

YOGA - Liguria – Hiking & Yoga in the Cinque Terre - 8 Days

- Yoga sessions in inspiring locations
- Guided hiking tours

SUGGESTED ITINERARY - GET IN TOUCH FOR A CUSTOMIZED TOUR!

Day 1 | Arrival in Sestri Levante

Upon arrival at the Genoa airport we will be transferred to the hotel. Once we have checked into the hotel we have the remainder of the afternoon free. In the evening we will have a yoga session and dinner at the hotel.

Day 2 | Hike from Portofino to San Fruttuoso

We will have breakfast at the hotel following the morning yoga session. Then we will take the train to Santa Margherita to get the boat to Portofino for the 2.5 hour hike around the bay. From San Fruttuoso we will then take another boat to charming Camogli. After having some time to see the quaint seaside town, we will take the train from there back to the hotel for the evening yoga session.

Day 3 | Hike to Punta Manara and pesto making class

Today we will do a morning yoga session before having breakfast at the hotel. We will then begin the one hour hike on the scenic trail that starts near the hotel and leads to Punta Manara. When we return to Sestri Levante we will enjoy learning to make pesto during a one hour class. We will eat the pasta dish we make for lunch, complete with a glass of local wine. Before leaving the restaurant each of us will receive a small souvenir to take home with us: a jar of the pesto we made! In the afternoon we will have some time at leisure before the evening yoga session.

Day 4 | Challenging Cinque Terre Hike

We will do a morning yoga session and have breakfast at the hotel. Afterwards we will take the train to Monterosso for the challenging hike to Vernazza and on to Corniglia. From Corniglia we will take the boat to Riomaggiore. After some time to soak in the sea and sights, we will return to the hotel by train. The evening yoga session will be followed by dinner at the hotel.

Day 5 | Breathtaking hike from Riomaggiore to Portovenere

After the morning yoga session and breakfast at the hotel we will take the train to Riomaggiore to start one of the most breathtaking trails on the coast. As we ascend to Campiglia we will be able to relish the views of the Cinque Terre and the Gulf of La Spezia. From Campiglia we will begin to hike down to Portovenere. After some time to see the lovely little town we will take the boat to the Vernazza train station for the ride back to the hotel and the evening yoga session.

Day 6 | Free day in Genoa

The tour includes:

- 7 x nights at the villa, including buffet breakfasts
 - 1 x Welcome and farewell dinner at a local, traditional restaurant, including a glass of wine pp
 - 1 x Peaceful indoor/outdoor spaces for the yoga and/or meditation sessions each day
 - 1 x Transportation by private, deluxe AC bus, as per the itinerary
 - 1 x Transportation by boat and/or train to the Cinque Terre villages, as per the itinerary and adapted to the weather conditions
 - 1 x Private, English speaking hiking guide for the Santa Margherita & Portofino, Punta Manara, Cinque Terre excursions
 - 3 hour guided tour of Genoa
 - 1 x Entrance pass for the Cinque Terre Park
 - 1 x Pesto making class and lunch incl. a glass of wine
 - 1 x headphones for use throughout the trip
- REQUEST A QUOTE AND A CUSTOMIZED TOUR!

Prices:

03-01-2024 - 10-31-2024 - Grand Hotel Villa Balbi**** or similar

per person in a double room from 1169 €



We will wake up to a morning yoga session and breakfast at the hotel and then take the private bus to Genoa to enjoy some free time in the historic city. Its lovely harbor offers myriad opportunities for exciting ways to spend the day: the aquarium, its museums, its shopping and dining areas (entrance tickets and tours can be arranged upon request). In the evening we will return to the hotel for the yoga session.

Day 7 | Yoga workshop and free day

After the morning yoga session and breakfast at the hotel participate in the yoga workshop at the hotel before enjoying a day at leisure. The evening yoga session will be at the hotel.

Day 8 | Departure from Sestri Levante

Following the morning yoga session and breakfast at the hotel we will go to the Genoa airport for our return home.

Grand Hotel Villa Balbi**** or similar

Location: This property is 1 minute walk from the beach. Immersed in a lush garden with Mediterranean vegetation, this historic villa features an outdoor swimming pool. Set on the seaside of Sestri Levante, it enjoys views of the Gulf of Tigullio

