

Independent walking along
continuous routes

Amalfi Coast

Walk from idyllically situated Ravello to the elegant resort of Positano, through outstanding coastal scenery, which can only be appreciated on foot. With picturesque towns and colourful fishing villages and ancient paths and steps linking villages, farms, churches and monasteries

FITNESS RATING: 30+ (but has many steps)

TRIP LENGTH: 8 days

DAYS OF WALKING: 6

SHORTEST/LONGEST DAY'S WALK: 3/6 hrs

NO OF LUGGAGE MOVES INCLUDED: 4

NO OF NIGHTS HALF BOARD: 3 (Standard) 1 (Superior)

DATES

Start any day from 01 Apr to 25 Jul and also from 01 Sep to 24 Oct



Photo: Emma Flatt

'Outstanding coastal scenery'

THE TRIP

The Amalfi Coast is renowned as one of the great beauty spots of Italy. It is a popular tourist destination both with the Neapolitans and the rest of the world. Whilst in Summer the hordes stream onto the beaches along the coast, few – if any are to be found in the Lattari mountains above the coast. Our walk takes us into the heart of the mountains in the Valle delle Ferriere where you are unlikely to see anyone. Most of the paths we follow are usually only used by one or two people with their donkeys. Each afternoon you descend to the coast to stay in the more popular resorts thus sampling the bustling evening life along the Costiera.

ITINERARY

Day 1 Arrive in Ravello

Day 2 Ravello – excursion

From Ravello follow ancient stairways down to

the fishing village of Atrani, a maze of whitewashed alleys. Paths then lead through lemon groves, above Amalfi, to the Torre dello Zirro and on to Scala, the oldest 'little' city of the coast, then back to Ravello. (6.6 miles, 5 hrs)

Day 3 Ravello to Amalfi

From Ravello a high path leads to the famous nature reserve of 'Valle delle Ferriere', through meadows, chestnut groves and past waterfalls towards the village of Pogerola and then down ancient flight of steps towards the historic city of Amalfi. (8.5 miles, 6 hrs)

Day 4 Amalfi to Conca dei Marini

Time to visit Amalfi. A 1,000-year-old footpath, the 'Maestro dei Villaggi', leads through historic villages, past the monastery of Santa Rosa, to Conca dei Marini. Opportunities

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to visit the Grotta dello Smeraldo. (3.6 miles, 3 hrs)

Day 5 Conca dei Marini to Vettica Maggiore

A stepped footpath passes churches with panoramic views, and descends into the spectacular fjord of Furore, its clustered houses built into the rock. Then the 'Via dell'Amore' leads into the green Praia Valley, before descending to the quiet village of Vettica Maggiore. (5 miles, 4 hrs)

Day 6 Vettica Maggiore to Positano

Climb up the Via Croce to the monastery of San Domenico and along the 'Sentiero degli Dei' (footpath of the Gods), a high open

ridge walk with fine views, before descending through olive groves to Positano. (6.3 miles, 4 hrs 30)

Day 7 Positano – excursion

From Montepertuso scenic paths lead towards Santa Maria al Castello with panoramic views over the Gulf of Salerno and Naples. Return via the fertile Pozzo Valley. (5 miles, 4 hrs)

Day 8 Return to the airport

Your Route Booklet gives you all the information, maps and directions you need for your daily itinerary. We supply one booklet per couple.

WALKING

This is an 8-day trip in which 6 of the days are spent walking. The length of each day varies from 3 to a maximum of 6 hours walking. Hours of walking, which may vary from individual to individual, means hours of actual walking and does not include stops for lunch, sightseeing, rests or siestas. Because of the steep terrain, please make sure that your footwear provides sufficient ankle support.

The nature of the terrain on this trip is naturally precipitous and every day you will find that the walk will take you up old stepped paths into the villages and mountains above the coast. There are a lot of steps and you should not rush: although the mileage is not great, the walking is physically demanding due to the altitude gains and losses.

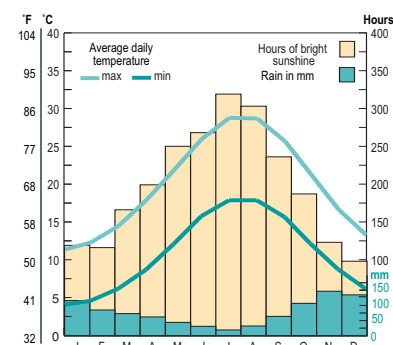
There will be a combination of steps, some

woody and rocky paths as well as some sections of asphalt roads that are used in order to link the route. As all hotels are at the bottom of the coast road and most of the walks are high up in the Monti Lattari, most climbing is done on stepped pathways such as mule paths, which connect charming little villages.

Some paths are unsuitable for vertigo sufferers. The coastline consists of sheer cliff like hills that drop dramatically into the sea. Please do not attempt this walk if you do not have a head for heights.

CLIMATE

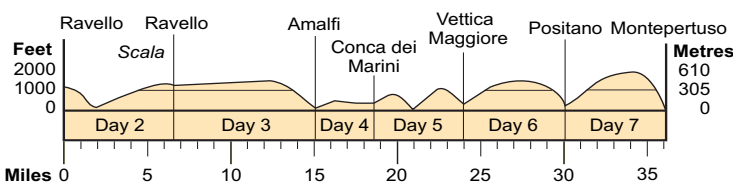
In March and April the paths are lined with flowering broom and the pervading smell of rosemary follows you as you walk. It is cooler, flowers are abundant and the air is fresh. In May the lemon blossom is in flower; lemons grow in profusion through winter and spring;



freesias and cistus are everywhere and bee orchids and monkey orchids are common. May and June are hot. In Autumn, the woods are carpeted with cyclamen. You can expect to see bougainvillea in window boxes and gardens and the scent of jasmine is ever present on the paths. October is cooler.

SPECIAL FEATURES

The high routes above the ravines and dramatic rock faces take you into some little known areas with rare wild flowers and birds of prey. The area has specialised microclimates supporting a wide variety of flowers (also found in Africa & Latin America) with tropical conditions.



BACKGROUND INFORMATION

PLACES VISITED EN ROUTE

Ravello Set 350m above sea level, this quiet mountain village is well known for its gardens and incomparable views of the coast. Indeed it has influenced many artists and authors from Boccaccio (who wrote about it in Decameron) to Wagner who identified the garden of Villa Rufolo with the garden of Klingsor in Parsifal.

Amalfi One of the most famous tourist attractions in Italy, this bustling little city has plenty to do and see. Unmissable is its fine duomo (cathedral) and its cloisters of Paradise and spare some time to try the local ice-cream - literally the best in the world!

Conca dei Marini Small town made up of a group of houses set up on the ridge above the Capo di Conca. On the promontory is the 16C

Torre di Conca which was built to defend against Saracen raids and is sometimes used today as a site to give open air musical recitals. Also a little further along the main state road towards Priano is the entrance to the Grotta della Smeraldo. Some popular caves with interesting formations and colours.

Priano/Vettica Maggiore Priano is a small fishing village made up of a cluster of houses along the ridge of the Mont S. Angelo. We stay in Vettica Maggiore which is part of the township of Priano but is set on one side around its attractive church of S. Gennaro and square.

Positano This elegant resort is made up of a series of brightly coloured houses. There is little in the way of cultural interest in Positano but its

restaurants and shops attract thousands of visitors every year and you can't help but enjoy the relaxed pace of life in this charming town.

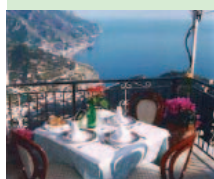
Culture, Sightseeing and Museums

There are concerts of classical music, shopping for ceramics, food, lemon liquor and fashion.

In Ravello you can visit Villa Cimbrone and Rufolo and the coral museum in Ravello which is more like a shop. In Amalfi clients can visit the cathedral and the hand made paper museum in Amalfi. The eco museum in the fjord of Furore. Occasionally there are art exhibitions in Amalfi, Positano and Ravello. The hotel Palazzo Murat in Positano offers a free half-day boat trip in summer (only if the sea is calm).

ACCOMMODATION

International country code for Italy: 39



Ravello
Bonadies ★★★★★

Recently renovated, family-run hotel in 13C convent, with pool. HB (nights 1&2 standard)



Conca dei Marini
Le Terrazze ★★★

Beautifully situated hotel. Superior rooms are larger with sea view. HB (night 4)



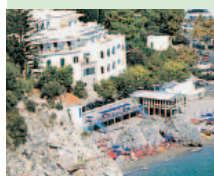
Ravello
Giordano ★★★★★

Restored villa in private gardens with pool. B&B (nights 1&2 superior)



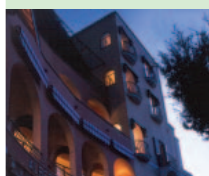
Vettica Maggiore
Tramonto D'Oro ★★★★★

Comfortable family-run hotel with pool. Superior rooms with sea view. B&B (night 5)



Amalfi
Aurora ★★★

Comfortable hotel with a panoramic terrace, rooms have no sea view. B&B (night 3 standard)



Positano
Savoia ★★★

Family-run hotel in town centre with traditional majolica tiled floors. B&B (nights 6&7 standard)



Amalfi
Luna Convento ★★★★★

Restored convent with chapel and pool. B&B (night 3 superior)



Positano
Palazzo Murat ★★★★★

Elegant 18C baroque palace with garden. B&B (nights 6&7 superior)

Festivals

Ravello

Wagner festival is held in July and August in the Rufolo Gardens.

Concerts are held on Saturdays and Sundays.

Amalfi

Good Friday (Procession of the Penitents by torchlight)

25, 26, 27 Jun & 30 Nov – The town's Patron Saint's feast day

First Sunday in July – historical regatta
Please check these dates locally.

Swimming pools

The following hotels have swimming pools which open on 1 May: Bonadies, Giordano, Luna Convento, Tramonto d'Oro. Le Terrazze does not have a pool but guests may use the pool of the next door hotel for €10. Palazzo Murat does not have a pool.

CUISINE

The Campania region is famous for its pasta, mozzarella and pizza. As well as these staples there are a number of speciality dishes such as all types of seafood, fish, *parmigiana di melanzane* – aubergine baked in parmesan cheese, roasted and preserved vegetables, and a number of speciality cakes made for every festivity.

WINES

Few Campania wines have official credentials; however there are some pleasant surprises among the table wines. Ravello produces some excellent red, white and rose under the labels of Vino Gran Caruso and Vuilleumier and try Divina Costiera from Furore.

Restaurants – recommended

- Ravello: Compa Cosimo (it is cheap and good, and the owner is often friendly with clients).
- Amalfi: Zaccaria (this has really fresh fish).
- Conca dei Marini: Ciccio.
- Paiano: La Brace (good local food).
- Positano: Da Vincenzo (good local food).

There is no need to dress up for most restaurants, but if you decide to treat yourself to a smart, expensive one, the men may want to wear a jacket and the ladies, a skirt, dress or smart trousers. Smart clothes are required for classical concerts in Ravello.

Lunch

Lunch is not provided on Footloose trips. We recommend buying your lunch in the morning, before you set off on your walk, or even the afternoon before. Occasionally there will be bars and restaurants along the way: these are indicated in the Route Booklet and you can speak to your Route Manager about his or her recommendations when he or she briefs you. A sandwich, fruit, biscuits/ trail mix/ chocolate and plenty of water may well be adequate for your needs during the day. This will require a daypack.

