

10-Day Family Food & Exploration in Cinque Terre

10 days · 7 stops · 2026-08-24

Embark on a **10-day family adventure** through the enchanting villages of Cinque Terre this October, starting from Koper. This trip blends **delicious food tasting experiences** with the joy of **getting lost in charming, colorful streets** and breathtaking coastal landscapes. Stay in family-friendly accommodations and enjoy hands-on cooking classes, scenic e-bike tours, and leisurely hikes with wine and limoncello tastings. Perfect for creating lasting memories with your loved ones in one of Italy's most picturesque regions.

Koper → Monterosso al Mare → Vernazza → Corniglia → Manarola → Riomaggiore → Koper

Koper, Slovenia

DAY 1–1

Monterosso al Mare, Italy

DAY 1–4

Monterosso al Mare is the largest of the five villages in Cinque Terre, known for its beautiful beaches, family-friendly atmosphere, and delicious local cuisine. It's a perfect spot for food tasting with plenty of restaurants offering fresh seafood and Ligurian specialties. The village's charming streets are ideal for getting lost and exploring with your family, making it a highlight of your trip.

ARRIVE · CAR

Koper → Monterosso al Mare

5h 21m

STAY

Hotel Souvenir

Via Gioberti 24, 19016 Monterosso al Mare · 8.7

ITINERARY

Day 1 · Arrival and Relaxing Evening in Monterosso · 1 experiences: Ristorante Miky
Day 2 · Explore Cinque Terre National Park by E-Bike · 2 experiences: Monterosso al Mare: Cinque Terre National Park E-Bike Tour, Il Casello
Day 3 · Fresh Pasta and Pesto Cooking Class · 2 experiences: Levanto, Cinque terre: Fresh Pasta and Pesto cooking class, Gelateria Vernazza
Day 4 · Departure to Vernazza

Vernazza, Italy

DAY 4–6

Vernazza is one of the most picturesque villages in Cinque Terre, known for its colorful harbor, charming narrow streets, and delicious local seafood. It's a perfect spot for families to enjoy authentic Italian cuisine and relax by the sea. Exploring Vernazza offers a wonderful blend of scenic beauty and cultural experiences that will delight both adults and kids.

ARRIVE · CAR

Monterosso al Mare → Vernazza

31m

STAY

La Casa di Eroico Vino

Piazza Guglielmo Marconi, 30, 19018 Vernazza · 9.7

ITINERARY

Day 4 · Arrival and Leisurely Exploration of Vernazza · 2 experiences: Vernazza, Ristorante Belforte
Day 5 · Lemon Grove Trek and National Park Walk · 3 experiences: Lemon tour with Limoncino and Wine tasting in Vernazza (Cinque Terre), Cinque Terre National Park (Parco Nazionale delle Cinque Terre), Il Pirata delle Cinque Terre
Day 6 · Historic Church Visit and Departure · 2 experiences: Church of St. Peter, Bar La Torre

Corniglia, Italy

DAY 6–8

Corniglia is one of the five villages of Cinque Terre, perched high on a cliff with stunning views of the Ligurian Sea. It's known for its peaceful atmosphere, charming narrow streets, and family-friendly environment perfect for food tasting and exploring at a relaxed pace. Unlike other villages, Corniglia is less crowded, offering a more authentic and tranquil experience, ideal for getting lost i

ARRIVE · CAR

Vernazza → Corniglia

13m

STAY

AMARE IL MARE Affittacamere e appartamenti

5 Via Fieschi piano 2, 19018 Corniglia · 9.6

ITINERARY

Day 6 · Arrival and Relaxed Exploration in Corniglia · 2 experiences: Church of St. Peter, Trattoria Cecio
Day 7 · Pesto Making and Wine Tasting Experience · 2 experiences: Cinque Terre: Pesto Making Class with Wine and Food Tasting, Bar Enoteca Il Pirun
Day 8 · Eco Hiking and Departure to Manarola · 1 experiences: Cinque Terre: Eco Hiking and Wine Tasting

Manarola, Italy

DAY 8–10

Manarola is one of the most picturesque villages in Cinque Terre, famous for its colorful houses perched on cliffs and stunning sea views. It's a perfect spot for family-friendly exploration, with charming narrow streets to wander and delicious local seafood to taste. The village offers a relaxed atmosphere ideal for getting lost in its beauty and savoring authentic Italian flavors.

ARRIVE · CAR

Corniglia → Manarola

24m

STAY

Hotel Marina Piccola

Via Renato Birolli 120, 19017 Manarola · 9.5

ITINERARY

Day 8 · Arrival and Relaxation in Manarola · 1 experiences: Nessun Dorma
Day 9 · Pesto Making and Village Exploration · 2 experiences: Manarola: Pesto Making Class with Tasting and Wine, Bar Terza Terra
Day 10 · Departure to Riomaggiore · 1 experiences: Il Porticciolo

Riomaggiore, Italy

DAY 10–11

Riomaggiore is one of the most iconic villages in Cinque Terre, known for its colorful houses perched on steep cliffs and stunning sea views. It's a perfect spot for family-friendly exploration, with charming streets to wander and plenty of local eateries to enjoy authentic Ligurian cuisine. The village offers a relaxed atmosphere ideal for food tasting and leisurely strolls, making it a highlight

ARRIVE · CAR

Manarola → Riomaggiore

10m

STAY

Cloud Nine

Via De Gasperi, 380 6, 19017 Riomaggiore · 10.0

ITINERARY

Day 10 · Arrival and Culinary Delights in Riomaggiore · 2 experiences: Riomaggiore: Pasta and Tiramisù Cooking Class, Trattoria La Lampara

Day 11 · Relaxation and Departure from Riomaggiore · 2 experiences: Portovenere, Bar Centrale

Koper, Slovenia

DAY 11-11

ARRIVE · CAR

Riomaggiore → Koper

5h 4m