



Cinque Terre

Cinque Terre, meaning “Five Lands” in Italian, is a rugged portion of coastline in the Liguria region of Italy, situated to the northwest of the city of La Spezia. This beautiful landscape is composed of five small seaside villages famous for its natural beauty, pastel colored architecture, local seafood, wine, traditional pesto and outdoor activities like hiking & swimming . This trip visits all of these charming towns, starting at Riomaggiore (where we first arrive), walking to the next town, Manarola, followed by Corniglia, then Vernazza, and ending our hike in Monterosso al Mare at the beach!

Country:	Italy
Located:	Liguria region of Italy known as the “Italian Riviera”.
Language	Italian
Currency	Euro
Typical Cuisine	Anchovies, Seafood, Pesto, Focaccia, Farinata, the various wines of Cinque Terre.

DEPARTURE TIMES

Saturday (or listed date)

Florence - 6:00am
Rome - 6:00am

Return (same day)

Florence - Approx. 8:00 - 9pm
Rome - 10:30pm

Arrival times depend on traffic

DEPARTURE CITIES

Florence
Rome

What's included

- Round trip transportation from Florence or Rome
- Cinque Terre national park trail ticket
- Euroadventures info packet
- Euroadventures trip leader

What's not included

- Lunch & Snacks
- Trains between towns, or train back to departure spot (from any of the five towns - cost is approx.€4)

Packing tips

- Swim Suit
- Sun Glasses
- Sun Screen
- Beach Towel
- Shoes for hiking
- Flip Flops
- Water
- Money

Trip meets at 6:00am at the Florence SMN or Rome Termini train stations depending on departure city selected (exact time & spot inside the station will be sent to your email the day before the departure).

After arrival to the town of La Spezia we'll then board a short 10 minute train into the Cinque Terre itself to start the day.

From the first town of Riomaggiore you are on your own to do as you please for the day, or to follow the Euroadventures guide up the Via Dell'Amore and hike through the entire Cinque Terre. Our guide will lead the optional hike from start to finish so you will see Riomaggiore, Manarola, Corniglia, Vernazza and Monterosso al Mare. Of course you're free to just do part of the hike and take the train between towns as you desire.

Our final destination, the northern most town of Monterosso al Mare, will reward you with two great beaches, swimming, spots for cliff jumping, and lots of great trattorias to enjoy a meal (especially the seafood, pesto and local white wine!).

Departure time will be approx. at 6-6:30pm from the La Spezia train station for a return arrival to Florence of around 8:00-9:00pm and Rome at approx. 10:30pm.

**The floods of 2011 and in subsequent years have caused the continual closure of trails between Riomaggiore and Corniglia. Open trails are between Corniglia, Vernazza and Monterosso. However, even if trails are closed, it is still possible to travel on your own between each town via the train.*

***Listed itinerary is an example of the typical trip schedule but can be subject to change*

