Italy: The Amalfi Coast & Capri

Air Package Itinerary

Here, chic Positano and elegant Ravello sit perched on limestone cliffs, a panorama of pastel houses, alfresco eateries, and baroque cathedrals fronting harbors of wooden boats. Time-worn trails wend through terraced vineyards and stands of olive trees, their names as iconic as their 100-mile views: the Path of the Gods, the Valley of the Mills, the Phoenician Steps of Anacapri. In the footsteps of past “Grand Tour” travelers, you explore 2,000-year-old Roman ruins and dine in family-owned restaurants beloved by the locals. Savor the region’s refined cuisine: fresh seafood, pillowy *mozzarella di bufala*, elegant pastries, and the sweet taste of *limoncello*. Round out your experience with an exclusive stay on Capri, an island of fine shops, hidden gardens, and dramatic mountain views.



Highlights

Explore the ancient streets, stone archways, and remarkably preserved temples of Pompeii, a city frozen at the moment of its destruction 2,000 years ago.
Along the celebrated Sentiero degli Dei (“Path of the Gods”), witness spectacular vistas: white cliffs, green grass, and the brilliant sapphire of the Mediterranean.
Discover a hidden garden in the town of Ravello: the Villa Cimbrone's wild roses and climbing vines hang on the cliff's edge over the sea.



Activity Level

This tour is one of our Guided Walking Adventures, rated moderate with challenging sections. Walks average 4-8 miles per day, with shorter and longer options some days. There are steep ascents and descents daily on terrain that includes steep, high, and ancient stone steps, gravel paths, and asphalt. Elevation gains and losses can be up to 1,500 feet. The climbing time on the ascents ranges from 15 minutes to one hour. There are very few stretches of flat walking. Some paths may drop sharply on one side; therefore, this tour is not recommended for anyone suffering from severe vertigo or fear of heights. A walking stick is recommended even if you do not usually use one. The pace on this tour is steady with stops en route to explore villages, or to visit cultural and historic sites.

DAY 1

Overnight Flight from USA to Naples, Italy

Begin your adventure by departing from a convenient gateway city in the United States or Canada. Spend the first night aloft.

DAY 2

Arrive in Naples, Italy

Upon your arrival at Capodichino International Airport in Naples, a representative holding a Country Walkers sign meets you as you exit the baggage-claim area. Please note that there may be up to a 45-minute wait if there are other guests arriving within the same time frame. A complimentary small-group shuttle is provided to your Naples hotel, approximately 45 minutes away. The remainder of the day is at your leisure (no meals included).

DAY 3

Join your *Italy: The Amalfi Coast & Capri* tour

2 miles, easy

Upon meeting your travel mates in Naples, you drive a short distance to the archaeological excavation site of Pompeii. A two-hour guided walking and historical tour provides a fascinating glimpse into the Roman town frozen in time in 79 AD by the eruption of nearby Mt. Vesuvius. In the early evening, you arrive at the picturesque village of Ravello, perched high on a hilltop above the seaside town of Amalfi. Both Ravello and Amalfi, powerful towns in the Middle Ages, are rich with art and history. Ravello, the smaller and quieter of the two, has enchanted writers, artists, musicians, and travelers for centuries—Richard Wagner, D.H. Lawrence, and Virginia Woolf all spent time here. Its cobblestone streets are free of traffic and bordered by gardens and elegant villas, including the stunning 13th-century Villa Rufolo, famous for its spectacular gardens.

After you check into your hotel—a family-run, Old-World style property situated in the historic center of Ravello—an evening stroll in the lively main square, the Piazza Duomo, provides an opportunity to see the town’s 11th-century cathedral. From your hotel’s expansive terrace and dining room, you are able to enjoy

the breathtaking views of mountains plunging into the Tyrrhenian Sea.

DAY 4

Villa Cimbrone and Valle dei Mulini

6-7 miles, easy to moderate, 325-ft. elevation gain and 1,500-ft. elevation loss

Today is spent in the valley between the towns of Ravello and Amalfi. First, a short walk brings you to the Villa Cimbrone, an original 19th-century estate where the splendid and slightly wild garden seems literally to hang on the cliff's edge over the sea. Fragrant rose gardens, small temples, pavilions, and bronze and stone statues lead you to the Belvedere dell'Infinità ("Terrace of Infinity") to take in an awe-inspiring panorama, deemed by former Ravello resident Gore Vidal to be "the most beautiful in the world."

You then leave Ravello on foot for the ancient village of Scala, with the route weaving through cobbled ways and former mule paths, once the only roads connecting the network of hill farms and villages. Located across the valley from Ravello, Scala is the oldest village on the Amalfi Coast and one with close ties to the Marine Republic of Amalfi. Its position as an important defensive point in the Middle Ages brought much prosperity to its prominent merchant families, and at the height of its economic splendor, the town was a flourishing religious center with more than 100 churches. Arriving in the town's central square, there might be time to stop in the 12th-century Duomo of San Lorenzo before continuing on to Minuta, one of Scala's six hamlets spread out across the mountainside and home to a beautiful 11th-century church. Meaning "small," this tiny hamlet boasts big views from its setting on a little promontory between two mountain valleys that lead down to Amalfi and Atrani. Looking down the valley, you spot the morning's final destination, Pontone—the lowermost of Scala's hamlets—as well as the ruins of the 12th-century Basilica of Sant'Eustachio, a fascinating stop along the way. Arriving in Pontone, you are invited inside a wonderful trattoria and welcomed like extended family. A traditional lunch is prepared—perhaps risotto with wild mushrooms or homemade linguine puttanesca—from the fresh, seasonal produce of community farmers.

After lunch, a 15-minute (and 150-foot) ascent through terraced lemon groves and grape arbors leads to a saddle, the highest point of the afternoon's walk, with views of the entire valley. You then descend a steep limestone-paved path and mountain trail to a brook rushing down from the mountain ridge, once a power source to the numerous paper mills for which Amalfi was famous. The trail descends stone steps through a shaded forest and follows contours of the hill into the Valle dei Mulini ("Valley of the Mills"). You walk past ruins of the mills into the heart of Amalfi, where you are free to explore the maze of whitewashed alleys, do

a bit of window shopping along the Via Lorenzo d'Amalfi, or visit the stunning 11th-century landmark cathedral in the Piazza Duomo. Later, you return to the tranquility of Ravello via the tiny town of Atrani. Upon arrival at the hotel, you may choose to relax, or browse the colorful ceramic shops in this delightful town before dinner on your own at one of Ravello's many fine restaurants.

DAY 5

Bomerano to Sentiero degli Dei to Montepertuso to Positano

6 miles, moderate, 300-ft. elevation gain and 1,000-ft. elevation loss, occasional possibility of vertigo

Today's walk begins on a southern slope above the Amalfi Drive, one of the most stunning coastal routes imaginable. The route you follow is the lower trail of the *Sentiero degli Dei* ("Path of the Gods"), one of the classic walks of the Amalfi Coast region. The path winds westward below the limestone ridge of the south-facing mountains with spectacular views of the sea and dramatic coastline. From grassy terraces ingeniously clinging to the hillsides, you walk past grazing sheep and goats, through bushes of heather, rosemary, and rock rose, and on to a mixed forest of oak and chestnut.

You arrive in the enchanting hillside town of Montepertuso for a well-deserved lunch of local cheese, cold cuts, and grilled vegetables at a favorite family-run restaurant. The country restaurant is part of the Slow Food Movement, an international association promoting food and wine culture, while also protecting local food and agricultural biodiversity worldwide. (Alternatively, you may choose not to participate in the morning walk and be driven to Positano for sightseeing and to meet the group for lunch in Montepertuso.)

Later, you continue descending many ancient stone steps (elevation loss of approximately 1,000 feet) to Positano, where pastel-colored houses built into the steep hillside spiral down narrow streets to the café-lined beach. (Those who prefer may take a public bus, rather than the stairs, down to Positano.) Once a small fishing village, Positano is now a chic seaside resort—thanks in part to John Steinbeck, who, after a visit there in 1953, wrote: "Positano bites deep. It is a dream place that isn't quite real when you are there and becomes beckoningly real after you have gone."

Following a visit in Positano, you shuttle to Sorrento's port to board a ferry for the short ride to the Isle of Capri (between 25 and 40 minutes). This nautical approach provides excellent views of the Sorrentine Peninsula and the striking "teeth" of Capri, the Faraglioni cliffs. Upon arrival at Capri's Marina Grande, you board the funicular and ascend to the island's elegant main square, Piazza Umberto I, or as the locals

simply call it, La Piazzetta. After checking in to your cliff-side hotel, you may enjoy an *aperitivo* on the terrace overlooking the waters below or among the citrus trees of your hotel's garden. Dinner, likely the fresh catch from the waters below, is served at the hotel's restaurant.

DAY 6

Anacapri to Monte Solaro, afternoon in Capri

4.5 miles, easy to moderate, 1,000-ft. elevation gain, or 5 miles, easy with challenging sections, 1,000-ft. elevation gain (a chairlift ride is available to shorten or substitute walk); optional 2.5 miles, easy to moderate

Capri's early-morning light invites exploration as you drive up the winding road via public bus to Anacapri. This small town of 5,000 residents was formerly connected to the Marina Grande only by the Phoenician Steps—a flight of 800 stone steps reputed to have been built by the Greeks. The morning's destination of Monte Solaro—Capri's highest point at 1,926 feet above sea level—may be reached on foot via one of three routes; the least-strenuous ascent is by the 12-minute *seggiovia* (chairlift)!

The first and easier walk option departs Anacapri via paved then gravel switchbacks to the lush valley of Cetrella and the Eremo of Cetrella, a hermitage perched on the cliff's edge with spectacular views over Capri and the Faraglioni. From here, you ascend a panoramic trail to the top of Monte Solaro while enjoying breathtaking views of the sheer drops down to the sea.

The second and more challenging option begins with an easy walk over a paved and fairly flat trail to the Belvedere della Migliera viewpoint with vistas of neighboring Ischia and Procida islands. From here, a moderate to challenging 30-minute climb up the rough, steep mountainside brings you to Monte Cocuzzo at 1,640 feet above sea level. A final gentler ascent leads to the top of Monte Solaro, where you take in views across the whole of the Bay of Naples, Vesuvius and the islands of Ischia and Procida on one side; and the Sorrentine peninsula, the Amalfi Coast, and the islets of Galli on the other.

After enjoying refreshments and a stunning view over the Bay of Naples and the Amalfi Coast, you return to the base of Monte Solaro—again, either on foot or by chairlift—and are free to enjoy lunch on your own in the village of Anacapri. Regrouping after lunch, your guides lead you to the Church of San Michele, an 18th-century gem whose majolica tiles of Adam and Eve are one of the finest examples of Neapolitan Baroque artwork.

In the later part of the afternoon, you have several options for exploring Capri at your own pace. You may choose to browse the island's chic and inviting shops, enjoy a swim in the hotel's outdoor pool, or join your guide(s) on an easy-to-moderate walk discovering more of Capri's highlights. For dinner on your own, you can venture into one of Capri's numerous restaurants to enjoy, perhaps, a signature *insalata caprese* followed by perfectly grilled fish or scampi.

DAY 7

Ferry to Sorrento, Colli di San Pietro to Monte Vico Alvano

5 miles, moderate, 1,000-ft. elevation gain

The day begins with a morning ferry to Sorrento, from where a short transfer brings you to the estate of Colonna Castle in Colli di San Pietro. A few long switchbacks on a sustained ascent lead to a small plateau at the center of Monte Vico Alvano. From here, you may ascend another 95 feet to reach the peak and a large iron cross from where there are fantastic views over the Bay of Naples and the Gulf of Salerno. As you descend through a chestnut forest to the saddle between Monte Vico Alvano and Monte Comune, wonderful views of the Amalfi Drive and the *Sentiero degli Dei* (Path of the Gods) open before you. This saddle is the watershed between the gulfs of Naples and Salerno, and in the springtime, it is filled with wild asphodels, rock roses, and orchids. You continue the descent to Arola where our friends Tony and Camillo welcome you for a spectacular lunch on the terrace of their family-run osteria overlooking the sea. The Slow Food restaurant features traditional Sorrentine recipes made with farm-fresh produce, including homemade ricotta and provolone cheeses.

Continuing to Massa Lubrense and checking into your elegant hotel—a luxurious property with an expansive terrace and swimming pool—you soon depart for a group dinner at a nearby restaurant for a taste of traditional Sorrentine cooking.

DAY 8

Termini to Monte San Costanzo circuit; Termini to Massa Lubrense

3 miles, easy to moderate; 3 miles, easy to moderate

A splendid view of Mount Vesuvius and the Bay of Naples greets you this morning. Today's trail begins nearby at the tip of the Sorrentine Peninsula in Termini, the last of the 23 hamlets that form the entire territory of Massa Lubrense. From the town's main square, a grassy path leads you to a small pine grove between two promontories. From here, the walk loops around the first promontory, where there are outstanding views of the bays of Jeranto and Mitigliano, as well as Capri rising starkly from a glistening blue sea. Looping around to the second promontory, a short walk brings you to the chapel atop Monte San Costanzo (1,630 feet), where you are rewarded with views of Nerano and the entire Massa Lubrense territory. You descend from the summit across the grassy hillside, rich with Mediterranean scrub (*macchia*) and sprinkled with orchids and various types of broom, and continue back to the small village of Termini.

Following lunch, you continue on foot to the hotel to relax or swim (or maybe venture to Sorrento for some souvenir shopping).

This evening, you enjoy a farewell dinner at a local family farm estate, feasting on their seasonal products, wine, and *limoncello*.

DAY 9

Your *Italy: The Amalfi Coast & Capri* tour concludes

After enjoying a leisurely breakfast, a complimentary small-group transfer brings you back to the Grand Hotel Santa Lucia in Naples (by 1:00 p.m.) for your post-tour night. Lunch and dinner are on your own.

DAY 10

Departure

Ciao! This morning, a complimentary small-group transfer is provided to Naples' Capodichino International Airport, based on your departure time. Please note that the transfer time will be communicated to you locally by your guide(s).

What's Included	Air Package	Tour Only
Round-trip international airfare (includes airline fuel charges and taxes)	✓	
Small-group airport and hotel transfers	✓	
Two nights at the Grand Hotel Santa Lucia, Naples	✓	
Two breakfasts	✓	
7-day/6-night *Italy: The Amalfi Coast & Capri* guided walking tour with on-trip inclusions	✓	
Two expert, local guides (for groups of 8 or more), with you 24/7	✓	✓
All meals included except one lunch and two dinners. Local wine and/or beer included with dinner	✓	✓
All accommodations while on tour	✓	✓
Transportation from the meeting point to the departure point	✓	✓
Entrance fees and special events as noted in the itinerary	✓	✓

What's Included

	Air Package	Tour Only
Destination information (weather, visa requirements, etc.) and other travel assistance available 24/7 provided by One Call International	✓	✓
The unbeatable and cumulative experience of the Country Walkers staff	✓	✓