

## Italy: The Amalfi Coast

### Tour-Only Itinerary

This Amalfi Coast walking tour's scenery is worthy of emperors and gods—but mere mortals can enjoy it too. Velvety breezes blow off the Gulf of Naples as you stroll beneath Capri's limestone cliffs on your Amalfi Coast walking tour. Ancient Roman emperors once prayed at sacred grottoes and escaped Italy's summer heat on this glamorous little isle, but you're here to explore its sublime scenery. Villas peek from the greenery, lizards dart across sunny paths fringed with bougainvillea, cactus, and umbrella pines, and yachts bob beneath rocky islets on the turquoise waters far below. Across the bay, you spy Positano's tutti-frutti pastel houses and the sheer vine-covered terraces where you'll be walking the Path of the Gods tomorrow. But glorious scenery only goes so far. What really sounds divine right now is a gelato, and Capri's bustling *piazzetta* is a step in the right direction.



### Highlights

- Marvel at the stunning scenery as you walk the legendary Path of the Gods along seaside bluffs past terraced lemon groves and grape arbors.
- Explore the car-free cobblestone streets of the elegant town of Ravello from your centrally located, family-owned hotel, stopping to visit hidden gardens and historical villas.
- Enjoy the expert support of a Country Walkers guide, your local representative in the region and the designer of this tour.
- Delight in the enchanting Isle of Capri, with its narrow walkways and lush gardens, making your

way to the breathtaking Belvedere delle Noci viewpoint.

## On all Self-Guided Adventures you can count on ...



A local representative available 24/7.



Gracious accommodations that are a clean, comfortable home away from home.



Detailed maps & route notes featuring turn-by-turn directions and places of interest.



Experts to handle all the details, including moving your luggage between hotels while you're out exploring.



Scheduled taxi transfers to bring you to and from each day's walks.



Access to a Self-Guided Flight Concierge—ask our knowledgeable team to find flights that sync with your planned trip.



Delicious meals—many are included.

## Activity Level

This tour is one of our Self-Guided Walking Adventures, rated moderate with challenging sections. Walks average 4-6 miles per day, with longer options on some days. A region defined by striking geography, elevation gains range from 600 feet to 1,550 feet while losses range from 600 feet to 2,260 feet. There are steep ascents and descents on terrain that includes loose gravel; steep, high, and ancient stone steps; old

stone mule tracks; and asphalt. The Path of the Gods drops sharply on one side and is not recommended for anyone suffering from severe vertigo. A walking stick is highly recommended even if you do not usually use one. On almost every walk in this exuberant Mediterranean destination, you enjoy gorgeous coastal views of the Amalfi Coast, the Isle of Capri, and the Bay of Naples, also taking in evidence of history stretching from the Phoenicians and Greeks, through Roman and medieval periods, up through the 19th and 20th centuries. Remember: preparation is the key to ensuring your tour readiness; the more you walk or participate in aerobic exercise prior to your trip, the more you will enjoy your experience!

## DAY 1

### Your Italy: The Amalfi Coast tour begins

Your tour starts in Sorrento—the buoyant, small city perched on the southern coast of the Bay of Naples, with a long tradition as a destination in the Grand Tour of European travel. Its bustling seaport attests to the many ways to arrive here—by ferry, train, or bus from Naples and beyond. You may relax by the hotel swimming pool, soaking in the view, before an orientation meeting followed by dinner at a local restaurant.

**Included Meals:** Dinner

## DAY 2

### Sant'Agata–Torca loop on the Sirenuse Trail. Afternoon option: Sant'Agata to Sorrento

6.3 miles, easy to moderate with challenging sections, 1,000-ft. elevation gain and loss. Afternoon option: 2.9 miles, easy to moderate, 100-ft. elevation gain and 1,200-ft. elevation loss

Your exploration of the Sorrentine Peninsula—the landmass extending from Italy's west coast out to the Isle of Capri—begins with a loop walk along its southerly flank. You'll have almost constant views of the Sirenuse Islands, the tiny group of islands named for the Sirens of Greek mythology. A short drive brings you up to the trailhead in the charming town of Sant'Agata, a 19th-century destination like Sorrento. The route takes you past homes and gardens to the hamlet of Torca, then through narrow alleyways and onto open hillsides with ancient terraces of olives and low Mediterranean flora. With the shimmering sea always in view, you reach a beautiful panorama that stretches from the town of Praiano to the tip of the peninsula. Entering a hushed pine forest, you then continue back into the center of Sant'Agata. Following lunch at a

local restaurant, you have the option to descend to your hotel in Sorrento on foot, or to take a public bus. This evening, you may choose to relax and take in the stunning views from your hotel or explore Sorrento's many excellent dining options.

**Included Meals:** Breakfast, Lunch

## DAY 3

### Isle of Capri

3.2 miles, easy to moderate, 600-ft. elevation gain and loss

Today is dedicated to exploring the enchanting Isle of Capri. You walk from your hotel to Sorrento's harbor, where you catch one of the frequent hydrofoils to the island, a 20-minute boat trip (we regret that we are not able to pre-pay for these tickets, so they are at your own expense). Upon arrival in Capri's Marina Grande, you take the funicular up to the main square—one of Italy's best-known and most elegant, with its chic outdoor cafés, boutiques, and shops. Several walking options depart from here and quickly take you from this bustling scene to the quiet "streets" of the island—narrow walkways that pass garden fences, overflowing with flowers and vegetables, in front of homes and villas. One option is a coastal walk to the Belvedere delle Noci viewpoint and the Natural Arch rock formation; you continue along a shaded trail where the views open onto the *Faraglioni*, the massive rocks jutting just off shore near the Marina Piccola. Above this tiny port, you stroll through the manicured Gardens of Augustus. You may choose to then walk down to the seaside for a swim in aquamarine waters or continue back to the square for a gelato before descending the stepped walkway or boarding the funicular down to Marina Grande. Here, there is the option of boarding a small boat for a tour around the island's rocky coast and water-level caves, including the well-known Blue Grotto. You hop a return ferry back to Sorrento in the evening.

**Included Meals:** Breakfast

## DAY 4

### Massa Lubrense loop walk or layover day in Sorrento

6.5 miles, easy to moderate with challenging sections, 1,200-ft. elevation gain and loss

Today's walk takes you through the small streets and paths of Massa Lubrense, a town that stretches over the western tip of the Sorrentine Peninsula. The route meanders through tiny hamlets under centuries-old

stands of lemon and olive trees; narrow paths pass old villas and town squares. For lunch, you can stop in Termini at a favorite local trattoria serving fresh pasta dishes or perhaps enjoy your own picnic overlooking the Bay of Sirens. You continue on through Annunziata to the Villa Murat with its stunning panorama over the Gulf of Naples. The Villa is an elegant, historical vacation home named for one of its most distinguished guests, Gioacchino Murat, the former King of Naples who was also Napoleon's brother-in-law. Make your way down to the small fishing port of Marina della Lobra, with time for a freshly squeezed lemonade or gelato before the last stretch back to Massa Lubrense where you catch a private car ride back to your hotel in Sorrento.

Alternatively, if you wish to forgo a day of walking, spend a leisurely day in and around Sorrento, with many cultural or walking choices. You can easily explore its shaded gardens and museums, as well as its pedestrian streets with many shops, bars, and restaurants. The seashore at Cape Sorrento, a short bus ride or easy walk away, has a beach area for swimming and lounging as well as natural rocks and Roman ruins. You may also choose to discover the wider Gulf of Naples region with a visit to the archaeological sites of Pompeii or Herculaneum, an easy train ride of about 45 minutes from Sorrento's train station.

**Included Meals:** Breakfast

## DAY 5

### Travel to Positano. Path of the Gods: Nocelle to Bomerano. Travel to Ravello

3.9 miles, moderate, 1,300-ft. elevation gain and 650-ft. elevation loss

This morning, a scenic drive (approximately 40 minutes) takes you up and over the mountains to Positano, on the southern side of the peninsula. Probably the Amalfi Coast's best-known town, and a fishing port since the 10th century, Positano began attracting artists and the jet set in the 1920s. Its brightly colored houses and 13th-century church spill dizzyingly down to its harbor and beaches, which you can explore before it gets busier later in the day. You then catch a local bus up to Nocelle, the hillside town where you begin your walk along the famous Path of the Gods. This famous route is high above the Amalfi Drive with tremendous views—of the mountains that form the spine of the peninsula, the winding coast below with its jewel-like towns, and the brilliant blue Mediterranean. Dramatic limestone cliffs tower alongside ancient stone terraces carpeted in olive groves and vineyards. The walk ends in the village of Bomerano, where a taxi meets you for the drive to Ravello, your home for the next three nights.

**Included Meals:** Breakfast

## DAY 6

### **Upper Valley of the Mills to Pogerola. Afternoon option: Pogerola to Amalfi**

6.5 miles, moderate with challenging sections, 1,550-ft. elevation gain and 1,700-ft. elevation loss.

Afternoon option: 1.2 miles, easy to moderate, 950-ft. elevation loss

The elegant town of Ravello is perched between the mountains and the sea. Rich in medieval art and architecture, its car-free cobblestone streets invite exploration. This charming town is home to enchanting villas and gardens, such as the 13th-century Villa Rufolo with its Moorish-inspired courtyard. You depart on foot this morning from your hotel to reach Scala, the Amalfi Coast's oldest town, and one of its six hamlets, tiny Minuta. From here, you start your walk into the Upper Valley of the Mills above Amalfi, a lush natural area with gurgling waterfalls and streams that once powered the small paper mills that were an important industry for Amalfi from the 13th century. The route alternates between shaded chestnut forest and views opening back to Ravello and down to the cultivated terraces above Amalfi. Arriving at the village of Pogerola, you might opt to stop at a family-run osteria for a savory lunch of homemade pasta and fresh seafood. Afterward, you can continue on foot along a steep, ancient mule track, at one time the only connection between these tiny towns and farms (about an hour's walk into Amalfi), or catch a local bus. Amalfi was a prosperous maritime republic in the Middle Ages, and you can stroll its main square with the 10th-century San Lorenzo church before a taxi returns you to Ravello.

**Included Meals:** Breakfast

## DAY 7

### **Sambuco to Atrani via San Nicola. Afternoon option: Minori to Ravello**

5.9 miles, moderate, 1,180-ft. elevation gain and 2,260-ft. elevation loss. Afternoon option: Minori to

Ravello; 1.1 miles, moderate, 1,035-ft. elevation gain

A short drive brings you to the village of Sambuco, from where a path ascends gradually through quiet orchards and chestnut forest to the terrace of the former convent of San Nicola. From the convent, there are panoramic views of the crest of the Amalfi Coast to the east, Ravello in the distance, and the town of Minori below. After soaking in the views, you continue along a path descending through lush lemon groves to a paved alleyway just above the village, connecting the towns of Minori and Maiori. Once in Minori, you

can visit the Roman Maritime Villa that dates from the 1st century AD. Returning to the route, after a short stretch on the Amalfi Drive, you can either take the steep steps up to Ravello (a steady, one-hour climb) or duck back onto a pathway through a cluster of lemon trees overlooking the sea. You'll eventually reach Atrani, Italy's smallest village—with its intriguing labyrinth of narrow streets and archways. From Atrani, you can choose to continue on foot through narrow alleyways to Amalfi or catch a local bus back to Ravello (possible from either Atrani or Amalfi).

**Included Meals:** Breakfast

## **DAY 8**

### **Your Italy: The Amalfi Coast tour concludes**

You depart Ravello this morning, taxiing about an hour and a half to the city of Naples for your onward connections.

**Included Meals:** Breakfast

## What's Included

### Tour Only

Boutique accommodations	✓
9 meals: 7 breakfasts, 1 lunch, and 1 dinner	✓
Detailed water- and tear-resistant Route Notes and maps	✓
Orientation meeting with a Country Walkers representative	✓
Local representative available 24/7	✓
Scheduled taxi and luggage transportation (Please note: If unable to walk, it is possible to travel with your luggage from one accommodation to the next; there may be an additional charge.)	✓
Access to Self-Guided Flight Concierge—Ask our knowledgeable team to find flights that sync perfectly with your planned trip.	✓