

# THE MAGIC OF CINQUE TERRE

At the eastern end of the Italian Riviera, nature and history bequeathed us the magical villages of Cinque Terre. One of the most unique landscapes in the world, Cinque Terre has been recognised and listed by UNESCO since 1998. This trip is a chance to discover Monterosso, Vernazza, Corniglia, Manarola and Riomaggiore in the wild Mediterranean maquis. A world where coloured ancient houses cling to the side of cliffs overlooking turquoise waters...

📍 Region	Cinque Terre
👉 Activity	Hiking & Trekking
🕒 Duration	6 days
👥 Group	4 to 15 people
🏠 Code	EICINQ
💰 Price	From €715
🧑 Level	3/5
🛏 Comfort	4/5
🚩 Language(s)	French

## ITINERARY

### Day 1 Moneglia, the gateway to the Cinque Terre



Depending on your arrival time, you may have time to explore the enchanting historic streets of Moneglia at leisure. At 6.30pm today you meet your guide and group for an aperitif at the hotel where we will stay for 6 nights.

*Accommodation: Hotel*

### Day 2 The ridges and sanctuaries of Monterosso



This morning we take the train to Monterosso. From here we climb up to the ridges; we wonder through a forest of maritime pines, and continue between olive groves and vineyards. Today we discover the shrines of Soviore and Reggio, found high up in the ridges, they protect the villages below. Today we also visit Vernazza village, famous for its small fishing boat harbour, where houses were built into the shelter of the mountain around the main square. Return by train to Moneglia. Dinner and overnight in Moneglia.

*Return train journey*

*5 hours of hiking*

*Elevation: +550 / -550m*

*Accommodation: Hotel*

### Day 3 Camogli - San Fruttuoso - Portofino



This morning we take the train to Camogli; its name is a shortened version of 'casa delle mogli', which means 'the house of women'. According to tradition, houses here are built facing the sea so that women can sit and await the return of their fishermen husbands. We take time to visit the city before joining the trail that will take us to San Fruttuoso Abbey in the regional park of Portofino. Before taking our train back, we stop at the small port city of Portofino where the houses still have their ancient colours and shapes. Return by train to Moneglia. Dinner and overnight in Moneglia.

*Return train journey*

*6 hours of hiking*

*Elevation: +850 / -850m*

*Accommodation: Hotel*

### Day 4 Riomaggiore - Manarola - Corniglia



This morning we take the train to Riomaggiore, a traditional fishing village where the houses have an ochre hue. From Riomaggiore, we hike to Manarola along a path which passes just above the 'via del amore' way of love path (closed since 2013). We visit Manarola, perched on a prominent landmark of dark rocks, it is characterized by its towers which defend the town. From here we begin our walk to Volastra and the village of Corniglia whose origin dates back to the Roman era. Found one hundred metres from the headland, the village offers panoramic views of the four other villages of Cinque Terre. Return train journey to Moneglia. Dinner and overnight in Moneglia.

*Return train journey*

*5 hours of hiking*

*Elevation: +750 / -750m*

*Accommodation: Hotel*

#### Day 5 **Riomaggiore - Portovenere**



This morning we take the train to Riomaggiore. We walk up to the upper part of Riomaggiore and visit the Sanctuary of Montenero, the Shrine of Our Lady of Grace. We walk through the vineyards to another sanctuary overlooking the sea. We are gradually entering the natural park of Porto Venere, and panoramic views of the Gulf of Spezia await. This afternoon, we reach the village of Portovenere. Return to Moneglia by train. Depending on weather conditions, we can possibly travel by boat from Portovenere and Levanto (€ 18 / person to pay locally), then return by train to Moneglia. Dinner and overnight in Moneglia.

*Return train journey*

*5 - 6 hours of hiking*

*Elevation: +750 / -750m*

*Accommodation: Hotel*

#### Day 6 **San Antonio - Monterosso**



Morning train journey from Moneglia to Levanto village where we begin today's hike. It is a gradual climb up to the pass and Cape San Antonio and a beautiful hike up through the vineyards and planted olive trees. This afternoon, we follow a path back to Monterosso and take the time to discover this city with its medieval character, 'case-tori' tower houses and 'carrugi' narrow streets. We return to Moneglia by train. Dinner and overnight in Moneglia.

*Return train journey*

*3 - 4 hours of hiking*

*Elevation: +450 / -450m*

*Accommodation: Hotel*

The details in this indicative programme are updated regularly but imponderables and unpredictable circumstances may result in inaccuracies. Please note that in order to provide a safe adventure which is best suited to your demands, the weather and the operational conditions, changes to the programme may be made. Please also note that your group may contain travellers from different backgrounds because this trip was built in collaboration with our partners. For more information do not hesitate to contact us.

## DATES & PRICES

### *Departures for French-speaking groups:*

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No departure for now

Trip code: EICINQ

### *Included*

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- Full-board and accommodation as detailed in itinerary
- Transfers as detailed in itinerary
- Your 'pass' to access the footpaths
- Accompaniment by a qualified expert guide

### *Not included*

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- Your international flights
- Airport transfers
- Entry fees for sites and museums
- Lunch Day 1 and meals after breakfast Day 7
- Hotel parking fees (5 EUR per day, reservation in advance necessary)
- Drinks, tips and personal expenses
- The optional boat trip on Day 6 (18 EUR)

### *Notes*

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### *Terms and conditions*

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#### *Booking conditions*

Booking a trip with Altaï Italia implies acceptance of the terms and conditions of sale. Each customer is required to complete a registration form and, subject to availability at the time of registration, travellers are expected to pay a deposit of 35% of the total price to complete their booking. Payments can be made online or by bank transfer. You will receive an e-mail with your booking confirmation.

#### *Invoice procedure*

Once your booking is confirmed you will receive an invoice by e-mail. The full balance of the trip must be received at least 35 days before your departure date. Altaï Italia reserve the right to cancel your booking, free of charge, if this deadline is not respected.

#### *Cancellation policy*

##### **Cancellation Terms and Fees:**

If, for any reason, you need to cancel your trip, the amounts you have paid will be refunded, subject to the following deductions:

- More than 31 days before the departure date: 30% of the total booking amount (excluding insurance).
- Between 30 and 21 days before the departure date: 40% of the total booking amount (excluding insurance).
- Between 20 and 14 days before the departure date: 50% of the total booking amount (excluding insurance).
- Between 13 and 7 days before the departure date: 75% of the total booking amount (excluding insurance).
- Less than 7 days before the departure date: 100% of the total booking amount (excluding insurance).

##### **Special Cases:**

Regardless of the cancellation or contract modification date, the following fees are added to the above schedule:

- **Fixed air fees:** If your plane ticket needs to be issued well in advance to avoid significant surcharges, 100% of the non-refundable fees will be charged in case of cancellation or modification of your flight plan. In this case, the above schedule only applies to the price of the trip without the flight.
- **Fixed land fees:** Fees incurred early for firm bookings will be charged in the event of cancellation.
- **Insurance fees:** Whether you have subscribed to comprehensive or cancellation insurance, the insurance fee is due and cannot be refunded.

**Please note that fees apply according to the date we receive your cancellation or modification request in writing.**

If we have to cancel a departure due to an insufficient number of participants, you will be informed no later than 21 days before departure and a full refund will be issued, you will not be entitled to further compensation. We reserve the rights to cancel departures due to exceptional circumstances which may impact the safety of participants. Such circumstances include those amounting to 'force majeure' in which case participants will receive a full refund but they will not be entitled to any compensation.

### **Changes to travel contract**

If you wish to make a change to your booking please contact Altaï Italia in writing; you will be expected to pay any fee which might arise from this change. In the event of unforeseen external events, Altaï Italia may change some aspects of the travel contract. If any changes are necessary you will be informed as quickly as possible.

### **Pricing**

The prices on our website are updated regularly and all of the prices we advertise are accurate when published. Altaï Italia reserve the rights to make changes to any of these prices. Before you make a booking we will give you the up-to-date price of your chosen holiday including any supplements, upgrades or additional activities you may have requested. If the number of travellers is fewer than the indicated number of participants on the website, a small group surcharge may be applied. For all of our trips we include details of services, prices and what is/is not included but please be aware that changes to the prices may be necessary in accordance with exchange rates or price changes of various components of the journey.

### **Contract transfer**

If you are unable to travel for any reason, you can transfer your booking to another person in which case our modification conditions apply. Both the transferor and transferee will be jointly and severally liable for payment of the total holiday price and other associated expenses. Some airline carriers treat name changes as cancellations and you may be required to pay for the cost of a new ticket.

### **Insurance**

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We strongly recommend that you take out personal travel insurance for your trip with Altaï Italia as soon as your booking is confirmed. We advise you to purchase a travel insurance policy which covers flight cancellations, luggage loss and emergency health care. Please look carefully at which activities are covered by your insurer and do not forget to bring all necessary documents and information with you (name of the company, name of the contract, insurance policy number, telephone number...)

## PRACTICAL INFO

### Staff

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This adventure is lead by an expert Altai guide. You will meet them at your hotel on the first evening and they will accompany you throughout your stay. Armed with an abundance of experience and a wealth of expert knowledge our professional Altai Italia team are always happy to share their passion for everything Italian.

### Food

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Italian Italian gastronomy is one of the richest and tastiest in the world. This trip includes full-board.

#### Breakfasts

A continental style breakfast is served at your accommodation each morning.

#### Lunches

Each day your guide will prepare a picnic lunch for the group including a variety of fresh local produce

#### Dinners

We will eat at our accommodation in the evenings.

#### Drinks

Throughout your stay, you are responsible for purchasing all of your drinks including water. In some places you can refill your water bottles in hotels. We advise you to purchase large (5L) bottles of water from which to fill your personal water bottles from during your trip.

Please let us know about any dietary requirements when you book the trip and we will work with you to cater for your needs.

### Accommodation

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You will stay with Vanessa and Andrea in a family-run 2\* hotel in Moneglia.

Vanessa is of Genoese origin and has lived in Moneglia for two years, since she took over the hotel. She feels very close to the Cinque Terre because she travelled these paths throughout her childhood. She is now settled with Andrea her husband and their children Gabriele and Linda. Vanessa likes to welcome her guests with her warm smile so that they feel at home.

### Budget & exchange

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The currency is the Euro, € (EUR)

Visit <http://www.xe.com> for the latest currency converter and exchange rates. You can withdraw euros from in-country ATMs and card payments are widely accepted.

Please budget for in-country transfers as necessary, meals as necessary, tips, drinks and personal expenses.

### Tips

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Although the custom is not widespread here, if you are satisfied with the services of your guide, tipping is always appreciated - it is not obligatory and should be left to the discretion of each individual.

### Vital equipment

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- Sturdy hiking boots, good quality necessary, choose high rise boots to protect your ankles which non-slip 'vibram' soles
- Walking trousers
- Shorts
- T-shirts (sports tops, fast-drying, technical materials)
- A quality rain coat, breathable with sealed seams (Nikwax / Gore-tex...)
- A warm layer, windproof
- A sunhat / cap
- Your swimsuit and a fast-drying towel
- Your personal toiletries

- A towel
- Sunglasses (quality)
- Sun cream (face and lips)
- A head torch and spare batteries
- Water bottle(s) min. 1.5L, light, refillable and isothermal

## **Helpful equipment**

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- Casual shoes for the evenings and for exploring towns/villages
- Toilet paper and a lighter
- Anti bacterial hand gel
- A tupperware box and cutlery for picnics
- Hiking poles
- A compass

## **Luggage**

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We advise you to pack your belongings as follows:

- A small backpack 35-40 litres with a waist strap to carry with you each day containing your camera, water, your lunch, swimming stuff, a spare jumper etc...
- A large marine style bag or rucksack containing the rest of your belongings
- An anti-theft pouch to wear around your neck or waist containing your important documents

## **Medicine**

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We recommend that you bring a small personal first aid kit containing any medication you may need such as inhalers, plasters, antiseptic and painkillers... Your guide is a trained First Aider and will carry a First Aid kit in case of emergencies.

## **Passport**

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To go to Italy, most travellers need a valid passport. It is your responsibility to confirm your specific passport requirements.

## **Visa**

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Most travellers will not need to obtain a visa. It is your responsibility to confirm your specific visa requirements.

## **Mandatory vaccines**

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No mandatory vaccinations are required.

## **Health information & recommendations**

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A consultation with your doctor is a prerequisite for any trip.

## **Weather**

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The climate in Italy varies depending on the region. As a rule it is very hot in the summer, especially in Southern Italy, Autumn is exquisitely mild and sea temperatures enable bathing until November. Spring is undoubtedly the best time to go hiking in Italy.

## **Electricity**

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European-style plugs with two round pins are used. Voltage is normally 220/230 V, 50 Hz.

## **Local time**

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Italy uses Coordinated Universal Time (UTC)/ Greenwich Mean Time (GMT) +1. Daylight Saving Time (DST) is observed here.

## **Sustainable tourism**

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Altai always aims to have as little impact on the environment as possible. As adventure and wilderness travel experts who run trips to some of the most remote parts of the world, we take Responsible and Sustainable Tourism very seriously.

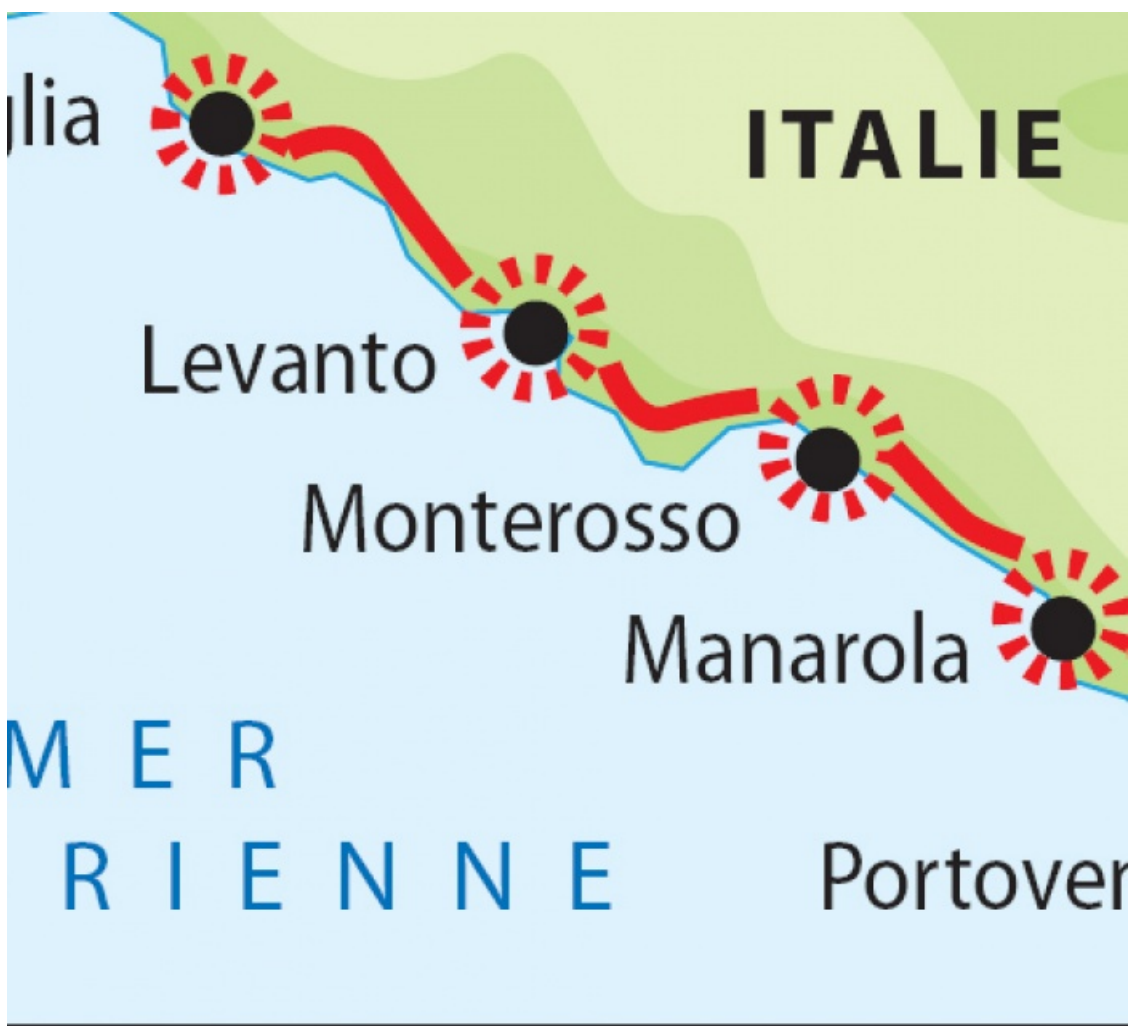
Since the beginning, we have advocated for responsible tourism and the importance of equitable and sustainable principles.

Harmonising these fundamentals ensures a fair distribution of economic benefits, improved working conditions for local teams and an increased awareness of the importance and practice of environmental protection.

We kindly request that you adopt the following simple actions when travelling with Altaï Réunion in order to support our ethical, sustainable and responsible tourism policies:

- Avoid dropping litter - use bins or carry your rubbish with you.
- Use drinking water sparingly - avoid wasting water, take showers not baths, report leaks, etc..
- Support the preservation of cultural sites - resist the temptation to touch statues, move stones etc..
- Exchanges are preferable to donations - generations gifts can destabilize the local economic balance.
- When walking, be aware of fragile ecosystems, observe wildlife from a distance, stick to trails, limit trampling and do not steal from the nature - resist the temptation to pick flowers, collect fossils or stones...
- Some hotels have air conditioning - to avoid excessive energy consumption and greenhouse gas emissions, please use sparingly and remember to cut the aircon when you are not in the room.

## MAP



|||| MARCHE ■■■ VÉHICULE