**Day 1:**

**Sestri Levante**

• Transfer from the airport to the B & B Terra di Liguria

• Arrival in the late morning.

• Accommodation in the reserved rooms.

• Welcome drink with presentation of the program.

• Snack with typical local dishes at the B & B Terra di Liguria

**Afternoon:**

• A visit to the town of Sestri Levante. (Baia del Silenzio, Baia delle Favole, the historical center)

• At night return to the B&B

• Traditional dinner at a local restaurant

**Day 2:**

**Cinque Terre**

• Breakfast.

• Transfer with the shuttle to the station of Sestri Levante.

• Departure by train from Sestri Levante to Riomaggiore.

• Visit of the village and walk along the path of a short section of the Via dell'Amore (Path of Love)

• Continue by train from Riomaggiore to Manarola

• Visit the village of Manarola

• Continue by train from Manarola to Corniglia.

• Transfer with ecological bus from Corniglia to the centre of the village

• Visit the village

• A light lunch in a typical restaurant

• Transfer from the town of Corniglia to the station.

• By train from Corniglia to Vernazza.

• Visit of the village of Vernazza.

• Continue by boat from Vernazza to Monterosso al Mare.

• Visit of the village of Monterosso al Mare.

• With the train back to Sestri Levante and continue with the shuttle to B & B Terra di Liguria

• Dinner at local restaurant

**Day 3:**

**Golfo del Tigullio and Golfo del Paradiso**

• Breakfast

• Transfer with the shuttle to the station of Sestri Levante.

• Departure with the train from Sestri Levante to Santa Margherita Ligure

• Visit of the town (promenade, Old Town, Church of St. Mary of Antioch, Villa Durazzo)

• By boat to Portofino

• Visit of the village (church of San Giorgio, Punta del Faro)

• By boat to San Fruttuoso (Visit the Baia dell'Abazzia).

• Light lunch.

• By boat from San Fruttuoso to Camogli (Visit to the Basilica and the city)

• Return in the evening to B&B Terra di Liguria with Shuttle

• Dinner at local restaurant

**Day 4:**

**Portovenere - Cantine Lunae - Lerici**

• Breakfast

• Departure by shuttle to Portovenere

• Visit to the village of Portovenere (St. Peter's Church, the Church of San Lorenzo, historical center)

• Light lunch.

• Continue to Lerici - visit of the village

• Continue to Ortonovo - Visit to the "Cantine Lunae" and tasting of local wines

• In the evening return to the B&B Terra di Liguria

• Dinner at local restaurant

**Day 5:**

**Framura - Bonassola - Levanto (Relaxing day on the beach, cycling, visiting the village of Framura - Bonassola - Levanto)**

• Breakfast

• Departure by shuttle to the station of Sestri Levante

• Departure by train from Sestri Levante to Framura

• Biking along the bike path for 5, 5 km. along the coast, through the village of Bonassola, to the village of Levanto.

• Visit the village of Levanto, the old town, the bay

• Back to Framura to return the bikes

• With the train back to Sestri Levante and shuttle back to the B&B

• Dinner at local restaurant

**Day 6:**

**Chiavari - Rapallo – cableway of Montallegro**

• Breakfast

• With the shuttle to Chiavari

• Visit the city and its weekly market

• Light lunch in a typical Trattoria

• After lunch, transfer by shuttle to Rapallo on the Via Aurelia, where you can admire one of the most evocative landscapes of Italy.

• With the cableway to the shrine of N.S. Montallegro 600 meters high, where you can enjoy a fantastic view.

• Return to the village of Rapallo - short visit to the historical center

• Return in the evening to your B&B

• Traditional dinner at a local restaurant

**Day 7:**

**Genoa**

• Breakfast

• Departure by shuttle to Genoa

• Visit to the town (Aquarium, historic center, belvedere, etc.)

• In the evening return to your B&B

• Dinner at local restaurant