When the weather allows, there are kayaks and paddle boards available for rent, and you can spend a memorable day swimming in the sea! But even if it is cloudy and rain, there is plenty to enjoy. There are numerous hikes to choose from and the landscape is stunningly beautiful!

**CINQUE TERRE** is a national park and protected world heritage site, a string of five fishing villages connected by ancient footpaths overlooking the Mediterranean Sea. The well-marked hiking trails, and the trains that also run between the villages, offer breathtaking views of harbors, medieval fortresses, colorful villages and terraced farms that overlook the sea. A clear favorite of our students, each group will spend a few days here, hiking the trails or taking the boat or train between the villages, and spending time on the beach!