

liveThePark

Itineraries to discover the Cinque Terre trails



DEPARTURE: Riomaggiore

STARTING POINT: Riomaggiore

Means of transportation to reach the starting point:

Bus (Bus (free with Cinque Terre Card) from Riomaggiore:

7.00 (weekday), 7.40 (holiday), 9.20

Services you can find in Colle del Telegrafo: Water point, bars and restaurants

How much time do you have?

1 hour (GREEN trail): Departure from the village of Riomaggiore by bus to the "Casen" bus stop, along the Provincial road 370. Continue uphill for about 20 minutes along path 593C and you will reach the Sanctuary of Montenero. From here, downhill, along path 593, first intersect the provincial road 370 and then descend in the direction of Riomaggiore.

2 hours 30" (ORANGE trail): The departure at the Castle of Riomaggiore where you take the staircase of path 501 towards Sella La Croce. Carefully cross the Provincial road 370 and continue until the crossroads with path 530. Follow this path towards Telegrafo up to the junction with the road to the Sanctuary of Montenero. Once at the Sanctuary take the descent with the path 593V. When the intersection with the SP370 is reached, a short distance is followed where it is necessary to pay attention to the machines in transit. Go down again with a challenging staircase above the cemetery of Riomaggiore and from here to the marina of the village.

4 hours 30" (BLU trail): The departure, at the Castle of Riomaggiore, continues along the staircase of the path 501 in the North direction and intersects first the SP370 and then the path 530. You climb again reaching Sella La Croce where you cross the Alta Via delle Cinque Terre. You now walk towards Telegrafo along the forest and take the 530C deviation near the Bramapane junction. Take the descent along the "Scala Santa" and take the path 530 along it up to Colle del Telegrafo. From here begins the long descent to Riomaggiore passing first near the old nucleus of Lemen and then to the Sanctuary of Montenero.

Still downhill along the 593 (SVA) up to the village of Riomaggiore.

DOWNLOAD APP "Cinque Terre Hiking Guide"



iOS Apple



Android



1" - difficulty E - 2 km



2h30" - difficulty EE - 7 km



4h30" - difficulty EE - 10,5 km

