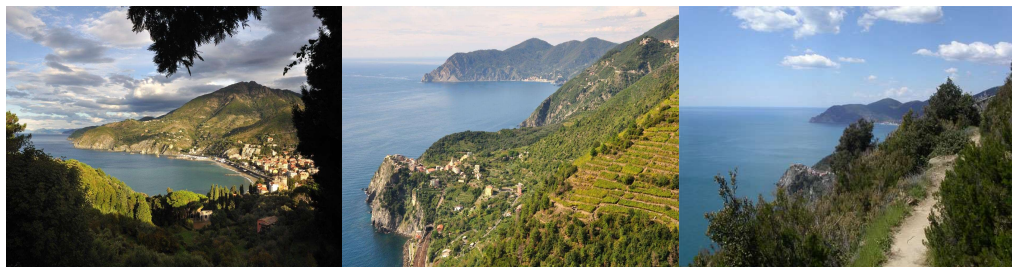


CINQUE TERRE & PORTOFINO

The first treasure of this 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, Aleppo 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 on request. The afternoon is spent visiting Levanto, the old town, the seaside, the shops, the rich history of this charming city.

Difficulty: walking time 2.5 hours

Welcome drink with wine tasting and briefing of 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 of 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, the 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, then 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

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

GROUPS

Our groups are composed of 6 to maximum 15 persons per guide.

MOUNTAIN GUIDES

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

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

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

GEAR

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

PROGRAM

www.orgaya.com

contact@orgaya.com

DATES

Groups (minimum of 6 persons) choose their own dates.

Day 4 Portofino « The Italian St-Tropez »

40 minutes away from the Cinque Terre is the charming fishing village of Portofino. We take a boat from Santa Margherita to 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 beautiful walk takes us from San Fruttuoso to Portofino. A bus will bring us back to Santa Margherita station, return to Levanto by train (25 minutes).

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

Day 5 « 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 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 and enjoy the view of the villages from the sea.

Option: return by boat (supplement 15€)

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

Day 7 « See you... »

We'll have a nice breakfast at the hotel followed by some shopping in the pedestrian streets of Levanto. We will advise on the best shops to buy local food and wine.

We will say goodbye after a picture on the beach.

End of the trip at 11:30am.

OUR OPTIONS:

FLIGHT and MINIBUS TRANSFER

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

Price and details: sas.orgaya@gmail.com

USEFUL INFORMATION

MEETING POINT

Levanto rail station at 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 11.30 am 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!)

It is very important to 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 ACCOMMODATION

2-star hotel in the center 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...



PERSONAL GEAR

- Backpack 30 liters
- Hiking shoes
- Rain shield
- Hat, sun screen
- Water bottle (1,5 liter minimum)
- Personal snacks like dry fruits
- Personal medications
- 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 all the villages (option with supplement)

Local wine and food

Dolce vita in Levanto and beaches



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 6 to 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, 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
- You're welcome: Prego

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 board in a 2-star hotel in double room
Boat trip Day 4
Lunches from Day 2 to Day 6 with local fresh food
All rail and bus transfers to reach the hikes
Welcome drink and wine tasting

NOT INCLUDED IN THE PRICE:

Supplement 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 the restaurants
Personal civil liability insurances
Cancellation insurance
Option: Boat trip Day 6, supplement of 15€
Everything that is not mentioned in «Included in the price »
*we can organize your flight and your transfer to the meeting point

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

**FIND OUR PRICES ON
WWW.ORGAYA.COM**

RESERVATIONS / INFORMATION

Your contact : Pierre

Web : www.orgaya.com

Email : contact@orgaya.com

Phone : 0033.6.62.43.87.03