

ITALY: THE AMALFI COAST

Guest Handbook

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. Orientation meeting at 5:00 p.m.

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.

Overnight in Sorrento

DAY 2

Sant'Agata–Torca loop on the Sirenuse Trail; 6.3 miles, easy to moderate with challenging sections, 1,000-ft. elevation gain and loss. Afternoon option: Sant'Agata to Sorrento; 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, 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.

Overnight in Sorrento

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 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.

Overnight in Sorrento

DAY 4

Layover day in Sorrento: optional Massa Lubrense loop walk, 6.5 miles, easy to moderate with challenging sections, 1,200-ft. elevation gain and 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.



Overnight in Sorrento

DAY 5

Transfer to Positano. Path of the Gods: Nocelle to Bomerano; 3.9 miles, moderate, 1,300-ft. elevation gain and 650-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.

Overnight in Ravello



DAY 6

Upper Valley of the Mills to Pogerola; 6.5 miles, moderate with challenging sections, 1,550-ft. elevation gain and 1700-ft. elevation loss. Afternoon option: Pogerola to Amalfi; 1.24 miles, easy to moderate, 950-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.

Overnight in Ravello

DAY 7

Sambuco to Atrani via San Nicola; 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 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).

Overnight in 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 at countrywalkers.com/sustainable-travel.

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.

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, 2019. 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

2019 departures	Per person 2 guests	Per person 3–5 guests	Per person 6+ guests	Single +	Solo Surcharge
May 1 - Jun 30	\$3,648	\$3,548	\$3,448	\$1,500	\$755
Sep 1 - Oct 31	\$3,648	\$3,548	\$3,448	\$1,500	\$755

STARTING POINT

Sorrento, Italy (Night 1 Hotel)

5:00 p.m.

ENDING POINT

Naples, Italy (Naples airport, train station, or a city hotel)

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 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!**

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 40 euros round-trip), and Capri's funicular (approximately 1.80 euros per ride) are not included.
- » Luggage transfers between the hotels
- » Detailed water- and tear-resistant Route Notes and maps
- » 24-hour tour-related support provided by Country Walkers' local partner
- » 24-hour travel-related support provided by One Call International Emergency Hotline and Travel Assistance
- » Orientation meeting with a Country Walkers representative
- » The unbeatable and cumulative experience of the Country Walkers staff

LET THE JOURNEY BEGIN

Prior to your adventure you will receive:

Within 24 hours of reservation confirmation:

A Confirmation Email with a link to our online guest portal, My Account, which allows you to view important information and manage parts of your account online. Similar to other web-based portals you may already use for online banking or shopping, My Account will let you:

- a. View your active reservations.
- b. Make a payment.
- c. Access the latest version of your reservation invoice.
- d. Access your guest profile where you'll be able to update essential information and preferences (passport information, important dietary considerations, allergies, etc.).
- e. Ensure that your contact information is the most up to date (name, address, phone number, email).
- f. Provide us with your tour arrival and departure details so that we may arrange any included arrival and departure transfers and/or orientation meetings.

One day following reservation confirmation:

An Online Participation Agreement Form to sign and submit (emailed).

Within one week of reservation confirmation:

- a. Your reservation invoice (emailed).
- b. Welcome Documents including your specific dated Hotel Itinerary and this Guest Handbook (emailed).

Approximately one month prior to departure:

Your Travel Documents including the following items (mailed):

- a. Printed water- and tear-resistant Route Notes (day-to-day walking directions; emergency contact information; detailed daily itinerary; information regarding included meals, transfers, and daily logistics; restaurant recommendations for non-included meals; town maps; and information regarding optional activities and transportation).

- b. Printed Travel Documents (your specific dated Hotel Itinerary, Daily Itinerary Overview, and—if included—Arrival & Departure Transfers Overview).
- c. Luggage tags.

At your orientation meeting:

- a. Maps.

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, especially by your driver(s). 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

Sorrento, Italy (Night 1 Hotel)

5:00 p.m.

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 5:00 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.

In order to arrange your orientation meeting, please provide us with your arrival and departure details at least 45 days prior to departure through our online portal, My Account. (A Confirmation Email with a link to My Account will be sent to you within 24 hours of reservation confirmation.)

MOST CONVENIENT AIRPORT

Naples Capodichino International Airport (NAP), Naples, Italy
gesac.it/en

Please refer to the Italian Government Tourist Office website, **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**.

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: The Curreri bus departs from the Naples Capodichino airport terminal and arrives in Sorrento in a little over an hour. You can purchase your ticket on board for 10 euros. The bus stop is opposite the airport arrivals gate; buses arrive about ten minutes before every scheduled departure and there is ample space for luggage on board. Buses run daily. The bus service is comfortable and safe; sit on

the right side to enjoy the beautiful views of the Sorrentine peninsula along the way. For more details, visit 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. You can purchase a ticket from the ticket window or from one of the newspaper stands in the station. The Napoli–Sorrento train runs daily, about every half-hour during peak hours, and the entire journey takes just a little over an hour. For more details, visit eavsrl.it. A taxi from the airport to the Naples central train station costs approximately 16 euros.

Hydrofoil: One of the most scenic and relaxing ways to reach Sorrento is by ferry from Naples. The Naples–Sorrento line is active all year long, and the routes depart from the Molo Beverello pier. You can reach the Naples port via taxi (approximately 23 euros) or the Alibus bus route which leaves from the Naples Capodichino Airport. Ferry tickets cost approximately 13 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.

We recommend making train reservations in advance for major train routes. In Italy, train tickets usually go on sale at least six months before the date of travel. For further rail information, including reservations, up-to-date schedules, and fares, please visit one of the following websites:

Trenitalia (Italy’s national train company): trenitalia.com. Italy’s national railway company, Trenitalia, offers high-speed trains (Frecciarossa, Frecciargento, Frecciabianca), Intercity trains, night trains, and regional trains. Trenitalia’s

website will give and fares for most Italian routes and trains, including sleeper trains and direct international trains. The English button is a UK flag found in the top right. You'll need to use Italian language place names, *Roma Termini* for Rome, *Venezia Santa Lucia* for Venice, *Firenze S. M. Novella* for Florence, *Napoli* for Naples and so on—use *Tutte Le Stazione* if you don't know which station in a given city to choose. Unfortunately, the national train company's website is buggy to say the least and has proven difficult to use for foreign travelers, including past CW guests. Trenitalia's website often has billing problems with foreign credit cards and sometimes can't accept non-Italian addresses. Random parts of the Trenitalia website remain untranslated and customers often report problems reaching Trenitalia's customer service, for example, when purchased tickets are not actually generated. All that said, people do manage to use Trenitalia and the site often works alright once you're used to it. But we think there are a few better options (italotreno.it; italiarail.com; loco2.com), and one that is much, much better (trainline.eu).

Trainline: trainline.eu. This sharply designed powerhouse is a staff favorite for buying train tickets for Italy—and you get the same prices (and sometimes a bit cheaper) as when booking directly from Trenitalia. Trainline is easy to use: the site is in English, it accepts foreign credit cards, is smooth and functional, and offers quality customer support, easy cancellations on refundable or changeable tickets, and preference of seats and class for long-distance trains. Trainline emails your tickets immediately upon purchase. For the long-distance trains you can simply quote the booking reference on board; the regional tickets must be printed out.

RailEurope: raileurope.com. This U.S.-based retailer with award-winning localized customer care also offers an easy, user-friendly way for North Americans to purchase tickets for train travel in Europe. With RailEurope, you can have physical tickets mailed to you before your trip but you also have the option (in some, *but not all* cases) to print your own tickets, print an e-ticket at the self-service kiosk in the train station, or have an e-ticket sent to your phone. Please note; however, that RailEurope charges steep fees and doesn't always list all the available rail journeys.

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.

Should you wish to spend a pre-tour night in Sorrento (and possibly visit Pompeii or Herculaneum independently prior to the start of your tour), you may wish to stay at our standard property for the first night of the tour. We would be happy to make a reservation on your behalf. Please contact us to request this service as soon as possible. The cost is payable directly to Country Walkers and is due with your final payment 90 days prior to departure. Our normal cancellation policy applies. These rooms are reserved as a service for you and include a service charge. Better rates may be available online; however, please note that if you make your pre-tour reservation directly with the hotel, you may not be able to secure the same room as assigned to you for the nights on tour. Please call for current rates.

ENDING POINT

Naples, Italy (Naples airport, train station, or a city hotel)

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.

In order to arrange your departure transfer, please provide us with your arrival and departure details at least 45 days prior to departure through our online portal, My Account. (A Confirmation Email with a link to My Account will be sent to you within 24 hours of reservation confirmation.)

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.

POST-TOUR ACCOMMODATIONS

Should you wish to spend a post-tour night at your final hotel in Ravello, we would be happy to make a reservation on your behalf. Please contact us to request this service as soon as possible. The cost is payable directly to Country Walkers and is due with your final payment 90 days prior to departure. Our normal cancellation policy applies. These rooms are reserved as a service for you and include a service charge. Better rates may be available online; however, please note that if you make your post-tour reservation directly with the hotel, you may not be able to secure the same room as assigned to you for the nights on tour. Please call for current rates which vary seasonally.

VISITING POMPEII OR HERCULANEUM

Day 4 of this tour is a layover day in Sorrento, providing you with the option of doing the Massa Lubrense loop walk, visiting Pompeii or Herculaneum (two Roman cities buried in ash during the eruption of Mount Vesuvius in 79 AD and considered among the most important archaeological sites in the world), or simply spending the day at leisure in Sorrento. Should you wish to visit either of these archaeological sites but still do the highly recommended optional loop walk on Day 4, the easiest way to do so would be to request a pre-tour night in Sorrento and visit Pompeii (pompeiisites.org) or Herculaneum (pompeiisites.org) from Sorrento on Day 1 of the tour during the morning or afternoon when no activities are scheduled prior to your orientation meeting at 5:00 p.m.

How to Reach Pompeii from Sorrento

Getting to Pompeii from Sorrento is very simple: just take the Sorrento–Naples Circumvesuviana train line (just under 4 euros); the stop for Pompeii is 20 minutes from Sorrento. The entrance to the archaeological site is right across from the Circumvesuviana station.

How to Reach Herculaneum from Sorrento

Getting to Herculaneum from Sorrento is just as simple: take the Sorrento - Naples Circumvesuviana train line (just under 4 euros); the stop for Herculaneum is 40 minutes from Sorrento. Once you exit the station, follow the main road downhill about 500 meters to the entrance of the archaeological site.

Please visit eavsr.it/web for the current Circumvesuviana train schedule.

Pompeii or Herculaneum?

Pompeii is a much larger site than Herculaneum and more striking, while Herculaneum is better preserved as it was covered in a layer of protective mud and volcanic ash, sealing the remains completely and preserving even materials like wood. The down side of visiting Herculaneum is that many Roman homes and buildings are closed to visitors, so if you have time to visit just one site while in the area, opt for Pompeii. Trying to see both in one day may be overwhelming!

Hours and Tickets

- Nov 1 – Mar 31: 9:00 a.m. - 5:00 p.m.
- Apr 1 – Oct 31: 9:00 a.m. - 7:30 p.m.
- Open daily; closed Jan 1 & Dec 25
- Pompeii: Ticket price EUR 13 (includes a map and small pocket guide)
- Herculaneum: Ticket price EUR 11
- Free entrance the first Sunday of each month

Guided Tours

You can join guided group tours at either site. There also is a booth with audio guides in different languages near the entrances (IDs are required), which you can recognize by the wooden sign above with the symbol of the Region of Campania (a white shield with a diagonal red line across it). Alternatively, consider pre-booking a private licensed guide online. Both toursbylocals.com and contexttravel.com have been recommended by past CW guests.

Visiting Pompeii or Herculaneum on the Final Day of the Tour

If you are unable to spend a pre-tour night in Sorrento and visit Pompeii or Herculaneum on Day 1 of the tour, there is the option to visit either of these sites on the final day of the tour en route to Naples from Ravello. As you will have your luggage with you on this included transfer, there are two options: You could either have your driver wait for you with your luggage in the car while you visit either site at an additional cost of EUR 50 per hour (payable in cash directly to your driver) or, if spending a post-tour night in Naples, you could have your driver drop you off at either site and continue on with your luggage directly to your hotel in Naples. This would allow you to spend as much time as you would like at either site before taking the Sorrento–Naples Circumvesuviana train line (just under 4 euros; 35 minutes) to Napoli Centrale train station, followed by a taxi (EUR 15) to your hotel. **Please note: Country Walkers and our transportation providers would**

need to know in advance should you wish to visit Pompeii or Herculaneum on the final day of the tour.

Information & Policies

GUARANTEED DEPARTURES

Country Walkers guarantees the departure of every tour*, which gives peace of mind for every guest. From the moment your reservation is confirmed, 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 early.

**except in cases of force majeure*

RESERVATIONS

Please note that the method by which Self-Guided Adventures are reserved differs in important ways from typical scheduled tours. We encourage all guests to refrain from purchasing plane tickets or making contingent plans until they receive confirmation from us. Here's how the process works:

1. **Reservation Request.** The process begins when you make a reservation request for this tour, either online at countrywalkers.com or by calling Country Walkers at 800.464.9255. Please note the online form does not on its own constitute a final reservation or a guarantee of tour space. If you use the form, one of our Tour Consultants will call within one business day. Outside of 90 days prior to the tour start date, a \$350 per person deposit is required at the time of the reservation request. Within 90 days prior to the tour start date, your final tour cost is required. If we are unable to accommodate you on your preferred dates/tour (or an alternative of your choice), this payment is fully refunded.
2. **Reservation Request Receipt.** Upon receipt of your deposit and preferred tour start dates, you will be provided with an emailed reservation request receipt, stating your reservation number and reconfirming the details of your reservation request (tour name, departure date, and tour price), while we get working on securing availability with all the hotels.
3. **Confirmation.** Our goal is to confirm your reservation request within five business days; however, this may take longer for a variety of reasons. All of our accommodations are available on a request basis; we do not hold blocks of rooms and, therefore, must confirm availability at the time of your request. If possible, we recommend you provide a range of back-up tour start dates at the time of your initial request. Once your

reservation is confirmed, a Tour Consultant will contact you. Once you have received our official confirmation, you can make flight reservations.

4. **Final Payment.** Final tour payment is due 90 days prior to tour departure date. As pricing is determined over a year in advance, we may be forced to change our listed price over time. However, please note that once your reservation is confirmed, we will always honor the price quoted when you booked.

TOUR ACCOMMODATIONS

Hotel Availability: Since we typically use small, boutique properties for Self-Guided tours, securing availability can sometimes prove challenging, especially on short notice. (Again, we encourage guests to book early and be flexible.) On some tours, if our standard property is not available, we may have alternate hotels of equivalent quality that we have approved. We'll book one of these alternates if the standard property is not available. If the hotel or room type requires a surcharge, we will contact you prior to reserving it. We will not reserve non-approved properties.

Room Category: We typically book standard rooms. If you are interested in upgrading your room type, please contact a Tour Consultant. Please bear in mind that upgrades are not available at every hotel; surcharges will be determined once we know what's available. Triple rooms (or rooms with two beds) can be a rarity. Should you desire such an accommodation, we may need to offer two rooms—supplements may apply. Please allow us extra time to sort the options out.

ORIENTATION MEETING & TRANSFERS

Though Self-Guided tours are a predominantly private experience, there are occasions where you may be in contact with others. Because guests are allowed to pick their own start dates, there may be other Country Walkers travelers staying in the same properties as you or even starting on the same date. For this reason, we may need to combine your orientation meeting with that of other guests or ask you to share on-tour transfers. This does not mean you need to walk together.

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. Prior to your adventure you will be asked to sign a Participation Agreement to accept your responsibilities.

CHANGES IN PLANS

After booking, you may change your reservation's destination, departure date, departure city, or Tour Extensions for a \$100-per-person administrative fee. We will waive this fee for changes made within the first two weeks of booking. Any cancellation charges or applicable fees imposed by hotels or operators will be passed along to the guest. We encourage you to consult our cancel policy for the particular trip you have booked. All changes are subject to availability and cannot be guaranteed. Please note that tours with seasonal pricing may involve a higher price point. Please note: This change policy does not apply to Special Departures. Please notify us in writing.

CANCELLATIONS AND REFUNDS

Cancellations must be made in writing and fees are applied as noted. Cancellation refunds will be calculated as of the date we receive your written cancellation. All payments for travel services not provided to the guest will be refunded in accordance with these Terms and Conditions and in accordance with Country Walkers' cancellation policy. Exceptions to this cancellation policy cannot be made for any reason, including personal emergencies, illness, or weather. 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.

Self-Guided Adventures

- » Cancellations received on or before 91 days prior to the start of the trip: \$150 per person
- » Cancellations received 90 to 61 days prior to the start of the trip: 25 percent loss of trip price
- » Cancellations received 60 or fewer days prior to the start of the trip: 100 percent loss of trip price

TRAVEL PROTECTION PLAN

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

SELF-GUIDED FLIGHT CONCIERGE

Our knowledgeable team will happily find flight itineraries that sync perfectly with your international Self-Guided Adventure. Simply request a price quote at the time of booking and, once your reservation is confirmed, we will contact you with available options. Please note that you are under no obligation to purchase the quoted flight itinerary.

Learn more about the Self-Guided Flight Concierge—including our complete policies—on our website at: <https://www.countrywalkers.com/self-guided-air-terms-and-conditions/>.

Other travel arrangements not included in the price of your trip (such as local train tickets or post-tour excursions) can be purchased through your local travel agent, or Better Travel, a Vermont-based agency (800.331.6996 or bettertravel@madriver.com).

Italy at a Glance

ENTRY REQUIREMENTS



U.S. citizens: Passports are required. To minimize any inconveniences during travel, the State Department recommends that passports be valid for at least six months following your scheduled return. Visas are not required for stays of up to 90 days.

For more information, see travel.state.gov.

Travel Tip

Have a variety of options to start your trip: ATM card(s), credit card(s), some dollars to exchange, and some euros in small denominations.

CURRENCY

Italy uses the euro (EUR). For current exchange rates, visit oanda.com.

Many businesses in Europe will no longer accept credit cards without PIN numbers (chip and pin cards). Always contact your bank or your credit-card company for details

on fees and card use when traveling.

TIME ZONE

Italy is in the Central European Time Zone, Eastern Standard Time plus 6 hours. For more information on worldwide time zones, see: worldtimezone.com.

PHONE & INTERNET

Italy country code: +39

Cell phone coverage throughout Italy is extensive, but cannot be guaranteed to be accessible on all American mobile carriers or to function at all times while on the trail or in remote areas. For more information regarding international phone use, please refer to countrywalkers.com/phones.



Internet access is generally very good in towns and villages; however, it is not guaranteed at all of the hotels used on the tour. For more details regarding Wi-Fi availability, please refer to the Itinerary Overview.

LANGUAGE

Italian is Italy's official language.

While knowledge of the local language is not necessary, you may want to learn some fun and useful phrases; see bbc.co.uk/languages/Italian.

ELECTRICITY

Alternating current of 220V and 50Hz is used in Italy. Plugs have two round prongs. For a full listing of electrical outlets worldwide, see electricaloutlet.org.

WEATHER

Italy has a range of climates, depending on the region. In general, spring and fall are ideal for an active vacation, with daytime temperatures in the 60s to low 70s, evenings in the 50s, and occasional short rain showers.

In the northern Alpine areas, summer through early fall is an optimal time to travel. Springtime brings wildflowers, long days, and, on the table, early tender vegetables such as asparagus and artichokes. By late summer and fall, the warm days continue with highs in the low 80s, landscapes take on a golden hue as the grape harvest gets underway, and autumn specialties appear, such as mushrooms and truffles.

For up-to-date forecasts, see qwikcast.com. For historical average temperatures and rainfall, see weatherbase.com.

ITALIAN CUISINE & WINE



Considered one of the world's finest cuisines, Italian food is undoubtedly one of the best things about traveling in Italy. Based on fresh local ingredients, Italian cooking is consequently very regional.

Northern Italy is the home of risotto, polenta, and slow-cooked meat dishes such as *osso bucco*. The cuisine of Tuscany and Umbria in central Italy also features meat and game dishes, such as *bistecca alla fiorentina* (Florentine steak), sausages, and roast pork, as well as vegetable- and bread-based dishes such as savory bruschetta, *ribollita* (vegetable soup), and *panzanella* (bread salad).

Travel Tip

- Bringing your own hair dryer or other electrical device? You'll need a travel converter, available at most hardware, travel, or consumer electronic stores.
- For laptops or an electronic device with a dual voltage switch, you'll need the adapter plug but not a converter.

Travel Tip

Coffee is served throughout the day in its many different ways. Italians tend to drink *caffè latte* or cappuccino until about 11:00 a.m. (a *latte* is a cup of hot milk). After 11:00 a.m., they usually drink *un caffè* (espresso). If you'd like it with a little milk you should order a *macchiato*. You'll need to specify if you want it *con latte caldo* (with hot milk), or *con latte freddo* (with cold milk), or *con schiuma* (with foam). Lastly, there's no charge to stand at the bar with a drink, but a small fee is added to the bill when you sit at a café table.

Southern Italy and Sicily are justly known for fresh seafood—spaghetti with tiny clams, or a main course of swordfish braised in a light tomato sauce—and fresh vegetables are also prominent— spaghetti with zucchini, or the well-known *insalata caprese* of tomatoes, basil, and fresh mozzarella cheese.

Meals in Italy typically have several courses, starting with an *antipasto* (an appetizer); then a *primo* (first course), which is usually pasta or risotto; a *secondo* (main course), which is a meat or fish dish; and *dolce* (dessert).

Wine has been produced in Italy for millennia, and the country's climate and geography of coastline, foothills, and mountains allow grape growing in 20 regions from the Alps in the north to southernmost Sicily. Restaurants feature their regions' local wine.

Please see the detailed itinerary for region-specific sample menus, local delicacies, and wines.

LIFE IN ITALY

Shopping hours

Shops and stores are generally open Monday to Saturday between 9:30 a.m. and 12:30 p.m., and from 3:30 to 7:30 p.m.; department stores and supermarkets are open all day from 9:30 a.m. to 7:30 p.m. Open-air markets generally open from 9 a.m. to 1 p.m., although in larger cities such as Florence, open-air markets are typically open all day, even on Sundays.



Meal times

Breakfast is served at hotels from 7:00 a.m. to 10:00 or 10:30 a.m. Lunch is served in restaurants from 12:30 to 2:30 p.m. and dinner is usually served from 7:30 to 11:00 p.m. (Restaurant meal times may vary by region, trending from earlier to later as you travel from north to south.)

Tipping

Tipping in restaurants is not compulsory in Italy. In restaurants the menu or bill indicates *servizio incluso*, meaning “service is included.” However, locals tend to leave a small amount in coins after a meal or a coffee—roughly one to two percent of the total, or one to two euros for a meal of up to 50 euros. For a coffee or a drink in a bar or café, 20 to 50 euro cents is appropriate.

Taxi drivers aren’t generally tipped, but you could round up the total, letting the driver keep the change. For luggage assistance, a small tip of one to three euros is appropriate.

TRAVEL RESOURCES

National Italian tourist board official sites

italia.it and enit.it

Italian public holidays

To assist in travel planning, it may be helpful to be aware of Italian public holidays, festivals, or calendars of events. Visit the Italian tourist board’s website noted above, then click on Useful Information, More Information, and National Public Holidays. For local events, visit the regional tourism websites (links can be found on the region’s page on italia.it, in the Discover Italy section).

TRAVEL IN ITALY

Trains

Trenitalia: trenitalia.it (Italy’s national train company)

Raileurope: raileurope.com or 800.622.8600, a U.S.-based company that provides schedules, reservations, and ticketing for all European train networks (their multi-day/-week/-month passes in one country or combinations of countries may be an economical and convenient choice for European train travel.)

Travel Tip

Most restaurants have a “cover charge” or *il coperto*, a per-person fee of one to three euros that is added to your final bill. It is a legitimate practice and it is considered the “fee” for the place setting, the bread, tap water (which is fine to drink), and breadsticks.

Travel Tip

Be aware that you may need to validate your train ticket by “punching” it before boarding, using a small machine located on the train platform, which stamps the time and date on it.



Other local transportation

In addition to its excellent rail network, Italy also has several regional airlines, many regional bus lines, and, in coastal and lake regions, local ferries. Taxis are available at all major airports, train stations, and in smaller towns, and can be reserved in advance (your hotel can usually provide assistance). Most major car rental agencies are available at Italian airports and train stations. For more information contact Country Walkers, or go to italia.it, and click on “Useful Information.” For driving, you can further navigate to “Rules to drive in Italy.”

Museum information and online reservations

tickitaly.com

Packing List

PACKING TIPS

Pack light! Keep in mind that most hotels are small and family-run and may not provide luggage assistance from the reception area to the room, so there may be times you have to carry your own luggage short distances. Due to space constraints, we require you to limit your luggage to one medium piece (approximately 18x15x29 inches or 8,000 cu. in.) and one small carry-on, per person. Please note that due to health and safety reasons, our local representatives are not permitted to carry (individual) bags that exceed 30 pounds (15 kg). We recommend packing any personal necessities, medications, your hotel itinerary/emergency contact information, your hiking boots (or shoes), and extra clothes in your carry-on luggage in the event that your baggage is delayed. We suggest leaving valuable jewelry at home. A copy of your passport or other important documents should be kept in a separate area of your luggage. Always be alert when carrying a purse, camera, money belt, or backpack in busy cities, airports, and train stations.

FOOTWEAR

- » Hiking boots or shoes. There are many brands to choose from. Proper fit is crucial, so try on new boots or shoes while wearing socks you plan to use on tour. Be sure to break in new footwear well before your tour begins. If you are bringing a favorite pair of older boots, please check that soles and seams are in good shape before you depart! By the time you're ready to join your walking tour, you should be able to complete 4-6 miles of walking without discomfort. We require lightweight boots or shoes with proper ankle support and good tread to ensure stability on all types of terrain. Waterproof footwear keeps feet dry in heavy rain and water-resistant footwear keeps feet dry in heavy dew.
- » Comfortable shoes for evening strolls
- » Synthetic, moisture-wicking socks (cotton socks are not recommended for walking as they will quickly cause blisters)
- » Blister remedy

CLOTHING

- » Lightweight, wash-and-wear long pants
- » Long-sleeved, wash-and-wear shirt

- » T-shirts and shorts
- » Polar fleece or light wool pullover (it will keep you warm even when wet)
- » Dinner attire: dress is smart casual
- » Light jacket or sweater for evening strolls and alfresco dining
- » Church attire: exposed shoulders and knees are not permitted when visiting most churches in Italy. Men may wear long Bermuda-style shorts (to the knee) and women may wear longer skirts (to the knee). Convertible zip-off pants are a good option for both men and women on days that combine hiking and church visits. Women may carry a light scarf, shawl, or jacket to cover bare shoulders and upper arms when needed.

OUTERWEAR

- » Waterproof rain gear: jacket, pants, hat, or hood
- » Windbreaker with hood (your rain gear may be suitable)
- » Hat with a broad brim or visor

EQUIPMENT

- » Cell phone (an International cell phone or your own cell phone with an International calling plan): for both practical and safety reasons, **we strongly advise that you carry a cell phone while traveling and at all times while you are out walking.** (Please note you may encounter intermittent coverage while on the trail or in remote areas.)
- » Travel adapter/s (connectors that change the plug shape to match the electrical outlet, thereby allowing a dual-voltage appliance or a converter from one country to be plugged into the wall outlet of another country) and converter/s (only if bringing electric appliances, such as a hair dryer, iron, or any appliance that has a mechanical motor. If the appliance is electronic, which contains a computer chip, a converter is usually not required.)
- » Pack (minimum size of 25L): large enough to carry water, extra clothing, rain gear, lunch, and personal items (camera, etc.)
- » Waterproof cover for pack
- » Water bottle, canteen, or CamelBak-type water reservoir or hydration pack to carry your own water while walking (equivalent of one liter). Please note: this will help avoid unnecessary plastic waste in a region with minimal recycling and waste facilities.

- » Sunblock and lip balm
- » Insect repellent
- » Sunglasses
- » Toilet kit for when facilities are not available on the walks. Include zip-lock baggies, tissues, and moist towelettes, which can be disposed of upon return to the hotel
- » Personal first-aid kit including any medications you ordinarily take (in their original container)

OPTIONAL

- » Telescopic walking sticks (Please note that while telescopic walking sticks ***are recommended*** for this tour, they are not provided by Country Walkers. Therefore, please plan on bringing your own should you wish to use them.)
- » Binoculars
- » Bathing suit for optional use of hotel pools or swimming in the sea
- » Flip-flops or water sandals
- » Camera and charger and/or extra batteries
- » Zip-lock bags (to keep camera and valuables dry)
- » Small notebook and pen
- » Field guides
- » Folding umbrella
- » Waterproof poncho (in addition to aforementioned rain gear, especially if expecting wet weather): while the aforementioned rain gear may suffice, a poncho offers the advantage of being lightweight, compact, big enough to cover both you and your backpack, long enough to allow for sitting on wet surfaces or act as a shelter, cool enough to wear during summer rains, and is cheap!
- » Bandanna
- » Washcloth (many European hotels do not provide them)
- » Hand sanitizer and/or moist towelettes
- » Motion-sickness bracelets or other non-sleep-inducing remedy if prone to motion sickness on bus, car, or boat rides
- » Alarm clock

ONLINE STORE

To help you prepare for your trip, we've carefully selected a range of comfortable, easy-packing travel apparel and accessories from leading brands such as Eagle Creek, Craghoppers, Patagonia, Tilley, and others. Whether you're traveling to Vietnam, walking in Canada, or exploring the hills of Ireland, our Travel Shop is here to ensure you're ready to enjoy your adventure to the fullest. **Visit the CW Travel Shop at cw.newheadings.com.**