

Hiking paths in Cinque Terre



Lower Trail (Sentiero Azzurro)

- (592) Monterosso-Vernazza 2h
- Vernazza-Corniglia 1h40
- Corniglia-Manarola **closed**
- Manarola-Riomaggiore **closed**

Higher Trails

- (591) Levanto-Punta Mesco 1h35
- (590) Monterosso-Punta Mesco 1h
- (509) Monterosso-Santuario di Soviore 1h45
- (598/591) Levanto-Portovenere 12h
- (582) Santuario di Soviore-Santuario di Reggio 1h45
- (508) Vernazza-Santuario di Reggio 1h10
- (581) Santuario di Reggio-San Bernardino 2h30
- (507) Vernazza-San Bernardino 1h20
- (587) Corniglia-San Bernardino 2h30
- (506) Manarola-Volastra-M.nna della Salute 40min
- (586/587) Volastra-Corniglia 1h30
- (531) Manarola-Riomaggiore 1h

- (593) Riomaggiore-Santuario di Montenero 1h
- (593) Santuario di Montenero-Telegrafo 1h
- (598) Telegrafo-Campiglia 1h
- (598) Campiglia-Portovenere 2h30-3h

Monterosso – Vernazza (Sentiero Azzurro nr 592)

You will find the start of this beautiful path in the historical center of Monterosso: coming from Fegina - after the tunnel or the stairs – and keeping the water on your right side, the road will slightly climb up towards Hotel Porto Roca: 20mt before the entrance of the hotel you will notice (on the right side too) a sign “ ➡ to Vernazza” and a bunch of steps going down. If you don't have tickets yet for the walking trails, you will still be able to buy them at the start of the path, 100mt from departure. It climbs immediately up with many stairs but at the end of these, you will have a breathtaking view on the whole Monterosso bay and Punta Mesco. You will continue on narrow footpaths between quiet nature, always accompanied by sights of the cliffs into the blue sea, vineyards, lemon and orange trees, flowering shrubs, dry stone walls and ancient bridges over tiny water streams. The downhill to Vernazza starts when you will be at a “very well known spot” admiring the view of the whole village from above: stop a minute to take one of the most famous Cinque Terre pictures in the world :) After quite many steps, you will reach the colorful and unique square of this unforgettable first stop.



Vernazza – Corniglia (Sentiero Azzurro nr 592)

In Vernazza, you will find the beginning of the path to Corniglia in the main street on your right hand side (giving your back to the sea), just before the Pharmacy. Leaving Vernazza you will immediately discover some beautiful views of the village seen from the other side which is totally different from the ones you caught during the previous path. On this stretch, the vegetation is enriched by many cactus plants that grow in the most unbelievable places and cross each other between other bushes. After quite a lot of climbing, you will reach a cluster of houses where there is also a bar with a peaceful terrace: here you can afford a small break and enjoy a fresh orange or lemon juice before descending to Corniglia, which will soon appear to you. Corniglia is the only village where no ferries or boats can dock, since it is totally situated on top of the hill.



The “Blue Path” (Sentiero Azzurro nr 592) from Corniglia to Riomaggiore is at the moment interrupted: we will give you alternative routes which are very interesting and a little challenging as well....

Corniglia – Manarola (Sentiero Alto nr 586/587/506)

After having visited Corniglia and admired the beautiful views on all the Cinque Terre from the Belvedere terrace, you will find the path to Volastra-Manarola on the way to the stairs which usually bring you down to Corniglia railway station: the sign to Manarola will be on the left side ←, whereas the stairs to the station are on the right side.

The first part is a quite tough climb, but once you are up in the direction of Volastra, you will be permanently in the middle of the vineyards with stunning views on the coast and until this cute little village of a few colorful houses, the trail will be totally flat. From Volastra to Manarola there are a lot of stairs but absolutely easy to descend: in the last part of the track, arriving on the hill of Manarola, (not in the summer time though !) you will be able to enjoy one of the biggest Christmas Crib of the world, which finds place from the beginning of December to the end of January: it lights up in the evening, offering a very special effect !!



Manarola – Riomaggiore (Sentiero Alto nr 531)

Take your time to visit Manarola, which has a nice little harbor, a very picturesque main street with shops and restaurants and a huge number of tiny little roads (“carugi”) which climb up and suddenly surprise you with small terraces from where you can appreciate beautiful sights of this colorful borough and its surroundings. The path to Riomaggiore starts inbetween these “carugi” and climbs up in a very irregular way: the stairs are absolutely not even and you need to be used to such a kind of soil but if you like a little challenge, it will certainly be very amusing: the positive thing is that it doesn’t last more than 30 minutes !!

Once you are up between the vineyards, you will immediately start the easy downhill to Riomaggiore: also many stairs....but it is the last effort of this stretch ;)

You will arrive in Riomaggiore next to the station: I suggest you to take the short tunnel which brings you in a couple of minutes to the other side of the village, the more suggestive part, where the small harbor, the colorful houses stacked up seem to make a game with each other, aiming for the highest place that enables to keep an eye, as far as possible, on the beautiful shore in the direction of Portovenere :)



Useful tips:

- bring enough water to hydrate yourself and possibly something to protect you from the sun (suncream/headgear).
- wear appropriate shoes and **NOT** thong sandals !!
- try to avoid (during hot periods) the hours around noon.
- if you stay more than two nights in Cinque Terre (which is to advise...), split the trails in 2 parts and in this case try the higher path from Riomaggiore to Corniglia since it is easier than in the opposite direction ;)
- walk always during the day and not without sunlight.
- if you have young children or older people with you, be aware that the paths (especially the higher ones) are quite tough and possibly not suitable for them, in some cases even dangerous.



For informations concerning the trails from Monterosso to Levanto and from Riomaggiore to Portovenere, please ask Iris or consult irisblog.cinqueterreblu.it under the page "Hiking in CinqueTerre"

