

CINQUE TERRE

Historic, spectacular, colorful villages overlooking the Mediterranean Sea, nestled between rocky reliefs and steep cliffs.

Terraced hillsides with vineyards, parts of the UNESCO world heritage list, this is the Cinque Terre !



PROGRAM OF THE 6 DAYS:

Day 1 « Welcome to Liguria »

We can organize your transfer to Levanto on request.

The afternoon is spent visiting the old town, the seaside, the shops and we learn about the rich history of this charming city.

Difficulty: walking time 2.5 hours

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**, the main village of the Cinque Terre, positionned 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 **Corniglia**, located on a crest and dominating the sea. We will reach the small village of **Manarola**, place of the famous Via del Amore.

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

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



6 DAYS AND 5 NIGHTS
OPTION: 1 BOAT TRIP

USEFUL INFORMATION

LEVEL OF THE HIKES

LEVEL 3

Elevation gain: 350 to 650 m

Walking time: 4 to 6 hours

Altitude < 2250 m

Backpack < 3 Kg (20 liters max)

WEATHER

The best time to do this hike is between March and November. Temperatures can vary from 10 to 30 degrees in the same day.

GROUP

Our groups are composed of 6 to 15 persons maximum.

MOUNTAIN GUIDES

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 our knowledge with you.

Your security and comfort are essential to us. Each guide carries a First Aid Kit.

GEAR PROVIDED

A backpack on request.

PROGRAM

www.orgaya.com

contact@orgaya.com

OTHER DATES

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

Day 4 « Madone di Soviore and Vernazza »

After reaching **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 5 « 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.

Option: return to Levanto by boat and enjoy the view of the villages from the sea (supplement of 15€)

Difficulty: walking time 5.5 hours, elevation gain 600 m

Day 6 « 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 you on 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.

Please note: The order of the 5 hikes can be modified by your guide in order to adapt to the weather conditions or other unexpected changes.

PERSONAL EQUIPMENT

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

OPTIONAL EQUIPMENT

- Clothes for the cultural visits and churches
- Swimming suit and towel
- Camera

USEFUL INFORMATION

MEETING POINT

Levanto train station at 2 pm on Day 1

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 11.30 am on Day 6

LUNCHES

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

It is very important for us to reduce our waste: we kindly ask you to bring a plate, glass, fork and knife.

BACKPACK

Maximum 3 kilos: 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 an assistance-cancellation-repatriation insurance. A quote will be provided.

OUR HOTEL

2-star hotel in the centre of Levanto, close to the pedestrian street and the beach, and shopping possible close by. All the necessary comfort you need for a nice stay: air conditioning, tv, direct phone line...



OUR LUNCHES

Fresh local food:

Focaccia, ham, cheese, vegetables and fruits according to the season, coffee and wine of the Cinque Terre.



OPTIONS:

FLIGHT and MINIBUS TRANSFER

On request, we can organize your transfer from the airport to the meeting point.

Prices and details: sas.orgaya@gmail.com

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 on their main orientation:

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

HOTELS

We work with 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, a 5 minutes train ride from the Cinque Terre. You will love the « dolce vita » of the small town.

USEFUL WORDS

- Yes: Sì
- 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
- You're welcome: Prego
- Water: Acqua
- Beer: Birra

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 all the villages (option with supplement)

Local wine and food

Dolce vita in Levanto and beaches

OUR PRICE: 6 days and 5 nights

INCLUDED IN THE PRICE

Professional guide (French : Accompagnateur Moyenne Montagne), 15

persons maximum per group

Welcome drink and wine tasting

5 and a half days of hikes and walks

Security gear

Professional civil liability insurances

Half board in a 2-star hotel in double rooms

Lunches from Day 2 to Day 5 with local fresh food

All rail transfers to reach the hikes

NOT INCLUDED IN THE PRICE

Extra cost for a single room

*Transportation to the meeting point**

1 boat trip, 1 hour and 30 minutes (option, supplement of 15 €)

Personal snacks and drinks

Extra drinks at the bars and restaurants

Lunches of Day 1 and Day 6

Wine and water at the restaurants

Personal civil liability insurances

Cancellation insurance

Everything that is not indicated in «Included in the price »

** we can organize your flight and your transfer to the meeting point on request*

PRICE FOR 6 PERSONS

PRICE FOR 10 PERSONS

GROUP PRICE FOR 15 PERSONS AND MORE

USEFUL INFORMATION

RESERVATION

The Cinque Terre area is very popular.

Please book at least 3 months before departure.

Web: www.orgaya.com

Email: sas.orgaya@gmail.com

Phone: 0033.6.62.43.87.03

PAYMENT

Deposit 30% when booking

Balance 21 days before departure

LEGAL INFORMATION :

ORGAYA- TRAVEL AGENCY

Immatriculation Opérateurs de Voyages

IM006130019 - Atout France

Garantie Financière : 100 000 €

GROUPAMA

RCP : HISCOX, 38 Avenue de l'Opéra,

75002 Paris

GROUP REDUCTIONS

More than 16 PERS. = 1 person at 50 %

More than 30 PERS. = 1 person for free

950 € TTC

820 € TTC

745 € TTC

RESERVATIONS / INFORMATION

Your contact : Pierre

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Email : contact@orgaya.com

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