

Amalfi Coast Hiking

Duration: 6 Days/5 Nights

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hiking and cycling in italy

Amalfi, Capri, Positano, and Ravello

To state the obvious, Italy's Amalfi Coast is as beautiful as any stretch of coastline in the world, 30 miles of rippling inlets and bays that include the island of Capri and its extraordinary Blue Grotto. With miles of rugged shorelines, sheltered beaches, and charming fishing villages, it's hard to imagine a destination more inviting than the Amalfi Coast. Just like the rest of Italy, the foods and wines of this region are the icing on a very rich cake, with seafood treats such as lobster and crab abounding, and fine wines produced in the area's many terraced vineyards. This tour shows you the best of the Amalfi Coast. We begin in Sorrento a coastal town wonderfully located over white steep cliffs with fantastic views over the Bay of Naples. We explore the ruins of Pompeii in the company of an Italian guide. On the island of Capri we duck our heads as our rowboat slips into the Blue Grotto, a sea cave of luminous blue light. We stay in Positano, a spectacular coastal village clinging to a steep hillside. Later we move to Ravello, a hilltown known for its ravishing gardens and stupendous views. We finish our tour by hiking the *Sentiero degli Dei* (the Path of the Gods), a breathtaking mountain path with views that stretch the length of the Amalfi Coast.

Route Rating

Moderate: 3-5 miles per day of hiking with some steep ascents/descents.

Meet / Finish

Sorrento / Ravello

Highlights

- Guided tour of Pompeii
- The Blue Grotto on the island of Capri
- The Path of the Gods (*Sentiero degli Dei*)
- Amalfi coast towns of Positano, Ravello, and Sorrento
- Beautiful sea and mountain views
- Chairlift ride up Monte Solare on the island of Capri



Day 1 Sorrento

Nerone to Punta Penna 3 miles (5 kilometers)

We meet at our Sorrento hotel in the morning and shuttle 30 minutes to the village of Nerone. A coastal path leads to the Punta Penna headland where the trail spits. To the left is a 14th century watch tower built to guard against attacks from the sea. To the right is the small pebble beach where you swim in the warm waters directly opposite the island of Capri. We stop in Marina del Cantone for lunch. The restaurant sits on a pier jutting out over a black pebble beach. Despite being on the radar of A-list celebrities, little Marina del Cantone still has an unpretentious feel.



The Hotel

Hotel Il Nido

Sorrento (2 nights)

This family-run hotel has spacious rooms many with views sea and the Vesuvius volcano. The hotel is outside of the busy town center making it peaceful and quiet.

www.ilnido.net

The Hike

Day 1: We hike down to an isolated beach. Along the way we pass a 14th century stone fortress. Bring your bathing suit for a dip in the Mediterranean (3 hours).

Travel Logistics

Tour Start

We suggest you stay in Rome the night before the tour starts. On the morning of Day 1 you can travel from Rome to Sorrento by train. Travel time is about 3 hours.

Tour End

The tour ends in Ravello. You can take a taxi or public bus from Ravello to the Salerno train station. Fast trains make the trip from Salerno to Rome in 2 hours.

Other Questions?

Toll free 1 888 491 2760
info@charnestours.com



Day 2 Capri Island

Capri Island

A high speed hydrofoil whisks us to the island of Capri. A resort since Roman times, the island has rugged seascapes, breathtaking views, and chic cafés. Arriving in Marina Grande we transfer to a smaller boat for the coastal run to the Blue Grotto. At the grotto we transfer again to row boats small enough to squeeze through the cave's tiny entrance. With the sea bobbing gently up and down the oarsman has to time his entrance to get us safely through. With a firm pull on a chain we shoot through the opening and are inside. We find ourselves in a large sea cave suspended above translucent blue waters. The oarsman belts out Neapolitan songs, drowning each other out in a cacophony of sound. It is corny, but breathtakingly beautiful. After the grotto we take a chairlift up Monte Solare, Capri's highest hill. We tour a villa beautifully restored by an eccentric Swedish physician in the early 20th century. The villa is bursting with art and artifacts including an Egyptian sphinx. We visit Capri's famous Piazzetta, a well known celebrity retreat. Time and energy permitting we hike to the ruins of Villa Jovis, the Capri residence of the Roman Emperor Tiberius. Dinner on your own in Sorrento.

The Hike

Day 2: We explore the Island of Capri by foot, bus, and boat. A chairlift takes us to the summit of Monte Solare and we hike down. If you want to hike more we can walk to the ruins of the Villa Jovis, the island residence of a Roman Emperor.

Capri Island

We visit the top sights of Capri including:

- The Blue Grotto
- Villa San Michele
- Monte Solare
- Villa Jovis (a Roman Emperor's palace from AD 27).



Day 3 **Pompeii**

Pompeii Guided Tour

We shuttle 45 minutes to Pompeii where we have an appointment with a local Italian guide. Pompeii is more than an archaeological site. It is a city, chock-a-block with homes, business, and public spaces. We visit 2,000-year-old seaside estates strolling past living rooms, bedrooms, and kitchens, many with their original frescoed walls. Pompeii's streets still show the grooves carved by the passage of chariot wheels. We visit public baths and a brothel. We see the plaster casts of those who died. In one villa we see the casts of thieves, surrounded by their booty. They broke in during the eruption, but were buried by falling ash before they could escape. We have lunch in Pompeii before starting a scenic coastal drive to Positano, the Amalfi Coast's most picturesque and photogenic town. The town is a maze of steep streets lined with stylish boutiques, trendy restaurants, and small hotels.

The Hotel

Hotel Savoia

Positano (1 night)

This family-run hotel has an excellent location just 200 meters from the beach. Each room has air conditioning and a private balcony or terrace.

www.savoiapositano.it

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Day 4 **Ravello**

Ravello to Amalfi and Atrani

4.5 miles (7 kilometers)

The road that connects the towns of the Amalfi coast is an attraction in and of itself. It is one of the most scenic coastal roads in the world. Challenging for drivers but delightful for passengers, The Amalfi drive is a narrow road that threads along the cliffs high above the Tyrrhenian Sea. We stop midway in Positano, a picturesque seaside village. Steps lead through a maze of pastel colored houses down to a pebble beach. From Positano we continue our drive to Ravello, a town perched 1,000 feet above the sea. Ravello's location, well away from the main road, makes it the most peaceful and charming resort on the Neapolitan Riviera. We stroll through two exquisite gardens perched on seaside cliffs. Zig zagging downhill we hike to the towns of Atrani and Amalfi. Atrani's sandy beach makes for a perfect gelato stop. Dinner on your own in Ravello.

The Hotel

Hotel Parsifal

Ravello (2 nights)

The Hotel Parsifal is located in a former convent that dates to 1288. Many rooms have spectacular coastal views.

www.hotelparsifal.com

The Hike

Day 4: A downhill hike takes us first to quiet Atrani and then to bustling Amalfi (2 hours).

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Day 5 Path of the Gods

Ravello to Pontone
3 miles (5 kilometers)

The Amalfi Coast is one of the world's greatest drives, not surprisingly the paths above it are among the world's greatest hikes. The Sentiero degli Dei (*Path of the Gods*) is a relatively gentle path that hugs the cliffs of the coast while commanding astonishing sea and mountain views. The panoramas are inspiring, shimmering light combined with an exhilarating landscape. High above the azure waters we can see the length of the Amalfi Coast all the way to the island of Capri. We hear the tingling bells of goats grazing on the steep hills. We pass isolated farms, sheer cliffs, vertical vineyards and terraces. Lemons and wildflowers scent the air. This is the best hike in Amalfi and one of the best in Italy. Dinner on your own in Ravello.

Day 6 Hiking Tour Ends

Your walking tour ends in Ravello. After breakfast you check out of the hotel and continue your travels. You will need to take a bus or taxi down to Amalfi. From Amalfi you can travel by bus or ferry.

From Amalfi you can take a bus to Salerno (busses hourly), or Naples (8 busses per day). From Easter through September there are also ferries from Amalfi to Naples and Salerno. The fastest way is to go to Salerno and then take a train. You will need to leave yourself about one hour to travel from Amalfi to Salerno. There is a fast train every two hours from Salerno to Rome. The train ride takes 2.5 hours. Private coach transport can be arranged from Ravello to Salerno.

The Hike

Day 5: We hike the Path of the Gods (*Sentiro degli Dei*), Amalfi's most famous trail. We drive to Bomerano to start the hike, avoiding a big hill (3 hours).

Sorrento, Italy Weather

Mon	High °F	Low °F
Jan	54	38
Feb	55	39
Mar	59	42
Apr	64	46
May	72	53
Jun	79	60
Jul	84	64
Aug	85	64
Sep	79	59
Oct	71	52
Nov	62	45
Dec	56	41

Other Questions?

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