

# Explore the Cinque Terre

**Trip style:** Guided Walking Holidays

**Destination:** 📍 Italy

**Trip code:** BNA07-LCL09

**Grades:** 1, 2 & 4

**Carbon Footprint:** 🚲 548kg CO2



## HOLIDAY OVERVIEW

As one of the Italian Riviera highlights, the sun-dappled Cinque Terre (meaning Five Lands) is home to the five enchanting fishing villages of Monterosso, Vernazza, Corniglia, Manarola, and Riomaggiore. You'll get to walk spectacular coastal paths, soak up sweeping views of the Mediterranean Sea, and take a boat trip from the village of Portovenere at the tip of the peninsula. On your free day, you'll have the options to spend more time in any (or all) of the villages or visit Genoa or Portofino.

## WHAT YOU'LL LOVE

- Exploring the five coastal villages of Cinque Terre
- Taking a boat trip from Portovenere
- Staying in the charming town of Bonassola
- Following paths to vineyards and olive groves in the hills

## WHAT'S INCLUDED

- Return flights from London Heathrow, including baggage and transfers (flights available from other airports - price may vary)
- A choice of 2 guided walks per day with local leaders (on walking days)
- HF Holidays Tour Manager
- 7 nights' accommodation in Bonassola
- 7 breakfasts & 7 dinners
- All in-destination transport

## TRIP SUITABILITY

This is a level 2 and level 4 graded Activity, Easier walks: 4 to 7 miles (6½ to 11km) with some steep ascents and descents on the coastal path. Up to 1,400 feet (420m) of ascent and 2,000 feet (600m) of descent in a day. Harder walks: 5 to 10 miles (8 to 16km) on the undulating coastal path and with longer ascents to the hills above. Up to 2,200 feet (660m) of ascent in a day.

## ITINERARY

### **Day 1:** Arrival day

Welcome to Hotel delle Rose. Unpack and settle in.

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### **Day 2:** Walking from Bonassola: Villages and coast

Introductory walks either explore the villages above Bonassola, or head along the coast to the neighbouring resorts of Levanto and Monterosso. Both walks take in narrow streets, mule tracks, and pathways through woodland, and have splendid views down the sweep of the coast below. We learn something of the history of Bonassola and the surrounding communities.

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### **Day 3:** Cinque Terre coastal paths

Both groups start the day with a train journey and explore the Cinque Terre villages.

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### **Day 4:** Vernazza to Monterosso

Vernazza is arguably the prettiest of the five Cinque Terre villages with its colourful houses winding down to its natural harbour, protected by a rocky headland. Today we walk from Vernazza to Monterosso. Both walks use the final section of the coast path which links the five villages of the Cinque Terre.

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### **Day 5:** Free day

Each week there is a day when no guided walks are offered. This is an ideal opportunity to relax around the hotel, walk independently or visit local places of interest. Some options for your free day include: Cinque Terre villages: You may enjoy spending some more time in the Cinque Terre villages that you have seen previously on the walks. Each village has its own railway station and the frequent trains mean that it is possible to visit all five villages in one day. Genoa: The largest port in Italy, was designated European Capital of Culture in 2004. After a fairly lengthy train journey along the coast, you'll find a number of attractions including the cathedral, a magnificent street of palaces, opera house and museums, plus a regenerated dock area and a vast ornate cemetery with its very own bus network! Alternatively, you may just prefer to wander through the famous caruggi (narrow alleyways) in the old town. Portofino: You could revisit the chic resort of Portofino approximately two thirds of the distance to Genoa. Enjoy a leisurely lunch and admire the expensive yachts in the harbour, walk up to Castello Brown or take a boat trip.

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### **Day 6:** Coastal ridge walks to Portovenere

Today we travel south along the Cinque Terre and enjoy some spectacular walking with views over the naval port of La Spezia, the Gulf of the Poets, and, as we walk down to it, the village of Portovenere at the tip of the peninsula. From here, if sea conditions permit, we take a boat back along the coast seeing the Cinque Terre harbours from the sea.

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### **Day 7:** Camogli, San Fruttuoso and Portofino

Today takes us to world-famous Portofino and a boat ride to Santa Fruttuoso Abbey.

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**Day 8:** Departure day

Depart after a leisurely breakfast.

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## Hotel Delle Rose - Cinque Terre

The 3-star Hotel Delle Rose is a charming family-run hotel, owned and run by two brothers, Roberto and Enrico Bernardin. The hotel is located close to the seafront in Bonassola and within easy walking distance of all the local facilities. A handful of cafés and bars can all be found within a couple of minutes' walk from the hotel. Offering a warm welcome and a personal and friendly service, the Hotel Delle Rose has been welcoming HF Holidays' guests for over 15 years.

On the ground floor is a lounge area and the roof garden terrace has a serviced bar with sea views.

Our guests can enjoy an aperitif before dinner or a tea or coffee during the day.

There is a small lounge on the ground floor with seating which offers a quiet corner to read in. Tourist literature is displayed here and a small library of foreign language paperbacks, which include English.

### **Vaccinations & health information - SHARED WITH ALL EU NEW 2026**

Before booking, you should check with your doctor to see whether any health precautions are needed for your trip. Health advice and requirements can change, so we recommend doing this in good time before travel. As a general rule, travellers should ensure they are up to date with routine UK vaccinations and boosters, including, for example, MMR and diphtheria, tetanus and polio. Some countries may require you to have specific vaccinations such as Malaria, Rabies and Yellow Fever. Please check with your GP if you are unsure. Please note that the use or possession of some common prescription or over-the-counter medicines is restricted or banned in certain countries. If you will be carrying medication, you should check with the relevant embassy or consulate before travelling. As an extra precaution, we recommend keeping medication in its original packaging, carrying a copy of your prescription, and, where possible, asking your pharmacist to provide the medication name in the language of the country you are visiting. For further country-specific health advice, visit [www.fitfortravel.nhs.uk](http://www.fitfortravel.nhs.uk) or [www.traveldoctor.co.uk](http://www.traveldoctor.co.uk). If you are travelling from outside the UK, please consult your own doctor and check local entry requirements.

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### **Passport & Visa information - SHARED FOR ALL EU NEW 2026**

This information is for those travelling with a full 'British Citizen' passport; for all other nationalities or passport holders, please check with your local consulate for advice. **Passport Requirements** This information applies to travellers holding a full British Citizen passport. Entry requirements vary by destination and can change at short notice. For most EU and worldwide destinations, passports must be valid for the entire duration of your stay. Some countries also require a minimum period of validity remaining on your passport (often up to 6 months beyond your return date), even if you are not staying that long. We strongly recommend ensuring your passport has at least six months' validity remaining at the time of travel to avoid any issues. If you hold a different type of British passport or a passport issued by another country, you must check the requirements with the relevant embassy, consulate, or official government website. **Visa Requirements** Visa rules depend on your nationality, destination, length of stay, and purpose of travel, and they can change frequently. It is your responsibility to check whether you require a visa before travelling. British passport holders should check the latest entry, passport validity and visa requirements for their destination on the UK government's Foreign, Commonwealth & Development Office (FCDO) website: <https://www.gov.uk/foreign-travel-advice>

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### **Packing list - Overseas Guided Walking**

It's best to be prepared for all weather conditions. To make it easier, here is a list of items you should consider packing. Essentials Walking boots Waterproof jacket Waterproof trousers Insulated jacket/top Walking clothing Walking socks (plus spares) Sunhat Gloves/mitts and warm hat Water bottle (minimum 2 litre capacity) Headtorch High-factor sunscreen (minimum SPF 30) Sunglasses with a dark lens Rucksack (15-30 litres) Mobile phone Personal first aid kit (containing your medication, blister plasters, etc.) Passport Visa (if applicable) Copy of your travel insurance policy UK Global Health Insurance Card (formerly known as EHIC) Recommended Collapsible walking poles Swimwear and travel towel Snacks Dry bags Rubbish bags Insect repellent Optional extras Camera Sit mat Flask for hot drinks Durable lunch box Gaiters GPS device (excluding Bhutan, Georgia and India)

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