DESCRIPTION

The Sorrentine peninsula, situated between the equally beautiful Bay of Naples and Gulf of Salerno, is an area of staggering natural beauty and 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. 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. After your day’s cycling along the amazingly scenic coastal road you may visit the Duomo and its Paradise Cloister at Amalfi, and take a walk in the Valley of the Paper Mills, discovering the city’s amazing cultural heritage. On your way around the tip of the Sorrentine 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. And from the small village of Termini you enjoy the perhaps best possible view of the isle of Capri. On this amazing cycling adventure you will discover several hidden aspects of the Amalfitan Coast and see with your own eyes that it has become with reason Italy’s most famous coastline.

CHARACTERISTICS OF THE ROUTE

This is a moderate tour which is suitable for all those who are in a good general physical condition. 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.
A DAY BY DAY ACCOUNT OF THE ROUTE

Day 1: Arrival in Vietri
Renowned for its colourful table ware ceramics;

Day 2: to Amalfi (approx. 25-35 km)
Fallow the coastal road ‘the most scenic ride in the world’;

Day 3: to Sant’Agata sui Due Golfi (approx. 32 km)
Visit Positano with the colourful alleys and the beautiful beach;

Day 4: to Positano (approx. 37-48 km)
View on Capri and Naples, dominated by Mount Vesuvius;

Day 5: back to Salerno (Vletri), (approx. 40 km)
Take your time for a last look at the Duomo of Amalfi;

Day 6: Departure
Individual departure or extension of your stay;
**Day 1: Arrival in Vietri**

After your arrival at Vietri, renowned for its colourful tableware ceramics, you get settled in at the hotel where you will take hold of your bicycles. In the evening you may go for a stroll through the historical centre of the small village, situated at walking distance.

**Day 2: Vietri – Amalfi (approx. 25 - 35km)**

On the first day of your trip you will start out from Vietri and head for splendid medieval Amalfi, following the beautiful winding coastal road, defined by some ‘the most scenic ride in the world’. 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, rocks 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 of cycling up to marvellous Ravello by bicycle, which is quite a climb, or continuing to Amalfi where you can leave your bicycles at the hotel and then take a bus to Ravello. After passing Castiglione you will cycle through marvellous little Atrani with its white-washed houses and arrive in Amalfi itself, your base 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.

**Day 3: Amalfi – Sant’Agata sui Due Golfi (approx. 32 km)**

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 Azzurra’ 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, make sure you cycle down into the town towards its beach from where you can explore its scenic and colourful alley ways by foot. 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 your hotel at Sant’Agata sui Due Golfi.

**Day 4: Sant’Agata sui Due Golfi – Positano (approx. 37 - 48 km)**

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 flat ride to the Colle di San Pietro, and then all the way down again to Positano. 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!

**Day 5: Positano – Salerno (Vietri) (approx. 40 km)**

During your last 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 tableware ceramics. After arriving at Salerno and parking your bicycles, you may explore some of the city by climbing up to the medieval castle overlooking it or visiting its surprising botanical gardens.

**Day 8: Departure**

Individual departure or possibility to extend your stay.
STARTING DATES 2018

ARRIVAL | every day | 15/03/2018 (first available date) to 15/11/2018 (last available date)

GENERAL INFORMATION

• Classification of the cycle-tour: Self-guided tour
• Duration: 6 days | 5 nights
• Distance: approx. 134-155 km
• Starting point: Vietri
• Accommodation: 2x in hotels 3*** star category, 1x in hotel 4**** star category, 1x in an Agritourist farm and 1x in B&B | Tourist tax, if requested, has to be paid on the spot
• Parking: depending on the start hotel, on request
• Transfer: Good train connection: Neapel-Salerno; good bus connection: Salerno-Cetara
• Rental bikes: 24-gear trekking bicycles (women’s or men’s bicycles)
  Electro bike (unisex bike, on request)

INCLUDED SERVICES

• Accommodation: in hotels 3*** and 4**** star category, in an Agritourist farm and B&B
• Breakfast buffet or full breakfast
• 3 dinner (Vietri, Amalfi, Sant’Agata sui Due Golfi)
• Luggage transfer from hotel to hotel
• Well planned routes
• Detailed documents (maps, route description, GPS-tracks, places of interest, important telephone numbers)
• Telephone service hotline for during the entire tour

NON INCLUDED SERVICES

• Arrival to the starting point of the tour
• Departure at the end of the tour
• Drinks and all extras
• Lunch, dinner (2x)
• Not mentioned entries
• Rental bikes
• Travel insurance
• All not expressly mentioned under the item „Included services“
## PRICES 2018

### SELF-GUIDED TOUR 15/03/2018 - 24/03/2018, 01/10/2018 - 15/11/2018

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### ADDITIONAL SERVICES

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