

## Hiking the Cinque Terre: Corniglia - Manarola via Volastra



Panorama of Corniglia – hiking from Corniglia to Manarola

For hiking in the Cinque Terre on the footpath **from Corniglia to Manarola**, there are **two possibilities**:

### Route 1

The Blue Trail No.2 runs **along the coast directly** from Corniglia to Manarola. But this trail is **CLOSED** because in 2011 it was damaged from the **Cinque Terre storm**.

### Route 2

As an alternative you can take the **path 7a** which starts from [Corniglia](#) and passes at the higher located **village Volastra** before you reach [Manarola](#).

These directions are for the alternative **route via Volastra**.

### Information about the Cinque Terre footpath

Route: CORNIGLIA - VOLASTRA - MANAROLA

Length: 3.5 Km

Height difference: 517 m

Walking time: 2 hours 30 minutes

Level of difficulty: High

Charges: No

AdChoices

Cinque Terre

Hiking Map

The footpath is **longer** and **more exhausting** (about 500m height difference), but you will be rewarded with **beautiful vineyards** and many **panoramic views**.

### Start from Corniglia: hiking Cinque Terre Italy



The Cinque Terre **footpath Corniglia Volastra Manarola** starts in the center of the village Corniglia, next to the parish church "Parrocchia di San Pietro", which you can find at the beginning of the main street "**Via Fieschi**".

Follow the **direction signs "sentiero 7a"** towards Volastra-Manarola.

Just before the trail leaves the village, we can find a **general map on a board** with detailed information to the hiking trail 7a, which passes the [Cinque Terre national park](#) "Parco Nazionale delle Cinque Terre":

Corniglia is located about 90 meters above the sea. Our next destination is „**Sella Ovest Marverde**, which is positioned 607 meters above the sea. From there we will later turn right and follow the path "sentiero 1" to [Manarola](#).

But first we have to climb up - and there are many steps... Therefore, if you choose this trail you **need to be fit**.

If possible we recommend to start the hiking tour **in the morning** when the path is still in the shade.

### Cinque Terre Hotels



*Cinque Terre Hotel*

**[Porto Roca Monterosso](#)**

In our opinion one of the **most beautiful hotels in the Cinque Terre** is the **Porto Roca Monterosso** which is located directly on the coast and offers a **wonderful panoramic terrace** overlooking the sea.

From the hotel you can reach **Monterosso beach** by a short walk.

In front of the [Hotel Porto Roca Monterosso](#) passes the **blue hiking trail** Monterosso Vernazza.

Thus, this hotel is the **perfect starting point** for a Cinque Terre hiking tour.

Moreover you can find here many other **Cinque Terre Hotels** selected by us, where the location, service and price will match:

» [Cinque Terre Hotels](#)

## Corniglia - Manarola: Panora of Corniglia

After a short time we will be rewarded with a very nice **panoramic view** of the village **Corniglia**. From here you can also see the **cemetery of Corniglia** on a hill **overlooking the sea**.

We follow the path further up where we can find numerous **wild raspberries** - the so-called "**more**" - a welcome **refreshment**.

A sign indicates that it should only take **35 minutes to Volastra**.

During our hiking tour we meet many tourists – most of them greet with a friendly "**Hi**" or "**Buongiorno**" - mostly Americans, German and Italian.

Once again we get a nice **panoramic view of Corniglia**, where we can recognize particularly good the long stair "**Lardarina**" which leads from the Corniglia train station up to the village center.

## Hiking through olive groves and vineyards



*Footpath Corniglia – Manarola:*

*Terraces*

Shortly after the **rail** of a **single track cog railway** crosses the trail. The "new generation" of winemakers uses these railways to transport goods to and from the vineyards.

The next **surprise** is not far away - suddenly the trail leads through the garden of a particularly **beautifully restored stone house** – it seems to be on private property, but we are right here.

Now we approach the **wine growing areas** of Volastra and Manarola - the trail leads along the **stone terraces**, which have been created from the **Cinque Terre wine growers**.

Thick green and red grapes everywhere - we have to control ourselves, not to steal a few **Vermentino grapes**. Some wine growers have built fences to prevent the theft of grapes - but you can still reach some grapes.

You should **not be afraid of heights** and **take care**: in the origin this was not a hiking trail, but it was used by the farmers to cultivate their vines. There are no railings – the way leads along **high dry stone walls** and **steep stone stairs**. Therefore, pay attention "attenzione"!

The next part of the footpath we walk **surrounded by vineyards** of the Cinque Terre until we reach the village **Volastra**.

## Cheap Hotels in Italy

Here you can find the best **Italy Hotel offers**:

**Search Hotels**

Destination

Check-in

Check-out

## Volastra Sanctuary: break !



*Corniglia to Manarola via Volastra -  
sanctuary "Signora della Salute"*

The trail brings us right in front of the **Sanctuary of Volastra** "Nostra Signora della Salute" - more on this you can find in the chapter [Manarola](#).

The square in front of the church is the perfect location to **take a break** - numerous benches and shady trees are inviting to relax a moment.

After a snack we take a **look into the church** - and we are surprised by its beauty inside.

Just behind the church we can find a **bus stop** - if you are tired you could go on by bus to Manarola. There is also a small **car park** for cars and busses.

## Way down to Manarola via „Groppo“

Since we are still in force, we follow a piece of the **major road**. Already after the first curve we see an **indication sign** to **Groppo**, but we continue the main road for about 700m till the **second sign for Groppo**.

We follow the trail that on a stairway **within 10 minutes** will bring us down to the **small village "Groppo"**. In the village there is a **restaurant** and a few colorful houses.

After we have crossed Groppo we follow again the major road until till the stone house with the sign "**Frantoio Antico Mulino**". On the left the trail to **Manarola** continues.

On the **indication sign** we read that it only takes 5 minutes to the curve "**Tornante di Groppo**".

The trail runs along a **small river** with some pretty **stone bridges**.

After 5 minutes we reach the curve and with another **indication sign**: 20 minutes **to Manarola**. This hiking trail has the new number 506 (before Ex 6).

## Hiking in the Cinque Terre: we reach Manarola

We approach Manarola and pass at the **car park of Manarola**, which is located outside the village.

On the hill on the right above Manarola you can already see some nativity figures from the **world's largest** exhibition of a **Christmas crib** called "Presepe" (more on this see Chapter [Manarola](#)), which consists of **300 life-size figures**.

We follow the footpath to the center of Manarola, until we arrive at the square in front of the church of **San Lorenzo** "Parrocchiale di San Lorenzo". From this **Piazzetta** you have already an **overview of the village** - but we'll show you where you can find a much better viewpoint.

## Manarola Panorama

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*Panorama of Manarola*

We follow a part of the footpath "**sentiero 506**" in direction Volastra or Corniglia, which starts right next to the "Piazzetta" in front of the church. The trail **passes along the hill** of the "Presepe" – **right opposite of the center** from Manarola.

Gradually you will get a more and more **beautiful panoramic view** of the **bay of Manarola**. Particularly impressive are the **colorful houses** that have been **crowded together on the rock**.

From here you can make the **best photos of Manarola** - you can see the historical center of the village, the harbor bay with small fishing boats and a small rocky beach.

## View of the bay and the cemetery of Manarola

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We are walking around the curve and discover the **cemetery of Manarola** - located in a **beautiful position** on another rock overlooking the sea. A **stair** will bring us down to the level of the cemetery.

Behind of the cemetery there is a **playground** and another stair that will bring us to the sea.

## Optional: Manarola beach

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The **clear blue sea water** attracts us magically - and we decide to go to the small **beach of Manarola**. There is a rocky sea access just below of the hill with the cemetery. Here you will find **less tourists** and you can enjoy the **atmosphere** and find some peace.

From the small beach you have a beautiful **view of Corniglia** on the rock above the sea.

Direct above the beach you can find the access to the alternative **Cinque Terre hiking trail Corniglia Manarola** that runs along the coast.

After our refreshment we follow the trail **towards Manarola** and enjoy a **tour** through the **lively center**. Due to lack of space **many fishing boats** are stored in the main street - so sometimes we have to weave the way through.

## Manarola further Cinque Terre hiking tours

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If you still have power, you can continue to hike in the [Cinque Terre national park](#) to the next village **Riomaggiore**:

- Footpath Manarola to Riomaggiore: [Cinque Terre lovers walk](#)

## Manarola train station: return journey by train

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If you have walked enough, you can stop at the **train station** "stazione Manarola" to take the [Cinque Terre train](#). So you can reach quick and easy **all the villages** of the Cinque Terre.

From Manarola train station you will again enjoy an **impressive view** of the **houses** that have been **crowded together** on the rock of Manarola.

## Cinque Terre guided tours

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*Cinque Terre guided tours  
and hiking guide*

Join with us an **unforgettable guided tour** through the [Cinque Terre national park](#) - with insider information which you can not find in any guidebook!

We offer in cooperation with "Cinque Terre Experience" **guided hiking tours, wine tastings, cooking demonstrations, ...** for small groups (from minimum 10 people) as well as large groups (tourist busses).

You will be picked up from an experienced **English speaking Cinque Terre guide** directly at your accommodation or at a meeting point.

Let us know **your wishes, the number of participants and date** -

and we will send you an **attractive offer**.

### Contact:

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## Cinque Terre hiking

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Here you can find the most beautiful **Cinque Terre hiking trails**:

- [Monterosso to Vernazza](#)
- [Vernazza to Corniglia](#)
- [Corniglia to Manarola](#) (via Volastra)
- Manarola to Riomaggiore - [Cinque Terre lovers walk](#) "Via dell Amore"

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