



Daily Painting
& Sketchbook Journaling
Workshop in Cinque Terre

Lisa Daria Kennedy/2026

Join me for a week of creative exploration focused on building daily art habits, featuring two core practices: plein air painting and sketchbook journaling in the breathtaking setting of Cinque Terre.



Each workshop session begins by embracing the painting process and emphasizing the importance of daily practice as a pathway to enhanced creativity and stronger image-making skills. Through a mix of demonstrations, guided assignments, and individualized instruction, participants will learn techniques for making fresh, intentional marks.

Working with both translucent and opaque watercolors on small supports, you'll discover ways to simplify your painting process and stay inspired and motivated. All levels are welcome.

Once your daily painting is complete, you'll shift into the practice of sketchbook journaling. Together, the group will draw from direct observation and explore a variety of sketchbook layouts to visually capture the day's experience. You'll learn how to use your sketchbook as a personal journal—recording impressions of daily life, travels, and meaningful moments. We'll explore visual storytelling, page design, and effective strategies for making quick, confident drawings.

About Cinque Terre

The Cinque Terre, a UNESCO World Heritage Site, is a rugged portion of coast on the Italian Riviera. "The Five Lands" comprises five villages: Monterosso al Mare, Vernazza, Corniglia, Manarola, and Riomaggiore. Paths, trains and boats connect the villages, and cars cannot reach them from the outside.

Cinque Terre means "5 towns," and signifies the interconnectedness of this area through picturesque hiking trails, rail lines, and boat routes. Notably, cars are mostly absent in these towns, making walking an indispensable (and necessary) means of transportation.

One of the highlights of visiting Cinque Terre is experiencing the local cuisine. Pesto Genovese takes center stage, with its vibrant flavors in many local dishes. Fresh seafood is abundant and paired with delicious local wine, close to perfection.

Cinque Terre is not just a destination but an experience that will leave you with memories to last a lifetime. From the colorful houses clinging to the cliffs to the warm and welcoming people, everything about this place exudes charm and beauty.

Materials are simplified, limited, and travel easily. A list will be provided upon signup.

About the Workshop

A private coach will pick you up at the train station in Florence and transfer you north to the seaside region of the Cinque Terre. This area is normally buzzing with tourists in high season, but you'll stay out of the fray at a family-run hotel (reserved exclusively for us) on the cliffs above the main town of Monterosso.

There are 5 towns in the area ready for us to explore. Each village has its own character, from the dramatic tumble into the sea of Manarola to the cavernous port studded with private fishing boats of Rio Maggiore. Getting to each town is easy with the quick trains, or we might choose to travel by boat or even, for the intrepid, trek the trails over the cliffs from one town to the next (absolutely NOT required!)

Our personal escort and guide will coordinate various excursions into the other towns so we get a good taste of the charm of the area: the scenic harbor of Vernazza on market day, cafe Nessun' Dorma perched on a cliff above Manarola, cappuccino with vistas in the hanging cafe in Rio Maggiore and a boat ride to explore all the towns from the sea.

Additional Activities

Train pass to visit other towns (Vernazza, Riomaggiore, Manarola, and Corniglia)
Boat trip to photograph from the sea/Shuttle service from the hotel to the main town
Pick up/return to Florence

We will have 5 dinners organized together at local trattorie in Monterosso al Mare or prepared for us at home. We'll sample the pastas, seafood, and specialties of each area. Local wine is included with all dinners. Lunches and 2 dinners will be independent for you to explore the local cuisine on your own.

Given its location on the Mediterranean, seafood is plentiful in the local cuisine. Anchovies of Monterosso are a local specialty designated with a Protected Designation of Origin status from the European Union. The mountainsides of the Cinque Terre are heavily terraced and are used to cultivate grapes and olives. This area, and the region of Liguria, as a whole, is known for pesto — a sauce made from basil leaves, garlic, salt, olive oil, pine nuts, and pecorino cheese.

Fees

\$3,595 p/p based on double occupancy (single occupancy options available)
Shared double room in Hotel La Cabana in Monterosso (singles or suite with terrace and jacuzzi available for a supplement)
Daily traditional breakfast, 5 dinners (wine included)
Daily art lessons (with Lisa)
Train passes for exploring other towns
One boat trip on the Mediterranean/Transfers from and return to Florence

Register

<https://ilchiostro.com/workshop/daily-painting-and-sketchbook-journaling-workshop-in-cinque-terre/>