



Save Vernazza's Suggested Inineraries
 We invite you to discover the hidden treasures of the Cinque Terre, immersing yourself in the beauty of our territory by walking the popular and lesser-known trails used by generations of Ligurians. We suggest you walk, piano, piano (slowly) up into the hills and back in time to enjoy the stunning views and a cultural heritage unique in the world.

Cinque Terre Trail Map

Riomaggiore to Manarola*
 Warm up on **Trail 2** "Via dell'Amore"
 time: 20 min. | level: easy, paved

Riomaggiore to Montenero Sanctuary
 Uphill on **Trail 3**.
 time: 75 min. | level: easy

Manarola to Corniglia
 Hike **Trail 6** past Volastra to the Madonna della Salute Sanctuary (alternative: take green Park bus), follow **Trail 6d** through terraced hillside vineyards and vegetable gardens to Case Pianca then wander downhill on **Trail 7a**
 time: 90 min. | level: easy to medium

Corniglia to Vernazza*
 Hike **Trail 2** through olive groves and Mediterranean vegetation with breathtaking views along the coast.
 time: 75 min. | level: medium

Vernazza to Monterosso*
 Hike **Trail 2** past vineyards with views of the five towns.
 time: 75 min. | level: medium (many stairs)

Vernazza to Madonna di Reggio Sanctuary
 Walk up the stairs of the caruggi (alleys) past the Town Hall to **Trail 8**: pass the cemetery and follow the cobblestone and dirt path lined with orchards and olive groves (alternative: take green Park bus).
 time: 45 min. | level: easy but uphill - downhill

Reggio Sanctuary to Soviore Sanctuary
 Walk up the drive from Reggio Sanctuary, turn left onto the road and take the first left turn onto **Trail 8b**.
 time: 90 min. | level: easy, flat

Soviore Sanctuary to Monterosso
 Hike **Trail 9** down.
 time: 60 min. | level: easy, downhill

Monterosso to Levanto
 Pass the "Gigante" in Monterosso's Fegina section: follow the winding road past the houses onto **Trail 10** out to picturesque Punta Mesco then continue on **Trail 1**
 time: 3 hours | level: easy, flat with hills at start - finish

(*) Pay Trail

Save Vernazza is a non-profit organization funded entirely by donations from people like you. If this information has been useful to you, please consider making a donation today!