

Cinque Terre Slow - the Coastal and Mountain Walks

6 days/5 nights: **Standard:** \$1050 per person with 1 dinner included*

Superior: \$1250 per person with 1 dinner included*

***5% discount when 4 people or more book and deposit together**

The Sentiero Azzurro, the classic coastal path that links the five villages of the Cinque Terre, is one of the most spectacular walks in Europe. However, there is more to the Cinque Terre National Park than this. There are three 'sets' of walks:

- the Sentiero Azzurro (4 walks): that classic coastal walk that links Monterosso with Portovenere,
- the Sentiero dei Santuari (3 walks): these Grade 3 walks following stone paths that link the mid range villages and chapels and
- the Sentiero Rosso (3 walks): the spectacular high route that runs along the mountain ridges, connecting Portovenere with Monterosso

The 5 nights/6 days based in the best accommodation and armed with a 'menu' of the 10 best walks of the region, you will be able to plan your own program, choosing each day's walk according to your interest and energy levels. Using the Cinque Terre's efficient local transport service, you'll be able to get to the beginning of each walk and then back to your base at the end of the day.

The walks

The daily walks range from 7 to 14 kilometres in length, following well-marked paths.

The very efficient local transport system gives the walker great flexibility: the coastal villages are all connected by regular train and/or ferry services, while several of the higher villages and sanctuaries of the mountain walks are connected to the coastal villages by small electric buses. This means that you are able to pick and choose your daily walks depending on your interests and energy levels.

The accommodation

The accommodation for the **Superior** version is in a stylish Ligurian house perched above the port of Vernazza, a stone's throw from the main village square, which has been converted into four elegant rooms, each with adjustable air conditioning, satellite TV, refrigerator, ensuite bathroom and spectacular views. You will be met at Vernazza railway station at the beginning of your visit. The accommodation is in a very good, family-run boutique hotel near the swimming beach in buzzy Monterosso, with air-conditioning and satellite TV.

The food

Generous breakfasts are included each day (you'll need them for your walks). Dinner is included on the first night. Your notes include recommendations for lunches each day.

What's included in this walk?

- 5 nights accommodation and breakfast each morning
- dinner on the first night
- recommendations for lunch and dinner
- detailed maps (1:25000 scale) and walking instructions for each walk
- reading list; historical and cultural notes; local transport timetables
- 24 hour back up from local manager

Cinque Terre Slow Version Walking Menu

The Sentiero Azzurro (4 Walks)

The Sentiero Azzurro (the Blue Path) is the classic coastal route, a paved path that links Levanto, on the western edge of the Cinque Terre National Park to Riomaggiore, the eastern most of the five villages of the Cinque Terre. The walks follow clearly marked routes and there are train and ferry options. The path, however, runs about 200 metres above sea level, so there are some steep climbs getting up and down from the villages

Levanto to Monterosso (3 hrs); Monterosso to Vernazza (3 hrs); Vernazza to Riomaggiore, via the villages of Corniglia and Manarola (2.5 hrs); Riomaggiore to Portovenere, via the sanctuary of the Madonna di Montenero and the village of Campiglia (5 hrs). Grade 1.

The Via dei Santuari (3 Walks)

High above each of the five villages is a religious sanctuary, a small chapel, that is an integrated part of the communities life and is connected by a stone path to the village. The Via dei Santuari (the Sanctuary Walk) is a stone path that links these five chapels laterally, weaving its way across the face of the mountains 500 metres above the coast, passing through centuries old terraces, visiting small isolated villages along the way. The three Hidden Italy walks are loops that start from the coast and climb up to the sanctuaries, then follow the Via dei Santuari along the mountains above the villages, before descending to the coast again. They are challenging but spectacular itineraries. While the paths are straightforward, there are some steep climbs, particularly at the beginning of each walk. The walks are well marked but slightly over grown in parts.

Monterosso loop walk, via the sanctuary of the Madonna di Soviore (3 hrs); Vernazza loop walk, via the sanctuaries of the Madonna di Reggio and the Madonna delle Grazie (2.5 hrs); Riomaggiore loop walk, via the villages of Groppo, Volastra and sanctuary of the Madonna di Montenero (4.5 hrs). Grade 3.

The Sentiero Rosso (3 Walks)

The Sentiero Rosso (the Red Route), is another spectacular route that stretches from Portovenere to Monterosso, following the ridges of the mountains above the Cinque Terre, passing through chestnut and oak forests, with extraordinary views down over the coast. The path has been used as a trade route since pre-Roman times, as archeological sites along the way testify. The route is connected to the coastal villages by stone paths that have been used for hundreds of years, which means that it can be broken up into sections. There are long climbs to get to the path which runs between 700 and 800 metres but once up there the path is relatively straightforward - undulating, well marked and easy to follow. Some of the villages have local bus services up to the high points.

Portovenere to Telegrafo, via the village of Campiglia (3.5 hrs); Telegrafo to Cigoletta (3 hrs); Cigoletta to the sanctuary of the Madonna di Soviore above Monterosso(3 hrs). Grade 4.