 Bonassola
La Spezia

Tel: 0039 187 813713

LOCAL AREA

The Cinque Terre or 'five lands' is the name given to the stretch of coast between five unique coastal villages. Originally fishing villages and pirate hideaways, they are now one of the most popular tourist areas in Italy. The coastline is now designated as a National Park and the villages recognised by UNESCO.

Bonassola lies just outside the national park and as such is quieter than its more famous neighbours, making it a pleasant base in the evenings. It has a very attractive beach only a few minutes from the hotel. The town is surrounded by hills and can only be accessed by train, or by using a narrow winding road.

Bonassola

Bonassola is an interesting small town in its own right and you could spend a leisurely day visiting the beach and local cafés.

Cinque Terre villages

You may enjoy re-visiting some of the Cinque Terre villages that you may previously have visited. Each village has its own railway station and the frequent trains mean that it is possible to visit all five villages in one day.

Genoa

Genoa is the largest port in Italy and the European Capital of Culture in 2004. After a long-ish train journey you'll find a number of attractions including the cathedral, churches, opera house and museums, plus a regenerated dock area (Porto Antico) and a vast and ornate cemetery with its very own bus network! Alternatively you may just prefer to wander through the famous caruggi (narrow alleyways) in the old town.

Portofino

The chic resort town of Portofino is situated approximately two-thirds of the way to Genoa. This is a picturesque town where you can admire the expensive yachts and Italy's rich and famous.

Shops & Facilities

There are a couple of minimarkets, a pharmacy, two breadshops and a greengrocer close to the hotel. The post office is located behind the hotel and the bank with an external ATM is just 200m away. There are several bars in Bonassola, including a couple overlooking the sea and a bar/gelateria attached to the hotel.

VACCINATIONS & HEALTH

Vaccinations & health information

Before booking, you should check with your doctor to see whether any health precautions are needed for your trip. Health advice and requirements can change, so we recommend doing this in good time before travel.

As a general rule, travellers should ensure they are up to date with routine UK vaccinations and boosters, including, for example, MMR and diphtheria, tetanus and polio. Some countries may require you to have specific vaccinations such as Malaria, Rabies and Yellow Fever. Please check with your GP if you are unsure.

Please note that the use or possession of some common prescription or over-the-counter medicines is restricted or banned in certain countries. If you will be carrying medication, you should check with the relevant embassy or consulate before travelling. As an extra precaution, we recommend keeping medication in its original packaging, carrying a copy of your prescription, and, where possible, asking your pharmacist to provide the medication name in the language of the country you are visiting.

For further country-specific health advice, visit www.fitfortravel.nhs.uk or www.traveldoctor.co.uk. If you are travelling from outside the UK, please consult your own doctor and check local entry requirements.

PASSPORTS & VISAS

Passport & Visa information

This information is for those travelling with a full 'British Citizen' passport; for all other nationalities or passport holders, please check with your local consulate for advice.

Passport Requirements

This information applies to travellers holding a full British Citizen passport. Entry requirements vary by destination and can change at short notice. For most EU and worldwide destinations, passports must be valid for the entire duration of your stay. Some countries also require a minimum period of validity remaining on your passport (often up to 6 months beyond your return date), even if you are not staying that long.
We strongly recommend ensuring your passport has at least six months' validity remaining at the time of travel to avoid any issues.

If you hold a different type of British passport or a passport issued by another country, you must check the requirements with the relevant embassy, consulate, or official government website.

Visa Requirements

Visa rules depend on your nationality, destination, length of stay, and purpose of travel, and they can change frequently. It is your responsibility to check whether you require a visa before travelling.
British passport holders should check the latest entry, passport validity and visa requirements for their destination on the UK government's Foreign, Commonwealth & Development Office (FCDO) website:
https://www.gov.uk/foreign-travel-advice

ESSENTIAL INFORMATION

Packing list

It's best to be prepared for all weather conditions. To make it easier, here is a list of items you should consider packing.

Essentials

- Walking boots
- Waterproof jacket
- Waterproof trousers
- Insulated jacket/top
- Walking clothing
- Walking socks (plus spares)
- Sunhat
- Gloves/mitts and warm hat
- Water bottle (minimum 2 litre capacity)
- Headtorch
- High-factor sunscreen (minimum SPF 30)
- Swimcap (compulsory in Itialian resorts)
- Sunglasses with a dark lens
- Rucksack (15-30 litres)
- Mobile phone
- Personal first aid kit (containing your medication, blister plasters, etc.)
- Passport
- Visa (if applicable)
- Copy of your travel insurance policy
- UK Global Health Insurance Card (**formerly known as EHIC**)

Recommended

- Collapsible walking poles
- Swimwear and travel towel
- Snacks
- Dry bags

- Rubbish bags
- Insect repellent

Optional extras

- Camera
- Sit mat
- Flask for hot drinks
- Durable lunch box
- Gaiters
- GPS device (excluding Bhutan, Georgia and India)

JOINING INSTRUCTIONS (WITH FLIGHTS)

With flights

Book your holiday 'with flights' and you can choose to depart from selected UK airports* to your destination. For latest flight times and prices please call us on 0203-974-8865 or email reservations@hfholidays.co.uk

If you choose to book your flights with us, we automatically include return transfers between the destination airport and hotel.

JOINING INSTRUCTIONS (WITHOUT FLIGHTS)

Without flights

If you are booking on a land-only basis, you can join the group transfer at an additional cost. To do so, your arrival and departure times must be in line with the scheduled group flight timings. Guests travelling at different times will need to arrange their own transfers. Please contact us before booking to discuss the available options and costs.

USEFUL INFORMATION

Travel Insurance

Travel insurance is a condition of booking. Therefore, if you have not already arranged insurance, it is imperative that you do so before you travel.

For more information about healthcare and its costs, please visit: https://www.nhs.uk/using-the-nhs/healthcare-abroad/

Drinking Water

Drinking Water

Standards for drinking water vary widely around the world. In many destinations, tap water may not be safe to drink, brush your teeth with, or use for making ice. Where advised, you should drink only bottled or treated water and ensure that bottle seals are intact before use. If bottled water is unavailable, water should be boiled or filtered.

Staying well hydrated is particularly important in hot climates and during active holidays. Carry water with you and drink regularly.

If you are unsure about local water safety, check official country-specific health advice before travel, or ask your accommodation or local guides for guidance once you arrive.

Language Information for Cinque Terre and Tuscany

The language of Cinque Terre and Chianti is Italian.

Telephone Code for Cinque Terre and Tuscany

If the international number you wish to call starts with a 0, you must drop the starting digit when dialling the number.
To dial a UK number 0044
To dial a Italian number 0039

LOCAL CURRENCY

The local currency is the Euro (€)

ELECTRICITY

Electricity information for Cinque Terre and Tuscany

220 Volt AC with round two pin plugs; you will need an adaptor for any appliances brought from the UK.

ATM AVAILABILITY

ATM availability for Cinque Terre and Tuscany

There are several ATM machines in both Bonassola and San Quirico where you can obtain money.

TRIPNOTE VALIDITY

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.

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