

Discovering Cinque Terre from the sea to the earth

LEARN ABOUT
NATURAL
ATTRACTIONS OF
LIGURIA IN 2 DAY



*Dive into a food
experience
discovering two
natural elements:
the water and the
earth.
Enjoy our wine &
food experience
and sailing visit!*

1st day:

you will start your day from La Spezia where you take the boat to start your visit of Cinque Terre (Riomaggiore, Manarola, Corniglia, Vernazza and Monterosso);

In Manarola you will take part of a wine-tasting (the typical "Sciacchetra", a DOC white wine and a IGT red wine) with some appetizers;



2nd day:

after breakfast, enjoy the morning on your own. in the afternoon you will take part of a cooking lesson where you will learn how to make Genoese pesto sauce with mortar and pestle, and the secrets of hand-made pasta.