



LIGURIA AND CINQUE TERRE



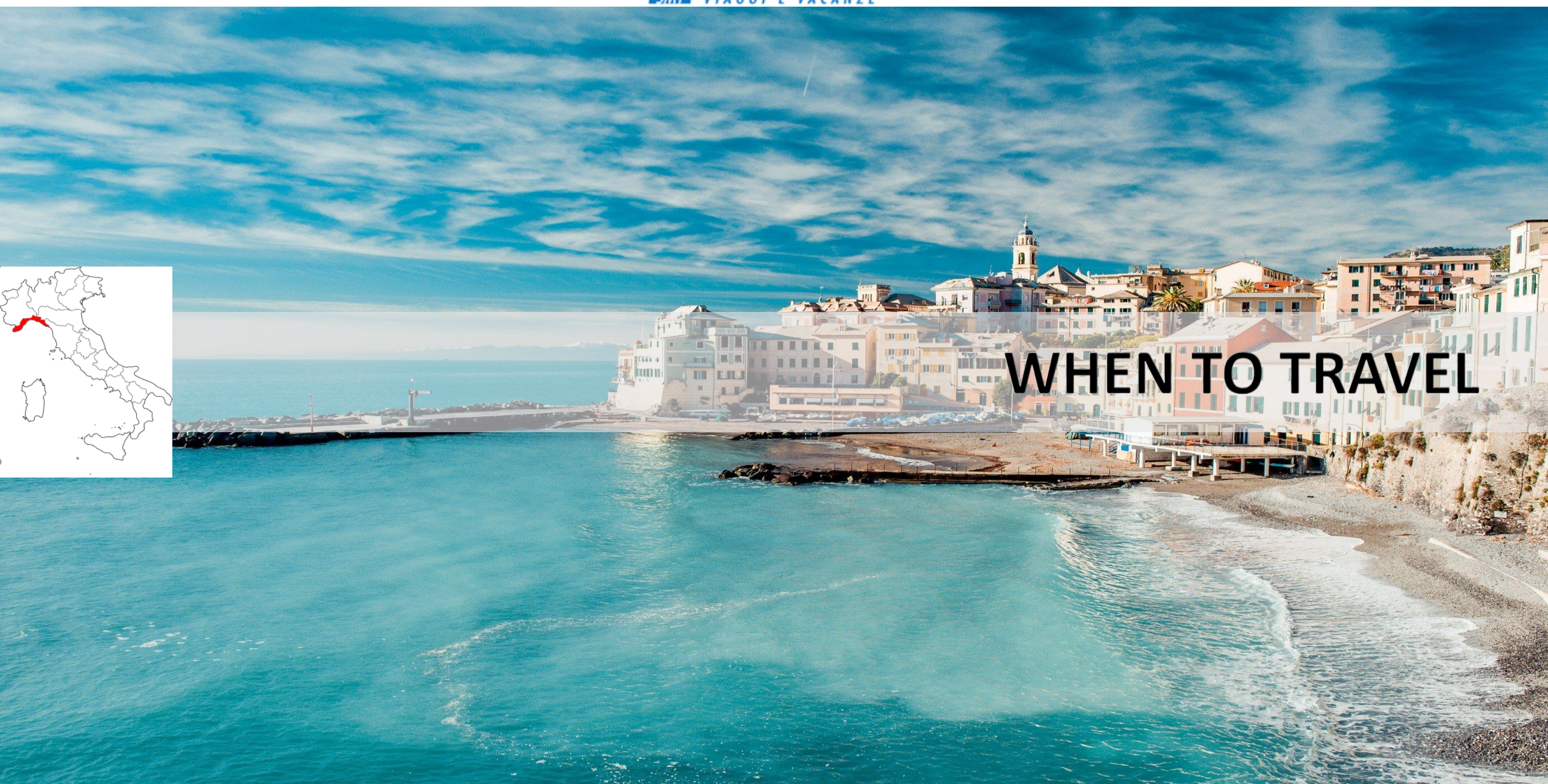
MAP







WHEN TO TRAVEL





Best time to visit Liguria depends on your preferences. If you like sea, It is worth visiting the Ligurian coast from mid May till mid September.

On the other hand, if you like sightseeing and mountains and hiking, note that the season begins earlier – mid March till the middle of October.

The wintertime, form November to February is characterized by cold weather and some amenity closures, but it can be very charming especially during the Christmas season.



ACCESS POINTS



How to reach Liguria

By air

In Liguria there are two civil airports, one in **Genoa** and one in **Villanova d'Albenga**.

"Cristoforo Colombo" Airport in Genoa connects the region with the main Italian and European cities thanks to national and international airlines' flights.

The **"Clemente Panero"** Airport in Villanova d'Albenga is located a few kilometers from the most important tourist municipalities of the Riviera di Ponente and the Cote d'Azur.

Moreover, you can easily get in Liguria from the airports of the neighboring regions such as "San Giusto" Airport in **Pisa**, **Milan Airports**, **Orio al Serio international Airport in Bergamo** and the **Nice Airport**.



How to reach Liguria

By train

The Trenitalia trains connect Genoa and the other destinations in the region to all major Italian cities. The “Freccie” trains by Trenitalia connect Genova to Venice, Padua, Verona and Milan in just a few hours.

The train is the best way to travel along the seaside resorts. To move across the Cinque Terre the Cinque Terre Card gives access to all regional and fast trains from Levanto to La Spezia (and vice versa) also allowing the access to The Cinque Terre National Park and other services.



How to reach Liguria



By sea

The port of Genoa is one of Italy's biggest ports and the first for number of lines. The Stazione marittima di Genova is the main boarding point for cruises.

Many ferry companies operate from this port to Sicily, Sardinia, Corsica, Spain, Morocco, Tunisia and Algeria. The major companies are:

Grandi Navi Veloci: operates connections from Genoa to Porto Torres, Olbia, Palermo, Barcelona and Tunis.

Tirrenia: operates connections from Genoa to Porto Torres, Olbia, Arbatax and Tunis.

Moby Lines: operates connections from Genoa to Porto Torres, Olbia, Arbatax and Bastia (Corsica).



By car/bus

Liguria can be reached by car from the following motorways:

A 15 La Spezia-Parma

A 10 (E 80) Genova-Ventimiglia

A 12 (E 80) Genova-La Spezia

A 7 (E 25) Genova-Milano

A 6 (E 717) Torino-Savona

A 26 Alessandria-Genova

Traveling in Liguria by car is not so complicated but at the same time it is not as easy as going to some of the bigger regions such as Lombardia or Emilia Romagna. Inside and outside the cities there are many public parkings.

It is possible to approach the villages of Cinque Terre by car, but there is no use for a car once you're there. Cinque Terre historical centers are closed to car traffic.

The boat links can be very practical and an exciting way to visit Cinque Terre or you can always choose the train!





LIGURIA FLAVORS



Liguria boasts some of the best food in Italy—including pesto genovese, minestrone and focaccia. Being on the coast, seafood and fish are a big part of the diet here, and many of the region’s famous foods and recipes were first invented on ships by fishermen.

PESTO

It uses several unique and protected ingredients grown in Liguria: the tiny, tender leaves of Genovese basil D.O.P. that easily turns to foam under the slight weight of the pestle. It is made in a marble mortar with a made-to-fit wooden pestle. It is an explosion of summer in your mouth.

Here’s what’s in pesto Genovese: the basil mentioned above, garlic from Liguria, pine nuts, Ligurian olive oil, salt, and cheese. On most menus you’ll find pesto as a condiment to a pasta called trofie.

FOCACCIA

The Ligurian flat bread typically benefits from that fine olive oil and sometimes a bit of rosemary and some coarse salt. There is nothing quite like a small square of focaccia with a couple of thin slices of prosciutto stuffed inside for a mid-morning snack. Wineries of the area might keep some around in the tasting room with various toppings. The most famous Focaccia is the one produced in the town of Recco filled with fresh cheese.

FARINATA

Farinata is a chickpea flour unleavened “pancake” often cooked on a large diameter metal pan inside a wood burning oven. It’s simply composed of chickpea flour, salt, water, and a healthy glug of that fabulous olive oil. It is usually made in the winter and eaten as a starter a simply as a snack.

PANDOLCE

This literally means “sweet bread,” but it is a cake. According to legend, the 16th-century Doge of Genoa, Andrea Doria, invited Genoese chefs to submit recipes for a food that would represent the Republic’s wealth, as well as be nutritious, durable and suitable for long sea voyages—and so pandolce was born. It’s dense, crumbly, and filled with spices and candied fruits, and it’s generally eaten at Christmas.

CANESTRELLI

Nationally recognized as a traditional Italian agri-food product, Ligurian canestrelli have been produced since ancient times in the Val Trebbia area, precisely in the municipality of Torriglia. Even today, the traditional preparation is scrupulously followed: a dough based on a few simple ingredients (flour, egg yolks, butter, sugar and possibly grated lemon peel) gives life to delicious daisy-shaped shortbread biscuits



FISH & SHELLFISH

Iconic dishes of the region include the antipasto called Polipo con Patate, or octopus with potatoes drizzled in good Ligurian olive oil. Fish Ligurian style is baked with sliced potatoes, cherry tomatoes, taggiasca olives, DOC extra virgin olive oil from Liguria and salt. Fried anchovies, especially those from the coast around the Cinque Terre (specifically Monterosso) are eaten many ways, including fried.

And then there's the WINE

Liguria is home to over 100 varieties of grapes including 8 DOC wines. Excellent with seafood are the white **Pigato** and **Vermentino** wines. **Rossese di Dolceacqua** many consider to be the best grape coming from Liguria. This high-quality wine was appreciated by figures such as Napoleon and Pope Paul III.





HIGHLIGHTS

GENOA

Genoa is the capital city of the region of Liguria and the biggest city with more than half of a million in population and a very long maritime history. It is today the sixth largest city in Italy and since Middle Ages it has always played a strategic role in politic and economic development of Italy and the region. Located on the Gulf of Genoa on the Ligurian Sea, it has historically been one of the most important port in the Mediterranean (the first in Italy and in the Med). Genoa has been nicknamed la Superba ("the proud one") due to its glorious past and impressive landmarks, having been the capital of one of the most powerful maritime republics for over seven centuries.

The historical center, also known as old town, of Genoa is one of the largest and most densely populated in Europe. Part of it was also inscribed on the World Heritage List (UNESCO) in 2006 as Genoa.

Genoa is also a major cruise port and an ideal destination for pre and post cruise extensions.





PORTOVENERE AND CINQUE TERRE

- THE ANCIENT VILLAGES ON THE SEA -

Cinque Terre or Five Lands is a group of 5 medieval fisherman villages located on the Ligurian coast. The 5 villages are:

Riomaggiore, Manarola, Corniglia, Vernazza and Monterosso al Mare.

Cinque Terre (5 Lands) and Portovenere have been listed by the UNESCO as World Heritage Site since 1997 offering unique natural and historic features that are worldwide famous.

It is one of the first National Parks in Italy, the smallest in the country and the only one in the region.





PORTOVENERE

Also known as “the sixth land”, as some people call it, Portovenere is worth a travel apart. The ancient maritime village, land of Longbard, Saracen, Northmen raids, is situated on the point of a land bridge that creates Gulf of La Spezia, as known as Poets Gulf. Here the famous poet **George Byron** loved to think and admire nature; to him is dedicated Arpaia Cave (**Byron cave**), situated near St Peter’s church, at the edge of the fortress, reachable by a stairway.

RIOMAGGIORE

Riomaggiore is the most southern village of the Cinque Terre, situated just a few minutes by train from La Spezia. The town climbs up along the ridges overlooking the sea and it is characterized from the typical stone houses with coloured façades and slate-roofs. In Riomaggiore starts the **Via dell’Amore**, Lover’s Lane, a wonderful path known for the romantic atmosphere and amazing landscapes. It leads to Manarola and it takes twenty minutes walking.





MANAROLA

Manarola is built on a high rock 70 meters above sea level, is one of the most charming and romantic of the Cinque Terre villages. The tiny harbor features a boat ramp, picturesque multicolored houses facing the sea, a tiny piazza with seafood restaurants. Along the main road the boats are pulled onto dry land every time the sea is rough. The village is all ups and downs, with steep narrow alleys carrugi (alleys), leading to the sea.



CORNIGLIA

It is the village located in the middle of the 5 terre and it differs from the others since it is the only one NOT located on the sea. Named Cornelia by the Romans has always been famous for its production of Olive Oil and Wines.. Corniglia is also probably the least accessible of the 5 villages due to its hill-top location. It is located at the end of a fairly long and steep set of stairs (382 steps) connecting the village to its train station. We recommend to visit Corniglia only if you are walking the entire trail.

Highlights



VERNAZZA

The small fishing village Vernazza is probably the most characteristic of the Cinque Terre and is classified as one of the most beautiful villages in Italy.

Vernazza was founded about 1000 A.D. and was ruled by the Republic of Genoa starting in 1276. The medieval castle, Belforte, was built in the mid-1500's, primarily to protect the village from pirates. An ideal way to arrive to this breathtaking village is by sea. The tiny port is surrounded by subtle colourful pastels and the charming piazza is lined with good restaurants and bars.



MONTEROSSO

This is the western located town and usually the end of the trail. It is definitely the biggest of the 5 villages and offers views. The village is located on hills cultivated with lemons, vines and olives. Its amazing beaches, its beautiful reefs and the sea's crystal clear waters make this small village one of the most hospitable of the Ligurian Riviera. It is the only location offering sandy beaches in the Cinque Terre.

HIKING IN CINQUE TERRE

Hiking in Cinque Terre does not require a high level of fitness, however you need to be prepared for a full day of hiking, mostly up and down. Comfortable and hiking shoes are a must! To walk the trails, you will need to buy the Cinque Terre Trekking Card, which is slightly different from the train card. It is cheaper, but it does not include unlimited train rides.

The most popular (and busiest) hiking trail in Cinque Terre is

Trail #2: the Sentiero Azzurro, or “Blue Trail”. It is made up of four individual paths along the coast that brings you to all five villages. You can walk the entire route in about six hours.

Cinque Terre Hikes and Distances:

- **Riomaggiore–Manarola:** 2km (40 min)
- **Manarola–Corniglia:** 2km (1 hour 15 min)
- **Corniglia–Vernazza:** 4km (1 hour 45 min)
- **Vernazza–Monterosso:** 3km (2 hours) *-most difficult!*



GULF OF TIGULLIO



Located northern than the Cinque Terre and halfway towards Genova, the Golfo del Tigullio is also very well known for its natural beauty and charming coastal villages. Here you can visit seaside towns with plenty of history, colorful houses and some of the most exclusive locations in Italy such as Portofino and Rapallo.

The various Blue Flags (to regard the best coastline towns in Italy) that distinguish different stretches of the coastline and the seabed rich in attractions, make the Gulf a paradise for lovers of scuba diving.





PORTOFINO

It is an Italian fishing village and holiday resort famous for its picturesque harbor and historical association with celebrities and artistic visitors. The town is clustered around its small harbor, and is known for the colorfully painted buildings that line the shore. Definitely the most exclusive destination in Liguria.

RAPALLO

One of the largest of the seaside towns, it offers plenty of historic and architectural sights. It can be fairly busy while keeping a very Ligurian atmosphere. Known for being the location of historical Treaties after the First World War.



ABBAZIA DI SAN FRUTTUOSO

A beautiful Abbey right on the sea and only accessible by boat or by a long hike. It is an ideal destination for a day excursion by boat. It offers also a small beach and restaurant options. Can be very busy at times.

SANTA MARGHERITA LIGURE

Very tiny yet very charming, this village has a great location on the sea with a great promenade. Famous for its charm and its beaches, it can be a great location to find accommodation while visiting the area. Basilica Santa Margherita d'Antiochia and the Castle are must see locations in this town!



CAMOGLI

It is a fishing village and a popular tourist destination. Technically on the Paradise Gulf looking towards Genoa, is commonly added as a stop while visiting the Golfo del Tigullio. Very picturesque has a true Ligurian style, narrow streets and famous for its wide selection of fish restaurants.





OUR IDEAS

WINE TASTING IN CINQUE TERRE VINEYARD

Try some of the most famous Ligurian wines followed with typical products in the charming environment of one of the Cinque Terre vineyard.

TASTING THE LOCAL COLD CUTS

It's all about the food in Italy! After a full day of sightseeing you have to try the famous ligurian cold cuts with focaccia. You will learn the process of making the famous Colonnata bacon and for sure enjoy tasting this famous delicacy.

PORTOFINO SEA WORLD

Experience snorkelling in the Protected Marine Area of Portofino, one of the richest natural environments in Mediterranean flora and fauna, a real Mecca for divers from all over the world. You will wallow among the clumsy sunfish and the cute dolphins



CINQUE TERRE BY EBIKE

an alternative way and to discover the beautiful Cinque Terre, by biking effortlessly among vineyards overlooking the sea and enchanted villages, you will be amazed by the silence that will surround you and that will allow you to feel part of this incredible territory.

TRIORA AND THE WITCHES

Walk between the ethnographic and witch museum and the alleys of this village in western Liguria, famous for the witch trials, a place with an undoubted charm that brings the visitor back to relive past times.

PRIVATE COOKING CLASS AND PREPARATION OF REAL PESTO!

Learn how to make real Ligurian pesto sauce traditionally using mortar and pestle. The best part – you get to taste your work too!





CIRCUIT TYPE

Day 1 Portofino

Arrival of the participants in Rapallo and free time available for lunch and free visit of the town, in the early afternoon meeting with the tour guide and transfer by vaporetto to Portofino, true pearl of the Gulf of Tigullio. In the late afternoon return by vaporetto to Santa Margherita and walk with the guide through the historic center of one of the most admired and visited places on the Riviera. In the evening, return to the hotel and overnight.

Day 2 The Cinque Terre

Breakfast at the hotel. Meeting with the guide in La Spezia and start of the vaporetto excursion that will lead you to discover the Cinque Terre. In the afternoon guided tour of the villages of Vernazza, Manarola, Riomaggiore. Arrival in La Spezia in the late afternoon. Return to the hotel and overnight.

Day 3 Portovenere

Breakfast at the hotel. Meeting with the guide in La Spezia and heading to Portovenere, a medieval village on the sea founded in 1113 AD where the gothic church of San Lorenzo and the Doria Castle stand out. In the afternoon tour of the 3 islands of the Golfo dei Pieti: Palmaria, Tino and Tinetto. These islands have been included among the UNESCO World Heritage Sites. Return to La Spezia. End of services.



Day 1 Sanremo

Arrival in Sanremo and guided tour of the city. Lunch in a typical restaurant. Free time in the afternoon for shopping and walking. Return to the hotel and overnight.

Day 2 French Riviera

Breakfast at the hotel and departure for a day excursion to the French Riviera. Visit of the elegant Principality of Monaco, Montecarlo. In the afternoon panoramic visit of Nice (Promenade des Anglais on the Bay of Angels, square Massena with its beautiful fountains, the Old Town) In the evening, return to the hotel and overnight.

Day 3 Cannes

Breakfast at the hotel and departure for Cannes. Visit of the city considered the most chic and glamorous in France: it hosts the Film Festival, its port welcomes the boats of VIPs from all over the world and its boutiques are invincibly luxurious, as well as its restaurants and clubs. Return to the hotel for dinner and overnight.





WHERE TO STAY



Where to stay



If you are planning to visit northern part of the region (Ponente) **Sanremo** is a perfect place to stay, from where you can organize your tours including Cote d'Azur.

Sanremo is regularly referred to as the «city of flowers» celebrated in Sanremo on the last Sunday each March with a procession that includes floats decorated with flowers and accompanying music.

Apart from Sanremo there are other small charming places such as **Arma di Taggia** or **Diano Marina** that can be a great choice for groups due to their location and of course prices.



SAN MARINO VIAGGI E VACANZE S.p.A. a socio unico

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Where to stay

The best accommodation choice for the southern part of Liguria (Levante) and the famous Cinque Terre would be the northern part of Tuscany.

Marina di Massa, Versilia, Viareggio are all located close to Cinque Terre and have very good road and train connections. In addition these destinations are much more affordable than staying in Cinque Terre which makes them perfect for group travel.

However, if you are looking for accommodation in Liguria, **Genova** and its surroundings is a great choice and gives you a world of possibilities in terms of star tours, including southern Liguria.





San Marino Viaggi e Vacanze



For 35 years we have provided excellent services, customizing each proposal, thus ensuring the full success of your trips in Italy and in the rest of Europe.

The spirit of the company is to offer our partners complete services for the creation of tourist packages, offering tailor made proposals, with hotels contracted and selected according to our quality standards.

Over the years the style of travel has changed and for this reason we evolve following the market demand, studying new destinations, tours for small and large groups, with always new contents and services.

OUR PROJECTS IN ITALY:

Cultural and artistic tourism - participation in events, fairs, congresses, meetings, exhibitions or the discovery of local cultures and traditions

Food and wine tourism - discover the taste of the territory, wine tasting, guided tour of the production and active participation through Cooking Classes

Religious tourism - routes through the main places of worship in Italy and Europe

Seaside tourism and senior citizens - summer weeks for groups of adults on the Italian coast and for groups of seniors: entertainment and beach services.

School tourism - attention to safety and quality of service at competitive prices. We offer workshops, cultural and / or technical visits to certain companies as part of the educational tour.



OUR NUMBERS

1985 - YEAR OF FOUNDATION OF THE COMPANY

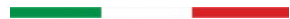
68 EMPLOYEES

7 LANGUAGES SPOKEN BY OUR TEAM

27 EUROPEAN COUNTRIES

6.600 GROUPS ORGANIZED

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