

## EUROPEAN CETACEAN SOCIETY – THE 32<sup>nd</sup> Conference La Spezia, April 6<sup>th</sup> to April 10<sup>th</sup> 2018

### ACTIVITIES & TOURS PROPOSAL



On the occasion of the 32nd Conference of the European Cetacean Society, Arbaspaa Tour Operator, partner of the organization, proposes a series of tours in La Spezia and the Cinque Terre that will allow you to explore the beauties of the territory, its nature, its traditions and the treasures of local food and wine. The offered experiences have been created according to principles of sustainable tourism, thanks to which visitors will enjoy authentic and unforgettable activities in full respect for nature and environment and in the same time have fun and increase their knowledge.

For the participants of the Conference and their parents have been developed a number of tours on purpose (Main Events). In addition there is a variety of other experiences and tours from our catalogue available.

## Main Events:

### I- Dry stone walls and terraces: discover the vineyards of Manarola (in collaboration with Fondazione Manarola Cinque Terre)



One of the most authentic ways to really understand the landscape and history of the Cinque Terre. The terraced vineyards of the Cinque Terre form a unique landscape, Unesco Heritage site, created during centuries of work following an ancient art of dry stone wall building. The legacy left by the ancestors is now maintained by the new winemakers and by several subjects who commit to its conservation. Among these is the Manarola Cinque Terre Foundation, created to maintain the dry-stone walls and preserve this exceptional balance between man and nature, which modernity has not changed. During the tour meet members of

the Foundation who will accompany you on the terraces and will show you the work of the institution, and how the cultivation of the vines takes place. To make you feel part of it there will be a moment of “**hands on**” – in order to give you an idea of the work in the fields: help the local wine growers for a short time selecting or moving stones. You will learn also another important point of the work of the Foundation: the integration of **African refugees** who are now working in the Cinque Terre vineyards! At the end come together with a glass of local wine and a piece of Focaccia.

|                    |  |
|--------------------|--|
| Tour date:         | <b>06<sup>th</sup>/7<sup>th</sup>/11<sup>th</sup> April 2018</b>   |
| Meeting point:     | Manarola train station   |
| Time:              | to be agreed   |
| Duration:          | about 2h 30'   |
| Price:             | € 15 per person  |
| Participants:      | Min 6 / Max 20   |
| Price includes:    | tour in the Manarola's vineyard, with guide of Fondazione Manarola Cinque Terre<br>English speaking, a glass of wine |
| Language:          | English, Italian   |
| To bring with you: | sunglasses, hat, camera, water   |
| Important:         | Sure-footedness and physical fitness are necessary!  |

## II - Hiking in the Cinque Terre – UNESCO World Heritage site, terraced wine fields & spring flowers!



Together with our hiking guide, a certified biologist, you will explore one of the most spectacular hiking itineraries of our territory. Meet the guide in the morning in La Spezia and reach the Cinque Terre village of Manarola after a short train ride. The Cinque Terre, National Park and Unesco site, is a stretch of 14 km of dramatic coastline. The five tiny, picturesque villages with their colourful facades, clinging over the cliffs, are world famous. But what makes this area so special is its scenery – the terraced vineyards realized over hundreds of years by the local farmers and kept in place by about 7.000 km of drystone walls, an incredible and very fragile manmade landscape. Your hike, always

panoramic with wonderful views over the Ligurian sea and the vineyards, will take you to the most beautiful parts of this area. You will cross olive groves and vineyards, pine tree forests and lemon gardens. April is also the best time to enjoy the awesome flowering of the most various species, among them rare orchids. Around lunch time you will reach Corniglia, the smallest village of the Cinque Terre. In the afternoon, the hike continues to Vernazza, one of the most picturesque villages with its little harbor and ancient fortress.

Hiking time total 4 hours, +/- 600 meters

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|--------------------|---|
| <b>Tour date:</b>  | <b>7<sup>th</sup> April 2018</b>  |
| Meeting point:     | Train station La Spezia   |
| Time:              | 9.00 am   |
| Duration:          | full day  |
| <b>Price:</b>      | <b>€ 39 per person</b>  |
| Participants:      | Min 12 / Max 25 (with a larger number it is possible to arrange two groups)   |
| Price includes:    | authorized English speaking hiking guide for about 7 hours of program, train rides, entrance fee to the National Park |
| Language:          | The tour takes place in English. Guide speaks also Italian and German.  |
| To bring with you: | hiking gear, drinking water   |
| Important:         | <b>Sure-footedness and physical fitness are necessary!</b>  |
| Optional:          | Lunch box with typical Liguria specialties such as focaccia and vegetable cake Euro 10,00 per person                  |

## III - Hiking in the Poet's Gulf – the Island Palmaria: rich botanical biodiversity, ancient fortresses, scenic views!



Together with our hiking guide, a certified biologist, you will explore Palmaria, a fascinating island located in the Gulf of Poets in front of Portovenere. It is part of the Unesco world heritage site and home to some very rare botanical species such as orchids and the autochthonal Portovenere Cornflower. In springtime different types of broom and rockrose are in full flower making the perfect foreground for the panoramic views over the Gulf and the colourful villages of Portovenere and Lerici. You will reach the island from La Spezia by ferry boat. The hike takes you in about 3 hours around the whole island. Ancient fortresses built by the



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Genoes and later used by the Napoleon army are on your way as well as fascinating abandoned quarries and beautiful grottos. Halfway you'll reach a beach where the most adventurous among you might even have a swim. Otherwise it is a perfect place for your picnic.  
 In the afternoon take the ferry boat back to Portovenere where there is time for a visit and one of the best ice creams of the territory before taking the boat back to La Spezia.  
 Hiking time total 3 hours, +/- 300 meters

**Tour date:** 11<sup>th</sup> April 2018  
**Meeting point:** ferry boat departure La Spezia  
**Time:** 9.45 am  
**Duration:** full day  
**Price:** € 39 per person  
**Participants:** Min 12 / Max 25 (with a larger number it is possible to arrange two groups)  
**Price includes:** authorized English speaking hiking guide for about 7 hours of program, boat rides.  
**Language:** The tour takes place in English. Guide speaks also Italian and German.  
**To bring with you:** hiking gear, drinking water  
**Important:** **Sure-footedness and physical fitness are necessary!**  
**Optional:** Lunch box with typical Liguria specialties such as focaccia and vegetable cake Euro 10,00 per person

### IV - Food & Wine Evening Tour in La Spezia



Taste and smell your way through the city trying the typical cuisine of the eastern part of Liguria. You'll start near the railway station and do a trip around the city center, having some shorter or longer breaks on the way, in historic shops, delis and restaurants trying typical Ligurian fresh dishes like *farinata*, stuffed anchovies, *mesciù*, *trofie* with pesto, octopus salad, stuffed mussels etc. The food choice depends on the season. The food will be accompanied by the tastings of 3 different local wines. Discover some curiosity about the wine, the food and the traditions of this town, a historical point of crossroads whose cuisine is the result of the most various influences from the whole Mediterranean area as well as from the middle European. La Spezia features

several interesting sites: the typically Ligurian via Prione, with narrow *carruggi* to Corso Cavour, which abounds with 19th century *Art Deco Palazzi*, Piazza Sant'Agostino, where some of the town's oldest buildings can be found. In piazza Verdi stands the Torre del Palazzo delle Poste, decorated with mosaics by futurist artists Filla and Prampolini. The tour ends with a longer break in a restaurant near Piazza Chiodo, where the imposing entrance to the Military Arsenal is situated. An original aperitif on the road with food to eat and food for the mind.

**Tour date:** 6<sup>th</sup> and 9<sup>th</sup> April  
**Meeting point:** La Spezia  
**Time:** 5,30 pm  
**Duration:** about 2,5 hours  
**Price:** € 45 per person  
**Participants:** Min 8 / Max 15  
**Price includes:** English-speaking tour leader, stops with various food tastings, 3 glasses of local wine.  
**Language:** Italian, English



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## V - Manarola wine experience



Discover the viticulture traditions of Manarola with Alessandro, a young winemaker native of this beautiful village of Cinque Terre. You will leave from the center of Manarola and walking through the main road leading to the small harbor you will have the opportunity to admire the typical colorful houses and the fishing boats parked along the street. Then you will go up to the cemetery which is located in a fantastic panoramic position from which you can appreciate Manarola and even a partial view of Corniglia. Through an ancient path in the midst of gardens you will reach the vineyards of Alessandro where he will teach you to distinguish the grape varieties and the different

methods of pruning and grape growing. The path leads you in front of the Church of San Lorenzo and with an extra effort you will be in Alessandro's wine cellar where you will taste his white wine Cinque Terre DOC accompanied by the typical Ligurian focaccia. Alessandro is also a member of the Foundation of Manarola Cinque Terre, created in 2014 to protect the cultural heritage of the village. With your participation of the tour you support the project of the Foundation with a little charity.

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| <b>Tour date:</b> | <b>6<sup>th</sup> April 2018</b>  |
| Meeting point:    | Manarola  |
| Time:             | afternoon 3 pm  |
| Duration:         | about 2 hours   |
| Price:            | € 29 per person   |
| Participants:     | Min 10 / Max 20   |
| Price includes:   | visit of the vineyard and the wine cellar, wine tasting of a Cinque Terre DOC white wine, focaccia. |
| Language:         | The tour takes place in English or Italian depending on the group composition.                      |

## VI - Wine tasting in an ancient wine cellar in Manarola

One of the best places to taste our local wines is an ancient wine cellar. The one where we would like to welcome you is in the **center of Manarola**, near to the little harbor. It has been completely renovated and is now a Bar-Enoteca, a wonderful place where people meet, drink wine, **enjoy good music** (sometimes great handmade Jazz-Music) and some little food. You will have a tasting of the **Cinque Terre white wine DOC**, a tasting of a **red wine ITG** produced in the Cinque Terre and a tasting of the **famous Sciacchetrà**, our sweet wine. With the tastings come some little local snacks.

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| <b>Tour date:</b> | <b>6<sup>th</sup>, 9<sup>th</sup>, 11<sup>th</sup> April 2018</b>   |
| Meeting Point:    | Manarola  |
| Time:             | 5 pm  |
| Duration:         | about 1 hour  |
| <b>Price:</b>     | <b>€ 15 per person</b>  |
| Participants:     | Min 2 / Max 16  |
| Price includes:   | wine tasting with 3 different wines (0,1 l per wine), some local snacks like crostini with pesto and with salted anchovies, cheese etc. |
| Language:         | English/Italian   |



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## VII - Sailing in the “Sanctuary of Cetaceans” from La Spezia



A wonderful experience to explore the Ligurian coast and the Gulf of Poets! Board the sail boat in La Spezia harbor and cross first the Gulf of Poets passing in front of the beautiful villages of Portovenere and Lerici and the islands Palmaria and Tino. Later you will sail along the Cinque Terre coast and the protected Marine area and, looking out for cetaceans, head towards the open sea. During the excursion a light lunch with local specialties like focaccia and anchovies will be served. The experienced skipper will show you the most important naturalistic sites and identify the species of cetaceans.

**Tour date:** 11<sup>th</sup> April 2018  
**Meeting point:** harbor of La Spezia  
**Time:** 10.00 am  
**Duration:** about 7 hours  
**Price:** € 95 per person  
**Participants:** Min 10 / Max 56 (for the special event we can, with advanced notification, book up to 5 boats)  
**Price includes:** tour with a modern sailing boat with English speaking skipper, light lunch on board, drinks (water and wine) on board, insurance.  
**Language:** English, Italian  
**To bring with you:** sunglasses, hat, sun protection, camera, swimming suit, bath towel, depending on weather  
**Important:** conditions rain protection and/or an extra jacket  
If you likely feel seasick, we suggest bringing along appropriate pills  
In case the Cinque Terre are not reachable because of the rough sea, the tour is however guaranteed cruising in the Gulf of La Spezia. This condition does not implicate the right of reduction of price or cancellation.

## VIII - Pesto course: Manarola



In a strategic and spectacular location a few years ago this new bar with breath taking view has been opened by two young cooks. The pesto course will take life here, starting from the basil harvest in their own vegetable garden and by picking the ingredients. Simone, one of the owners, will show you how to make the traditional pesto sauce, with the use of the mortar, explaining its ingredients and history. You will enjoy making pesto surrounded by wonderful places, colors and perfumes. At the end you will taste the results of your own work on a bruschetta (toasted bread) together with a glass of Cinque Terre wine and a platter of cured meats and cheeses. The best

“student” will be rewarded with a special gift...surprise!!

**Tour date:** 11<sup>th</sup> April 2018  
**Meeting point:** Manarola  
**Time:** 10.30 am



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Duration: about 1 hour  
 Price: € 36 per person  
 Participants: Min 6 / Max 30  
 Price includes: basil harvest, pesto course with mortar, a platter of cured meats and cheeses, pesto tasting and ¼ l p.p of local wine, printed recipe, apron, special gift for the winner.  
 Language: English, Italian

### **IX - From the mussel farm to the table: a boat & food experience**



A special experience that will allow you to discover the secrets of a traditional activity, the mussel-farming, and to taste a delicious dish with fresh harvested seafood. The richness of plankton, the quiet and not too salted waters, make the Gulf of La Spezia the ideal place for mussel cultivation. An indigenous work, handed down from father to son, made by repeating gestures, with the maintenance of the farming, the mussel harvest and the day (not less than 24 hours) necessary for their purification, after that the seafood is ready for the kitchen. The excursion starts in the morning from the harbor in La Spezia: you will get on board of a wooden

fishing boat, which will bring you to the sea between Porto Venere and the Palmaria Island, where mussel-farms are located.

There, along with the mollusk farmers, you will observe how they are cultivated throughout the year. Then, you can actively participate at the harvest of mussels. At the end of the excursion, the mollusc farmers will cook for you a delicious dish of spaghetti and ‘muscoli’ on board, that you will taste with a good glass of wine produced in the area.

**Tour date:** 7<sup>th</sup> and 11<sup>th</sup> April 2018  
**Meeting point:** Mirabello harbor, La Spezia  
**Time:** 10:30 am  
**Duration:** about 4 hours, return at about 2:30 pm  
**Price:** € 40 per person  
**Participants:** from 6 (minimum) to 30  
**Price includes:** boat tour, explanation by an expert mussel farmer, lunch on board based on “muscoli” and wine from Cinque Terre  
**Language:** English, Italian  
**To bring with you:** sunglasses, hat, sunscreen, camera and, depending on the weather conditions, also an extra jersey or a wind jacket.

## Other tours (regular, shared tours):

### Extra Virgin Olive Oil near La Spezia: mini course

Nicola is an experienced, professional olive oil sommelier and produces his olive oil on the hills between La Spezia and Cinque Terre. He will guide you through the experience of **smelling, tasting and eating** olive oil on a variety of "bruschetta" to understand which oil goes on which food and with which wine (Nicola is also a wine tester). You will learn the basic steps to **recognize a "good" olive oil** from a "standard" one and how to buy a good olive oil when you go back to your country. All this made in a **typical Ligurian country house** surrounded by a peaceful terraced olive grove, situated in the splendid Poets' Bay, next to the Cinque Terre.

**Tour available:** every day  
**Meeting point:** La Spezia train station  
**Time:** 4,30 pm (end at around 7,30 pm)  
**Duration:** 3 hours  
**Price:** € 45 per person  
**Participants:** Min 3/ Max 8  
**Language:** English, Italian or French, depending on participants  
**Price includes:** shuttle service from/to La Spezia train station, oil tasting, bruschetta, oil mini-course.

### Cooking Lesson: visit the market of La Spezia and cook a typical Ligurian fish menu

Your culinary experience starts with a short stroll through La Spezia and a **visit to its beautiful market:** see the fish sellers with the fresh fish and seafood, find the regional vegetables: depending on the season there are juicy tomatoes, green asparagus, aromatic mushrooms or the precious artichokes. With your cook, you buy freshly the things you will need to prepare your lunch. After the market visit in the morning, you reach the nice little restaurant where the cooking lesson takes place. During the **preparation of delicious seafood meal**, the chef gives you an idea of how to create traditional dishes using local ingredients as much as possible and with the lowest environmental impact. That sounds complicated, but the results are incredibly mouth-watering dishes! You will be surprised by the simple finesse of the dishes you are going to prepare - using only few but high-quality ingredients. At the end you will enjoy one of the most delicious lunches of your life - prepared by yourself!

**Tour available:** every day  
**Meeting point:** La Spezia central train station  
**Time:** 10 am (for participants staying in La Spezia another meeting point can be fixed)  
**Duration:** about 3 hours  
**Price:** € 129 per person  
**Participants:** Min 1 / Max 4  
**Price includes:** visit to the local market, hands-on cooking experience with English-speaking cook, printed recipes, lunch with drinks.



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## Cinque Terre by Kayak

### **FULL DAY TOUR (5HRS)**

A great opportunity to visit the Cinque Terre from a unique and exclusive point of view and for whoever loves to spend the day in the sea while doing activity.

After meeting your guide in **Monterosso**, you will start the tour paddling **in the Cinque Terre's Marina Protected area** along the amazing cliff of this beautiful land, passing by Vernazza till you'll reach the beach of **Guvano**, where you will stop for a rest. The tour continues to **Corniglia**. You may **snorkel with an integrated diving mask**, ideal for a complete view of the seabed and its abundance of fish. For the most adventurous, there is the possibility to go forward till Manarola or Riomaggiore.

From there you'll take your kayak and start the way back to Monterosso.

Departure from Monterosso

Duration about 5 hours, which 3 hours paddling

**Price per person €119.00**

Min. 3 / Max. 12 participants

**Included in the price:** English speaking guide, kayak, paddle, lycra, life jacket, dry bag, integrated diving mask, light lunch (focaccia, fruit), selection of photos taken during the tour from the guide

### **SUNSET & WINE TOUR**

On board of your kayak, enjoy the **impressive scenery of sunset** when the sea is less crowded and everything is quieter.

Admiring the **awe-inspiring sight of the sun turning red**, we paddle towards Vernazza discovering its cliffs full of caves, swim in its crystalline water and restore strength at a **waterfall spring**.

Live the experience of a real "**aperitivo**" in a quiet cove accessible only by sea with local **organic wine and focaccia** from Liguria: this tour will satisfy all your senses.

Departure from Monterosso

Duration about 2,5 hours

**Tours available every day from April 1<sup>st</sup> to September 30<sup>th</sup>**

**Price per person €80.00**

Min. 4 / Max. 12 participants

**Included in the price:** English speaking guide, aperitif (wine and focaccia), equipment: kayak, paddle, life vest, dry bag.

**Equipment to bring with you:** bathing suit or lycra shorts, sneakers or neoprene boots, lycra thermo shirt or sweatshirt, water, sunglasses, hat, camera.

## Diving in the marine area of Portovenere – “sea baptism” (beginners)

You've always dreamed of diving in the **blue sea**, to experience the silence, to feel the extraordinary sensation floating "**weightlessly**" among colorful fish and corals? With this "**Sea Baptism**" the dream comes true: you will wear all the diving equipment and, hand in hand with an instructor, you will experience the unforgettable sensation of breathing under water, **exceeding the "limits"** of human respiration.

**Tour available: every day**

Meeting point: in San Terenzo – La Spezia

Time: 9:30

Duration: about 3 hours

Participants: MIN 1 / MAX 4

**Price: € 105 per person**

Price includes: professional instructor starting with a theoretical lesson, a boat ride to the diving spot, complete diving equipment, a dive up to 10/12 m with diving instructor, the certification "SSI Scuba School International".

**To bring with you:** sunglasses, hat, sun protection, swimming costume, bath towel

**Important:** good health conditions



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## Guided Diving for diver certification holders

Starting from La Spezia you will be brought with a rubber boat to one of the spectacular diving spots either in the **protected marine area of Porto Venere** or in the surroundings of the Gulf of Poets. The underwater world is exciting – steep rocks with an incredibly rich **abundance of species** – octopuses, fish shoals, corals (like the red gorgonia), posidonia sea weed fields, barracudas, crayfish, murays and much more. The area presents very interesting **sea beds**. You can explore different species of an interesting flora and fauna.

**Tour available:** every day  
**Meeting point:** La Spezia – Molo Italia  
**Time:** to be advised  
**Duration:** about 3 hours diving activity  
**Participants:** MIN 1 / MAX 4  
**Price:** € 89 per person or € 50.00 if you bring your own equipment  
**Price includes:** diving tour with SSI instructor and rubber boat, complete diving equipment, oxygen bottle, weight.  
**To bring with you:** sunglasses, hat, sun protection, swimming costume, bath towel, diver certification

### IMPORTANT NOTES

- Every tour starts in the indicated location. Guests usually get there on their own. The instructions to reach the meeting point will be written in the voucher that you receive once the service is definitely confirmed. If you need transfers or pick-up services, please feel free to ask and we will quote the supplement for you.
- Some of the tours are subject (sailing, hiking etc.) on weather conditions. It will be the tour leader (hiking guide, skipper etc.) to inform us whether the tour can safely be held or needs to be cancelled.
- All prices include Italian tax.
- We also provide **private transfers** by car, minivan or taxi boat. **Guide service** in several languages. **Private Tours and Shore Excursion Programs. Rentals of private motor boats, yachts, sailing boats and rubber dinghys - with and without skipper.** Feel free to ask for more details.



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