



WALK THE SPECTACULAR AMALFI COAST



Amalfi © trekMountains

Highlights:

- Walks to include Amalfi, Positano, Ravello and the island of Capri
- The walk of the Gods (Sentiero degli Dei)
- Day trips to Pompeii, Herculaneum, Mt Vesuvius

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|---|--|------------------------|---------------------------------|
| Grade: | Gentle to Moderate | Holiday length: | Flexible – we suggest 4-10 days |
| | | Price: | Contact us |
| Dates: | <p>We can run this on dates to suit you for a minimum group size of 1. The best times of year for walking are April, May, June, September and October. We recommend avoiding July and August as the Amalfi Coast is extremely busy then, prices are high and the temperatures are often uncomfortably hot for walking. Contact us at info@trekmountains.com with your preferred dates</p> | | |
| Available both as a guided and a self-guided trip | | | |

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The Amalfi Coast

Famous for its lemons, limoncello, the winding coast road used for films, blue seas, the exclusive island of Capri home to the rich and famous, and Positano which is surely one of the prettiest places to get married, the Amalfi Coast is also so much more.

Walking in the area, our trip gives you the chance to explore the Agerola region 600m above the Amalfi Coast as well as Amalfi, Positano, Ravello, Capri and the famously unmissable 'Walk of the Gods.'



An agriturismo offers B&B style accommodation and produces local food © trekMountains

Your accommodation

We have chosen a lovely agriturismo for you. An agriturismo is family-run Bed & Breakfast-style accommodation where they also produce local food.

The agriturismo we have chosen for you is in Agerola which is a beautiful rural area set at an altitude of 600 metres above sea level, above the Amalfi coast. You will appreciate its tranquil location high above the busy coastal towns, and the fresher air which the Agerola area enjoys. The Agerola region is well served with buses which link it to Amalfi and Positano.

Location

Agerola means 'food basket' which is a fitting description for this intensively farmed fertile basin. The B&B is located in our preferred location of San Lazzaro which is a friendly close-knit Italian village with local facilities in keeping with a small rural community. This is authentic rural Italy at its finest.

Walks

We have a wide range of suggested walks for you to enjoy this spectacular area, including Positano, Amalfi, Ravello and the exotic island of Capri.

Some walks take the whole day, others are just half-day walks which are designed to give you time to explore the villages that make up the Amalfi Coast.

We will talk to discover your preferences so we can hand-pick the best walks for you.

Examples of the collection of walks we think are the best can be found in this itinerary.

The order that you do the walks is up to you, but we would recommend that you chose a day of the week when the forecast is for very low wind speeds and settled weather if you choose to do any walks on Capri.

Sightseeing

The Amalfi coast is perfect for a day trip to the delightful island of Capri, home to the rich and famous, as well as elegant Ravello – the villas and gardens of which are popular for weddings.

Mt Vesuvius as well as the ruins at Pompeii and Herculaneum are also popular day trips from this area.

Food:

Breakfasts are included in the price of your stay

Lunches - Depending on which walk you are on, some days you will need a packed lunch. You can either buy ingredients from the general store, bakery and greengrocer in San Lazzaro, or you can ask the B&B to make lunches for you.



Fresh products from the Agerola area © trekMountains



Refreshments stop, Walk of the Gods © trekMountains

One thing you can be sure of, the Italians will always ensure that you eat well!

Restaurants and bars:

You may choose to eat dinner some nights at your agriturismo. Alternatively, in the village centre of San Lazzaro which is within easy walking distance from your B&B, there are local pizzerias, trattorias, restaurants and bars all frequented by the Italians themselves, all offered at very reasonable prices. A good range of food is available: seafood, pizzas, meat dishes, salads and pasta. The bars in the village centre can provide bar snacks with your beer or wine after your walk, and the gelateria in the centre of San Lazzaro is definitely not to be missed after a hot day of walking – genuine Italian gelato without the tourist prices of Amalfi.



A garden on the island of Capri © trekMountains

Walk options:

You can choose which of these activities appeals to you and do them in the order that you prefer. We would suggest that a day on Capri should be a day when calm seas are forecast.

The Walks

We have hand-picked a lovely selection of our favourite full-day and half-day walks to allow you to mix and match, giving you time to relax, explore and enjoy all that the Amalfi Coast area has to offer. We will talk with you to identify which walks would suit you best. and then we will tailor a package of walks and sightseeing options for you.

Examples of typical walks can be found on the following pages.

Although the town of Amalfi is the most famous town in the area, we think that some of the other towns and villages are even more beautiful and offer a more authentic Italian experience, so we have been careful to also include them in our walk selections.

The walks are generally on paths with a good base, often on stone or gravel. A few paths may be rather overgrown at certain times of the year. On some walks there may be a drop off on one side for small sections of the path, though we've always found that even people who suffer from a degree of exposure have not had any real problems on these paths.

Please note that the trip has been graded gentle to moderate. Walking on the Amalfi Coast invariably involves walking on a lot of stone steps. Most people choose to do these routes downhill to the coast, so the trip notes and timings are written that way. Please note that the stone steps can be hard going on the knees, and we strongly recommend supportive walking boots and trekking poles to help reduce the strain.



Stone steps are a feature in any Amalfi coast walking holiday © trekMountains

Sightseeing / easier walks:

The Amalfi coast is perfect for a day trip to the delightful island of Capri, home to the rich and famous, as well as elegant Ravello – the villas and gardens of which are popular for weddings. We have gentle walks for these days, but if you prefer a complete rest from walking, that is also possible at these locations.

Mt Vesuvius as well as the ruins at Pompeii and Herculaneum also offer easier days away from the steps of the Amalfi coastline.

Not sure if this is the right trip for you? It is very important to us that you enjoy your trip. Please email us and we can help you find the most appropriate trip for you.



Typical Walks

The following pages show examples of the full-day and half-day walks we think are the best in the area.

Walk of the Gods – Sentiero degli Dei: Bomerano to Positano



Positano from the Walk of the Gods © trekMountains

The Walk of the Gods (Il Sentiero degli Dei) is THE most famous walk of the area, but despite its popularity we think you absolutely must not miss this walk. Take the bus a short distance from San Lazzaro to Bomerano which is another village in the Agerola Basin. The walk is an easy walk that gently descends from Bomerano to Nocelle close to Positano. From the church in Nocelle, the path continues by way of a stone staircase to the road just outside Positano, and from there you can walk into this exclusive resort town. Popular with everyone, Positano is a delightful place to relax after your walk, taking in the gelato, the art, the ceramics shops and of course, the coast itself. Bring your bathers and a towel to enjoy this pretty village from its best view which is from the sea.

For the return trip you can either take the ferry from Positano to Amalfi, and then the bus to San Lazzaro. Alternatively you may prefer to take the bus from Positano to San Lazzaro which includes a drive along the famous coastal road which has been the location for a number of films.

Bomerano to Marina di Praia



Restaurant by Marina di Praia © trekMountains

Bomerano is another village in the Agerola basin. From here there is the chance to descend on old paths that descend down past the Grotte di Santa Barbara caves and terraced agricultural land to the coast at Marina di Praia where you could enjoy a delightful meal overlooking the sea, or swim in the clear waters.

Agerola to Amalfi Walk



Amalfi © trekMountains

Descend the ancient stone steps from San Lazzaro into the harbour resort of the old Republic of Amalfi. Why not treat yourself to a lovely meal of fresh salad, pasta or fish, or an authentic pizza in a hidden trattoria that we recommend. Check out Amalfi's extraordinary cathedral and its paper making history. Visit the Arsenale which offers an insight into the maritime history of Amalfi, which rivalled Pisa, Genoa and Venice as a naval power. Amalfi still makes handmade paper for the Vatican. Enjoy a well-earned gelato or beer from a café table as you people watch, or stroll to the harbour to enjoy the comings and goings of the boating activity. After lunch, if you are feeling keen you could walk back up the steps to Agerola. The majority of people choose to take the bus instead.

Coastal Walk: Amalfi-Atrani-Minori

A delightful route which climbs above Amalfi and then hugs the contours of the coastline before dipping down to the village of Atrani which is a maze of tunnelled pathways.

Climbing up out of Atrani the route ascends to a church on a ridge before dropping once again to the coast at Minori.

This route can be combined with the Sentiero dei Limoni which continues the trading route to the next village of Maiori.

Sentiero dei Limoni

The Amalfi coast is famous for its lemons. The Sentiero dei Limoni is a lovely old trading route following alongside groves of lemon trees. This easy half-day walk offers a chance to explore the charming villages of Minori and Maiori which are both served by ferry from Amalfi. We think these villages offer some of the nicest beaches, and swimming here makes a great way to finish your walk before catching the ferry back.



By the port of Maiori © trekMountains

Boat trip to the delightful Island Capri, home to the rich and famous



The Faraglioni of Capri © trekMountains

We have a couple of lovely suggested walks here, both of which will get you back in time for the ferry back to Amalfi. One walk is gentler than the other, so it depends on how you feel on the day!

Capri is a day not to be missed – a day to the island of Capri really feels like a holiday day. Residents and visitors to this island have included Sophia Loren, DH Lawrence, Lenin, Gracie Fields, Oscar Wilde, Rita Hayworth, Clarke Gable, Jacqueline Kennedy and Giorgio Armani.

It is worth doing this on the day with the best forecast of the week. The boat ride is fantastic in itself – offering wonderful views of Amalfi, Positano and Vesuvius as well as close up views of Rudolf Nureyev's island.

Here you have a choice of walks taking in the well-kept gardens of those lucky enough to be able to live on this charming island, as well as spectacular coastal views, looking down into the crystal seas below you.

Our walks include a coastal walk offering stunning views of the Faraglioni – the iconic sea stacks which are a landmark of the island.

Those interested in history or looking for a gentler walk with more chance to see some of the beautiful gardens on the island might prefer to walk to see the ruins of Tiberius' palace which dates back to 27AD when Rome was ruled from Capri. Alternatively, if you really want a lazy day you could take a boat trip around the island and visit the Blue Grotto.

Ferriere National Park walk



Amalfi from the Ferriere National Park © trekMountains

This is a wonderful all-day walk from the B&B away from the coast and then down gradually to Amalfi. It has stunning views of the coastline, is unfrequented by other walkers and is justifiably one of our favourite routes. The walk ascends above San Lazzaro and enters the wooded Ferriere National Park. The woods are still worked with mules to take the wood down to the paper mills, so you may see mules carrying loads of logs, or a local shepherd herding big flocks. The path winds its way through the trees to a waterfall which makes a lovely lunch spot – depending on the time of year look out for frogspawn and fire salamander in the river there. After a picnic lunch you contour on more open paths with scenic views before descending on well cared-for stone steps through small settlements into Amalfi for a well-earned gelato or a cold beer.

Valle del Sambuco



Deep in the Valle del Sambuco © trekMountains

A delightful and quiet walk exploring deep inland from Maiori to Minori. Take the ferry from Amalfi to the lovely village of Maiori to begin this full-day walk which ascends past the striking Collegiate Church of Santa Maria a Mare. The route ascends out of the village, past lemon groves and into open countryside, eventually past the convent of the San Nicola monastery. The route then descends to the Sambuco stream and to Minori past old paper mills. A lovely walk, with the opportunity for a swim at the end before returning by ferry to Amalfi.

Mt Murillo



The Agerola basin situated above the Amalfi Coast © trekMountains

This walk makes a great introduction to the Agerola basin, the 'food basket' of the region where crops are intensively grown to make the most of these precious, fertile soils. This half-day walk starts and ends in San Lazzaro and offers you chance to get away from the crowds at the coast, and to explore inland on the edge of the Ferriere National Park

Walking along quiet roads and lanes, and through coppiced woodland, you will see views of the three summits of Monte San Michele. The route takes you up through woods which were historically used for the construction of the ships for the Republic of Amalfi's fleet. It is a gentle ascent up to the summit of Mt Murillo at 910m before traversing with views into the National Park and lovely views down to the coast and across Agerola as you descend back into San Lazzaro.

The Villas and Gardens of Ravello



Treat yourself to fine dining in Ravello with a view over the Amalfi Coast © trekMountains

High above the coast, Ravello is famous for its iconic cliff-top gardens. There are various villas at Ravello which you may choose to enter to see the gardens.

Truly excellent restaurants offer lunch with unrivalled views. It's no wonder that so many brides choose Ravello for their weddings!

Take the bus from San Lazzaro to Ravello via Amalfi. The short descent from Ravello down to Minori passes beautiful historic residences and the path is a marvel of design. From Minori the most relaxing way back to Amalfi just has to be by ferry, just a 10-minute trip by sea!

Alternatively, if you want a break from walking altogether today you can take the bus from Ravello back to Amalfi directly.

Day trip to Pompeii / Herculaneum / Vesuvius

Day trips to Pompeii or Herculaneum can be made from the Amalfi Coast.

The uncovered town of Pompeii offers a fascinating insight into life in the Roman era in Pompeii at the time of the

A few kilometres away at Herculaneum the excavations are slightly different. Unlike Pompeii, where many of the buildings collapsed due to the fall of pumice stone in the eruption, the buildings at Herculaneum were preserved much better as they were covered by dense ash and mud from the pyroclastic surge, which hardened into rock over time.

Depending on the time of year of your trip, and the mode of transport used, you may also be able to fit in an ascent of Mt Vesuvius – the currently dormant volcano which dominates the skyline of the area around Naples.



Pompeii and Vesuvius beyond © trekMountains

Alternative trip lengths: The trip is very adaptable. We recommend spending between 4 and 10 days in the Amalfi area.



Amalfi © trekMountains

Travel

Flights:

The nearest airport is Naples airport. Alternatively, you could fly to Rome and take the train from Rome to Naples.

Getting between Naples and Agerola

The easiest way to get from Naples airport to Agerola is by private transfer which we can arrange for you.

It is also possible to get to Agerola by public transport – we can advise you on the best options for your dates.

No flights or fixed travel arrangements should be booked until you have received written confirmation from the trekMountains office that your departure is guaranteed to run.

Transport during your stay

Most of the walks rely on using the local ferries and buses. We do not recommend using a hire car as a lot of the walks we suggest are linear, and because parking on the Amalfi Coast is extremely limited and very expensive.

Languages Italian is spoken locally, though English is understood in many places and now also spoken in many places, including your B&B. We will provide you with a language guide to help you with survival Italian.



Feedback from our clients about this trip:

“ The best thing about the trip was that the whole thing was just so well organised - the only effort involved was what we put in to starting & completing the routes. I will treasure the memories of the scenery, lovely people and the food - perfect. ”
Martyn Grover

“ Great location for accommodation which enabled all of the walks with ease – no stress. The trip fulfilled our expectations and requirements. I have known about trekMountains for many years and have been on a previous trek so I knew I could trust Ann and her recommendations. If you are thinking of doing this trip, just do it – do not waste time thinking about it, just go for it and enjoy. ”
Les Owen

What's included in the price?

The self-guided price includes:

- Bed & breakfast accommodation in an en-suite room, inclusive of breakfast
- Suggestions for walks and day trips in the area
- Bespoke walk notes with detailed walking maps
- Our guide to Survival Italian Language (though English is widely understood)

The self-guided price does not include:

- Lunches or dinners
- Transport to / from the Amalfi Coast
- Transport to / from the walks – we suggest using the bus network and ferries which are very economical
- Transport to / from the sightseeing locations or associated entrance fees (eg to Pompeii)
- Travel insurance
- Tips
- Items of a personal nature such as drinks, laundry, telephone calls and souvenirs

Not sure? Please email or call us – we consider it very important that you find the right trip for you and we pride ourselves in our ability to help you find the most appropriate walking routes and bespoke itinerary.



Amalfi Coast © trekMountains

Minimum numbers and our pricing policy:

The **self-guided trip** is based on a 2-person price based on twin or double shared rooms in the hotel. It can, however, be run with just 1 person.