

10 DAY WALKING TOUR OF LIGURIA (CINQUE TERRE)

From \$4900 pp* - June 22nd, September 21st 2011 departures

**MILAN - SESTRI LEVANTE - PUNTA MANARA - LEVANTO - PUNTA MESCO - MONTEROSSO
PALMARIA ISLAND - PORTOVENERE - THE WINE ROUTE - RIOMAGGIORE - MANAROLA
CORNIGLIA - VERNAZZA - MONTEROSSO - CAMOGLI - PARADISO - PIETRE STRETTE
SAN FRUTTUOSO - PORTOFINO - SANTA MARGHERITA LIGURE - GENOA**

A chance to visit Milan and see 'The Last Supper' before discovering the breathtaking beauty of the Cinque Terre (5 Lands) and the surrounding coastal towns. This tour involves leisurely strolls along some spectacular pathways as well as some vigorous walks along the rugged coastline. The walks will vary in difficulty from day to day.

Along the way you will come across some of the most spectacular sea views, sample local DOC wine and indulge in the local Ligurian cuisine. Walk the ancient, cobblestone streets of Portovenere, visit local fishing villages such as Camogli and the chic towns of Portofino and Santa Margherita and finish the trip in wonderful Genoa.



Day 1: Milan

Arrive into Milan and transfer to your hotel. Day at leisure. In the evening meet with your escort followed by dinner in a local restaurant. (D)

Day 2: Milan

Breakfast. Half day guided tour of Milan including entrance to see Michaelangelo's Last Supper. Dinner in a local restaurant. (B)

Day 3: Sestri Levante & Punta Manara

Depart Milan and transfer to Sestri Levante. Check in to your hotel and free time for lunch. In the afternoon meet your guide and the adventure begins! The excursion starts on the Punta Manara's Promontory, where you will enjoy amazing views and see many different kind of plants and vegetation typical of the area. Proceed to Riva Trigoso, a pretty little village. At the end of the excursion, transfer to the hotel, accommodation, dinner and overnight stay. (D)

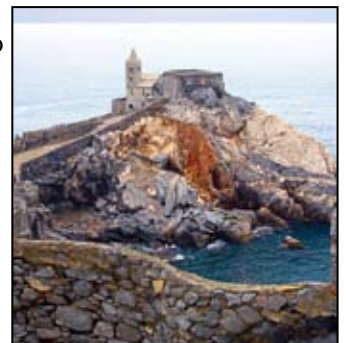
Day 4: Levanto, Punta Mesco & Monterosso

After breakfast, meet with your tour guide and proceed to Levanto by train. You will enjoy a brief tour of the historical centre of this wonderful 12th century village. You will then start your walk up to Punta Mesco's Promontory along a pathway. During your walk you will have the opportunity to visit the Cinque Terre' Marine Reserve, and local beaches. Continue to walk down to Monterosso. Packed lunch

provided by the hotel during the day. After a little tasting of local wines in Monterosso, train transfer to the hotel, dinner and overnight stay. (B, L, D)

Day 5: Palmeria Island & Portovenere

After breakfast meet your tour guide. Transfer by train to La Spezia. You will board a steamer to Palmaria and start a circular tour of the largest island in Liguria. Whilst walking you may see some rare orchids and fauna typical of the region. There is an opportunity to visit Marmo Portoro's majestic caves. You will continue to be amazed by the unforgettable, breathtaking scenery of the coast. Lunch in a local restaurant. In the afternoon, steamer transfer to Portovenere and tour of this amazing medieval village. Visit the beautiful San Lorenzo's & San Pietro's Churches as well as Lord Byron's Grotto. Transfer to La Spezia via a steamer boat then coach transfer to the hotel. Dinner and overnight stay. (B, L, D)



Day 6: The Wine Route

After breakfast transfer to "Palvotrisia" for a guided visit of

the Bosoni's wine-producing firm that is world famous for the production of wines belonging to the "Colli di Luni DOC" (registered designation of origin). You will be visiting the museum, the winery and have a wine tasting (4 DOC and 1 GT wines and 1 liqueur). At the end of the visit, lunch in a local restaurant, tasting some typical dishes. Free afternoon to visit La Spezia or Portovenere on your own. In the evening, coach transfer to the hotel, dinner and overnight stay. (B, L, D)



Day 7: The Cinque Terre National Park

After breakfast meet with your tour guide. Transfer via train to Riomaggiore, the first village of the Cinque Terre. You will be walking to Manarola along the celebrated Lovers' Pathway (Via dell'Amore) and observe interesting geological phenomena along the way. Walking on to Corniglia, you will see the typical "Terrazze" (terraced lands used in agriculture). Packed lunch provided. Along the way you will enjoy spectacular views of Guvano beach and, while walking towards Vernazza, you will see beautiful olive trees. Tour of Vernazza, a very important historical site and the only natural harbour of the Cinque Terre. You will then either go on walking or take a train to Monterosso. After visiting the medieval village, return to the hotel. Dinner and overnight stay. (B, L, D)



Day 8: The Regional Park of Portofino Mount

After breakfast, meet with your tour guide. Transfer by train to Ruta di Camogli where you will start an excursion through the Regional Park of Portofino Mount. Itinerary: Ruta di Camogli - Paradiso - Pietre Strette - San Fruttuoso. Packed lunch provided. While walking you will be able to see the two geological formations of the park. You will also see vegetation along the way known as the "lecceta",



multicoloured flora along the pathway walls. Proceed to San Fruttuoso village and its wonderful 8th century Abbey. Then it is back to Portofino via steamer. Time to visit this beautiful coastal town. Transfer to Santa Margherita Ligure via steamer and train back to the hotel, dinner and overnight stay. (B, L, D)

Day 9: Genoa

Breakfast. Depart for Genoa. Check in to your hotel. Afternoon guided visit of Genoa. Farewell dinner in a local restaurant. Overnight. (B)

Day 10: Departure

Breakfast. End of services.

*Rates per person (call us for a quote):

Double room from \$4900 Single rate on request.

The price includes

- 2 nights at 4 Star hotel in Milan
- 6 nights at the 4 Star Grand Hotel dei Castelli, Sestri Levante, with in & out portorage, taxes and service charges.
- 1 night at a 4 Star hotel in Genoa
- 9 breakfasts
- Half board in hotel starting from dinner on day one to breakfast on the last day; drinks at dinner are included (1/2 l. of mineral water and 1/4 l. of wine per person);
- Packed lunches provided by the hotel on days 4, 7 & 8;
- Lunches at local restaurant on day 5 and day 6 with drinks included (1/2 l. of mineral water and 1/4 l. of wine);
- Wine tastings in Monterosso & Cà Lunae;
- English speaking guide for 4 full days and half the first day
- Train tickets for all the transfers described in the itinerary
- Steamer - La Spezia/Palmeria/Portovenere/La Spezia San Fruttuoso/Portofino/Santa Margherita Ligure
- Entrance fees for the National Park of the Cinque Terre
- Entrance fees for the Last Supper
- English speaking tour escort from Day 1 to Day 10

The price does not include:

- Transportation from start to end;
- Transfers from Genoa at the end of the tour;
- Lunch on day 1, 2 9 and 10;
- All entrance fees not indicated in "The price includes"
- Insurance; tips and personal expenses;
- Anything not stated in "The price includes"

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