



CLASSIC CINQUE TERRE HIGHLIGHTS

Grace's Recommended Route

I personally followed this exact route during my visit to Cinque Terre and recommend it to anyone visiting for the first time. It offers the perfect balance of sightseeing, breathtaking scenery, and easy transportation.

Before you leave La Spezia

Download Apple Maps or Google Maps offline before leaving the ship in case your mobile signal is limited.

Walk from the cruise terminal to La Spezia Centrale Station (approximately 25–30 minutes). The walk is easy to navigate using Apple Maps or Google Maps.

Purchase your Cinque Terre Train Card at the station. There is no need to pre-purchase it. The ticket office is well organized, and English is widely spoken throughout the tourism areas.

Italian train stations are very easy to navigate, with excellent signage. If you are unsure which platform or train to take, simply ask one of the station staff.

Stop 1 - Monterosso

Take the train directly to Monterosso, the largest village in Cinque Terre.

Allow approximately 1½–2 hours to explore.

Highlights:

- Historic old town
- Beautiful sandy beach
- Waterfront promenade
- Colourful streets
- Breakfast, coffee or gelato

Stop 2 - Vernazza

Take the train to Vernazza.

Many visitors consider Vernazza the prettiest village in Cinque Terre.

Allow approximately 1½ hours.

Highlights:

- Picturesque harbour
- Castle viewpoint
- Narrow pedestrian lanes
- Church of Santa Margherita
- Waterfront cafés

Ferry to Manarola - The Scenic Highlight

Instead of taking the train, board the Cinque Terre Ferry. This is the most spectacular portion of the day.

Along the way you'll enjoy:

- Incredible views looking back toward Vernazza
- Beautiful views of Corniglia perched high on the cliffs
- One of the most breathtaking arrivals into Manarola from the sea

Stop 3 - Manarola

Allow approximately 1½ hours to explore.

Highlights:

- Colourful harbour
- Cliffside viewpoints
- Wine shops
- Gelato
- Fantastic photography

Stop 4 - Riomaggiore

Take the train to Riomaggiore.

Spend your remaining time exploring before returning to La Spezia.

Highlights:

- Marina
- Colourful houses & fishing boats
- Harbour
- Waterfront viewpoints & cafés
- Cliffside streets
- Sunset viewpoints (time permitting)

Return to La Spezia by train.

Why This Route Works So Well

- ✓ Starts at the furthest village
- ✓ Minimal backtracking
- ✓ Includes the most scenic ferry ride
- ✓ Easy train connections
- ✓ Visits the four most popular villages
- ✓ Ideal for cruise passengers

Grace's Insider Tips

- Purchase the first ferry available in Vernazza if weather permits. The coastal views are spectacular.
- Comfortable walking shoes are highly recommended, as the villages are known for their uneven cobblestone streets, steep hills, and staircases.
- Trains between the villages run often, so there is no need to rush if you're enjoying one village more than another.
- If time is running short, simply skip a village and continue by train. Your Cinque Terre Card gives you flexibility throughout the day.

See This Itinerary Come to Life





THE COMPLETE CINQUE TERRE EXPERIENCE

All Five Villages & Lover's Lane

Perfect if you want to experience every village, including the famous Via dell'Amore (Lover's Lane).

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Stop 1 - Riomaggiore

Take the train to Riomaggiore.

Allow approximately 1 hour.

Highlights:

- Marina
- Colourful houses & fishing boats
- Harbour
- Waterfront viewpoints & cafés
- Cliffside streets

Walk the Via dell'Amore - Lover's Lane

Walk the famous Via dell'Amore from Riomaggiore to Manarola. This historic cliffside pathway hugs the coastline and offers spectacular sea views.

Allow approximately 30–45 minutes, including time for photos.

Important: The trail is one-way only, from Riomaggiore to Manarola.

Stop 2 - Manarola

Spend approximately 1 hour exploring.

Highlights:

- Colorful Harbour
- Cliffside viewpoints
- Shops
- Wine bars
- Gelato
- Fantastic Photography

Stop 3 - Corniglia

Take the train to Corniglia. Unlike the other villages, Corniglia sits high above the sea.

From the station you can either:

1. Climb the famous staircase (about 380 steps) OR
2. Take the shuttle bus included with your Cinque Terre Card.

Allow approximately 1–1½ hours.

Highlights:

- Quiet atmosphere
- Panoramic viewpoints
- Charming village streets

Stop 4 - Vernazza

Take the train to Vernazza.

Allow approximately 1–1½ hours.

Highlights:

- Picturesque harbour
- Castle viewpoint
- Church of Santa Margherita
- Narrow pedestrian lanes
- Waterfront cafés

Ferry to Monterosso - A Beautiful Coastal Finale

Board the ferry from Vernazza to Monterosso.

Although shorter than the southbound route, you'll still enjoy wonderful coastal scenery approaching Monterosso from the water.

Stop 5 - Monterosso

Spend the remainder of your day here.

Highlights:

- Beautiful sandy beach
- Historic old town
- Waterfront promenade
- Colorful streets

Return to La Spezia by train.

Why Choose This Route?

- ✓ Visits all five villages
- ✓ Includes Via dell'Amore
- ✓ Includes Corniglia
- ✓ Includes a scenic ferry ride
- ✓ Great for active travellers
- ✓ Perfect for anyone wanting the complete Cinque Terre experience

