

# CINQUE TERRE and PORTOFINO

*The first treasure of the enchanted place is the nature. A mix of colors, the blue from the sea and sky and the slopes, colors oscillating between the grapevine's green and the white houses surrounded by the oak-tree forest, maritime pines, Alep pines and olive trees.*

*Walking through this nature enriches us.*



## PROGRAM OF THE 7 DAYS :

### Day 1 « Welcome to the Cinque Terre »

We can organize your transfer to Levanto. The afternoon is spent visiting Levanto, the old town, the seaside, the shops, the rich history of this charming city.

Difficulty : walking time 2 hours and 30 minutes

Welcome drink with wine tasting and briefing on the trip during the evening.

### Day 2 « Monterosso and the Giant »

Departure by foot from the hotel. We will walk in the shade of the oaks with stunning views on the seaside to reach the crest « Punta di Mesco ». From there we have a panoramic view on the entire Cinque Terre. After the descent, we reach **Monterosso**, main village of the Cinque Terre, positioned in the center of a natural gulf and famous for its wide and white sandy beach. We will spend time visiting the old town, churches and fortresses.

Return to Levanto by Train (5 minutes)

Difficulty : walking time 6 hours, elevation gain 500 m.

### Day 3 « The Cinque Terre Traverse »

We cross the National Park through the vineyards and coastal paths. The hike starts in the fishermen village of **Riomaggiore**, place of the famous Via del Amore, and we will reach the little village of **Corniglia**, located on a crest and dominating the sea.

Visit of the village and shopping and return by train to Levanto (15 minutes).

Difficulty : walking time 4 hours, elevation gain 400 m.

## USEFUL INFORMATION

### LEVEL OF THE HIKES

LEVEL 2-3

Elevation gain : 350 to 650 m  
Walking time : 4 to 6 hours  
Altitude < 2250 m  
Backpack < 3 Kg (20 liters max)

### WEATHER

*Best time to do this hike is between March and November. Temperatures can vary from 10 to 30 degrees.*

### GROUP

*A group is from 6 to 15 persons max.*

### MOUNTAIN LEADERS

*Our Team is composed of experienced Professional guides (In France, called Accompagnateur en Montagne) qualified by a state diploma.*

*We are passionate about nature and local stories and willing to share with you our knowledge.*

*Our first concern is your security and comfort. Each guide carries a First Aid Kit in its backpack.*

### GEAR

*We can provide you with a backpack, please contact us in advance.*

### PROGRAM

[www.orgaya.com](http://www.orgaya.com)

[contact@orgaya.com](mailto:contact@orgaya.com)

### OTHER DATES

*Groups (more than 6 persons) choose their own dates.*

## Day 4 « The Italian St-Tropez » Portofino

40 minutes away from the Cinque Terre is the charming fishing village of Portofino. From there it is an easy walk to reach the exceptional bay of San Fruttuoso, a paradise that can be reached only by sea or foot. Apart from its beauty, it is famous for its ancient Benedictine monastery and the Christ of the Abyss. A boat will bring us back to Santa Margherita.

Difficulty : 4 hours of hiking (easy) and visit of Portofino and Santa Margherita

## Day 5 « Madone di Soviore and Vernazza »

After having reached **Monterosso** by train, we will ascend on a very old pilgrim path towards the Sancturay of Madone de Soviore, the oldest of Liguria ! Lunch under the old oaks and italian coffee. Easy afternoon with a descent towards **Vernazza**, maybe the nicest village of the Cinque Terre. Visit, free time and maybe swimming ?

Return to Levanto by Train (10 minutes)

Difficulty : walking time 4 hours, elevation gain 500 m

## Day 6 « Riomaggiore - Portovenere »

This is the longest hike of the trip, the trail connects the southern village of Riomaggiore to Portovenere, a cape at the entrance of the Gulf of Poets, also part of the UNESCO world heritage list. The panoramic views on the Palmaria and Tino islands are amazing. After a visit of the old town, you will return to Levanto by boat and enjoy the view of the villages from the sea.

Difficulty : walking time 5 hours 30 minutes, elevation gain 600 m

*Dinner in a famous restaurant in Levanto with lots of local sea food !*

## Day 7 « See you... »

As usual, we'll have a nice breakfast at the hotel followed by some shopping in the pedestrian streets of Levanto. We will advise the best shops for local food and wine.

We'll say good bye after a picture on the beach.

End of the trip at 11 :30AM and transfer to the airport.

## OUR OPTIONS:

### FLIGHT and MINIBUS TRANSFER

*On demand we can organize your transfer from the airport to the meeting point.*

*Price and details : [sas.orgaya@gmail.com](mailto:sas.orgaya@gmail.com)*

## USEFUL INFORMATION

### MEETING POINT

***Levanto rail station 2PM***

### ACCESS

***We can organize your flight and your transfer to the meeting point, please do not hesitate to contact us.***

### END OF THE TRIP

***The trip ends at 11AM on Day 7***

### LUNCHES

***All lunches are prepared by your guide with local and fresh products : cheese, meat, vegetables, bread ... and a glass of wine (maximum !)***

***We are very engaged with reducing our wastes : we kindly ask you to bring a plate, glass, fork and knife.***

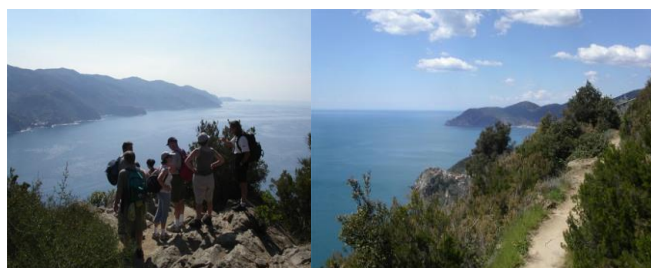
### BACKPACK

***Maximum 3 kilograms : rain coat, water and lunch are mandatory. A camera is highly recommended.***

### INSURANCES

***Our insurance covers logistics and guiding of the hikes. We kindly ask you to be personally well insured for civil liability.***

***Please do not hesitate to contact us for assistance-cancellation-repatriation insurance. A quote will be provided.***



## OUR ACCOMODATION

### Hotel Europa « Levanto »

Historical 2-star hotel nicely renovated in the old town of Levanto, in a pedestrian and touristic area, 3 minutes walk from the sandy beach.

[www.europalevanto.com](http://www.europalevanto.com)



## PERSONAL GEAR

- Backpack 30 liters
- Hiking shoes
- Rain shield
- Hat, sun screen
- Water bottle (1,5 liter minimum)
- Personal snacks like dry fruits
- Personal medicines
- Picnic kit : glass, plate, fork, knife

## OPTIONAL

- Comfortable clothes for the cultural visits
- Towel and swimsuit
- Your camera

## OUR PACKAGE : FULL BOARD

### *You will appreciate ...*

- 2-star hotel with a good comfort**
- 5 perched villages and their narrow streets and shops**
- Places that are inserts on the UNESCO World Heritage List**
- Boat trip to see again all villages**
- Local wine and food**



## USEFUL INFORMATION

### OUR SPIRIT AT ORGAYA

*We propose outdoor activities, guided by a professional, graduated by a state diploma and with knowledge into geography, prehistory, ecology and coaching.*

*Performance is not our goal. We rather choose a relaxed approach. We like to share our knowledge, experience and our passion of nature acquired during many hikes in the mountains. We listen and adapt to your needs to build a program that suits your physical and financial possibilities and your points of interests. Our groups are composed of 5 and 15 persons maximum.*

*Our hikes are classified into 6 flavours depending into their main orientation:*

- Nature
- Culture
- Discovery
- Family
- Technicity
- Sport

### HOTELS

*We are testing hotels in the Cinque Terre since 15 years and we have chosen the best ones in terms of quality, price and location.*

*We have chosen to stay in the charming city of Levanto, 5 minutes of train from the Cinque Terre. You will love the « dolce vita » of the small town.*

### USEFUL WORDS

- yes : Si
- no : No
- good morning: Buongiorno
- good evening: Buonasera
- good night: Buonanotte
- see you, au revoir: Arrivederci
- excuse me : Scusi
- please: Per favore
- thank you: Grazie

## OUR PRICE: 7 DAYS AND 6 NIGHTS

### WHAT THE PRICE INCLUDES:

*Professional guide (French : Accompagnateur Moyenne Montagne), 15 persons maximum per group*  
*6 days of hikes and walks*  
*Security gear*  
*Professional civil liability insurances*  
*Half pension in 2-stars hotel in double rooms*  
*Lunches from Day 2 to Day 6 with local fresh food*  
*1 special dinner at restaurant for last day: local sea food*  
*All rail transfers to reach the hikes*  
*2 boat trips, 2 hours and 30 minutes*  
*Welcome drink and wine tasting*

### WHAT THE PRICE DOES NOT INCLUDE :

*Extra cost for a single room*  
*Transportation to the meeting point\**  
*Personal snacks and drinks*  
*Extra drinks at the bars and restaurants*  
*Lunches of Day 1 and Day 7*  
*Wine and water at restaurant*  
*Personal civil liability insurances*  
*Cancellation insurance*  
*Everything that is not indicated in «what the price includes »*  
*\*we can organize your flight and your transfer to the meeting point*

**PRICE (6 PERSONS MINIMUM)**

**PRICE (10 PERSONS MINIMUM)**

**GROUP PRICE FOR 15 PERSONS**

## USEFUL INFORMATION

### RESERVATION

*The Cinque Terre area is quite popular. Please book at least 3 months before departure.*

*Web : [www.orgaya.com](http://www.orgaya.com)*

*Email : [sas.orgaya@gmail.com](mailto:sas.orgaya@gmail.com)*

*Phone : 06.62.43.87.03*

### PAYMENT

*Deposit 30% at booking*

*Balance 30 days before departure*

### LEGAL INFORMATION :

**YAGO ORGANISATION – ORGAYA**

**Accompagnateur en Montagne**

**SIRET 434 911 857 – DDJS n°**

**00698ED0262**

**Assurances MMA 105 630 300**

**ORGAYA- TRAVEL AGENCY**

**Immatriculation Opérateurs de Voyages**

**IM006130019 - Atout France**

**Garantie Financière : 10 000 € COVEA**

**RCP : SNAM MUTUELLES DU MANS -**

**Oullins (69) n° 107 282 450**

**990 € TTC**

**845 € TTC**

**770 € TTC**

## RESERVATIONS / INFORMATION

**Your contact : Pierre**

**Web : [www.orgaya.com](http://www.orgaya.com)**

**Email : [contact@orgaya.com](mailto:contact@orgaya.com)**

**Phone : 06.62.43.87.03**