

Trails of the Amalfi Coast

Trip Code: VCA

Version: VCA Trails of the Amalfi Coast



WALK & TREK



GUIDED GROUP



LEISURELY



HIGHLIGHTS

- Stunning day walks including the breath-taking Walk of the Gods
- Enjoy spectacular views on the undiscovered Monte Lattari coastal trail
- Explore Amalfi and Ravello - Italian gems of the Sorrento Peninsula
- Soak up the history of Pompeii and look down into the crater of Vesuvius
- Sample limoncello in Agerola and local wines at a farmhouse near Mt Vesuvius

AT A GLANCE

- 5 days walking and sightseeing,
- Join at Naples

ACCOMMODATIONS & MEALS

- 7 Breakfasts
- 3 Lunches
- 4 Dinners
- 7 nights Hotel

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

Introduction

Showcasing one of Italy's most breath-taking landscapes, the Amalfi Coast is a beautiful region of wild mountains dramatically plunging into the sea. Romantic and striking, this incredible region is excellent for walking and the famed Italian culture. Here you'll experience one of the most stunning coastlines in the world complete with a wonderful labyrinth of footpaths, charming villages, rustic olive groves, zesty lemon orchards and picture-postcard towns clinging to terraced cliffs.

On KE's centre-based Amalfi adventure you'll stay in a traditional family-run hotel with a superb panoramic terrace and tasty local cuisine. During the week you'll enjoy an excellent variety of daily walks, alongside time enjoying the charming towns of Amalfi and Ravello. A day exploring the incredible UNESCO World Heritage Site of Pompeii and towering volcanic giant of Vesuvius is included in the holiday too. You'll finish the holiday in style with one of the world's best hikes, the exhilarating Walk of the Gods to Positano. If you're looking for an Italian walking holiday bursting with traditional flavours and vibrant colours, then this is the perfect choice.

Is this holiday for you?

This lovely centre-based walking holiday includes all the main walking highlights of the Amalfi Coast. The week includes 4-day walks of a maximum of five hours, following established footpaths and trails. The trails we use on this holiday feature a number of ascents and descents on stone steps, which can make certain parts of the trip seem challenging for the grade. The ascent of Vesuvius is a 2-hour round trip on a zig-zag volcanic trail. While there is sufficient walking on each day to satisfy regular hikers, it is intended that this should be a relaxing holiday with ample time to experience the local towns and villages, plus the incredible views along the way. As this holiday is centre-based, there is the opportunity to have a day off from walking if you wish and relax in Agerola. A mid-week free day allows you to enjoy the local area or explore further afield to the isle of Capri or the ancient site of Herculaneum.

Itinerary

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DAY 1

Meet at the group hotel in Bomerano. A single timed transfer from Naples Airport is included.

Fondly referred to as Switzerland in miniature, Bomerano is nestled in the heart of the Sorrento Peninsula and surrounded by a wonderful mountainous landscape. Rich in chestnut forest, meadows, orchards and stunning views of the Amalfi Coast, Bomerano is a great base for the week and a world away from the larger tourist towns on the peninsula. It is from the forests in this area that the wealthy Maritime Republic of Amalfi collected wood for its ships. This whole area has early-Roman origins and grew in wealth after the devastating earthquake of 62 AD and the volcanic eruption of 79 AD that destroyed Herculaneum and Pompeii.

Meals: **D**



Accommodation
Hotel

DAY 2

Stunning walk high on the Monte Lattari coastal trail before pizza making for dinner.

This morning, after breakfast, we join the Alta Via Del Monti Lattari trail. Sometimes described as "undiscovered Europe", the Alta Via Del Monti Lattari trail runs high above the sea as pristine beaches lie below. Here footpaths snake through old vineyards, over rugged cliffs and pass ancient farm land. Initially we follow a lovely footpath through terraces of tomatoes, grapes and lemons.

The Amalfi Coast is famous for its lemons, which were originally grown to provide Vitamin C for sailors. By the 19th century the Amalfi lemon had assumed great social and economic importance, which slowly transformed this rugged rural landscape into stunning terracing. Small orchards are known as piazzas and accessed by steep staircases, still today freshly picked lemons are transported on the shoulders of manual workers.

We ascend gradually up to a viewpoint where we're rewarded with views of the coast and Isle of Capri. As we continue along old mule tracks we can gaze out over the Sorrentine Peninsula. This is a unique with deep valleys, majestic mountains and jaw-dropping sea views. We'll pick a nice scenic spot to stop and enjoy lunch. Back in Bomerano, we will stop to sample some locally produced Limoncello, one of the most famous drinks in Italy. Chilled and delicious!

Tonight we try our hand at pizza making. A genuine Italian pizza crust is thin, light and fluffy after being hand-stretched and cooked at a high temperature. The tomato sauce is made from local tomatoes and local herbs. In Italy the toppings are simple and include the famed buffalo mozzarella. Finish with a delicate drizzle of olive oil and you have sheer perfection!

Meals: **B L D**

	Accommodation Hotel		Ascent 600M		Descent 600M		Time 5 hrs walking		Distance 14KM
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DAY 3

A fantastic day visiting UNESCO World Heritage Pompeii and Vesuvius.

This morning we transfer by private minibus to Mount Vesuvius and enjoy a hike to the crater. As the only active volcano on mainland Europe, Vesuvius is best known because of the eruption in A.D. 79 that destroyed Pompeii and Herculaneum. We follow a series switchbacks as we make our way up. We can peer down into this enormous crater, whilst surrounded by fantastic views over the Sorrento Peninsula and Pompeii. After our walk, we will stop at a wine farmhouse for a tasting and a lovely lunch.

In the afternoon we head to Pompeii. The story of this UNESCO World Heritage Site is humbling and it's a wonderfully atmospheric place to wander. Pompeii is like a ghostly open book and is surely one of the world's most engrossing archaeological experiences. Once home to over 20,000 people, the city was thriving until the devastating volcanic eruption. The town lay buried for 1700 years until architect Domenico Fontana stumbled across the ruins whilst digging a canal. Pompeii is remarkably well-preserved, where you can walk down Roman streets and discover old houses, villas full of colourful frescos, temples, shops, cafes and amphitheatres. The best way to enjoy the site is to stroll through the city away from the guided groups, where you'll find pockets of solitude, wild flowers and birds singing as the towering giant of Vesuvius dominates the horizon.

Afterwards, we transfer back to Bomerano.

Meals: **B L**

	Accommodation Hotel		Time 2 hrs walking
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DAY 4

The Valle delle Ferriere Nature Reserve, a moss-clad waterfall and pretty Amalfi.

Today's walk takes us from Bomerano to the pretty harbour town of Amalfi via cliff hugging villages and hamlets. We take the public bus to Agerola and from here we follow a rocky trail to the unique reserve of Valle delle Ferriere. This little pocket of nature was established in 1972 and has a special micro climate

due to its lush vegetation and the warm southern wind. We'll discover rare woodland species and if we're lucky several types of orchid. Our footpath leads us to a beautiful moss clad waterfall where we can enjoy a riverside picnic. In the afternoon we walk down into Amalfi passing lemon groves. In Amalfi there will be time to wander through its centre. The main piazza is perfect for people watching over a drink or gelato. From afar the town looks like a cluster of white house's clinging to the rock face, connected to each other by covered alleys and stairs. The town has a few historical buildings and is delightfully small after the majority of the old city slid into the sea during an earthquake in 1343. At the centre of the main square is the beautiful Cathedral of St. Andrew, with its impressive staircase and bell-tower in Arab-Norman style. When we've had our fill of exploring and enjoying the charming architecture and views we take a bus back to Bomerano (45mins).

Meals: **B L D**


	Accommodation Hotel		Ascent 180M		Descent 800M		Time 5 hrs walking		Distance 9KM
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DAY 5

A free day to enjoy the local area, take a boat to Capri or visit Herculaneum.

Today is free for you to relax and enjoy the local area, take a boat trip to Capri or visit the ancient site of Herculaneum. You can always head back to Amalfi and people watch from one of the many pavement cafes. Whilst a 25min walk along the headland from Amalfi is the town of Atranti, a labyrinth of whitewashed alleys and arches with a little piazza and small beach. From the harbour of Amalfi you may wish to take a ferry to the Isle of Capri. Capri is beautiful with lovely gardens, elegant buildings and steep cliffs which rise majestically from the Tyrrhenian Sea. Here you'll find elegant villas covered with wisteria and bougainvillea and myths ranging from sirens charming seafarers, to 1950s celebrities in oval sunglasses. If you want to explore more of Italy's history, you may wish to stay on the mainland and visit Herculaneum, the sister to Pompeii.

Meals: **B**

	Accommodation Hotel
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DAY 6

Follow trails through Dragon Valley to the enchanting town of Ravello.

After breakfast we take the public bus to Amalfi and pick up today's trail which take us through the wonderful Mulini Valley. This beautiful valley is home to deserted mills, which lie almost hidden from view due to the rich flora. The mills, which took advantage of a nearby stream, once ground the wheat for the local inhabitants. During the 1940 the buildings were closed down and have since been enveloped by their lush surrounding. It's a wonderful place to explore as we enjoy views back to Amalfi.

From the Valley of the Mills we walk to Ravello, known as the jewel of the coast. Renowned for its beautiful gardens and historical links to Virginia Woolf, DH Lawrence and Greta Garbo, the town is perched on high cliffs above Amalfi. We'll have time to stroll through this little gem, which has a cathedral, a beautiful central piazza and striking sea views. From Amalfi we take a private transfer back to Bomerano.

Meals: **B**

	Accommodation Hotel		Ascent 400M		Descent 400M		Time 4 hrs walking		Distance 8KM
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DAY 7

Along the spectacular Walk of the Gods to the exquisite town of Positano.

The grand finale to our walking week is the spectacular Walk of the Gods - a highlight of the holiday. This fabulous walk takes us along cliff top paths whilst surrounded by stunning views over the Sorrentino Peninsula. As we head through brief sections of forests, and pass vineyards that cling to the mountain, we may meet local farmers and shepherds working on this dramatic landscape. We can also look out for peregrine falcons and kestrels, which are frequently seen soaring above. As we reach Nocelle we take in the views, and pause to hear the monastery clock chiming, before heading down towards the beach. Continuing through fig, olive and hibiscus trees we reach the pretty pink buildings of Positano. This beautiful town is the most photogenic town on the coast, the pastel coloured houses tumble down to the sea, causing a cascade of peach, pink and terracotta. We'll have time to stroll through the labyrinth of backstreets and enjoy this wonderful little place. In the afternoon we'll make our way back by ferry but please note, the ferry is dependent on sea conditions and if it is not possible to travel by ferry we'll transfer by public bus. We will have time to freshen up before heading out for a final meal together to celebrate the end of the holiday.

Meals: **B D**

	Accommodation Hotel		Ascent 300M		Descent 900M		Time 5 hrs walking		Distance 9KM
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DAY 8

Departure day. A single transfer to Naples Airport is provided.

A single timed group transfer to Naples Airport is provided in the morning. If you wish to extend your stay in Naples, please contact the KE office and we can assist in booking a recommended hotel. Naples is a fascinating city, and easy to explore, plus there are regular transport connections between the city and the airport.

A UNESCO World Heritage Status, Naples historic centre is fascinating and a genuine walk through

history. You'll find a labyrinth of bustling streets all the way from the 13th Century Gothic Cathedral to the funiculars that transport you up to the hill of San Martino, which offers great views of the city. Highlights include the amazing underground city of Napoli Sotterranea from where forty metres under the city you'll find the heart of Naples and from where the present city was created. You'll step back 2400 years on this journey from the Ancient Greeks to modern times as you explore ancient aqueducts, passages and cisterns. Naples has a city open top sightseeing bus tour which covers the heart of Naples and a separate Bay of Naples. This is a great way to explore the city.

*Food for thought: The true Neapolitan pizza was created in Napoli and the city is extremely proud of it. Here a very thin base is simply topped with tomatoes, mozzarella and basil which all represent the colours of the Italian flag. Napoli is the best place in the world to enjoy one and despite the simplicity, it is absolutely delicious. Aperol spritz is an Italian aperitif institution and not to be missed. Bitter orange Aperol is mixed with Prosecco, a splash of soda and ice. It's Italy's most popular aperitif and a firm favourite with locals. Gnocchi alla Sorrentina is a wonderful but simple dish of potato gnocchi in tomato sauce and one of the region's most popular comfort foods.

Meals: **B**

Holiday Information

What's Included

- A professional and qualified tour leader
- All transfers included in the land only itinerary
- Entrance fees at Pompei and on Mount Vesuvius
- Single timed airport transfers on Day 1 and Day 8
- All accommodation as described
- Meals as described in the Meal Plan

What's not Included

- Travel insurance
- Tips for local staff
- Some meals per the Meal Plan
- Miscellaneous personal expenses - souvenirs and drinks etc
- Any activities or excursions on day 5
- Airport transfers as described

Joining Arrangements & Transfers

TRAVEL TO YOUR DESTINATION

If flying from the UK there are low cost airlines available to the start and from the end of your holiday.

To benefit from full financial protection, ease your holiday planning, and avoid dealing with airlines, we can book scheduled flights from the UK as part of a flight inclusive package. Scheduled flights are usually more expensive than low cost alternatives, however potentially less stressful if your flight is cancelled or delayed. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

The group will meet at the group hotel in Agerola.

A single timed transfer from Naples Airport to the hotel will be provided on Day 1 of the Land Only itinerary.

On the last day of the Land Only itinerary there will be a single timed transfer from Agerola back to Naples airport.

Anyone may join the group transfers by prior arrangement. Travelling as a group or on public transport saves energy. If this is not practical, we can provide private transfers at an additional cost. Taxis are also available.

Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

All breakfasts, 3 picnic lunches and 4 dinners are included.

Food & Water

Water is drinkable from the taps on this holiday. Please fill your personal bottles for your day in the morning. We do not encourage the purchasing of single use plastic bottles.

Part of the experience of any visit to Italy is the opportunity to taste its wonderful cuisine. The Amalfi region traditionally has a 'Mediterranean' diet, rich in vegetables, pasta, fish and olive oil which latterly has come to be equated with longevity. The soil here is very rich, probably because of Vesuvius, and everywhere we go we will see an abundance of tomatoes, zucchinis, chilli and basil, terraces of grapes, and orchards of lemons, apples, and chestnuts. It is hardly surprising that the Amalfi coast has some of the best cuisine in the world. Breakfast in Italy is traditionally continental in style with bread, pastries or cakes, yoghurt, jam and honey served with tea or coffee. Alongside the food, Italian wine is excellent and an important part of any meal! Italy is also famous for its aperitifs, from chilled prosecco to campari, vermouth and cinzano all served over ice. Don't forget the zesty local limoncello and the famous after dinner fiery grappas!

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your diet with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Accommodation

We will spend 7 nights in a family-run hotel in Bomerano, a hamlet of Agerola, which has a restaurant specialising in local cuisine, a welcoming bar and garden. Unlike the busier resorts and hotels on the Amalfi Coast, which may include more facilities, we've tried to offer a more authentic side to the holiday in a rural location and that offers good value for money. Staying here provides a wonderful insight into a more traditional side of the Amalfi Coast, which has kept its proud culture and typical local dishes.

Accommodation is twin share. If you are travelling by yourself, you will be paired with another single client of the same sex. Single rooms are available for a supplementary cost. If you are planning to extend your holiday, additional nights at the group hotel are available on request.

Group Leader & Support Staff

The group will be led by a professional and qualified tour leader.

Spending Money

Approximately €240-€340 should cover all miscellaneous personal expenditure, the non-included meals and activities on your free day as well as reasonable tips for the local staff. You can withdraw cash (euros only) from ATM's in Naples and Agerola. If you intend to travel with cash, you should take this in the form of euros or euro travellers cheques.

Guidance on Tipping

Tips do not form part of the wages of local staff but they are very much appreciated. It is important to remember that tipping is voluntary and should be dependent on good service. It is best if the tip is given at the end of the trip by the group as a whole. We recommend that each group member contributes around €10 - 15 to a group pool and that tips are then distributed between the guide and other support staff as the group feels is appropriate. It is a good idea also to have small change for other tips such as in restaurants or for porters carrying your bags at hotels.

Baggage Allowance

There is no weight limit, other than that imposed by the airline. We ask you to restrict your luggage to one main bag and one small daypack. A KE trek bag is not the best option for this trip and we recommend a bag or suitcase with wheels for this holiday.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and so you are free to proceed with your international flight booking and other travel arrangements.

Flight payment

We sell this holiday on a Land Only basis and recommend that you book your flights to Naples International Airport which is the most convenient for transfers to the group hotel. Please refer to Joining Arrangements and Transfers in the trip dossier for further details.

If flying from the UK there are a number of low cost airlines offering flights to Naples. These include Easyjet who have flights from London, Liverpool & Edinburgh. Other airports may be available. Click on the 'Flight information' link below for further information on booking low cost airlines. Alternatively if you would prefer to book a 'flight inclusive package' using scheduled airlines from the UK please contact our flights department for a quote. Whilst flight prices are likely to be more expensive you will benefit from full financial protection.

Flights SHOULD NOT be booked until you have received your booking confirmation and the trip is showing 'Guaranteed to Run' or 'Limited'.

General Information

Passport & Visas

Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

Health & Vaccinations

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

Preparing for your Holiday

It makes sense to spend some time before coming on an active holiday getting some additional exercise. Whilst regular hiking is the best preparation, swimming and cycling are also good for developing fitness and stamina. Before departure, we suggest that you try to fit in a number of walks in.

Climate

Naples in the Campania region of southern Italy and the Amalfi Coast has a Mediterranean climate with warm, dry summers and cooler winters. The best time to visit is from April to October, when temperatures are the most pleasant, although as expected the temperatures can be at their warmest in July and August. During the spring, summer and autumn, daytime temperatures will vary between 20 and 30 degrees, falling to between 10 and 20 degrees at night.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that prior to travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

- Lonely Planet – Naples and the Amalfi Coast
- The Rough Guide to Naples and the Amalfi Coast
- Gelato Sisterhood on the Amalfi Shore – Chantal Kelly
- Love on the Rocks: A Positano Tale – Catie Costa

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

Equipment Information

Equipment List

Please try to keep the weight of your baggage to a minimum. See the 'baggage allowance' section for further details.

You should bring the following items:

- Hiking boots
- Trainers or sandals
- Socks
- Underwear
- Walking trousers
- Waterproof jacket
- Waterproof trousers
- T-shirts and/or casual shirts
- Fleece jacket or warm jumper
- Sunhat
- Warm hat
- Sunglasses
- Daypack 30 litres
- Sun protection (including for lips)
- Water bottles 1 litre (x2) (we encourage re-filling water bottles rather than single use plastic)
- Washbag and toiletries
- Antibacterial handwash
- Swimwear

- Small towel

Basic First Aid Kit including: Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium),

- painkillers, plasters and blister treatment, insect repellent, and re-hydration salts (Dioralite). Glucose tablets and multi-vitamin tablets, insect repellent.

The following items are optional:

- Shorts
- Walking poles
- Camera
- Reusable cloth bag for shopping (to avoid plastic bags)

There are a number of occasions when you will need to carry your main bag for short distances. Some clients have found that a piece of luggage with wheels is best for this holiday.

Cotswold Outdoor



Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers. [>> Find out more](#)

Land Only Information

We sell this holiday on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. The holiday starts at the group hotel in Naples. A single timed transfer from Naples Airport is provided.

Why Choose KE

Why KE

On this KE walking holiday to the stunning coast of Amalfi, we include both Pompeii and Vesuvius and the majority of your meals.

Please Note This document was downloaded on 20/05/2024 and the trip is subject to change