

Women's Holidays - Go Girl!

COASTAL WALKING IN THE CINQUE TERRE

LIGURIA, ITALY

15th – 19th MAY 2018

TRIP DETAILS & INFORMATION

TRIP INFORMATION

Immerse yourself in Liguria with its unique wild coastal beauty and gastronomic delights. Experience the heady warm scents of wild rosemary and sun-drenched olive and lemon trees as we walk along ancient coastal paths. The charm of visiting the Cinque Terre is the opportunity to soak up a life that is so different from the one most of us live. Each of the five little towns that make up the Cinque Terre has their own charm. Four of them have steep slopes and steps with a maze of medieval, interconnected tiny streets heading down to the azure sea. The houses are rendered in ochres, blues and pinks and snuggled haphazardly almost on top of one another. Town planning - not a chance!

We have plenty of time to swim from tiny beaches below picturesque villages perched on the cliffs and to enjoy typical Ligurian dishes at charming local restaurants. The lemoncello is also particularly good in this region of Italy!

Linking the towns is an efficient train service with spectacular views. Alternatively there's the water taxi or the beautiful walks. With plenty of exercise on the agenda, there is no reason to feel guilty when you indulge in culinary delights here!

Explore one of the cultural epicentres of the Renaissance with our guide Yvonne – a former archaeologist - during easy day walks between Monterosso, Vernazza, Corniglia, Manarola and Riomaggiore. Yvonne has led this tour many times, and knows all of the fabulous eateries, beautiful vantage spots and hideaways!

TOTAL TRIP PRICE

GBP £650 per person

TRIP PRICE INCLUDES:

- 4 nights accommodation
- All breakfasts
- Local train transport between Cinque Terre villages
- National park fees and guiding services

EXCLUSIONS:

- Flights & transfers
- Lunch & evening meals – an opportunity to savour local Italian cuisine
- Travel Insurance

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DAY BY DAY



Our home base is the beautiful Levanto at the Northern tip of the Cinque Terre National Park. This features a lovely sandy beach, a great choice of cafes and restaurants and beautiful historic buildings. We stay in a gorgeous 14th Century house near the beach. You can choose to walk every day or relax and chill out on the local beach.

Day 1: PISA

We meet at the central station in Pisa and catch the train to Levanto. We'll settle into our accommodation and meet for an orientation talk. Relax on the beach in the afternoon or take the opportunity to explore and wander around the town and soak up village life – there are shops, cafes, piazzas, and people watching!

Day 2: MONTEROSSO-VERNAZZA. Time: 2.5 hours.

From Piazza Garibaldi we walk along the coastal path, among the vineyards. The path alternates between steep, narrow staircases and short flat sections. The trail follows the ridge of the hill and on the descent to Vernazza we're treated to stunning panoramas of the coastline. Approaching Vernazza, the trail descends sharply towards the town, offering picture postcard views. We'll have lunch in Vernazza and then catch the quaint local train back to Levanto. In the afternoon it's time to relax on the beach or indulge in a swim.

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Day 3: VERNAZZA-CORNIGLIA. Time: 2.5 hours.

From the high tower of the Vernazza fortifications, we climb up through vineyards, agaves, figs and euphorbia. We meander amongst cultivated olive trees up to the village of Prevo - the highest point of the Blue Path 1.6 km from Vernazza. The trail continues up to the ancient church of St. Peter and then on to Corniglia. We'll have lunch in Corniglia and catch the local train back to Levanto. In the afternoon swimming remains an option, or wandering around the old churches and browsing the shops in Levanto.

Day 4: MONTEROSSO- LEVANTO. Time: 3.5 hours.

From the main street of Monterosso we climb up to the coastal path stopping for great views back to the town. Once we level out at the top of the climb, the spectacular coastal path is undulating. It leads us through patches of glorious wild flowers and we see some breath taking views of the coast on our route to Levanto. Tonight we'll meet in a local restaurant for our farewell dinner.

Day 5: PISA

After a leisurely breakfast we'll catch the train back to Pisa, and say our farewells at the central train station.

GRADE: Intermediate.

Once up on the coastal paths the walking is easy enough. However to get onto the paths there are some steep uphill sections or steps, hence we consider the hiking on this trip to be of intermediate level.

TIME of YEAR

May is a great time to do this trip - the weather is lovely, and the wild flowers are blooming along the track. Additionally it's pre peak tourist season, so we'll have more space and time to take in the vistas.



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THE FINE PRINT AND PAYMENT

This trip begins in Pisa where we meet you at the train station. It also ends in Pisa central train station. From there it's a short 10 minute train ride to the airport.

Payment Details:

- Trip price GBP £650 per person (twin share)
- Secure your place with a 20% deposit (GBP £130)
- No refunds once full payment has been paid – see Terms & Conditions
- Ensure you have adequate travel insurance
- *Please do not book international flights until we confirm your booking*

Go Girl!

Join us for a relaxing holiday experiencing the beautiful vistas, rich heritage, and old world charm of the Cinque Terre, Italy.

The Women's Holidays Team – Kim, Leonie and Yvonne.