



Italy Kayaking Adventure

7 Days



Day 1 | Arrival in Genoa

Arrival and Exploration

Welcome to Italy! Arrive in the vibrant port city of Genoa from Rome or Florence after 2 p.m. Check into your hotel room and breathe in the *bellissimo* that surrounds you. Take some time to head out to explore the network of narrow cobblestoned streets (“caruggi”) and dramatic palaces of the medieval old city.

We will gather together in the hotel lobby at 5 p.m. Dinner tonight will unfold at a traditional trattoria and wine bar. *Saluti!*

Included Meals

Dinner

Accommodations

Best Western Porto Antico



Day 2 | Gulf of Genoa

Along the Riviera

We start the day by driving along the famed crescent-shaped coastline and colorful beach towns of the Riviera. Our launch point will be at the seaside resort town of Recco, an area renowned for its *focaccia con il formaggio*.

We begin with an introduction to sea kayaking ins and outs (and wet exits) before paddling off. Our first stop is the fishing village of Camogli. We quench our thirst and continue along the coast to the Abbey of San Fruttuoso.

Included Meals

Breakfast and dinner

Accommodations

oliVenere Turismo

Travel

From Recco to L'Amandola, it's approximately 1 hour. From Recco to oliVenere, the drive is 35 minutes.



Day 3 | Paddling to Portofino

Parco Naturale Regionale Portofino

Setting off along the coast, we drive or take the train for a 50-minute trip to Rapallo and then transfer to our kayaks and paddle to Portofino. The village southeast of Genoa has been Italy's twinkly premier coastal resort. We paddle into the harbor—loved for its sunsets, colorful facades, seafood restaurants and genuine “dolce vita”—and stop for gelato at a gelateria. (*Here's the inside scoop on some favorite flavors: stracciatella, biscotti, limoncello!). We continue to paddle onto Santa Margherita Ligure before taking a short drive back to our agriturismo for the evening.

Included Meals

Breakfast and dinner

Accommodations

oliVenere Turismo



Day 4 | Cinque Terre

Rugged Natural Beauty

We drive along the mesmerizing Riviera coast to Monterosso al Mare, the largest of the five “Cinque Terre” towns and launch our kayaks into the translucent sea, experiencing our first big taste of the rugged beauty that is the coast of the Cinque Terre National Park.

The area was protected in 1999 and includes five picturesque seaside villages (Monterosso, Vernazza, Corniglia, Manarola and Riomaggiore) that cling to the rocky Mediterranean coastline with sheltered bays and coves below—a playground for kayakers like us!

Our destination is Corniglia, the most unique of the five villages, with a bird’s eye view from the promontory it’s perched on. Surrounded on three sides by vineyards and terraces, it’s like a fairytale castle set atop the cliffs.

Included Meals

Breakfast and dinner

Accommodations

Hotel Cecio

The Paddle

Approximately 3.73 miles (6 km)



Day 5 | Cinque Terre National Park

Panoramic Views

Today, we continue our intimate exploration of Cinque Terre National Park and the UNESCO World Heritage Site. As your kayak cuts through the warm cyan water, the panorama of Cinque Terre will envelop you. We take time to visit the villages, explore the twisting alleyways and climb up to the vineyards for a view that captures the distinct magic of Cinque Terre. Depending on the sea and weather gods, we should be able to visit three or four of the five villages of Cinque Terre.

We return to Corniglia, to absorb the marmalade sunset from the terrace of our hotel.

Included Meals

Breakfast and dinner

Accommodations

Hotel Cecio

The Paddle

Approximately 4.35–6.21 miles (7–10 km)



Day 6 | Riomaggiore

Via dell'Amore

After a sumptuous breakfast we continue our discovery of the Cinque Terre from the best seat in the house: the cockpits of our kayaks! After passing through Manarola's waterfront, we paddle alongside the famous Via dell'Amore (Lovers' Lane).

We tie up our kayaks in Riomaggiore and explore this *bella città* before paddling along a stretch of indigo coast that leads to the semi-secret "sixth village" of Cinque Terre. Rounding the point we enter the medieval harbor of Portovenere (or Porto Venere), where Castello Doria, a cliff-top fortress, overlooks the Gulf of Poets.

After landing, there will be time to explore the Palazzata. Tonight will be our farewell dinner together.

Included Meals

Breakfast and dinner

Accommodations

La Terrazze

The Paddle

Approximately 9.32 miles (15 km)



Day 7 | Portovenere and La Spezia

Arrivederci

After a relaxed breakfast on the hotel's terrace, we transfer to La Spezia Centrale railway station for our final goodbyes. From this rail hub, it's easy to return to Genoa Airport or continue onward to other destinations in Tuscany and beyond.

Included Meals

Breakfast



Trip Details

Know Before You Go

For all of the logistical details you'll need to know prior to departure—including the packing list, arrival and departure details and suggested tipping information, click [HERE](#).

Itinerary version as of April 2, 2024.