CINQUE TERRE



6 days - 5 nights

Hiking trip

- ✓ 3-star hotel with a good comfort
- ✓ 5 perched villages and their narrow streets and shops
- ✓ Places listed on the UNESCO World Heritage List
- ✓ Local wine and food
- ✓ Dolce vita in Levanto and beaches

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 !

www.orgaya.com
sas.orgaya@gmail.com

ORGAYA Voyages à pied

06 13 25 01 82

PROGRAM OF 6 DAYS



1 « WELCOME TO LIGURIA »

Your guide will welcome you at Pisa airport.
Train transfer to Levanto. 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

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

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

PROGRAM



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

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 approximately 15€)
- Difficulty: walking time 5.5 hours, elevation gain 600 m

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. Train transfer to Pisa airport with your guide.

- End of the trip at Pisa airport depending on your flight time.

MAP





Important: hikes may be rearranged by the guide depending on weather conditions, number of visitors or public transportation.

PRACTICAL INFO



Level of the hikes

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

Climate

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

Meeting point

Pisa airport

Access

By car, motorway A8 toward Gênes-Livorno, then Levanto.
A full description will be sent to you when your booking is confirmed.

By train, direct line from main european cities to Genova, then transfer to Levanto or La Spezia.

End of the stay

The trip ends at 11.30 am on Day 6.

Our accommodation

3-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...

Transport on site

Transfers during the stay are done by train (one boat trip as an option)

Our lunches

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



EQUIPMENT

The essentials

- 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

We advise you to bring

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

Groups

Our groups are made up of 6 to 15 people per guide.

- Cinque Terre -



PRICES

to be found on **www.orgaya.com**

6 days - 5 nights

Hiking trip

INCLUDES

- Professional guide (French : Accompagnateur Moyenne Montagne), 15 persons maximum per group
- Transfer by train accompanied by the guide to and from Pisa airport
- Welcome drink and wine tasting
- 5 and a half days of hikes and walks
- Security gear
- Professional civil liability insurance
- Half-board in a 3-star hotel in shared double room
- Lunches from Day 2 to Day 5 with local fresh food
- All rail transfers to reach the hikes

DOES NOT INCLUDE

- Extra cost for a single room
- Transportation to the meeting point
- 1 boat trip, 1 hour and 30 minutes (option, supplement of approximately 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 insurance
- 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

Our options

TRANSPORT BY BUS
For groups, we organize the transport of the participants!
We can organize your transfer for 6 to 40 participants.
Prices on request: sas.orgaya@gmail.com

OUR CHARTS



Quality chart : ORGAYA

We help you to discover our sporting activities, accompanied an coached by professionals with state diplomas, with extensive knowledge of geography, prehistory, ecology and coaching. Our approach is fun and relaxed. We are not looking for performance. We are here to help you discover nature and share our knowledge and passion acquired during 30 years in the field of hiking. We are at your disposal to adapt our services to your physical condition, your financial possibilities and your interests. Our groups consist of 6 to 15 persons per guide.
Our hikes and walks are classified in 6 categories according to the features :

- Nature
- Culture
- Discovery
- Family
- Technical
- Sporty

Difficulty chart

●○○○○ Easy, from 6 years old. Elevation : 100 to 250 m ; Walking time < 3h00 ; Altitude < 2250 m ; Backpack weight < 3 Kg (backpack of max 20 liters) ; All types of sport shoes. Easy trails and regular ascents of 15 minutes.

●●○○○ Moderate, from 9 years old. Elevation : 250 to 500 m ; Walking time < 4h00 ; Altitude < à 2250 m ; Backpack weight < 3 Kg (backpack of max 20 liters) ; Hiking shoes recommended. Marked trails and regular ascents of 30 minutes.

●●●○○ Moderately sporty, from 12 years old. Elevation : 500 to 750 m ; Walking time < 5h00 ; Altitude < 3000 m ; Backpack weight < 5 Kg (backpack of max 30 liters) ; Hiking shoes mandatory.. Mountaintrails that are marked or not and regular ascents of 30 minutes to 1h00.

●●●●○ Sporty. Elevation : 750 to 1000 m ; Walking time < 6h00 ; Altitude > 3000 m ; Backpack weight : > 8 Kg (backpack of max 50 liters) ; Hiking shoes mandatory. Passages off trail, screes and regular ascents of more than 1 hour.

●●●●● Difficult. Elevation > 1000 m ; Walking time > 6h00 ; Altitude > 3000 m; Backpack weight : > 10 Kg (backpack of 60 liters and more); Hiking shoes mandatory. All types of ground, regular ascents of 2 hours or more.

LEGAL INFORMATION



Insurance

Our insurance covers the organisation and the guiding of our hikes and cultural visits. We kindly ask our clients to have an individual liability insurance. You can subscribe through our services to an insurance for assistance-repatriation and cancellation as a group (min 10 persons) or individual. The insurance Loisirs Confort covers damages suffered by the insured before and during the stay as well as the costs remaining at his expense. The insurance can include personal assistance, garantuees in case of cancellation of the trip, guarantee for luggage, guarantee fees for interrupting the stay as well as a compensation in case of a physical accident according to the conditions of the contract you subscribed to.
You can find the general sales conditions on **www.orgaya.com**

Registration

For organisational reasons and availability in the hotels, we kindly ask you to enrol at least 3 months before the departure date.

Tailormade trips

On request we can create a tailormade trip by modifying the lenght of the stay, the level of the hikes and the quality of the accommodation.

Payment & reservations

www.orgaya.com / sas.orgaya@gmail.com
Deposit of 35 % when booking
Balance : 21 days before the departure date
Payment methods available : Credit card, bank transfer

Legal details

ORGAYA- OPERATEUR DE VOYAGES
Immatriculation Opérateurs de Voyages
IM006130019 - Atout France
Garantie Financière : 100 000 € GROUPAMA
RCP : HISCOX, 38 Avenue de l'Opéra, 75002 Paris

Thanks from Orgaya !