

Amalfi Coast Walking Tour - Ravello to Positano

6 days/5 nights:	Standard:	\$1690 per person b&b or \$1950 per person with dinners included*
	Superior:	\$2090 per person b&b or \$2300 per person with dinners included*
Capri option 3 days /2 nights:	Superior:	\$850 per person with dinners included (\$730 no dinners)

***5% discount when 4 people or more book and deposit together**

The Amalfi Coast is an hour's drive south of Naples and is one of the most spectacular parts of the Mediterranean, with mountains rising dramatically to almost 1500 metres above the aquamarine sea. The whitewashed houses of the villages and towns that are strung along the coast seem to have tumbled down the sheer mountainsides to the water's edge - vibrant colours, lush vegetation and warm, boisterous people. The walks on this itinerary take you high above the worldly delights of the coastal towns following stone paths that have been used for centuries, passing through shaded forests, remote farming communities and ancient terraces with spectacular views over the coastline before bringing you back down to the delights of the coast in the evening.

The walks

This is a Grade 4 walk. The walks range from 14 to 8 kilometres and take between 3 to 5 hours. The paths you follow for three of the walks run approximately 400 above sea level so you'll have a stiff climb up old stone stairs to get to the start each morning (to be rewarded at the top with some of the most spectacular views in Italy). While the walks generally follow clearly marked, centuries old paths, there are a couple of sections, where you will have to have a good sense of orientation.

The accommodation

Hidden Italy tours use the best available accommodation. On the Amalfi Coast this means staying each night in very good, centrally located, hotels (most with swimming pools) with whom we've been working for years. The Standard option uses 3-star hotels while the Superior option uses 4-star hotels. All the rooms have sea views, en suite bathrooms and air conditioning.

The food

Generous breakfasts are included each day (you'll need them for your walks). With notice, the hotels will be able to prepare a cut lunch for the walk. Dinners are not included in the standard however, if you select the 'Dinners option' (which we recommend) this will include 3 course meals alla carte (ie free choice) in some of the coast's finest restaurants. The dinner option also means you'll have a guaranteed booking each night.

What's included in this walk?

- five nights accommodation
- all breakfasts
- recommendations for lunch and dinners
- reading lists and historical and cultural notes
- maps and detailed walking instructions
- daily transfers of baggage between hotels
- pick up at the beginning of the tour at Naples railway station and drop off at the end of the tour back in Naples.
- the Capri option includes two night's accommodation in a 4 star hotel and dinner on both nights
- 24 hour backup from local manager

Hidden Italy walking tours: PO Box 1091, Surry Hills NSW 2010, Australia
www.hiddenitaly.com.au

Amalfi Coast Walking Tour Itinerary

Day 1

Pick up in a private vehicle from Naples (airport/hotel/station) and transfer to Ravello, a beautiful village perched 350 metres above the port of Amalfi, celebrated for Wagner, its gardens and superb views over the Gulf of Salerno.

Day 2

The walk today climbs up to a neighbouring village before wrapping through a national park, with towering cliffs, shaded chestnut forests, waterfalls and extraordinary views down over the coast. On the way down to Amalfi you pass through a village that has a trattoria with a terrace overlooking the coast - perfect for a well-deserved lunch or afternoon tea, before descending down an ancient flight of stairs to Amalfi (with the option of a bus from the village should you linger a little long at lunch). (14 kms, 5 hrs)

Day 3

Today's walk follows an ancient path that has linked the villages between for centuries, passing a monastery before dropping down to a little hamlet sitting above the sea, where you'll stay the night. Below your hotel is a beautiful hidden port, with coloured fishing boats, a small shingle beach and a very pleasant bar. In the afternoon, you will also have time to visit the famous nearby Grotta Smeralda. (9 kms, 3 hours)

Day 4

After a steep climb through villages and abandoned hamlets, today's walk curls past churches with multi-coloured ceramic domes and panoramic views before descending into a spectacular fjord, with its clustered houses built on rock. The route then leads into a green valley before taking you down to your accommodation, a lovely family-run hotel with views across the gulf to Positano. (8 kms, 4.5 hrs).

Day 5

It is not by chance that the locals have baptised this walk with the rather extravagant name of Via degli Dei, the Path of the God's. Despite the tourist hyperbole that has made this one of the most famous walks in the area, the views are extraordinary. It is a steep climb up to the start of the path from Vettica Maggiore, but it is worth it, and from there it is all down hill to Positano. (8 kms, 5 hours)

Day 6

After breakfast in your hotel you will be taken by private vehicle back to the Naples railway station at 09.00.

Capri Option: 3 days/2 nights

Day 1

In the morning you take a hydrofoil from the port of Positano to the legendary island of Capri; where you will be based for the next two nights. Capri is a microcosm of the Amalfi Coast, a tiny island of dramatic contrasts. With over 800 species of plants, an extraordinary array of wild birds, and a rocky coast of isolated bays and beaches, it is a virtual Garden of Eden. It has an extraordinarily rich history dating from Roman times. The town of Capri, on the other hand, is pure southern Italy, crowded with elegant cafes and restaurants and designer shops.

Day 2

The walk today takes you from Capri town to the remains of the villa from where Tiberius ruled the Roman Empire for the last ten years of his life, passing the famous 'faraglioni', rock columns that soar out of the sea, along the way. It then continues to the cliffs from which the emperor was supposed to have flung his enemies and doubles back to Capri town. (7 kms, 3 hrs)

Day 3

Hydrofoil to Sorrento at 09.10 and then a transfer by private vehicle to Naples station.