

# Footpaths of Liguria - Cinque Terre, Portofino and Porto Venere

Trip Code: IWW

Version:



WALK & TREK



GUIDED GROUP



MODERATE



## HIGHLIGHTS

- Walk between the pretty towns and villages of UNESCO Cinque Terre
- Take a boat trip to Isola Palmaria from the Italian gem of Porto Venere
- Explore Vernazza, Monterosso, Corniglia, Manarola and Riomaggiore

- Travel by train through a stunning landscape and enjoy Portofino

## AT A GLANCE

- 6 days walking and sightseeing
- Max altitude - 512 metres
- Join at Moneglia

## ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

# Introduction

Located on one of Italy's most beautiful coastlines, the charming region of Liguria is nestled between the Alps, Apennines and the Ligurian Sea. This pretty area is home to the UNESCO World Heritage site of Cinque Terre, a beautiful national park of rolling hills, fairy-tale towns and villages, bustling harbours and excellent cuisine! Staying in the coastal town of Moneglia on the Riviera di Levante, we'll explore Liguria with a series of easy walks and train journeys to villages accessible only by sea, rail or foot! We start by walking through fragrant pine trees to the fishing village of Portofino with its pastel coloured houses and vibrant harbour. Next we explore the picture-postcard Cinque Terre or "Five Earths" - Vernazza, Monterosso, Corniglia, Manarola and Riomaggiore. These exquisite villages are architectural treasures offering a rich kaleidoscope of colour as they cling to the coast in an almost fairy-tale setting.

After the Cinque Terre we'll hike along the spectacular Punta Baffe before walking from Levanto's castle to pretty Monterosso al Mare. Finally we take a boat trip to the UNESCO-designated island of Palmaria and stroll through Portovenere. Situated on the "Gulf of Poets," Portovenere was home to Lord Byron and the English romantic poet, Shelley. Alongside daily walks there will be time for relaxing with "gelato," chilled Limoncino or a strong cappuccino with almond biscotti. Picnic lunches include local ingredients, whilst included evening meals are taken in the excellent hotel restaurant which is family-run and specialises in Ligurian dishes. If you're looking for a walking holiday on one of Italy's most beautiful coasts with easy walks, tasty food and train journeys through a beautiful region, then this is the perfect choice.

Looking for a two week holiday? Fancy the ultimate Italian walking and food experience? For a complete centre-based Italian experience, why not combine our Footpaths and Flavours of Liguria with our one week [Walking Wild Tuscany](#). Many of our dates work back to back and with both holidays beginning and ending at Pisa Airport it really couldn't be simpler.

## Is this holiday for you?

This holiday is centre-based with a series of days walks designed to explore the best of the area. The majority of places we visit are only accessible by boat, rail or on foot therefore part of the holiday experience will be using the wonderful rail network that covers the region. Each day we will walk between 3 and 5 hours with daily ascents of 250m - 600m. Walking conditions underfoot are good as we follow tracks and trails, coastal paths and sections of public footpaths. There are no technical

sections on the walks however a couple of the days have some small areas of exposure on narrow “balcony” paths that hug the coastline. As this holiday is centre-based you can choose to opt in or out of each day’s walking, making it an ideal choice for anyone who may want to walk but also have a day relaxing or visiting Genova. Each day there will be time for sightseeing and you’ll only need to carry a small day pack. This walking holiday is suitable for regular weekend hikers.

# Itinerary

---

Version:

## Holiday Information

---

### What's Included

- A professional and qualified tour leader
- Single timed airport transfers on Day 1 and Day 8
- All accommodation as described
- Meals as described in the Meal Plan
- All land transport required by the itinerary
- All activities/excursions/entrance fees mentioned except where specified as 'optional'

### What's not Included

- Travel insurance
- Some meals as described in the Meal Plan
- Tips for local staff
- Miscellaneous personal expenses - souvenirs and drinks etc

### Important Notice

The five villages of the Cinque Terre are famed for their colourful cliff-side villages and balcony coastal paths which connect them. The villages are not accessible by any roads which is all part of their charm, however due to this inaccessibility and wild coastal location; the national park authority monitors the path conditions on a regular basis. This means that occasionally the footpaths and trails are closed at extremely short notice. As it is not possible to drive to the villages, a planned walk may need to be changed or modified. These closures can be caused by periods of wet weather, natural erosion and, even to give the paths a rest during busy periods. Although we try to keep all our information up to date, sometimes these changes happen at short notice and the leader may need to revise the advertised walks after your arrival. This means that an element of flexibility is needed for anyone wishing to enjoy the beauty of the Cinque Terre.

## Joining Arrangements & Transfers

---

### TRAVEL TO YOUR DESTINATION

In some cases you may choose to take a ferry and/or train to your holiday start and end destination. Please see further information on [Travelling by Train](#).

If flying from the UK there are low cost airlines available to the start and from the end of your holiday.

To benefit from full financial protection, ease your holiday planning, and avoid dealing with airlines, we can book scheduled flights from the UK as part of a flight inclusive package. Scheduled flights are usually more expensive than low cost alternatives, however potentially less stressful if your flight is cancelled or delayed. If you book flights through KE Adventure Travel we will [offset the carbon of your flight](#).

The group will meet at the hotel in Moneglia.

There will be a single timed transfer from Pisa's Galileo Galilee Airport to Moneglia on Day 1 of the Land Only itinerary.

On the last day of the Land Only itinerary, there will be a single timed transfer back to Pisa's Galileo Galilee Airport.

Anyone may join the group transfers by prior arrangement. Travelling as a group or on public transport saves energy. If this is not practical, we can provide private transfers at an additional cost.

Hotel contact details and an emergency number will be provided with your booking confirmation.

### Meal Plan

All breakfasts, 3 picnic lunches and 3 dinners are included. During the days when lunch is not included, you can decide if you'd like to visit a local supermarket and pick up some items for a picnic. Alternatively you may wish to treat yourself to lunch in a local restaurant. Each day the group will take time to enjoy a town or village which has a variety of places to buy lunch. For three evenings dinner will be taken in the excellent family-run restaurant in the hotel where we stay. Using local ingredients, the family conjure up a wonderful variety of local dishes and the restaurant is popular with locals and tourists alike. The remaining nights will be free for you to eat as a group in a local restaurant or enjoy some time at leisure.



## Food & Water

Water from the taps is perfectly drinkable on this holiday - please use this to fill your personal bottles for your daily activities. We do not encourage the purchase of single-use plastic bottles.

Breakfast in Italy is traditionally continental in style with bread, pastries or cakes, yoghurt, jam and honey served with tea or coffee. Included lunches will be picnic style with local breads and fresh ingredients. Our included dinners will be taken in the family-run restaurant in the hotel and each evening will consist of the "3 courses of Italy." The family prides itself on freshly cooked food and as the hotel is small and friendly, you'll have a menu to choose from, with choices being made the evening before to ensure everything is freshly prepared.

During the days when lunch is not included, you can decide if you'd like to visit a local supermarket and pick up some items for lunch or you may wish to treat yourself to lunch in a local restaurant. On the nights where dinner is not included you will be free to eat as a group in a restaurant in town or enjoy some time at leisure. Part of the experience of any visit to Italy is the opportunity to taste the wonderful cuisine. Liguria is known for its simple flavours especially the world famous Pesto alla Genovese! The surrounding hills are dotted with pine trees which provide the all important pine nuts used in Ligurian dishes. The region is known for its hearty and rustic country flavours with the warm Mediterranean air creating excellent conditions for olives, grapes, corn, herbs, garlic, potatoes, onions and artichokes. Because of the wide coastline, fish and shellfish are frequently used plus the region has a love of pork like its French neighbours. As in the whole of Italy, pasta is important alongside polenta. Pesto is on most menus and often served with fidelini a local pasta cut, long and thin or trenette a flat, thin pasta similar to linguine. Gnocchi can also be found and is delicious! Alongside food, Italian wine is excellent and an important part of any meal! Italy is also famous for its aperitifs, from chilled prosecco to campari, vermouth and cinzano all served over ice. Don't forget the zesty local limoncello and the famous after dinner fiery grappas!

## Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

## Accommodation

Accommodation is twin share. If you are travelling by yourself, you will be paired with another single client of the same sex. Single rooms are available for a supplementary cost. If you are planning to extend your holiday, additional nights at the group hotel are available on request.

We spend 7 nights in a comfortable, family run hotel in Moneglia with an excellent location. Although simply furnished all rooms are en-suite with a small balcony.

A mere 50m from the sea, the hotel has a small bar where a pre-dinner drink can be enjoyed and is a short walk from the train station, shops and local cafes.

The hotel has a family run traditional restaurant, which specialises in local Ligurian dishes and where we will take dinner each evening.

Accommodation is twin share. If you are travelling by yourself, you will be paired with another single client of the same sex. Single rooms are available for a supplementary cost. If you are planning to extend your holiday, additional nights at the group hotel are available on request.

## Group Leader & Support Staff

The group will be led by a professional and qualified tour leader.

## Spending Money

Approximately €200-€300 should more than cover all miscellaneous personal expenditure including drinks and wine with dinner as well as reasonable tips for the leader and restaurant staff. You can withdraw cash (euros only) from ATM's at Pisa Airport and in Moneglia. If you intend to travel with cash, you should take this in the form of euros.

## Guidance on Tipping

Tips do not form part of the wages of local staff but they are very much appreciated. It is important to remember that tipping is voluntary and should be dependent on good service. It is best if the tip is given at the end of the trip by the group as a whole. We recommend that each group member contributes around €10 - 15 to a group pool and that tips are then distributed between the guide and other support staff as the group feels is appropriate. It is a good idea also to have small change for other tips such as in restaurants or for porters carrying your bags at hotels.

## Baggage Allowance

There is no weight limit, other than that imposed by the airline. We ask you to restrict your luggage to one main bag and one small daypack. A KE trek bag may not necessarily be the best option for this trip and we recommend a bag or suitcase with wheels for this holiday.

## Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.



# General Information

---

## Passport & Visas

### Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

**The information that we provide is for UK passport holders.**

A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

**It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates** (*see Health & Vaccinations below*), **and visas for your holiday.** Please ensure that you check the [FCDO](#) for the latest advice for **each country visited** before travel.

## Health & Vaccinations

### Severe Allergies

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

## Preparing for your Holiday

It makes sense to spend some time before coming on an active holiday getting some additional exercise. Whilst regular hiking in hill or back country is the best preparation however, walking, cycling and swimming are also good for developing better cardiovascular fitness and stamina. Before departure, we suggest that you try to fit in a number of daily walks in hilly countryside. It is always a good idea to spend some time walking in the footwear you are going to use on this holiday.

## Climate

Liguria has a typical Mediterranean climate with warm, dry summers and mild winters due to the ring of hills just beyond the coast. This combined with the influence of the sea creates a pleasant climate all year round. The average winter temperatures are around 6 - 11 degrees, with spring and autumn temperatures ranging from 15 - 20 degrees.

## Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at [travelaware.campaign.gov.uk](http://travelaware.campaign.gov.uk) and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: [www.travel.state.gov](http://www.travel.state.gov) for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

## Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

## Books

- Liguria - Brandt Travel Guide
- Last Train to Liguria - Christine Dwyer Hickey
- 3 Day Guide to Cinque Terre - 3 Day Guides
- Extra Virgin Amongst the Olive Groves of Liguria - Annie Hawes

## Maps

### Gulf of Naples 1:50,000 Freytag & Berndt

The main map covers the Gulf of Naples from Monte di Prccida & the Parco dei Campi Flegrei to the Sorrento Peninsula and Amalfi. All of Vesuvius is included along with lava flows and their dates. This is a German map but the legend includes English.

## Private Groups Information

### Make this KE Adventure holiday your own!

- Do our normal group departure dates not fit?
- Would you prefer to travel with just friends and/or family?
- Are you looking to organise a trip for your local walking, biking or mountaineering club?

It's really easy to make a trip your own. Simply select from our full range of adventure holidays and choose the dates that work for you and your group.

We are experts in creating holidays for groups of friends, families, charities and clubs. Our personal service means you'll be fully involved as we make the arrangements for your perfect adventure holiday.

## Independence with Security

Travelling as a KE Private Group allows you more flexibility and choice, but still with the peace of mind that everything is pre-planned and arranged for your group by a reputable adventure travel company.

To take your first step to an amazing adventure with your friends and family complete the private group enquiry form, or call our **Sales Experts on: 017687 73966**

## Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

## Equipment Information

## Equipment List

Please try to keep the weight of your baggage to a minimum. See the 'baggage allowance' section for further details.

### You must bring the following items:

- Hiking boots or approach shoes (please note that the Cinque Terre National Park has prohibited open-toed shoes, flip-flops, and shoes with smooth soles to address safety issues. There are fines in place for anyone not following this rule.)
- Trainers or sandals
- Socks
- Underwear
- Walking trousers
- Waterproof jacket
- Waterproof overtrousers
- T-shirts and/or casual shirts
- Fleece jacket or warm jumper
- Sunhat
- Sunglasses
- Daypack 20 - 30 litres
- Sun protection (including for lips)
- Water bottle 1 - 1.5 litre (we encourage re-filling water bottles rather than single use plastic)
- Washbag and toiletries

- Antibacterial handwash

Basic First Aid Kit including: Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment, insect repellent, and re-hydration salts (Dioralite). Glucose tablets and multi-vitamin tablets.

### **The following items are optional:**

- Trekking poles (highly recommended)
- Shorts
- Camera
- Reusable cloth bag for shopping (to avoid plastic bags)

(Please note on this trip, there are a few occasions when you need to carry your bag for short distances. Some clients have found that a piece of luggage with wheels makes sense for this holiday.)

### **Land Only Information**

Please refer to the 'Joining Arrangements & Transfers' within Holiday Information for further details.

Flights and other transport to your destination should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

### **Land Only Information**

We sell this holiday on a Land Only basis and you should book your transport to Pisa's Galileo Galilei Airport. Please refer to the 'Joining arrangements and transfers' within Holiday Information for further details.

Transport SHOULD NOT be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

If flying from the UK there are a number of low cost airlines offering flights to Pisa. A flight search website such as Skyscanner or Kayak may be useful to research your options.

If you would prefer to book a 'flight inclusive package', using scheduled airlines from the UK, please contact our flights department for a quote. Whilst flight prices are likely to be more expensive, you will benefit from full financial protection.

# Why Choose KE

---

## Why KE

Join KE, the walking experts, and enjoy 6 wonderful guided walks to the most beautiful parts of the Cinque Terre, and a boat trip to the island of Isola Palmaria.

**Please Note** This document was downloaded on 03/07/2025 and the trip is subject to change