



# liveThePark

*Itineraries to discover the Cinque Terre trails*

**DEPARTURE:** Vernazza

**STARTING POINT:** Vernazza, Foce Drignana or San Bernardino

**MEANS OF TRANSPORTATION TO REACH THE STARTING POINT:** Bus (free with Cinque Terre Card)

**Departures from Vernazza:** 08.40, 10.15, 12.00, 15.00

**Services that can be found in San Bernardino, Reggio:** Bar, Restaurant, Water point and toilets




## HOW MUCH TIME DO YOU HAVE?

**1 hour and 15" (GREEN trail):** Departure from the village of Vernazza near the Station and take path 508 in the direction of Reggio Sanctuary. After a pleasant climb surrounded by olive trees you reach Reggio Sanctuary. The return to Vernazza takes place downhill with the same path 508.

**2 hours and 45" (ORANGE trail):** You reach the Foce di Drignana with the bus leaving from the center of Vernazza (departure time: 08.40, 10.15, 12.00, 15.00) arrival after about 30 minutes of travel along the scenic roads above the village. From the Foce di Drignana descend along the paved road corresponding to path 508 to the Santuario di Reggio. After a short visit to the Sanctuary immersed in centuries-old holm oaks and a small church, the route goes up the provincial road towards Vernazza and then detaches after a hundred meters on the left uphill towards San Bernardino (path 581). The long trail, about 5 km, crosses small hamlets, woods, cultivated fields and watercourses. Upon arrival at the Sanctuary of San Bernardino (Corniglia) there is the possibility of returning to Vernazza, in 10 minutes, by bus (times: 12.45, 15.45, 18.15, 19.45).

**4 hours and 30" (BLU trail):** You arrive at the Sant Bernardino Sanctuary in about 10 minutes taking the bus from the Vernazza parking lot. (departure time: 08.40, 10.15, 12.00). From San Bernardino take trail 507 uphill towards the Cigoletta. Here you turn left taking the path AV5T goes uphill (Alta Via delle Cinque Terre) in the direction of Termine - Levanto. The ascent now makes room for a continuous and easy ascent surrounded by a forest of chestnut and holm oaks. You reach the saddle of Malpertuso, the highest point of the Cinque Terre at an altitude of about 760 metres above sea-level, where the paths to Pignone also leave.

Then begins the descent that leads first to the Foce di Drignana (where you can possibly take advantage of the bus service), then descend to the Reggio Sanctuary and finally to Vernazza.

-  1h15" - difficulty E - 4 km
-  2h45" - difficulty EE - 7 km
-  4h30" - difficulty EE - 11 km

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