



A DIVINE MIX OF NATURE AND CULTURE

self-guided tour
8 days / 7 nights



DESCRIPTION

The Amalfi Coast is probably Italy's most beautiful coastline. Moreover, the Costiera Amalfitana is located on the southern side of the Sorrento Peninsula, protected from the cold northern winds by its impressive mountains, and therefore has a wonderful climate all year long. Therefore this tour is a good option for a great walk already in early Spring or in late Autumn. This walking tour can be considered the 'classic' tour along the coast, which takes in all the famous coastal villages and the most beautiful walks to be made in the area, some of which listed among the 'world's best walks'.

CHARACTERISTICS OF THE ROUTE

This is a moderately easy tour which is suitable for those who have some experience with walking and a good general physical condition. Most of the walks are on good paths, some of them just recently restored by the local authorities. Part of the paths is waymarked. Elsewhere it is necessary to follow the route notes provided together with the maps.

A DAY BY DAY ACCOUNT OF THE ROUTE

DAY 1: Arrival in Amalfi/Atrani

Arrival in Naples (airport) or Salerno (train station). You are met by a taxi (optional) and brought to your hotel in Amalfi. Short visit to the town centre and maybe a swim to wash off the tiredness of the journey.

DAY 2: Amalfi (approx. 9 - 10 km / 4 - 5 hours)

Today you make a first easy walk. First you walk into the quiet little back alleys of Amalfi, where you still notice the strong Moorish influence. An ancient staircase takes you up underneath the impressive limestone cliffs, towards the little village of Pontone. Then, through the charming village of Pontone itself, you walk into the 'Valle dei Mulini', the valley of the watermills. The comfortable footpath runs along the river course, in an abundant green, almost un-Italian, landscape. Those who want can penetrate deep into the valley, through spectacular scenery, underneath the towering cliffs, through an almost fairy tale like landscape. Here you can admire a number of beautiful waterfalls. Then you return back down to Amalfi. The path gradually descends along a number of impressive ruins. Along the last stretch the scenery changes to lemon groves and maquis. Back down in Amalfi you can pass at the paper museum, before returning to your hotel. As the walk is relatively short you now still have some time to wander around in Amalfi or take your time for a swim.

DAY 3: Amalfi – Ravello – Amalfi (approx. 7,5 km / 4,5 hours)

Today you first take a local (open) bus up to the charming historic village of Ravello, a sought after place by artists over the centuries, as its lofty position and sunny, dry climate made it an appealing place to writers, artists, musicians and travellers from northern Europe. Ravello not only has a very interesting history, and many medieval monuments, but also offers beautiful views over the Amalfi Coast. You can take your time to stroll through the village, before starting the walk back down to the coast. Along the dramatically located Villa Cimbrone and the hamlet of Castiglione you walk first through vineyards and lemon groves, then along a medieval flight of stairs down the beautiful little town of Atrani. The last short stretch to Amalfi is very scenic and has beautiful viewpoints on the city centre. As the walk is relatively short you now still have some time to wander around in Amalfi or take your time for a swim.

DAY 4: Amalfi - Praiano (approx. 10 - 138 km / approx. 5 - 6 hours)

From Amalfi you walk along one of the oldest pathways of the medieval Amalfi Maritime Republic, the 'Maestra dei Villaggi', or 'main road of the villages', an old paved mule track dating back to the 9th century. You pass the little villages of Lone and Vettica, before arriving at the imposing monastery of Santa Rosa (there is also the possibility to take a local bus to here, avoid a 300-m. ascent!). The walk from here first goes to the charming little village of Conca dei Marini, then the route descends to the coast again along some charming churches beautifully located above the rocky shore. You descend into the spectacular fjord of Furore, with its charming fishing village underneath the towering limestone cliffs. From here you walk uphill again, and past the hamlet and church of Sant'Elia, you take the 'Via dell'Amore', into the Valley of Praia. A great last stretch through forest, vineyards and Mediterranean scrubland, then brings you to the coastal village of Praiano, where you'll stay for the next two nights. An optional descent to the very picturesque inlet of Marina di Praia, the old little harbor of Praiano, is worth the effort!

DAY 5: Sentiero degli Dei - Footpath of the Gods (approx. 11 km / approx. 5 hours)

From your hotel you walk through the little streets of Praiano, up towards the little church of Santa Maria di Costantinopoli. From here on a comfortable path above the village itself, you walk into the Valley of Praia, a beautiful green valley with many vineyards clinged to the cliffs. You then climb up to the little church of Sant'Alfonso and from here the very scenic caves of Santa Barbara: another short section uphill brings you to the beginning of the famous 'Sentiero degli Dei' (Footpath of the Gods), a walk with unrivalled views. After a very panoramic stretch with views over the whole Amalfi Coast, reaching out until the island of Capri, you start the descend back to Praiano again, passing over a centuries old staircase. For those who still have some energy a descend to the little inlet 'Cavitella' is highly recommended.

DAY 6: Praiano - Positano (approx. 9 km / approx. 4,5 hours)

You start your walk in the picturesque city of Praiano. Along a medieval pilgrims' route you walk uphill towards the monastery of San Domenico. Here you can have a little rest before continuing uphill, through the spectacular scenery. Shortly you then reach one of Italy's most famous footpaths, the 'Sentiero degli Dei', or 'Footpath of the Gods'. Through unique scenery with unrivalled views you reach the hamlet of Nocelle. Passing another spectacular valley you arrive in the little village of Montepertuso. Afterwards it's only a short walk downstairs to Positano. Positano itself, is considered to be one of Italy's most beautiful villages.

DAY 7: Monteruso - Positano (approx. 11 km / approx. 4,5 hours)

First you take the local bus to Montepertuso, from where you start a scenic walk, around the upper valley of Positano. Following ancient footpaths along marvelous viewpoints you climb up towards Santa Maria al Castello. Through a nice wooded area in a park like landscape you descend to the Caserma Forestale. For those who want there is the possibility to climb up from here to the Monte Sant'Angelo, a very demanding but rewarding ascent. The standard walk though continues through the forest and zigzags back down to Montepertuso. Along another medieval mule track you then return to Positano again.

DAY 8: Departure

Individual departure or possibility to extend your stay.

GENERAL INFORMATION:

- **Classification of the hiking-tour:** Self-guided tour
- **Duration:** 8 days / 7 nights
- **Starting point:** Amalfi/Atrani
- **Arrival:** by bus from Salerno, by boat from Naples. Taxi from Naples (airport/train station) Pompeii or Castellammare di Stabia.
- **Accommodation:** Characteristic family-run hotels in a 3***/4****category
Attention: Tourist tax – if requested – has to be paid on the spot.
- **Transfer:** On request: airport Naples | train station Salerno.
- **Extra nights:** it is possible to book extra nights.

INCLUDED SERVICES; SELF-GUIDED TOUR:

- Accommodation in hotels - 3*** and 4**** category
- Breakfast buffet or full breakfast
- Luggage transfer from hotel to hotel
- Entrance ticket to the stunning Villa Cimbrone
- Well planned routes
- Detailed documents (maps, route description, places to visit, important telephone numbers)
- Telephone service hotline for the entire tour

NON INCLUDED SERVICES

- Arrival to the starting point of the tour
- Departure at the end of the tour
- Drinks, tourist tax and all extras
- Lunch, Dinner
- Not mentioned entries
- Travel insurance
- All not expressly mentioned under the item „Included services“

THE HEART OF THE AMALFI COAST HIKING HOLIDAY

STARTING DATES 2019

ARRIVAL	every day 15/03/2019 (first available date) to 31/10/2019 (last available date).
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PRICES 2019

SELF-GUIDED TOUR 15/03/2019 - 14/04/2019	
Package price per person in a double room incl. breakfast	€ 610.00
Single room surcharge, per person	€ 280.00
SELF-GUIDED TOUR 15/04/2019 - 31/05/2019	
Package price per person in a double room incl. breakfast	€ 750.00
Single room surcharge, per person	€ 350.00
SELF-GUIDED TOUR 01/06/2019 - 30/06/2019	
Package price per person in a double room incl. breakfast	€ 790.00
Single room surcharge, per person	€ 350.00
SELF-GUIDED TOUR 01/07/2019 - 31/07/2019	
Package price per person in a double room incl. breakfast	€ 830.00
Single room surcharge, per person	€ 350.00
SELF-GUIDED TOUR 01/08/2019 - 31/08/2019	
Package price per person in a double room incl. breakfast	€ 890.00
Single room surcharge, per person	€ 380.00
SELF-GUIDED TOUR 01/09/2019 - 30/09/2019	
Package price per person in a double room incl. breakfast	€ 830.00
Single room surcharge, per person	€ 380.00
SELF-GUIDED TOUR 01/10/2019 - 31/10/2019	
Package price per person in a double room incl. breakfast	€ 680.00
Single room surcharge, per person	€ 280.00
EXTRA NIGHTS	
Per person and night in a double room incl. breakfast	on request
Surcharge single room, per night	on request

We suggest travel insurance.

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HIKING HOLIDAY**