DUVINE
CYCLING + ADVENTURE CO.

+1 888 396 5383
617 776 4441
TEAM@DUVINE.COM
DUVINE.COM

TOUR ITINERARY

RIDING LEVEL 3

Europe / Italy / Cinque Terre

Cinque Terre Bike + Adventure Tour

The Italian Riviera: Home of the Happiest Villages on the Ligurian Sea

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TOUR HIGHLIGHTS

- Cycle the terraced vineyards high above the Cinque Terre, with sweeping views of the Ligurian Sea below
- Breathe in the fragrance of fresh herbs collected from our friend Fausto's garden for a cooking class at his unique home, restaurant, and gallery perched above Santa Margherita Ligure
- Get acquainted by foot and rail with the five villages that comprise the Cinque Terre
- Hike a scenic coastal trail along the peninsula of Portofino to lunch at the secluded San Fruttuoso abbey
- Bike the length of the Cinque Terre, then cruise into the picturesque harbor of Portovenere to dock at our final hotel

ARRIVAL + DEPARTURE

Arrival Details

- **Airport City**: Milan or Genoa, Italy
- **Pick-Up Location**: Genoa Brignole Station
- **Pick-Up Time**: 9:00 am

Departure Details

- **Airport City**: Milan or Genoa, Italy
- **Drop-Off Location**: La Spezia Train Station
- **Drop-Off Time**: 10:30 am

NOTE: DuVine provides group transfers to and from the tour from the pick-up and drop-off locations stated on the itinerary. In the event your train, flight, or other travel falls outside the arrival or departure times or locations, you may be responsible for extra costs incurred in arranging a separate transfer.

Emergency Assistance

For urgent assistance on your way to tour or while on tour, please always contact your guides first. You may also contact the Boston office during business hours at +1 617 776 4441 or **emergency@duvine.com**.

Travelers Take Note

This area is defined by its coastal mountains, which offer extended ascents and challenging, intricate descents. These steep descents span about 3-4 miles with an average gradient of 5-8%. To make the most of this tour, guests are advised to possess proficient bike handling abilities.

Hiking shoes are recommended for the hikes on this tour. We suggest hiking boots or trail shoes with good traction. You may also find moisture-wicking clothing or a daypack useful, but not required.

TOUR ITINERARY

Tour By Day

DAY 1

Welcome to Liguria

Your guides will greet you at the Genoa Brignole train station and whisk you into the coastal mountains high above the city. Our first ride offers Mediterranean views right off the bat as we pedal along a ridge, then descend into the pastel fishing village of Camogli. Tackle the final climb over to Santa Margherita where we'll share a casual lunch by the sea. Opt to ride over to the picturesque harbor of Portofino, or check directly into our hotel. Settle into your room, take a stroll around town, or swim in the sea before regrouping for dinner with a local fisherman and his wife at their home above the bay.

Meals: Lunch / Dinner
Destinations: Uscio, Camogli, Santa Margherita, Portofino
Accomplished: 30 miles / 49 km, elevation gain: 2,745 feet / 837 meters
Shorter Option: 17 miles / 28 km, elevation gain: 1,479 feet / 451 meters
Accommodations: **Grand Hotel Miramare**

DAY 2

San Fruttuoso and Cooking with Fausto

We'll start our day with a hike along the rocky coastline of this scenic peninsula. Our destination is the secluded 10th-century Abbey of San Fruttuoso, accessible only by foot or by boat. After lunch at Marco's restaurant, ferry back to the hotel or challenge yourself with a hike back through the Parco Naturale di Portofino. Spend the afternoon relaxing on the beach or exploring Santa Margherita. This evening we'll visit our friend Fausto at his restaurant/home/cartoon gallery in the hills above Santa Margherita for an entertaining cooking class and Ligurian dinner using the freshest seasonal ingredients.

Meals: Breakfast / Lunch / Dinner
Destinations: Portofino, San Fruttuoso, Santa Margherita
Accomplished: 3-4 hours hiking
Accommodations: **Grand Hotel Miramare**

DAY 3 The Olives of Sorlana

Beginning from the port of Lavagna, pedal out of town to climb some coastal hills, spinning through a sea of olive trees on peaceful country lanes all the way to the seaside town of Sestri Levante. Stop for a coffee and check out the quaint old harbor before tackling the final push over the heights to Moneglia for a well-deserved lunch by the sea. Retreat to our hotel, a converted medieval monastery just a few blocks away, or stroll along the beach. Tonight, regroup for dinner at Edoardo's restaurant and feast as the sun sinks into the sea.

Meals: Breakfast / Lunch / Dinner
Destinations: Lavagna, Sorlana, Sestri Levante, Moneglia
Accomplished: 24 miles / 38 km, elevation gain: 2,863 feet / 873 meters
Longer Option: 33 miles / 53 km, elevation gain: 4,074 feet / 1,242 meters
Accommodations: **Abbadia San Giorgio**

DAY 4 Levanto and The Cinque Terre

Say goodbye to Moneglia as we ride from the hotel and out of town to conquer the Passo del Bracco. This route was part of the network of ancient Roman roads through the mountains—it's been traversed by popes, kings, writers, and countless armies over the centuries. We'll join the ranks of pilgrims, enjoying the views before a long descent back to the coast in Levanto. Savor organic olive oil and produce grown onsite during lunch at an organic farm. This afternoon, take advantage of the local train and trail network to explore the Cinque Terre villages by foot and rail. Your guides are happy to offer hiking routes and local dinner recommendations.

Meals: Breakfast / Lunch
Destinations: Bracco, Reggimonti, Levanto
Accomplished: 24 miles / 38 km, elevation gain: 3,142 feet / 958 meters
Longer Option: 35 miles / 57 km, elevation gain: 4,592 feet / 1,400 meters
Accommodations: **Abbadia San Giorgio**

DAY 5

Bike and Boat to Portovenere

Today we ride the entire length of the Cinque Terre. Start by pedaling from Bonassola to Levanto on a bike path that's been converted from an old railway tunnel. In Levanto, begin a scenic climb through vineyards and perched pastel villages, reaching a deeply forested ridgeline with views of the towering Apennine mountains. The true reward for this climb is the panoramic road that follows—high above the famous Cinque Terre, your bike is the best seat in the house. Our ride ends in Riomaggiore, the last of the five villages. From here, take a boat that docks right at the doorstep of our final hotel in the fishing village of Portovenere. This evening, toast to our week together and dine above the harbor, stealing one last glimpse of the Cinque Terre's cheerful colors.

Meals: Breakfast / Lunch / Dinner
Destinations: Bonassola, Levanto, Volastra, Riomaggiore
Accomplished: 25 miles / 41 km, elevation gain: 4,179 feet / 1,274 meters
Longer Option: 43 miles / 70 km, elevation gain: 6,635 feet / 2,023 meters
Accommodations: **Grand Hotel Portovenere**

DAY 6

Goodbye to the Italian Riviera

Wake this morning rested in Portovenere and relax over a leisurely breakfast at the hotel. Say *ciao* to this region however you prefer: perhaps lingering at the hotel, or taking one last stroll around town. Your guides will send you off to your next destination from the La Spezia train station.

Meals: Breakfast