

Current as of: June 18, 2019 - 10:50
Valid for departures: From July 3, 2018 to December 31, 2019



Amalfi to Sorrento Self-Guided Walk Trip Notes

 **Ways to Travel:** Self-Guided
 **Destinations:** Italy
 **Programmes:** Walking & Trekking

Trip Code:
W08AC


Leisurely / Moderate

9 Days Flight Inclusive
9 Days Land only
Min age: 8

Trip Overview

Travelling at your own pace, you'll combine the elegance of eternal favourites like Ravello, Positano and Sorrento with discoveries most travellers never make such as farmers harvesting olives, fishermen crouched over brightly painted boats mending their nets and the bird's eye view of the entire peninsula from the Path of the Gods above Positano.

At a Glance

- 8 nights hotel-to-hotel accommodation
- 5 days walking (including one optional walk)
- Management by your local Headwater-appointed agent
- Route directions and maps
- Luggage transfers between hotels
- GPX files
- Walking transfers
- Countries visited: Italy

Trip Highlights

- Emerald seas, plunging gorges, balcony views of Vesuvius brooding on the horizon
- Vertical landscape of pastel villages clinging to dramatic hillsides
- Stunning walking trails through lemon groves, olive trees and vines; swimming possibilities most days
- Stay in elegant Amalfi, Positano and Sorrento

- Option to visit the enchanted isle of Ischia, Capri or fascinating Pompeii

Is This Trip for You?

Classification: Self-Guided

Activity Level: 2 (Leisurely/moderate)

Average daily distance on move on days: 9.2km (5.9miles). Please note that these are the average distances for the shorter walks , however on two of the days there is the option to extend the walk.

No. of days Walking: 5 (Including one optional walk)

Terrain: This holiday follows stone steps, coastal paths and some forest trails. You need to be a reasonably fit and confident walker, as the frequent ascents and descents, particularly on the coastal paths, make this a more demanding holiday than the distances suggest. On day 3 guests with a fear of heights may have problems with certain sections. Walkers with knee problems may have difficulty descending the stone steps and walking poles are strongly recommended.

Vehicle Support: This is a self-guided trip for those who prefer to walk independently, but with our assistance to take out the stress of the logistics and planning. We arrange your accommodations, provide you with a map and route notes so that you can walk at your own pace.

It is important that you are happy reading maps and following route notes, we make these as accurate as possible and they are regularly checked.

As this is a self-guided holiday there is no group and no leader. There may be others on the same departure date as you, but you will not be organised together. The route notes contain a 24-hour emergency assistance telephone number should you need it and in emergencies, the local representative is normally able to dispatch a taxi or pick you up themselves. They may wish to charge for this service.

Group

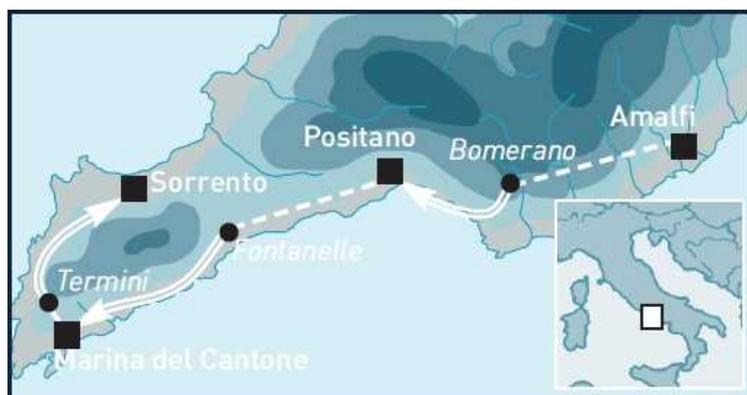
As this is a self-guided holiday there is no group and no leader. A local representative is on hand to assist you and will meet you at the beginning of the week to go through the route notes and point out particular places of interest. Your luggage is transferred and route notes and maps are provided. Please note: the walking and luggage transfers included in this tour are subject to a minimum of 2 people (in total) booked on the departure. A supplement (payable in advance) to cover these transfers and sole occupancy of a room will apply if only 1 person travelling on a departure date.

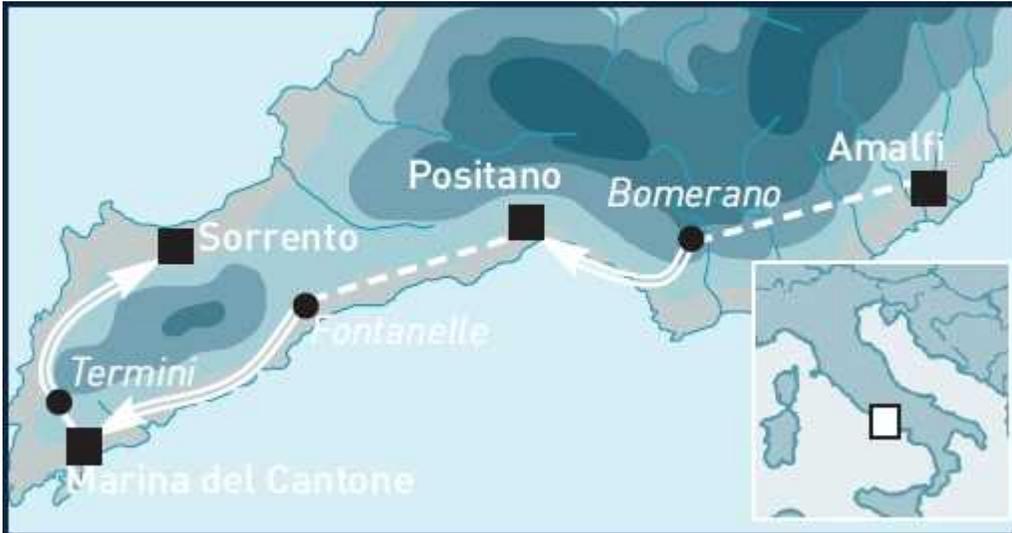
Adult min age: 18

Child min age: 8

Child max age: 17

Itinerary





Land Only

Start City: Amalfi

End City: Amalfi

Land Only Itinerary

Day 1

Arrive in Amalfi

Arrive at your gorgeous 4 star hotel in Amalfi. There's time for a dip in the swimming pool, offering stunning views, before dinner (Pay locally for dinner). **(Staying at the Hotel Miramalfi)**

Day 2

Exploring Ravello

A 20 min bus ride (pay locally) to picture perfect Ravello where your walk begins. Time to view the famous Villa Rufolo and Greta Garbo's legendary retreat, Villa Cimbrone, before descending through citrus groves to Torre dello Ziro (the Saracen watchtower inspired Webster's Duchess of Malfi), then along panoramic terraces, to enter the Valley of the Mills (a testament to Amalfi's mediaeval paper industry). **(Staying at the Hotel Miramalfi)**

Meals included: Breakfast

Distance covered: 10 km / 7 miles

Activity (hours): 4

Day 3

Amalfi/Bomerano to Positano

We will drop you off in Bomerano to begin today's walk which takes you along the Path of the Gods, the region's most famous walk offering views all the way along the peninsula, with Capri's famous Faraglioni cliffs marking 'land's end'. There's a choice of picnic spots with stunning views as you continue onwards past lemon groves and brigands' treasure troves to Nocelle. Then it's down through lush terraces to the vertical pastel town of Positano and your hotel in the historic centre. **(Staying at the Casa Albertina)**

Meals included: Breakfast

Distance covered: 11 km / 7 miles

Activity (hours): 4

Day 4

At Positano

Positano's wide pebble beach is perfect for a lazy day, but if you fancy exploring further afield there's a pleasant walk to Fornillo Bay with its twin Saracen watchtowers. Boat excursions to discover coral lined sea grottoes, as well as trips to the magical mediterranean island of Capri, are available in the harbour. **(Staying at the Casa Albertina)**

Meals included: Breakfast

Day 5

Positano to Marina del Cantone

We take you into the hills near Fontanelle (30 mins) from where you wind through olive trees as you climb gently to Sant'Agata. There are balcony views - making this a fantastic picnic stop - of Capri, Procida and the Li Galli islands, once considered to be the home of the mythical sirens who lured sailors onto the rocks. A paved lane finally leads you down past geranium-decked houses to the small fishing resort of Marina del Cantone. **(Staying at Taverna del Capitano)**

Optional shorter walk: 4.5hrs, distance 12km/7.5mi

Meals included: Breakfast

Distance covered: 15 km / 9.5 miles

Activity (hours): 5

Day 6

At Marina del Cantone (Optional)

You'll be tempted to linger in this pretty little village with its pebble beach lapped by incredibly azure waters, but it's a shame to miss out on our optional walk on the gorgeous Jeranto Bay. There are sea views throughout as you climb to the Montalto Tower, perched on its 100m-high cliff-top outcrop with a truly fabulous panorama over Marina del Cantone and the Li Galli islands. You then descend through olive groves and olive growers' dwellings to an atmospheric ancient limestone quarry, with great sea views, before a final ascent back to your hotel. **(Staying at Taverna del Capitano)**

Meals included: Breakfast

Distance covered: 6 km / 4 miles

Activity (hours): 2.5

Day 7

Marina del Cantone to Sorrento

We give you a lift (15 mins) to Termini from where you wind through olive groves with ever-opening views over the Bay of Naples and its islands, Capri, Ischia and Procida. It's well worth the detour to lovely little Annunziata to visit its pretty Aragonese castle for wonderful views. It's then on to bustling, pastel-coloured Sorrento, with its enchanting gardens, maze of narrow streets and stunning views over to Vesuvius. **(Staying at the Hotel Continental)**

Optional shorter walk: 3hrs, distance 7km/4.5mi

Meals included: Breakfast

Distance covered: 8 km / 5 miles

Activity (hours): 3.5

Day 8

In Sorrento

Staying at your 4 star hotel panoramically overlooking Mount Vesuvius, you're ideally placed to visit Naples or one of its islands, such as Ischia or Capri, by hydrofoil. Alternatively the historical sites of Pompeii and Herculaneum can be visited using the excellent Circumvesuviana Railway. **(Staying at the Hotel Continental)**

Meals included: Breakfast

Day 9

Leave Sorrento

Meals included: Breakfast

Accommodation

Hotels





You stay at carefully picked hotels throughout. They range from a family-run clifftop hotel with stunning sea views in Amalfi, to an elegant 4 star hotel in Sorrento overlooking the panorama of the Bay of Naples. Dinners are either taken at the hotel, or at one of the many fine local restaurants. Lunch options are varied and include picnics in panoramic locations or a trattoria lunch, perhaps delicious mozzarella, grilled vegetables and fresh fish from the sea.

Where a single supplement is available, paying for a single only guarantees a room for single use. It does not always mean a twin or double room will be provided for sole occupancy.

Single supplement from \$1,128.40 USD

Food & Transport

Eating & Drinking

The cuisine on the Bay of Naples uses the freshest vegetables and the famous mozzarella cheese is always on the menu. Try it in salad with sweet tomatoes, baked with aubergine slices or on its own with an accompaniment of herbs. Fresh fruit features heavily too - figs are often used in antipasti along with slices of ham and what better way to finish off a meal than with a slice of fresh water melon? Pizza is a favourite dish all over Italy, but nowhere more so than here (it was invented in Naples!). The thinnest of bases are cooked in the hottest of wood ovens and are garnished with a mouth-watering variety of toppings.

The Amalfi Coast itself is not a wine area as such: the terraces are often too high for the vines to flourish. The region of Campania, however, has a number of good wines from vineyards further inland. Vines flourish too in the rich soil near Mount Vesuvio. Look out for Lacrima Christi del Vesuvio.

Transportation

On some of the days we will transfer you to the start of your walk and one day you will pay locally for a 20 minute bus ride to take you to Ravello.

Weather & Seasonality

Weather Information

Southern Italy, like much of the Mediterranean, has a hot, dry climate in summer and cooler but sometimes wet spring and autumn periods. Unseasonable cold spells and rain are possible at any time of year, so we recommend bringing some warm clothes, especially useful in Bomerano where evening temperatures can be lower than expected. Summer can be very hot with daytime temperatures in July and August reaching up to 34-37°C on the coast.

What to expect in the low season (October - March)

A common misconception about the Amalfi Coast is that it is very warm and year round. However, autumn and winter months may be cooler than you'd expect; although usually milder than Northern Italy, average temperatures in December, January and February range from lows of around 8°C to highs of 15-17°C. Travellers should be prepared for periods of colder weather (with temperatures sometimes dropping to 2°C) especially at higher elevations - there may even be snow atop the Lattari Mountains and sometimes in Bomerano itself! During the winter up to early spring there is also more rain than usual (with an average of one day in four affected) but there are still plenty of enjoyable crisp sunny days. Overall the Amalfi Coast is still a great destination in winter as the coastline is beautiful year-round and you have the chance to visit the sights without the summer crowds and traffic.

Weather Charts

Joining Instructions

Full joining instructions including local emergency numbers will be sent to you as part of our Final Joining Instructions. If you do not receive these at least a week before departure, or require them earlier please contact our office or your travel agent.

Transfers Details

Standard transfers

Transfers included from Naples Capodichino airport at 10:20, and back to Naples Capodichino airport at 07:00. Transfers are also possible from/to the Naples train station (times at your request).

Location start: Amalfi

Location end: Amalfi

What to Take

Essential Equipment

Small daypack (for water bottle, camera etc)

Lightweight waterproof jacket and wind stopper 2-3 season

Walking boots or trekking shoes with good grip

Long walking pants (some paths may be overgrown)

Warm clothes for departures between October and March (including a warm hat and gloves)

Sun hat, sunglasses and sunscreen for summer departures

Walking poles are strongly recommended

Water bottle: while mineral water is available at the hotel and shops, it's safe to drink the local tap water, so remember to bring refillable water bottles and keep hydrated during the day

Optional Equipment

A small umbrella in case of unexpected showers

Swimming suit for pool at the hotel or sea

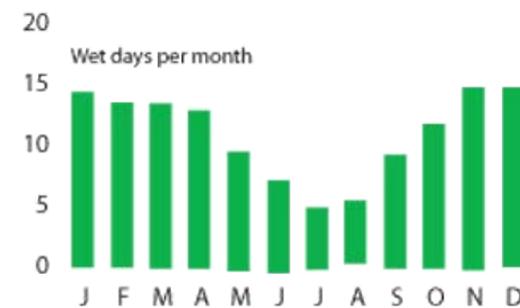
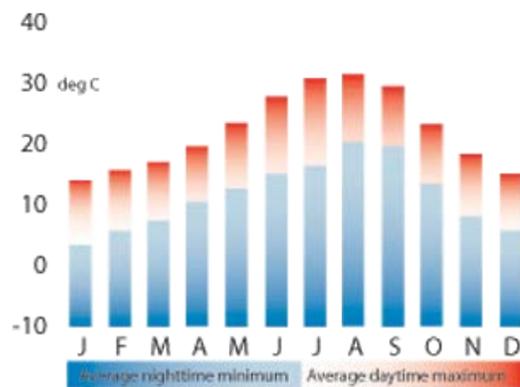
Beach towel

Reading List

Eyewitness Guide to Naples and the Amalfi Coast

Berlitz: Naples, Capri and the Amalfi Coast Pocket Guide

Fodor's the Amalfi Coast, Capri and Naples



Practical Information

Passport

Italy

All nationalities require a full passport that must be valid beyond the intended length of stay. It is your responsibility to have the correct personal documents and to obtain your own visa, if one is necessary, in accordance with the regulations of the country you are to visit. The information offered below is to help you with that process. We are not responsible for the actions of local immigration and customs officials, whether at points of entry or otherwise, and any subsequent effects.

Visa

Italy

No visa required for USA passport holders. Please note in Italy it is compulsory to carry ID with you at all times.

Visa regulations can change without notice: please check the current regulations in good time to obtain a visa if one is required.

Vaccination

Italy

There are no specific health risks.

Travel health can often be something people forget about before going away, but a little preparation and knowledge can go a long way to help you stay fit and healthy while abroad.

The above information can change at short notice; as we are not qualified to answer all your questions about travel health we strongly recommend you contact your Medical Professional or a Travel Health Clinic at least 8 weeks prior to departure for up-to-date information. Please note: vaccinations that are routinely recommended to residents of North America or Australasia are not considered to form part of the travel health advice, and you should ensure these are kept up to date where necessary.

For additional information please visit: <https://travelhealthpro.org.uk/countries>

Insurance - are you adequately covered?

It is a condition of joining any of our holidays that you must be fully insured against medical and personal accident risks (to include repatriation costs and air ambulance or helicopter rescue services where appropriate). On arrival in destination for your trip, you will be asked to present details to your leader or local representative of your policy.

If you are resident in the USA we recommend the Travelex travel insurance policy, this is specifically designed to cover all activities on your trip. If arranging your own policy please ensure that you are covered for all activities that are part of the trip, optional activities that you intend to take part in and/or on high altitude itineraries, that you are covered up to the maximum altitude of the trip.

Local Time

Italy's Timezone: Europe/Rome CEST (GMT +02:00)

Electricity

Italy's Electricity: European plug - 2 round pins.

Money

Italy's Currency

The national currency of Italy is the Euro (EUR), with an exchange rate at the time of publication of approximately 0.9 to the US\$.

Exchange rates are correct at the time of publication.

ATM Availability

Credit and debit cards are accepted in most shops and restaurants although cash is generally easier. Therefore we recommend obtaining some € cash before travelling or on arrival at Naples airport.

Extra Expenses & Spending Money

For lunches not included, you should budget €10-20, depending on whether you choose a set menu in a café or restaurant.

Approximately €25-30 should be enough for an evening meal including drinks.

LOCAL TAXES: many Italian cities have recently introduced a tourist tax for non-residents. The local administration is in charge of the tax, which will be collected by the accommodation provider at check-in or check-out. This fee varies depending on the hotel category, the season and number of days of stay. It is usually between €0.50 and €1.50 per person per night. For this trip, please allow between €5 and €10, depending on the season, for the week. Children and people aged 75 or over are exempt from this tax.





Responsible Tourism

At Breakaway we believe in the power of Responsible Travel.

Every time we travel, we are part of a global movement that creates jobs, builds more sustainable societies, encourages cultural understanding and safeguards common natural and cultural heritage.

Important Information

On all guided trips

Although our leaders are well trained to deal with different capabilities, if they have any concerns about someone's ability to safely partake in an activity, or their impact on other people's enjoyment, we authorize them to take necessary action which, in some circumstances, may involve asking someone to miss that activity.

Although rarely enforced, by booking this trip you agree to section 5 of our Booking Conditions which clearly states that our leaders have the authority to do this. In these circumstances we will ensure anyone sitting out is safely provided for and offered alternative options where possible. Refunds will not be provided for activities missed and customers may be liable for additional costs incurred.

On all trips

In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call the Breakaway office and ask to speak to one of the experts on this itinerary.

In an emergency, please contact our 24 hour out of hours service on +44 (0) 844 326 7041.

Every time that you travel abroad you should take the time to read the warnings in the essential information in the brochure.

Full joining instructions including local emergency numbers, and details of how to reach the start point, will be sent to you approximately 2 to 3 weeks prior to departure. If you do not receive these at least a week before departure, or require them earlier please contact our office or your travel agent.

The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure or website, the Trip Notes supersede the brochure and website. All holidays can be subject to unexpected changes; in order to enjoy them you should be prepared to be flexible where necessary. Occasionally, as stated in our brochure, 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 possible alternative arrangements that maintain the integrity of the original itinerary.

TRAVEL AWARE -STAY SAFE & HEALTHY ABROAD

The U.S. State Department has up-to-date advice on staying safe and healthy abroad. For more on security, local laws, plus passport and visa information, see <https://www.state.gov/travelers/>

For all latest travel information about your holiday, please visit our [Travel Safety Advice](#) page.

How to Book

Ready to book? Please contact Breakaway Adventures on Tel: 1-800-567-6286;
International Tel: +1-843-856-9771.

<https://www.breakaway-adventures.com>

Version 1

