



Italy: The Magical Italian Riviera

Genoa, Portofino, Cinque Terre

September 12 - September 20, 2025

Women Travel Tribe

Small Group Adventures for Women 50+

womentraveltribe.com/tours/italy-genoa-sep-2025

Tour Overview

Duration:	9 days
Group Size:	8-12 people
Start Date:	September 12, 2025
End Date:	September 20, 2025
Arrival Airport:	Genoa Cristoforo Colombo Airport (GOA)
Departure Airport:	Genoa Cristoforo Colombo Airport (GOA)

Get ready to check off a major bucket list item! The Women's Travel Tribe invites you to explore the breathtaking beauty of the **Italian Riviera**, a region where vibrant fishing villages, fragrant herbs, and the mesmerizing azure waters of the Mediterranean create an **unforgettable tapestry of experiences**.

Led by our **knowledgeable local guides**, you'll navigate the captivating, vertical cobbled streets and alleys of **Genoa**, sip the **exquisite wines of Cinque Terre**, and immerse yourself in the crystal-clear waters of the **Ligurian Sea**.

This isn't just sightseeing. It's an immersion into **authentic Italian artistry** and flavors. You'll try your hand at the **ancient craft of "gold gilding"** under the tutelage of masters, discover the secrets of **marble carving in a 2000-year-old Tuscan quarry**, and delight in making **fresh pasta al pesto in Nonna Tina's very own kitchen**.

This 7-night tour is designed to satisfy your desire for adventure, deeply immerse you in Italian culture and cuisine, and leave you feeling utterly rejuvenated.

Are you ready to dive into the magic of the Italian Riviera?

Pre-trip extension to Milan: Please note that this trip offers an optional pre-trip extension to Rome. More details can be found here: [Pre-trip Milan](#)

Tour Operator Information

This Italy tour is operated by Women Travel Circle, a trusted partner of Women Travel Tribe since 2023.

Daily Itinerary

Day 1: Genoa / Arrival Day

Included meals: Dinner

Welcome to 'The Vertical City!' Upon arrival, we'll arrange a group transfer from the Genoa Airport at 12:00pm, straight to our wonderful hotel in Genoa. Enjoy the afternoon to rest, unpack, or explore the nearby streets from our location in the city center. Our local hosts and tour leaders, Roberta and Daniela, will welcome us with an evening aperitif, followed by a delightful dinner featuring Genoese specialties at a nearby restaurant.

Day 2: Genoa

Included meals: Breakfast, Lunch

On our first morning, we'll be guided on a walking tour through the delightful confusion of winding alleys and medieval streets of this historic port town. Time will be spent exploring secret spots and the rich traditions of art and architecture, visiting old shops, historic palaces and churches along the way. For lunch, we'll indulge in the Genoese staple, Farinata, and other authentic Liguarian cuisine at Sa' Pesta, the oldest 'osteria' in the city. The afternoon will be spent in the only remaining Gold Leaf Laboratory in Genoa where master craftsman, Pozzo Marco, will share his family expertise in the delicate art of gold leaf gilding. He'll lead us through a workshop where we'll create our own gold picture frames to take home! The rest of the day will be yours to roam, relax, and discover the endless possibilities for a great evening meal.

Day 3: Genoa

Included meals: Breakfast, Lunch

This morning we'll find ourselves in a quieter part of town, high atop a hill, to admire the city from above. By way of the funicular, a fixed railway cable car, we'll reach the charming, peaceful neighborhood of Castelletto. We will be guided through the Antica Farmacia Sant'Anna, an ancient pharmacy and herbal dispensary. Here we'll meet Frate Ezio, the Friar, and learn about the plant-based remedies produced at the pharmacy dating back to the 16th century. A quick walk will bring us to the Spianata Castelletto to take in the breathtaking, panoramic views of the sea. We'll also experience another exciting mode of transport as we descend into the city center using a liberty-style lift. Next, we'll enjoy an incredible cooking class where we'll learn to make authentic Genovese pesto, using a traditional marble mortar and pestle. We'll savor the pesto together with focaccia and a glass of local wine. After a lovely lunch, the rest of the afternoon and evening are yours to explore Genoa at your own pace. You can visit the nearby Palazzos, do some shopping, savor fresh gelato, or simply enjoy the seaside air.

Day 4: Sori / Rapallo

Included meals: Breakfast, Lunch

Destined for Sori, one of the smallest villages of the Golfo Paradiso, we'll leave Genoa after breakfast. In Sori, we'll visit the Baroque Church of Santa Margherita and the oratory before Roberta brings us to her family home. Located in the hills, this is where we'll meet "Nonna Tina" who will teach us how to prepare fresh pasta, identify different herbs, and combine both to make flavorful, stuffed pansotti. We'll enjoy lunch together al fresco in their beautiful garden. Fueled by our lunch of handmade pasta, we'll then make our way to our hotel for the next few nights, located in Rapallo. After check-in, we'll stroll along Lungomare Vittoria Veneto, a palm-lined promenade overlooking the Gulf of Tigullio. It's dotted with cafes, gelaterias, shops and a charming marina. A must-see is the Castle on the Sea (Castello Sul Mare), a 16th century fortress built to defend against pirates. We'll then explore the Centro Storico with its narrow alleys, colorful buildings, boutique shops and artisan stores leading to Piazza Cavour and the beautiful Basilica of Saint Gervasius and Protasius. During our free time in the evening, you can visit the elegant Chiosco Della Musica or unwind among the greenery of Parco Cassale.

Day 5: Camogli / Portofino

Included meals: Breakfast, Lunch

After breakfast, we'll jump aboard a local train bound for the Golfo Paradiso, disembarking in the colorful fishing town of Camogli. We'll stroll along the promenade of this stunning place along the Italian Riviera, admiring the unique houses and crystal waters of the bay, stopping for a cappuccino near the harbor. We'll board a boat setting out for the cove of San Fruttuoso, taking our time to enjoy a slow, local lunch and an optional dip in the bay. Afterwards, we shall arrive at our next stop - Portofino! From the boat, we'll have incredible views of the Portofino Promontory stretching into the Ligurian Sea. After docking in Portofino, we'll explore the Piazzetta and the San Giorgio Church followed by free time for further exploration of the area. We'll eventually return to Rapallo, where the rest of the night is yours to continue discovering all the city has to offer.

Day 6: Cinque Terre

Included meals: Breakfast, Lunch

This morning, we will explore the iconic, isolated seaside villages of Cinque Terre! We'll begin with a scenic train ride to Monterosso where we'll walk the tangled, carless streets of this lovely village. From here, we'll continue on to the villages of Vernazza and Manarola. We'll soak in the views of beautiful beaches, atmospheric centers, jagged cliffs, and colorful homes. We'll experience a local bus ride up to Volastra for spectacular panoramic views and also enjoy a wine tasting in the nearby vineyards. Following lunch, we'll make our way back to our hotel in lovely Rapallo to enjoy some relaxation time. After a full day of exploring, dinner will be on your own.

Day 7: Sarzana / Olive Oil Tasting / Fosdinovo Castle

Included meals: Breakfast, Lunch, Dinner

Get ready for a day rich in history, flavors and stunning landscapes on this unique excursion. We begin in Sarzana, a charming medieval town known for its well-preserved historic center, ancient fortifications and lively atmosphere. Stroll through its picturesque streets where you'll discover local artisan shops and an assortment of cultural treasures. Next we head into the rolling hills to visit a family-run olive oil producer, where you'll learn about traditional oil-making techniques and enjoy a guided tasting of their finest extra virgin olive oils. Our final stop is the spectacular Fosdinovo Castle, a medieval fortress perched on a hilltop with breathtaking views over the countryside and the sea. After a captivating tour through the castle, we'll conclude our experience at an actual banquet table indulging in an exclusive aperitif and savoring some local delicacies in a truly magical setting. We'll return to Rapallo for some rest and a wonderful farewell dinner, where we'll cherish each other's company and the memories we created over the past week!

Day 8: Genoa (Departure Day)

Included meals: Breakfast

This morning we'll transfer as a group to the airport in Genoa. We'll reach the airport by 11:00am, when we will say "Arrivederci". Departing flights should be scheduled for 1:30pm or later.

Tour Inclusions

Included

- ✓ Small group tour (maximum 12 women)
- ✓ Accommodations (7 nights in 3*/4* boutique hotels)
- ✓ Breakfast every day, 6 lunches, 2 dinners
- ✓ Transportation to all scheduled activities

- ✓ Local, English-speaking tour leader throughout the trip
- ✓ All mentioned activities and entrance fees

- ✓ Scheduled group airport transfer to/from Venice airport

Not Included

- ✗ Flights to/from Italy
- ✗ Passport/visa fees (US, Canadian and European citizens do not need a visa)
- ✗ Travel Insurance (required)
- ✗ Meals and activities not mentioned in the itinerary
- ✗ Gratuities

- ✗ Local city taxes (€30 per person for the entire trip)

Pricing

Shared Room:	€4,275
Single Room:	€5,250
Deposit Required:	€1,000

** All prices are in Euros (EUR)*

Accommodations

We will stay in 3 *and* 4 boutique hotels during this trip, all of which are conveniently located. There are 8 single rooms available. These rooms will be offered on a first-come-first-served basis. The remainder of the rooms will be shared. Solo travelers will be paired together, two travelers per room in two single beds. All rooms have a private bathroom.

Physical Demand

MODERATE-HIGH

This is an active tour and includes a considerable amount of continuous walking on paved, unpaved, uneven and cobblestone surfaces in both urban and rural settings. Liguria is an “up and down” region. Travelers should be able to walk at a comfortable pace each day over terrain that may include hills and steps. Good mobility is highly recommended.

Genoa, “The Vertical City” is just that - an urban area that requires some up-and-down walking and the occasional steep flight of stairs.

We will use public trains and board ferries. Transfers with luggage will be done by comfortable, air-conditioned minibus.

You can anticipate some long days, being outside in potentially inclement weather, early morning wake-ups, late evenings and other similar scenarios.

For all of these reasons, a good level of physical fitness is advised.

Ready to Book Your Adventure?

Women Travel Tribe

Email: team@womentraveltribe.com

Website: womentraveltribe.com

Tour Details: womentraveltribe.com/tours/italy-genoa-sep-2025

*Small group adventures designed specifically for women 50+
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