

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 cliff-top villages — Riomaggiore, Manarola, Corniglia, Vernazza, and...
- **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, San Pietro church, and views...
- **La Spezia City & Waterfront** — Skip the crowds and stay local: stroll Passeggiata Morin, visit Castello San Giorgio (14th-century fortress with archaeology museum and harbor...

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 (€)

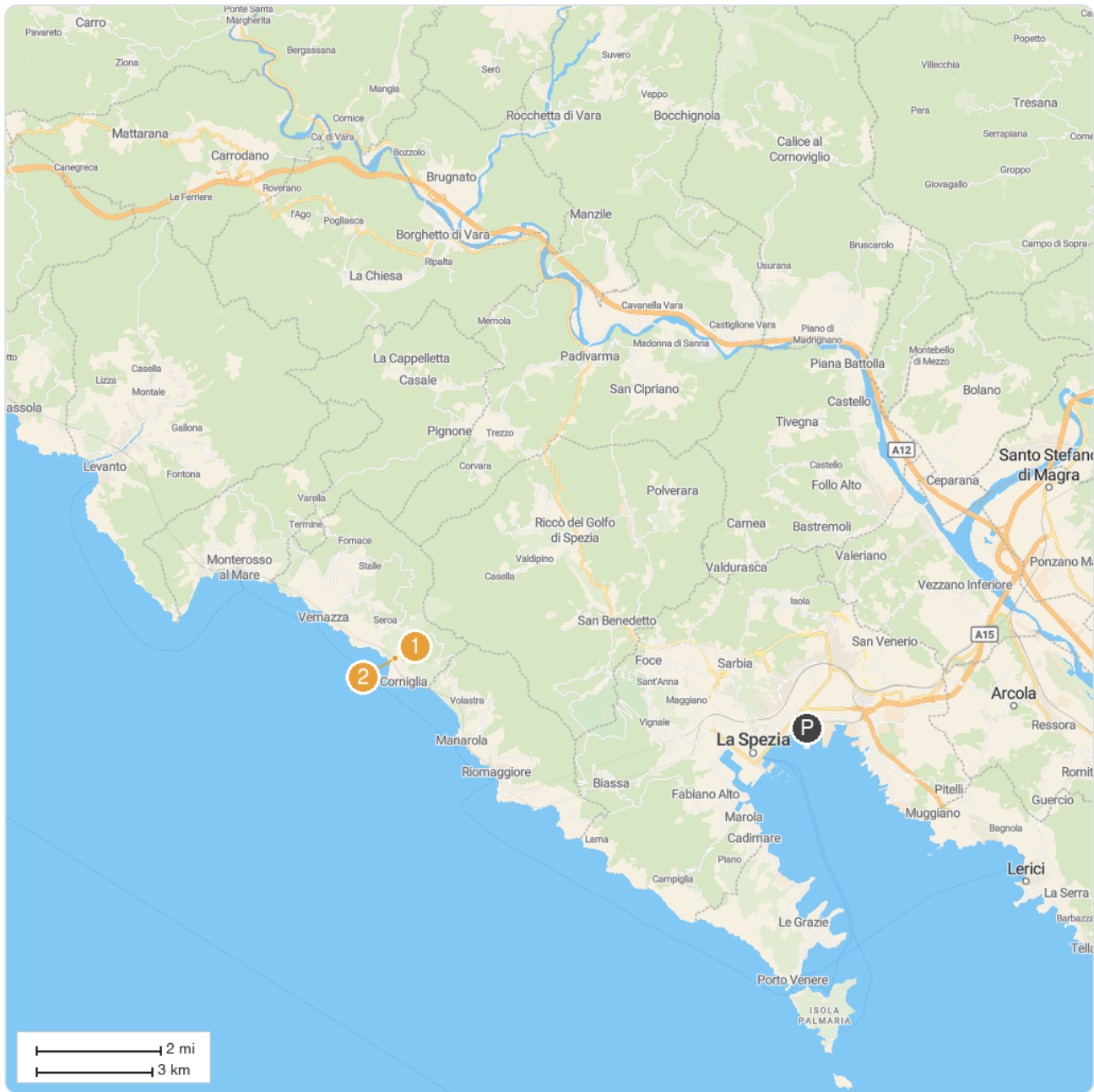
KNOW BEFORE YOU GO

- 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 village-to-village trips and trail access.
- Ship calls are typically 8-10 hours — plenty for Cinque Terre or Pisa, but Florence is tight. If you're doing Florence independently, take the first train out and the last back.
- Ferry is the scenic alternative. Seasonal ferries (roughly Mar–Oct) depart from Passeggiata Morin to Cinque Terre and Portovenere. Check schedules and buy tickets at the dock.
- Eat in La Spezia, not the villages. Restaurants in the city are half the price of Cinque Terre and rarely have queues. Try muscoli ripieni (stuffed mussels) — the local specialty.
- Cards are widely accepted in the city and at tourist sites, but carry some euros for small cafes, buses, and market stalls. ATMs are plentiful near the city centre.
- Wear good walking shoes. The terminal-to-city walk is flat and easy, but Cinque Terre trails and Castello San Giorgio involve uneven steps and steep paths.

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.



1 Parco Nazionale delle Cinque Terre A stunning national park with five picturesque coastal villages.

2 Sentiero Azzurro The iconic coastal hiking path connecting Cinque Terre villages.

P Cruise port / terminal