

# Comfortable Hiking Holidays

Hike an adventure. Rest in Comfort.

## Trip Itinerary: Amalfi Coast, Italy - 1 Holiday

April 9 to 21, 2018

A second departure is also available in October.

- Day 1** **BENVENUTI IN ITALIA MERIDIONALE**  
Upon arrival, our bus will take us from the Naples airport to the hotel in Sorrento.
- Day 2** **PUNTA CAMPANELLA**  
We walk from our hotel to Massa Lubrense and then on through the small farm villages to Termini. From Termini, a track leads us down to the lighthouse at the extreme tip of the Peninsula, Punta Campanella, which separates the Gulf of Naples from the Gulf of Salerno. (Moderate-challenging, 9 km + optional 5 km, drop-out points available)
- Day 3** **VIA DEI MONTI LATTARI**  
The Lattari Mountains form the backbone of the Sorrentine Peninsula. We hike along the coastline west of Colli di Fontanelle all the way to Sant'Agata. From Sant'Agata, it's a lovely downhill walk to Sorrento. (Moderate-challenging, 9 km + optional 3km)
- Day 4** **DAY OF LEISURE**  
What a perfect day for you to explore Sorrento. It has some very worthwhile sites to see like the Marina Grande, Sedile Dominova, Piazza Tasso, numerous churches and squares, and more. Did we mention that Sophia Loren filmed the movie "Scandal in Sorrento" here? Plus you'll undoubtedly enjoy getting lost in the labyrinth of alleyways around Via San Cesareo and Corso Italia.
- Day 5** **SENTIERO DEGLI DEI - POSITANO**  
Today we hike the aptly named Sentiero degli Dei - the Pathway of the Gods - from Agerola to Nocelle. This is the region's most famous mountainside trail. And from Nocelle, it's just a "short" 1000+ steps down through terraces and olive groves to get to Positano. (Moderate-challenging, 11 km, undulating)
- Day 6** **IERANTO**  
Our hike begins in Sant'Agata Sui Due Golfi, through Termini, and descends to the clear waters of Ieranto (a World Wildlife conservation area). You will have the Bay of Ieranto to one side and the Gulf of Salerno on the other; just imagine the views! (Moderate, 10 km)
- Day 7** **DAY OF LEISURE**  
You may choose to take the train to Naples or Vesuvius today or alternatively, we can help the group arrange a bus to visit "La Bellissima" Ravello.
- Day 8** **AMALFI**  
Amalfi, Italy's first maritime republic, is the centrepiece of today's hike. Beginning at Duomo di Sant'Andrea, we meander from Amalfi to Atrani and then up to the village of Pontone where lunch will be waiting. After lunch, we descend from Pontone back to Amalfi along the Valle dei Mulini. (Moderate-challenging, 11 km, 1000 ft ascent/descent)
- Day 9** **TRANSFER FROM SORRENTO TO CAPRI**  
This morning, we ferry from Sorrento to Capri. In the afternoon, we walk from the Piazza Umberto to the Arco Naturale, and then a coastal path takes us past the famous Faraglioni islands (Capri's most iconic feature) all the way back to our hotel. (Moderate, 4 km)

## Day 10

### BELVEDERE MIGLIARA

Our day begins with a chairlift to the top of Monte Solaro. The hike begins here! The trail follows the crest of the cliffs overlooking the sea. We shall stop at a well-known restaurant nearby for lunch before continuing our hike to Anacapri. Once there, we shall tackle the Phoenician Steps down to Capri's Marina Grande. (Moderate, 8 km, 1300 + 960 ft of descent)

## Day 11

### SENTIERO DEI FORTINI

The Sentiero dei Fortini is a lovely coastal walk along the west side of the island from the lighthouse at Punto Carena all the way to the Grotta Azzura. (Moderate, 7 km)

## Day 12

### POMPEII

This morning, we ferry from Capri to Naples for a guided tour of Pompeii. (Light, sightseeing)

## Day 13

### ARRIVEDERCI ITALIA!