

Discover the Cinque Terre

Tour Style: European walking holidays

Destination: Italy

Trip code: CQLCL

2 & 4



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'S INCLUDED

- Full programme of guided walks led by local HF Holidays Leaders
- HF Holidays Tour Manager
- Comfortable accommodation
- Half-board
- All transport to and from walks
- Return flights from the UK including hold baggage and airport transfers

HOLIDAY HIGHLIGHTS

- 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

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, 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 & Manarola

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 Manarola 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 Monterosso 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.

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.

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

About Your Stay

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.

Food & Drink

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.

Drinks

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

TRAVEL DETAILS

Address

Hotel Delle Rose
Via Garibaldi 8
19011 Bonassola
La Spezia

Tel: [0039 187 813713](tel:0039187813713)

USEFUL HOLIDAY INFORMATION

Joining Instructions (With Flights)

Book your holiday 'with flights' and you can choose to depart from a range of 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)

Alternatively, tailor your journey to suit you by booking your holiday 'without flights' and you'll have 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:

Shared group transfer

You can still purchase a seat on our group airport transfer, but you must arrive in destination prior to the main group. It is your responsibility to book flights which allow enough time to meet our shared transfer.

Please note, all flight times are subject to change. If your arrival and/or departure time changes and no longer fits our group transfer, we will be unable to delay departure for you. Should this occur, we will refund you the cost of the transfer and you can either make your own way to the accommodation or we can book a private taxi transfer (at your expense). HF Holidays cannot be held responsible for your onward travel if you are unable to meet the transfer coach.

Private taxi transfer

Depending on your destination, we may be able to arrange a private taxi transfer for you. Please call us up to 5 weeks in advance to enquire about availability and costs for this option on 0203-974-8865.

*Subject to availability

Essential Information

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)
- 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

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

Travel Insurance

Travel insurance is a condition of booking. Therefore, if you have not already arranged insurance, it is imperative that you do so, and advise us of the insurance company and policy number.

We work with Campbell Irvine to provide you with competitive single and annual multi-trip insurance. Please see our website for more information and details of how to contact them for a quote:

<https://www.hfholidays.co.uk/about-us/booking-information/insurance>.

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

Local Currency

The local currency 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.

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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