

Cinque Terre Guided Walking Holiday

Tour Style: European Centre Based
Destination: Italy
Trip code: CQLCL
2 & 4



HOLIDAY OVERVIEW

The Cinque Terre or 'Five Lands' is the name given to the stretch of coast between five unique villages which have a jumble of colourful houses clinging to steep cliffs. Walking along the spectacular coastal path we'll enjoy panoramic views and explore the narrow, winding streets of each the five villages. Monterosso, Vernazza, Manarola and Riomaggiore have picturesque harbours, and Corniglia occupies a commanding position on a headland. To the south, at the tip of the peninsula, lies Portovenere from where we will take a boat trip to view the spectacular coast from a different perspective. We'll also follow paths to secluded hamlets, vineyards and olive groves in the hills above the villages.

WHAT'S INCLUDED

- A full programme of guided walks with 2 options every walking day
- All transport to and from the walks
- The services of experienced HF Holidays leaders
- "With flight" holidays include return flights from the UK and hotel transfers

- 7 nights' accommodation in en-suite rooms
- Half Board - continental breakfast and evening meal.

HOLIDAYS HIGHLIGHTS

- Visit the five enchanting villages of the Cinque Terre, each with their own unique character
- Stop for the quintessential Italian gelato
- Head away from the coast to peaceful countryside, covered in vineyards and olive groves
- Enjoy a boat trip to view the spectacular coastline from the sea
- Stay in the charming resort of Bonassola - linked to Cinque Terre by coastal train

TRIP SUITABILITY

This is a level 2 and level 4 graded Activity, Easier walks: 4 to 7 miles (6½ to 11km) with some steep ascents and descents on the coastal path. Up to 1,400 feet (420m) of ascent and 2,000 feet (600m) of descent in a day. Harder walks: 5 to 10 miles (8 to 16km) on the undulating coastal path and with longer ascents to the hills above. Up to 2,200 feet (660m) of ascent in a day.



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. There is the opportunity for lunch in a café before returning to the hotel via waterfalls, a church and Bonassola's castle.

Highlight: Enjoy the company of our local interest guide who will give us a great insight into the local flora, fauna and history of the area.

Option 2 - Over Two Saddles: Bonassola To Monterosso

Distance: 7 miles (11km)

Total ascent: 1,900 feet (570m)

In summary: We too walk from the hotel, but go up and over the headland to the south to reach the popular resort of Levanto. From here we continue out through the medieval quarter and up to a ridge for extensive views as we reach the open saddle between Levanto and Monterosso. We enjoy more great views as we follow a section of the Cinque Terre high level route over the next headland and steeply down into Monterosso and our train back to Bonassola.

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, Manarola & Riomaggiore

Distance: 6 miles (9½km)

Total ascent: 1,000 feet (300m)

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 Manarola and walk down to the harbour. Then onwards we go to Riomaggiore with its tempting cafés and train back.

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

Option 2 - Vineyards & Villages: (Riomaggiore To) Manarola, Volastra, Corniglia And Vernazza

Distance: 9 miles (14½km)

Total ascent: 1,900 feet (570m)

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 and take the train back to Manarola.

Highlight: Ascending the Lardarina to reach the clifftop Corniglia, via a long brick flight of steps composed of 33 flights with 382 steps. Phew!

Day 4: Framura Villages And Monte Serra

Today we explore the area to the northwest of Bonassola, around the villages of Framura. Framura is actually not one place but a collection of settlements as we'll discover by winding our way up through them. On reaching a broad ridge above Framura there is an opportunity to have a simple meal with local wine on a farmhouse terrace. After lunch we head into some of the best preserved woodland in the area, contouring around Monte Serra on a delightful path.

Option 1 - Framura Villages And Monte Serra Circuit

Distance: 6 miles (9½km)

Total ascent: 1,300 feet (390m)

In summary: We take the train to Framura which lies just beyond the headland to our north. We'll spend the morning walking up through the villages to a farm/restaurant where we can enjoy a locally produced lunch. We return on a broad track overlooking first the hills of the interior and then the sea before descending to the small harbour at Framura.

Highlight: Sampling the delightful home-cooked and locally sourced lunch at the Agriturismo including their own olive oil and wine.

Option 2 - Bonassola To Framura Villages And Monte Serra Circuit

Distance: 9 miles (14½km)

Total ascent: 2,100 feet (630m)

In summary: We start our walk from the hotel heading over the headland to Salto della Lepre (Leap of the Hare) with its breathtaking views along the coast, before passing through woodland and cultivated terraces to reach Framura. From here we follow the same route as the easier group, meeting up with them for lunch.

Highlight: Our local interest guides deep knowledge of wild herbs, flowers and fauna provides a fascinating insight into the local culture.

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 may include:

Cinque Terre Villages

You may enjoy re-visiting some of 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

Genoa, the largest port in Italy, was 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

The chic resort of Portofino is approximately twothirds of the distance to Genoa. This is a picturesque town where you can admire the expensive yachts and Italy's rich and famous. You might also take a boat along the splendid coastline to Santa Margherita.

For information on the Cinque Terre please visit www.cinqueterre.it

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: 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 - Monterosso To Vernazza Coastal Path

Distance: 4 miles (6½km)

Total ascent: 1,100 feet (330m)

In summary: From Monterosso old town we wind our way to many viewpoints and head along a section of the elevated coastal path. The path ascends through lemon groves and descends through woodland to Vernazza. Here there is plenty of time to explore before heading to the station for our train back to Bonassola.

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 8: Departure Day

We hope to see you again soon.

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 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

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

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.

USEFUL HOLIDAY INFORMATION

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 and Chianti is Italian.

Tap water is considered safe to drink, but if you prefer, bottled mineral water can be purchased from the hotel or local supermarkets.

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 currency of Cinque Terre and Tuscany is the Euro.

Electricity

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

ATM Availability

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

HOW TO BOOK

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.

NON-MEMBER FEE

Non-members can join our holidays by paying a Non-Member's fee of £10 per person per holiday. Alternatively, full membership is available from £100 – visit 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

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

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

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.

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