



Independent walking tour (SOR1)

Around the *Finis Terrae* of the Sorrento Peninsula

*Sorrento, Massa Lubrense & Punta Campanella
(with an optional extension to Capri)*



TRIP NOTES

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INTRODUCTION

The Sorrento Peninsula has been a tourist destination for centuries, certainly since the days of the Grand Tour and perhaps even as far back as Roman times. In Victorian times Sorrento became a corner of paradise for many North Europeans, drawn by the bright Mediterranean sunshine and the dramatic fusion of mountains and sea, allowing them to forget the cold winter back home.

Today Sorrento still exudes the same charm and elegance of those times, in its wonderful location looking across the Bay of Naples, with Mount Vesuvius in the background. Its historical centre is definitely worth a prolonged visit and the immediate surroundings offer many opportunities for great walks.

On this beautiful Sorrento tour you will be rewarded with fantastic panoramas, which change with every twist of the path as you walk around the tip of the peninsula. You'll enjoy the most spectacular scenery of the western, more savage part of the Amalfi Coast and the pleasant, more laid-back area of Massalubrense. Every day you'll have great views of the mythical 'Islands of the Sirens', the nearby island of Capri, and across the Bay of Naples to Ischia, Procida, Naples itself and, of course, Mount Vesuvius, dominating the bay. Behind you are the Lattari Mountains plunging into the sea, and on many occasions you have views over both the Bay of Naples and the Gulf of Salerno, the 'Due Golfi'.

This walking tour is a wonderful discovery of the western part of the Sorrento Peninsula, which includes some amazing stretches of unspoilt coastline, Punta Campanella, the Land's End of the area, pleasant agricultural landscapes, dominated by olive groves and orchard, charming medieval hamlets and of course Sorrento and its surroundings. It takes in some of the most beautiful walks to be made in the area, some of which are listed among the 'world's best walks'. It shows you the best parts of the Sorrento side of the peninsula, completely different from the Amalfi Coast, but equally beautiful.

You will walk along well-maintained footpaths and paved alleyways, through attractive countryside with wonderful terraced olive & lemon groves, vineyards and cultural treasures like rural chapels, ancient farmhouses, old watermills and wonderful villas and villages, where you can sit down and relax with a drink.

And of course, staying in Sorrento gives you the opportunity to do some 'touristy' excursions, like the world-famous excavations at Pompeii, or the island of Capri



Please note: this is a moderately easy tour, suitable for those who have some experience of walking and a good general physical condition. Most of the walks are on good paths, some of them just recently restored by the local authorities. Parts of the paths are waymarked. Elsewhere you have to follow the route notes provided together with the maps. Average walking times: from approx 4 - 5 hours each day (several longer & shorter options available).



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DAY-TO-DAY PROGRAMME

Day 1 – Arrival in Sant’Agata sui Due Golfi

Arrival in Naples (airport) or Salerno (train station). You are met by a taxi (optional) and brought to your beautiful agriturismo on the ridge between the Bay of Naples and the Gulf of Salerno, in the middle of some orchards, where you will have a lovely meal made from local organic produce tonight.

Accommodation: Sant’Agata sui Due Golfi - Agriturismo ***

Day 2 – Roundwalk on the Pensinsula Sorrentina

Today you’ll make a roundwalk over the ridge dividing the Bay of Naples from the Gulf of Salerno, discovering the very different landscapes and a number of charming little hamlets. Through pinewood, olive grove and orchards you reach the charming little hamlet of Colli di Fontanelle. An optional detour brings you to the Colle Sant’Angelo, a great viewpoint overlooking the whole plain of Sorrento & Bay of Naples. Then you walk back along the southern side of the ridge, now fully immersed in the Mediterranean colours and the lovely smells of the Mediterranean herbs. The path runs parallel to the coast with spectacular views over the ‘Islands of the Sirens’. Then the path descends quite steeply and continues through olive groves towards the little hamlets of Monticelli and Torca. From here you descend along well-maintained paths to the very picturesque inlet of Marina di Crapolla (where, according to legend, Saint Peter landed on his way to Rome). Here you are free to have a swim, before returning to Torca. From Torca you then walk back up to your agriturismo to have another night dining on local delicacies.

Accommodation: Sant’Agata sui Due Golfi - Agriturismo ***

Total walking distance: 10 km. Approx. walking time: 5 h.

Day 3 – Coastal walk to Marina del Cantone

Today’s walk brings you to the charming little seashore village of Marina del Cantone, on the south side of the Sorrento Peninsula. First you walk back down to Torca, and from there you follow the long-distance path, ‘Alta Via dei Monti Lattari’, all the way along the coast. You walk in a beautiful landscape, dominated by dry-stone walls and olive groves, always overlooking the sea. In the afternoon you reach the beautiful little bay of Reconnone, where you can perhaps opt to go for a swim already. The last stretch to Marina del Cantone is a wonderful walk: past the ruins of a medieval watchtower, and over the rocky headland, you reach the coastal hamlet of Marina del Cantone. Here you settle in at a good family-run 3-star hotel. Your luggage will already be there waiting.

Accommodation: Marina del Cantone - Hotel */******

Total walking distance: 6 km. Approx. walking time: 3,5 h.

Extra Day

In case you want to spend one more night in Marina del Cantone, you can make a great roundwalk to one of the core areas of the marine protected area of Punta Campanella. This walk brings you through the beautiful little village of Nerano, dominated by the sheer cliffs of the headland. From here you first make a wonderful walk, more or less on a level surface, to the watchtower on the Punta Penna headland overlooking the beautiful Baia di Ieranto, now managed by the Italian ‘National Trust’ (FAI). You can make a roundwalk here and perhaps go for a swim, before returning along the same route to Marina del Cantone.

Accommodation: Marina del Cantone - Hotel */******

Total walking distance: 12 km. Approx. walking time: 5,5 h.

Day 4 – The ‘Finis Terrae’ of the Sorrento Peninsula

Today you walk from Marina del Cantone, on the southern side of the Sorrento Peninsula to Marina della Lobra, another picturesque fishing harbour on the northern side of the peninsula. But first you head towards Punta Campanella, the *Finis Terrae*, or ‘Land’s End’ of the Sorrento Peninsula, where you are face to face with the island of Capri. You can opt to follow the *Alta Via dei Monti Lattari* all the way from Marina del Cantone to the end of the



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path, or take a local bus to Termini, the last village before the headland. From here you follow the medieval steps up to the small church of San Costanzo, where you have 360° views, over both the Bay of Naples and the Amalfi Coast. A spectacular path, running along the impressive cliffs of the headland, then brings you to the tip of the peninsula, where according to legend Ulysses erected a temple in honour of Athena. In some parts the path can be a bit demanding, though never too difficult. You then return on a very comfortable path, the old Roman Via Minerva, with great views of Capri and some medieval watchtowers once protecting the coast. From Termini you then take the local bus to Massa Lubrense (unless you want to walk the whole way), where you will stay for two nights at a great location - a restored convent, right in the heart of Marina della Lobra, at walking distance from the harbour and seafront. For dinner tonight you have the choice between a number of good restaurants and agriturismo.

Accommodation: Marina della Lobra - Hotel***

Total walking distance: 7 km. Approx. walking time: 4 h.

Day 5 – Panoramic roundwalk to Massa Lubrense

Starting from Marina della Lobra, today you make a great roundwalk with ever-changing views. First you walk up to the church of San Liberatore, where views of Capri and the Bay of Naples are grand to say the least. Then you walk up along a beautiful route through the olive and lemon groves to the castle where Napoleon's general, Prince Murat, followed the siege of Capri. From here you can opt to walk to Termini, and then back along the ridge. A shorter route brings you past the hamlet of Santa Maria to the historic village of Massa Lubrense. You walk all the way through its heart and have the time to look around and perhaps have a drink overlooking the Bay of Naples. Then you descend back down to Marina della Lobra, with a bit of time left to relax or perhaps go for a swim.

Accommodation: Marina della Lobra - Hotel***

Total walking distance: 4,5 km. Approx. walking time: 3 h.

Day 6 – Down to Sorrento

Today you can walk all the way to Sorrento (depending on how much you want to walk and the time you want to dedicate to shopping and sightseeing in Sorrento); there are also frequent local buses. A beautiful route through the olive and lemon groves brings you up to the village of Massa Lubrense. Here you can buy your picnic supplies and perhaps have a nice espresso, before starting the real walk. Then you continue your route, now more or less level, contouring the hills above Sorrento. You then reach a wonderful viewpoint, from which many painters over the centuries have depicted Sorrento and made its fame. From here you descend down to the plain of Sorrento. There is still some time to stroll through the centre and perhaps admire the Bay of Naples from one of the great panoramic terraces, before you settle in at your centrally located hotel where your luggage will be waiting.

Accommodation: Sorrento - Hotel */******

Total walking distance: 7,5 km. Approx. walking time: 4,5 h.

Day 7 – Free day

From Sorrento you can undertake several interesting excursions: a daytrip to the island of Capri or a visit to Pompeii, for example. There are also several nice options for an easy roundwalk and perhaps a swim. A beautiful walk brings you to Capo di Sorrento, and from there down to the great Roman villa on the headland. This was also Queen Joanna's favourite bathing place, a beautiful little bay. Depending on whether you want to extend the walk you can head on to the small fishing village of Marina di Puolo before returning to Sorrento. There is still some time to stroll through the centre and perhaps admire the Bay of Naples from one of the great panoramic terraces, before you settle in at your centrally located hotel. Your luggage will already be there.

Accommodation: Sorrento - Hotel */******

Total walking distance: 5,5 km. Approx. walking time: 3,5 h.

Day 8 - Departure

After breakfast you return by train, bus or boat to Naples(airport).



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TOUR DETAILS

ACCOMMODATION & MEALS

All nights are spent in beautiful, characteristic family-run hotels (generally 3/4-star; 5-star on request). All rooms have en-suite facilities.

Most of the accommodations are on **B&B** basis. Only on the first two nights at the agriturismo in Sant'Agata are on **HB** basis.

Where no evening meals are included you are free to choose from the wide choice of restaurants in the area for your dinner arrangements. Your accommodation holder can give you good tips. On some occasions you can also choose to eat at the premises of the hotel/agriturismo.

No picnic lunches are included in the tour price, but these can be prepared for you by the accommodation holders, or materials for picnics can be purchased in the villages where you'll be staying. On some occasions you have the option to have your lunch in a restaurant along the way.

Nights 1 & 2: The first two nights are spent near the small village of Sant'Agata sui Due Golfi, on the high plain dominating both the Bay of Naples, as well as the Gulf of Salerno and the Amalfi Coast, in a beautiful agriturismo.

Nights 3 (& 4): The next night(s) is spent in the romantic & fashionable little coastal village of Marina del Cantone, with its large beach and many good restaurants. You stay either in a comfortable 3-star hotel, or (on request) in a 4-star hotel. All hotels are at walking distance from the shore.

Nights 4 & 5 (5 & 6): These two nights are spent in a beautiful convent in the small fishing village of Marina della Lobra, near Massa Lubrense. On request you can also opt for a 3-star hotel. Both are only a short distance from the seashore. Many good restaurants and agriturismos are at walking distance.

Nights 6& 7 (7 & 8): The last two nights are spent in beautiful Sorrento, with its charming historical centre and great parks and terraces overlooking the Bay of Naples. You stay in either a comfortable 3-star hotel or a beautiful 4-star hotel. All hotels are located in the town centre and are at walking distance from the train station and harbour.



INCLUDED

- 2 nights Agriturismo in Sant'Agata sui due Golfi*** – HB
- 1/2 nights Hotel in Marina del Cantone*** – BB
- 2 nights Hotel in Marina della Lobra*** – BB
- 2 nights Hotel in Sorrento**** – BB
- Extensive route notes, with description of the route & tourist information
- Maps at 1 : 25.000 scale (or better)
- GPS Tracks
- 24/7 assistance
- Luggage transport
- Private transfers as specified

NOT INCLUDED

- Departure taxes & Visas
- Travel Insurance
- Tourist tax
- Drinks and meals not mentioned in the itinerary
- Optional additional tours or activities
- Tips
- Items of personal nature

LEVEL OF DIFFICULTY

Moderately easy (2-3): Mostly easy walks, though some include walking uphill, sometimes on paths with rough surfaces. On most days extensions or shortcuts are possible.

Fitness: High standard of fitness is not necessary but you should be able to walk for up to 5 hours a day in the hot sun on dusty or stony tracks.

FOOTPATHS & WAYMARKING

Most paths are relatively well maintained, but during the season some paths can get overgrown (*we are in continuous contact with local authorities to keep the paths clean – please help us by providing your feedback on the quality of the paths*).

Waymarking: Only a part of the route is waymarked (partly by us); elsewhere you need to follow the route descriptions provided together with the maps. With these you will always be able to find your route.

ARRIVAL & DEPARTURE

Arrival: The tour starts in SANT'AGATA SUI DUE GOLFI, linked to Sorrento by a frequent bus service. A taxi pick-up service can be arranged either from Naples (airport or train station) or from Sorrento, Pompeii or Castellammare di Stabia, which can all be easily reached from Naples by local Circumvesuviana train.

Departure: The tour ends in SORRENTO, linked by a frequent train service to Naples, while a frequent bus service can bring you directly to Naples Airport. Taxi services are available to bring you directly to your next destination.



TOUR VARIATIONS

EXTRA NIGHTS

At the beginning or the end of the tour there is also an opportunity to visit Naples and/or Pompeii. The tour can easily be extended with a few days in Naples or on the island of Capri. Several good accommodations are available. Details and prices on request.

You can also book an extra night in any of the accommodations en route. *Extra walking or sightseeing options will be provided!!!*

EXTENSIONS

CAPRI

Several hotels in Capri/Anacapri can be booked as an extension to your tour. Here you can spend 2 or 3 days, according to your time & interest: www.genius-loci.it/tour/italy_coasts_islands/capri-walking-hiking-tour:

Of course you should not only see the 'touristy' highlights, but you can also walk along wonderful footpaths, passing the ruins of the island's most impressive Roman villa, an untouched coastline and many grottos. The walks can be extended or shortened in many ways, depending on how much time you want to dedicate to walking, relaxing or shopping. In the evening you'll have the choice of many romantic restaurants in the village.

One walking day you should spend in the less famous side of the island of Capri, the more rural and mountainous Anacapri. By chairlift ('seggionia') you can travel up to the highest mountain of the island, Monte Solaro, from where you can enjoy marvellous views over the whole island, the Bay of Naples, the Bay of Salerno and the Amalfi Coast. Descending along the ridge you slowly walk down a great footpath to the lighthouse at the westernmost point of the island. The walk then continues along the coast, passing a series of fortresses, to the world-famous 'Blue Grotto'.

To make just a brief visit to Capri you can also book an extra night in Sorrento, and make a day trip to Capri. There are many direct boats and hydrofoils from Sorrento to Capri.



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