



FINAL INSTRUCTIONS FOR APPALACHIAN HIKERS TUSCANY & THE CINQUE TERRE HIKING TRIP 16-30 MAY 2012

Grassroutes Holidays are pleased to advise your Final Instructions for the above holiday.



Vernazza

Arrivals

Everybody will be arriving into Pisa airport at various times and arrangements have been made by your trip organiser, Doug Ley, for all participants to stay at **The Hotel Terminus & Plaza** on the evening of 15th May 2012.

Wednesday 16 May – Transfer day

The hotel, **Albergo Il Cacciatore** in **San Marcello Pistoiese** has arranged to pick you up at the **Hotel Terminus & Plaza** in Pisa at 13:00 where you will be met by your **Grassroutes Holidays** leader, **Richard Wharram**. The departure time will allow individuals to make their own short sight-seeing visits in Pisa. On arrival in San Marcello Pistoiese you will be allocated your accommodation and then a short orientation walk of the town will be provided. We will be staying in San Marcello Pistoiese for 7 nights.

Wednesday 23 May – Transfer day

We will be departing Albergo Il Cacciatore in San Marcello Pistoiese after breakfast, by coach and transferring to Liguria. We will be staying in the Riviera resort of **Sestri Levante**, to the north of The Cinque Terre. We will be staying at **The Grande Albergo** across the road from the beach for 7 nights.

Wednesday 30 May – Departure

You will be transferred from the **Grande Albergo** by coach to Pisa at 08:00. The coach will make 2 stops: the first stop will be Pisa Airport for those leaving the same day. The coach will then continue to Hotel Terminus & Plaza in central Pisa for those leaving early the following morning.

Your Hotels

Tuscany – San Marcello Pistoiese

3* Albergo Il Cacciatore

Via G.Marconi, 727
San Marcello Pistoiese (PT)
Italia



A room with a view – from Albergo Il Cacciatore to Mammiano

Contact: Riccardo Lentini
Telephone : (+39) 0573 630533
Fax: (+39) 0573 630134
Website: www.albergoilcacciatore.it
E-mail: info@albergoilcacciatore.it

Liguria – Sestri Levante, “The Cinque Terre”

4* Hotel Grande Albergo

Via Vittorio Veneto 2
16039 Sestri Levante (GE)
Italia



A room with a view – from Hotel Grande Albergo

Contact: Andrea Mazza
Telephone: (+39) 0185 450 837
Website: www.hotelgrandealbergo.it



E-mail: info@hotelgrandealbergo.it

Hiking Program

There will be two hikes on each hiking day. The more difficult walk will be represented by an "A" hike and a simpler walk by a "B" hike, giving you, the client, a choice depending upon how you feel.

Day 1 – Wednesday 16th May

San Marcello Pistoiese

Transfer from Hotel Terminus & Plaza, Pisa to San Marcello Pistoiese. We will take a short orientation hike of San Marcello.

Day 2 – Thursday 17th May

Gavinana



Gavinana

"A" & "B" will hike directly from the hotel, heading towards **Poggio Maleto** using MPT's (Montagna Pistoiese Trekking path). The group will split at this point: -

"A" will continue to **Passo della Maceglia**, then descend to **Maresca** and hike back to San Marcello via **Gavinana** using the old railway.

Altitudes: start: 620m, finish: 620m

Difference In height: 1624m (ascent 804m, descent 820m)

Length: 16km

Degree of difficulty: moderate

Time: 6hrs 00mins - 7hrs 00mins

"B" hike into **Gavinana** and hike back to San Marcello using the old railway.

Altitudes: start: 620m, finish: 620m

Difference In height: 700m (ascent 360m, descent 340m)

Length: 9.5km

Degree of difficulty: easy / moderate

Time: 3hrs 45mins - 4hrs 30mins

Day 3 – Friday 18th May

Lago Scaffaiolo



Lago Scaffaiolo and Rifugio Duca degli Abruzzi

We will transfer from San Marcello to **Cutigliano** by coach, where we will take the Funivia (Gondola or Cable Car) to **Doganaccia**, where we will begin our hike. The “A” & “B” groups will both take approximately the same route to **Rifugio Duca degli Abruzzi al Lago Scaffaiolo**.

“A” will continue on a little further and eventually head down to the hotel in San Marcello via **Poggio Fratone** and the village of **Spignana**.

Altitudes: start: 1547m, finish: 620m

Difference In height: 1425m (ascent 260m, descent 1165m)

Length: 15km

Degree of difficulty: easy / moderate

Time: 5hrs 30mins - 6hrs 00mins

After an early lunch (which could be taken at the Rifugio “B” will return along the same route back to **Doganaccia** and return to the hotel in San Marcello by coach.

Altitudes: start: 1547m, finish: 1547m

Difference In height: 500m (ascent 250m, descent 250m)

Length: 8km

Degree of difficulty: easy

Time: 2hrs 00mins - 2hrs 30mins

Day 4 – Saturday 19th May

Siena



Siena's Basilica & Il Duomo

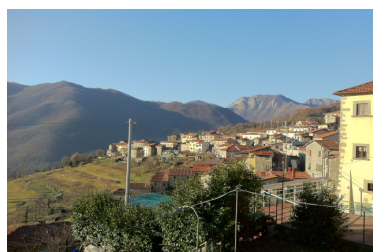
On arrival in Siena, we will have a pre-arranged guided tour and then you will be free to take lunch and explore until the coach departure time, which will be confirmed on the day.

Day 5 – Sunday 20th May

Libro Aperto or Popiglio



Libro Aperto



Popiglio

Today “A” will hike the fantastic C.A.I. 00 path from **Croce Arcana** to **Abetone** via **Libro Aperto**. We will transfer to Doganaccia once again but, this time walk in the opposite direction along the Apennine Ridge which represents one of the most classic walks between Tuscany and Emilia Romagna with views over the Pistoiese and Modenese valleys.

Altitudes: start: 1547m, finish: 1388m

Difference In height: 1674m (ascent 632m, descent 1042m)

Length: 14km

Degree of difficulty: moderate

Time: 4hrs 30mins - 5hrs 30mins

The “B” hike will take us from the hotel down into the valley below neighbouring **Mammiano** where you will visit the wonderful “**Ponte Sospeso**” suspension bridge across the river. From here you will follow the eastern side of the River Lima until you reach the old customs bridge “**Ponte di Castruccio**”. Here you will cross the river and then make your way up gradually following in the footsteps of traders and armies to the ancient village of **Popiglio**. You will be collected here by minibus and transported back to the hotel.

Altitudes: start: 620m, finish: 523m

Difference In height: 405m (ascent 145m, descent 260m)

Length: 5km

Degree of difficulty: easy

Time: 2hrs 30mins - 3hrs 00mins

Day 6 – Monday 21st May

San Gimignano & Volterra



San Gimignano

On arrival in San Gimignano, we will have a pre-arranged guided tour. There should be a little time for further exploration of San Gimignano before we depart for Volterra. In Volterra, you will be free to explore on your own until the coach is ready to depart. We will confirm during the first couple of days of your tour, where it would be best for you to take lunch.

Day 7 – Tuesday 22nd May

Lago Nero



Lago Nero & Rifugio below Alpe Tre Potenze

Both “A” & “B” will transfer by coach to the nature reserve of “**Orto Botanico**” in the Valle del Sestaione. We will hike from here to the beautiful **Lago Nero**.

“A” will then head north below the summit of **Alpe Tre Potenze** and across “the old teeth” until we reach the summit of **Monte Gomito** and it’s Rifugio. From here we will take the C.A.I. 00 again down into **Abetone**.

Altitudes: start: 1309m, finish: 1388m
Difference In height: 1357m (ascent 754m, descent 603m)
Length: 12km
Degree of difficulty: moderate / hard
Time: 5hrs 30mins - 6hrs 00mins

“B” will return down the same route for a short while and then take an alternative path which brings them back down to the road at **Le Regine**.

Altitudes: start: 1309m, finish: 1270m
Difference In height: 881m (ascent 421m, descent 460m)
Length: 9km
Degree of difficulty: moderate
Time: 3hrs 00mins - 3hrs 30mins

Day 8 – Wednesday 23rd May

Sestri Levante



Baia di Silenzio, Sestri Levante



Transfer by coach from San Marcello Pistoiese to **Sestri Levante**. We will provide a walking orientation of Sestri Levante.

Day 9 – Thursday 24th May

Portovenere, Isola Palmaria & Riomaggiore



Portovenere

Both “A” & “B” will take the train from Sestri Levante to **La Spezia**. We will walk for 1.5km to transfer by boat to **Portovenere**.

“A” hike to **Riomaggiore**.

Altitudes: start: 10m; finish, 270m

Difference In height: 1400m (ascent 830m, descent 570m)

Length: 14km

Degree of difficulty: moderate / hard

Time: 6hrs 00mins - 6hrs 30mins

“B” will take a boat to **Isola Palmaria**, hike around island and return by the same route.

Altitudes: start: 0; finish, 0

Difference In height: 530 (ascent 265, descent 265)

Length: 6.5 km

Degree of difficulty: easy / moderate

Time: 2hrs 45mins - 3hrs 35mins.

Day 10 – Friday 25th May

Riva Trigorso & Moneglia



Moneglia

“A” will hike to **Moneglia** via **Riva Trigorso** returning by train.

Altitudes: start: 0; finish, 4m



Difference In height: 1710m (ascent 850m, descent 860m)

Length: 16.5km

Degree of difficulty: moderate / hard

Time: 6hrs 30mins - 7hrs 00mins

"B" Circular hike to **Riva Trigoso**.

Altitudes: start: 0, finish: 10m

Difference In height: 520m (ascent 265m, descent 255m)

Length: 7.5km

Degree of difficulty: easy / moderate

Time: 3hrs 00mins - 3hrs 30mins

Day 11 – Saturday 26th May

Portofino & its Natural Park



Portofino Harbour

"A" & "B" will all travel by train to **Santa Margherita**. Both groups will hike to **Portofino** and return by boat to **Santa Margherita**.

"A" will continue on train to **Camogli** and hike to **Portofino**.

Altitudes: start: 32m, finish: 5m

Difference In height: 1523m (ascent 748m, descent 775m).

Length: 13km.

Degree of difficulty: moderate.

Time: 5hrs 00mins - 5hrs 30mins.

"B" hike from **Santa Margherita** to **Portofino**.

Altitudes: start: 13m, finish: 5m

Difference In height: 608m (ascent 313m, descent 295m)

Length: 6.5km

Degree of difficulty: easy

Time: 2hrs 30min - 3hr 00mins

Day 12 – Sunday 27th May

Free Day

An excursion to **Genova** will be available for a minimum of 10 pax. @ €35 per person inc. a guided tour and return train from Sestri Levante.

Day 13 – Monday 28th May

Riomaggiore & Corniglia



Riomaggiore



Corniglia

“A” & “B” will all take the train to Riomaggiore and both hike to Corniglia by separate routes.

“A” will hike up to La Croce, along the Costa Gallera to Monte Marvede and then down to Corniglia.

Altitudes: start: 0m, finish: 0m

Difference In height: 1596m (ascent 798m, descent 798m)

Length: 11km

Degree of difficulty - moderate / hard

Time: 4hrs 30mins – 5hrs 00mins

“B” will hike along Via dell’Amore to Manarola, then up to Volastra and then across to Corniglia.

Altitudes: start: 0m, finish: 0m

Difference In height: 746m (ascent 373m, descent 373m)

Length: 7.5km

Degree of difficulty – moderate

Time: 3hrs 00mins – 3hrs 30mins

Day 14 – Tuesday 29th May

Levanto & Monterosso



Levanto



Monterosso

“A” & “B” will all take the train to Levanto and both hike to Monterosso by separate routes.

“A” will hike to Colla Bagari, then to Colla di Gritta & Santuario Mad. di Soviore. From here we will hike down to Monterosso

Altitude: start: 3m, finish: 12m
Difference In height: 958m (ascent 485m, descent 473m)

Length: 10km
Degree of difficulty - moderate
Time: 4hrs 30mins - 5hrs 00mins

"B" will hike to Sant'Antonio around the coast and then continue to Monterosso.

Altitude: start: 3m, finish: 12m
Difference In height: 1078m (ascent 578m, descent 500m)
Length: 8km
Degree of difficulty - moderate
Time: 3hrs 30mins - 4hrs 00mins

Day 15 – Wednesday 30th May

Depart Sestri Levante for Pisa Airport & Pisa, Hotel Terminus & Plaza.

All of the hikes described above are subject to change, depending upon weather conditions, heave & landslide, which have affected The Cinque Terre, in particular, in recent times. These conditions have led to a certain amount of restriction within The Cinque Terre and hence, some of our walks are outside of the designated area.

Your Hiking Guides in Tuscany & The Cinque Terre

There will be two **Grassroutes** hiking guides provided throughout the trip and they will be leading two walk on each hiking day, as described above. The guides will be Richard Wharram of Grassroutes Holidays in London and Chris Murray who lives locally in Sestri Levante. For any individuals who have further questions about the walks or the trip as a whole, they can either direct their enquiries through Doug Ley or contact Richard Wharram on (+44) 07590 047621 or email: richard@grassroutesholidays.com

Meals

Evening dinner and breakfast are included in the price each day and will be taken in the hotels mentioned earlier, apart from 2 occasions, where we will dine out at a restaurant in the evening, whilst in Sestri Levante. Once again, this has been included within the price. The dinners do not include beverages.

Lunches are not included but packed lunches can usually be purchased from the hotel if ordered in advance. On some hikes there may be the opportunity to buy lunch en route – however, please take advice from your Guide about which hikes would have this facility. Otherwise it is probably best to buy

your own favourite ingredients and make up your own packs. In this case, a little forward thinking will be invaluable.

Hair Dryers

Hotel Grande Albergo provides hair dryers in each bedroom however, Albergo Il Cacciatore does not.

Climate

The weather in Tuscany & Liguria in May is generally warm and sunny but as always in mountainous regions it is

subject to the possibility of sudden climatic variations. Clients should therefore always be prepared for rain and cooler spells, especially at night.

Health

Travellers in good health should not experience any problems with the conditions in the islands, especially if some elementary precautions are taken. Drinking tap water can be risky and bottled water is much safer. Do not eat unwashed fruit and vegetables and avoid ice in drinks. The main causes of holiday ill health is headaches, sickness, diarrhoea and constipation! Your travel kit should include a remedy for each of these. For more serious problems you are strongly advised to take out suitable travel insurance, with medical care cover.

We consider that repatriation insurance to the U.S.A. is essential.

If you suffer from a serious illness, such as diabetes, heart disease, epilepsy etc. you should advise the Leader in confidence.

If you regularly take medication, please ensure you have sufficient supplies for the duration of your holiday.

Currency

The currency in Italy is the Euro. The current rate of exchange at the time of writing (04 Apr) \$1.00 = €0.77, €1.00 = \$1.31. However you need to check this locally or with your bank.

Packing Checklist

Everyone has their own ideas about what should be taken on a hiking holiday but the following will be found useful, if not essential:-

- Strong Boots, which are well broken in but still have good soles. **Essential!**
- Several pairs of well-fitting warm socks. **Essential!**
- Warm, lightweight jacket and waterproof/windproof cagoule. **Essential!**
- Warm clothing, including long sleeved shirts/blouses. **Essential!**
- Warm scarf, hat and gloves, just in case! **Essential!**
- Day rucksack, Thermos flask, water bottle. (Highly recommended)
- Sun hat, sunglasses and sun cream, insect repellent, lip salve.
- Soap and your favourite toiletries.
- Camera & film, binoculars if you are in to birds, bird and wild flower books.
- Electrical adaptor & flashlight.
- Hiking poles are recommended – two are much better than one!

If you have any other questions or are unsure about anything please do not hesitate to contact us.

Wishing you a very enjoyable hiking trip in Tuscany & The Cinque Terre!

Yours faithfully

The Hiking Team at Grassroutes Holidays.