

## CINQUE TERRE HIKING EXTENSION

Ability Level: Intermediate / Duration: 4 days / 3 nights

*Ciclismo* CLASSICO  
PEDAL YOUR PASSION



# Cinque Terre Hiking Extension

Walk the legendary cliffside trails of the Cinque Terre

Extend your Ligurian adventure on foot and discover the Cinque Terre from a new perspective. After days of cycling along the Riviera, we slow the rhythm and immerse ourselves in the timeless beauty of these five iconic seaside villages—linked not only by train and boat, but by ancient stone paths carved into the cliffs. This guided hiking extension follows panoramic trails high above the Ligurian Sea, winding through terraced vineyards, olive groves, and fragrant Mediterranean scrub.

Along the way, we visit charming harbors, hidden sanctuaries, and an organic farm managed by FAI (Fondo Ambientale Italiano), deepening our understanding of the region's culture and conservation efforts. With sweeping sea views, colorful villages, and shared meals in unforgettable settings, this walking journey offers the perfect finale to your Ligurian experience.

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# TRIP ESSENCE

- Hike the park's most iconic trails, including the recently reopened Via dell'Amore
- Walk panoramic cliffside paths overlooking the Ligurian Sea
- Visit Podere Lovara, a historic organic farm restored by FAI
- Explore all five villages: Monterosso, Vernazza, Corniglia, Manarola, and Riomaggiore
- Enjoy a scenic boat ride along the dramatic Cinque Terre coastline
- Stroll through terraced vineyards and ancient olive groves
- Savor authentic Ligurian cuisine and local wines in unforgettable seaside settings

## WHAT'S INCLUDED

- Service of one experienced local hiking guide through the program
- Transfer from La Spezia to Levanto
- Walking poles for use during the hikes
- All accommodations
- All breakfasts, 1 lunch, and 2 dinners
- Entrance fees to the Cinque Terre National Park
- Visit to an organic farm managed by FAI (Fondo Ambientale Italiano)
- All train and boat transportation as outlined in the itinerary
- Shuttle transfer to the train station at the end of the tour

## TRIP DETAILS

### Pricing

Full tour (4 days/3 nights): \$ 2,900 pp

Single Supplement: \$ 580 pp

### Ability Level

- Intermediate

### Summary of Daily Distances

- Day 1: 3 miles
- Day 2: 5.5 miles
- Day 3: 7.5 miles
- Day 4: Arrivederci

Total: 16 miles

# ARRIVAL & DEPARTURE

## GETTING TO LEVANTO

This hiking tour is designed as an extension of the La Bella Liguria cycling tour. The transfer to Levanto will take place from Portovenere. We depart by group shuttle at 9:00 am from Portovenere to La Spezia train station, where you will continue to Levanto by train together with your guide.

## DEPARTING LEVANTO

After breakfast, a group shuttle will take you to Levanto train station. From there, direct trains connect to Pisa, Milan, Genoa, and Rome.

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### DAY 1

#### LEVANTO

**Daily Mileage** - 3 miles

**Elevation Gain** - 650 ft

**Terrain** - Moderate

**Hotel** - Palazzo Vannoni

- Location: Levanto
- Duration: 3 nights
- [www.hotelpalazzovannoni.it](http://www.hotelpalazzovannoni.it)

**Meals** - L, D

### Highlights

This morning, we transfer from La Spezia to Levanto, the gateway to the Cinque Terre and our home for the hiking extension. After checking into the hotel, we gather for a light lunch and a review of the program for the next three days. In the afternoon, we set out on a scenic coastal hike toward Bonassola, walking through fragrant Mediterranean vegetation with sweeping views of the Ligurian Sea. Along the way, we discover fascinating geological formations that define this dramatic coastline. After time to explore and relax in Bonassola, we return to Levanto by train.

Hotel Vannoni is a welcoming 3-star hotel located in Levanto, just a short walk from the beach and the historic town center. The hotel offers comfortable, well-appointed rooms, a relaxed atmosphere, and warm hospitality — making it an ideal base for hiking the Cinque Terre.

### DAY 2

#### LEVANTO TO MONTEROSSO

**Daily Mileage** - 5.5 miles

**Elevation Gain** - 1,300 ft

**Terrain** - Moderate, steep steps

**Hotel** - See day 1

**Meals** - B

### Highlights

Today we enter the Cinque Terre National Park along an exceptional panoramic route from Levanto to Monterosso, with sweeping views over the Ligurian Sea. The trail offers rich historical, botanical, and geological insights as it winds through terraced landscapes shaped by centuries of coastal life. Along the way, we visit Podere Lovara, an ancient farmhouse carefully restored by the Italian Environmental Fund (FAI), where conservation and sustainable agriculture preserve the traditions of Ligurian coastal farmers. The descent into Monterosso is steep and rewarding, requiring steady footing and good legs. Upon arrival, we explore the town's charming old quarter and seaside promenade before taking the train to Vernazza, one of the most picturesque villages of the Cinque Terre. After time to wander its harbor and narrow lanes, we return to Levanto by train. Dinner is on your own this evening.

### DAY 3

#### VERNAZZA TO MANAROLA

**Daily Mileage** - 7.5 miles

**Elevation Gain** - 2,100 ft

**Hotel** - TBD

**Meals** - B, L, D

### Highlights

Today is a full day in the Cinque Terre National Park. We begin by taking the train to Vernazza, where we set off along the famed Blue Trail toward Manarola, passing through Corniglia and stopping to explore its quiet lanes and panoramic terraces. The theme of the day is "heroic viticulture." As we walk high above the sea, we follow narrow paths carved into steep terraced vineyards, gaining a close look at the ingenious monorail systems winemakers use to navigate the slopes and transport grapes during harvest. These dramatic landscapes tell the story of centuries of perseverance and tradition. Upon reaching Manarola, we continue by train to Riomaggiore, the easternmost of the five villages. After visiting its colorful harbor and steep alleyways, we walk the recently reopened Via dell'Amore, the iconic seaside path that leads back to Manarola. From there, we board a public boat for a scenic return to Levanto.

### DAY 4

#### ARRIVEDERCI!

**Meals** - B

### Highlights

After breakfast, a shuttle transfer takes you to the train station for your onward connections.