



*Guided walking tour (GAGA)*

# Amalfi Coast Walking

*With Vesuvius & Pompeii, Amalfi & Atrani, Ravello, Agerola & 'Sentiero degli Dei', Positano & Capri*



## TRIP NOTES 2024

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## INTRODUCTION

*The Amalfi Coast is definitely one of the most beautiful coastlines in Europe, an intriguing mix between an overwhelming natural environment and the patient labour of men, who have transformed the steep mountain slopes into a cascade of terraced lemon groves, with charming villages, chapels and other sites of cultural interest scattered all around.*

*Its dramatic coastline offers wonderful views, differing with every step you take, and the smell of rosemary and citrus trees fills the air, fields of multicoloured roses overwhelm the eyes and sandy beaches are magical to the touch. It offers an extraordinary palette of colours, with deep azure skies, white limestone cliffs, deep blue seas, and bright citrus orchards lit by the dazzling Mediterranean sun. This intoxicating sensual feast inspires a celebration of the goodness of life itself.*

*A web of ancient pathways winds along coastal cliffs, leading from charming seaside towns, through rustic woodlands, and up to beautiful villages perched atop craggy peaks. Highlights include your hike along the stunning 'Sentiero degli Dei' ('Path of the Gods'), one of the world's finest day walks, the wonderful walk into the intriguing Valley of the Mills – the site of Europe's first paper mills, almost 1000 years old – the spectacular villages of Positano, Atrani and Ravello, and a visit with a beautiful roundwalk over the island of Capri. And of course beautiful Amalfi itself: as has been said, for an Amalfitano the day he goes to heaven will be a day like any other...*

*But it is not just the scenery of the Amalfi Coast; the rest of the Bay of Naples region is fascinating as well. Not without reason did the Romans label it their 'Campania Felix'. The blue waters of the Mediterranean are dominated here by the world's most famous volcano, Mount Vesuvius (Italian: Vesuvio), the only volcano on the European mainland to have erupted within the last hundred years, but best known for its eruption in AD 79 that led to the destruction of the Roman cities of Pompeii and Herculaneum, a must for history buffs – and fascinating for everyone else regardless.*

*You visit the intriguing city of Naples, definitely one of the world's most interesting cities and more than worth a visit, despite all the prejudice. A city with thousands of years of history, officially founded by the Greeks, which also boasts the world's finest museum on Roman history and some amazing Baroque architecture. And of course the area is also known for its great food, including the world's best pizza. You visit Pompeii of course, the world-famous ruins, which give a real-life impression of how a Roman city looked, especially the way we plan the visit, away from the crowds. You also go for a great roundwalk on Mount Vesuvius, the volcano which caused the destruction of Pompeii. Even if you've already walked up Vesuvius with thousands of other tourists, the walk you do this time will still be one of the highlights of the trip!*

*On this enchanting walking adventure you will discover that it is with good reason that the Amalfi Coast has become Italy's most famous coastline, but also that it only takes a little effort to get 'off the beaten track'. At just a few hundred metres from the crowds, you will find yourself surrounded by nature. On this tour we also take you beyond the crowds in Naples to experience the hidden treasures and authentic culture of this intriguing city. You will discover the hidden tracks of Mount Vesuvius, offering amazing views over the whole Bay of Naples. In short, you'll discover the real Italian paradise.*



*Please note: this is a moderately easy tour which is suitable for those who have some experience of walking and a good general physical condition. Most of the walks are on good paths, parts of them waymarked. Average walking time: approx. 5 hours each day.*



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## DAY-TO-DAY PROGRAMME

### Day 0 Naples

*Arrival in Naples in case you arrive earlier. In that case you have the possibility to pay a visit to the world-famous archaeological museum, where all the artefacts from Pompeii and Herculaneum are displayed, and/or the equally wonderful Capodimonte museum.*

### Day 1 – Arrival in Naples

Today you arrive in the bustling city of Naples. In case you arrive early you can go for a short stroll through the colourful streets, soaking up its atmosphere, or visit a museum. Towards the end of the afternoon you meet your tour leader and the rest of the group and we all transfer together to the hotel in Agerola, high above the Amalfi Coast. After settling in at your nice hotel, we will have an 'aperitivo' and a brief introduction of the tour. After that we will go for a short, but rewarding walk, enjoying some stupendous views over the entire Amalfi Coast. In the evening we dine in a nice restaurant close to your hotel.

#### **Accommodation: Agerola**

*Total walking distance: 2 km. Approx. walking time: 30-45 min.*

### Day 2 – Down to Amalfi, along centuries-old footpaths

Today certainly has a downhill bias as we follow the path down from Bomerano, on the Agerola high plain, down to the shores of the Mediterranean and the town of Amalfi. Wonderful views of the whole Amalfi Coast (including Capri) accompany us as we follow the trail down, through a stunning terraced landscape. There are sections of steps today, but there is plenty of opportunity to rest and go at your own pace. We'll have a coffee break and biscuit stop in a very special place and a great picnic in the sight of Amalfi. We have plenty of time to visit to the beautiful medieval town of Amalfi with its wonderful 'Duomo' and the Paradise cloister. Amalfi once was an important naval power, like Venice and its past glory still shows. The large Duomo (Cathedral) dominates the town with its bright colored tiles so typical of the region. Every street hides a charming square, and it's a real pleasure to wander through the labyrinth of white-washed alleys. We will pass through the Piazza dei Dogi and along the Antichi Arsenali. Another street takes us to the Vagliendola quarter, with its tower houses and the famous Hotel dei Cappuccini - once a monastery called San Pietro della Canonica, founded in the 13th century. It has been popular with the British since Edwardian times when the upper classes favoured the town as a pleasant place to spend their winters. We have free time to explore the town, take a swim or enjoy a well-earned ice cream. Those who want can join in for a short extra walk, a really wonderful walk to the nearby village of Atrani, Italy's smallest village, and enjoy a drink in the town square where time has stood still. Towards the end of the afternoon we return by bus to our hotel.

#### **Accommodation: Agerola**

*Total walking distance: 12 km. Approx. walking time: 4-5 h.*

### Day 3 – Monte Sant'Angelo & Tre Calli Walk – to the highest peaks of the Amalfi Coast

Today's walk is one of the most amazing round walks Agerola has to offer. Along relatively easy paths & tracks we ascend towards the highest peaks of the Amalfi Coast, from where views are perhaps even more beautiful than from the famed 'Sentiero degli Dei'. The first part of the walk is a relaxed stroll through the charming village of Bomerano, but then, through vineyards and chestnut forest, the path starts to climb. After about an hour walking uphill we reach the ridge of the Monte Tre Calli, from where views are at 360 degrees, ranging from the Agerola Plain to Capri. Along the ridge we then walk to a natural rock formation known as the 'mushroom', from where we have to face a choice: some might continue the climb to the Monte Sant'Angelo, otherwise we opt for a relaxed 'picnic with a view'. Then we start the descent towards the little chapel of the 'Virgin of the Silence', from where views on Positano are grand to say the least. Along an easy road we then walk back to our agriturismo.

#### **Accommodation: Agerola**

*Total walking distance: 8- 12 km. Approx. walking time: 4-5 h.*



### Day 4 – Around Mt. Vesuvius & Pompeii to the Amalfi Coast

Along Mt. Vesuvius & Pompeii to the Amalfi Coast This morning we travel south and drive up to Mount Vesuvius, the volcano that with the fatal eruption of 79 AD completely destroyed the bustling city of Pompeii. We make an amazing roundwalk here, completely different from the standard visit to the Vesuvius (and normally closed to the public), which makes you feel in a completely different world! The walk takes us along the impressive volcanic phenomena to be seen around the crater: lava flows, pumice fields and grotto's and the amazing 'Valley of the Giant', culminating in a walk to the top. The literal 'high' light is a spectacular detour, led by a specialist volcano guide, which will take us right around the crater rim and up to the highest point at 1281 metres (4000 feet), from where we have the very best view of the Bay of Naples, one of the panoramic wonders of the world. We then descend, and we can have a relaxed lunch on the slopes of Mt. Vesuvius, before travelling down to Pompeii, considered to be the world's most fascinating ruins. A visit to Pompeii gives us an amazing insight into the life of a Roman city, especially when walking along its chariot-marked back streets. You will be captivated by the exceptional frescoes to be found throughout the city or by the opulence of the villas, with their atriums and charming peristyles, owned by the rich and influential of the day. Visit the amphitheatre as well as the Villa of Mysteries with its masterpiece frescoes depicting the secret Dionysus rites, the Roman Forum and basilica, temples, public baths, and the tiny Odeon created for music recitals. What is less known to many is that also the city of Pompeii is definitely worth the detour, if alone for its amazing sanctuary. We will go for a stroll here and then have an 'aperitivo' to look back on a great day. Then we drive on by private coach to the Amalfi Coast. The bus drops us off in a great place in Agerola, high above the Amalfi Coast.

**Accommodation: Agerola (Bomerano) - Meals included: 1 breakfast, 1 dinner**

*Total walking distance: 12 km. Approx. walking time: 4-5 h.*

### Day 5 – The historical heart of the Amalfi Coast: Amalfi, Atrani, Ravello and the Valle dei Mulini

In the morning we first walk to the beautiful little town of Atrani, along a very scenic path, with great viewpoints on the city centre. From Atrani we proceed through the narrow white little streets and then up the 'Valley of the Dragon', until we reach Ravello, another highlight of the Amalfi Coast, where we have plenty of time to visit. Ravello not only has a very interesting history and many medieval monuments, but also offers beautiful views over the Amalfi Coast, and villas with stupendous gardens. We pay an extensive visit to the dramatically located Villa Cimbrone, with its amazing gardens and one of the coast's most famous viewpoints. Then along the hamlet of Pontone, we descend into one of southern Italy's most interesting nature reserves, the 'Valle delle Ferriere', only a short distance away from Amalfi, but a completely different world! The path takes you deep into the valley, to the entrance of the nature reserve, with its lush vegetation and waterfalls. We have a great picnic lunch near the river, before starting the walk down to Amalfi. The way down brings you through the intriguing 'Valle dei Mulini', the valley of the watermills, with its ruins of Europe's most ancient paper factories, dating back to the 11th century. You'll now also have the option to visit the fascinating paper museum, the Museo della Carta, or go for a 'limoncello' tasting in the shade of the lemon trees. In Amalfi there is still some time for a swim or an 'aperitivo'. In the evening we are free to choose from a large choice of restaurants, ranging from simple pizzeria's to exclusive restaurants.

**Accommodation: Agerola**

*Total walking distance: 10 km. Approx. walking time: 4-5 h.*

### Day 6 – Relax in Amalfi or explore Capri ?

Today you'll have a day to relax at the hotel or down to the sea. Alternatively, you could enjoy a boat ride along the coast and visit the island of Capri. We recommended travelling by boat to the rightly famous island of Capri, the island where already the roman emperors liked to come as tourists, and that since then never lost its fame. Here a wonderful roundwalk can be made, starting from Marina Grande, the main harbour and then, through lemon groves and gardens to the central square of the little town of Capri, the famous 'Piazzetta', the centre of mundane life. Then you can make a beautiful roundwalk around the eastern part of the island, which shows us most of the 'highlights' of the island. These are both cultural and natural wonders, always accompanied with beautiful views in an unrivalled Mediterranean landscape. The walk brings you along the amazing Villa Lysis, and the ruins of the Imperial Villa Iovis, one of the villas of the Roman Emperor Tiberius. You will pass by the Arco Naturale, and of course along the Faraglioni rocks off the South coast, may be the most famous and most painted rocks in the world. Walking back to the centre you have the opportunity to visit the Certosa and the



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Gardens of August, from where you can also walk down to Marina Piccola, along the spectacular Via Krupp. This walk can be extended or shortened in many ways. Late in the afternoon you travel back to Amalfi by boat. In alternative you can opt for a relaxed day in Amalfi, with a great swim in the Mediterranean. In the evening you are free to choose from a large choice of restaurants, ranging from simple pizzerias to exclusive restaurants.

**Accommodation: Agerola**

*Total walking distance: 10 km. Approx. walking time: 4-5 h.*

**Day 7 – Along the 'Sentiero degli Dei' down to Positano. Boat trip along the coast to Amalfi**

In the morning we'll do 'one of the world's greatest hikes', according to many guides. We start the walk directly from our accommodation. Along a panoramic road, high above the coast, we walk to the village square of Bomerano where we can take a coffee and buy some sandwiches. Then we start walking along one of the most famous footpaths of the area, the 'Footpath of the Gods'. This path really lives up to its name, suspended between the sky and the Mediterranean. It winds through unique scenery, with unrivalled views over the coast and sea. A few hours we will be walking along some of the most spectacular scenery of the whole Amalfi Coast, until we reach the charming small hamlet of Nocelle. Here we can have a good lunch in a nice restaurant, with amazing views over Positano and the Amalfi Coast (in alternative we can have a great 'picnic with a view' along the route). Passing another spectacular valley we then arrive in the little village of Montepertuso. After that it's only a short walk downstairs to Positano, one of the most charming villages of the Amalfi Coast, an almost vertical town of colourful buildings reached by a network of ancient paths and tracks. We stroll through its small, almost oriental alleys, and perhaps have a swim or a drink on one of its many pleasant terraces. There is time for private exploration before we return in the late afternoon to Amalfi by boat. Another great way to absorb this amazing scenery! A nice meal in a relaxed atmosphere is the perfect end for this great week on the Amalfi Coast.

**Accommodation: Agerola**

*Total walking distance: 9 km. Approx. walking time: 4-5 h.*

**Day 8 – Arrivederci !**

The tour ends after breakfast today. You can make your way to Salerno or Naples, either by boat or bus. A taxi transfer can be arranged on request.



## TOUR DETAILS

### ACCOMMODATION & MEALS

All nights are spent in beautiful, characteristic hotels, mostly historical buildings (generally 3/4-star; 4/5-star on some departure dates). All rooms have en-suite facilities.

Breakfast is included every day. Most evening meals are included, for which we have selected the best available restaurants. On two nights you are free to choose from the wide choice of restaurants in the area. Your guide can give you good tips.

Also some (picnic) lunches on walking days are included in the tour price. On other days you are free to have your own lunch. Here you have the option of having your lunch in a nice restaurant, or purchasing your supplies for a picnic lunch.

### INCLUDED

- Private local English-speaking tour leader for 8 days
- Accommodation: 7 nights Bomerano, in good \*\*\*/\*\*\*\* hotels or a beautiful *agriturismo*
- Meals: 7 breakfasts, 5 dinners (good restaurants!), 1 warm lunch, 3 picnic lunch
- All private & public transfers as indicated throughout the entire itinerary
- Entrance fees of all sites along the itinerary
- Special activities as outlined in the day-by-day itinerary
- Guest experts for special places
- 24/7 assistance
- Luggage transport
- All gratuities for baggage, porters & hotel service

### NOT INCLUDED

- Departure taxes & Visas
- Local tourist tax
- Travel Insurance
- Drinks and meals not mentioned in the itinerary
- Optional boat trip to Capri (about 30 euro)
- Optional additional tours or activities
- Tips
- Items of a personal nature

### LEVEL OF DIFFICULTY

**Moderately easy (2/3):** Mostly easy walks, though some include uphill walking, sometimes on paths with rough surfaces. On the Amalfi Coast there are many steps! On most days 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.



## ARRIVAL & DEPARTURE

**Arrival:** The tour starts in NAPLES, a city with an international airport, and connected to all major Italian cities by a frequent (high speed) train service. A taxi can be arranged from Naples airport or train station.

**Departure:** The tour ends after breakfast in AGEROLA. A frequent bus service can bring you to either Castellammare di Stabia, where you travel on to your next destination (Naples and Rome can easily be reached by train). Several taxi services are available to bring you directly to your next destination.

## TOUR VARIATIONS

### EXTRA NIGHTS

It is possible to include extra nights at the beginning or the end of the tour. At the beginning or the end of the tour there is the opportunity to visit Naples. The tour can easily be extended with a few days here. The tour can also easily be extended with a few days in Positano, Ravello, or elsewhere on the Amalfi Coast, Naples or Salerno (a beautiful city and a good base for visiting Paestum), or a few days on the island of Capri. Also in ROME several good accommodations are available. Details and prices on request.

### BESPOKE ADVENTURES

Many of these tours can be turned into Private '[Bespoke Adventures](#)' to accommodate private group travel.

We can organise both "off the shelf" itineraries, as well as create custom itineraries to meet your special needs. Book the dates you want, with the family or friends you wish to bring along!

Longer and shorter versions of this tour are also available. Prices on request.



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