

EXPLORE!

BEST SELLER

Self-Guided Amalfi Coast Trails

8 days

Italy - Trip code WSAC



Self-Guided Amalfi Coast Trails

A self-guided walking holiday that is all about enjoying the Italian way of life - good food and wine, the sun and the sea. Visit the panoramic Amalfi Coast and the magnificent Bay of Naples with the volcanic Mount Vesuvius towering on the horizon. Spend the day walking on the beautiful island of Capri, then hike along the scenic coastal 'Path of the Gods'. Visit bustling fishing villages and go for a dip in the crystal-clear waters of the Mediterranean Sea.

Trip highlights

- ★ **Sorrento Peninsula** - Hike clifftops and coves for breathtaking views of the emerald blue Mediterranean
- ★ **Amalfi** - Stay in this stylish and photogenic coastal resort
- ★ **Capri** - Escape the tourist bustle with a walk to the more peaceful areas of this stunning island
- ★ **Mouthwatering seafood** - Enjoy fresh seafood and other local delicacies
- ★ **Ferriere National Park** - Walk between craggy limestone cliffs in a valley with unique micro-climate
- ★ **'Path of the Gods'** - Hike the famous clifftop trail to Positano

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.

Itinerary

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

DAY 1 - Trip starts in Sorrento

Today you will arrive in Sorrento and check in at the hotel. If you arrive early you may wish to visit the town and the old port at Marina Grande that has several seafront restaurants and a small beach. Alternatively, if time allows, take a walk through the historic and characterful streets of Sorrento. Details of how to reach the start point of your holiday can be found on our website in the tour specific dates and prices section by clicking on 'Joining Info' and then the 'Show More' button.



Accommodation: Hotel Del Corso (or similar)



Standard Hotel



Single room available



Meals Provided: None

DAY 2 - Explore Capri on foot

Catching a ferry from Sorrento Port to Capri, your short boat ride affords impressive views of the 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 walking gets behind its glitzy façade of trendy boutiques and cool cafes. You have the choice between two walks on the island. The shorter, easier option takes you to Emperor Tiberus' villa - a remarkable testament to 1st century Roman architecture. The second option is a longer walk from the hill town of Annacapri, down to the west coast then along an easy coastal path to the Blue Grotto, with spectacular panoramic views. Capri's excellent network of public buses, along with its cable car, make exploration easy. After your chosen walk, you may like to enjoy the buzz of the main town, before heading back to Sorrento by boat. Depending on which walk you choose, you can expect today's five and 12.5 kilometre walks to take approximately one-and-a-half and four hours, respectively.



Accommodation: Hotel Del Corso (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 3 - Private transfer to Termini. Walk to Marina del Cantone

A private taxi transfer of around 30 minutes takes you from Sorrento to Termini from where you walk to Punta Campanelle, the tip of the peninsula that divides the Gulf of Naples from the Gulf of Salerno, and then down to the wonderful beach at Marina del Cantone. The day's itinerary offers spectacular views of the Island of Capri, the Amalfi Coast, the Gulf of Naples and Mount Vesuvius. If you would like a longer walk then you can either start the walk in Sorrento, or ask your driver to drop you in Sant'Agata dei Due Golfi and start the walk from here. You can expect today's 10 kilometre walk to take approximately three hours. The 17.5 kilometre option from Sant'Agata dei Due Golfi will take you around five to six hours. The longer 22 kilometre walk from Sorrento will take around seven to eight hours in total.



Accommodation: Hotel La Certosa (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 4 - Coastal walk around Marina del Cantone

Today's circular walk takes you to the lovely Bay of Leranto offering great views over to the Island of Capri and of the Amalfi Coast. There is also ample time to go for a dip in the blue Mediterranean Sea at a small secluded cove, or just relax and have a nice lunch in Marina del Cantone. You can expect today's eight-and-a-half kilometre walks to take approximately two-and-a-half hours.



Accommodation: Hotel La Certosa (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 5 - Private transfer to Sant' Agata. Trek through beautiful countryside to Amalfi

A short private taxi transfer takes you to Sant'Agata dei Due Golfi, from where you walk to Colli San Pietro, positioned slightly inland and high above the coastline. Walking amidst the scent of wild flowers and Mediterranean maquia, today's picturesque trek takes you along old country lanes and footpaths. You will pass through terraced fields and olive and lemon groves that open out onto the Mediterranean, before reaching Colli San Pietro where you can take a rest and enjoy the views over the Gulf of Naples. From here you can catch a local bus to Amalfi, where you check in to your hotel for the final three nights of your holiday. You can expect today's nine-and-a-half kilometre walk to take approximately two-and-a-half hours.



Accommodation: Hotel Fontana (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 6 - Trek the famous 'Path of the Gods' to Positano

Toady's walk is also the most famous. Often a highlight of the trip, the Sentiero Degli Dei, or Path of the Gods, is justifiably regarded as one of the greatest coastal trails in the world. The high cliff path offers magnificent views of the Bay of Salerno and Capri. After taking a bus to the start of your walk in Bomerano, the trail passes under huge limestone cliffs and above picturesque stone farmhouses until it reaches the attractive village of Nocelle. From here, you 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. Spend time enjoying the town and beach before catching the public bus back to Amalfi. You can expect today's 12.5 kilometre walk to take approximately four hours.



Accommodation: Hotel Fontana (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 7 - A choice of circular walks from Amalfi

You have the choice between two walks today. A short, easy loop gives you plenty of time in the afternoon to explore the stunning harbour town of Amalfi. Here, 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. Another option this afternoon is to take the local bus up to Ravello, where you can 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. The longer loop walk will satisfy the demanding walker, with its spectacular views of the Bay of Salerno and the high cliffs of the Amalfi Coast. Depending on which walk you choose, you can expect today's six and 14 kilometre walks to take approximately two and four hours, respectively.



Accommodation: Hotel Fontana (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 8 - Trip ends in Amalfi

After breakfast, the organised part of your holiday comes to an end.



Meals Provided: Breakfast

Walking and Trekking information

DAILY DISTANCE

Day 2	6.5km	6km
Day 3	10km	
Day 4	8.5km	
Day 5	9.5km	
Day 6	12.5km	
Day 7	14.5km	

Optional Walks

Walking grade

Easy to moderate

Trek details

On this journey you walk 52 km over 6 days (an average of 9 km per day) with the opportunity for longer walks on several of the days. Your route follows well marked footpaths and mule tracks. Many of the footpaths along the coast involve negotiating stone staircases. On some of the days you will catch the local bus to the start/end of the walk.

Max walking altitude (m)

690



Why book this trip

You'll explore both the Sorrento Peninsula and delightful island of Capri on some of Europe's finest walks including the spectacular 'Path of the Gods' and beguiling Ferriere Valley. You stay in three contrasting locations; the lively cliff-top town of Sorrento, the tranquil hamlet of Marina del Canto and beautiful Amalfi, where colourful houses cling to the rocky cliffs. Enjoy fresh seafood and other local delicacies dining out at a different restaurant each night.

What's included?



Included meals

Breakfast: 7



Accommodation

7 nights standard hotel

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

Clothing

Take light and comfortable clothing that can be layered according to the temperature. July and August are the hottest months whilst early and late in the season go prepared with clothing to suit drops in temperature and possible showers. Light rainwear may be needed at any time of year, and a warm fleece/jacket is recommended for cooler evenings and nights.

Footwear

Walking boots or shoes and comfortable trainers and/or sandals for sightseeing and relaxing.

Luggage: On tour

You will need one main piece of baggage and a daypack sufficiently large to take everything needed for your walking day, such as your water bottle, snacks, spare clothing and camera. Your main luggage will be transferred to your next accommodation on days 3 and 5. Please clearly mark all your belongings with your name and the name of the next accommodation and have your bags ready and at the reception by 09:00 on the morning of your departure.

Luggage transfer

Included between each hotel

Equipment

Insect repellent, sunglasses, walking poles, sunscreen and a water bottle are all recommended. Maps - Along with the destination manual and route notes you will be sent a set of maps that have been created specifically for this trip to help you navigate. The route is marked on each map together with a series of numbered waypoints which correspond with instructions in the route notes. Should you wish to purchase a more detailed commercially produced topographical map we recommend the following:- Penisola Sorrentina: Vesuvio, Pompei, Salerno, Sorrento. Carta escursionistica 1:50000 Kompass ISBN 978-3854913054 Map of the paths of the Amalfi coast. Scale 1:10.000 Officine Zephiro ISBN-13: 978-8898787074 Napoli, Ischia, Capri 1:10.000 TCI Touring Club Italiano, ISBN-13: 978-8836562695

Tipping

Local fees

Local city tax is required to be paid in cash upon check in to the accommodation. The amount varies from 1 to 3 Euros per person per night, with the higher amount relating to higher category hotels.

Country Information

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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

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, US, New Zealand, US or Canadian citizens. Other nationalities should consult their local embassy or consular office. All visa information is subject to change. You should confirm all visa related questions with the relevant Embassy prior to departure.

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 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.

Maximum altitude (m)

690

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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.