



PRONTI ATTENTI TREKKING

READY WITH THE RIGHT EQUIPMENT AND CLOTHING
BE CAREFUL ON THE FOOTPATH, RESPECTING NATURE AND TRADITIONAL CROPS
TREKKING TO DISCOVER THE TRADITIONS AND EXCELLENCES OF THE TERRITORY



briefing adv

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130 KM OF FOOTPATHS

- COASTAL FOOTPATHS
- VERTICAL AND CONNECTING FOOTPATHS
- HILLSIDE FOOTPATHS
- RIDGE FOOTPATHS

MORE THAN 130 KM OF TRAILS! DOWNLOAD THE PARK'S WEB APP

Available on the iPhone Available on Google play

<http://mappe.parconazionale5terre.it>

112 SINGLE EUROPEAN EMERGENCY NUMBER

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READY to discover the Cinque Terre National Park and its **130 km of footpaths**? Do so in the right way by using **the facilities for hikers** made available by the Park Authority and adopt a number of **good practices**. Check that you have the correct **equipment**, choose your route depending on your ability, check out the weather conditions and accessibility to the footpath. Ask for the map in Park Welcome Centres or download the **Cinque Terre Hiking Guide App**.

ATTENTION is needed on the footpaths, so **be sure** to behave correctly: respect the rules and signs to protect yourself and the natural and agricultural context.

And now on to the **TREKKING** experience, so you can interact with the **vertical landscape** of the Cinque Terre and its community and enjoy the mosaic of **biodiversity** from which typical **excellent** wines originate.

Theme trekking on Park trails



WITH THE RIGHT EQUIPMENT AND CLOTHING



- Dress in layers. Windproof or rainproof jacket, hat, sunglasses
- Wear closed shoes with sculpted anti-slip Vibram soles
- Assess the degree of difficulty of the footpath on the basis of your ability
- First check weather conditions and accessibility of the footpath
- Fit yourself out with map, sunscreen, equipment for trekking, first aid kit, water and food
- Contact the Park Reception Centres for information on: thematic itineraries, informative materials, schedule of guided tours (Cinque Terre Walking Park and E. Montale Literary Park).
- Discover the services covered by the Cinque Terre MS (multiservices) Treno and Trekking Cards
- More than 130 km of trails! Download the Park's web App



ALONG THE FOOTPATH, RESPECTING NATURE AND TRADITIONAL CROPS



- Respect the work of farmers and private property
- Use poles with rubber tips
- Respect signage and equipment
- Avoid pointless or loud noises
- Always use footpaths that are marked
- Respect animals
- Do not damage trees or flowers
- Do not light fires
- Always take your waste back with you
- Do not camp
- Do not feed wild animals

FILL YOUR WATER BOTTLE

avoid emission into the environment of the 0.08 kg of CO₂ required to produce a plastic bottle



TO DISCOVER THE TRADITIONS AND EXCELLENCES OF THE TERRITORY



- Take your time and enjoy the silence and sounds of nature
- Discover the vertical landscape and the evidence of rural civilisation
- See the biodiversity of the local wildlife and flora
- Enjoy the quality of the landscape through wines and other typical products



ACCESSIBILITY

The site mappe.parconazionale5terre.it updates the accessibility of the footpath network in real time.



DIFFICULTY LEVELS

- T Tourist level:** simple routes with a modest difference in height, suitable for everyone
- E Hiking Level:** less easy trails that require more training
- EE Experienced hikers:** challenging trails, good training and experience are needed

FOOTWEAR

Open and/or smooth-soled footwear without a (Vibram type) sculpted anti-slip sole is prohibited. Offenders will be punished in accordance with paragraph 2 of Art. 30 of Law 394/91 and subsequent amendments and integrations.

ALERT LEVELS

- In the event of a **yellow weather** alert the Park, through its communication channels, advises against access to the footpath network and blocks the sale of Cinque Terre 'Trekking' Cards (both at sales outlets and online).
- In the event of an **orange/red alert**, the Park issues a notification that access is forbidden to the entire footpath network and suspends the sale of all types of Cinque Terre Services Cards (both at sales outlets and online).

The **CINQUE TERRE CARD** can be purchased at Park Reception Centres or online at the link <https://card.parconazionale5terre.it/>

Discover all the services that offer you the Cinque Terre Card!

