

Cinque Terre NATIONAL PARK



AT A GLANCE

SEASIDE



9 BEACHES

27.26 KM OF MARINE
PROTECTED AREA

NATURE



100 KM OF
HIKING TRAILS

GASTRONOMY



22 WINERIES

23 FOOD PRODUCERS

ART & HISTORY



5 VILLAGES

3 CHURCHES

7 MUSEUMS

46 HISTORICAL,
ARCHITECTURAL &
CULTURAL SITES

1 ARCHAEOLOGICAL
SITE

FESTIVALS & EVENTS

International Music Festival

July to September

Film Fest

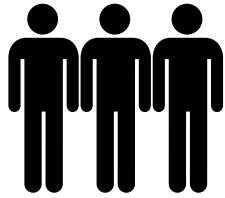
3rd weekend of October

Anchovy Festival

The Anchovy Festival is dedicated to celebrating one of Cinque Terre's delicacies: anchovies. Tastings and events for the festival takes place the second weekend of September.

VISITOR PROFILE

STATISTICS



500,000 VISITORS PER YEAR

70% ARE INTERNATIONAL TOURISTS

1/3 ARE NON-EUROPEAN ORIGIN

CHARACTERISTICS

YOUNG FAMILIES

SPORTS ENTHUSIASTS

NATURE LOVERS

HIKERS

BEACHGOERS

FOODIES

WINE CONNOISSEURS

SEASONALITY



10%



35%



25%



30%

Cinque Terre NATIONAL PARK

Cinque Terre National Park, the most renowned national park in Italy, is a protected territory located in the province of La Spezia, Liguria in northern Italy. It is the smallest national park in Italy with 4,300 acres, however it is the densest with 5,000 permanent inhabitants living amongst the five towns. The territory encompasses the towns of Riomaggiore, Manarola, Corniglia, Vernazza and Monterosso al Mare, as well as parts of the communes of Levanto and La Spezia. Cinque Terre was declared a UNESCO World Heritage Site in 1997.



LOCATION

Province of La Spezia in Liguria,
Italy

CLOSEST CITY

La Spezia

HOW TO GET THERE?

1 hr 15 mins by Train from Genoa
30 mins by Train from La Spezia
50 mins by Car from La Spezia

A photograph of the village of Riomaggiore, showing colorful buildings built into a steep cliffside overlooking the sea.

RIOMAGGIORE

The Five Villages

Riomaggiore

Riomaggiore is the first stop on many Cinque Terre visits. Peeling pastel buildings line down a steep ravine to a tiny harbour is one of Cinque Terre's most romantic sights. A botanical garden and bird watching centre are also worth visiting in Riomaggiore

Manarola

The grapevines that surround Manarola produce the Cinque Terre wine, Sclachetrà. Punta Bonfiglio, which is a short uphill hike from the town, has fabulous views on the Ligurian sea.

A photograph of the village of Manarola, showing colorful buildings built into a steep cliffside overlooking the sea.

MANAROLA

Corniglia

Sitting atop a 100m-high rocky promontory surrounded by vineyards, Corniglia is the only village that lacks direct access to the sea. Its tranquil, tangled streets lead to a broad and breezy sea-facing terrace, where you can see all five villages at once.

Vernazza

Vernazza's small harbour and its Piazza Marconi with its sea-facing amphitheatre of pastel houses are some of Cinque Terre's most iconic sights.

Monterosso

Monterosso, which is the furthest north of the villages is where visitors looking to enjoy the beach flock to. The village is known for its lemon trees and plump anchovies served right off a boat

A photograph of the village of Corniglia, showing colorful buildings built into a steep cliffside overlooking the sea.

CORNIGLIA

A photograph of the village of Vernazza, showing colorful buildings built into a steep cliffside overlooking the sea.

VERNAZZA

A photograph of the village of Monterosso, showing a beach with a large rock formation in the water and colorful buildings on the cliffside.

MONTEROSSO

Activities TO DO



ENJOY A DAY AT THE BEACH

Along the coastline, visitors can find a beach at Monterosso, which is the only village that has a strip of beach.



VISIT FOOD AND WINE PRODUCERS

Sciacchetrà wine and Cinque Terre DOC wines are produced in Cinque Terre vineyards built on steep cliffs

Vineyards to visit:

- Azienda Agricola Campogrande in Riomaggiore
- Azienda Walter De Battè in Riomaggiore
- Società Agraria Buranco in Monterosso al Mare

Food Products made in the park include honey and Riviera Ligure Olive Oil DOP

Olive oil mill to visit:

- l'Olio del Busanco di Ferri Giampietro in Riomaggiore

Hiking Trails

This 12km path offers some of Cinque Terre's most spectacular coastal scenery. The hike starts in Manarola and has a low level of difficulty. The Monterosso to Vernazza section is 3km and takes up to two hours and the the high path from Vernazza to Corniglia is 4km and takes about 90 minutes.

The famed Via dell'Amore is a pedestrian street along the coast overlooking the sea linking the villages of Riomaggiore and Manarola. The total length is 1 km and takes about 30 minutes, the route one of the most important tourist attractions in the area and is an integral part of the Cinque Terre National Park.

Experienced walkers will find it hard to resist the lure of this legendary trail, also known as the Red or High Trail. Allow between nine and 12 hours to complete the 35 km route, which runs from Porto Venere to Levanto, forming an arc high above the Cinque Terre villages. It's mainly flat and tree-covered, with plenty of bars and restaurants along the way.

Each of the Cinque Terre's villages has their own sanctuary perched high on the cliff-sides overlooking the sea. The walks winds through through terraced vineyards with spectacular views. Most of these walks are easy and take between 20 minutes and three hours one way.



THE SENTIERO AZZURRO



THE VIA DELL' AMORE



THE SENTIERO ROSSO



SANCTUARY WALKS



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Parco Nazionale
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GUIDED TOURS

The park offers a wide selection of tours for visitors to choose from and reservations can be made over the telephone or online via the website. Please note that group reservations are limited to 20 guests.

ACCOMMODATIONS

4-Star Hotels	3-Star Hotels	B&Bs
7	39	94
Farm Houses	Apts	Camps
27	448	5