

ITALY

The Amalfi Coast

A Self-Guided Walking Adventure





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Travel Style

Our Self-Guided Walking Adventures are ideal for travelers with an independent spirit who enjoy exploring at their own pace. We provide authentic accommodations, luggage transfers, and some meals, along with comprehensive Route Notes, detailed maps, and 24-hour emergency assistance. This gives you the freedom to focus on the things that matter to you—no group, no guide, and no set schedule to stand in the way of enjoying your adventure, your way.



Overview

One of Italy's most blessed regions, the Sorrentine Peninsula and nearby Isle of Capri seemingly have it all—history, elegance, authentic villages, dramatic coastal scenery, and untouched wild places—all interconnected by a wide network of walking trails that remain just out of view of the more touristed places. From Sorrento, Capri, Positano, and Ravello, you slip out of elegant town squares into a landscape of age-old terraces of lemon and olive groves and onto high ridges with sweeping views of the sparkling Mediterranean. You'll explore at your own pace, wandering through whitewashed villages and climbing hillside trails dotted with wild herbs to stunning cliff-top promontories before reaching sumptuous villa gardens. Elegant hotels capture the glamour and old-world style that have drawn visitors for centuries on a Grand Tour, an artist's retreat, or a jet-setting jaunt. And finally, you can savor the authentic flavors of Italy's best-known dishes in their place of origin—the freshest and most local vegetables feature in mouthwatering pizza, pasta, and seafood, perhaps accompanied by icy-cold sweet limoncello.



Daily Itinerary

DAY 1

Arrival in Sorrento

Your tour starts in Sorrento—the buoyant small city perched on the southern coast of the Bay of Naples, with its 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 and then dinner at a local restaurant.

Hotel Minerva, Sorrento

This four-star hotel, located in a quiet Sorrento neighborhood, overlooks the sea and provides easy access to walking trails, public transport, and sights. Spacious guest rooms are individually decorated with tiled floors and Mediterranean-inspired colors. A rooftop swimming pool with chaise lounges, umbrellas, and a pergola, features truly stunning views over the entire Bay of Naples, island of Capri, and Mt. Vesuvius. The restaurant and bar, with indoor and outdoor seating, are equally scenic and serve the region's fresh cuisine. Also on site is a fitness center.

DAY 2

Sant'Agata–Torca loop on the Sirenuse Trail; 6.3 miles, easy to moderate with challenging sections, 1,300-ft. elevation gain and 1,300-ft. elevation loss.

Afternoon option: Sant'Agata to Sorrento; 2.8 miles, easy to moderate, 250-ft. elevation gain and 1300-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, providing almost constant views of the Sirenuse Islands, the tiny group of islands named for the Sirens of Greek mythology. A short transfer brings you up to the trailhead in the charming town of Sant'Agata, like Sorrento also a 19th-century destination. The route takes you past homes and gardens to the hamlet of Torca, then through narrow alleyways and out 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 restaurant of your choosing, 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 over the stunning views at your hotel or explore Sorrento's many excellent dining options.

Hotel Minerva, Sorrento

DAY 3

Isle of Capri; 2.8 miles + additional options, easy to moderate, 500-ft. elevation gain and 550-ft. elevation 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 the 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 leads to 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.

Hotel Minerva, Sorrento

DAY 4

Layover day in Sorrento: optional Massa Lubrense loop walk, 6.5 miles, easy to moderate with challenging sections, 1550-ft. elevation gain and 1,600-ft. elevation loss or optional visit to Pompeii or Herculaneum archaeological sites

Options today include staying in and around Sorrento, with many cultural or walking choices, or discovering 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. In Sorrento, you can easily explore its shady gardens and museums, as well as its pedestrian streets with their many shops, bars, and restaurants. The seashore at Cape Sorrento, a short bus ride or easy walk, has a beach area for swimming and lounging as well as natural rocks and Roman ruins. The day’s (highly recommended!) walking option takes you through the small streets and paths of the town of Massa Lubrense, stretching 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 at a larger restaurant with views of Capri, or perhaps enjoy your own picnic overlooking the Bay of Sirens. You

continue on through Annunziata with its stunning panorama over the Gulf of Naples at the Villa Murat, home to Gioacchino Murat— Napoleon’s general and King of Naples—and then down to the small fishing port of Marina della Lobra, perfect timing for a freshly squeezed lemonade or gelato before the last stretch back to Massa Lubrense where you catch a private transfer back to your hotel in Sorrento. Dinner is included this evening at a local seaside restaurant, located a short walk away in Sorrento’s picturesque port of Marina Grande.



Hotel Minerva, Sorrento

DAY 5

Transfer to Positano. Path of the Gods: Nocelle to Bomerano; 3.9 miles, moderate, 1300-ft. elevation gain and 800-ft. elevation loss. Transfer to Ravello

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, 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 dizzily 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, the route 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 a brilliant blue Mediterranean. Dramatic limestone cliffs contrast with ancient stone terraces built into the steep hillsides growing olives and grapes. The walk ends in the village of Bomerano, where your private driver meets you for the transfer to Ravello, your home for the next three nights. Dinner tonight is a short walk away at a local restaurant overlooking the sea.

Hotel Villa Fraulo, Ravello

In Ravello’s privileged location overlooking the winding Amalfi coastline and Mediterranean, this historic four-star villa offers light and spacious guest rooms with tiled floors and classic décor, which is carried throughout the lounge and



dining areas. Breathtaking sea views abound from guest rooms, the infinity pool and surrounding terrace. Local organic fare is featured in its restaurant, with alfresco dining and bar.

DAY 6

Upper Valley of the Mills to Pogerola; 6.5 miles, moderate with challenging sections, 1550-ft. elevation gain and

1700-ft. elevation loss. Afternoon option: Pogerola to Amalfi; 1.24 miles, easy to moderate, 1,050-ft. elevation loss

The elegant town of Ravello is perched tranquilly between mountains and sea. Rich in medieval art and architecture, its car-free cobblestone streets invite exploration of its 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, and arrives at the village of Pogerola, where you are invited into 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 the tiny towns and farms (about an hour's walk into Amalfi), or catch a local bus. Amalfi was a prosperous Marine Republic in the Middle Ages, and you can stroll its main square with the 10th-century San Lorenzo church before a transfer returns you to Ravello.

Hotel Villa Fraulo, Ravello

DAY 7

Sambuco to Atrani via San Nicola; 5.9 miles, moderate, 1,350-ft. elevation gain and 2,500-ft. elevation loss. Afternoon option: Minori to Ravello; one-hour stair climbing, 1,150-ft. elevation gain

A short transfer 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, with its panoramic views of the crest of the Amalfi Coast east towards Salerno, 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 A.D. 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, eventually reaching 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 to catch a local bus back to Ravello (possible from either Atrani or Amalfi).

Hotel Villa Fraulo, Ravello

DAY 8

Departure from Naples

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



ITINERARY CHANGES

Please bear in mind that this is a typical itinerary, and the actual activities, sites, and accommodations may vary due to season, special events, weather, or transportation schedules. We reserve the right to alter the itinerary, since tour arrangements are made up to a year in advance and unforeseen circumstances may arise that mandate change. Itinerary changes are made to improve the tour and your experience.

RESPONSIBLE TRAVEL

Country Walkers is a leader in active travel with responsible tourism an integral part of our core values. Our tours reflect our dedication to best travel practices—and to the preservation of indigenous cultures and the environment. Country Walkers has made a donation on behalf of every traveler to the CW Travelers Fund, which supports designated projects in the communities and habitats in which we travel. We invite you to learn more about our efforts and initiatives for giving back.

Here is one example that highlights our sustainable practices:

We put safety first on the Amalfi Coast. Country Walkers has made a donation on behalf of every tour participant to the local mountain-rescue team. The trails and ridges of the Sorrentine Peninsula, above the busy coast, are surprisingly unpopulated and represent a large area for the local mountain search-and-rescue corps to service while mainly relying on local volunteers and donations. Your contributions help the rescue team obtain and maintain equipment for rapid emergency response to aid visitors and locals alike.

Itinerary Overview

PLEASE NOTE: your detailed Route Notes will be mailed to you approximately one month prior to your departure. While these Route Notes may list a number of accommodation options, **your specific accommodations are listed below**. Please make sure to bring this Itinerary Overview with you.

STARTING POINT

Hotel Minerva, Sorrento, Italy

NIGHTS 1, 2, 3 & 4

Hotel Minerva

Via Capo, 30

80067 Sorrento, Italy

Tel 011 39 081 878 1011

Email minerva@acampora.it

minervasorrento.com

Wireless Internet, hair dryers, and laundry service available.

NIGHTS 5, 6 & 7

Hotel Villa Fraulo

Via S. Giovanni del Toro, 18

84010 Ravello, Italy

Tel 011 39 089 858 283

Email reservations@villafraulo.com

villafraulo.com

Wireless Internet, hair dryers, and laundry service available.

ENDING POINT

Naples, Italy

Based upon individual departure times

Tour Facts at a Glance

TOUR LENGTH

8 days, 7 nights

DEPARTURES

This tour is available daily, on request, from April 1 through June 30 and September 1 through October 31, 2017. Please note that the tiered tour price is based on a guarantee of a specified number of guests—should your group decrease in size, we reserve the right to alter the per person price if necessary as reflected in the Tour Price table. Please also note that the tour price includes one departure transfer from Ravello to Naples on Day 8 of the tour. If traveling in a group of two or more with separate departure times, additional charges will apply for multiple transfers.

TOUR PRICE

2017 departures	Per person 2 guests	Per person 3–5 guests	Per person 6+ guests	Single +	Solo Surcharge
April 1–30	\$2,798	\$2,698	\$2,598	\$1,005	\$650
May 1–June 30 & September 1–October 31	\$3,098	\$2,998	\$2,898	\$1,275	\$650

STARTING POINT

Hotel Minerva, Sorrento, Italy

ENDING POINT

Naples, Italy

Based upon individual departure times

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 500 feet to 1,550 feet while losses range from 550 feet to 2,500 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.

INCLUSIONS

- » Breakfast daily, one lunch (Day 6), and three dinners (Days 1, 4, and 5); house wine included with dinners
- » All accommodations while on tour
- » Private transfers as noted in the itinerary on Days 2, 4, 5, 6, 7 & 8
Please note that public busses (1.20-2.00 euros per ride), the ferry to and from Capri (approximately 35 euros round-trip), and Capri's funicular (approximately 1.80 euros per ride) are not included.
- » Orientation meeting with a Country Walkers representative
- » Luggage transfers between the hotels
- » Detailed Route Notes (mailed to you approximately one month prior to your departure) and maps (provided at your orientation meeting)
- » 24-hour tour-related support provided by Country Walkers' local partner
- » 24-hour One Call International Emergency Hotline and Travel Assistance
- » The unbeatable and cumulative experience of the Country Walkers staff

LET THE JOURNEY BEGIN

Prior to your adventure you will be asked to sign a Participation Agreement and you will receive:

- » A Guest Information Form to complete and return at least 45 days prior to your tour
- » Luggage tags
- » Route Notes and maps
- » Your trip invoice

GRATUITIES

Standard gratuities for all hotels, meals, and services that are included in your tour price will be paid by Country Walkers; however, additional tips are always welcome. Should you wish to tip for meals or services not included in the cost of the tour, please do so at your discretion. Local currency is preferred.

Traveling To and From Your Tour

STARTING POINT

Hotel Minerva, Sorrento, Italy

You may check into the hotel at any time on the first day of the tour (if you arrive prior to the hotel's check-in time of 2:00 p.m., and your room is not yet ready, you may store your luggage at reception and set out to explore the lovely town).

A tour representative will meet you in the lobby of the first hotel at 6:00 p.m. on the first day of the tour (unless other arrangements have been made with our office) to provide an orientation meeting, ensure you are comfortably settled, and answer any questions you may have.

MOST CONVENIENT AIRPORT

Naples Capodichino International Airport (NAP), Naples, Italy
[gesac.it/en](https://www.gesac.it/en)

Please refer to the Italian Government Tourist Office website, [enit.it](https://www.enit.it), for additional information about Italian airports and transportation to and from the airport. You may also wish to visit the Italian Tourism Official Website at [italia.it](https://www.italia.it).

GETTING TO THE STARTING POINT

There are several ways to travel from the Naples Capodichino airport to Sorrento.

Taxi: a taxi from the Naples Capodichino airport to Sorrento costs approximately 100 euros and takes approximately one hour. The taxi stand is just outside the Arrivals Hall.

Public bus: Curreri Viaggi buses leave the Departures Gate at the Naples airport for Sorrento (train station) eight times per day and cost approximately 10 euros. For more details, visit [curreriviaggi.it](https://www.curreriviaggi.it).

Train: now operated by EAV Campania, five regional railway lines known as “Naples Circumvesuviana” connect the city center with Sorrento and other eastern suburbs around Mount Vesuvius. EAV has also added the seasonal

Campania Express Train that runs between Naples and Sorrento (and return) in just 50 minutes. The Circumvesuviana station is easily reached from the Naples central train station, Stazione Centrale, via an underground walkway. The Napoli–Sorrento train runs daily, about every half-hour during peak hours, and the entire journey takes just a little over an hour. Tickets cost approximately 4.50 euros. For more details, visit eavsrl.it. A taxi from the airport to the Naples central train station costs approximately 16 euros.

Hydrofoil: frequent hydrofoil service (five times per day via Alilauro hydrofoil and once per day via NLG hydrofoil) between Naples and Sorrento is available at a cost of approximately 12 euros (travel time is 40 minutes). A taxi from the airport to the port in Naples costs approximately 23 euros. For more details, visit alilauro.it and navlib.it.

Upon arrival in Sorrento, a taxi to your hotel takes less than 10 minutes and costs approximately 20 euros.

RAIL INFORMATION

Approximate travel times for train travel to the Naples central train station from various Italian cities are as follows: from Florence: 3–4 hours; from Rome: 1¼–2½ hours; from Milan: 4½–5 hours. Please note: the above travel times are dependent upon train type and speed. Additionally, some of these journeys require station changes. For further rail information including reservations, schedules, and up-to-date fares, please contact either Rail Europe at 800.622.8600 or raileurope.com, or Trenitalia at trenitalia.com (Trenitalia operates most train services in Italy).

PRE-TOUR ACCOMMODATIONS

We suggest arriving in Italy at least one day prior to the tour start date. This will give you time to rest after your travels and recover from any effects of jet lag. For hotel and restaurant suggestions in various Italian cities, please visit italia.it.

ENDING POINT

Naples, Italy, based upon individual departure times

There are no walks scheduled for the last day of the tour. A 1.5-hour transfer will be provided to the Naples airport, train station, or a city hotel, based upon your individual departure times. **Please provide us with your arrival and departure details to arrange this service by returning your Guest Information Form at least 45 days prior to the departure.**

Please note that the tour price includes one departure transfer from Ravello to Naples on Day 8 of the tour. If traveling in a group of two or more with separate departure times, additional charges will apply for multiple transfers.

Depending upon your destination, it may not be possible to depart for the U.S. on the last day of the tour. Please check airline schedules carefully. If you plan to schedule return flights immediately following the tour's conclusion, please call your airline directly for specific check-in requirements.

MOST CONVENIENT AIRPORT

Naples Capodichino International Airport (NAP), Naples, Italy
[gesac.it/en](https://www.gesac.it/en)

LEAVING THE TOUR

The most convenient way to leave the tour is by train or air from Naples. For further information, refer to the Getting to the Starting Point section.

Information & Policies

GUARANTEED DEPARTURES

Country Walkers guarantees the departure of every tour*—no exceptions and no disappointments! From the moment you make your deposit, you can start preparing for your adventure. We take care of all the details to ensure a seamless, self-guided experience. For best availability, reserve your trip today!

**except in cases of force majeure*

RESERVATIONS

Reservations for this tour may be made by calling Country Walkers at 800.464.9255. A \$350 per person deposit is required at the time of the reservation request. Final tour cost is due 90 days prior to tour departure date. As arrangements are confirmed at least a year in advance, the tour price is subject to change.

GUEST RESPONSIBILITIES

Each guest has the responsibility to select a trip appropriate to his/her abilities and interests and to prepare for the trip by carefully reading the confirmation materials. To join this trip, you must be in good health and capable of completing activities as described in the day-to-day itinerary. Our in-house experts welcome the opportunity to discuss the tour in more detail. In order to meet your needs, we ask that you please share any relevant physical limitations or health conditions when you make your reservation.

CANCELLATION POLICY

Cancellations received 91 days or more prior to the tour start date will incur a loss of \$150; cancellations received between 90 and 61 days prior to the tour start date incur a loss of 25 percent of the tour price; there are no refunds within 60 days of the tour start date. Up to 91 days prior to departure, you may transfer your reservation, depending on availability, from one departure to another in the same calendar year at no cost.* Please notify us in writing. Please note that the tiered tour price is based on a guarantee of a specified number of guests—should your group decrease in size, we reserve the right to alter the per person price if necessary as reflected in the Tour Price table.

**One transfer per year; afterward, a modest per-person transfer fee will apply. Please note that tours with seasonal prices may involve a higher price.*

TRAVEL INSURANCE

We offer guests the opportunity to purchase a Travel Protection Plan. Please contact us for details.

TRAVEL ARRANGEMENTS

Air or other travel arrangements to and from your tour are not included in the price of your trip. We encourage you to contact your local travel agent, or Better Travel, a Vermont-based agency (800.331.6996 or bettertravel@madriver.com), for any additional air, hotel, rail, or transfer arrangements you may need.