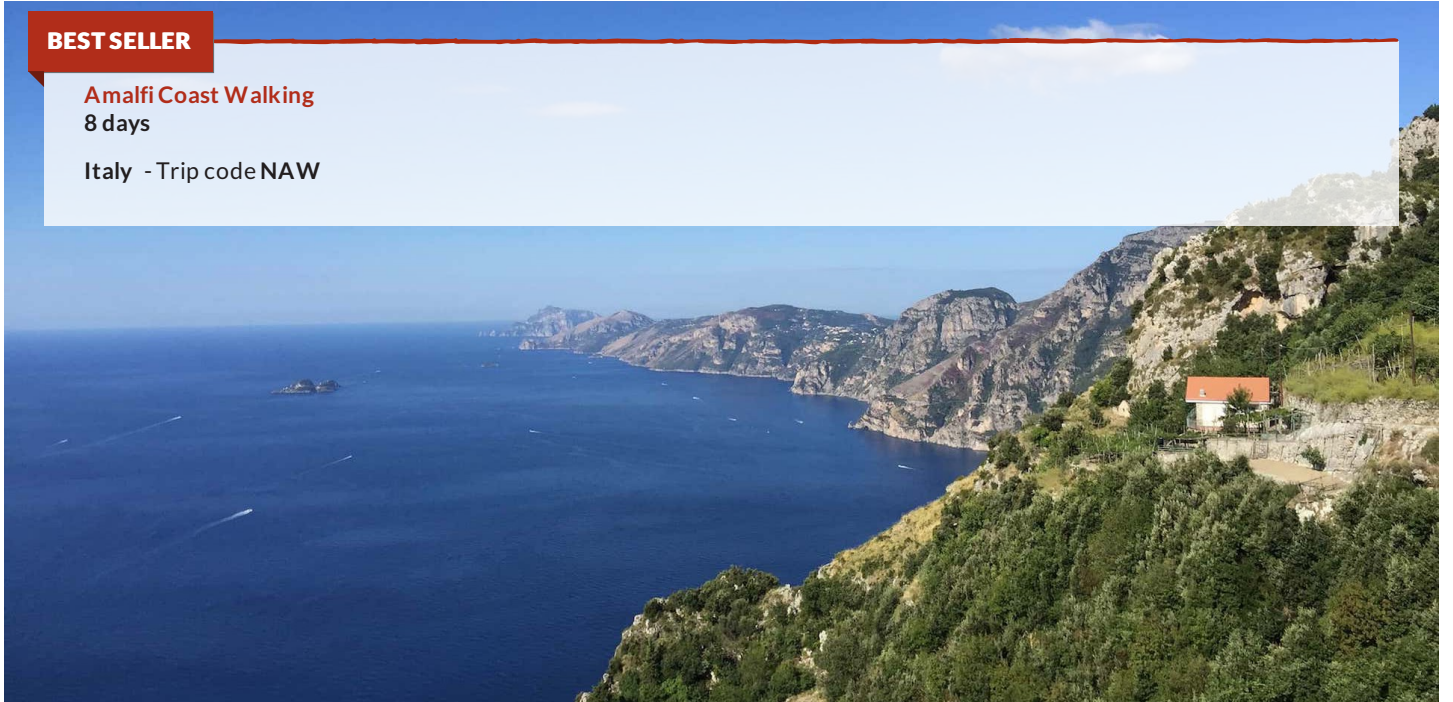


# EXPLORE!

**BEST SELLER**

**Amalfi Coast Walking**  
8 days

Italy - Trip code NAW



## Amalfi Coast Walking

This relaxed walking holiday explores the spectacular Amalfi Coast. Our walks take us across clifftops, through woodland and national parks. The week culminates in the celebrated Walk of the Gods - one of the world's greatest coastal walks. There is time to explore the towns of Amalfi and Positano and island of Capri. You also have the chance to visit the ruins of Pompeii, to climb Mt Vesuvius and explore Ravello. Stay with an Italian family at their peaceful farm overlooking the Mediterranean and enjoy simple, tasty home-produced organic food and wine. Try your hand at making pizza, local cheese and limoncello. At our Agriturismo you can relax and enjoy a taste of the 'dolce vita'.

## Trip highlights

- ★ **Coastal Trails** - 5 day walks including the spectacular 'Walk of the Gods'
- ★ **Capri** - Day trip to explore to the more peaceful areas of this stunning island
- ★ **Food and drink** - Chance to make you own pizza, fresh cheese and sample homemade organic wine
- ★ **Optional trips** - Visit Pompeii, Mount Vesuvius and Ravello
- ★ **Agriturismo accommodation** - Experience warm hospitality and home-produced food and wine on a family-run farm

#### ACCOMMODATION GRADE:

##### Standard

Our standard, mid-range accommodation offers a good level of service, often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en suite facilities.

#### WALKING GRADE:

##### Easy To Moderate

This grade is ideal if you want to enjoy both easy and moderate level walks on the same tour. You'll be walking mainly on good paths and at low altitude, with occasional more demanding ascents or descents.

#### GROUP SIZE:

##### 10 - 16

Maximum group size ranges from between 6 to 20 people, depending on the type of trip, the transport and accommodation used and activities included. We rarely have groups that are smaller than five or six people and the average is 12 people plus an Explore leader.

## Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

### DAY 1 - Join trip at Naples airport; transfer to our agriturismo

Arriving at Naples Airport, the transfer to our base in San Lazzaro will take just over an hour. Here, we can look forward to settling in to our authentic agriturismo accommodation, with its rustically-furnished, en-suite rooms - our home for the next week. At 650 metres above sea level and located only a few metres from the cliffs, our base affords magnificent views of the Bay of Salerno and is peacefully situated a few miles away from the tourist thoroughfare. The family who run this working farm are our hosts for the week, producing their own wine, as well as much of the food that they serve us. A light, cold supper will be served on arrival at the agriturismo.



**Accommodation: Agriturismo Luna d'Agerola** (or similar)



Standard Agriturismo



Single room available



Meals Provided: Dinner

### DAY 2 - Warm up ridge walk; views of Mount Vesuvius

Setting off on foot from the farm this morning, we head up onto a ridge and gently ascend to a height of 900m. Continuing along the ridge, we pass through thick woodland and enjoy views of the Agerola Plain, Vesuvius and the Bay of Naples. Today's walk is circular and we descend to the small hamlet of Santa Maria before heading back to San Lazzaro, where the rest of the day is free to relax. Today's walk is graded moderate, with the 11 kilometres expected to take approximately six hours with a total ascent and descent of 540m.



**Accommodation: Agriturismo Luna d'Agerola** (or similar)



Standard Agriturismo



Single room available



Meals Provided: Breakfast, Lunch & Dinner

## DAY 3 - Walk to Amalfi along the Ancient Republic's Path

This afternoon there will be the option of making our own pizzas for dinner. For those taking part we will spend a short time making pizza dough with the family after breakfast so that the dough can proof during the day. After this we once again commence our walk from the farm, following a path that leads through steep terraces towards the coast. This is an ancient pathway and, before the coastal road was built in the 19th century, this was the only way to get from Agerola to Amalfi. There are plenty of places to stop and admire the sea-views as we descend down a series of steps and meander through ancient alleyways. We arrive in Amalfi in time for lunch and have a free afternoon in which to explore this stunning harbour town. You may choose to look around the impressive Duomo di Sant Andrea (St Andrew's cathedral), with its remarkable baroque interior dating back to the 11th century. The beautifully restored ancient Roman basilica is another highlight. Alternatively, you might choose to relax in one of the many cafes or gelaterias, or look around the curio shops. If it's a hot day, a swim from the public beach might appeal - don't forget to pack your swimming costume and towel. We will head back to San Lazzaro by public bus late in the afternoon. Today's six kilometre walk is graded as easy, with a total ascent of 90m and a 755m descent. We expect it to take us approximately two-and-a-half to three hours.



**Accommodation: Agriturismo Luna d'Agerola** (or similar)



Standard Agriturismo



Single room available



Meals Provided: Breakfast

## DAY 4 - Day Trip to Capri by boat

We take an early bus to catch the boat from Amalfi to Capri. Our ferry ride affords us impressive views of the Amalfi Coast; its clusters of buildings clinging spectacularly to the cliffs. Although only a small island measuring seven kilometres in length and three kilometres in width, Capri's magnificent 600 metre-high cliffs contribute to its imposing appearance. Capri has enjoyed coastal resort status since Roman times, but today's walk gets behind its glitzy facade of trendy boutiques and cool cafes. Exploring its network of winding streets, grand houses and kitchen gardens, our route takes us to the coast, past banks of beautiful bougainvillea and to the quieter parts of the island. Here we have superb views of the mainland and the magnificent limestone cliffs rising out of the Mediterranean. There will be time to enjoy the buzz of the main town, as well as a visit to Emperor Tiberius' palace and perhaps time to visit Villa Lysis, before heading back by boat to Amalfi. Today's easy-graded walk will take approximately four hours, covering 10 kilometres, with a total of 400m ascent and descent. Please note that if the weather is deemed too rough, the ferry to Capri will not operate. Instead we will visit the beautiful hilltop town of Ravello and take a two-hour walk through pretty farmland to the coastal town of Minori.



**Accommodation: Agriturismo Luna d'Agerola** (or similar)



Standard Agriturismo



Single room available



Meals Provided: Breakfast & Dinner

## DAY 5 - Walk in the Ferriere National Park

Once again, today's walk sets off from our accommodation. We take a limestone stairway above San Lazzaro which leads us high above the village. There are great views towards Salerno and the villages and towns below. Contouring round, we pass pretty woodlands and small valleys, before crossing into the Vallone di Ferriere. Surrounded by high limestone cliffs, the four kilometre length of this valley has a unique micro-climate, creating a home for plants not normally found in this area. Our well-established path offers spectacular views of the valley and coast, passing small waterfalls and a pretty river. Descending to Amalfi, we catch the bus back to San Lazzaro. This evening there's the option to enjoy a wine tasting in the beautiful wine cellar at the agriturismo. The wines will be accompanied by a feast of home-cooked food. This moderately-graded walk will take approximately six hours, covering a distance of 13 kilometres with a total ascent of 360m and a total descent of 1015m.



**Accommodation: Agriturismo Luna d'Agerola** (or similar)



Standard Agriturismo



Single room available



Meals Provided: Breakfast & Lunch

## DAY 6 - A free day to visit Pompeii and Vesuvius

Today is a free day to use as you wish. You may choose to relax at the farmhouse or take an optional day-trip to Pompeii. Devastated by a volcanic eruption in AD 79, Pompeii is hailed as one of Europe's most compelling archaeological sites, due to the unique way that the volcanic ash has perfectly preserved so much of the city. Walking around the paved streets and buildings of this UNESCO World Heritage site provides a fascinating, if ghostly, insight into Roman life. Looming above Pompeii is Mount Vesuvius. As well as providing the opportunity to peer down into its 200 metre crater, which most recently erupted in 1944, the panoramic view from its summit is spectacular. A trip to Pompeii and Vesuvius is organised locally, so you do not need to book it in advance.



**Accommodation: Agriturismo Luna d'Agerola** (or similar)



Standard Agriturismo



Single room available



Meals Provided: Breakfast

## DAY 7 - The 'Walk of the Gods' to Positano

Often a highlight of the trip, the Walk of the Gods is justifiably regarded as one of the greatest coastal walks in the world. The high cliff path contours west, 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 descend down an ancient stairway, past pretty flower gardens, into Positano. A poor fishing village until the 1950s, Positano has grown into a chic town that is still a favourite with Hollywood stars. There is plenty of time to enjoy the town and beach before catching the public bus back to the farm for our final evening. Today's moderately-graded walk will take approximately five hours and will cover a distance of 11 kilometres with a total ascent of 330m and 900 m descent.



**Accommodation: Agriturismo Luna d'Agerola** (or similar)



Standard Agriturismo



Single room available



Meals Provided: Breakfast, Lunch & Dinner

## DAY 8 - Free day to visit Ravello; trip ends Naples Airport

Today provides the option of free time or an alternative is to visit Ravello, which offers the chance to explore its glorious mix of Moorish flair and aristocratic excess. This tranquil spot, located high on a rocky promontory overlooking azure waters, has attracted artists and writers to its enchanting streets for generations. Later this afternoon we transfer back to San Lazzaro and later on Naples Airport, where the tour ends.



Meals Provided: Breakfast

# Walking and Trekking information

### DAILY DISTANCES

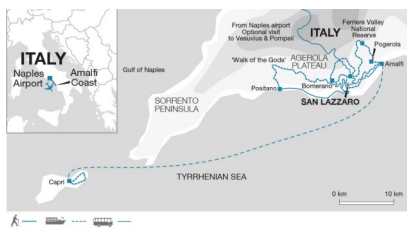
Day 2	11km
Day 3	6km
Day 4	10km
Day 5	13km
Day 6	
Day 7	11km

### Walking grade

Easy to moderate

### Trek details

We walk between three and five hours each day, following footpaths and old mule tracks between villages. Some of the terrain is rough and stony underfoot and three of the walks involve long descents of steep steps. Any of the walks can be opted out of. We have graded this trek as Easy to Moderate as there is a mix of easy and moderate walks.



## Why book this trip

Hiking on the Amalfi Coast has become justifiably popular in recent years, with a number of operators offering trips there. Here are 10 Reasons why you should enjoy your walking holiday with Explore:-

- Our peaceful and intimate agriturismo is perched on the cliffs above the Amalfi Coast.
- All 13 well-appointed bedrooms have a sea view.
- Stay with an Italian family - see how three generations live and work in harmony with nature.
- Included day trip to the stunning island of Capri.
- 5 day walks including the 'Walk of the Gods' and Ferriere National Park.
- Homemade rustic food served in traditional Italian surroundings.
- Opportunity to make pizza, fresh goat's cheese and limoncello.
- Chance to sample the local wine in a beautiful wine cellar.
- Responsible tourism at its best.
- Qualified English-speaking trekking guides.

# What's included?



## Included meals

Breakfast: 7  
Lunch: 3  
Dinner: 4



## Transport

Bus  
Ferry  
Public Bus



## Trip staff

Explore Tour Leader / Trek  
Guide  
Driver(s)



## Accommodation

7 nights standard agriturismo

# Trip information

## Country information

### Italy Holidays & Tours

#### Climate

April/May and October/November are pleasantly warm. June/September are the hottest months. Showers are common in Autumn.

#### Time difference to GMT

+1

#### Plugs

2 Pin Round

#### Religion

Roman Catholic

#### Language

Italian

## Budgeting and packing

### Optional activities

Vesuvius and Pompeii - Private return bus transfer €55 per person (payable to tour leader, arranged once on tour) plus entrance fees of €11 at Pompeii and €10 for Vesuvius Amalfi - Papermill museum €3.50, Amalfi Duomo €3 Ravello - Private return bus transfer €42 per person (payable to tour leader, arranged once on tour) Villa Cimbrone €7, Villa Rufalo €5 San Lazzaro - Pizza making at the agriturismo €15 per person includes a salad and desert, Wine tasting at the agriturismo's own wine cellar €25 per person includes home-cooked dinner

### Clothing

The following are essential: waterproof jacket, fleece jacket or jumper (the evenings can be cool), T-shirts, comfortable walking trousers, shorts, sunhat, sunglasses and high factor sun-cream. Between April and early October you should expect to live in T-shirts and shorts during the day, but please be aware that temperatures and the weather change quickly and it is much cooler at night. For around-town wear you may like to bring some slightly smarter clothes - the Italians dress well when they go out. There are

opportunities to spend time at the beach, so bring a towel and swimming costume. From October to early April it will be cooler during the day and from November to mid-March it can be cold. It is also quite likely to rain. You should come prepared for this and bring waterproof trousers and jackets, walking boots, warm clothes, woolly hat, gloves and scarves.

## Footwear

We recommend you bring walking boots - leather or fabric are both fine. Some of the paths are a bit rocky underfoot and so you could twist an ankle if not wearing boots. Trainers are not recommended. Make sure that your boots are worn-in and comfortable before the start of the trip. We recommend that you wear/carry your walking boots as hand luggage on the international flight: should your luggage be delayed, your well broken-in boots will be irreplaceable.

## Luggage

20kg

## Luggage: On tour

One main piece of baggage and a waterproof day-sac (20-30 litres recommended). You just need to carry what you need for the day which may include a raincoat, jumper, camera, sun-cream, picnic lunch etc. On hot days you will carry fewer clothes but more drinking water.

## Equipment

You will need a water bottle (preferably 1-2 litres), and high factor sun cream. You may like to bring trekking poles, particularly as some of the descents can be long and a bit tough on the knees. It is a good idea to line your daypack with a good quality plastic bag - this will go a long way in protecting your gear from any rainstorms we encounter. Tap water: is safe to drink in most places but water sources along the trail are non-existent. We encourage our clients not to buy mineral water because of the negative environmental impact with plastic bottles. Energy snacks including chocolate and sweets are recommended whilst walking.

## Tipping

### Explore leader

At your discretion you might also consider tipping your Trip Leader in appreciation of the efficiency and service you receive.

## Country Information

### Italy Holidays & Tours

#### Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

##### Dinner price

£10.00 - 14.00

##### Beer price

£2.00 - 4.00

##### Water price

£1.00 - 2.00

#### Foreign Exchange

##### Local currency

Euro.

##### Recommended Currency For Exchange

GBP.

##### Where To Exchange

We recommend that you change any currency into Euros prior to arrival. Bureau de Change are generally only found in major cities and large airports.

##### ATM Availability

Major towns.

##### Credit Card Acceptance

Larger hotels and restaurants.

### Travellers Cheques

Only in major towns. Please note, the exchange rate for cash and Travellers Cheques is poor.

## Transport, Accommodation & Meals

### Transport Information

Bus, Ferry, Public Bus

### Accommodation notes

#### Booking a Single Room

All of our group tours are planned and operated on a twin-share basis, meaning that the standard cost is based either on individual travellers sharing accommodation with another group member of the same sex, or people who book together sharing accommodation. Please refer to the tour notes where the single room option availability is detailed on a night by night basis for this tour, and the price for the available nights is detailed on the dates & prices tab by departure date. For Self-Guided trips the Single Room supplement offers the option of a single room each and is charged per person. The Single Room supplement also applies to the third person in a party of three that will be accommodated in a single room.

Our base for the week, Luna d'Agerola (Agerola's moon), is a small family-run organic Agriturismo (farm guesthouse) set close to the cliffs overlooking the sparkling waters of the Amalfi Coast. Unlike staying in a hotel, you will stay with the family, as their guest, and have the opportunity to learn about the workings of the farm. You will see how the family works together in harmony with nature to produce organic vegetables, to tend their animals, harvest the grapes for their wine and olives for their oil. You will also have the opportunity to make and eat your own pizza, fresh goat's cheese and even limoncello. Ferdinando will serve you authentic local Italian dishes freshly prepared by his sister Giovanna, you will see Valentino tend to his bees whilst Pasquale and his daughter Martina will introduce you to the delights of their home-grown, rather splendid organic wine which you can taste in their own stunning wine cellar. It is a wonderful opportunity to see how 3 generations of one family, from 88 year old 'Mama' Maria down to 11 year old Giuseppe work as a team and a family. The Agriturismo is just a three minutes' walk from the small village of San Lazzaro, which has a few bars, two mini-markets and a couple of small restaurants. This small intimate farm-stay has just 12 simple yet beautiful rooms, all with private bathrooms and either a balcony, terrace or window views towards the sea. There's a lovely terrace where you can relax after your days walk and quiet room where you can use the WiFi internet connection at no extra charge. The kitchen can cater well for vegetarians and gluten free diets. If you require a gluten-free diet, you must inform us before you go. The word Agriturismo refers to farms in Italy only; it is a combination of the Italian words agricoltura (agriculture) and turismo (tourism). An Agriturismo is a farm designed to also receive guests, whether as a restaurant, holiday accommodation, or both. It is a very sustainable form of tourism. Since developing their farm from a simple small holding to holiday accommodation and a beautiful restaurant this generation of the Acampora family have now secured stability for their future generations.

## Essential information

### FCO Advice

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office advice [click here](#).

For more information from Explore about travel advice, [click here](#)

#### Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

### Essential Information

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

### Visa Information

Italy: Visas are not required by UK, Australian, New Zealand, US and Canadian citizens. Other nationalities should consult their local embassy or consular office.



If you do require assistance in obtaining a visa then you may consider applying through Explore's recommended visa service in the UK, Travcour. See [www.travcour.com](http://www.travcour.com) to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

## Booking conditions

Before booking your Explore trip, please ensure that you read both our Essential Information and Booking Conditions.

## Transfers

[Find out more about Trip Transfer Terms and Conditions before you book.](#)

### Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

### Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer [click here](#)

## Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

Read more information about what travel insurance is required.

## Flight information

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. [Read more about them here.](#)

### Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

### Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

## Italy Holidays & Tours

### Vaccinations

Nothing required. Tetanus recommended. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at <http://www.explore.co.uk/Travelhealth/> and from your local healthcare provider.