

NATIONAL PARK · ITALY · RIOMAGGIORE

# Cinque Terre

*at a glance*

Five villages on a cliff coast, one trail with a fee and a railway that links them all.

## BEFORE YOU GO



### **Founded on 6 October 1999**

The national park was created by decree of the President of the Republic.



### **The villages lie inside the park**

By the boundary in OpenStreetMap, Riomaggiore, Manarola, Corniglia, Vernazza and Monterosso are all inside the park.



### **5 Terre Express every half hour**

From 14 March to 1 November 2026, according to Trenitalia, 46 extra trains a day run between Levanto and La Spezia, about every 30 minutes ...



### **Green, yellow, red in the calendar**

Trenitalia sets bands A, B and C in its 2026 calendar: green mainly on weekdays in March, May and October, red on public holidays such as ...



### **No flip-flops on the trails**

Open shoes and shoes with smooth soles are banned on the trails. Closed shoes with treaded soles are mandatory.



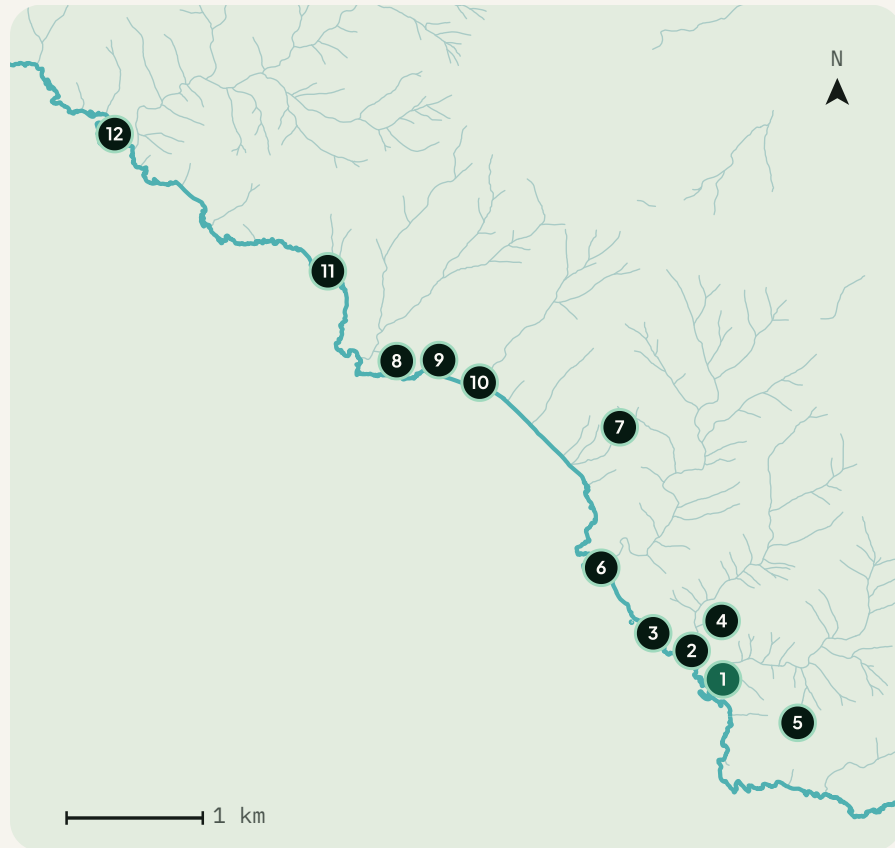
### **Manarola–Corniglia closed**

The coastal section 592–2 is closed because of landslides, according to the park authority.



### **Fees and opening hours, up to date**

Fees and times change. The park page lists them with source and date: [nationalparksatlas.com/en/italy/cinque-terre](https://nationalparksatlas.com/en/italy/cinque-terre)

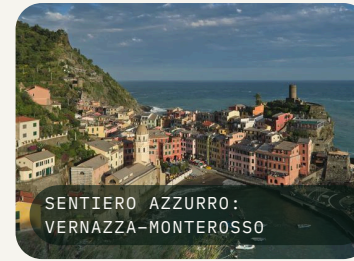


- |                           |                       |
|---------------------------|-----------------------|
| 1 Riomaggiore             | 7 Volastra            |
| 2 Bahnhof Riomaggiore     | 8 Corniglia           |
| 3 Via dell'Amore          | 9 Scalinata Lardarina |
| 4 Castello di Riomaggiore | 10 Bahnhof Corniglia  |
| 5 Santuario di Montenero  | 11 Guvano             |
| 6 Manarola                | 12 Vernazza           |

Green: entrances. Map data © OpenStreetMap contributors (ODbL).



THE VIA DELL'AMORE



SENTIERO AZZURRO:  
VERNAZZA-MONTEROSSO



CORNIGLIA

## THINGS TO DO

### Vernazza–Monterosso: 2 hours

3.7 km (2.3 mi) and 217 m (712 ft) of ascent, 2 hours 15 minutes in the other direction.

### Via dell'Amore: 25 minutes

Riomaggiore–Manarola over 1.1 km (0.7 mi), level and rated "turistico" by the park.

### Monterosso–Punta Mesco: 1 hour 15 minutes

Trail 590 climbs 301 m (988 ft) to the ruined hermitage of Sant'Antonio from the 11th century.

### A thousand years of terracing

For about a thousand years the inhabitants have broken the rock and stacked dry-stone walls.

[More on the park page](#)

### Corniglia–Vernazza: 1.5 hours

4.1 km (2.5 mi) and 269 m (883 ft) of ascent.

### The old link via the Beccara

Trail 531 Riomaggiore–Manarola: 1.5 km (0.9 mi), 202 m (663 ft) of ascent, 1 hour, for experienced hikers.

### Kayaking in the marine protected area

The park authority describes kayak routes from Levanto to Punta Pineda, such as Monterosso–Vernazza in 22 to ...

### Steep, with no flat land

The coast is high and barely indented, with no flat stretches.

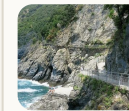
## TOURS AND GETTING THERE • AD



DAY TRIP FROM FLORENCE  
• 12–13 HOURS

**Florence: Cinque Terre  
Day Trip with Optional  
Hiking or Pisa**

ON GETYOURGUIDE ➤



DAY TRIP FROM PISA • 9  
HOURS

**From Pisa: Cinque Terre  
Small Group Tour**

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DAY TRIP FROM LA SPEZIA  
• 7 HOURS • FROM LA  
SPEZIA STATION

**From La Spezia: Shore  
Excursion to Cinque Terre  
by Train**

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EVENING • SUNSET BOAT  
TOUR • 3 HOURS • FROM  
MONTEROSSO AL MARE

**Monterosso: Cinque Terre  
Day or Sunset Boat Tour &  
Aperitif**

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