



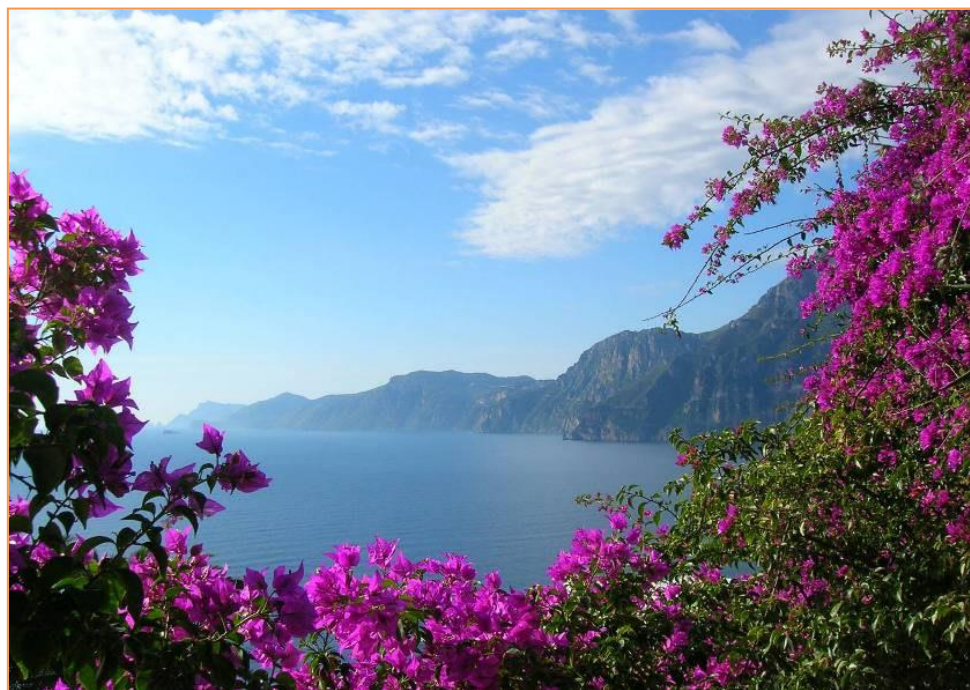
*Independent cycling tour (BAMA)*

# Cycling the Amalfi Coast

## a divine mix of culture & nature



*Cycling along the world's most beautiful coast, from Salerno to Sorrento,  
with visits of Ravello and Positano*



## TRIP NOTES

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## INTRODUCTION

*The Sorrento peninsula, situated between the equally beautiful Bay of Naples and Gulf of Salerno, is an area of staggering natural beauty, scattered with cultural treasures. Best known for its medieval coastal towns and inland villages such as Amalfi, Positano and Ravello and the resort town Sorrento, it is also home to several hidden marvels. Small natural reserves, ancient paper mills and wild mountain scenery are only a small distance away from the busy touristy centres, waiting to be explored by the aware traveller. The best of the coastal scenery is on the southern side of the peninsula, the Amalfi Coast. With its towering cliffs and picturesque coves this definitely is one of the most beautiful coastlines in Europe, with a long tradition as one of the premier tourist destinations in Italy. Cycling along the 'Costiera Amalfitana' is an unforgettable experience!*

*This tour gives you the opportunity to discover both the busy touristic and the quiet hidden, but no less spectacular, side of the Amalfi Coast. You will see with your own eyes that it has become with reason Italy's most famous coastline. It will become clear that it takes only a little effort to get 'off the beaten track', finding yourselves surrounded by nature at only a few hundred metres away from the crowds. In short, you'll explore this delightful angle of Italy in a totally different way.*

*The tour starts either from the little fishermen's village of Cetara, or from Vietri sul Mare, known for its ceramics, at the southern end of the coast. You start cycling in western direction towards the very tip of the peninsula, Punta Campanella. Here, from the small village of Termini you enjoy a marvellous view of the isle of Capri before cycling down to the seaside resort of Sorrento.*

*Along the spectacular coastal road from Vietri to Amalfi, you'll encounter the great headland of Capo d'Orso, a strict nature reserve, pretty Maiori, delightful Minori and the tiny whitewashed Atrani. You will marvel at the location of Ravello, high up a rocky cliff, while visiting its world famous villas and gardens. On your way to Sorrento you will visit the deeply eroded and amazing 'fjord' of Furore, explore mundane Positano and cycle through the little hamlets of Praiano and Conca dei Marini. From Sant'Agata sui Due Golfi little quiet winding roads will take you first to Termini, and then along Massa Lubrense to Sorrento, before returning to Cetara, or cycling down into the city of Salerno.*

*After your day's cycling there is time for sightseeing too: you may visit Amalfi's Duomo and its Paradise Cloister, or take a walk in the Valley of the Mills. Or you can stop for a cup of tea in the little tea house in the gardens of majestic Villa Cimbrone at Ravello and stroll through the back alleys of Positano. On your way around the tip of the Sorrento peninsula you will enjoy great views, both of the Amalfi Coast and as well of the Coast of Sorrento and the Bay of Naples, dominated by Mount Vesuvius. Here you may take your time for a hearty lunch in a small 'trattoria' and taste the area's renowned 'limoncello' lemon liquor.*



*Please note: this is a moderately easy tour, suitable for those who are in a good general physical condition. On some days you may encounter some longer climbs. Some stretches are busy, especially in the villages. Rides are not very long, leaving plenty of time for sightseeing. Average cycling times: approx.. 3 - 4 h.*



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## DAY-TO-DAY PROGRAMME

### Day 1 – Arrival in Salerno & Travel to Cetara or Vietri

After your arrival at Salerno (train station) you travel to one of the villages at the most eastern part of the Amalfi Coast, either Vietri sul Mare, renowned for its colourful table ware ceramics or the nearby fishermen's village of Cetara. After you get settled in at the hotel where, you can already get hold of your bicycles. In the evening you may go for a stroll through the historical centre of the small village. In the evening you eat in a fine nearby restaurant. In case you arrive early you may want to take your bicycles for a short ride to either Vietri or Cetara.

**Accommodation: Hotel Cetara / Vietri**

*Distance : optional ride : 8- 10 km. – Cycling time : 1 h.*

### Day 2 – From Cetara/Vietri to Amalfi : past Minori and Atrani, with optional visit of Ravello

On the real cycling day you head for splendid medieval Amalfi, following the beautiful winding coastal road, defined by some 'the most scenic ride in the world'. In case you did not visit yet, do make a first stop in the idyllic village of Cetara, named after the Roman 'cetus', tuna fish. Take your time for a coffee or cappuccino, overlooking the colourful fishermen's boats lying on the white sandy beach. Then it goes on to Capo d'Orso, the highest point of the road, and a wonderful outlook on the whole of the Amalfi Coast and Capri. After admiring the view it goes on, now downhill on a beautiful winding road through lemon groves, forests and dramatic cliffs, until you arrive at Maiori, the biggest town on the coast. A short stretch around the headland brings you to Minori, with its nice little centre and beautiful seaside boulevard. Then you continue with a short climb towards Castiglione, once part of the defence system of the Amalfi Republic. Here you have the choice between cycling up to marvellous Ravello by bike (quite a climb!), or continuing to Amalfi where you can leave your bicycles at the hotel and then take a bus to Ravello. After Castiglione you will cycle through marvellous little Atrani with its whitewashed houses and arrive in Amalfi itself, where you settle for the night. In the evening you are then picked up by private boat and brought to a nice restaurant located in a beautiful little bay nearby. After dinner you travel back to your hotel, gliding by boat over the glorious Mediterranean.

**Accommodation: Hotel\*\*\* - Amalfi**

*Distance : 25/ 35 km. – Cycling time : 2,5 – 3,5 h.*

### Day 3 – From Amalfi along Praiano and Positano to Sant'Agata sui Due Golfi

Today you will explore the second half of the dramatic 'Strada Amalfitana' from Amalfi to the town of Sant'Agata sui Due Golfi, located on the very ridge of the peninsula and offering wide views both on the Amalfitan and Sorrentine coasts. You start with the short ride from Amalfi, through Praiano, to Positano, easily the most scenic – and mundane – of the towns on the coast. Shortly after Amalfi you will pass by the scenic 'Grotta dello Smeraldo' sea cave which is open to the public and the spectacular 'fjord' of Furore, a deep canyon opening up to the sea in which a small fishermen's villages clings to the rocky cliffs. When arriving at Positano, this time do not be tempted to cycle down into the town and explore its scenic and colourful alleys, but stay on the very scenic road which circles around 'downtown' Positano. After Positano the coast becomes wilder and more rugged, and it is a good climb to arrive at the Colli di San Pietro, beautifully situated on the ridge that separates the Amalfi Coast from the rest of the Sorrentine Peninsula. A short flat stretch then brings you to Sant'Agata sui Due Golfi. After settling in your room you can relax and enjoy a hearty meal.

**Accommodation: Agriturismo/Hotel\*\*\* - Sant' Agata sui Due Golfi**

*Distance: 32 km. – Cycling time : 3 h.*



### Day 4 – From Sant’Agata along Sorrento to Positano – with a view on Capri and Mount Vesuvius

On the first stretch of the road after leaving your hotel this morning you can admire not only the wonderful panorama over the coast towards Capri, but also enjoy the view of the plain stretching out towards Naples dominated by Mount Vesuvius. You now cycle on the plateau high above the coast towards the very end of the peninsula, Punta Campanella. From the very last village (indeed: called ‘Termini’) you have a great view on Capri. For those who feel like it there is the possibility to descend towards the delightful beach of Marina del Cantone and up again. You then return along the northern coast, with wonderful views of the Bay of Naples and again Mount Vesuvius, through the charming village of Massa Lubrense. For those who want it is possible to make a detour to the seaside resort of Sorrento, perched on high vertical limestone cliffs above the sea, and visit its city walls, and the old town centre with its wonderful gardens and villas. Alternatively you turn inland again shortly before reaching Sorrento and climb slowly up to Sant’Agata sui Due Golfi again. From Sant’Agata it is then only a short mostly downhill ride to the Colle di San Pietro, and then a stunningly scenic road, mostly downhill (but with a few hills) brings you back to Positano. This time you must take the chance to explore. Whizzing down this part of the road just before sunset, looking out over splendid Positano is a wonderful experience, definitely one of the nicest stretches to do on a bike worldwide! Once arrived at your Positano hotel you can park your bikes and settle in before heading into town, to explore its colourful alleys on foot – the only possible way as most of the small back streets you want to have a look at consist of stair ways! Dinner is on your own tonight, you have the choice of several different pizzeria and restaurants catering for the most diverse budgets.

#### Accommodation: Hotel\*\*\* in Positano

*Distance : 37 / 48 km. – Cycling time : 3,5 – 4,5 h.*

### Day 5 – From Positano back to Vietri & Salerno: a last ride along the wonderful Amalfi Coast

On the last cycling day you head back in the opposite direction from Positano to Salerno. You have the opportunity to sample once more the nature, culture and atmosphere of the coast’s most famous settings, and take in the wonders of its many little towns and villages. Take your time for a last look at the Duomo of Amalfi, stop for a coffee in Atrani’s marvellous town square, have a pastry at one of Minori’s bakeries or stop for a cold drink on a terrace overlooking Maiori’s ample sea side boulevard. Drink up the amazing scenery while cycling towards Cetara and stop for a closer look at Vietri’s colourful table ware ceramics. Then you have the choice to either end the cycling in Cetara – and spend a last afternoon on the beach – or to cycle down in to the city of Salerno. Here you may climb up to the medieval castle overlooking it or just explore the maze of little alley ways of the historical centre, dotted with many little artisanal shops, visit its surprising botanical gardens, or simply have an ice cream on the on the town’s “lungomare” boulevard. Alternatively there is the city’s main shopping street with all the fashionable shops. In the evening you are free to go out and find a suitable restaurant to end your wonderful trip through one of Italy’s most delightful coastal areas.

#### Accommodation: Hotel\*\*\* - Salerno (in alternative Cetara)

*Distance : 40 km. – Cycling time : 3,5 h.*

### Day 6 – Departure

The tour ends in Salerno (Vietri or Cetara) today.



## TOUR DETAILS

### ACCOMMODATION & MEALS

All nights are spent in beautiful, characteristic hotels (generally 3-star). All rooms have en-suite facilities.

**Dinners** are included on all nights except for the last two when you are free to organize your own dinner in one of the many restaurants at Positano and at Salerno.

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 stay.

**Night 1 :** The first night is spent in a beautifully located hotel just outside Cetara or in Vietri sul Mare.

**Night 2:** Tonight you stay in Amalfi, the ancient capital of the Amalfi Coast.

**Night 3 :** The third night you stay in a nice hotel or agriturismo located in Sant'Agata sui Due Golfi.

**Night 4:** Tonight you stay in yet another beautifully located hotel at Positano, situated near the centre of the mundane heart of the Amalfi Coast. From the hotel the whole of the town is only a short walk away.

**Night 5:** The last night you will stay in a nice 3-star hotel or B&B in Salerno, located within walking distance of all the major points of interest of the town. Alternatively it is also possible to return to the same hotel in Cetara or Vietri (prices on request).

### INCLUDED

- Accommodation: 1 night Cetara/Vietri, 1 night Amalfi, 1 night Sant'Agata sui Due Golfi, 1 night Positano, 1 night Salerno; all nights in good \*\*\* hotels
- Meals: 5 breakfasts, 3 dinners (good restaurants!)
- Extensive route notes, with description of the route & tourist information
- Maps at 1 : 50.000 scale (or better) ; GPS waypoints and tracks (optional)
- 24/24 h local assistance
- Luggage transport
- Private transfers as specified

### NOT INCLUDED

- Departure taxes & Visas
- Travel Insurance
- Drinks and meals not mentioned in the itinerary
- Optional additional tours or activities
- Tips
- Items of personal nature
- Bicycle rental (available on request\*)

*\* fee for 5 days (from day 1 afternoon to day 6 morning) : € 100 (hybrid bikes); € 230 (E-bikes); € 10 (helmet rental). If preferred, you can bring your own saddle and pedals.*



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## LEVEL OF DIFFICULTY

**Easy to Moderate (2-3):** Mostly moderate rides but with some longer climbs. Extensions and/or shortcuts are possible on some days. All roads are well paved and mostly quiet with limited traffic except for some stretches through the villages (Positano and Amalfi) especially during summer and holidays.

**Fitness:** Some experience with bicycle touring and a good general physical condition will certainly make your travel experience more enjoyable. You should be able to cycle for several hours a day also in hot dry weather conditions.

## ARRIVAL & DEPARTURE

**Arrival:** The tour starts in VIETRI or CETARA, only a few kilometres from SALERNO. Salerno can easily be reached by train from Naples, the nearest city with an international airport, Rome and many other cities. From Salerno there are regular buses to Vietri and Cetara, which stop in front of the hotel.

**Departure:** The tour ends on day 6 in SALERNO (or Vietri/Cetara – on request).

## TOUR VARIATIONS

### EXTRA NIGHTS

It is possible to include extra nights in any of the accommodations 'en route'. Extra sightseeing options can be provided! As well is it possible to extend your tour with a few days in Salerno or at Naples, or along the Amalfi Coast itself. Details and prices on request.

### UPGRADE

It is possible to book an upgrade in some of the places en route. Details and prices on request.



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