

CINQUE TERRE SELF-GUIDED BIKE TOUR

THE ENCHANTING RUGGED COASTLINE AND AZURE BLUE SEAS OF THE ITALIAN RIVIERA

There is no place on Earth like the five villages of Cinque Terre and with Trek Travel's self-guided tour, there's no better way than this to see them. You'll ride from the dramatic mountains that dominate the coast to the winding streets of the Italian Riviera and discover a breathtaking stretch of coastline. Here the mountains descend into the sea with an intricate pattern of stone walls, creating terraces that feature ancient vineyards. This UNESCO World Heritage site is home to thousand-year-old villages perched on top of the sheer rocky outcropping of the Ligurian Sea, connected only by walking trails and a narrow-gauge 19th-century railway. Food is a showpiece here as well, from handmade focaccia to fresh anchovies to the local pasta served with the exquisite locally-sourced pesto. As you explore the candy-colored villages clinging dramatically to the steep slopes, you'll be forgiven if you need to stop constantly for every photo opportunity, as your gaze sweeps across the horizon magically blending the mountains to the sea. Cinque Terre is sure to charm you as it presents to you its best. [Book your trip with confidence »](#)
[Learn more about Self-Guided trips and if they're right for you »](#)

From
\$1899

Rider Type
Active

Hotel Style
Explorer

Duration
5 days | 4 nights

Start | End
**Manarola, La Spezia,
Italy | Moneglia, Genoa,
Italy**

Dates
Dates Coming Soon

TRIP WOWS

Enjoy spectacular rides overlooking the Mediterranean Sea, immersed in a postcard-worthy landscape
Stay at two small, family-run hotels that provide you with the warmest Italian hospitality

Indulge in the flavors of the Ligurian cuisine, offering the best seafood and “pasta al pesto”, accompanied by the best white wines produced here

Spend a day hiking between the picture-perfect towns of the UNESCO World Heritage Site, Cinque Terre

Soak up the atmosphere of the fishermen’s villages as you wander through the narrow alleyways of the colorful towns perched on the hills



DAILY ITINERARY

2021

Day

1

TODAY'S RIDE:

Volastra to Levanto

Approximately 15 miles with 2,039 feet of climbing

AVID OPTION:

Levanto to Vignana Loop

Approximately 9 miles with 1,402 feet of climbing

DESCRIPTION:

Welcome to the breathtakingly beautiful region of Cinque Terre, Italy! Meet your Trek Travel guide in Manarola, one of the five coastal villages. Feel free to wear your street clothes but bring along your cycling clothes and anything you will need for the day's ride like personal pedals, saddles, GPS units, etc. You may bring along a day bag for the first portion of the day, as your guide can drop this off for you at the hotel in the afternoon. Enjoy lunch with your guide at a local restaurant as you get a brief orientation of the week ahead. Afterward, you may change into your cycling gear, and your guide will fit you to your bike, ensuring a comfortable fit. Then you are off on your first cycling adventure on a winding coastal road surrounded by the wild nature of the Cinque Terre National Park. After cruising through this Mediterranean region's array of pine and cork forests, you'll descend to the sea and finish your ride with a final two-kilometer climb to your cozy hotel in the charming town of Levanto. Unwind and relax with an aperitif on the terrace above the pool, soaking in the peaceful atmosphere of this place. Tonight enjoy dinner at one of the many restaurants in town, choosing from our list of hand-selected recommendations.

HOTEL:

Agriturismo Costa di Faraggiana

[VISIT WEBSITE](#)

INCLUDED MEALS:

Lunch

Day

2

TODAY'S RIDE:

Hike from Vernazza to Corniglia

Approximately 2 miles with 600 feet of climbing

OPTIONAL TODAY'S RIDE:

Levanto to Chiesa Nuova Loop

Approximately 16 miles with 2,522 feet of climbing

OPTIONAL AVID OPTION:

Levanto to Guaitarola Loop

Approximately 20 miles with 3,597 feet of climbing

DESCRIPTION:

You don't truly experience the Cinque Terre until you explore the beautiful footpaths that connect the five isolated villages. Today we suggest you hike from Vernazza to Corniglia, immersed in a constant stream of gorgeous views. Take an early train to Vernazza, arguably the quaintest and most alluring of the five villages. Upon arrival you'll fall in love with every single corner of this elegant town, which still retains the characteristics of a traditional fishing village. Enjoy an espresso in the charming piazza, lined with good restaurants and bars, from which you can admire the astounding natural harbor, surrounded by a delightful jumble of pastel-hued houses, drying clothes, colorful boats, and piles of fishing nets. Before the village and the trails get too crowded, embark on the footpath towards Corniglia, the next village going east. Be sure to wear sturdy shoes and be prepared to climb for the first portion of the hike. You'll rise high above the town and, after paying a small hiking fee, pass by the fortress that overlooks the Ligurian Sea on your way to Corniglia, the smallest and highest of the towns, offering a viewpoint with spectacular vistas of all five villages. Rest your feet and enjoy lunch at the bistro of your choice overlooking the sea. Be sure to try the spaghetti al mare and then stroll through the narrow alleys that give this town its charm. At your leisure, take a train back to Levanto to enjoy a dip in the sea. For dinner tonight linger over a meal of your choice in this lively town, armed with our list of recommended restaurants.

HOTEL:

Agriturismo Costa di Faraggiana

[VISIT WEBSITE](#)

INCLUDED MEALS:

Breakfast

Day

3

TODAY'S RIDE:

Levanto to Moneglia

Approximately 25 miles with 3,499 feet of climbing

DESCRIPTION:

Amazing riding awaits today, spinning alongside the glittering sea and tackling a classic Ligurian climb up the famous Passo del Bracco. While we take care of transferring your luggage to your next hotel, you can enjoy today's ride at your own pace. Your efforts will be rewarded by spectacular views and the serenity of looking out across surrounding scrubland vegetation of the Mediterranean region and its surprising mountainous geography. You'll ride on an incredibly tranquil road throughout your ascent, finally reaching the summit where we suggest to take a few photos in front of the iconic summit road marker to capture your achievement. Make sure to pack a vest or a windbreaker for the long sweeping descent to the picturesque village of Moneglia. Your final destination is the hotel Abbadia San Giorgio, a former monastery built by Franciscan monks in 1484, which will be your home for the next two days. Settle in and freshen up before heading to the beach to enjoy an aperitif at sunset. Tonight is yours to explore the winding streets of Moneglia and find the restaurant of your choice for dinner in one of the local taverns recommended by our guides.

HOTEL:

Abbadia San Giorgio

[VISIT WEBSITE](#)

INCLUDED MEALS:

Breakfast

Day

4

TODAY'S RIDE:

Moneglia to Sestri Return

Approximately 20 miles with 2,912 feet of climbing

AVID OPTION:

Moneglia to Sestri with Villa Azaro Loop

Approximately 31 miles with 4,404 feet of climbing

DESCRIPTION:

After a bountiful breakfast served in the relaxing atmosphere of the hotel's cloister, saddle up and get ready to climb right from the doorstep of your hotel! A four-mile ascent will take you on the important Roman route of via Aurelia, from which you'll enjoy a fantastic descent to Sestri Levante, one of Liguria's lovely gems situated like a fairy tale between the Baia di Silenzio (Bay of Silence) and the Baia delle Favole (Bay of Fables). This once-quiet fishing village is slowly transforming into a tourist hotspot among Italians, who love the romantic harbor of the Bay of Silence and the lively beaches of the Bay of Fables. If you want to add some miles, take the avid option inland, riding on quiet, secondary roads. Stop for lunch in Sestri, perhaps sitting at one of the many restaurants overlooking the bay, before making your way back to Moneglia. This evening we suggest you celebrate with a final dinner in great style at Assirto in Moneglia, a restaurant once made famous by Forbes Magazine's "Meal of the Year;" the author described the experience as "simply the most unbelievable, fantastic and memorable meal of my entire year." Let the host Luca explain the history and tradition of each delectable dish, as you sip wine paired perfectly to each delicious option. It is sure to be a meal to remember and the best way to celebrate a week of wonders in this magical land.

HOTEL:

Abbadia San Giorgio

[VISIT WEBSITE](#)

INCLUDED MEALS:

Breakfast

Day

5

TODAY'S RIDE:

Moneglia to Tessa Loop

Approximately 8 miles with 1,310 feet of climbing

DESCRIPTION:

It's time to say goodbye to this corner of Italian paradise. However, before packing your bags for the voyage home, take the opportunity for one last early-morning spin into the hills. Or, if you'd rather, simply linger over a hot cappuccino and enjoy a leisurely morning. Soak up the calm of the courtyard of this former monastery as you listen for chanting coming from the church. A Trek Travel guide will meet you at the hotel at 11:00 AM to take your bike and say farewell before you depart to close out this trip of a lifetime in the beautiful Italian Riviera.

HOTEL:

Abbadia San Giorgio

[VISIT WEBSITE](#)

INCLUDED MEALS:

Breakfast

WHAT'S INCLUDED

For us, the details matter most

Every moment of a Trek Travel bike trip has more than you could have ever dreamed. More romance. More scenery. More choice. It's the little additions to every Trek Travel cycling vacation that make it truly special. And that's how we help you create more memories.

What's Included

- Four nights of accommodation at handpicked hotels
- Daily breakfast
- Day 1 lunch with the guide
- Daily lunch and dinner recommendations
- Ride a Trek Domane SL 7 disc or Trek Electric-Assist Verve+
- Up to three daily route options on riding days
- Trek Travel water bottles to keep
- Each bike is equipped with a flat pack, frame pump, phone mount, front and rear lights
- Bontrager helmet (optional if you do not bring your own)
- Bontrager saddle (we suggest you bring your own for the most comfortable fit)
- Shimano clipless pedals or flat pedals (optional if you do not bring your own)
- All luggage transfers during your trip
- A bike lock, all necessary chargers, and a floor pump
- Bike fit on the first day to help you find your optimal position for comfort, with recreational or avid set-up along with saddle preference
- Ride With GPS app on your phone to navigate and get all the information you need on your self-guided adventure

- Optional daily phone or video call with the guide to prep you for the next day's adventure
- Support on the ground in case of emergency

Gear

- Trek Domane SL 7 disc carbon road bike with Shimano Di2 electronic shifting or Trek Electric-Assist Verve+, available in a limited quantity
- Trek Travel water bottles to keep
- Shimano clipless road pedals, Shimano clipless mountain pedals, or flat pedals (optional if you do not bring your own)
- Bontrager helmet (optional if you do not bring your own)
- Bontrager men's and women's specific saddles
- Bontrager front and rear Flare R lights
- Each bike is equipped with a flat pack, frame pump, and phone mount
- A bike lock, all necessary chargers, and a floor pump
- Coupon valued up to \$500 off a new Trek Bicycle. Your coupon will be delivered via email prior to your trip.
- *For the most comfortable ride, you may choose to bring your own pedals, saddle, and helmet on the trip. Your guides will install your gear on the first day during your bike fit.*

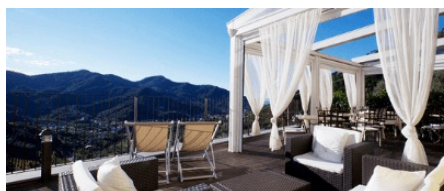
THANK YOUR GUIDE, BY TIPPING

Gratuities for your Trek Travel guide are not included in your trip price. We recommend tipping 7.5-10% of your trip price, preferably in the local currency. Please tip your guide at your discretion, based on their level of professionalism, guest care, and service.

What's Not Included

- Airfare and transportation to and from the trip meeting/departing locations
- Lodging before and after the trip
- Personal items purchased during the trip
- Optional activities not scheduled by Trek Travel
- While we provide daily breakfast and one lunch, the other meals are not included. On self-guided trips, Trek Travel provides restaurant recommendations and invites you to explore the local cuisine at your leisure.

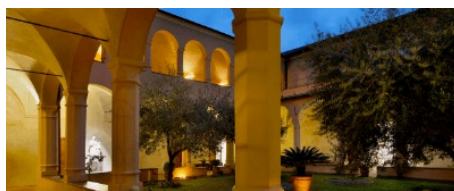
HOTELS



AGRITURISMO COSTA DI FARAGGIANA

LEVANTO, ITALY

Perched with stunning views on the valley, this family-run agriturismo has been operating since 2012, with seven rustic-yet-refined rooms, an outdoor pool, a hot tub, and a wellness center. The expansive location of the hotel, surrounded by olive trees and overlooking the valley, makes it an ideal retreat away from the bustle of the Cinque Terre. Massages and beauty treatments are also available at the property. The family offers free shuttles to town so guests can go to the beach or take a stroll in town at their leisure. Or perhaps choose a private boat tour to admire the Cinque Terre from the unique perspective of the sea.



ABBADIA SAN GIORGIO

MONEGLIA, ITALY

The hotel Abbadia San Giorgio is a 15th-century monastery nestled in the small and charming town of Moneglia. The uniquely decorated hotel rooms feature marble bathrooms juxtaposing antique mirrors with modern Jacuzzi baths. Savor organic breakfasts in the peaceful setting of the cloister. The shimmering Ligurian Sea is only a few steps away and amazing restaurants are short walking distance from the hotel.



MEETING & DEPARTING

How To Get There

We suggest that you arrive at least one day prior to the trip start, which will enable you to adjust to the time zone and minimize the risk of missing the trip start due to flight-related delays. We recommend that you fly into Pisa (PSA). From Pisa airport, you can take a direct train to Pisa's central station, which takes about eight minutes. From Pisa Centrale, frequent direct trains depart to La Spezia Centrale. The trip takes one hour and costs approximately eight euros. Tickets can be purchased at the airport, at Biglietteria office, from ticket machines or at www.trenitalia.com. All tickets must be validated before getting on the train: do this by stamping your ticket at the yellow boxes near the platform.

From La Spezia train station you need to take a taxi to the trip hotel in Levanto. We suggest you contact our local driver ahead of time to arrange the transfer. Our Trip Consultant can provide you with our recommended local contact information. The trip takes approximately 30 minutes and costs about €30.

Should you wish to get from Pisa to Levanto by private shuttle, the trip takes about one hour and a half and costs about €200. The trip hotel, Costa di Faraggiana, is happy to offer their shuttle service upon request. Please contact them ahead of time if you wish to be picked up either at the airport in Pisa (PSA) or in Genoa (GOA). Here are their contact details:
info@costadifaraggiana.com Tel: +39 0187 807802

Before: Lucca, Italy

Lying in close proximity to Pisa and known throughout Italy for its fantastic medieval city walls that still encircle most of the historic old town, Lucca is a charming town. The infrastructure of this untouched gem still operates on the grid street pattern designed by the Romans, and elements of the original Etruscan settlement create a visible pastiche of the old and new. Romanesque

Meeting Time And Location

Your Trek Travel guide will meet you at the train station in Manarola on the first day of the trip. The meeting time is scheduled at 11:00 AM. There are frequent trains that connect Levanto with Manarola and the trip takes about 15 minutes. Together with your guide you will visit this charming fisherman village before taking a short taxi ride to Volastra. Here you will have lunch together at a restaurant as your guide gives you a brief orientation of the week ahead. After lunch you may change into your cycling gear and your guide will fit you to your Trek bike, ensuring your comfort for the week. After a safety talk, and a few tips about cycling in the area you will set off at your own pace through a panoramic road.

If you will be late for the meeting or are going to miss it altogether, please inform your guide. You will receive an email a week before the trip start with their name and contact details. If you cannot reach them, please call our first hotel, Costa di Faraggiana (+39 0187 807802), and leave a message with your expected arrival time and contact details.

Departing Time And Location

A Trek Travel guide will meet you at 11:00 AM on the last day of your Cinque Terre self-guided bike tour at the hotel Abbadia San Giorgio to take your bike and equipment. From here you may choose to extend your stay in the area or secure a taxi back to the airport or other destinations. We recommend contacting our local driver for your transportation needs. Our Trip Consultants can provide you with our recommended local contact information.

HOTEL SAN LUCA PALACE

The San Luca Palace Hotel combines elegance, sophistication, and exquisite attention to every detail. It sits in the center of Lucca on a medieval square dating back to 1540, and lies only moments from the bustling shopping district and train station. Inside, the baroque furnishings and rich luxury conspire to provide every creature comfort you could want.

www.SanLucaPalace.com

HOTEL ILARIA E RESIDENZA DELL'ALBA

The Hotel Ilaria & Residenza dell'Alba is right where you want to be, steps away from the Piazza Napoleone, Lucca Botanical Gardens, Roman Amphitheatre, Basilica di San Frediano, and Casa di Puccini, as well as the city's transit system

churches seem to be around every corner, as do fun-loving and shady piazzas filled with soccer-playing children. There's so much art, culture and vibrance behind every nook and cranny of this richly historic city, that it's easy to see why Mario Cipollini, cycling's most unique and strong-willed sprinter, calls it his home. We recommend the following accommodations for your pre-trip hotel:

After: Genoa, Italy

Overlooking the Ligurian Sea, Genoa is the picturesque Ligurian capital whose history is relative to the art of navigation and trade. Its Porto Antico (old harbor) is the ancient part of the port of Genoa, which remains even today the most important port in Italy, and one of the largest in the Mediterranean and in Europe. Among the most interesting sights to visit is the old town centre with its carruggi (little and narrow streets) where it is possible to find many eating houses, small shops, wonderful palaces, and historic buildings. There is also a house where Christopher Columbus is said to have been born. No visit to Genoa would be complete without marveling at the Palazzo Ducale, the historical seat of the Doge, the Teatro dell'Opera Carlo Felice, and San Lorenzo Cathedral. Finally, near the harbor, pay a visit to the renowned "Aquarium of Genoa", the biggest in Europe, with its 70 tanks and 400 species of animals, which every year welcomes more than a million visitors from every corner of the world. We recommend the following accommodations for your post-trip hotel:

for bigger adventures. If you choose to stay closer to home you'll be treated to impeccable style with city views and endless amenities.

www.lIariaResidenzaDellAlbaLucca.com

PALAZZO DI PINTO

Overlooking a picturesque square of the same name, this hotel lies in the heart of the historical center of Lucca. Meticulously remodeled in 2017, it is now a charming and contemporary 4-star hotel set in a prestigious 13th century building.

www.palazzodipinto.com

MELIÁ GENOVA

Set in a quiet tree-lined boulevard in a residential area in the heart of Genoa, this upscale 5-star design hotel offers free access to the 190 m² wellness centre with an indoor swimming pool, gym, Turkish bath, and hot tub. With free WiFi, all the rooms are elegantly designed and come with modern amenities such as LCD satellite TV, minibar, and work area. There's also a Mediterranean restaurant and a trendy lounge bar.

www.melia.com/en/hotels/italy/genoa/melia-genova/index.htm

HOTEL DE VILLE

In an 18th-century baroque mansion offering views of Genova Port, this elegant 4-star hotel features a bar, a restaurant, a shared lounge, and free WiFi throughout the property. Only a short walk from the museums and ornate buildings on Via Garibaldi, the rooms come with flat-screen TVs and minibars, plus tea and coffeemakers. Complimentary breakfast is served in a refined restaurant featuring 1700s frescoes.

<https://hoteldeville.it/en/>

HOTEL PALAZZO GRILLO

Featuring free WiFi and a terrace with views of the city, this hotel occupies one of the most charming and historic palaces in the heart of the Old Town in the pedestrian area. Only a short walk from the aquarium, Via Garibaldi and Palazzo Ducale, each room is distinguished by modern, comfortable, and quintessential style with soft and clean design. The hotel offers free shuttle bus service and airport shuttle service.

<http://www.hotelpalazzogrillo.it/index.php?lang=en>

* Hotels listed above are local properties we love. We do not have special rates available.



FAQS

What Are The Daily Rides Like?

- Rider Type | 3 - Active
- Average Daily Mileage | 17

What are the options for a non-rider travel companion?

There are a variety of non-riding options on this trip for riders who want to take the afternoon off or travel companions who want to spend little or no time in the saddle. Some of these options may need to be scheduled before your trip—please contact one of our Trip Consultants for more information. Except as specified in

- Terrain | Hilly
- Average Daily Elevation | 2,456 feet
- Total Miles | 88
- Total Elevation | 12,282 feet

Averages and totals are calculated from our "Today's Ride" options.

The terrain is consistently hilly with quiet, narrow, and winding roads with stunning views overlooking the Mediterranean Sea. Ascents and descents can be steep and there is no flat riding. Cinque Terre is best suited for our Type 3 Riders. For those who wish to ride every mile but are concerned about their physical ability we recommend to use our electric bike —you still get a workout but can climb alongside even the strongest rider. Type 4+ Riders will enjoy the extra mileage the avid route options offer.

the itinerary, expenses and transportation to these activities are not included in the trip price. Some non-riding options on this trip are:

- Explore the five famous coastal villages by train
- Take a boat excursion to Portovenere
- Relax at the beach in Levanto
- Swim or kayak at the beach in Moneglia
- Hike between the villages of the Cinque Terre
- Delight in a wine tasting at Ca' du Ferrà winery in Bonassola
- Take a cooking class to learn the secrets of the Ligurian cuisine

Trip Changes

See itinerary for specific daily ride distances and elevation options. On all of our vacations, Trek Travel seeks to find quiet, paved secondary roads or bike paths to experience a region; busy roads are avoided as much as possible. Our itineraries are an approximation of our trips. Trek Travel strives to offer every guest a vacation of a lifetime on every trip. At times, routes, hotels, activities, etc. listed here may change at the discretion of the trip designer or guides to improve the trip experience.