

ITALY – WALKING AMALFI COAST AND THE ISLAND OF CAPRI

8-day / 7-night **SELF-GUIDED** walking holiday Sorrento to Amalfi



Explore the panoramic Amalfi Coast, the magnificent Gulf of Naples and enchanting Capri, with volcanic Mount Vesuvius towering on the horizon. This mountainous coastline has so much to offer with its extensive network of footpaths that travel along cliff edges, through lemon and olive groves, vineyards and villages. This spectacular self-guided walking holiday is all about the Italian way of life, the sun and the sea.

This UNESCO World Heritage listed area features scenic coastal paths, bustling fishing villages and secluded coves only accessible by walking trails or from the sea. Walks include sections of the famous *Sentiero degli Dei*, the 'Path of the Gods', and strolls on the Isle of Capri. There is plenty of time to soak up your surroundings and enjoy the delicious Mediterranean cuisine, savoring a glass of Italian wine or ice-cold limoncello, or going for a dip in the crystal-clear waters of the Mediterranean Sea. You spend two nights in Sorrento near the historic centre on the cliffs above the busy marina; two nights in the charming small resort Marina del Cantone on the Bay of Nerano; and three nights in Amalfi itself, where the very air is scented with lemon.

Departs: Daily on demand from March to November.

Cost from: **\$1960** per person twin share
Season supplement from **\$135 - \$435** per person applies mid-April to early October
Single room supplement / Solo Traveller supplement on request

Starts: Sorrento **Ends:** Amalfi

Includes: 7 nights' comfortable accommodation in 3-star hotels and B&Bs with ensuite facilities; 7 breakfasts; private transfers on days 3 and 5 as per itinerary; printed route notes (1 set per booking); digital route notes and maps; luggage transfers between hotels (1 x bag per person, maximum 20kg per bag, extra luggage can be booked additional cost); emergency telephone hotline.

Not included: Meals not mentioned, drinks; travel to Sorrento and from Amalfi; boats, ferry, buses and other local transport; personal expenses; optional sightseeing; city hotel taxes (approx. €2-4 per person per day, paid locally).

Grading: Moderate walks of 1.5 to 8 hours per day, with some more challenging sections. Walking routes are 5km to 23km, with a daily ascent / descent of 70m to 875m. The walks are on stony uneven trails, grassy paths, mule tracks, small gravel roads, and occasional steep staircases. On some days there are easier route options, or you can shorten the walk by taking public transport (at own expense). Hot temperatures in the height of summer (July and August especially) can make the walks more challenging.

Call OUTDOOR TRAVEL on 1800 331 582 for details & reservations

Suggested itinerary:

Day 1: Arrive in Sorrento

Arrive Sorrento mid-afternoon, allowing time to step outside and breathe in the fresh, crisp air of the Mediterranean Sea, before a visit to the maze of narrow laneways that comprise the historic town centre. Stay here two nights.

Day 2: Capri

walking @ 6km - 8km

Take the ferry to Capri Island, the pearl of the Bay of Naples. Here you have a choice of walks, a short easy walk to the villa of the Emperor Tiberius or a longer coastal walk from the hill town of Anacapri down to the west coast taking in views of the three sea stacks known as the Faraglioni from the cliff top trail. You can add on the optional easy coastal walk to the Blue Grotto, a natural sea cave where the sun lights the water in brilliant blues. Explore Capri using local bus or cable car before returning to Sorrento by ferry in the afternoon (costs all paid locally).

Day 3: Sant'Agata / Termini – Marina del Cantone

walking @ 10km - 18km

A private transfer from Sorrento takes you to either Sant'Agata (for a longer route) or Termini (shorter option) to start your walk to the beach at Marina del Cantone via Punta Campanelle, taking in spectacular views of the island of Capri, the Amalfi Coast, the Gulf of Naples and Mount Vesuvius. Stay two nights in Marina del Cantone.

Day 4: Baia di Ieranto loop

walking @ 12km

The day's walk takes you to the Bay of Ieranto, a rocky cove between Punta Campanella and Punta Penna, which is a marine protected area. Plenty of time to descend to the Mediterranean for a swim in the blue waters.

Day 5: Sant'Agata – Colli San Pietro (and bus to Amalfi)

walking @ 10km

A private transfer to Sant'Agata sui Due Golfi from where you begin your walk to Colli San Pietro, located slightly inland and high above the coastline. Follow old country lanes and footpaths through terraced fields, olive and lemon groves that open out onto the Mediterranean, while enjoying the scent of wildflowers and herbs. In the afternoon take a local bus to Amalfi (paid locally), home for the next three nights.

Day 6: Sentiero degli Dei

walking @ 13km

This is the most famous of all the walks on the Amalfi Coast along the Sentiero degli Dei, the 'Path of the Gods'. Sweeping coastal panoramas all along this clifftop walk from Bomerano (reached via bus from Amalfi) to colourful Positano perched on the side of the mountain. From there, take the local bus back to Amalfi (costs paid locally).

Day 7: Valle delle Ferriere loop

walking @ 11km

Again, a choice of walks. Both routes take in the charming villages of Pontone, above Amalfi, and Pogerola, poised on a terraced hillside a little off the beaten track. The more challenging route follows inland paths into the Valle delle Ferriere, a lush green nature reserve where the Canneto river flows, dotted with waterfalls and mossy cascades. Or, take the slightly easier path with less undulation, a loop above the Valle delle Ferriere, with spectacular views of the bay of Salerno and the high cliffs.

Day 8: Depart Amalfi.

Tour ends after breakfast.



Other walking holidays from **Outdoor Travel** (guided in small groups or self-guided with inn-to-inn luggage transfers and meals) are available in many parts of Europe including France, Italy, Austria, Switzerland and more.

Contact Outdoor Travel for more details and reservations:

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