

La Spezia, Liguria, Italy

The gateway to Cinque Terre, Tuscany, and the Gulf of Poets — La Spezia punches well above its size. Whether you train into the five villages or explore the city's own waterfront, markets, and castle, this Ligurian port rewards the curious.

 Docked (Molo Garibaldi)  Typical call: 8-10 hrs  Currency: Euro (€)  Language: Italian

🚢 MY DAY IN PORT

Ship/Date: _____	Arrive: _____	All aboard: _____
Excursion: _____	Notes: _____	

GETTING ASHORE

Docking: Ships dock at Molo Garibaldi; free shuttle to terminal exit — walking the port is not permitted

Best For: Cinque Terre day-trippers, Tuscany excursions, Ligurian seafood and local walks

Walk to centre: ~20 min flat walk from terminal exit, or short taxi (≈€15); train station is 25 min walk

Don't Miss: Cinque Terre by train or ferry, Portovenere, or Passeggiata Morin waterfront stroll

 Getting around:  Taxi  €8–€15

TOP THINGS TO DO

- **Cinque Terre by Train** — Hop the regional train from La Spezia Centrale to explore the five colorful clifftop villages — Riomaggiore, Manarola...
- **Pisa & the Leaning Tower** — A direct train from La Spezia reaches Pisa Centrale in about 55 minutes.
- **Florence — Cradle of the Renaissance** — Two hours by train, Florence rewards the early riser.
- **Portovenere & Gulf of Poets** — A short ferry or 20-minute drive south leads to Portovenere, a medieval village on the promontory with colorful houses...
- **La Spezia City & Waterfront** — Skip the crowds and stay local: stroll Passeggiata Morin, visit Castello San Giorgio (14th-century fortress with...

BEST WALKS

- **Waterfront to Old Town** 2.5 km · ~45 min · flat · easy — Exit the terminal and follow the palm-lined Passeggiata Costantino Morin along the bay, taking in marina views.
- **Castello San Giorgio Climb** 3 km · ~1 hr · some uphill · moderate — From the city centre, follow signs uphill to the 14th-century Castello San Giorgio.

WEATHER · DAYLIGHT · MONEY

 **CLIMATE (AVG °F · RAINY DAYS)**

	Mon	High	Low	Rain
Apr		62°	49°	10d
Jun		76°	64°	10d
Aug		81°	68°	9d
Sep		75°	63°	10d
Oct		68°	57°	12d

 **DAYLIGHT &  MONEY**

Apr 6:37AM–8:04PM · Jun 5:37AM–9:05PM · Aug 6:24AM–8:24PM · Sep 7:00AM–7:30PM · Oct 7:35AM–6:36PM

 Currency: Euro (€)

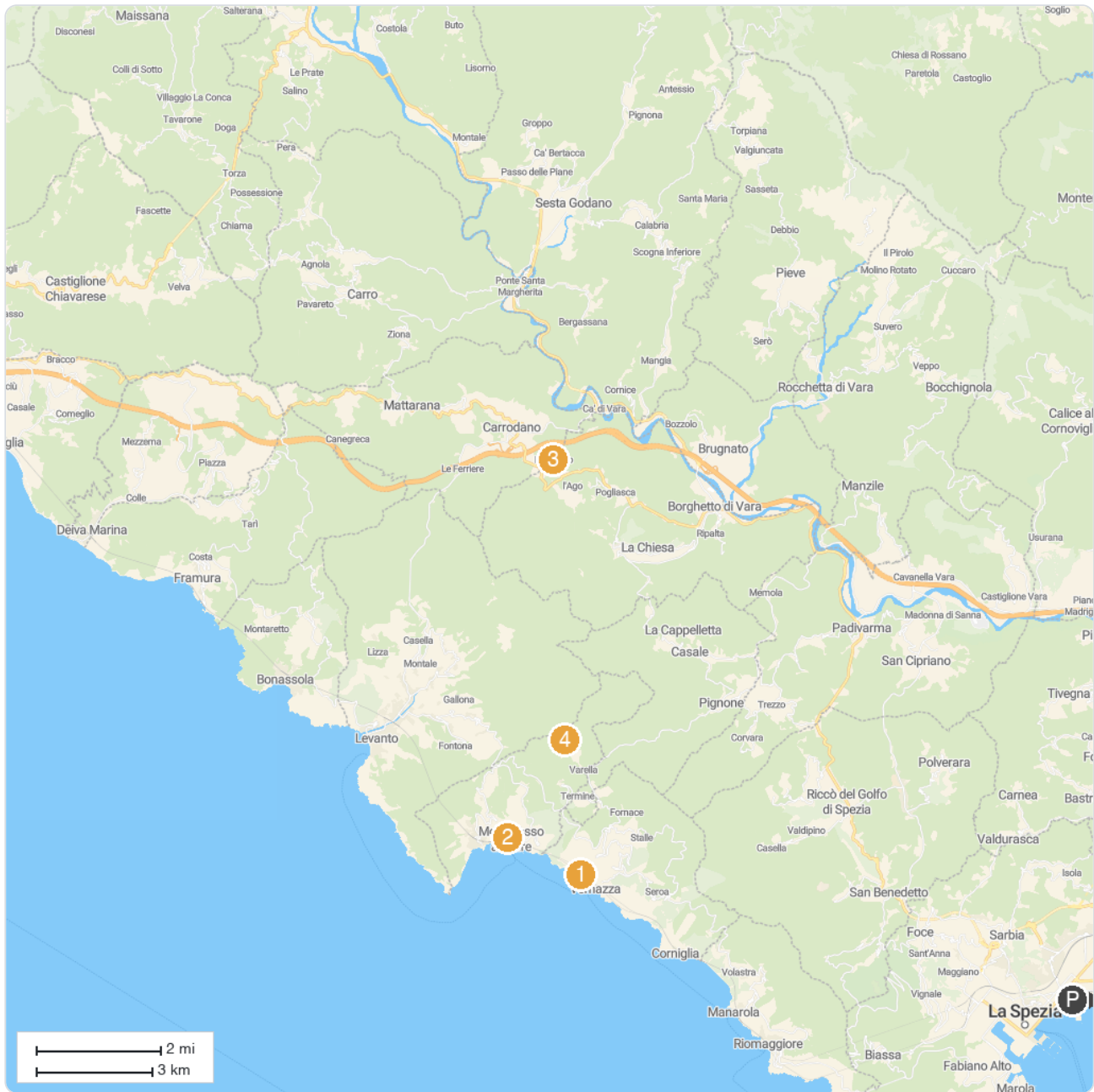
KNOW BEFORE YOU GO

- Train beats everything for Cinque Terre. Walk or taxi to La Spezia Centrale (25 min walk or ~€15 taxi). Trains run every 20-30 min; a Cinque Terre Treno Card covers unlimited...
- Ship calls are typically 8-10 hours — plenty for Cinque Terre or Pisa, but Florence is tight. If you're doing Florence independently,

La Spezia, Liguria, Italy — Port Map

cruiseports.org

Red = walkable sights · Amber = excursions farther out · P = cruise terminal. Numbers match the order you'd typically visit.



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| <p>1 Sentiero Monterosso - Vernazza</p> | <p>A scenic coastal hiking trail connecting Monterosso and Vernazza.</p> | <p>2 Oratorio Mortis et Orationis - Confraternita dei Neri</p> | <p>A historic small chapel of the Black Brotherhood.</p> |
| <p>3 Sanctuary N.S. di Roverano</p> | <p>A historic religious sanctuary dedicated to Our Lady of Roverano.</p> | <p>4 D.Ranch Horse Riding Cinque Terre</p> | <p>A ranch offering guided horse riding tours near Cinque Terre.</p> |
| <p>P Cruise port / terminal</p> | | | |