

PORT AT A GLANCE

- Ships dock at the Port of La Spezia (large commercial port).
- Florence is a long full-day excursion; check train connections and ship hours.
- Port shuttle provided to the cruise terminal exit (location varies by ship/berth).
- You cannot walk directly to Cinque Terre from the port.
- **Currency: Euro (€).** Cards are widely accepted.
- Check your ship's all-aboard time and give yourself plenty of time to return to the port.

ILLUSTRATED RAIL OVERVIEW — NOT TO SCALE



GETTING AROUND

TRAIN (BEST OPTION)
- From La Spezia Centrale to all five villages.
- Frequent seasonal services; check live schedules.
- Add time to reach the station.

FERRY (SEASONAL)
- Seasonal and weather-dependent; check current routes.
- No ferry stop at Corniglia.
- Portovenere connections vary by date; check the timetable.

ORGANIZED TOURS
- Options for Cinque Terre, Portovenere, Pisa or Florence.
- Confirm journey length and ship return time.

TAXI / PRIVATE DRIVER
- Available at the port and in La Spezia.
- Good option for Pisa or Florence, or custom itineraries.
- Agree on fare or use reputable services.

1 RIOMAGGIORE (The Picturesque Start)



- Closest village to La Spezia.
- Colorful buildings in a narrow harbor and steep ravine.
- Great first stop.
- Beautiful photo opportunities.
- Cafés, restaurants and gelato.

2 MANAROLA (Iconic & Breathtaking)



- One of the most famous views in Cinque Terre.
- Stunning sunsets.
- Great lunch spots.
- Beautiful walking paths and photo ops.
- A must-see!

3 CORNIGLIA (Hilltop Village)



- The only village not directly on the water (sits high on a cliff).
- Train station is below the village.
- Reach the village via stairs or local shuttle.
- Beautiful views and local charm.
- Cafés, small shops and a relaxed atmosphere.

4 VERNAZZA (Charming Harbor)



- Colorful harbor and castle.
- One of the most beautiful and photogenic villages.
- Great restaurants and gelato.
- Easy to explore.
- Another top pick!

5 MONTEROSSO (Best for Beaches)



- Largest of the five villages.
- Best beach option.
- Close to the train station.
- Great for a relaxed afternoon.
- Beach clubs, restaurants and shops.

6 PORTOVENERE (A Hidden Gem)



- Not one of the five villages, but absolutely worth visiting.
- Colorful waterfront.
- Church of San Pietro and castle.
- Seasonal ferry connections (subject to schedule).
- Great restaurants and views.

7 LA SPEZIA (Explore the Port City)



- Pedestrian streets and waterfront.
- Shops, cafés and local markets.
- Naval Museum and historic sites.
- Less crowded option.
- Great food and a relaxing day close to the port.

8 PISA (The Leaning Tower)



- Check current train schedules; add station transfers.
- Piazza dei Miracoli is separate from Pisa Centrale.
- Leaning Tower, Cathedral and Baptistery.
- Great option if you've already seen Cinque Terre.

9 FLORENCE (Renaissance Beauty)



- Road transfers may take about 2–2.5 hours each way; trains vary.
- Allow extra time between ship and station.
- Do not combine Florence with Cinque Terre in one port day.
- Duomo, Ponte Vecchio, Uffizi Gallery, incredible art and shopping.
- Book ahead if visiting major sites.

10 PLAN YOUR RETURN (Cruise-Day Essentials)



- Choose two or three villages.
- Check return trains before leaving.
- Ferries depend on weather and season.
- Allow station and port transfers.
- Follow your ship's all-aboard time.

LOCAL FOOD & DRINK



- Trofie al pesto (local specialty)
- Fresh seafood
- Focaccia
- Anchovies
- Lemon desserts
- Ligurian olive oil
- Gelato
- Local Ligurian wine

GOOD TO KNOW

- La Spezia is NOT Cinque Terre (you still need train, ferry or tour).
- 2–3 villages is better than trying to see all five.
- Ferry service is seasonal and weather-dependent.
- Check trail status before hiking.
- Villages involve hills, stairs and uneven surfaces.
- Check current travel advisories.
- Build a generous return buffer around ship instructions.

SAMPLE ITINERARIES

1. **CINQUE TERRE HIGHLIGHTS (Half or Full Day)**
   Pick 2–3 villages → check return trains → return to La Spezia.
2. **PORTOVENERE (Half Day)**
   Check outward and return connections before departure.
3. **PISA (Full Day)**
   Train to Pisa → transfer to tower square → return with buffer.
4. **LA SPEZIA RELAXED (Half Day)**
   Port shuttle → explore the city → market → food → return to ship.

PERFECT FOR...

- Scenic coastal views
- Colorful villages
- History and culture lovers
- Foodies (pesto & seafood)
- Families (mix of options)
- Couples and honeymooners
- Easy DIY explorers
- Beach lovers
- Repeat Mediterranean cruisers
- Anyone wanting an authentic Italian port day experience

Reviewed 25 October 2026 | Confirm berth, schedules, trail access and all-aboard time with your cruise line before your visit.