



Trip Summary

CinqueTerre and the Italian Riviera October 7-16, 2017

TRIP AT-A-GLANCE

Dates: 10/7 – 10/16, 2017
Location: Italy
Cost: \$3395
Rating: 4
Activities: Hiking and soaking in the Italian culture.

Meeting Place: Florence, Italy

Arrive: 10/7/2017 by 1:00pm

Depart: From Pisa 10/16/2017
anytime after 1:00pm

WHAT'S INCLUDED

- An English-speaking Italian and an AGC guide
- Nine nights double occupancy lodging with ensuite bathrooms
- All meals from dinner on 10/7 to breakfast on 10/16
- All ground transportation within Italy other than the Florence airport transfer
- A cooking class and a wine-tasting

WHAT'S NOT INCLUDED

- Airfare to/from Italy
- Airport transfer in Florence,
- Alcoholic beverages
- Guide gratuities
- Items of a personal nature

Trip Highlights

- Hike the Cinque Terre's spectacular coastline trails through five brightly colored cliff side villages, rich in nature, history, and traditional ways of life
- Discover medieval castles and fortresses, tiny fishing ports, and bustling harbors in the nearby picturesque seaside towns of Camogli, Levanto, and Portovenere
- See the charming coastal towns from the sea perspective, during several boat rides
- Taste the fresh flavors, local wines, and traditional foods of this area, also known as the Italian Riviera
- Enjoy a winery tour and Italian cooking class.

Trip Overview

On this trip that combines hiking and culture, we visit the Cinque Terre, a collection of five colorful towns perched on steep cliffs overlooking the Ligurian Sea, and the longer strip of coast known as the Italian Riviera. We'll hike timeless landscape along paths that wind through vineyards and ancient stone paths and stairways that climb up and down cliffs, sample local wines and other locally produced specialties, relax in romantic outdoor cafes, take a dip in the Ligurian sea, and explore the area surrounding the villages, known as the Italian Riviera. Our trip to Italy is truly a feast for all the senses. After meeting in Florence, we'll head west to the Ligurian Coast and the area known as Cinque Terre. Our trip to Italy is truly a feast for all the senses. Maximum group size: 14
 Rating: 1 2 [3] [4] 5

Our Itinerary

Note: This trip starts in Florence and ends in Pisa.

Friday, October 6 - If you are coming from North America, this is the day you will need to leave in order to be in Florence by October 7. However, we strongly urge you to come a day early if you've never been to Florence, truly the birthplace of the Renaissance. It's a wonderful city and an easy place to find your way around, with so much to see! We'll be happy to make hotel reservations for you for the night before.

Last revised: 10/9/2016

CANCELLATION POLICY

In the unfortunate event that you must cancel your trip, your refund will be determined by the following formula:

Days Prior to Trip	Refund
120 + days	All but \$50
120-91 days	50% of deposit
91-46 days	50% of trip fee
45 days or less	No refund

Adventures in Good Company reserves the right to cancel or alter a trip due to unforeseen weather, unsafe conditions, low registrations or other circumstances.

On the rare occasion when Adventures in Good Company must cancel a trip, all payments received to date will be refunded, including the non-refundable portion of your deposit.

Adventures in Good Company is not responsible for expenses incurred in preparation for any canceled trips, including airplane tickets.

TRAVEL INSURANCE

- We highly recommend travel insurance for your trip.
- If you decide to purchase insurance, you can secure a policy through your own insurance company or enroll with the company we use, Travelex Insurance.
- Call 1-800-228-9792 or visit www.travelexinsurance.com.
- The location code is 20-0016.

Our Itinerary Continued

Saturday, October 7 - Meet in Florence by 1pm. We'll start with a culinary adventure as we explore the city of Florence with a market walking tour. We'll sample some of Italy's best known delights as we stop at different stalls to taste everything from antipasti to dessert - sort of a "moving" lunch. If you can't arrive until later, you can meet us at the hotel at 5pm where we'll start getting acquainted before going out for our first dinner together. Overnight in Florence at Hotel Cellai (or similar).

Sunday, October 8: Transfer to Ligurian Coast We'll leave Florence this morning for our three hour transfer to the lovely town of Camogli, situated on the Ligurian Coast just north of Cinque Terre National Park and known for lively streets, cafes, restaurants, and boutiques. We'll have lunch at the wharf and spend the afternoon on a warm-up walk exploring the town and visiting Castel Dragone near the harbor. Drive 3 hours in private van, Walk 2 miles. Overnight Camogli at [Hotel Casmona](#)

Monday, October 9: Portofino Peninsula After breakfast, we start walking from our hotel and climb across the Portofino Peninsula with spectacular views of the sea and the Portofino Marine Reserve. We'll have lunch along the way at "Agriturifugio Mulino", a farmhouse restaurant, and then hike down to the remote 13th century Abbey of San Fruttuoso. Located in a beautiful small bay, it is accessible only by foot or boat. We will catch a boat ride back to Camogli, stopping along the way in Portofino. You'll see why the rich and famous flock to this gorgeous town; its harbor is filled with yachts and its cliff-side coast is lined with impressive villas. Hike: Approximately 4.5 -5 hours/ 5.4 miles with steep rocky up and downhill trail sections. Overnight in Camogli.

Tuesday, October 10: Transfer to Monterosso and hike to Madonna del Soviore Monastery After breakfast we drive to Monterosso al Mare, one of the five villages. After dropping our luggage at the hotel, we'll walk up to the Madonna del Soviore Monastery, a retreat above the hustle of village life. We'll have lunch there, overlooking another spectacular view of the sparkling coast. Then we head back to explore the quaint village of Monterosso, the northernmost village in the Cinque Terre and our home for the next four nights. Hike: Approx. 6 miles of steep up and down cobbled trail and rural road. Overnight in Monterosso al Mare at [Hotel Marina](#).

Wednesday, October 11: Train to Levanto and walk back to Monterosso A short train ride brings us to the village of Levanto, once a walled town and major stronghold of the Genoese. We leave Levanto on foot and walk across the peninsula past Punta Mesco with views over Levanto's medieval walls and tiled roofs, a lovely wooded area, and eventually the magnificent stretch of the Cinque Terre coast. We hike into Monterosso for lunch and then take a short walk to the Buranco organic farm for a winery tour and wine tasting, followed by tasty dinner on their terrace. Hike: about 4 hours; 5 miles steep up and down a combination of trail, rocky steps and rural road. Overnight in Monterosso al Mare.

Our Itinerary Continued

Thursday, October 12: Monterosso al Mare to Corniglia Today we walk from our hotel up past agricultural terraces and then down to Vernazza, one of the most photographed villages in the Cinque Terre because it is so charming. After exploring the shops and narrow pedestrian streets, we'll continue on to Corniglia, the one Cinque Terre village that is perched on cliffs high above the sea. (Note: If you feel like taking a day off from hiking, you can do part of the itinerary by train today and tomorrow.) We will enjoy lunch at a terrace restaurant and then take the train back to Monterosso in time for a cooking class to discover the secrets of Pesto (which originated here) as well as some of the many ways to prepare local fish. We will then feast on the fruits of our labor. 1.5 hour/2 mi walk steep ups and downs to Vernazza and 2.5 mi/2 hrs to Corniglia. Overnight in Monterosso al Mare.

Friday, October 13: Corniglia to Manarola via Volastra After a delicious breakfast, we take the train back to Corniglia to continue our Cinque Terre village walks. Our hike takes us up and along the high route to Manarola with stunning views over the Cinque Terre and through the ancient hamlet of Volastra for lunch. We then hike down to the seaside village of Manarola where we have time to look around town, and perhaps indulge in a gelato before taking the train back to our hotel in Monterosso and dinner at the Ancora della Tortuga. Hiking: About 5 miles of long steep trail and stone stairs, both up and down and a trail section with exposure to a vertical drop. Overnight in Monterosso al Mare.

Saturday, October 14: Riomaggiore to Porto Venere via Campiglia This morning we take the train to the 5th village in the Cinque Terre, Riomaggiore. Our hike is mostly uphill past terraced fields and splendid forests of pine, chestnut, and cork trees. We will enjoy more breathtaking views of the coast throughout the morning and lunch in the hamlet of Campiglia, where we picnic on a terrace of a small "Alimentari" shop. Then we transfer by van to Portovenere. We'll check into our hotel (our luggage was transferred separately) and have some free time to explore the cobbled streets of this charming seaside town. Here, spectacular cliffs rise above the crystal blue waters of the Mediterranean in a setting so beautiful that Byron, Shelley and D.H. Lawrence (among others) wrote here; thus, the Gulf of Poets was named. Hike: Approx. 6.2 miles, mostly long, gradual uphill on trails with some stone steps; Train approx. 15 minutes; Van: 20 minutes. Overnight in Portovenere at [Hotel Paradiso](#).

Sunday, October 15: Palmaria We will take a short boat ride through the harbor to the nearby island of Palmaria, which has been the guardian of Portovenere for centuries and still has remnants of Napoleon-era forts. We walk around the island with views of the colorful buildings perched on the promontory of Portovenere and the tiny nearby island of Tino. Our path travels through a distinct native ecosystem referred to as Mediterranean Macchia, with plants, such as arbutus, broom, and myrtle, adapted to the dry, harsh heat and heavy seasonal rains. We return to Portovenere mid-day and have some free time before dinner to explore the 16th-century Genovese naval fortress that once protected Portovenere from marauding corsair pirates, walk by the "Poet's Grotto" or do some last shopping in the many charming boutiques. Tonight, we'll enjoy our last Italian feast together. Boat: 10 minutes each way; Hike: 3 miles, 2.5 hours on rocky trails and pathways with short, steep sections. Overnight in Porto Venere.

Monday, October 16: Transfer to Pisa and departure After our last shared breakfast, we will pack up and transfer in our private van to the Pisa International Airport. We'll arrive by noon and you can plan flights out after.

Packing List

Temperatures typically range from the mid 60s to mid-70s during the day and mid-50s in the evening, although they can be hotter or cooler. We strongly recommend bringing several lighter layers rather than one heavy layer so you can easily adjust to the range of possible temperatures.

FOOTWEAR

- 1 pair of lightweight hiking boots/shoes: they should be well broken in and comfortable
- 1 pair of comfortable walking shoes, such as athletic shoes, Keens or Teva sandals, crocs
- 3-4 pairs of socks (at least 2 pair should be hiking socks, wool or a synthetic blend, such as Thorlo, Teko, Ultimax)

CLOTHING

- 1 - 2 pair lightweight supplex/nylon long pants/capris for hiking. Zip offs work well.
- 1 pairs of shorts (optional)
- 1-2 lightweight, light-colored, long-sleeved 'hiking' shirt(s) to protect you from the sun
- 2 - 3 T-shirts or sleeveless shirts for hiking (synthetics please, no cotton for hiking)
- 1 polar fleece jacket or wool sweater
- 1 rain jacket or poncho; rain pants are optional though if you have them we recommend bringing them.
- Underwear/nightwear
- 1 wide-brimmed hat, visor or baseball cap for sun and high fashion
- 1- 2 casual outfits for wearing when not hiking - going out to dinner/touring/etc.

TOILETRIES (small everything)

- Toothbrush, toothpaste, dental floss, shampoo, contact lens paraphernalia (bring extras), sanitary supplies, soap, washcloths (these are often not provided in Europe)
- Sunscreen and lip protection with sunblock of at least SPF 15
- Small first aid kit with familiar medicine you might need for personal use: Band-Aids, Compeed, 2nd skin, mole skin, ibuprofen, small hand sanitizer, TUMS, Imodium or another anti-diarrheal, etc.
- Personal medications/prescription medications.

NOTE: Individuals allergic to insect bites must bring an anaphylactic kit. Please consult your personal physician.

ESSENTIALS

- Passport** and photocopy of passport
- Sunglasses (100% UV protection) w/ retention strap
- Hydration system or quart bottles – capacity to carry 2 quarts of water.
- 1 daypack large enough to hold your supplies for the day. See Notes on Packing List for a complete description of daypack size.
- 1 pack cover or large plastic bag. (In case of rain)
- Trekking poles (highly recommended)
- Camera (extra battery or battery charger) and film/memory card

OPTIONAL

- Book, notebook, journal, pencil/pen
- Watch with an alarm or travel clock
- 10 ft light cord and 4-6 clothespins, detergent
- Earplugs and eye mask (for plane and in case of street noise at some hotels)
- Plug adaptor, European style.
- Wash cloth (European hotels do not provide wash cloths with the towels)
- 1 or 2 bandannas
- folding umbrella
- Vest for layering (fleece, wool or synthetic, optional)

Notes on the Packing List

Please note: If you are not familiar with any of the terms used as explanation regarding the equipment or clothing required for this trip or would like help with any item listed please let us know. We are available to answer your questions and/or send more information to assist in determining appropriate equipment and clothing for your trip.

Daypacks: You will need a daypack that is large enough to hold the following items: 1 – 2 liters of water, rain gear, lunch/snacks (for the day), warm layer (fleece pullover or vest), lightweight gloves, warm hat and any other desired personal items such as camera, journal, etc. We recommend a daypack with a capacity of between 1800 and 2400 cubic inches and preferably with a hip belt, padded shoulder straps and 'lifters'. Please note: A fanny-pack is not large enough to hold all of the items you will need for the day.

Pack Cover: These are waterproof, usually elasticized covers designed to go over your daypack and keep both the pack and its contents dry in case of inclement weather. Pack covers are sized. If you are purchasing a pack cover be sure to either take your pack with you or know the size cover you need. Many daypacks do come with built in pack covers.

An alternative to purchasing a pack cover is to use a heavy-duty, plastic bag to line your pack to protect the contents from rain.

Footwear: Well-fitting, sturdy hiking boots are very important to your safety and enjoyment. If you plan to buy new boots, break them in by wearing them as much as possible and taking some short hikes before your trip. For general trekking/hiking there are many choices in both materials and styles of boots. Your

choice will depend on the environment you will be hiking as well as your personal preferences and physical condition of your feet and ankles. Boots can be made of leather, nubuck leather, synthetic materials or a combination and come in low, mid or ankle cut styles. For general trekking/hiking we recommend low/mid-height height, lightweight/midweight hiking boots/shoes with Vibram or Vibram type soles. Please note: If you have weaker ankles or are recovering from an ankle injury consider either the mid-height or the ankle height boots. More information regarding choosing a hiking boot is available upon request. **Remember to waterproof your boots before the trip.** (Even boots billed as 'waterproof' still need to be treated with a waterproofing product – it's the interior lining that is actually the 'waterproof' part of the boot, not the exterior.)

Personal First Aid Kit: We recommend bringing a small first aid kit with the following items: blister and/or foot remedies for blisters, hot spots, etc. (band aids/compeed/moleskin/personal choice), personal prescription medications, over the counter medications for common ailments (respiratory/colds, stomach issues, sore muscles/joints). Your AGC guide will have a first aid kit as well but if you already know what works for you it's best to have that with you rather than experiment on a trip.

• **Please note: If you have severe reactions to insect bites/stings or other severe allergic reactions and have been advised to carry an Epi-Pen please do not forget to bring that with you and let your guides know.**

Clothing: All clothing for active wear should be made from synthetic/synthetic blends, down/down blends or wool/wool blends. NO COTTON for your active wear. The clothing listed on the packing list has been chosen for your specific trip conditions and for its versatility for layering. Layering is the most practical and efficient method of insulating the body. Several layers of varied weight materials provide better insulation than one thick layer of clothing. Also, adding or subtracting layers allows you to adjust to the temperature at your particular level of activity.

Please Note:

The Adventures in Good Company's packing list covers what we have found to be essential for your safety and comfort for this particular trip.

Because we stay indoors every night, you may be tempted to skimp on the warm clothes. Please don't. It is essential that you have the warm clothing and the rain to stay warm in case of inclement weather. You may not use everything you bring; however, you need to come prepared for all possible weather conditions.

Do try to follow the packing list as closely as possible to avoid excessive luggage.

We recommend packing in a medium-size suitcase or duffel with wheels.

Many European hotels do not have elevators and you must be able to manage your luggage easily.

For extra purchases made while on the trip an additional small duffel bag for your return trip is useful.

Notes on the Packing List Continued

Rain Gear: You will need a parka or jacket made of a coated nylon or a waterproof/breathable fabric like Gore-tex, HellyTech, Membrane, H2No, or Ultrex. Be sure it keeps water out. Before making this important purchase, be sure that it fits you properly. It should be large enough to fit over all your layers. In particular, the hood needs to be effective. It should shield your face from the rain and turn with your head. Movement of your arms must not interfere with the hood. Put on your daypack; can you still raise your arms? Lastly, the wind/rain pants. They should be comfortable, allow enough room for your layers, and permit free movement of your legs (for example, can you crouch comfortably?). Partial or full-length leg zippers are useful for easily putting your pants on over your boots

Hydration: It is very important to your safety and enjoyment to have an independent ability for accessing your water to facilitate drinking frequently. You will need the capacity to carry 2 liters of water.

- One method is use water bottles either attached to your waist strap or in accessible side pockets.
- Another option is to use a HYDRATION SYSTEM such as an MSR, CamelBak or Platypus type bladder system. These systems are simply collapsible water bags with a hose attachment that you drink from. These fit inside/outside your pack with the hose positioned over your shoulder where you can access your water without the use of your hands. Bladder bags traditionally come in 1, 2, and 3 Liter sizes. We recommend a 2 Liter size.

Trekking Poles: Trekking poles are **highly recommended** for this trip. Trekking poles contribute to your safety by improving your balance and stability, and to your health by saving stress on your hips and knees. In addition they help conserve your energy by transferring some of the work to your arms and chest. If you are not familiar with trekking poles we have written a blog spot that addresses the most commonly asked questions about trekking poles. You can find that at: <http://blog.adventuresingoodcompany.com/blog-women-travel/bid/154714/Trekking-poles-for-hiking-trips-the-4-most-common-questions>

If you will be purchasing trekking poles for your trip please make sure they meet the following guidelines:

1. Height of the poles can be adjusted
2. They have an upright (as opposed to cane-like) handle
3. Have wrist straps that can be adjusted.
 - For a detailed description of considerations when purchasing a pair of trekking poles please see: <http://blog.adventuresingoodcompany.com/blog-women-travel/bid/153280/Choosing-Trekking-Poles-for-your-Next-Hiking-Trip>

Please note: Trekking poles can be an expensive equipment purchase. If this is new to you we suggest purchasing an inexpensive pair (EBay, or some of the big box stores can be a good source) or borrow a pair from a friend. During your trip you will have the opportunity to learn the correct technique to use them, practice with them and also see what others may have chosen. Once you've gained a bit of experience and you know that hiking is going to be a regular part of your life, you can make a more informed decision about whether you want to invest in the 'perfect' pair of poles.