

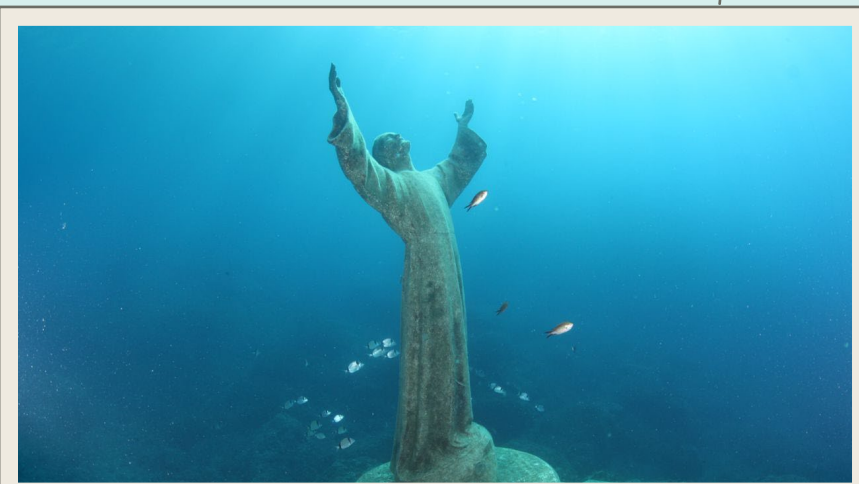
Eastern Ligurian

# Riviera

- Local roads
- Provincial / state roads
- Highway
- Railway line
- Ferry routes
- Cycling paths
- Walking / hiking trails
- Train stations
- Cable Car
- Ferries



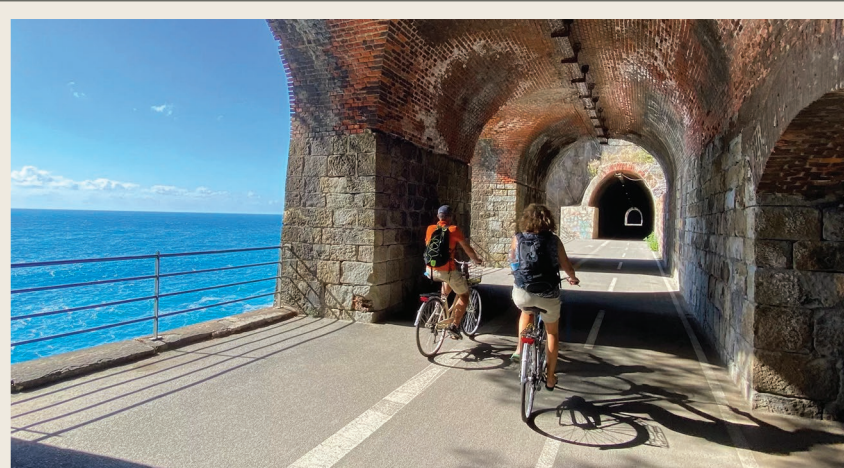
San Fruttuoso Abbey



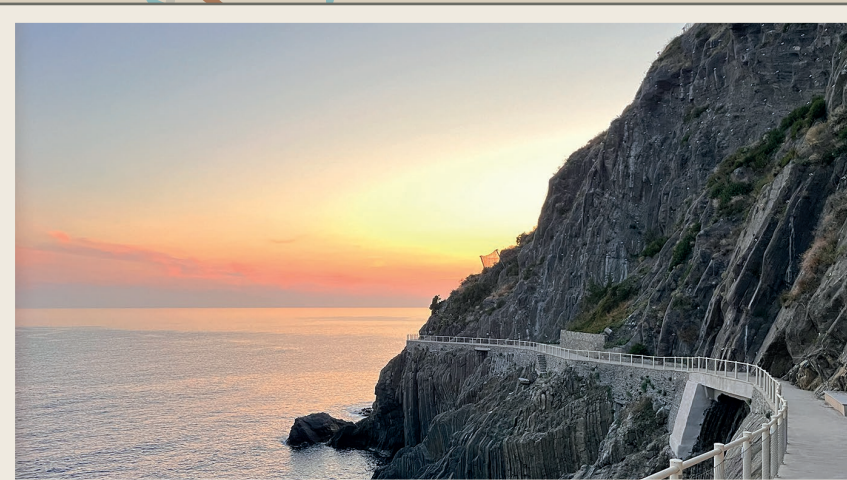
Christ of the Abyss



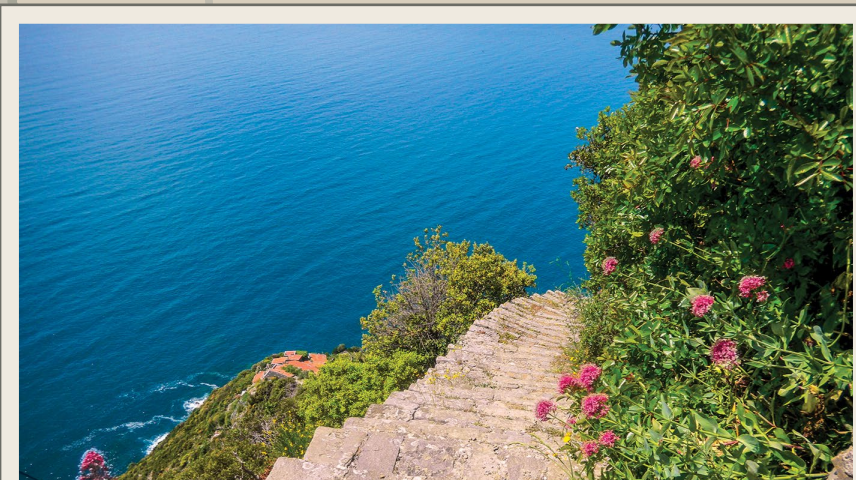
5 Santa Margherita-Portofino



5 Framura-Levanto Bike Trail



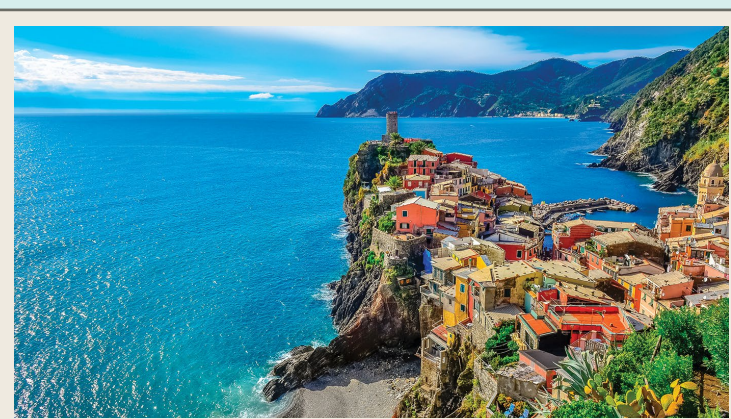
2 Via dell'Amore



3 Monesteroli Stairway



Monterosso



Vernazza



Corniglia



Manarola



Riomaggiore



Porto Venere

## 1. Sentiero Azzurro

**Monterosso - Vernazza**

Difficult / 3,7 km / 1 hr 15 min

**Vernazza - Corniglia**

Moderate / 3,4 km / 1 hr 20 min

**Corniglia - Manarola**

Moderate / 2,7 km / 55 min

**Manarola - Riomaggiore**

Easy / 1 km / 20 min

## 2. Via dell'Amore

**Riomaggiore - Manarola**

Difficulty: Easy

Trail length: 1 km

Estimated time: 20 min

A 900-meter path carved into the cliffside overlooking the sea, connecting two gems of the Cinque Terre: Riomaggiore and Manarola.

Five installations along the Via dell'Amore blend the unmistakable art of Gino Covili with the breathtaking landscape of the Cinque Terre, creating one of the most evocative open-air museums in the world.

## 3. Monesteroli Stairway

**Riomaggiore - Monesteroli**

Difficulty: Moderate

Trail length: 7,5 km

Estimated time: 3 hours

**Campiglia - Monesteroli**

Difficulty: Moderate

Trail length: 1,9 km

Estimated time: 1 hr 45 min

## 4. Porto Venere - Campiglia

Difficulty: Moderate

Trail length: 5 km

Estimated time: 2 hr 40 min

The long descent from Campiglia to Portovenere is an experience not to be missed!

The extraordinary vegetation, vibrant colors, scents of the Mediterranean, and stunning views are the signature features of what is perhaps the most well-known and beloved section of the Alta Via del Golfo trail.

## 5. Framura - Levanto Bike Trail

Difficulty: Easy

Trail length: 5,5 km

Estimated time: 2 hours

The route (approximately 5,5 km) starts near the small port of Framura, just steps from the train station - where bicycles can be rented - and ends on the seafont of Levanto, after passing through the charming fishing village of Bonassola.

The path offers stunning views of the typical Ligurian coastline and the opportunity to reach some hidden beaches nestled among the rocks.

## 6. Santa Margherita - Portofino

Difficulty: Easy

Trail length: 5 km

Estimated time: 1 hr 10 min

This is not a trekking route, as it mostly follows a paved road, but it's highly recommended - it's one of the most beautiful walks in the Tigullio area, offering spectacular views along the way.

You can also start the walk after Santa Margherita, parking your car near the Covo di Nord Est.

## 7. Portofino - S. Fruttuoso

Difficulty: Moderate

Trail length: 4,5 km

Estimated time: 1 hr 45 min

Starting from Portofino, you can reach one of the most charming spots in Liguria: the Abbey of San Fruttuoso.

The suggested itinerary is a beautiful nature trail that, without too much effort, allows you to enjoy breathtaking views and reach this enchanting place on foot.

## 8. Sentiero del Bacio

**Camogli - S. Fruttuoso**

Difficulty: Difficult

Trail length: 6,5 km

Estimated time: 3,5 hours

This is a spectacular route, among the most beautiful and iconic in the entire Eastern Ligurian Riviera. It crosses the southern slopes of the Portofino Promontory, sheer above the sea, passing through the Cala dell'Oro valley and climbing over the steep pass of Costa del Termine. Cala dell'Oro is the wildest corner of the promontory: towering conglomerate ridges, partly covered by Mediterranean scrub, plunge directly into the sea with impressive cliffs.

## 9. Lighthouse Walk

**Portofino Center - Portofino Lighthouse**

Difficulty: Easy

Trail length: 1,3 km

Estimated time: 25 min

This walk leads to the Portofino Lighthouse, one of the most beautiful spots in all of Liguria. It follows a comfortable paved path - with some sections of steps - and takes about 25-30 minutes at a regular pace. It's ideal both for those looking for a relaxing stroll and for nature lovers who enjoy discovering stunning views.

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Italiano,  
Deutsch,  
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