# Italy: Pompeii, Capri & the Amalfi Coast

**Air Package Itinerary**

Breathtaking views, ancient historic sites, and delectable local cuisine await on this memorable Amalfi Coast walking tour. Trek windswept clifftop trails, stroll cobblestone streets, and hike pastoral paths to organic farms accessible only by foot. Follow the famous “Path of the Gods,” looking out at the dramatic coastline, and wind your way through jasmine-scented gardens on the enchanting island of Capri. Visit Pompeii, where ancient Roman life lies preserved beneath a blanket of volcanic ash. Learn the region’s history and meet with talented local artisans. Sample delectable pastries and gelato, dining on terraces overlooking azure waters, and raise a glass to the region’s specialty – Limoncello. Experience the unforgettable heart of Italy’s natural beauty and historic charm, on your walking tour of the Amalfi Coast.

## Highlights

Behold stunning views that have been immortalized by composers at the Villa Rufolo
Explore the ruins of Pompeii, learning about daily life in this ancient city before Mount Vesuvius buried it under a blanket of volcanic ash
Immerse yourself in the lush green landscape of the Valley of the Mills
Stop by the Museo della Carta and discover the delicate art of papermaking
Design and craft your own ceramic tile, under the supervision of an expert, local artisan in Minori
Uncover the “Path of the Gods” and its striking panoramic views worthy of its namesake
Admire sweeping views of the Sorrento countryside during a lunch at a 5th-generation, family-owned farm, savoring their organic vegetables and homemade preserves

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

- Expert local guides to introduce you to the best of your destination.
- Gracious accommodations that are a clean, comfortable home away from home.
- Off-the-beaten-path places you'd never find on your own.
- Experts to handle all the details.
- A maximum of 18 fun-loving fellow travelers to share the journey.
- Flight + Tour Combos include plane tickets, airport car service, and pre- and post-tour accommodations.
- Delicious, authentic multi-course meals—virtually all are included.

## Activity Level

This tour is one of our Flex-Guided Walking Adventures, rated moderate with challenging sections, with an average of 4-8 miles of walking per day This tour features a combination of paved roads and easy terrain, mixed with moderate hills, uneven footpaths on downhill slopes, several steps and hiking trails. On rainy days, the footpaths can be muddy, and steps can be slippery. Both morning and afternoon walking options are available most days. In two afternoons, walking is optional and on own, with route directions provided by the guides, and lots of suggestions for self-guided discovery. Ideal for experienced walkers and enthusiastic beginners who usually hike. Several of the walks require a transfer from the hotel to the start

of the walk. Your guides often use this time in the van for a morning route review, so you can enjoy a more leisurely morning at breakfast. As one of our Flex-Guided tours, some days offer options for self-exploration, cultural visits, or free time to relax on your own.

## DAY 1

## Fly overnight to Naples, Italy

Depart from home for Naples, Italy. The particulars of your arrival overseas are detailed with your flight itinerary.

## DAY 2

## Arrive in Naples

Upon arrival at the Capodichino Airport in Naples, Italy, where a representative holding a Country Walkers sign meets you and helps you transfer (approximately 30 minutes) to your Naples hotel. If you are going to be delayed meeting our transfer representative for more than 15 minutes due to delayed or lost luggage, please let our driver know by calling or sending a text message to +39 340 952 5525. The driver is generally able to wait for up to 45 minutes from the time your flight lands, after which you would be responsible for your own transfer. You may also contact Allianz Global Assistance to advise of your delay, and they will contact our transfer company.

Please note: If you arrive early, your hotel room may not be available until 2:00 p.m., in which case you may store your luggage with the reception desk.

Please note: Country Walkers transfer times and departure points are finalized in advance and cannot be modified for individual guests. If you fly in earlier than the scheduled program dates, transportation from the airport will be at your own expense.

The remainder of the day is at your leisure (no meals included).

Country Walkers provides you with City Information that includes recommendations on what to see and do in Naples during your stay.

Accomodation: Grand Hotel Santa Lucia

## DAY 3

## Join your *Italy: Pompeii, Capri & the Amalfi Coast* tour

Pompeii walk; 2 miles, easy. Ravello walk; 1 mile easy

Breakfast is included at your hotel. Your guide(s) meet you at 9:00 a.m. in the lobby of your Naples hotel. Your guide(s) will be wearing a Country Walkers shirt. Please bring your luggage down in the lobby, check out and be dressed for walking.

After an orientation and safety briefing led by your guides, you'll board a private motorcoach and transfer to Pompeii. Upon arrival, meet a local expert for a guided tour of the site. At dawn on August 25, 79 AD, the violent eruption of Mount Vesuvius caused the total destruction of Pompeii. In just a few moments, all the residents of the city perished, doing whatever they could to survive. Tremendous amounts of ash and cinder covered and preserved the scene exactly as it was at that instant. That's why, today, we know exactly how Romans lived 2,000 years ago. Your guide will reveal, for example, that posters were used to advertise elections and support party candidates, and that the word "candidate" comes from candid, the name of a special tunic worn by those running for office to prove they had no criminal record. Lunch is on your own in Pompeii.

Early in the afternoon, shuttle to your hotel in Ravello and settle in. Later in the afternoon there is still time to roam the terraces of Ravello with your guides, beginning in the peaceful, pedestrian-only center. Admire the white-faced Duomo in Piazza Vescovado and the Arabic-Norman towers of Villa Rufolo, where German composer Richard Wagner was inspired to create music for the scene in Klingsor's magic garden in his opera Parsifal.

Tonight, enjoy a welcome cocktail on the panoramic terrace of your hotel before moving to the dining room for dinner.

Included Meals: Breakfast, Dinner
Hotel:Villa Fraulo

## DAY 4

## Ravello, Valley of the Mills and Amalfi

Ravello to Scala and Pontone; 3 miles, easy to moderate. Pontone to Amalfi; 3.5 miles, easy

After breakfast, enjoy the morning to explore Ravello or join your guide for a walk in the Dragon Valley to Scala and Pontone. Whichever option you choose, regroup before lunch to start your walk in Pontone and from there trace lemon-laden terraces to the Valley of the Ferriere, a magnificent nature reserve in the Valley of the Mills. As you proceed along a trail covered in moss and ferns, your guides will show you *calcara*, large pits where lime was made by burning huge blocks of limestone for days. You'll also see the *spanditurі*, or paper-hangers, buildings now in ruins but once used to dry paper.

Before reaching Amalfi, you'll stop for lunch in a small family-run agriturismo, that you can only reach on foot. For decades the family of Mom Mena and her daughter Silvia have grown lemons of the Sfusato Amalfitano IGP. You will have the chance to meet the family and taste their Limoncello liquor after a delicious "from farm to table" meal with organic products of the farm.

As you reach Amalfi, you'll stop at the Museo della Carta, a unique museum housed in an ancient paper mill, where you'll learn how paper was made from rags. During the 15th century, Amalfi's paper was so prized that many foreign authors demanded to be published in Naples just so they could use the coveted material. You can buy some of this exquisite handmade paper in the museum's gift shop.

In Amalfi, enjoy time at leisure to visit the beautiful Duomo and stroll along the charming side streets. Sit down at a sidewalk café and maybe try a delizia al limone—a confection made from Limoncello-soaked sponge cake and lemon custard—or a slice of pastiera, a cake made with ricotta cheese and ground wheat that's been soaked for several days in running water.

Later in the afternoon, shuttle to your hotel in Ravello and relax by its scenic swimming pool. Regroup tonight to dine together at a local restaurant with a wonderful sea view.

Included Meals: Breakfast, Lunch, Dinner
Hotel: Villa Fraulo

## DAY 5

## Minori, Ceramic workshop. Free time in Ravello

Ravello to Minori; 3.5 miles, easy, 1,200-ft. elevation loss. Optional independent walk Minori to Ravello; 1 mile, moderate, 1,200-ft. elevation gain

Walk out of Ravello, passing by remarkable monuments and churches. And then, the dramatic green shades of the Dragon Valley come into view with the sea in the distance. Ravello is famous for its churches and you'll pass many on today's ramble. The 11th-century San Giovanni del Toro church is one fine example. The route is initially paved following the Valley of Rheghina Minor downhill. Your route then meanders on a well-beaten pathway through a rural landscape of woodlands, passing former paper mills and a few scattered houses. You may occasionally pass pack horses and mules, a transportation method used for ages on the Amalfi coast to carry heavy loads up and down the mountains. You'll arrive in Minori before lunch time to enjoy the beach and taste the sea with your toes, or more if you like. Feel free to explore the Roman villa (no charge) en route.

Founded by the Etruscans in the 7th century BC, Minori was a favorite Roman summer residence. In Minori, experience the local art of ceramic in an included hands-on class where you craft your own tile under the supervision of a local artisan. Choose from the many cafés for lunch. One highlight is the Sal De Riso pastry shop for decadent cakes.

Early this afternoon, shuttle or walk back to Ravello. The 1,000-step climb through the peaceful hamlet of Torello past the magic silence of the churches that you walk by is worth it for the views.

Back in Ravello, continue your exploration. Much beloved by our guests, who recommended to leave enough time on own, Ravello is a pleasure to explore on foot. A free afternoon and evening invite you to embark on one or two activities.

Tonight, keep your eyes open for a restaurant for dinner on your own.

Included Meals: Breakfast
Accommodation: Villa Fraulo

## DAY 6

## Agerola and the "Path of the Gods"

Agerola to Nocelle; 4 miles, moderate

Today, shuttle to Agerola, Italy's dairy capital, where you'll gradually descend on foot along a scenic stretch between Biscotto Caves and Nocelle known as the "Path of the Gods" for its heavenly views. The path is well-marked and offers views of Capri and the islets of Li Galli, or Sirenuse, where the mythical Sirens attracted seafarers with their melodious songs. Near Colle Serra, where you cross the pass, stop to enjoy an inlcuded picnic lunch prepared by a local farmer and your guides. Expect a simple and authentic meal prepared by a local host with fragrant vegetables picked in his garden, barbecue sausages and fresh mozzarella, while enjoying amazing views of the sea and cliffs.

You then continue down to Nocelle, where the Path of the Gods ends, and walk a relaxing paved road to your pick up point.

With your guides transfer to Sant'Agnello di Sorrento. Settle in at your deluxe historical hotel, a former Jesuite monastery and the oldest hotel on the peninsula. Stroll the manicured gardens or the terrace overlooking the bay, enjoy the swimming pool or maybe take advantage of the private beach for a dip in the blue waters.

Tonight dine at your hotel's fine restaurant.

Included Meals: Breakfast, Lunch, Dinner
Accommodation: Grand Hotel Cocumella

## DAY 7

## Ferry to Capri

Capri walk; 4 miles, easy to moderate. Optional walk to Augustus Garden; 2 miles, easy to moderate

Early this morning, board a hydrofoil to ferry across the Sorrento Peninsula to the celebrated island of Capri.

Arriving at the famous *piazzetta*, the hub of the island, you'll set out along an easy walking path leading to Villa Jovis. As you stroll, your senses will be enchanted by the aroma of jasmine and views of manicured gardens full of flowers. You'll explore Villa Jovis, built by Emperor Tiberius in the first century AD as a strategic point where he could dominate and control the opposite coast. Enjoy incredible views from here. View the Jump of Tiberius—a sheer cliff soaring more than 1,100 feet—the infamous site from which Tiberius had his enemies thrown into the sea.

Continue walking through a thick Mediterranean park where strawberry trees, myrtle, clematis, honeysuckle, laurel, wild asparagus, and cyclamen thrive. After passing by Villa Lysis, built by an eccentric French count in 1905, you can choose to explore Capri's inviting shops and cafés or continue to Arco Naturale and Grotta di Matermania, a natural cove used to honor Cybele, the Magna Mater, or Great Mother, of the gods. It is located down a long flight of stairs and in a thick forest. This is also an ideal time to stop for lunch on your own in one of the island's cozy restaurants or to picnic in the shade of a garden overlooking the azure sea.

Your small group will gather after lunch and walk to the eastern rim of the island. Here, you'll see the amazing and famous Faraglioni cliffs, three rocky colossi protruding from the sea. Then, venture to the Augustus Gardens, for gorgeous views of the cliffs and the curled Via Krupp. The trail ends at Capri's shopping district. From here, loop back to the *piazzetta*, where you began your walk.

You'll have some time to discover the fascinating area around the piazzetta before returning via hydrofoil or ferry to the mainland and Sorrento. En route, take in the panoramic vistas of the Amalfi Coast from the sea. Walk back or shuttle to your hotel and spare some time to enjoy the hotel amenities, including a large manicured garden with swimming pool and private beach.

Dinner is on your own tonight. Perhaps you'll try *Gnocchi alla Sorrentina*, made with a tomato sauce and *fiordilatte* (local mozzarella).

Included Meals: Breakfast
Accomodation: Grand Hotel Cocumella

## DAY 8

### Sorrento Peninsula. Independent exploration of Sorrento

Torca to Lunch Farm: 2.5 miles, moderate. Optional Farm to Sant'Agata walk; 1.5 miles, easy. Optional independent Sant'Agata to Sorrento walk; 3.54 miles, easy

Today, you'll drive to Sant'Agata dei Due Golfi to the Sorrento Peninsula, where you'll follow the red-and-white markings of the Alta via dei Monti Lattari trail, a path that winds upwards into a beautiful chestnut forest. As the woods open up, masses of multicolored, aromatic flowers come into view. Right before the promontory of Malacoccola, the view of the entire Gulf of Salerno opens before you. Your lunch stop is an organic farm that has been owned by five generations of the De Gregorio family. You'll visit their impressive vegetable garden and step into the rooms where olives, tomatoes, broccoli, eggplants, hot peppers and much more are made into delicious preserves and liquors. Later, choose to return to Sorrento on foot or by shuttle, taking in more views of the gulf from above. In Sorrento, enjoy free time to shop, explore the town, or relax at your hotel's swimming pool and private pier.

Tonight, you'll gather with your travel mates to feast on gourmet specialties during a festive farewell dinner at a nearby restaurant, overlooking the cliffs of Sorrento.

Included Meals: Breakfast, Lunch, Dinner
Accommodation: Grand Hotel Cocumella

## DAY 9

### Your *Italy: Pompeii, Capri & the Amalfi Coast tour* concludes

This morning, enjoy breakfast and spend another day at Grand Hotel Cocumella. Take a break to relax, and maybe use the complimentary hotel shuttle to visit downtown Sorrento. Perhaps you'll choose to travel by local bus to Positano. Built as a nativity scene set on the side of a mountain, Positano's narrow streets are filled with art galleries and boutiques. The clothing industry in Positano was so popular and influential in the 1970s that the style they created became popularly known as "Positano Style." In addition to clothing, you can find handmade ceramics, jewelry, leather footwear, and paintings by the many artists

inspired by the beauty of the region. If you go, make sure you arrive early and enjoy the city before tourists arrive in numbers later in the day.

Tonight's dinner is on your own with plenty of options nearby.

Included Meals: Breakfast
Accomodation: Grand Hotel Cocumella

## DAY 10

## Departure

After breakfast* this morning, a complimentary small-group transfer is provided to Naples Capodichino Airport based on your flight itinerary. (Departure transfer time will be communicated locally by your guides while on tour.)

*Please note: For guests with early-morning departures, breakfast at the hotel may not be available. Please check with the reception desk to verify the times when breakfast is served.

Country Walkers transfer times and departure points are finalized in advance and cannot be modified for individual guests. If you extend your stay beyond the scheduled program dates, return transportation to the airport will be at your own expense.

Included Meals: Breakfast

| What's Included | Air Package | Tour Only |
|---|---|---|
| Exceptional boutique accommodations | ✓ | ✓ |
| 13 on-tour meals: 6 breakfasts, 3 lunches, 4 dinners | ✓ | ✓ |
| Local guides with you throughout tour | ✓ | ✓ |
| Entrance fees and special events as noted in the itinerary | ✓ | ✓ |
| Emergency travel assistance hotline available 24/7 | ✓ | ✓ |
| Roundtrip airfare | ✓ | |
| One extra night in Naples and one extra night in Sorrento | ✓ | |
| Airport car service for arrival & departure | ✓ | |
| Pre- and post-tour breakfasts | ✓ | |
| Business-class upgrades available | ✓ | |