

VISIT “Riviera Ligure” by ICP7^U2

TUTOR ACTIVITY- Proposal

SUBJECT : Tutor activity
COURSE : ICP 7^ U2
TOPIC : HIKE and Boat Trip at Riviera Ligure
DATE : **22 maggio 2021**
TIME : 0530
DURATION : 1 day trip
PLACE : Riviera Ligure

Activity:

- **Colorno (05:49 train)- Parma (06:27 train)- La Spezia Central at 08:44 hrs (12,50 €)**
- **Traghetti (ferry boat) 09:15 hrs** (hop on and off on one day pass) **35 €** 1 day round trip ticket <https://www.navigazionegolfodeipoeti.it/en/cinque-terre/> follow the schedule.
- Hike through the sea shore trail from **Manarola to Riomaggiore (1.8 km- 40 minutes hike)** or Hike through the Cinque Terre National Park from **Vernazza to Riomaggiore (11.6 km- 3 hours hike)**
- Enjoy the beach, food and hike between two boat stops and take back the boat to come back **to La Spezia Central (make sure to reach by 17:45).**
- **La Spezia Central (18:09) - Parma (21:12) - Colorno reach at 21:27 hrs (12,50 €)**

Goal:

- Share information and learn in a casual way
- Experience Italy’s Riviera Ligure
- Learn, enjoy and experience the Ligurian sea, culture, nature and food.

La Spezia	Portovenere	Riomaggiore	Manarola	Vernazza	Monterosso
9:15	10:00	10:35	10:45	11:05	11:20
10:15	11:00	11:35	11:45	12:05	12:30
11:15	12:00	12:35	12:45	13:05	13:20
	14:50	15:25	15:35	15:55	16:10
	16:00	16:35	16:45	17:05	17:20
	17:00	17:35	17:45	18:05	18:20



La Spezia	Portovenere	Riomaggiore	Vernazza	Manarola	Monterosso
18:40	18:20	17:45	17:30	17:10	17:00
17:45	17:20	16:45	16:30	16:10	16:00
	16:20	15:45	15:30	15:10	15:00
	15:20	14:45	14:30	14:10	14:00
	13:20	12:45	12:30	12:10	12:00
	11:50	11:15	11:00	10:40	10:30



Hiking Options:

Monterosso to Vernazza : 4 km : 1 hour 30 minutes



