TREKKING FOTOGRAFICI

Cinque Terre 3-day hiking tour

The gorgeous seascapes and mountain of the Italian Riviera Join Mirko Sotgiu into a photo-hiking adventure in Cinque Terre. group and private tour - 3 days - from nov to apr



Durata	3 days
Impegno	Medio (3/5)
Posti	massimo 8
Quota	da 350,00 € a persona

They are born in the sea and rise up to a height of 812 m on Mount Malpertuso, the highest elevation of the 15 km ridge that isolates the Cinque Terre from the Ligurian interior.
A play of contours, at times overhanging the sea, covered with Mediterranean scrub, heather, broom and pine, alternating with vines on terraces that defy the laws of gravity.
Along the coast, between the inlets formed by the spurs, man has found refuge, settling in what are now the pleasant seaside villages of **Riomaggiore, Manarola, Corniglia, Vernazza.**

In addition to the landscapes, the photographer also tells the story of the relationship between man and the environment.
The coverage includes short hikes and views of activities related to the sea and the land with the intention of communicating this mutual embrace between man and the land and between the sky and the sea.
With master photographer, Mirko Sotgiu you can take evocative reportage images of these pretty villages at the

best times of day. The hikes, which are never challenging, take us to little-known places beyond the most famous classic spots in the **UNESCO** World Heritage site of the **CinqueTerre**.

Highlights

- **Discover a unique UNESCO World Heritage Site destination in Italy**
- **Hike on trails with impressive vineyards terraces and amazing sea views**
- **Take amazing photos from famous spots**
- **Enjoy the best italian food and local products**

Programma

1st day

Meeting at 9:30 AM in Riomaggiore
Transfer by train to Manarola and then Volastra by bus.
Visit of the vineyards and terraces in Volastra.
Hiking from Volastra to Corniglia.
Along one of the most scenic and beautiful trails of the Cinque Terre. (200m ascent, 530m descent - 3 hours excluding photo breaks).
Photo session at sunset in Corniglia.
Return by train to Riomaggiore.
Dinner in Riomaggiore.
Overnight in Riomaggiore.

2nd day

Wake up early
Transfer by train to Manarola to photograph the twilight (6:30 am).
Breakfast in Manarola and visit of the alleys.
Transfer to Corniglia by train.
Walking excursion along the Guvano panoramic path up to Vernazza
Lunch in Vernazza and visit of the alleys.
Dinner and sunset photography session in Vernazza from a panoramic point.
Return by train to Riomaggiore.

3rd day
Photography session at dawn / dusk in Riomaggiore
Breakfast at hotel.
Post-production and photo-editing session at the hotel
Lunch in Riomaggiore.
Activities end at 14:00.

The program may vary and order of visits depending on the group's excursion skills, weather conditions.

Temi e finalità

Briefing on equipment and backpack for reportage photography

Review on right exposure, how to deal with highlights.

Reportage photography.

Landscape photography at sunrise and sunset, notions and practice.

Practise.

Cosa comprende la quota

La quota comprende

Assistance from professional photographer Mirko Sotgiu
Nikon NPS
Accompaniment of a mid-mountain guide
Organization and assistance in the preparation of the program by Photo Trekking
Bed and breakfast in Hotel ***
CinqueTerre Card / Train transfers
Access to the Cinqueterre National Park.
Transfers by train
Common safety and rescue equipment
Insurance

La quota non comprende

Transfers to and from meeting place
Lunches at noon, extra at dinner. (packed).
Photographic equipment, clothing and trekking equipment
Trekking poles
Anything not mentioned in "the fee includes"

Requisiti

Course suitable for those who already have photographic experience, at least of landscape.
Recommended lenses: wide-angle and normal, telephoto, TTL flash.
Comfortable clothing pleasant temperatures. Boots.
Recommended, Gradient filters, ND and polarizer (alternatively, LEE filters by the teacher are available)

Prenota il tuo posto online
https://trekkingfotografici.it/shop/cinque-terre-3-day-hiking-tour/
WhatsApp 392 406 9063 · info@trekkingfotografici.it

Scheda informativa aggiornata al 22 novembre 2026. Programma, orari e quota possono subire variazioni per meteo, sicurezza o numero di partecipanti: fa fede la pagina online. Valgono le condizioni generali di vendita: https://trekkingfotografici.it/condizioni-generali/
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