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Dossier: Amalfi Coast Path / Guided/ 9 days/ 2019

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Amalfi Coast Path / Guided: 9 days

Trip starts: Day 1 at Naples Airport at 15:00hrs

Trip ends: Day 9 at Naples Airport at 12:00hrs

This is a new multi-day trek that hikes from east to west above the wonderful Amalfi Coast. It should appeal to anyone who likes challenging walking and is a good out-of-season trek for those who like to get away in the Spring or Autumn. We visit a number of historic towns, hike in little-visited areas and finish at the far western tip of the Amalfi peninsula overlooking the Tyrrhenian Sea and the island of Capri.

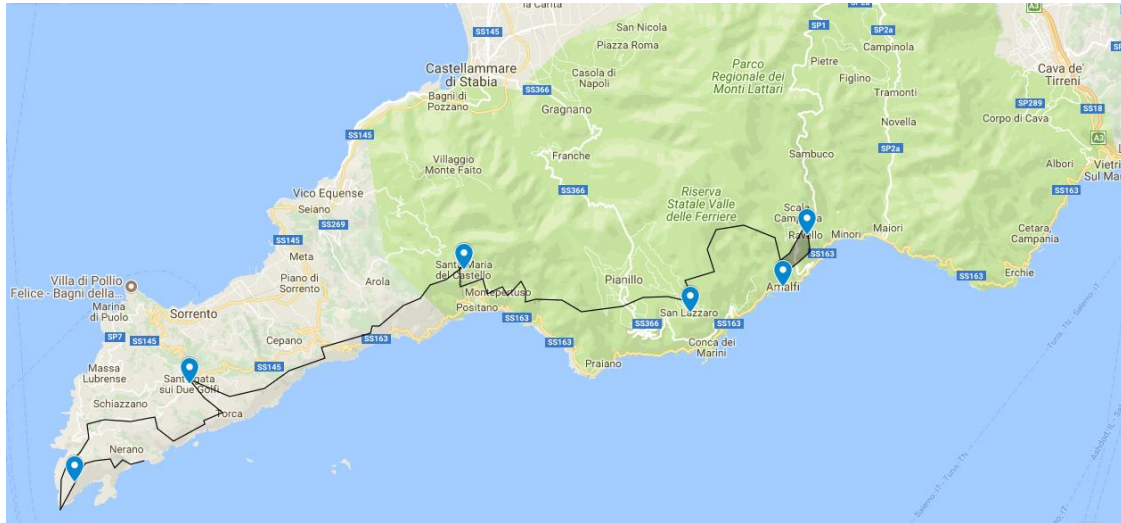
The Amalfi Coast, famed for its picturesque coastline with steep cliffs, is a UNESCO world heritage site. The region is home to the historic towns of Amalfi, Ravello and Positano and it is blessed with cascading hillsides full of terraced vineyards, lemon groves and olive trees. There are panoramic sea-views, mountains reaching over 1400m/4600ft and hidden coves and inlets dotted along the rocky coastline.

The trip begins in Amalfi town, hikes to Ravello and then up to the Agerola Plain at 600m above sea level, overlooking the Bay of Salerno. We continue on the famous *Walk of the Gods* to Santa Maria del Castello, perched high on cliffs above Positano, and then descend to the sleepier end of the Amalfi Coast at Sant'Agata. We end our journey at Punta Campanella – a rocky headland jutting 60m/200ft above the sea and the farthest point along the coast – with an option to climb a 600m/2000ft hill with a chapel on the top. The trek is approximately 80km/50miles long, spread over six days of walking and your luggage is transferred from hotel to hotel by us.

We stay at hand-picked good 2, 3 & 4 star hotels and spend one night at a traditional Agriturismo. Most meals are included and there is plenty of time to try local honey, cheeses, salami, olive oil, wines and limoncello.



The walking will be mostly on well-maintained trails but there are sections where it is rocky underfoot or over-grown with grasses and some ascents and descents will be challenging. The Amalfi Coast is renowned for its flights of ancient stairways, so be prepared for this and bring walking poles if your knees suffer.



Salamander Adventures is the trading name for Salamander Treks Ltd is registered in England and Wales under company No 6060750.

ITINERARY

Day 1 Arrive Naples; transfer to Amalfi

Meet at Naples airport at 15:00hrs (3pm). We will then transfer you to our hotel in Amalfi town, which takes approximately 90 minutes. Amalfi has a spectacular duomo, lots of pretty shops and cafés and is home to a traditional paper-making museum. There will be a short briefing by your Trek Leader about the week ahead, followed by dinner at local restaurant. **(Hotel. Meals included: none)**

Day 2 Amalfi to Ravello

After breakfast we walk out of town and begin to slowly climb past the small farms and villages perched above the town. On the trail we will see lots of lemon groves – famous in this region – and numerous farms cultivating olives, fruit and vines. It is a peaceful hike above the hustle of the town. We end the walk at Ravello, an attractive town, long-known to painters, writers, philosopher and poets. The town is neatly compact and it is easy to visit the villas, gardens, cafés and limoncello shops. We head back to Amalfi in the late afternoon by local bus – or you may prefer to walk back in 1.5 hours. Dinner will be at a local restaurant tonight.

Ascent: 365m. Descent: 365m. Distance: approximately 8km. Trekking time: approximately 3-5 hours.

(Hotel. Meals included: breakfast)

Day 3 Hike into the Ferriere Natural Reserve to San Lazzaro

After breakfast we leave Amalfi and head into the Valle delle Ferriere. Designated a Natural Reserve, it is surrounded by high limestone cliffs and has a unique micro-climate, creating a home for plants not normally found in this area. The hike heads past ferns and grasses to small waterfalls and a pretty river hidden in the forest. As we climb higher, we walk through chestnut groves and there a superb views of huge limestone cliffs and of the towns and villages below. We arrive at a high point overlooking the Bay of Salerno before descending on an ancient limestone stairway to San Lazzaro - a quiet village at 650m - nestled in the Agerola Plain.

Ascent: 800m descent 200m. Distance: 10km. Trekking time: approximately 6-7 hrs.

(Hotel. Meals included: breakfast, lunch & dinner)

Day 4 San Lazzaro – Agerola ridge – San Lazzaro

From the hotel we head up onto a ridge and ascend to a height of 900m. Continuing along the ridge, we pass through thick woodland and enjoy views of the Agerola Plain, Mt Vesuvius and the Bay of Naples. Today's walk is circular and we descend to the small town of Bomerano before heading back to San Lazzaro. Nearby is a small organic farm that we can visit, which has been run by the same family for several generations. They produce their own wine, olive oil, honey, limoncello, salami and cheeses as well as growing seasonal fruit and vegetables.

Ascent: 300m. Descent: 300m. Distance: approximately 13km. Trekking time: approximately 5-6 hours.

(Hotel. Meals included: breakfast, lunch & dinner)

Day 5 'Walk of the Gods'

The Walk of the Gods is justifiably regarded as one of the greatest coastal walks in the world. The high cliff path contours west from Bomerano, with magnificent views of



the Bay of Salerno and Capri. The trail passes under huge limestone cliffs and above picturesque stone farmhouses until it reaches the attractive village of Nocelle. From here, we continue traversing high above the coast and make our way on rougher paths to Santa Maria del Castello perched 700m above Positano. There is very little to do in this hamlet, other than enjoy the view and the hospitality of the Agriturismo. Ascent: 300m. Descent 200m. Distance. 10km. Trekking time approximately 6 hours. **(Agriturismo. Meals included: breakfast, lunch & dinner)**

Day 6 Santa Maria del Castello to Sant'Agata

We leave the peace of the Agriturismo and continue our journey west over Mt Comune (877m) and then begin to descend amongst gentler scenery. To the north we can see Sorrento and the Bay of Naples; to the south we can see the Amalfi Sea and Capri. Today is quite a long day and we have to cross the occasional road. We will arrive in Sant'Agata (390m) in the late afternoon. It is a great little town with a small centre and lots of nice restaurants and bars.

Ascent: 500m. Descent: 700m. Distance: approximately 18km. Trekking time: approximately 8 hours.

(Hotel. Meals included: breakfast, lunch)

Day 7 Sant'Agata to Punta Campanella

We head to the sleepy town of Torca and continue on a quiet path towards the sea. We then traverse on rough ground, where the path can be faint and obscured by large grasses, with wonderful views of the sea and tiny islands below. After a couple of hours we reach a quiet road and continue to Termini where we head down to Punta Campanella. We follow a path for 3km, a very small part of which is the original Roman road. It is great way to finish the trek with views over the Tyrrhenian Sea, the occasional fishing boat and the island of Capri. For those who have the energy, there is the option of climbing 500m to the top of the hill behind which has a magnificent chapel on its summit. There are incredible views, both towards the sea and looking back to the east at our long trek. We descend to Marina del Cantone where we stay for two nights.

Ascent: 600m (800m if you do the hill at Punta Campanella). Descent: 800m (1000m if you do the hill at Punta Campanella). Distance: approximately 17km. Trekking time: approximately 8 hours.

(Hotel. Meals included: breakfast, dinner)

Day 8 A free day at Marina del Cantone

Marina del Cantone is a tiny old fishing village with a smattering of small shops and restaurants. It is very peaceful and sees few visitors outside the summer period. You can choose to spend the day here, take a gentle walk along the coastal path or head off for a day excursion. You can take the public bus to Sorrento (approx. 1 hour) for sightseeing and, if you have time, take a ferry to Capri. You can also take a bus to Positano with a change en-route. We will have a farewell dinner at the hotel.

(Hotel. Meals included: breakfast, dinner)

Day 9 Marina del Cantone – Naples

We will depart the hotel at 10:00hrs and aim to arrive at the airport by 12.00hrs.

(Meals included: breakfast)



While our intention is to adhere to the day-by-day route as printed above, a degree of flexibility is built into the itinerary. Occasionally, it may not be possible to follow the itinerary as planned. This may be for a variety of reasons – climatic, political, physical or other. In these circumstances we will make the best alternative arrangements possible that maintains the integrity of the original itinerary.



PRACTICAL INFORMATION

Is it for me?

The route is approximately 80km/50 miles. This trip should appeal to you if you regularly take walking weekends and are happy covering 15-18km (10-12 miles) each day, with a number of ascents and descents. We normally walk for between 5 and 7 hours each day and be outdoors for 8 hours.

We generally follow good, well-maintained paths though there are sections when it is rocky underfoot and can be overgrown with grasses. There are some long flights of ancient steps and walking poles can be useful.

The highest altitude we walk to is around 1100m so you will not feel the altitude.

If you have completed the Tour du Mont Blanc, you will find this trek slightly less challenging. The TMB is a grade 5. Amalfi Path is grade 4.

Group size

- Minimum 6, maximum 14.

Price and what it includes

- Accommodation on a twin-share basis.
- Transfers to and from the airport (specified times only – see Airport transfers below).
- All transfers and buses throughout when part of the organised trek.
- 8 breakfasts, 4 picnic lunches and 5 dinners.
- The trek is led by a qualified trekking Guide.

What is not included

- Dinners on day 1, 2, 6 and lunches on day 1, 2, 7, 8, 9.
- Drinks.
- Any excursions outside of the trek.

Accommodation and meals

We stay at comfortable 2, 3 and 4 star hotels for seven nights and spend one night at a simple Agriturismo. Rooms are on a twin-share basis: they all have en-suite bathrooms.

Dinners, when included, are normally three courses. Tea and coffee at dinner and all other drinks are not included.

Please note that, as elsewhere in Italy, all restaurants expect you to buy mineral water. They do not provide tap water.

Typical meals

Breakfast: tea, coffee, juice, bread, butter, jam, cakes, ham, cheese.

Picnic lunch: Ciabatta, tuna, ham, cheese, salad, fruit.

Dinner: generally a fixed menu with starter, main course, dessert or cheese.



The hotels also sell soft drinks, beer, wine and mineral water. If you chose not to take or eat any of the meals provided throughout this trip, there is no refund.

Luggage transfers

You will have access to your main luggage for 7 of the 8 nights. This will be at the towns when we stay at hotels.

On the one day you do not have access to your luggage (Santa Maria del Castello) you will need to carry your over-night gear, which will most likely include spare socks, underwear, T-shirt and basic toiletries. This is light back-packing and we recommend you have a 35-40 litre rucksack. You only need to pack for one night.

We strongly recommend that you do not leave any valuables or any object of high value in your main luggage. When your luggage is transferred and then delivered to the next hotel, it is likely that it will be left in the reception area or in an unattended back-room. We recommend that you lock your luggage and clearly label it with your name, address and mobile phone number.

Airport transfers

We arrange an airport pick-up from Naples International Airport on Day 1. We meet in the Arrivals Hall near the Information Desk at 3pm (15:00hrs) where a representative will be holding a sign with Salamander Adventures. **Our minibus will leave Naples Airport at 3.30pm (15:30hrs) so that we arrive at the hotel in Amalfi at 5:00pm (17:00hrs).** Many clients arrive in Naples on different airlines and at different times of the day so we leave the transfer until 15.30hrs so that most people can take it. If you arrive at Naples airport early in the day you can take a short bus / taxi ride into the city and spend the day sightseeing or shopping. You can leave your baggage at 'Left Luggage' at the airport.

Clients arriving after the minibus has departed at 15:30hrs will need to take a private taxi from the airport to Amalfi which currently costs €160.

For the 'drop-off' at the end of the tour (Day 9), we ensure that you are at Naples International Airport by 12pm (12:00hrs). If you need to be at the airport earlier, we will organise an extra transfer that must be paid for in advance.

You are of course welcome to arrange your own transport to the hotel in Amalfi, but at your own expense.

Transport during the tour

All transfers to the walks are included in the price of the tour. The transfer from the airport is in a private minibus.

Staff

Throughout the trip, you will be accompanied by a qualified trekking Guide who has a First Aid certificate and carries a First Aid Kit.

Weather

In the spring and autumn, daytime temperatures can vary from 15-22°C. It is cooler in San Lazzaro and Santa Maria del Castello as they are 600-700m above sea level and the temperature will be around 5°C less during the daytime. As with all coastal



areas it can rain – either as frontal weather or as thunder storms – and you should come prepared for this. We pay special attention to the local weather forecasts and will adjust the itinerary if we feel it is necessary to get the best from your trek.

Clothing and equipment

- Good walking boots or shoes: leather or fabric and should be worn-in before you arrive.
- Waterproof jacket. Simple waterproof trousers.
- Trousers or skirts, short trousers.
- T-shirts and tops that includes a jumper or fleece jacket.
- A Gillet or light down jacket can be nice for the evenings at San Lazzaro and Santa Maria del Castello when it can get pretty chilly.
- Rucsac that will give you enough room to carry a few clothes plus other items for the overnight at Santa Maria del Castello when you do not have access to your main luggage: 35/40 litres is recommended.
- Sun hat, sun cream, sunglasses, water bottle.
- Swimming costume for the beach, though the water is cold in Spring time.
- Torch, blister kit, any personal medicine.

Extra expenses & money

You need to use Euros in Italy. There are ATMs at Naples airport, Amalfi, Ravello, and Sant'Agata. There is no ATM in San Lazzaro, Santa Maria del Castello or Punta Campanella. Some places take cards, others prefer cash.

You will need extra money for drinks, lunches and evening meals which are not included. In addition allow for postcards, souvenirs, snacks and excursions. Amalfi and Ravello have many cafés, restaurants, souvenir and clothes shops.

In Ravello:

Entrance to Villa Cimbrone is €7

Entrance to Villa Rufola is €6

In Amalfi:

Entrance to the Paper Museum is €3.50

Entrance to the Duomo (Cathedral) is €3

Typical costs

These are approximate costs: you can spend more or less than indicated.

Dinners Allow €15-20 per meal for the nights not included

Misc Wine (€5-15), beer (€3-4), soft drinks (€2-3), cakes & snacks, coffee.

Passports, visas and insurance

It is essential that you are in possession of an up to date and valid passport. You must check the visa and entry requirements of your chosen destination and any countries that you may be stopping off at en-route. Whilst we are able to offer general advice to British citizens, personal circumstances such as criminal records, may affect your eligibility to enter certain countries. It is therefore your responsibility to ensure that you have the correct documentation to gain entry into your chosen



destination(s). For any further information, please consult the relevant embassy or for British residents visit: www.fco.gov.uk

Adequate and valid travel insurance is compulsory when you travel with us and it is a condition of accepting your booking that you agree you will have obtained adequate and valid travel insurance for your booking by the date of departure. We recommend that you take out insurance as soon as your booking is confirmed.

We recommend that your travel insurance includes repatriation, helicopter rescue, all the activities mentioned in this dossier and any optional activities you may take part in. You must check with your insurer that you have adequate and valid cover for your tour. Anyone who does not have insurance will not be allowed to take part in the tour until cover is arranged. This is part of our booking conditions.

Please ensure that you have an up-to-date copy of this dossier immediately before you travel, as from time to time our itineraries may be amended, either for operational reasons or in response to feedback from clients. You will be informed of any major changes to your trip but small changes may just be added to this dossier.

