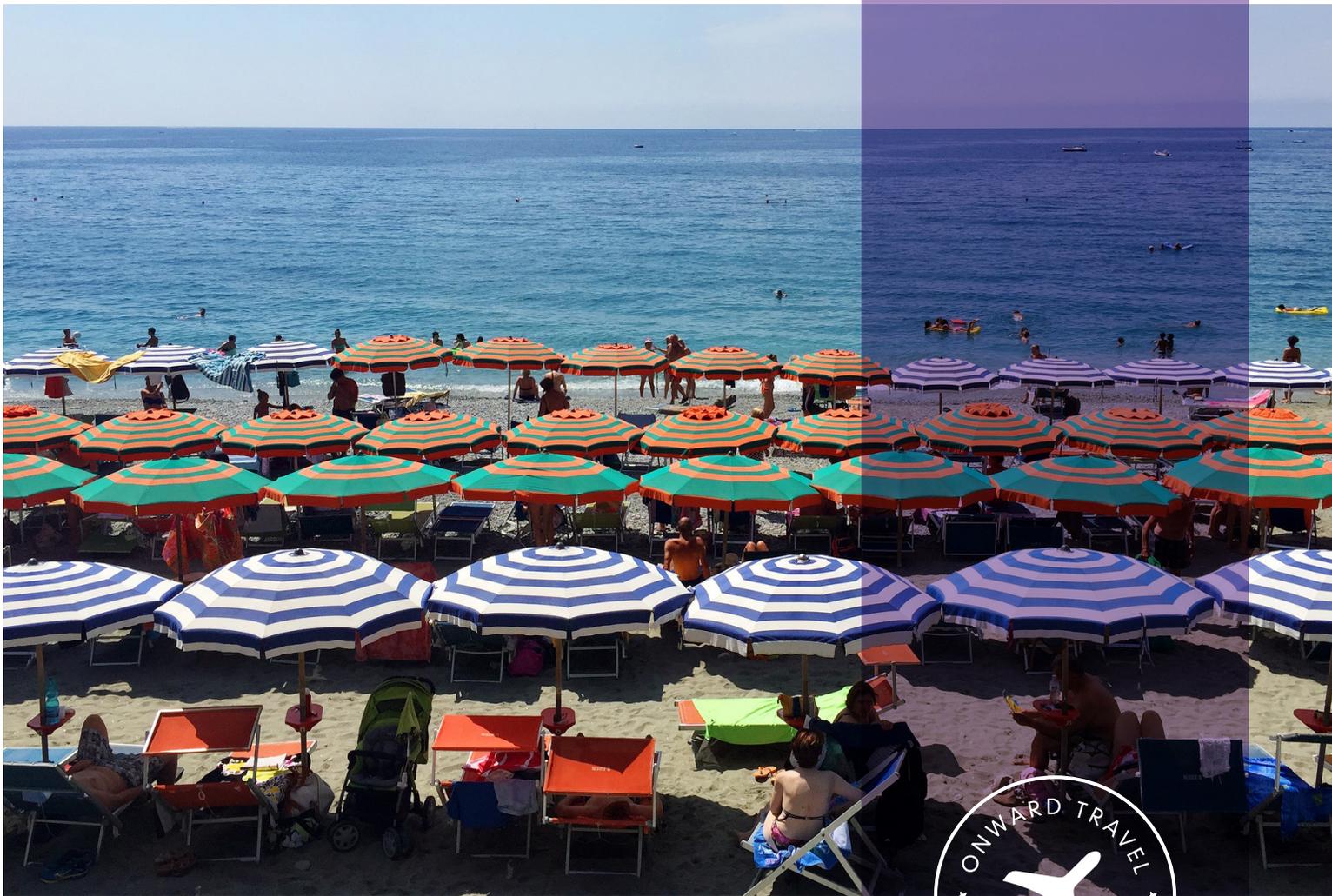


# CINQUE TERRE EXTENSION

A Getaway To The Italian Riviera  
October 1-5, 2017  
Hosted by Onward Travel

ONWARD TRAVEL   
EST 2014



## The Cinque Terre is a magical stretch of coastline encompassing five fishing villages built into the cliffs.

Here we'll find pastel-colored buildings, grapevines and olive groves, and charming piazzas. Life centers around the Mediterranean sea with heart-stopping views and fabulous fresh seafood as the ultimate rewards.

The vast Cinque Terre National Park surrounds the stretch of coastline from Riomaggiore to Monterosso and the inland terraced gardens. This stretch of coastline is a UNESCO world heritage site, because it represents "the harmonious interaction between people and nature to produce a landscape of exceptional scenic quality." It is truly a sight to behold.

Onward Travel has planned an adventure on the Ligurian Coast, perfectly timed to complement two other weeklong culinary tours in Italy that conclude October 1. Explore the towns on foot with a charming local guide, see the coastline from the water, take a dip in the sea, feast on local seafood, sip a glass of wine while you admire the unique terraced vineyards, stroll along lemon and olive groves, and take in unforgettable scenery and experiences... the Cinque Terre truly has it all.



Imagine yourself...

Cooking (and eating!)  
Ligurian specialties.

Exploring the Cinque  
Terre's cliffside villages.

Sipping a spritz and  
watching the sun  
go down over the  
Mediterranean.

# Welcome to Paradise!

DAY 1: SUNDAY OCTOBER 1

- [Walking tour with local guide to experience several villages and unique vistas](#)
- [Cocktails and a Mediterranean sunset with new friends](#)

Join a transfer from Venice or Florence and arrive in Monterosso midday. Travelers coming from Florence will make a stop in La Spezia to enjoy the region's monthly antique market. Monterosso is the Cinque Terre's largest village, known for having a large stretch of beach with colorful umbrellas. This is a quintessential resort town, charming and walkable with a beautiful promenade. We'll spend the next three nights at Hotel Marina, a small family-owned hotel with a rooftop lemon garden. The hotel is well located near the beach, train station, and shopping.

Let's dive right into discovering this unique landscape! Our local guide, Margherita, will be waiting when we arrive, and happy to share her local insight and knowledge. First, we'll try a casual local specialty: focaccia. We'll swing by a focacceria to enjoy a tasty lunch. The Cinque Terre's villages used to only be accessed by sea or a vast network of foot paths. In the late 19th century, a train was built and it is now great fun to take the quick train ride between villages, admiring the character and depth of each. Margherita will introduce us to Monterosso in depth, plus we'll visit nearby villages Riomaggiore and Manarola.

Once back in Monterosso, enjoy some free time this afternoon to settle in and wander town. We'll convene before sunset to enjoy a spritz together... such as limoncino, a refreshing cocktail with local lemon liqueur, prosecco, and mint. Then it's time for a delicious feast, with views out to the sea illuminated by the moonlight. For dinner consider to-die-for squid ink with tagliolini pasta and prawns or another local specialty: pesto with handmade trofie pasta. Buon Appetito!

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Meals Lunch, Dinner

## Ligurian Kitchen

DAY 2: MONDAY OCTOBER 2

- [Leisurely morning in Monterosso](#)
- [Hands-on cooking class featuring Ligurian cuisine](#)

Enjoy a delicious Italian breakfast buffet as you will each morning. If the Mediterranean sun is shining, wander down to the beach

to swim in the sea or perhaps rent a paddleboard and explore the coastline. The shops are open and many walking paths are easily accessible. Enjoy the morning at your leisure. Onward will provide a list of suggested restaurants and you may wish to visit one for lunch... such as Da Oscar's, a charming family-owned trattoria. Or a cone of fried fresh seafood and a lemon gelato may be just the thing.

Early afternoon, we'll convene to head to the hills in the nearby town of Levanto where we'll roll up on sleeves for a hands-on cooking class at a beautiful villa. The class takes place in the villa's 18th century kitchen and concludes with a candlelit dinner on the terrace. We'll cook with fresh and local products, with fruit, vegetables, and herbs picked from the garden; it's an abundant time of year. Our multi-course dinner will be complemented by local wines. We'll toast the evening with a sip of the Cinque Terre's famous sweet wine: Sclacchetrà, made from the grapes you see on the terraced hillsides.

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Meals Breakfast, Dinner



Pasta with fresh seafood is a classic dish that you must enjoy on the Italian coast!

## Daytrip to Portovenere

DAY 3: TUESDAY OCTOBER 3

- [Boat ride along the picturesque Cinque Terre coastline](#)
- [Explore charming Portovenere](#)

Truthfully, it's no secret, the Cinque Terre has been discovered. An antidote to the "thriving" tourism industry on this stretch of coastline is to venture a bit further afield. So this morning, we'll board a ferry boat and travel along the coast to Portovenere, a

## DAILY ITINERARY cinque terre extension 2017

charming town considered the unofficial “sixth” village. Margharita will join us to point out sites of interest from the boat, plus walk us around the interesting town and the San Pietro Church built in the 12th-century. Take some time to wander the shops and admire the scenic marina and grab lunch on your own.

Early afternoon, we'll board the boat, once again marveling at the coastline as we travel back to Monterosso. The evening is yours to enjoy as you wish. Perhaps you want a swanky dinner out or another bowl of pasta with pesto... Enjoy.

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Meals Breakfast

## Drinking in the Landscape

### DAY 4: WEDNESDAY OCTOBER 4

- [Go for a hike in the terraced vineyards outside of town](#)
- [Visit Portofino, a famous resort-town](#)

By now you've noticed the beautiful terraced hillsides, still alive with agricultural activity. Historically, each family had its own small vineyard. Today, there are still family-owned wine-making operations plus the picturesque stone walls. In fact, the Cinque Terre has over 4,000 miles of dry-stone walls that need a good deal of maintenance as they're built without mortar. It's an art. You may simply relax this morning or you may grab your sturdy shoes and join us for a scenic and moderate hike.

The Sentiero Azzurro (Blue Trail) is the most famous route but much of it is closed following devastating flooding and mudslides in 2011. Plus, the trail is overrun at times from tourists. The Cinque Terre National Park consists of over 10,000 acres and is home to many beautiful footpaths affording great views and over 10,000 acres. So, depending on the group's interests and energy, we'll choose a path and enjoy the bucket-list worthy activity of hiking in the Cinque Terre.

Is hiking through the vineyards making you thirsty? Good, we'll gather midday to enjoy a spread of cheese, fruit, olives, and crostini... plus some delicious local wines. Soak up the scenery and the dolce vita, because late this afternoon we head off to an airport hotel at the Milan—Malpensa Airport. En route, we'll stop in legendary Portofino for a light supper and a quick jaunt around town. This high-end fishing village is famous as a celebrity hotspot and yacht magnet. It mirrors the coastal beauty and charm of the Cinque Terre. After a fun exploration of Portofino and a two and a half hour drive north, get a comfortable night sleep before your travels tomorrow.

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Meals Breakfast, Dinner

OnwardTravel.co Based in Philadelphia, Pennsylvania and the Hudson Valley, New York



The charming Hotel Marina captures the laid back quaintness of the region.

## Arrividerci

### DAY 5: THURSDAY OCTOBER 5

We'll be at a hotel convenient to the Milan—Malpensa International Airport, so book your departure out of Milan and take the shuttle to the airport at your leisure. A train station is also available at the Milan Airport and Onward Travel can help organize transfers to other cities or airports. Get in touch and we're happy to assist! Journey home with wonderful memories.

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Meals Breakfast

## TRIP INFORMATION cinque terre extension 2017

BEGINS	Transfer provided from Venice or Florence to Monterosso, Cinque Terre
ENDS	Milan, Italy on October 5 (no activities scheduled 10/5) Shuttle Available from Milan Airport Hotel to Milan—Malpensa Airport. Alternate transfers available to accommodate your travel schedule, please inquire.
MOBILITY	This tour includes walking for 15-30 minutes at a time, plus stairs and cobblestones. The Cinque Terre is largely pedestrian-only and hilly, so travelers need to be comfortable with stairs and uneven walkways. Travelers may always opt out of activities they deem too physically challenging but refunds will not be provided.
TRIP LENGTH	5 days, 4 nights
LODGING	<i>Hotel Marina</i>   3 Nights   A family-run hotel in Monterosso, near the beach and the town's shopping and restaurants. Enjoy breakfast in the rooftop lemon garden.
TOUR DATES & PRICE	October 1–5, 2016 Double Occupancy \$1,295 per traveler Single Supplement \$275 additional

### LOGISTICS & AIR TRAVEL:

This tour is designed to link up with Onward's autumn culinary tours in Italy:  
Italy Con Gusto | Tuscany | September 23–October 1: Ending at Florence Airport Hotel  
Magic on the Water | Veneto | September 23–October 1: Ending at Agriturismo Venice Airport

Transfers will be provided for travelers on either itinerary to Monterosso, Cinque Terre. The tour ends with a night at a hotel near the Milan—Malpensa Airport.

Please confirm with Onward Travel that the tour is a "go" before booking non-refundable airfare. Air travel is not included but Onward Travel is happy to help travelers find a suitable itinerary.

### Trip price includes the following:

- Airport transfers and ground transportation to/from all scheduled activities.
- Three nights accommodations at Hotel Marina and 1 night at a Milan—Malpensa Airport Hotel.
- Meals: daily breakfasts, one lunch, and three dinners. We have fantastic gourmet experiences, wine included, of course!
- Local guide services throughout the tour to truly understand the Cinque Terre. Plus an Onward guide at your service.
- Activities, tastings, hands-on cooking class, and tours as detailed in the itinerary.
- Taxes and gratuities.

Visit [onwardtravel.co](http://onwardtravel.co) to complete the registration form and submit payment. \$500 deposit due upon booking, balance due by August 1, 2016.

# TRIP INFORMATION cinque terre extension 2017

## About Onward Travel

Onward Travel is a boutique travel planning company that carefully crafts itineraries to create an authentic, engaging trip that exposes the destination and roots travelers to the place. Onward was founded by two sisters, inspired by their family's cooking school on a farm in Bucks County, PA that has offered culinary-focused travel to customers for over two decades. This is Onward's third year planning and hosting *Amore in Italy*.

## The Cinque Terre in October

The first few days of October are a perfect time to visit the Cinque Terre. Some of the crowds will have abated and the sea is warm. Expect sunshine and clear views but be prepared for possible rain as weather turns from summer to fall. Average temperatures are in the high 60's and low 70's. Onward Travel will provide detailed packing notes in advance of the trip.

## Miscellaneous Travel Information

- Passports are required for American citizens travelling to Italy. Visas are not required. Note your passport should be valid for at least six months beyond the date of travel.
- To determine the current exchange rate, Google "USD to EUR."
- Travel Protection: Onward Travel recommends that you purchase a travel protection plan to help protect you and your travel investment against the unexpected. Travel protection plans include coverage for Trip Cancellation, Trip Interruption, Emergency Medical and Emergency Evacuation/Repatriation, Trip Delay, Baggage Delay and more. For more information on the recommended plans or to enroll, contact Travelex Insurance Services at 800-228-9792 and reference location number 32-0704. For a summary of plan details on benefits, coverages, limitations and exclusions, please refer to the applicable Description of Coverage. Travel Insurance is underwritten by Transamerica Casualty Insurance Company, Columbus, Ohio; NAIC #10952. 1308294

## Get in Touch!

Contact Molly with questions or special requests.

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