



liveThePark

Itineraries to discover the Cinque Terre trails



DEPARTURE: Manarola

STARTING POINT: Volastra

Means of transportation to reach Volastra.

Bus (free with Cinque Terre Card) from Manarola to Volastra:

7.40, 8.25, 9.10.10.30, 11.15 am

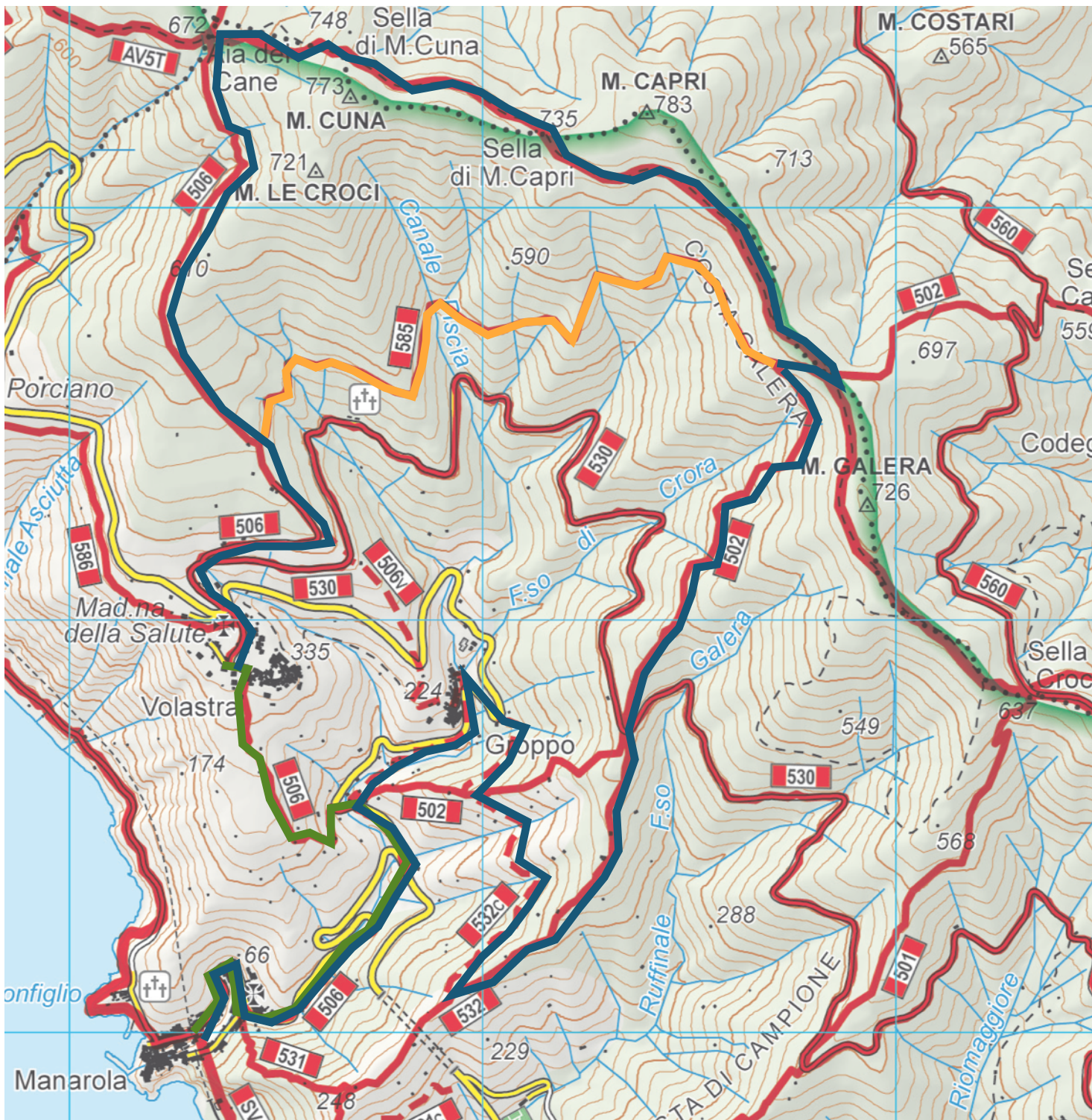
Services you can find in Volastra: Water point, bars and restaurants

How much time do you have?

1 hour (GREEN trail): The departure from the village of Volastra winds along a downhill staircase towards the village of Manarola. We cross olive groves and then cross the provincial road in Piè di Fiesse, the starting point of other paths. Cross the road, go along the parking lot of Manarola and finally enter the village near the church.

2 hours e 45" (ORANGE trail): It starts from the village of Volastra and goes up, heading north, taking the path 506. After a short stretch of asphalt the path enters the forest uphill. Continue to the junction near Aia del Cane del Cane and take the AV5T path to the junction with the 502 downhill path. After a short distance, the trail becomes the number 585. Always downhill and always surrounded by holm oaks and chestnut trees, you will return to path 506 and from here to Volastra.

4 hours e 30" (BLU trail): It starts from the village of Volastra and goes up, heading north, taking the path 506. After a short stretch of asphalt the path enters the forest uphill. Continue to the junction near Aia del Cane del Cane and take the AV5T path to the junction with the 502 downhill path. Continue down the 502, paying attention to the first section quite challenging. Continue until the crossroads with path 532 that you follow up to the Corniolo hill, from here turn right onto path 532C up to the village of Groppo. Here with the path 506V you go down to Piè di Fiesse to follow the 506 and return to the village of Manarola.




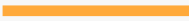

DOWNLOAD APP "Cinque Terre Hiking Guide"



iOS Apple



Android

-  45" - difficulty E - 2 km
-  2h45" - difficulty EE - 7 km
-  4h30" - difficulty EE - 10 km