

milk +  
honey  
TRAVELS

a perfect day in  
CINQUE TERRE



# ABOUT CINQUE TERRE

Cinque Terre is a stretch of five towns across the enchanting Italian riviera. I fell in love with this place far before I ever visited it. Perhaps you have too. The photos of pastel colored buildings, perched precariously on the cliffside and gazing out onto the sea are enough to make anyone's heart skip a beat. Vernazza is my favorite of the bunch. This small, quintessential village is the quaintest of the five, and is lined with cafes along its cobbled main street, and a bar hanging off the edge of the castle. However, you won't be disappointed with any of them, and it's as easy as a hop, skip, and jump to move between the towns.

## facts

Region: Liguria | Country: Italy

Language: Italian, English | Meaning: Five Lands

Towns: Monterosso, Vernazza, Corniglia, Manarola, Riomaggiore





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## START YOUR DAY **Fornaio Monterosso**

You come here for the focaccia. It's at the end of the promenade going away from the old town. Mornings and afternoons, when the focaccia is fresh out of the oven, is the best time to stop by, so why not make it a great start to an even better day?!





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## MORNING ACTIVITY

### hiking

Cinque Terre is famous for its walking paths. Hiking the Cinque Terre trails is a wonderful thing to do, and there are trails weaving all over the region. Some are paid trails (a day pass costs 7.50), and some are not. If you just want a taste of the trails, I would suggest the section from Monterosso to Vernazza. Take the train to the village of Monterosso, and then hike the trail to the next village of Vernazza.

Spend your hike afterglow in the village of Vernazza. It's a one-street town, and a lovely place to spend the afternoon.



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## MID DAY EATS

### **Ristorante Belforte**

For lunch, eat at one of the best restaurants in Vernazza. You'll find it down at the marina. This restaurant is built inside a historic fortress overlooking the ocean. If they have a spot on the lower balcony, take it. If not, there's a higher one too. Great views and incredible food all in one.

Pro Tip: Follow these very Italian directions: Go to where the boats are tied up, and you'll spot the stairs on the left.





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## AFTERNOON ACTIVITY

### head to the beach

The beach in Monterosso is the only extensive sandy beach in the Cinque Terre, so visit this one if that is what you are looking for, or take the train to Manarola and head to the harbor. Here you will find a swimming spot where you can cliff jump, or just join the Italians who set up camp on the boat launch.

Pro tip: If you keep walking north along the walking path jutting out to the point, you'll be rewarded with village views fit for a postcard.





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## TIME TO DINE

### Da Billy

Bring your walking legs cause it's up the hill, but the reward is an amazing view of the terraced hills.. They serve seafood and it's a place you can choose to visit over and over again, if you are so inclined. If you do choose Manrola as your evening location, make sure you hit up Nessun Dorma either before or after for an unforgettable cocktail experience.





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## LATE NIGHT FUN

### **Cantina dello Zio Bramante**

I wouldn't say there is a ton to do in Cinque Terre late night but if you're looking for a little entertainment after dinner, this is the spot. Located in Manrola, this is the place for drinks, live music (most every night during peak-season) and a kick back atmosphere. It's a favorite with locals, too (which is always a good sign).







## a note from bri

Why should you consider a visit to this part of Northern Italy? Well, if sun, sea, wine, hiking, and beautiful sunsets sound like your idea of la dolce vita, Cinque Terre just might be how you spell perfection in Italian. I'd love to help you create the perfect trip to Italy, and possibly include this area as a stopover or a wonderful day trip. Let's start planning!