

## ITALY: CINQUE TERRE - CORNIGLIA OR MANAROLA

5-day / 4-nights centre-based self-guided easy to medium walks or sightseeing - departs all year round



One of our most popular destinations in Italy and a delightful centre-based walking holiday which allows you to discover the picturesque villages and unforgettable views of this National Park and UNESCO World Heritage Site. Follow the many footpaths from the Via dell'Amore that follows the coastline sea level or climb to the mid or upper trails built by the Etruscans, trails that contour the wine terraces & 6000 kilometres of dry-stone walls.

These trails, once the only way of communication for the local inhabitants, now they offer a system of varied easy to challenging walking routes. With villages linked by train (mostly hidden from view by a series of tunnels) and ferries, base yourself in carefully selected 'typical' B & B accommodation to explore and discover a host of vineyards and olive groves, small hamlets and villages, ports, medieval churches and sanctuaries.

Accommodation in very beautiful, characteristic houses in Corniglia or Manarola - both are small villages with a typical atmosphere of the Cinque Terre. With a host of seafood restaurants and a Mediterranean atmosphere, this is your opportunity to experience lots of typical flavours including the famous Sciacchetra wine, a fragrant passito wine made from dried grapes! For dinner choose a restaurant or supermarkets if you wish to prepare a meal yourself. We provide a wonderful seafood dinner in a traditional Manarola trattoria on one night

**Duration:** 5 days / 4 nights

**Departs:** Daily all year round (recommended from early April to late October), Minimum 2 people.

**Costs:** \$795 per person twin share. Single room: \$1020 per person & Triple share rooms on request

**Includes:** 4-nights B & B accommodation (private bathroom) in Corniglia or Manarola with breakfast daily & a 3-course dinner in Manarola, 3-days of Cinque Terre Cards - includes train travel, selected local museum entries & local discounts, wine tasting & traditional snacks in a Manarola enoteca, walk notes, guide book, route map, local assistance

### Suggested Itinerary

**Day 1:** Arrive mid-afternoon & make your way to your guesthouse accommodation

**Day 2:** Vineyards & wine tasting. Corniglia – Volastra – Manarola – Riomaggiore (~ 3 hours walk)

**Day 3:** Ancient sanctuaries. Monterosso – Soviore – Madonna di Reggio - Vernazza (~ 4 hours walk)

**Day 4:** Great Panoramas: Riomaggiore – Montenero – Campiglia - Portovenere (~6 hours walk)

**Day 5:** Depart after breakfast



**Call OUTDOOR TRAVEL on 1800 331 582 for details & reservations**

# WALKING IN CINQUE TERRE NATIONAL PARK & ACCOMMODATION

Cinque Terre service cards are available for walkers and visitors, we provide each person with a 2-day + 1-day Cinque Terre Card Treno (Train) providing the following services:

- Use of trains (between Levanto & La Spezia), buses and public elevators within the National Park
- Use of bus service between Corniglia train station and the village
- Access to Path 2 (which includes Via dell'Amore) including observation points and recreation areas.
- Entrance to Sciacchetrà Museum - Manarola
- Entry & discounts to other selected local museums and attractions in the Cinque Terre National Park.
- Discount on products purchased at the Information Centres located throughout the Cinque Terre Park.

**Corniglia** – The name comes from the Roman colonist Corneliu, who produced a well renowned white wine, this ancient Roman village has a long and rich agricultural tradition. Perched above a striking high bluff, it is the only town in the Cinque Terre without direct access from the sea and is relatively **free from the tourist crowds**. To reach the town you ascend a long flight of 400 stone steps known as 'Lardarina'. There is a street suitable for vehicles that leads from the train station. The village is surrounded on three sides by vineyards and terraces.

**Suggested accommodation: La Torre** – this house offers a panoramic sea view from the roof terrace (pictured below left). There are 4 completely renovated rooms all with ensuite bathroom with shower all with a TV.



**Camere Taragio** – offers 4 rooms (pictured above right). Breakfast is served on the small square below the house. Shops, cafe and restaurants are a few footsteps away. The railway station is a 15-minute walk or there is a minibus every 30 minutes or so around the town. You can also walk to a small rocky inlet for a swim.

**Manarola** – One of the prettiest villages in the National Park, the town was named as the route from the mill to the water and you can still admire the restored old mill and olive press. A paradise surrounded by green hills, vineyards and olive groves, the colourful houses of this historic village seem to grow out of the very rocks on which they are perched. There is a port which is serviced by a ferry in the warmer months. With its many shops, café's and restaurants and beautiful gardens, in the summer Manarola is full of life and colour.

**Suggested accommodation: Il Patio** – the family owned/managed house offers 2-apartments and 2 other bedrooms. All rooms are tastefully furnished with an independent entrance, a bathroom (with a shower), satellite TV and heating. The house is walking distance to the port of Manarola, shops, restaurants and the sea. The railway station is 5-minutes away and there is a town bus up to the public parking area and nearby communities. The breakfast is served at the cafe next to the port of Manarola about 50-metres from the house.



**Contact Outdoor Travel for more itinerary details and reservations**

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