

THE CINQUE TERRE GUIDE

THE TOP 5 THINGS TO DO

Find out all the best
things to do in Cinque Terre

LEARN TO VALUE TRAVEL

Get the best bang for
your travel buck

TRAVEL TIPS, TRICKS & HACKS

Make traveling much
easier for you

WWW.NAVIGATORNICK.COM





HI, I'M NICK

I'm here to help you make better informed decisions about planning your next adventure!

I was born in the Windy City of Chicago and I've been traveling the world since 2012. In my spare time, I enjoy photography and making inspirational travel films on YouTube for budget-minded travelers like me.

Follow along on my journey to see what I'm up to next on social media and my website, navigatornick.com.

I'll show you how to value travel!

Value traveling is getting the most bang for your travel buck.

-NAVIGATORNICK

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Check out these sample itineraries for your stay in Cinque Terre.



MANAROLA



GELATERIA VERNAZZA

CINQUE TERRE

The best time of year to travel?

The optimal time to visit Cinque Terre is during the shoulder seasons of spring (April to May) and fall (September to October), when the weather is pleasant, the crowds are thinner, and the landscapes are vibrant. These months offer a delightful balance between favorable weather for hiking and a more tranquil atmosphere, enhancing the overall experience of this picturesque coastal destination.



Mild Season

December - May

Best time to beat the crowd

HIGH

70

LOW

48



Sunny/Hot

June - August

The busy summer season

HIGH

86

LOW

60



Wet Season

September - November

Best time for budget travelers

HIGH

81

LOW

54

CINQUE TERRE

WHAT TO EXPECT

Language: Italian

Currency: Euro (EUR)

Credit Cards & ATMs: Many Cinque Terre shops, restaurants, and hotels accept credit cards, but not all. Definitely carry a little bit of euros (€) on you.

Cell Service: If you don't have an international cell phone plan, pick up a SIM card at the airport or [purchase an eSIM here](#).

Plugs: The plugs in Italy are type F, the standard voltage is 230 V, and the standard frequency is 50 Hz. I recommend buying a [universal adapter](#) and using a [voltage converter](#) for hairdryers and beard trimmers.

Food and Drinks: Pasta, Pizza, Gelato! Cinque Terre's cuisine embodies the coastal essence of Italy, featuring fresh seafood, Ligurian pesto, and regional delicacies. Local trattorias offer a taste of the Mediterranean, blending simplicity with rich flavors in dishes that celebrate the bounty of the sea and the region's culinary heritage.

The Arts: Cinque Terre's arts reflect coastal beauty, inspiring local creations in painting, crafts, and photography, capturing its unique charm.



CULTURE, CUSTOMS & SAFETY

Nestled along the rugged Italian Riviera, Cinque Terre weaves a vibrant tapestry of culture that dances between ancient traditions and modern allure. Here, life unfolds against a backdrop of colorful villages clinging to cliffs, where fishermen mend their nets in harmony with boutique galleries showcasing contemporary art. The air resonates with the melodies of folk music, and the aromas of freshly baked focaccia and locally sourced seafood waft through narrow streets that have witnessed centuries of storytelling. With festivals that ignite the coastline, and warm-hearted locals who share tales over glasses of regional wine, Cinque Terre's culture beckons travelers to join its celebration of life lived with passion on the edge of the Mediterranean.

The locals' connection to the land and sea unfolds in every stroke of paint on canvases depicting dramatic seascapes, and in the sizzle of catch-of-the-day dishes seasoned with family recipes passed down through generations. The rhythm of daily life here is both tranquil and dynamic, with vibrant markets offering a glimpse into the region's culinary treasures and artisans crafting souvenirs that echo the authenticity of their surroundings. Cinque Terre's culture invites you to step into a world where time slows down, laughter echoes along the cliffs, and the embrace of community nurtures the spirit of exploration and appreciation for the simple, yet profound pleasures of existence.

CUSTOMS

From the morning exchange of lively "Buongiorno!" greetings to the communal feasting at sunset, every gesture in these colorful villages echoes the profound connection between the locals and their breathtaking surroundings. With a wink to the past and an open embrace of the present, Cinque Terre's customs invite you to savor each moment, indulge in local flavors, and share in the warm embrace of a culture that's as vibrant as the hues that paint its cliffs.

SAFETY

As you wander through the picturesque villages, the sense of security is palpable – from the welcoming smiles of locals to the well-maintained pathways that lead to breathtaking viewpoints. However, those viewpoints require a lot of stairs. And, I mean, A TON OF STAIRS. Be prepared. Do not plan on bringing your full checked suitcase up them (pack light), it's very dangerous. Other than that, the tight-knit community and responsible tourism practices contribute to an environment where visitors can explore with ease.

Read: [How to Avoid Pickpockets in Italy](#)

While adventure awaits in every corner, Cinque Terre's safety ensures that your focus remains on the awe-inspiring vistas, delectable cuisine, and unforgettable experiences that define this coastal gem.

SETTING A BUDGET TO VALUE TRAVEL

Set a budget, even if it's a loose budget. An adventure in Italy doesn't have to be extremely expensive, it just takes a little bit of pre-planning. Your most expensive part of your trip will be airfare and accommodations. **Hint:** Travel in the shoulder season with pleasant weather and budget friendly prices.

When deciding on what village that you would like to stay in, keep your budget in mind. The accommodations with the best views are going to be more expensive, but they are worth every penny!

This is why I love value traveling.

What is **value traveling**? Value traveling is getting the most bang for your travel buck. When it comes to travel, meet somewhere in the middle, between budget and luxury. This will help stretch your budget throughout your vacation.

Set aside a few nights of your trip to over-indulge on a luxury hotel stay in Riomaggiore at [Grand Hotel Central](#).



Conversely, set aside the rest of the trip's accommodations for a more practical stay in another village perhaps.



It may cost you more, but you're paying for the experience. I wouldn't sacrifice on clean sheets and location, but you may want to sacrifice on amenities.

In the end, you will notice that you will get more value for your money by splitting your time between accommodations – luxury and budget.

If you like to move around, stay in one location for a minimum of two nights. This will give you the best experience in each area.

Excursions

What's a great trip to Cinque Terre without a [pesto making class](#)?! You don't need to book an excursion every day, that will help with your budget, but you could book a few throughout your stay. Don't be afraid to walk around for your own tour of the five towns, best visited by train or hiking.

Airfare

Save big on airfare by going to Cinque Terre in the shoulder seasons. April through late May and September through October. The weather will be pleasant at this time too, a perfect opportunity for a getaway!

To get an idea of how much your trip will cost, research prices for airfare, hotels, and activities before you make any non refundable purchases or reservations.

HOW TO SAVE MONEY IN CINQUE TERRE

Travel Points. The [Capital One Venture One](#) card is a fantastic travel rewards credit card with NO annual fee. However, you need good to excellent credit. If you're really serious about getting into travel reward points, consider using the [Capital One Venture](#) with a \$95 per year fee but a lot more perks.

Try Shoulder Season. Flights are often cheaper in the shoulder season or off-season. Check prices for different dates with [SkyScanner](#) in your travel window. A sale on airfare may help you afford a destination that's otherwise out of budget.

Avoid holidays, festivals, and other large events, unless that's the reason you're going to a specific destination. Crowds can inflate hotel rates, overwhelm popular sights, and make it difficult—and costly—to get around.

Compare midweek to weekend flight and train prices. The Cinque Terre does not have an airport so you will be flying into Milan (MXP) or Florence (FLR) or Pisa (PSA). From each of those cities, you can take a train.

Once you've estimated your trip's flight and accommodation cost, start considering the cost of transportation.

Public transportation The train systems to and from Milan, Pisa, or Florence are very efficient. Cinque Terre has its own mini train system and it's very affordable.

A one-way train ticket with Cinque Terre Express trains costs £5 for adults and £2.50 for children between 4-11 years.

If you want to visit more than two of the villages, I highly recommend you to purchase the [Cinque Terre Train Card](#) which costs £18.20 euros for a one-day card (adults) and includes unlimited train runs with the Cinque Terre Express trains on the La Spezia - Cinque Terre - Levanto line.

Next, get an idea of your food budget. I'm a foodie lover, so more likely than not, I'm finding new, fun, and interesting places to check out. Including this wonderful [Pesto Cooking Class!](#)



Hungry? You may find a really cheap and authentic meal off the main street of any of the five villages. Eating on the main street is usually expensive because of the convenience.

Bring a water bottle The tap water in Cinque Terre is fine to drink but buy a reusable water bottle to save money and reduce your plastic use. [LifeStraw](#) is my go-to brand as their bottles have built-in filters to ensure your water is always clean and safe. Note, restaurants will charge you for bottled water.

Travel Tip: Restaurant tipping- If you see "service included", it means that the tip has already been included. It is only a 10% tip so you can add more for great service.

BEST THINGS TO DO CINQUE TERRE!



CINQUE TERRE BOAT TOUR

From \$170 per person

BOOK HERE

DISCOVER THE CINQUE TERRE VILLAGES ON A BOAT TOUR FROM LA SPEZIA. MAKE PLENTY OF STOPS TO SNORKEL IN THE BAY AND TASTE TYPICAL ITALIAN FOOD, VERMENTINO WINE, PROSECCO, AND MONTEROSSO ICE CREAM



PESTO COOKING CLASS

From \$83 per person

BOOK HERE

LEARN HOW TO CRAFT AN AUTHENTIC PESTO SAUCE FROM A LOCAL FOODIE AND CHEF IN MANAROLA IN THE CINQUE TERRE. TASTE DELICIOUS HANDMADE FOCACCIA AND SAVOR A GLASS OF LOCAL WINE.



VINEYARD & WINE TASTING

From \$66 per person

BOOK HERE

TAKE A SHORT HIKE WITH PANORAMIC VIEWS FROM VERNAZZA TO ONE OF THE MOST BEAUTIFUL VINEYARDS IN THE CINQUE TERRE. TREAT YOURSELF TO AN EXQUISITE WINE TASTING WITH LOCAL SNACKS.



GUIDED KAYAK TOUR

From \$110 per person

BOOK HERE

VISIT THE CINQUE TERRE NATIONAL PARK FROM A UNIQUE AND EXCLUSIVE PERSPECTIVE ON-BOARD YOUR KAYAK.

ITALY - FOODIE LOVERS DELIGHT

Italian cuisine is a gastronomic journey that celebrates simplicity and quality ingredients. Pasta, a staple in Italian cuisine, takes center stage with iconic dishes like Pesto and Carbonara (pasta with eggs, cheese, guanciale, and black pepper). The local cuisine also boasts delectable street food, including Suppli (rice balls with mozzarella and ragù) and the classic Roman-style pizza characterized by its thin, crispy crust.

Italy, renowned for its wine, offers a diverse range of options, and Cinque Terre is no exception. The area's local trattorias and enotecas (wine bars) showcase an extensive selection of wines from various regions. Italians appreciate pairing local dishes with the perfect wine, and reds like Chianti and Montepulciano complement hearty pasta dishes, while whites such as Frascati enhance the flavors of seafood. The city's wine culture encourages a leisurely enjoyment of meals, with each sip contributing to the overall culinary experience.

No visit to Cinque Terre is complete without savoring authentic Italian gelato, such as Gelateria Vernazza in Vernazza. With their colorful displays, offer a dizzying array of flavors made with natural ingredients. From classic choices like Stracciatella and Pistachio to innovative combinations like Fig and Ricotta, gelato becomes a daily indulgence. Italians cherish the tradition of an evening passeggiata, or stroll, with a cone or cup of gelato in hand, making it an integral part of the city's culinary tapestry. Just don't eat the gelato that's stacked a mile high over the bins, that's not the real stuff.



PESTO COOKING CLASS!



A CAPTIVATING COOKING CLASS IN RIOMAGGIORE, CINQUE TERRE, AT A LOCAL'S CHARMING SEASIDE HOME

Learn to make homemade Gnocchi and Genovese Pesto under an expert guidance. Immerse yourself in the rich flavors of Italy as your friendly local host reveals the secrets behind two authentic recipes. Enjoy putting your newfound cooking skills to the test at a fully-equipped workstation with all the necessary utensils and ingredients. Following the hands-on lesson, indulge in the exquisite Italian dishes you've prepared from scratch, perfectly paired with a selection of red and white local wines.



BEAUTIFUL
SEASCAPE VIEWS!



Experience the joy of feasting on sumptuous food and engaging in lively conversation with a welcoming Italian family.

AUTHENTIC
ITALIAN RECIPES



RESEARCH AND BOOK FLIGHTS

It's important to check flight prices as soon as you decide your going to Cinque Terre. The closest airports are (MXP) Milan, Florence (FLR) and Pisa (PSA). It's super easy to get started with [Kayak](#).

Read More: [How to use Google Flights to find the Best Prices](#)

The best part about Kayak is that you can track prices as they fluctuate to learn patterns and price drops. Track multiple flight options with just a click of a few buttons.

A question I get often is, “**when should I book?**”. There's not a science to booking the right flight, at the right time. However, there are patterns to be aware of.

For example, flights in May-August will usually be higher, this is peak travel season. USA Holidays will also be higher.

Shoulder season is the best time to book (March, April & September, October). Your best bet is to book International travel around six months before traveling. This will typically give you the best price.



SEARCH FLIGHTS TO CINQUE TERRE!

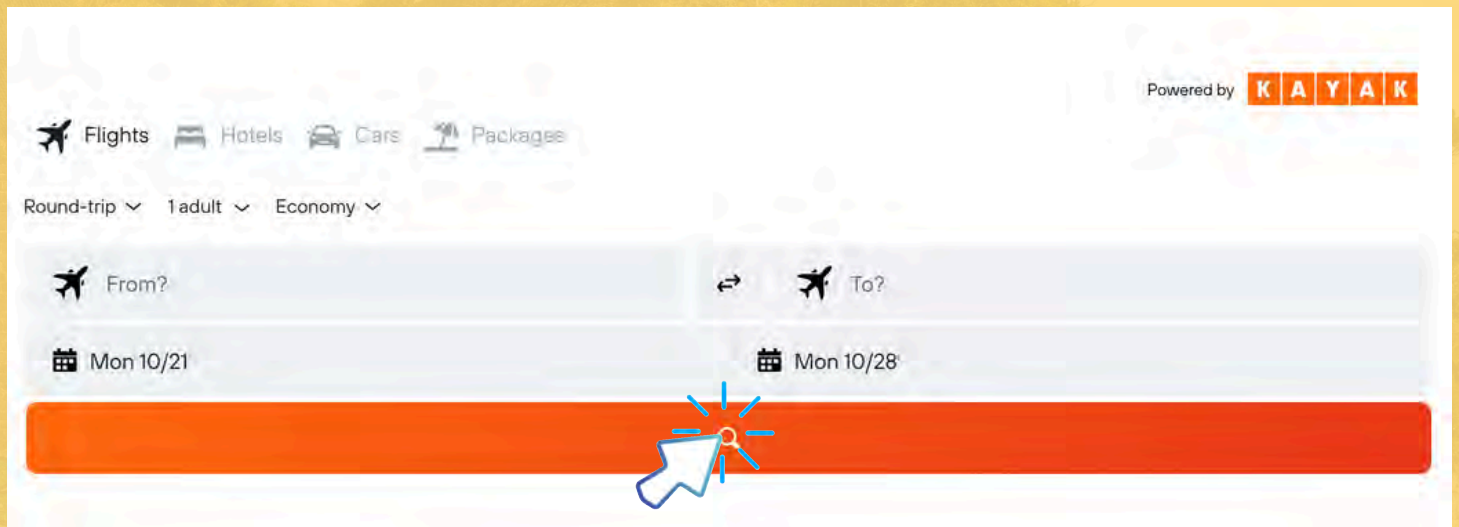
Powered by **KAYAK**

Flights Hotels Cars Packages

Round-trip 1 adult Economy

From? To?

Mon 10/21 Mon 10/28



*Thank you for downloading and viewing
The Cinque Terre Travel Guide!*

CINQUE TERRE

TOP SIGHTS TO VISIT!

1

HIKE TO ALL 5 TOWNS

That's right! You can buy a Cinque Terre Card to hike between the towns. The card proceeds go to maintaining the paths. The cost is €7.50 on non-Red days. [More Information](#)

2

TRAIN TO ALL 5 TOWNS

Don't feel like hiking? I don't blame you. Take the train instead for a low price of €19.50 per day, valid until midnight. [More Information](#)

3

RELAX ON MONTEROSSO BEACH

Monterosso al Mare is the only village in Cinque Terre with a sizable sandy beach, perfect for relaxing after a hike. Rent a sunbed and umbrella or take a refreshing dip in the turquoise waters. It's a great spot for families or those looking to unwind by the sea.

4

VISIT VERNAZZA'S HARBOR

Vernazza, often considered the most picturesque village, features a beautiful natural harbor lined with colorful houses. Climb to Doria Castle, a medieval fortress, for incredible views of the village and coastline. Afterwards, enjoy a meal at one of the many waterfront restaurants.

5

CRUISE ALONG THE COAST

Experience Cinque Terre from the water with a boat tour or ferry ride. This is a unique way to see the villages from a different perspective, and it allows you to capture the dramatic cliffs, colorful houses, and crystal-clear waters in all their beauty. Some tours even include stops for swimming in secluded coves. [More Info](#)

TOP 5 TRATTORIAS IN CINQUE TERRE

Trattorias in the region are small, family-run restaurants that focus on local, authentic cooking, offering a warm and welcoming atmosphere. Here are some of the best trattorias in Cinque Terre across its five villages:

1. Trattoria Dal Billy (Manarola)

One of the most popular trattorias in Cinque Terre, Dal Billy is known for its incredible seafood, friendly service, and panoramic views over Manarola and the Ligurian Sea. The seafood platter, featuring a wide variety of fresh local catches, is a highlight, as are the homemade pastas with seafood.

- **Specialties:** Mixed seafood platter, seafood pasta, grilled fish, and local white wine.
- **Reservations:** Recommended due to its popularity and stunning view.

2. Il Pirata delle Cinque Terre (Vernazza)

This trattoria is run by two Sicilian brothers who bring a unique blend of Ligurian and Sicilian cuisine to Vernazza. Known for its hearty breakfasts, pastries, and savory dishes, Il Pirata is a little off the beaten path but well worth a visit for its cozy ambiance and delicious, home-cooked meals.

- **Specialties:** Cannoli, seafood pasta, bruschetta, and swordfish.
- **Reservations:** Recommended, especially for dinner.

3. Trattoria Il Porticciolo (Manarola)

A cozy trattoria in the heart of Manarola, Il Porticciolo is known for its friendly atmosphere and traditional Ligurian fare. It offers a wide variety of seafood dishes as well as local specialties like trofie al pesto and farinata (a chickpea pancake typical of the region).

- **Specialties:** Trofie al pesto, fried seafood, and seafood pasta.
- **Reservations:** Recommended during busy times.

4. Ristorante Miky (Monterosso al Mare)

Though slightly more refined than a typical trattoria, Miky is famous for its fresh, locally sourced seafood and traditional dishes with a modern twist. It's located near Monterosso's beach and offers a great selection of wines to pair with its high-quality meals.

- **Specialties:** Seafood risotto, baked anchovies, and squid ink pasta.
- **Reservations:** Recommended, as it's very popular with locals and tourists alike.

5. Trattoria Cecio (Corniglia)

Trattoria Cecio is a small family-run restaurant located in the heart of Corniglia, offering a menu that highlights local flavors and fresh ingredients from both land and sea. The terrace provides a great view of the surrounding hills and sea, and the food is consistently praised for its quality and authenticity.

- **Specialties:** Tagliatelle with pesto, seafood risotto, and fried calamari.
- **Reservations:** Recommended due to its small size.

TOP 5 ROOFTOPS BARS IN CINQUE TERRE

1. Nessun Dorma (Manarola)

Perched on a hill overlooking Manarola's iconic colorful buildings and the sea (pictured below), Nessun Dorma is one of the most famous spots in Cinque Terre. It's not exactly a rooftop, but its elevated, open-air terrace offers stunning views, making it feel like a rooftop experience. The bar serves light bites like bruschetta, salads, and charcuterie boards, as well as excellent cocktails and local wines. The views of Manarola at sunset are unbeatable. Specialties* include Aperol spritz, bruschetta with fresh pesto, and local wine. This place can get crowded, so it's best to arrive early or be prepared for a short wait.

2. La Torre (Vernazza)

Located just above Vernazza, La Torre offers sweeping views of the sea and the village's harbor. The terrace is perfect for a relaxed meal or drink with an incredible backdrop. This spot is known for its seafood dishes, homemade pasta, and local wine. The elevated position gives you a perfect vantage point to take in the beauty of Vernazza from above. It's slightly off the beaten path, so it's quieter than other spots in Vernazza.

3. Ristorante Miky (Monterosso al Mare)

While Miky is more of a restaurant than a bar, it has an outdoor terrace that offers a lovely setting for a drink or meal with a sea view. Located in the newer part of Monterosso, close to the beach, this upscale spot is known for its high-quality food and great wine list. The outdoor terrace, especially during dinner hours, offers beautiful views of the sunset over the Ligurian Sea. This is a more refined, sit-down dining experience, perfect for a special evening.

4. Bar Terza Terra (Corniglia)

Corniglia is the quietest of the five villages, but Bar Terza Terra offers stunning views from its cliffside terrace. The terrace overlooks the sea and the surrounding coastline, making it an ideal spot to relax with a coffee or glass of wine after hiking. The peaceful ambiance, combined with breathtaking views, makes this one of the hidden gems of Cinque Terre.

5. A Pie de Ma (Riomaggiore)

This bar sits on a terrace just above the train station in Riomaggiore, with direct views over the sea and the cliffs. A Pie de Ma is a great place to stop for an aperitivo, with a laid-back atmosphere and excellent wine selection. The sea views and the sound of the waves make it one of the most relaxing places for a drink in Riomaggiore during sunset.



PLAN YOUR ACCOMMODATION

Once your flight is booked, it's best to start locking in accommodations. The earlier you find one you love, the better. Just know that great accommodations can book up more than six months in advance.

Determine if your Italian adventure is going to be in a centralized location, such as Vernazza or Corniglia, or if you would like to stay in a couple of different villages during your stay.

The five villages of the Cinque Terre can be hiked, if you so wish. Otherwise, the train system is a little less enduring for a few euros each way.

Each village is unique in its own right but you really cannot go wrong with any of them! In each village you will find narrow alleys, cobblestone streets, pasta, gelato, beautiful views and extraordinary charm.

Take your time to pick the one that meets your needs by reading about the different Cinque Terre villages in the next few pages.



Visit my website for a custom [Cinque Terre Hotel Finder](#) to choose the best **hotel, apartment** or **VRBO**. Make a final decision in order of location, price, style, features and amenities, *in that order*.

Before making any kind of payment, make sure you know the cancellation policy. And if you think you need it, purchase trip cancellation insurance. Most major travel credit cards include trip protection, such as the [Capital One Venture](#) card or the [Chase Sapphire Preferred](#) card.



Another reason to book using your [Capital One Venture](#) or [Chase Sapphire Preferred](#) card is collecting miles and points for future traveling. **That's right, more benefits for you!** Every time I travel, I'm already checking my new mileage chart for my next destination.

So, use those travel reward credit cards to get a jump start on your future travels. You may even get a round trip to Hawaii (or similar) for free by just using your sign-up bonus miles. I did!

Generally, their prices don't swing and there will be no deals to be had. Expect to pay for what you get at these luxury and off the beaten path stays.

Reading reviews online of other travelers experiences should give you a good idea on the experience you can expect

THE FIVE VILLAGES OF CINQUE TERRE

The five villages of Cinque Terre, Italy—Monterosso al Mare, Vernazza, Corniglia, Manarola, and Riomaggiore—are perched along the dramatic Ligurian coastline, each offering its own unique charm.

Together, they form a UNESCO World Heritage site (since 1997) renowned for their breathtaking scenery, colorful buildings, and rich cultural history.

Each village in Cinque Terre has its own personality, but all share the region's breathtaking beauty, delicious Ligurian cuisine, and warm, welcoming atmosphere.

Did you know?

Cinque Terre is designated as a national park.

Officially known as the Parco Nazionale delle Cinque Terre (Cinque Terre National Park), it was established in 1999 to preserve the unique cultural and natural landscapes of the five picturesque villages.

Whether hiking the trails, enjoying the sea views, or wandering through the charming streets, Cinque Terre offers a truly magical experience.



Explore Cinque Terre by E-Bike!

LIMITED SPACE!
SMALL GROUPS

Price
\$95
/Person



Bike Ride



Tour!



Photos

Package Includes

- ✓ Latest E-Bike
- ✓ Bottle of water
- ✓ Guide
- ✓ Wine & Foccaccia
- ✓ Best Instagram Spots

3.5 Hour Tour

Cinque Terre National Park

Book Now



MONTEROSSO

Monterosso al Mare is the largest of the five villages that make up the famed Cinque Terre region on the Ligurian coast of Italy.

Monterosso offers dramatic coastal views, with turquoise waters, rocky cliffs, and sandy beaches, making it the best spot for sunbathing in Cinque Terre. The hills surrounding the village are covered in olive groves, lemon trees, and vineyards, creating a picturesque setting.

Unlike the other Cinque Terre villages, Monterosso has large, sandy beaches—rare in this region. The main beach is ideal for swimming and relaxing, and it's lined with cafes, bars, and restaurants.

The village is divided into two parts: the old town (**Borgo Antico**) and the newer **Fegina district**. Borgo Antico boasts narrow lanes, colorful houses, and significant historical sites like the **Church of San Giovanni Battista**, the **Capuchin Monastery**, and the **Medieval Tower of Aurora**.

Monterosso is famous for its anchovies, considered a delicacy in the region. Pair them with local wines like **Sciacchetrà**, a sweet wine from Cinque Terre, or enjoy fresh seafood pasta dishes and traditional focaccia.

Of the five villages, Monterosso has a more relaxed, resort-like vibe. It's perfect for those wanting a laid-back experience while still being able to explore the rugged beauty of Cinque Terre.



WHERE TO STAY MONTEROSSO



BUDGET ACCOMMODATION

Under \$150/night

LOCATED IN A PEACEFUL AREA OF THE CINQUE TERRE COASTLINE, MARVIT AFFITTACAMERE IS JUST 984 FEET FROM THE BEACH IN MONTEROSSO AL MARE. IT OFFERS CLASSIC-STYLE ROOMS WITH FREE WI-FI AND PRIVATE PAID PARKING, AVAILABLE ON DEMAND. ALL AIR CONDITIONED. SOME ROOMS FEATURE A SEA-VIEW TERRACE WITH A TABLE AND DECK CHAIRS.

[LEARN MORE](#)

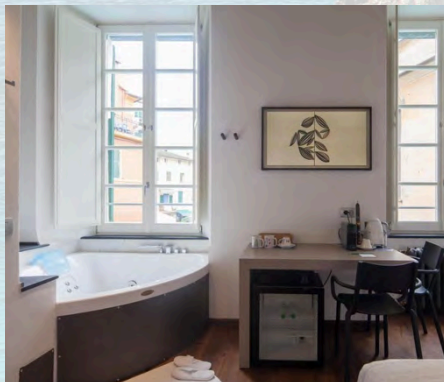


VALUE ACCOMMODATION

From \$250/night

AGRITURISMO BURANCO IS SET IN A PEACEFUL AREA IN MONTEROSSO, 656 FEET FROM THE SANDY BEACH. THE PROPERTY PRODUCES ITS OWN OLIVE OIL, WINE AND HONEY AND HAS A WIDE GARDEN WITH BBQ FACILITIES. THE AIR-CON STUDIOS AND APARTMENTS FEATURE A KITCHEN WITH DISHWASHER, DINING AREA AND PRIVATE BATHROOM.

[LEARN MORE](#)



BEST ACCOMMODATION

From \$250/night

A 4-MINUTE WALK FROM FEGINA BEACH AND 20 MILES FROM CASTELLO SAN GIORGIO. HOUSED IN A BUILDING DATING BACK TO 15TH CENTURY. KING ROOM WITH SPA BATH.

[LEARN MORE](#)



LUXURY ACCOMMODATION

From \$3k+/night

LA CASA DEL GIGANTE IS ON MONTEROSSO BEACH. THAT IS ALL, LOOK AT IT.

[LEARN MORE](#)



📍 VERNAZZA

Vernazza, often considered the jewel of the Cinque Terre, is one of the most picturesque and enchanting villages on Italy's Ligurian coast. It's known for its vibrant colors, charming harbor, and captivating mix of history and nature.

The village clings to the cliffs, with brightly colored houses cascading down to a small, natural harbor, framed by crystal-clear waters. Its beauty is best appreciated from the hiking trails that wind along the hills above the village.

Vernazza's harbor is one of its most iconic features. It's a peaceful spot to relax by the sea, and the small piazza next to it is filled with outdoor cafes and restaurants. Here, you can sip a glass of wine or enjoy a seafood meal while watching the boats gently bob in the water.

At the top of the village is the **Doria Castle**, an 11th-century fortress that offers sweeping views of the coast and the surrounding villages. There's also the **Church of Santa Margherita d'Antiochia**, a seaside church with a unique bell tower that adds to Vernazza's charm.

Vernazza is a food lover's paradise, offering local specialties like pesto, fresh seafood, and focaccia. It's also known for its local wine production, particularly the white wines made from grapes grown on the terraced vineyards surrounding the village.

The village is a great starting point for exploring the famed **Cinque Terre hiking trails**. The trail between Vernazza and Monterosso is particularly popular, offering incredible views of both villages and the Mediterranean. It's also possible to swim and snorkel in the clear waters around the harbor.

Vernazza has retained much of its authenticity, offering a glimpse into traditional Italian coastal life.



WHERE TO STAY VERNAZZA

[LEARN MORE](#)



BUDGET ACCOMMODATION

Under \$150/night

SET IN THE VERY HEART OF VERNAZZA, RINA ROOMS IS ABOUT 492 FEET FROM VERNAZZA TRAIN STATION AND LESS THAN 5 MINUTES' WALK FROM THE SMALL BEACH AND BEAUTIFUL LIGURIAN SEA.



[LEARN MORE](#)



VALUE ACCOMMODATION

From \$200/night

IN THE HEART OF THE 5 TERRE COAST, THE HOTEL GIANNI FRANZI FEATURES ROOMS WITH PRIVATE BATHROOMS JUST BELOW VERNAZZA'S DORIA CASTLE. ITS TERRACES INCLUDE STUNNING VIEWS OF THE LIGURIAN SEA AND THE VILLAGE, AND WI-FI IS FREE IN PUBLIC AREAS.



[LEARN MORE](#)



BEST ACCOMMODATION

From \$250/night

CASA CATO IS LOCATED 328 FEET FROM THE SANDY BEACH IN VERNAZZA. THE PROPERTY FEATURES MODERN-STYLE ROOMS AND OFFERS FREE WI-FI ACCESS THROUGHOUT. WITH A SEA VIEW, THE AIR-CONDITIONED ROOMS COME WITH A FLAT-SCREEN TV, SMALL FRIDGE AND SOME HAVE A BALCONY. THE PRIVATE BATHROOM HAS A SHOWER, FREE TOILETRIES AND HAIRDRYER.



[LEARN MORE](#)



LUXURY ACCOMMODATION

From \$350+/night

SET 1.9 MI FROM VERNAZZA, CÀ DU VENUTO 2 PROVIDES ACCOMMODATIONS WITH A TERRACE AND FREE WIFI. THE HOLIDAY HOME FEATURES SEA VIEWS AND IS 21 MI FROM LA SPEZIA.



📍 CORNIGLIA

Corniglia is the smallest and perhaps the most unique of the five Cinque Terre villages, perched high on a cliff about 100 meters above sea level. It's a climb to get to the top, but well worth it! Unlike the other villages, it doesn't have direct access to the sea, which gives it a more secluded and peaceful atmosphere.

The sweeping views from the village over the Ligurian Sea and the surrounding vineyards are truly breathtaking. From certain vantage points, you can even see all five Cinque Terre villages.

Corniglia doesn't have a harbor, so it's often quieter and less crowded than the other villages. It retains a more authentic, local feel, with a slower pace of life. The village's narrow alleys, cozy cafes, and charming small squares offer an intimate experience of rural Italian life.

Corniglia has a rich history, and its medieval origins can still be seen in its architecture. Highlights include the ****Church of San Pietro****, a beautiful Gothic-Ligurian church built in the 14th century. Wandering the ancient streets of the village feels like stepping back in time.

One of the best places to enjoy the views is from the **Terrazza Santa Maria**, a panoramic viewpoint that offers sweeping vistas of the coastline and the terraced vineyards that surround Corniglia.

Corniglia is surrounded by terraced vineyards, and the local wine is a big part of the village's identity. You can enjoy the famous **Sciacchetrà**, a sweet dessert wine made from grapes grown on these steep terraces. Several wine bars and small enotecas offer tastings of local wines, making it a great spot for wine enthusiasts.

Though Corniglia doesn't have a beach, it's a paradise for hikers. The village is connected to the rest of Cinque Terre via scenic trails. One of the most popular hikes is the route between Corniglia and Vernazza, which offers amazing views of both the village and the sea.



WHERE TO STAY CORGNILIA

[LEARN MORE](#)



BUDGET ACCOMMODATION

Under \$175/night

CECIO 5 TERRE ROOMS FEATURES AIR-CONDITIONED ACCOMMODATIONS IN CORNIGLIA. HOUSED IN A BUILDING DATING BACK TO 1970, THIS GUEST HOUSE IS A 9-MINUTE WALK FROM CORNIGLIA BEACH. GUESTS CAN ALSO RELAX ON THE SUN TERRACE.



[LEARN MORE](#)



VALUE ACCOMMODATION

From \$200/night

AFFITTACAMERE LE TERRAZZE IS LOCATED IN CORNIGLIA INSIDE THE CINQUE TERRE NATIONAL PARK. FREE WI-FI IS AVAILABLE IN THE GARDEN AND AT RECEPTION. THE ACCOMMODATIONS INCLUDES A PRIVATE BATHROOM AND A BALCONY. APARTMENTS COME WITH A FULLY EQUIPPED KITCHENETTE. CORNIGLIA TRAIN STATION IS A 10-MINUTE WALK



[LEARN MORE](#)



BEST ACCOMMODATION

From \$300/night

LA CASETTA ROSSA OFFERS ACCOMMODATIONS IN CORNIGLIA, A 6-MINUTE WALK FROM CORNIGLIA BEACH AND 17 MILES FROM CASTELLO SAN GIORGIO. THIS APARTMENT FEATURES AIR-CONDITIONED ACCOMMODATIONS WITH A BALCONY AND FREE WIFI. OUTDOOR SEATING IS ALSO AVAILABLE AT THE APARTMENT. FEATURING A TERRACE AND SEA VIEWS,



[LEARN MORE](#)



LUXURY ACCOMMODATION

From \$500+/night

AMARE IL MARE AFFITTACAMERE IS LOCATED IN CORNIGLIA, WITHIN A 8-MINUTE WALK OF CORNIGLIA BEACH. FEATURING A TERRACE, WITH SOME ROOMS HAVING A BALCONY AND SEA VIEWS



MANAROLA

Manarola is one of the most iconic and picturesque villages in Cinque Terre, Italy, known for its colorful houses clinging to the cliffs, breathtaking views, and a tranquil atmosphere. It is the second smallest of the five villages and one of the oldest, with a rich maritime history.

The vibrant colors and unique cliffside layout make it one of the most photographed spots in Cinque Terre. The most famous walk in Manarola is along the **Via dell'Amore** (Path of Love), a romantic coastal pathway that connects Manarola to **Riomaggiore**. It's a symbol of romance and natural beauty. For hikers, there's also a panoramic trail leading from Manarola to **Corniglia** through terraced vineyards and offering spectacular views of the Mediterranean.

Like, Corniglia, Manarola is surrounded by terraced vineyards that produce some of the region's best wines. Many local enotecas (wine shops) offer tastings, making Manarola a perfect stop for wine lovers who want to sample the local flavors.

Although Manarola doesn't have a traditional beach, its small harbor is a popular spot for swimming and sunbathing. Locals and visitors alike dive off the rocks into the clear, deep blue waters. The harbor is also lined with colorful fishing boats, giving the village a rustic, seaside charm.

Manarola has several notable historical landmarks, including the **Church of San Lorenzo**, a 14th-century Gothic-style church dedicated to the village's patron saint.

Local cuisine focuses on fresh seafood, pesto (a Ligurian specialty), and vegetables grown in the terraced fields surrounding the village. Restaurants perched on the cliffs offer incredible views along with their meals, making dining in Manarola a feast for both the palate and the eyes.

Manarola tends to be less crowded than its more famous neighbors like Monterosso and Vernazza, offering a more laid-back and intimate experience. The narrow streets and quaint shops selling local crafts and food products make for a leisurely and authentic exploration of the village. Manarola is perfect for travelers who want a more tranquil experience of Cinque Terre.



WHERE TO STAY MANAROLA

[LEARN MORE](#)



BUDGET ACCOMMODATION

Under \$150/night

RIO GROppo GUESTHOUSE IN MANAROLA PROVIDES ACCOMMODATIONS WITH A GARDEN AND A TERRACE. FEATURING RIVER VIEWS, THIS GUEST HOUSE ALSO COMES WITH FREE WIF



[LEARN MORE](#)



VALUE ACCOMMODATION

From \$175/night

PROVIDING SEA VIEWS, A GARDEN, AND FREE WIF, AFFITTACAMERE NUOVA VANDIRIS IS LOCATED IN MANAROLA, 1.3 MILES FROM RIOMAGGIORE BEACH AND 10 MILES FROM CASTELLO SAN GIORGIO



[LEARN MORE](#)



BEST ACCOMMODATION

From \$250/night

CA' DEL MONICA OFFERS ACCOMMODATIONS IN MANAROLA, 1.2 MILES FROM RIOMAGGIORE BEACH AND 10 MILES FROM CASTELLO SAN GIORGIO. THIS GUEST HOUSE OFFERS AIR-CONDITIONED ACCOMMODATIONS WITH A BEAUTIFUL TERRACE.



[LEARN MORE](#)



LUXURY ACCOMMODATION

From \$300+/night

OFFERING A BALCONY AND SEA VIEWS, THE APARTMENT INCLUDES 1 BEDROOM, A LIVING ROOM, CABLE FLAT-SCREEN TV, AN EQUIPPED KITCHEN, AND 1 BATHROOM WITH A BIDET AND A SHOWER. TOWELS AND BED LINEN ARE FEATURED IN THE APARTMENT.



📍 RIOMAGGIORE

Riomaggiore is the southernmost village in Cinque Terre, Italy, and is often the first stop for visitors exploring this **UNESCO World Heritage Site**. With its dramatic cliffs, colorful buildings, and historic charm, Riomaggiore captures the essence of the Cinque Terre experience.

Riomaggiore's colorful houses, stacked along steep (very steep with luggage!), narrow streets that cascade down towards the sea, create a stunning visual. These tall, vibrant buildings are characteristic of Cinque Terre and offer a perfect backdrop for photos, especially from the harbor area, where you can get sweeping views of the village.

The small harbor of Riomaggiore is the heart of the village. Here, fishing boats are docked, and locals and visitors gather to relax by the water. The rocky beach near the harbor is a popular spot for swimming and sunbathing, with clear waters and beautiful views of the surrounding cliffs.

Riomaggiore has a rich history, and its medieval past can still be felt as you walk through the village. The main historical attraction is the **Church of San Giovanni Battista**, built in 1340. This Gothic-style church sits at the top of the village and offers a quiet, reflective space away from the bustling streets below. There's also a small castle, **Castello di Riomaggiore**, which dates back to the 13th century and offers panoramic views over the village and coastline.

Riomaggiore is one of the five villages that offer some of the most stunning coastal views in Italy. You can hike from Riomaggiore all the way to Monterosso, or take a more challenging route up into the terraced hills and vineyards that surround the village. Hiking here allows you to experience the dramatic cliffs, lush vegetation, and breathtaking views of the Ligurian Sea.



WHERE TO STAY RIOMAGGIORE



BUDGET ACCOMMODATION

Under \$200/night

CASE VACANZE SCORCI DI MARE IS A 14TH-CENTURY BUILDING IN THE CINQUE TERRE NATIONAL PARK, 165 FT FROM RIOMAGGIORE'S ROCKY COAST. IT OFFERS SEA-VIEW ROOMS WITH SATELLITE TV. RECENTLY RENOVATED WITH ECO-FRIENDLY MATERIALS, THE ROOMS FEATURE MODERN FURNISHINGS, WOOD-BEAM CEILINGS, AND TILE FLOORS. SOME HAVE A BALCONY AND A KITCHENETTE

[LEARN MORE](#)



VALUE ACCOMMODATION

From \$200/night

OFFERING A TERRACE AND SEA VIEWS, THE SPACIOUS APARTMENT INCLUDES 1 BEDROOM, A LIVING ROOM, FLAT-SCREEN TV, AN EQUIPPED KITCHENETTE, AND 1 BATHROOM WITH A BIDET AND A SHOWER. TOWELS AND BED LINEN ARE FEATURED IN THE APARTMENT. THE PROPERTY HAS AN OUTDOOR DINING AREA.

[LEARN MORE](#)



BEST ACCOMMODATION

From \$250/night

A LARGE TERRACE, SEA VIEW AND GARDEN AT YOUR DISPOSAL WILL MAKE YOUR STAY UNFORGETTABLE. GREAT LOCATION. PRIVATE. BEAUTIFUL. THE BEST VIEWS IN RIOMAGGIORE.

[LEARN MORE](#)



LUXURY ACCOMMODATION

From \$500+/night

AI PESCI ROOM RENTAL IS SET IN RIOMAGGIORE, IN THE UNESCO CINQUE TERRE NATIONAL PARK. WITH SEA VIEWS, ALL GUEST ROOMS FEATURE AIR CONDITIONING AND A FLAT-SCREEN TV. SOME ROOMS COME WITH A BALCONY. THE PRIVATE BATHROOM IS EQUIPPED WITH A SHOWER.

[LEARN MORE](#)





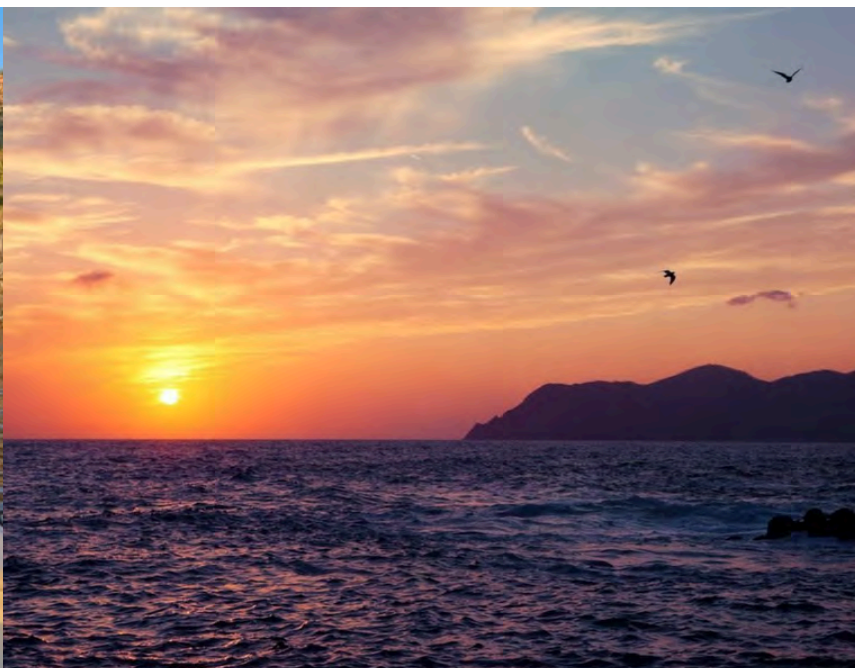
Cinque Terre Sunset Cruise

Welcome aboard our Giulin with ALE the captain!

👆 Everything is included! 👆

- Aperitivo with local products
- Prosecco, beer, soft drinks at your leisure
- Beach towels and snorkel equipment
- Amazing views away from crowds

[BOOK NOW](#)



CINQUE TERRE TRANSPORTATION

Cinque Terre offers several transportation options to help visitors explore the five villages—Monterosso al Mare, Vernazza, Corniglia, Manarola, and Riomaggiore—each with its unique charm.

1. Train (The Cinque Terre Express)

The most convenient and popular way to travel between the villages is by train. The Cinque Terre Express runs frequently, connecting all five villages along the scenic coastline. The train line is fast, with only a few minutes between stops, making it the easiest way to move between villages if you're short on time or want to avoid long hikes. Trains also connect Cinque Terre to nearby cities like La Spezia, Pisa, and Genoa.

- **Ticket:** A Cinque Terre Train Card allows unlimited train travel for one or more days, including access to hiking trails.
- **Stations:** All villages have their own train station, except Corniglia, which requires a climb of 382 steps (or a shuttle bus) to reach the village from the station.

2. Boat (Ferry Service)

A ferry service operates between the villages (except Corniglia, which does not have a harbor), offering a scenic and relaxing way to travel along the coast. This option provides stunning views of the colorful cliffside villages from the water, and it's particularly enjoyable during the warmer months. The ferries also connect to **Portovenere**, a nearby coastal town worth exploring.

- **Ticket:** One-way and day-pass tickets are available, allowing you to hop on and off between the villages.
- **Schedule:** Ferries typically run from spring to early fall, with more frequent services in the summer.

3. Hiking

Hiking is one of the most rewarding ways to explore Cinque Terre. The Sentiero Azzurro (Blue Trail) connects all five villages, with paths offering breathtaking views of the Mediterranean and the terraced vineyards. Some trails, like the Via dell'Amore between Riomaggiore and Manarola, are relatively easy, while others can be more challenging with steep inclines.

- **Ticket:** A Cinque Terre Trekking Card is required to access the trails and can be purchased at the start of the trails or online.
- **Note:** Some sections of the trail may be closed due to maintenance or weather conditions, so it's important to check ahead.

4. Shuttle Bus

There is a shuttle bus service that connects the villages with their surrounding areas, especially useful for reaching more remote spots or higher points in the villages like Volastra or Corniglia (from the train station). These buses are part of the national park's transportation system and are a good alternative if you prefer not to hike.

CINQUE TERRE TRENO MS CARD

The card offers the following services

- Second class travel with the regional and regional fast trains (except for the IC/ICN/FB trains) in the route Levanto - La Spezia (and vice versa)
- Access to the Park area
- Guided visits, depending on the planning ([Cinque Terre Walking Park 2023](#))
- Poetic Nature Paths at Parco Letterario Eugenio Montale and Parco delle Cinque Terre depending on the planning
- Guided tours depending on the planning
- Use of the [Bus](#) services managed by ATC among the villages
- Use of toilets free of charge in the Municipalities of Riomaggiore, Vernazza and Monterosso (1 € for non-cardholders)
- Participation in the workshops of the [Park's Environmental Education Center](#), depending on the planning
- WI-FI internet connection in the Park's Hot Spots
- Reduced-price ticket to visit the [Civic Museums in La Spezia](#) (Amedeo Lia, Castello San Giorgio, CAMeC, Sigillo, Palazzina delle Arti, Etnografico, Diocesano)

Buy the Cinque Terre Card online at this link card.parconazionale5terre.it

Or Visit the Welcome Center Entrance of the National Park (picture to the right)

**Further information:
card@parconazionale5terre.it**



How to use the Card

The Card bears the user's full name and may not be used by others. Before using a card, the user's name, and surname (or the head of the family's name in case of family cards) must be written on the back. Cards must be shown to inspectors together with a valid identity document.

Children under 4 travel on the trains and use the Park services for free if accompanied by an adult in possession of a Card.

Download the MyPass APP and buy the Cinque Terre Card online in just a few minutes from your smartphone at the following link: www.mypass.cc/en/cinque-terre-national-park-tickets

CINQUE TERRE DAY TRIPS

Cinque Terre is a stunning destination, but it's also perfectly located for easy day trips to some of Italy's most beautiful and historically significant cities. Here are some great day trip options from Cinque Terre, each offering something unique:

1. Pisa

- Travel Time: ~1 to 1.5 hours by train
Pisa is home to the iconic **Leaning Tower of Pisa**, one of the most famous landmarks in Italy. The **Piazza dei Miracoli** (Square of Miracles) is also where you'll find the **Pisa Cathedral** and **Baptistry**, all set in a stunning green space. Pisa is compact, so you can easily explore the main attractions in half a day and enjoy the lively atmosphere around the city's riverfront.

2. Florence

- Travel Time: ~2 to 2.5 hours by train
Florence, the capital of Tuscany, is one of the most important cities of the Italian Renaissance. While it's ambitious to see all of Florence in one day, you can certainly visit some of the key sites like the **Duomo**, the **Uffizi Gallery**, and the **Ponte Vecchio**. It's a great destination for art lovers, history buffs, and those who want to experience Tuscany's cultural heart.

3. Lucca

- Travel Time: ~1.5 hours by train
Lucca is a charming medieval city known for its intact Renaissance-era city walls that you can walk or bike along. The town is full of beautiful churches, historic palaces, and charming piazzas. You could visit **Piazza dell'Anfiteatro**, the **Guinigi Tower**, and explore the **Lucca Cathedral**. Its slower pace makes it a relaxing and enjoyable day trip.



Day Trip To Leaning Tower of Pisa!

LIMITED SPACE!
SMALL GROUPS

Price
\$52
/Person



Bike Ride



Leaning
Tower!



Photos

Package Includes

- ✓ Latest E-Bike
- ✓ Bottle of water
- ✓ Guide
- ✓ Wine & Foccaccia
- ✓ Best Instagram Spots

3.5 Hour Tour

Cinque Terre National Park

Book Now



4. Portofino

- Travel Time: ~1 hour by train and boat or bus

Portofino is a small, glamorous fishing village on the Italian Riviera, known for its luxury yachts, boutique shops, and pastel-colored buildings. It's a more upscale and chic destination, perfect for a leisurely day trip by the sea. You can also enjoy hiking along coastal trails or visit nearby **Santa Margherita Ligure**.



PORTOFINO

5. Genoa

- Travel Time: ~1.5 hours by train

Genoa is a bustling port city with a rich maritime history. It's known for its impressive architecture, UNESCO-listed old town, and fantastic food scene. Genoa's mix of palaces, museums, and vibrant street life make it a fascinating city to explore for a day. Visit **Palazzo Ducale**, explore the **Old Port** and **Aquarium of Genoa**, and wander through the narrow streets of the historic center.



GENOA

6. Milan

- Travel Time: ~3 hours by train

While Milan is a bit farther for a day trip, it's worth it if you want to experience Italy's fashion and financial capital. Known for its grand architecture, world-class museums, and high-end shopping, Milan offers a cosmopolitan contrast to the coastal vibe of Cinque Terre. Visit the **Duomo di Milano**, see **Leonardo da Vinci's The Last Supper**, and shop in the elegant **Galleria Vittorio Emanuele II**.

These day trips from Cinque Terre allow you to experience the beauty, history, and culture of nearby cities while still returning to the tranquility of the Ligurian coast at the end of the day. Whether you're interested in art, history, food, or nature, there's a destination nearby to suit every interest!



MILAN

MY FAVORITE TRAVEL CREDIT CARDS FOR BEGINNERS



[CLICK HERE](#)

Disclaimer: This guide contains affiliate links. If you book or buy something through these links, I earn a small commission (at no extra cost to you).

GATHER DOCUMENTATION

At least six months before your departure, make sure your ID, passport and other necessary documents are in order.

Driver's license: Most of the time, you can leave this at home. However, if you are renting a car, you will need to show it to your agency. Also, if you lose your passport, this is a good second form of identification.

Passport: Applying for or renewing a passport typically takes six to eight weeks, but now eligible US citizens can renew online. However, you can pay an additional \$60 expedited service fee to get it renewed in two to three weeks, if desired. If you plan to travel outside the U.S., you need a passport. Make sure your passport will not expire for at least six months after your trip is scheduled to end.

Some countries also require passports to have one to two blank pages for entry.

Visas: If you're traveling to another country, you may need to apply for a tourist visa. This could require paying a visit, or sending your passport, to a foreign embassy or consulate in the U.S. Application fees typically run from \$50 to \$200. Visit the U.S. Bureau of Consular Affairs to learn more.

TSA PreCheck and Global Entry: A travel reward credit card like the Capital One card, gives you up to a \$85 credit towards these programs.

Confused about the two programs? Here's the difference: **TSA Precheck** (\$85) puts you in a faster security line at U.S. airports.

Global Entry (\$100) includes TSA Precheck and adds expedited customs screening upon your return from international trips. These programs can help you zip through airport security lines.

Before you apply, give yourself a few weeks to fill out the online application and visit an enrollment center for fingerprinting and an ID check.

You must already have a valid U.S. passport to apply for Global Entry, and you must participate in an interview at a designated enrollment center. Once approved, your status lasts five years. Most interviews last about five minutes, it's very easy!

PACKING

Each adventure requires a different packing list. If you pack last minute, you can skip this section.

Traveler Tip: If you're a film nerd like me, don't forget your [DJI mini drone](#) or [GoPro](#) at home! Follow this link to my Amazon store to grab the latest [GoPro Hero 12 Black](#).



If you want to pack like a pro, I highly suggest to start thinking about it an advanced. This is for a few different reasons. The most important being that you don't want to forget anything, obviously.

Speaking of packing... you won't be able to miss [this luggage set](#) at the airport.



Packing Cubes vs. Rolling: Which is best?

A packing cube set, like [these on Amazon](#), can help you save almost as much space as folding. Plus, keep you significantly more organized. And this is why I love packing cubes. It makes my life so much easier on the road.

Traveler Tip: If you stick a travel size fabric softener spray bottle in a plastic ziplock bag in one of your shoes, you can use it at your destination to get out any wrinkles and keep your clothes smelling fresh.

The Secret Packing Cube Hack

Here is what I do. I roll my clothes and pack them in [my packing cubes](#) organize by clothing garment. So the basics like pants, shirts, bedtime outfits, etc. Fill in your shoes with items like socks and place them around the packing cubes, where the gaps are. Lastly, not everything needs a packing cube. You may want to lay thick sweaters or jackets flat.

This way, **you get the best of both worlds**. The cubes keep your garments organized and rolling technique allows you to fit more inside the cube. VIOLA!



LOST LUGGAGE...

Who ya gonna call? Ghostbusters?!

The airlines doesn't care about your lost bag, trust me! That's why I always, always, always keep an [Apple Airtag](#) in mine.

Don't have an iPhone, no problem, use [these](#) instead.

THE ULTIMATE TRAVEL PACKING LIST

CLOTHES TO PACK

- UNDERWEAR
- SOCKS
- BRAS
- SLEEPWEAR
- T-SHIRTS
- DRESS SHIRTS
- CASUAL SHIRTS
- JEANS
- PANTS
- SHORTS
- DRESSES
- SKIRTS
- SWEATERS
- SWEATSHIRTS
- SUITS
- SWIMSUITS
- COVER-UPS
- COATS
- HATS
- GLOVES
- SCARVES
- PURSES
- UMBRELLA
- LEISURE SHOES
- HIKING BOOTS
- SNEAKERS
- SNOW BOOTS
- DRESS SHOES
- SANDALS
- BELTS
- TIES
- JEWELRY
- COLLAPSIBLE PACK

MISCELLANEOUS ITEMS

- CELL PHONE
- CELL PHONE CHARGER
- MEDICATIONS
- ELECTRONIC CHARGERS
- EMERGENCY CONTACTS
- COPY OF PASSPORT
- PLUG ADAPTER
- BEACH TOWELS
- SWIMMING GOGGLES & FINS

TOILETRIES TO PACK

- TOOTHBRUSH
- TOOTHPASTE
- DENTAL FLOSS
- SOAP
- DEODORANT
- SHAMPOO
- CONDITIONER
- HAIR BRUSH
- STYLING TOOLS
- FACIAL CLEANSER
- FACE LOTION
- SUNSCREEN
- MOISTURIZER
- CONTACT LENSES
- CONTACT SOLUTION
- SHAVING SUPPLIES
- MAKEUP
- MAKEUP REMOVER
- PERIOD PRODUCTS
- MEDICATION/BC
- NAIL FILE
- NAIL CLIPPERS
- TWEEZERS
- HAND SANITIZER
- BANDAGES
- FIRST-AID
- INSECT REPELLENT
- PAIN RELIEVERS
- VITAMINS

TECH & CAMERA GEAR

- CAMERA
- GOPRO
- DRONE
- TABLET
- LAPTOP
- CAMERA CHARGERS
- BLUETOOTH SPEAKER

WHAT TO PACK IN YOUR CARRY-ON

- BOOKS/E-BOOKS
- HEADPHONES
- TRAVEL BLANKET
- TRAVEL PILLOW
- EYE MASK
- EARPLUGS
- TISSUES
- LIP BALM
- DISINFECTING WIPES
- GUM
- CHANGE OF CLOTHES
- SNACKS
- EMPTY WATER BOTTLE
- IN-FLIGHT MEDICATIONS
- VALUABLES
- CAMERA
- DRONE BATTERIES
- PASSPORT/VISA/ID
- CASH
- CREDIT/ATM CARDS
- INSURANCE CARDS
- ITINERARY
- MAPS/DIRECTIONS
- GLASSES
- SUNGLASSES
- HOUSE KEYS
- HAND SANITIZER

ONE DAY ITINERARY SAMPLE



SEE ALL FIVE VILLAGES IN ONE ACTION-PACKED DAY

ONE DAY IN CINQUE TERRE

Spending one day in Cinque Terre is an unforgettable experience, and while the region is best savored over several days, you can still enjoy its highlights in a single day.

Day 1 - Grab the 24hr Cinque Terre Train Card and use it to navigate to all five villages. Spend a couple hours in each and sample the local pesto and wine! Make sure to have lunch or dinner at Nessun Dorma in Manarola. Hint: Book a few weeks in advance.

CONTACT NICK@NAVIGATORNICK.COM FOR A CUSTOM ITINERARY

3 DAY ITINERARY SAMPLE



ENJOY ALL FIVE VILLAGES AT A LEISURELY PACE

3 DAYS IN CINQUE TERRE

Spending three days in Cinque Terre offers the perfect opportunity to explore the region at a relaxed pace, experience all five villages, enjoy local cuisine, and take in the stunning scenery.

Day 1 - Start Your Day in **Riomaggiore**, the southernmost village of Cinque Terre. Enjoy your quiet morning by walking through the village's narrow streets lined with colorful houses. Stroll down to the small harbor, where you can admire the view of boats and the sea. Join a ***captivating cooking class*** at a local's charming seaside home. Learn to make homemade Gnocchi and Genovese Pesto under an expert guidance. In the afternoon, take the train to Manarola to explore **Cantina Crovara** for a local wine-tasting experience. In the evening, make sure to book **Nessun Dorma** or **Trattoria Dal Billy** months in advance, known for spectacular views and seafood dishes.

Day 2 - Start in **Vernazza** and wander through the village's charming streets, stopping at the **Church of Santa Margherita di Antiochia** and **Castello Doria**. Afterwards, Set off on a scenic hike along the Blue Path (**Sentiero Azzurro**) to **Corniglia**. Visit the **Church of San Pietro** and walk to the **Belvedere di Santa Maria**. Enjoy dinner at **Trattoria Cecio** in Corniglia. Hint: Book a few weeks in advance

Day 3 - Start your day in **Monterosso al Mare**, the best spot for beach lovers, perfect for a relaxing day by the sea. In the early evening, take a ***Cinque Terre Sunset Cruise*** on a traditional ligurian gozzo and enjoy the sunset from the boat while enjoying a Aperitivo with local products and prosecco. Enjoy your last dinner in Cinque Terre at **Ristorante Miky**, an upscale restaurant known for its elegant seafood dishes and beachfront views.

CONTACT NICK@NAVIGATORNICK.COM FOR A CUSTOM ITINERARY

5 DAY ITINERARY SAMPLE



PERFECT FOR THOSE WANTING A DEEPER EXPERIENCE OF CINQUE TERRE

5 DAYS IN CINQUE TERRE

Day 1 - Spend the day in **Riomaggiore**, the southernmost village of Cinque Terre. Enjoy your quiet morning by walking through the village's narrow streets lined with colorful houses. Stroll down to the small harbor, where you can admire the view of boats and the sea. Join a ***captivating cooking class*** at a local's charming seaside home. Learn to make homemade Gnocchi and Genovese Pesto under an expert guidance. Spend the evening watching the sunset from the harbor with take out pizza, just like the locals.

Day 2 - Start in **Vernazza** and wander through the village's charming streets, stopping at the **Church of Santa Margherita di Antiochia** and **Castello Doria**. Afterwards, Set off on a scenic hike along the Blue Path (**Sentiero Azzurro**) to **Corniglia**. Visit the **Church of San Pietro** and walk to the **Belvedere di Santa Maria**. Enjoy dinner at **Trattoria Cecio** in Corniglia. Hint: Book a few weeks in advance

Day 3 - Today, take the train to Manarola. Walk through the village down to the harbor. Then, head up to **Punta Bonfiglio**, which offers sweeping vistas of the village and sea. For lunch, stop at **Nessun Dorma** for breathtaking views and appetito. After lunch, head down to the rocky harbor for a swim. The clear blue water is perfect for a refreshing dip. Watch the sunset from the cliffs around Manarola. The golden light over the colorful houses is a must-see. Have dinner at **Trattoria Dal Billy**, one of the best seafood restaurants in Cinque Terre, known for its terrace with a view.

Day 4 - Take a day trip to **Pisa** or **Portovenere**. Depending on your travel style, take in history in the city of the leaning tower or visit another seaside village, Portovenere, just south of the Cinque Terre.

Day 5 - Start your day in **Monterosso al Mare**, the best spot for beach lovers, perfect for a relaxing day by the sea. In the early evening, take a **Cinque Terre Sunset Cruise** on a traditional ligurian gozzo and enjoy the sunset from the boat while enjoying a **Aperitivo** with local products and prosecco. Enjoy your last dinner in Cinque Terre at **Ristorante Miky**, an upscale restaurant known for its elegant seafood dishes.

CONTACT NICK@NAVIGATORNICK.COM FOR A CUSTOM ITINERARY

IMPORTANT PHONE NUMBERS

When traveling in Cinque Terre, it's important to have a list of key phone numbers to help ensure your safety and provide assistance in case of emergencies. Here are some essential phone numbers for travelers in Cinque Terre and Italy in general:

Emergency Numbers in Italy

- European Emergency Number: 112
(This is the universal emergency number across the EU, and it connects you to police, fire, or medical services.)
- **Police** (Carabinieri): 112
(For crime, theft, or general police matters.)
- **Medical Emergency** (Ambulance): 118
(For medical emergencies requiring urgent care.)
- **Fire Brigade**: 115
(For fire-related emergencies or rescue situations.)
- **Coast Guard** (Emergencies at Sea): 1530
(For maritime emergencies or rescue assistance at sea.)

Healthcare and Medical Assistance

- Pharmacy Hours and Information: Look for signs that say **“Farmacia”**. Pharmacies are typically marked with a green cross, and many have after-hours services, rotating between locations.
- **La Spezia Hospital** (closest to Cinque Terre):
Ospedale Sant'Andrea
Phone**: +39 0187 5331

Tourist Information

- Cinque Terre National Park Office (for hiking information, trail closures, etc.):
Phone: +39 *0187 762600
Email: info@parconazionale5terre.it
- **Trenitalia Customer Service** (Train Information and Tickets):
Phone: +39 06 3000 (International Customer Care)

Embassies and Consulates

- U.S. Embassy in Italy (Rome):
Phone: +39 06 46741
- U.K. Embassy in Italy (Rome):
Phone: +39 06 4220 0001

Consorzio Marittimo Turistico (Ferries between Cinque Terre villages):

Phone: +39 0187 732987 (For ferry schedules and maritime services.)

Local Numbers for the Villages in Cinque Terre

Each village may have its own small tourist offices and services. Here are a few numbers you might find useful:

- **Tourist Information** (Monterosso): +39 0187 817506
- **Tourist Information** (Vernazza): +39 0187 812523
- **Tourist Information** (Manarola): +39 0187 920633
- **Tourist Information** (Riomaggiore): +39 0187 760080

Make sure to have these numbers handy during your travels, either saved on your phone or printed in case of emergencies or practical needs!

COMMON ITALIAN WORDS & PHRASES

Learning some common words and phrases in Italian can be helpful. Here are some essential Italian phrases:

1. Greetings and Basics:

- Hello: Ciao
- Good morning: Buongiorno
- Good evening: Buonasera
- Good night: Buonanotte
- Yes: Sì
- No: No
- Please: Per favore
- Thank you: Grazie
- You're welcome: Prego

2. Introductions:

- My name is...: Mi chiamo...
- What's your name?: Come ti chiami?
- Nice to meet you: Piacere di conoscerti

3. Common Courtesies:

- Excuse me: Scusa (informal) / Scusi (formal)
- I'm sorry: Mi dispiace
- Goodbye: Arrivederci
- See you later: A dopo

4. Numbers:

- One: Uno
- Two: Due
- Three: Tre
- Four: Quattro
- Five: Cinque
- Ten: Dieci

5. Directions:

- Where is...?: Dove si trova...?
- Left: Sinistra
- Right: Destra
- Straight ahead: Dritto

6. Eating Out:

- Menu: Menu
- Water: Acqua
- Food: Cibo
- Wine: Vino
- Bill, please: Il conto, per favore

7. Transportation:

- Train: Treno
- Bus: Autobus
- Airport: Aeroporto
- Taxi: Taxi

8. Shopping:

- How much does it cost?: Quanto costa?
- I would like to buy: Vorrei comprare
- Can I pay with a credit card?: Posso pagare con la carta di credito?

9. Emergency Phrases:

- Help: Aiuto
- I need a doctor: Ho bisogno di un medico
- Where is the hospital?: Dove si trova l'ospedale?

10. Miscellaneous:

- Yes, please: Sì, per favore
- No, thank you: No, grazie
- I don't understand: Non capisco
- Do you speak English?: Parla inglese?

Practice these phrases, and it will enhance your experience while traveling in Italy. Italians appreciate tourists making an effort to speak their language.

THANK YOU FOR YOUR SUPPORT!



Love the Guide?



Buy Me a Coffee!

