

ITALY – THE CINQUE TERRE COAST

8-day / 7-night Centre-based, one-hotel group guided walking tour at Bonassola near Levanto



Perhaps our most popular destination in Italy, enjoy great walking along the various levels of this unique, protected landscape and Marine National Park. The spectacular coastal path linking the five **Cinque Terre** villages offers some of the best **coastal walking** in Italy. The ancient fishing villages of Monterosso, Vernazza, Corniglia, Manarola and Riomaggiore cling to the rocky cliffs, surrounded by steep terraced vineyards. **Bonassola** lies slightly to the north of the Cinque Terre, and is just a few minutes away by train. This **charming seaside village** is an ideal base from which to enjoy the popular coastal paths and peaceful trails through the unspoilt hills yet avoiding the crowds that often descend into the more touristed towns within the Cinque Terre.

Our guided walks follow the **coastal paths** and ascend using cobbled mule tracks onto the aromatic hillsides above. Regular trains and ferries provide access along this spectacular stretch of coastline.

Our centre-based or one-hotel walking holidays offer a choice of two guided walks each day – usually an easier walk or a more challenging option. There is usually a free day midweek.



Cost per person: AU\$1275 per person (twin share) - Single rooms no supplement (limited availability)

Departs: 29 April, 6, 13, 20, 27 May, 3, 10 June, 2, 9, 16, 23, 30 September, 7, 14 October 2012

Tour includes: 7-nights in comfortable hotel accommodation room with ensuite bathrooms, meals are 7-breakfasts, 7-evening meals, experienced walks leader with a choice of two levels of guided walks on 5-days and a free-day to relax or for sightseeing midweek.

Not Included: Airport transfers from Pisa (these can be pre-booked at extra cost – or local train from Pisa/La Spezia or Genoa - ask for details when booking), meals & drinks not mentioned & personal expenses.

Call OUTDOOR TRAVEL on 1800 331 582 for details or reservations



HOTEL DELLE ROSE: A comfortable, 3-star hotel, run by brothers, Enrico and Roberto Bernadin, is situated in Bonassola, just a few minutes from the beach. There are 27 en-suite bedrooms, a restaurant, comfortable lounge and adjacent ice cream parlour owned by the same family.

Suggested itinerary: – Tour starts & ends at Bonassola (transfers from Pisa available at extra cost)

Day 1: Arrival day – plan to arrive mid-afternoon before dinner (ask about transfers from Pisa)

Day 2: Explore the tiny hamlets above Bonassola, with their superb views over the resort, or continue over the headland to the nearby town of Levanto.

Day 3: Follow the Via dell'Amore, through tunnels and along walkways cut into the cliff between the villages of Riomaggiore and Manarola. Continue beneath the terraced hillsides to Corniglia, set atop a headland and surrounded by vineyards and the picturesque village of Vernazza.

Day 4: Take the train north to Framura and from here enjoy a delightful wooded path that contours through sea pines and chestnut trees.

Day 5: Free day - perhaps take the coastal train to Genoa, rich with the history of Columbus, or to the naval port of La Spezia, home to the Amedeo Lia art collection.

Day 6: Walk along the dramatic path to the tip of the peninsula at Portovenere before admiring this remarkable stretch of coastline on the return journey by boat.

Day 7: Ascend on cobbled mule tracks from the colourful harbour at Vernazza to the Santuario della Madonna di Reggio, set high on the aromatic hillside, with panoramic views of the Cinque Terre villages below.

Day 8: Tour ends after breakfast - departure transfer available at extra cost

Please Note: The above program should give you a good feel for the walks at this resort but is subject to change. For those considering a 2-week walking holiday alternate walks can be offered on the second week in other areas of Italy such as Tuscany, Umbria, the Amalfi Coast, Lake Garda, and the Dolomites – ask for details.

Each year we listen carefully to the views of our guests and make improvements to our walking programmes. Further information will be sent to you prior to your holiday; however the final selection of walks to be offered during each week will be made by your walking leaders.

Local transport to and from walks is not included in the cost of your holiday - please allow Euro 50 (approx \$85) per week for transport during the week, excluding your free day - payable locally.

Footpath information: Easier Walks: 7 to 10km with 200m to 370m of ascent. Harder Walks: 8 to 15km with 500m to 1210m of ascent. There are few level paths along this stretch of coast. Most walks include steep ascents and descents sometimes on stone steps.

Similar guided walks are available in most destinations in Europe or the United Kingdom – ask for details.

Contact **Outdoor Travel** or your travel agent for more details, travel brochures and reservations:

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