



*Independent E-Bike tour (EBAMA4)*

# Cycling the Amalfi Coast

**-A divine mix of nature & culture-**

The original E-Bike tour along the world's most beautiful coast, from Vietri to Sorrento, with visits of Amalfi, Ravello, Sorrento and Positano



## TRIP NOTES

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*\*\*\*GENIUS LOCI TRAVEL - The Real Spirit of Italy\*\*\**



## INTRODUCTION

*The Amalfi Coast is perhaps the world's most beautiful coastline. And cycling along the 'Costiera Amalfitana' is an unforgettable experience, a continuous sequence of stunning views! With our brand new E-Bikes you can take in this amazing scenery almost without effort. You'll cycle with ease along the beautiful coastal road and have plenty of time to take in the scenery, and stop in the villages along the road.*

*This short tour offers you the best of the coastal scenery in the area: first of all the Amalfi Coast, the southern side of the peninsula, with its towering cliffs and picturesque coves. Definitely one of the most beautiful coastlines in Europe! But also the other side of the Peninsula of Sorrento, overlooking the beautiful Bay of Naples, is an area of staggering natural beauty and scattered with cultural treasures. An additional loop to the very western tip allows you to cycle 'face-to-face' with the beautiful island of Capri., with a long tradition as one of the premier tourist destinations in Italy.*

*Best known for its medieval coastal towns and inland villages such as Amalfi, Positano and Ravello and the resort town Sorrento, the area 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. This short 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 be based in the beautiful little town of Amalfi itself. This allows you to take your time to visit the Duomo and its Paradise Cloister, and perhaps take a walk in the Valley of the Paper Mills, discovering the city's amazing cultural heritage. And take your time for a hearty lunch in a small 'trattoria' and taste the area's renowned 'limoncello' lemon liquor.*

*During your day's cycling along the amazingly scenic coastal road you may visit the ceramics town of Vietri, the gateway to the Amalfi Coast and the little fishermen's village of Cetara. You'll cycle along the headland of Capo d'Orso, a strict nature reserve, pretty Maiori, delightful Minori and tiny whitewashed Atrani. You will marvel at the location of Ravello, high up a rocky cliff, while visiting its world famous villas and gardens. 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 Atrani.*

*On your way to Sorrento you will cross the deeply eroded and amazing 'fjord' of Furore, you can 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. Here 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.*

*On this amazing cycling adventure you will discover several hidden aspects of the Amalfi Coast and 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.*

**Please note:** *This is a moderate tour which is suitable for all those who are in a good general physical condition. The tour is especially designated for E-Bikes, but can also be done with a road bike. On some of the stretches you may encounter some longer climbs. Rides are moderately long, but leave plenty of time for sightseeing. Average cycling times: approx 4 - 5 hours each day. In order to allow more time for discoveries, you could split up the first cycling day in two (and add a few extra loops), and in case you want to split up also the last long day ride, you could opt to spend the night near Sant'Agata, in which case you'll have two days to discover the Sorrento part of the peninsula.*



## DAY-TO-DAY PROGRAMME

### Day 1 – Arrival in Amalfi

After your arrival at Amalfi you get settled in at the hotel right in the centre, so you can go right away for a stroll through the historical centre of this beautiful small town. In case you arrive early you may want to make a short ride to nearby Ravello already, a medieval village, 'halfway the sky and the sea' which boasts some of the Amalfi, following the beautiful winding coastal road, defined by some 'the most scenic ride in the world'.

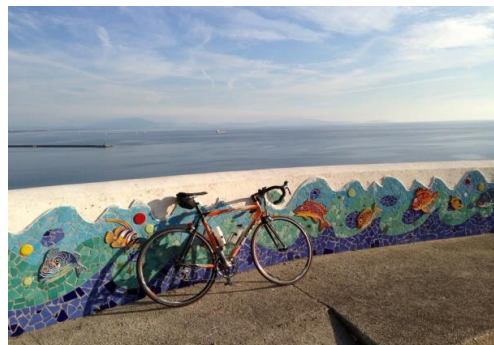
**Hotel\*\*\* - Amalfi**

### Day 2 – The 'eastern' Amalfi Coast: cycling along the beautiful road of Capo d'Orso to Vietri & Cetara, Minori, Maiori and Atrani, with an optional visit of Ravello

On the first cycling day you'll discover the eastern part of the Amalfi Coast, which 'officially' starts at the charming village of Vietri sul Mare, renowned for its colourful table ware ceramics. Less known is that Vietri boasts some stunningly beautiful small hamlets, tucked away in the hills. Other villages to discover are the idyllic village of Cetara, named after the Roman 'cetus', tuna fish, which still produces some of the world's finest. Take your time for a cup of coffee or a cappuccino at the little bar near the tiny port of the village, overlooking the colourful fishermen's boats lying on the white sandy beach. Then it goes back up 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. In case you did not visit it the day before, here you have the choice of cycling up to marvellous Ravello by bicycle, which is quite a climb (but a relatively easy ride with your E-Bike!), or continuing to Amalfi. After passing Castiglione you will cycle through picture-perfect little Atrani with its whitewashed houses and arrive back in Amalfi.

**Hotel\*\*\* - Amalfi**

*Distance: 45/70 km. – Cycling time: 3,5-5 h.*



### **Optional extra day - Hills of the Amalfi Coast: cycling inland to the stunning hamlets of Pontone, Minuta, Scala and Tramonti, with an extensive visit of Ravello**

*As the first cycling day is pretty long, perhaps not allowing you to enjoy all the beauty of the area 'in full' you might consider an extra night in Amalfi. This allows you to spend more time in the eastern part of the Amalfi Coast on the first cycling day, so that you definitely have the time to see not only Vietri, but also cycle up to the beautiful small hamlets of Raito and Albori, and perhaps make the detour to the stunning abbey of Cave dei Tirreni, one of the most important abbeys of southern Italy, set in an idyllic location. You'll have the time to swim in Cetara, and enjoy a lemon cake in Minori. On the second cycling day you can take some more time to visit Ravello, pay a visit to its magnificent gardens and also discover the beautiful small medieval hamlets of Pontone, Minuta and Scala, tucked away in the hills.*

#### **Hotel\*\*\* - Amalfi**

*Distance: 35/60 km. – Cycling time: 3,5-5 h.*

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

Today you will explore the second half of the dramatic 'Strada Amalfitana', cycling from Amalfi to the town of Sorrento, located on the northern side of the peninsula, offering wide views over the Bay of Naples. During the route you alternate great views on the Amalfitan and Sorrentine coasts.

Shortly after Amalfi you will pass 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. Another short stretch brings you through Praiano to Positano, easily the most scenic – and mundane – of the towns on the coast. 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 Sorrento Peninsula. Indeed you'll have views both on the Amalfi Coast, as well as on the Bay of Naples dominated by Mount Vesuvius. A short flat stretch brings you to the Colli di Fontanelle and then after a stunning, but challenging climb to Sant'Agata sui Due Golfi. From here you'll cycle on, towards the very end of the peninsula, Punta Campanella. From the very last village (indeed: called 'Termini') you have a great views on Capri.

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 flat ride to the Colle di San Pietro, and then all the way back down again to Positano. Whizzing down this part of the road, looking out over splendid Positano is a wonderful experience, definitely one of the nicest stretches to do on a bike worldwide! Once arrived at Positano you now have the time to visit, before returning the last short stretch back to Amalfi.

#### **Hotel\*\*\* - Amalfi**

*Distance: 80/95 km. – Cycling time: 5-6 h.*

### **Day 4 – Departure**

The tour ends in Amalfi after breakfast today.



## TOUR DETAILS

### ACCOMMODATION & MEALS

During the whole tour you'll stay in Amalfi, the ancient capital of the Amalfi Coast. Our recently renovated 3-star hotel is located in a great position, right in the historical heart of the city and at only a few metres from the sea shore. A garage for the bikes is available at only a short distance.

**Dinners** are not included, you are free to organize your own dinner in one of the many restaurants at Amalfi.

No picnic lunches are included in the tour price. Picnic supplies can be purchased in the village where you stay.

### INCLUDED

- 3 nights accommodation in Hotel\*\*\* in Amalfi – BB
- Extensive route notes, with description of the route & tourist information
- Maps at 1 : 50.000 scale (or better)
- GPS waypoints & tracks (optional)
- Bicycle rental: a high quality E-Bike for 3 days (road bikes available on request)
- 24/7 h local assistance

### 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

### LEVEL OF DIFFICULTY

**Easy to Moderate (2-3):** Mostly moderate rides but with some longer climbs. All roads are well paved and mostly quiet with limited traffic except for some periods during summer and holidays. Extensions are possible on some days.

**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 weather.

### ARRIVAL & DEPARTURE

**Arrival:** The tour starts in AMALFI, only 25 kilometres from SALERNO which can easily be reached by train from Naples. Naples has an international airport. From Rome (and many other cities) Salerno can easily be reached. From Salerno there are regular boats & buses to Amalfi.

**Departure:** The tour ends on day 4 in Amalfi.





## TOUR VARIATIONS

### LONGER 'AMALFI COAST & SORRENTO PENINSULA TOUR'

In case you want to spend some more time in the area, and make the tour slightly more relaxed, we strongly recommend to book a few nights in the area of Sant'Agata/Sorrento. This way you can also explore the area with ease – while staying in a beautiful agriturismo.

### 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.

### BIKE & HIKE

Cycling is a beautiful way to see the Amalfi Coast, but by bike it is only possible to see a small part of the coast, as many areas simply can't be reached by road! Therefore, if you like hiking too, we recommend to book one or more extra nights, in order to do one or more of the stunning walks of the area.

### UPGRADE

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



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