



*Independent walking tour (SORT)*

# Alpine Amalfi & Sorrento

## A taste of the 'Alta Via'

*Along the 'Alta Via dei Monti Lattari' from  
Castellammare to the Finis Terrae of the Sorrento  
Peninsula*



## TRIP NOTES

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## INTRODUCTION

*The Amalfi Coast is probably Italy's most beautiful coastline, with a stunning combination of picturesque coastal towns and mountains, an abundance of both culture and nature. The landscape is immensely varied and surrounded by infinite ever-changing views. It can be typically Mediterranean, intoxicating with its wild perfumed herbs, with myrtle shrubs, thyme, rosemary and mastic trees, but it can also be very mountainous, almost alpine, with lush beech forests, mountain meadows and bare rocks.*

*This is the scenery you will discover during this stunning trek. The **'Alta Via dei Monti Lattari'** is the long distance trail which runs high above the Amalfi Coast, from Cava dei Tirreni in the very East, to Punta Campanella, the very point of the Sorrento Peninsula. It roughly follows the ridge of the Lattari mountains, the backbone of the Peninsula. The scenery of this tour is therefore mainly mountainous, but there are several occasions to descend to the valleys, enjoying the incomparable mosaic-terraced landscape. Going from the sea to the mountains, or vice versa, there are always stupendous views, and you'll walk through little villages, vineyards and olive groves, Mediterranean scrub and woods, living rocks and chestnut woods. Beautiful little churches, ruins of castles and old farmhouses are found all over the place...*

*The 'Alta Via' dei Monti Lattari is definitely a must for the avid hiker (just like the 'GR20' in Corsica). You will walk through real mountain scenery, past amazing sheer drops, through chestnut forests and attractive countryside, with wonderful terraced lemon groves and vineyards. And you see cultural treasures like rural chapels, ancient farmhouses, old watermills and, every now and then, a herd of goats on your path! Walking in this area lets you enjoy some of the most splendid views on the Amalfi Coast and the Bay of Naples, while immersed in an almost alpine landscape. You will surely enjoy the rural scenery as well, which makes you feel like you're far away from the glamour of the fashionable places along the coast.*

*This short version of the 'Alta Via' is the easiest part of the full route, but it will bring you in any case to the highest top of the peninsula, and along some stunning trails not many people walk! You will discover that the Amalfi Coast has become Italy's most famous coastline with good reason, but also that there are still places where you can be all by yourself, surrounded by nature.*

*And there are thousands of other footpaths to discover too, some of which famous, such as the "Sentiero degli Dei" (the "Footpath of the Gods"), or are at least a thousand years old, like the "Maestra dei Villaggi" – the 'main road' of the Republic of Amalfi. During this tour we offer you the possibility to include some extra days to include also these (and pay a short visit to the famous coastal villages which are must-see attractions: Amalfi, Ravello and of course the scenic Positano).*



*Please note: the 'Alta Via' is a moderate, not easy (!) walking tour which is suitable only for more experienced hikers, with a good general physical condition. This short version is mostly along good paths, but there are several steep, rocky sections. Part of the route is waymarked, but elsewhere you have to find your own way, following our detailed route notes provided together with the maps. Average walking times: approx. 5 to 6 hours each day.*



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## DAY-TO-DAY PROGRAMME

### Day 1 – Arrival Monte Faito

Arrival in Castellammare di Stabia. From here you take one of Italy's most spectacular gondola's, with stunning views over the whole Bay of Naples, face to face with Mt. Vesuvius. At the top you are met by our staff and brought to your nearby hotel, beautifully located at the 'Belvedere'. We strongly recommend a short walk to take in the first views of Capri, Positano and Sorrento. Dinner is on the premises of the hotel tonight.

#### **Hotel Sant'Angelo \*\*\* - Monte Faito**

#### **Optional extra day: Exploration of Mt. Faito**

*From your hotel you have several possibilities to explore the area of Mount Faito, an extensive forested highplain dominating the Bay of Naples. You'll walk between ancient beach forests, mountain meadows and barren limestone rocks. Wherever you look you'll enjoy stunning views. Also do you have the option to make the ascent of the Monte San Michele already today, making tomorrow's day walk slightly less challenging.*

#### **Hotel Sant'Angelo\*\*\* – Monte Faito**

### Day 2 – Mt. Faito - Santa Maria al Castello

From the high plain of Mt. Faito you hike to the highest peaks of the peninsula. Before reaching the 'Alta Via' you make a very scenic walk along the edge of the high plain, with stunning views over the Bay of Naples. Through the beech forests you climb up towards the highest peak of the area, Mt. San Michele (1444 m. above sea level – at only a mile from the sea shore!). After enjoying the very best view on the Amalfi Coast, you follow one of the most scenic paths of the area in western direction, with views from the Cilento National Park to Capri & the Bay of Naples. Then you descend into a nice wooded park like landscape, with cypresses and olive groves. A beautiful, easy last stretch brings you to Santa Maria al Castello, the old fortress defending the narrow valley between the Amalfi and Sorrento sides of the peninsula, with views to both sides. Recommended short detour to a spectacular viewpoint with Positano literally at your feet. Dinner is on the premises of the agriturismo.

#### **Agriturismo - Santa Maria al Castello**

*Total walking distance: 14 km. Approx. walking time: 5 h. Ascent & descent: + 500 m. / - 850 m.*

#### **Optional extra day: Down to Positano**

*Your agriturismo in Santa Maria al Castello is literally 1 mile away from Positano. You can walk down to this stunning little town along an amazingly beautiful route through the mountains above Positano, with the possibility to walk all the way down to the centre of the village and the beach. Following ancient footpaths through the forest and past marvellous viewpoints, you first walk from Santa Maria al Castello down to the Caserma Forestale (the forestry service hut). The walk then continues through a nice wooded area in a park-like landscape down to Montepertuso. Along another medieval mule track you can then continue down to Positano itself. For the return you have several options: to make it easy you can first you take the local bus up to Montepertuso, where you start a very scenic walk around the upper valley. Along a historical flight of stone hewn steps you then walk back up to Santa Maria al Castello.*

#### **Agriturismo - Santa Maria al Castello**

*Total walking distance: 9 km. Approx. walking time: 4 h. Ascent & descent: +/- 750 m.*



### Day 3 – S. Maria al Castello - Mt. Comune - Tore

Also today your trail starts directly from the door of your agriturismo. A first easy stretch, along the edge of the plateau, overlooking Positano, brings you to some of the most beautiful pastures in the area, green and covered with wild orchids, the plateau of Monte Comune. Then you continue to the 'beacon' of Monte Vico Alvano, after which a long descent brings you to the Colli di San Pietro and Colli di Fontanelle. From here you take a little path 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 seashore 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 walk up along well maintained paths to your beautiful agriturismo in the middle of the orchards, where you will have a lovely meal made from local organic produce tonight.

#### **Agriturismo - Sant'Agata sui due Golfi**

*Total walking distance: 14,5 km. Approx. walking time: 6 h. Ascent & descent: + 600 m./ - 850 m.*



### Day 4 – Roundwalk Punta Campanella

Today you'll make a round walk over the ridge dividing the Bay of Naples from the Gulf of Salerno, discovering the very different landscapes and a number of charming small hamlets. Through pinewood, olive grove and orchards you walk down to the picturesque inlet of Marina di Crapolla (where Saint Peter is alleged to have disembarked on his way to Rome). Then continue along well maintained paths to the charming little seashore village of Marina del Cantone, on the south side of the Sorrento Peninsula. The landscape is dominated by dry-stone walls and olive groves, all the time overlooking the sea. Halfway the morning you reach the beautiful small bay of Recommone (with optional swim). The next stretch leads past the ruins of a medieval watchtower and over the rocky headland, you reach of Marina del Cantone. From here you follow the medieval steps up to the charming small hamlet of Nerano, a great place for a coffee break. Then you continue up to the church of San Costanzo, from where you have 360° views over both the Bay of Naples and the Amalfi Coast. A spectacular path, along the impressive cliffs, then brings you to the tip of the peninsula, where, according to legend, Ulysses erected a temple in honour of Athena. The return, from Punta Campanella to the village of Termini, is along an easy path, the old Roman 'Via Minerva', with great views of Capri and a number of medieval watchtowers, which once protected the coast. A great conclusion for one of the best long-distance hikes in the Peninsula.

#### **Agriturismo - Sant'Agata sui due Golfi**

*Total walking distance: 15 km. Approx. walking time: 6 h. Ascent & descent: + 800 m./ - 900 m. (finishing at Termini)*

### Day 5 – Departure

After breakfast you can easily return by boat or by bus and train to Naples, and then by shuttle bus to the airport. An extra night in a hotel can be booked upon request.



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## TOUR DETAILS

### ACCOMMODATION & MEALS

Accommodation is in 3-star quality hotels and good agriturismos. All rooms have en-suite facilities. On all nights your evening meal is included.

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 of having your lunch in a restaurant along the way.

### INCLUDED

- 4 nights accommodation - HB
- 1 night in Hotel\*\*\* on Monte Faito - HB
- 1 night in Agriturismo in Santa Maria al Castello - HB
- 2 nights in Agriturismo in Sant'Agata sui due Golfi - HB
- Extensive route notes, with description of the route & tourist information
- Maps at 1:25.000 scale or more detailed
- GPS tracks of each walk
- Luggage transfer (*if not required a discount applies*)
- 24/7 h assistance

### NOT INCLUDED

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



### ARRIVAL & DEPARTURE

**Arrival:** The tour starts in CASTELLAMMARE DI STABIA. Regular trains run between this town and Naples (the nearest big city with an airport), Sorrento and Pompeii.



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**Departure:** The tour ends after breakfast in MASSALUBRENSE. A frequent bus service can bring you to Sorrento, where you travel on to your next destination (Naples or Rome can both be easily reached). Taxi services are available to bring you directly to your next destination.

### LEVEL OF DIFFICULTY

**Moderate (3):** Mostly moderate walks, on well-maintained paths. Some steep sections, both uphill and downhill, sometimes on paths with rough surfaces. On some days extensions or shortcuts are possible.

**Fitness:** High standard of fitness is necessary. You should be able to walk for up to 6 -7 hours a day - partly in the hot sun on dusty or stony tracks.

### FOOTPATHS & WAYMARKING

**Footpaths:** Most paths are relatively well maintained, but during the season some paths can get overgrown, especially the lesser used paths (*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:** Most of the route is waymarked; elsewhere you have to follow the route descriptions provided together with the maps. With these you will always be able to find your route.

## TOUR VARIATIONS

### GUIDED TOURS

On request it is possible to have a local guide for all or some day walks. Complete guided tours can be booked for groups of 4 or more people.

### EXTRA NIGHTS

It is possible to include extra nights in any of the accommodations en route. Extra walking or sightseeing options can be provided as indicated in the day-to-day programme.

### EXTENSIONS & LONGER VERSIONS

We also offer a tour which allows you to hike the complete [‘Alta Via’ – from Cava dei Tirreni to Punta Campanella](#) – a tour of 8 days (with possible extensions).

It is possible to extend the tour with one or more night in Amalfi or any other town along the Amalfi Coast. This tour can also be extended with one of our existing tours in Sorrento or the heart of the Amalfi Coast.

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