

Cinque Terre Vacation:

Itinerary & Price Estimates

Overview

This itinerary is designed for a group of 6 to 8 adults traveling out of Detroit (DTW) for a relaxing, easy-paced 9-day vacation. Accommodation estimates are based on a large 3 to 4-bedroom Airbnb villa with double-occupancy standard bedrooms, located in a highly accessible neighboring hub like Levanto or La Spezia. This strategy significantly lowers accommodation costs while keeping travel times into the five villages under 10–15 minutes. Italy is a haven for gluten-free (*senza glutine*) dining. Restaurant options noted below include establishments certified by the Italian Celiac Association (AIC) or widely praised for cross-contamination safety protocols.

Included in this vacation package are the following:

- Round-trip Coach Airfare (DTW to MXP)
- Airbnb Villa (8 nights, double occupancy)
- Ground Transit (Malpensa Express + Intercity Trains)
- Cinque Terre Trekking & Train Multi-Day Card
- Food & Dining (Breakfasts at villa (self-cater), lunches, dinners)
- Activities & Boat Excursions

Day-by-Day Itinerary

Day 1: Arrival & Twilight Toast

- **Activity:** Arrive at Milan Malpensa (MXP), board the Malpensa Express to Milano Centrale, and catch the Intercity train south. Check into your spacious Airbnb villa in Levanto or La Spezia. Take a very light stroll to find a grocery store for breakfast essentials.
- **Gluten-Free Dining:** Welcome dinner at *La Loggia* (Levanto) for certified safe gluten-free pasta and seafood.

Day 2: Beach Lounging & The Giant (Monterosso)

- **Activity:** Take a 10-minute train to Monterosso, the flat and beach-friendly village. Rent private umbrellas and lounge chairs at Fegina Beach. Later, take an easy walk into the Old Town to view the quirky concrete *Statua del Gigante* (The Giant).
- **Gluten-Free Dining:** Quick lunch from *Lunch Box* or seafood at *Gastronomia San Martino*. Dinner in town.

Day 3: Pesto, Views, and Wine (Manarola)

- **Activity:** Ride the train to Manarola. Walk the highly accessible, flat coastal path for iconic panoramic photos. Enjoy a mid-afternoon break away from the crowds.
- **Gluten-Free Dining:** Late afternoon outdoor aperitivo at *Nessun Dorma* (naturally gluten-free meat/cheese platters, local wine, and fresh pesto). Stop at *Gelateria 5Terre* for 100% dedicated gluten-free cones and cannoli.

To join this trip, or for any questions you might have, please email ken@euchrefriendstravel.com

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Day 4: The Quiet Escape (Corniglia)

- **Activity:** Visit Corniglia, the village perched high on the cliffs. To keep the pace easy, skip the 382-step staircase and take the small electric shuttle bus directly from the train station up to the center. Wander the quiet, narrow alleys.
- **Gluten-Free Dining:** Relaxed terrace lunch at *Da Cecio*, offering safe gluten-free pasta options paired with expansive vineyard views.

Day 5: Small-Boat Coastal Cruise & Portovenere

- **Activity:** Give your feet a total rest. Rest your legs with a private, skippered small-boat charter for your group of 6 to 8 adults to view the coastline from the sea. Dock in Portovenere to explore Byron's Grotto and the historic harbor.
- **Gluten-Free Dining:** Fine dining lunch at *Palmaria Restaurant* (AIC-certified Mediterranean menu with sea views).

Day 6: Vineyard Walk & Local Wine Tasting (Riomaggiore)

- **Activity:** Travel to Riomaggiore. Take a gentle uphill walk through the terraced grape cliffs to see how the rare local sweet wine, Sclacchetrà, is crafted. Spend the afternoon exploring the steep harbor.
- **Gluten-Free Dining:** Dinner at *Veciu Muin*, a local favorite featuring safe gluten-free pizzas baked separately and local pesto dishes.

Day 7: Slow Morning & Sunset Aperitivo (Vernazza)

- **Activity:** Enjoy a lazy morning on your Airbnb terrace with espresso. Head into Vernazza during the quieter mid-afternoon period. Walk the breakwater harbor walls and take a gentle climb up to Doria Castle for the view.
- **Gluten-Free Dining:** Grab a safe gluten-free treat at *Gelateria Vernazza*. Enjoy a casual dinner by the harbor.

Day 8: Souvenir Hunting & The Ultimate Farinata Snack

- **Activity:** Keep the last full day entirely unstructured. Stay close to your base town (Levanto or La Spezia) for stress-free shopping, checking out local ceramics, linens, and lemon soaps. Collect local treats for a final group night in.
- **Gluten-Free Dining:** Seek out freshly baked *Farinata* from a local pizzeria or bakery. Because it is natively made with chickpea flour, olive oil, and salt, it serves as an excellent, budget-friendly gluten-free local street food.

Day 9: Arrivederci

- **Activity:** Board the morning train back up to Milan Centrale, transfer to the Malpensa Express, and arrive at the airport for your coach flight back to Detroit (DTW).

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Pricing Options:

1. **EFT-accompanied tour** (on site group leader / max. 6 vacationers). Price per person = \$4500
2. **Full tour planning / Not-EFT accompanied** (6-8 vacationers). All bookings, excursions, meals as above. Price per person = \$3700-4300.
3. **Basic tour planning** (also not accompanied). 6-8 vacationers. Flights, air bnb accommodations, train/trekking/transfers included, boat excursion included, NO MEALS or snacks, etc. Price per person = \$3200-3600.



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