LiveThePark

Itineraries to discover the Cinque Terre trails

DEPARTURE: Monterosso

STARTING POINT: Sanctuary of Soviore

MEANS OF TRANSPORTATION TO REACH THE STARTING POINT: Bus (free with Cinque Terre Card) timetable from Monterosso (one way): 8.35 from Piazza Garibaldi - from Carige bank 12.39 - from Piazza Garibaldi 16.35 - from Banca Carige 19:20

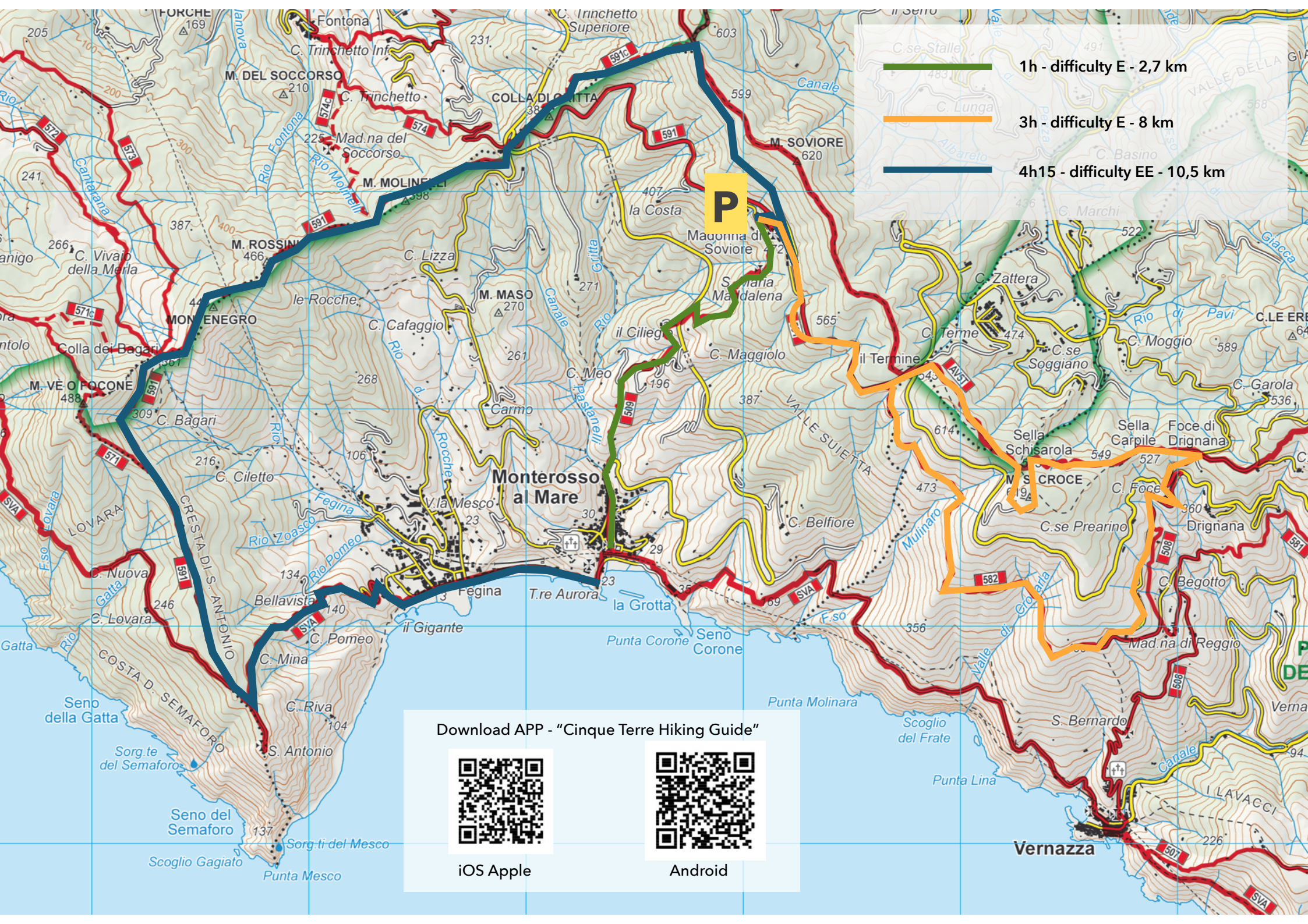**Bus timetable from Soviore (back):** 8.50 -12.52 - 16.47 - 19.33

Services that can be found in Soviore: Bar, Restaurant, Water point and toilets

HOW MUCH TIME DO YOU HAVE?

1 hour (GREEN trail): Start from the Sanctuary of Soviore and follow the path 509. The whole path winds downhill and leads back to the village of Monterosso.

3 hours (ORANGE trail): Start from the Sanctuary, continue towards Termine along the SP 38 provincial road by path 591.At the crossroads in Termine, go up along the AV5T path. After about 20 minutes on foot, take the junction that in a few minutes leads to the church of Santa Croce. Here you will enjoy a 360 degree landscape that sweeps from the sea to the internal mountains of the province of La Spezia. Coming down from the path, continue on the AV5T up to the crossroads with path 508 that you will take down until you reach the Sanctuary of Reggio (Vernazza). You can extend the route by going to visit the Sanctuary or continue on the path 582, returning towards Termine and then Soviore.

4 hours and 15 "(BLUE trail): Leave the Sanctuary of Soviore and follow the road on the left at the junction with the SP 38 until you cross another asphalted road that climbs to the right up to Sella Crocettola. Here take the 591C downhill path; the trail winds through the woods to the crossroads with Colle di Gritta, where, passing a restaurant / bar on the right, take the path 591 uphill towards S. Antonio Mesco. The route winds now through woods and Mediterranean scrubland until you reach first Colla Bagari and finally S. Antonio al Mesco. A slight deviation leads to a panoramic point. Take the 590 SVA path to descend towards Monterosso.

1h - difficulty E - 2,7 km

3h - difficulty E - 8 km

4h15 - difficulty EE - 10,5 km

Download APP - "Cinque Terre Hiking Guide"

iOS Apple

Android

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FORCHE
Fontona
C. Trinchetto Superiore
C. Trinchetto
M. DEL SOCCORSO
C. Trinchetto Inf.
Mad.na del Soccorso
COLLA DI GRITTA
M SOVIORE
M. MOLINELLI
la Costa
M. ROSSINI
Madonna di Soviore
le Rocche
C. Lizza
S. Maria Maddalena
MONTENEGRO
C. Cafaggio
il Ciliegio
M. MASO
C. Maggiolo
il Termine
M-VE O FOCONE
C. Bagari
C. Meo
C. Marchi
C. Zattera
C. Terme
C.se Soggiano
C. Moggio
Colla dei Bagari
Carmo
VALLE SUIETTA
C. Ciletto
Sella Schisarola
Sella Carpile
Foce di Drignana
C. Foce
V. la Mesco
Monterosso al Mare
C. Belfiore
M. S. CROCE
C.se Prearino
Drignana
Fegina
C.se Prearino
C. Begotto
Bellavista
T.re Aurora
la Grotta
Mad.na di Reggio
C. Pomeo
il Gigante
C. Mina
CRESTA DI S. ANTONIO
C. Riva
Punta Corone
Seno Corone
Punta Molinara
S. Bernardo
LOVARA
COSTA D. SEMAFORO
S. Antonio
Punta Mesco
Seno della Gatta
Sorg.te del Semaforo
Scoglio del Frate
Punta Lina
I LAVACCI
Seno del Semaforo
Sorg.ti del Mesco
Scoglio Gagiato
Vernazza