

# EXPLORE!

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## Amalfi Coast Walking

ITALY - TRIP CODE NAW

WALKING AND TREKKING

### Why book this trip?

This relaxed walking holiday explores the trails of the spectacular Amalfi Coast from clifftop hikes to woodland walks. There's also time to discover the towns of Amalfi and Positano and the island of Capri. You'll stay with an Italian family at their peaceful farm overlooking the Mediterranean and enjoy tasty home-produced organic food and wine.

- **Coastal Trails** - 5 day walks including the spectacular 'Walk of the Gods'
- **Food and drink** - Chance to make you own pizza and sample homemade organic wine
- **Optional trips** - Visit Pompeii, Mount Vesuvius and Ravello

**INCLUDED MEALS**

Breakfast: 7  
Lunch: 3  
Dinner: 5

**TRIP STAFF**

Explore Tour  
Leader / Trek  
Guide  
Driver(s)

**TRANSPORT**

Bus  
Ferry  
Public Bus

**ACCOMMODATION**

7 nights  
comfortable  
agriturismo

**WALKING**

**GRADE:**  
Easy To  
Moderate

**GROUP SIZE:**

10 - 16

## 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

The trip starts in the Arrivals Hall at Naples International Airport (NAP). We provide two complimentary transfers to our agriturismo in San Lazzaro today. This sleepy village sits at 650 metres above the Amalfi Coast and there are some great views down to Amalfi and the Bay of Salerno from the cliffs. There are a handful of bars, a couple of small restaurants and two mini-markets.

In order to receive a complimentary transfer you need to ensure that your flight arrives in time. The first transfer will be 10.30 am. If you wish to join this transfer the latest time your flight can arrive is 10 am. The second complimentary transfer is at 7 pm and the latest time your flight can arrive if you wish to join this is 6.30 pm. If you plan to arrive later than the second transfer then you will need to make your own way to our accommodation. A taxi should cost in the region of €120 Euros.

The drive to San Lazzaro usually takes 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. If you join the morning airport transfer please be aware that as our trips run back-to-back you may not be able to access your room until the afternoon. You can relax in the communal areas and head out for a wander in the village.

The family who run this working farm produce their own wine, as well as much of the food that they serve us. Tonight we'll enjoy a welcome supper at the agriturismo and your trip leader will brief everyone on the week ahead.

**ACCOMMODATION:**

Agriturismo Luna d'Agerola (or similar)

Grade: Comfortable Agriturismo



SINGLE ROOM AVAILABLE



MEALS PROVIDED: DINNER

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### DAY 2 - Ridge walk with 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)

Grade: Comfortable Agriturismo



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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### 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)



**Grade: Comfortable Agriturismo**



**SINGLE ROOM AVAILABLE**



**MEALS PROVIDED: BREAKFAST**

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#### **DAY 4 - Day Trip to Capri by boat**

We take an early bus to catch the boat from Amalfi to Capri (trips from 31OCT through to the end of the year will take a boat from Sorrento). 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 to the mainland. At Amalfi, we take our private bus back to San Lazzaro.

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. Alternatively, we will re-arrange the days so that we can visit Capri later in the week.



**ACCOMMODATION:**

Agriturismo Luna d'Agerola (or similar)



Grade: Comfortable Agriturismo



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST & DINNER

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### DAY 5 - Walk in the Ferriere Natural Park

Once again, today's walk sets off from our accommodation. We take an ancient 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 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 take our private 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)



Grade: Comfortable Agriturismo



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST & LUNCH

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### 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 deep 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)



**Grade: Comfortable Agriturismo**



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST & DINNER

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### **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 our private bus back to the Agriturismo 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)



**Grade: Comfortable Agriturismo**



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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## DAY 8 - Transfer to Naples Airport where trip ends

The trip ends today at Naples International Airport (NAP). Two complimentary transfers are provided today from our agriturismo. The first is timed to arrive at the airport at 8 am. If you wish to join this transfer the earliest time your flight can depart is 10 am. The second transfer is timed to arrive at the airport at 3 pm and the earliest time your flight can depart is 5 pm.

If you are travelling on the later transfer please be aware that as our trips run back-to-back you will need to vacate your room after breakfast. Your luggage can be stored at the agriturismo and your time is left free to relax in the communal areas or explore further afield.



MEALS PROVIDED: BREAKFAST

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## Trip information

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### Climate and country information

#### Italy

##### Climate

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

Time difference to GMT	Plugs	Religion	Language
+1	2 Pin Round	Roman Catholic	Italian

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### Budgeting and packing

#### Optional activities

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations. Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

Vesuvius and Pompeii - Private return bus transfer €55 per person (payable to tour leader, arranged once on tour) plus entrance fees of €15 at Pompeii and €10 for Vesuvius. Please note that we normally need a minimum of 6 people to operate this excursion.

Amalfi - Papermill museum €3.50, Amalfi Duomo €3

San Lazzaro - Pizza making at the agriturismo €20 per person includes a salad and desert, Wine tasting at the agriturismo's own wine cellar €25 per person includes home-cooked dinner. Wine tasting is available for an additional €5.

## **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 reusable 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.

In May 2019, the Municipality of Capri introduced a law forbidding the use of any disposable plastic objects such as bags, cutlery, plates, cups, food packaging, trays, straws on the island of Capri. Violations can incur a fine of up to 500 euros.

Energy snacks including chocolate and sweets are recommended whilst on trek as well as a lunch box/Tupperware for picnic lunches.



# Tipping

## Explore leader

Tipping isn't compulsory, and we work hard to ensure that our leaders all receive a fair wage. You may however, want to recognise a leader that has done a great job or really added to your trip by giving them a tip. We're often asked about the recommended amount. It is a tricky one, and down to personal preference, but we would recommend £15 to £20 per person per week as a guideline.

## Italy

### 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.

Lunch price	Dinner price	Beer price	Water price
£10.00 - 15.00	£20.00 - 25.00	£2.00 - 4.00	£1.00 - 2.00

### Foreign Exchange

Local currency	Recommended Currency For Exchange
Euro.	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	Credit Card Acceptance
Major towns.	Larger hotels and restaurants.

### Travellers Cheques

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

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## Transport, Accommodation & Meals

### Transport Information

Bus, Ferry, Public Bus

### Accommodation notes

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 13 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.

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## **Essential Information**

### **Government Travel Safety 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 citizens, check the latest Foreign, Commonwealth & Development Office advice.

Please refer to our COVID-19 entry requirements page for any country-specific conditions of entry. Whilst we strive to update this on a regular basis we recommend you also check the FCDO website for the latest advice on entry requirements in this fast-evolving situation. Information can change at any time.

### **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.

### **Price Guarantee**

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 and Passport 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 be able to apply 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.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

## 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 receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The complimentary transfers will be arranged from the Explore designated airport or train station to your trips joining point, and then back from the ending point to the designated airport or train station. Generally the airport or station that Explore have selected will be the one that is closest to the town or city where the trip starts, or the one nearest to the joining point. It will be either an airport or train station but not both.

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, Polar, 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. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. 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**

### **Vaccinations**

Nothing required. Tetanus recommended. Please check the latest requirements with your travel clinic or doctor prior to departure. 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 Explore Travel Health and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.

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## **Walking and Trekking information**

## DAILY DISTANCES

Day 2	11km	6hrs
Day 3	6km	2.5hrs
Day 4	10km	4hrs
Day 5	13km	6hrs
Day 6		
Day 7	11km	5hrs

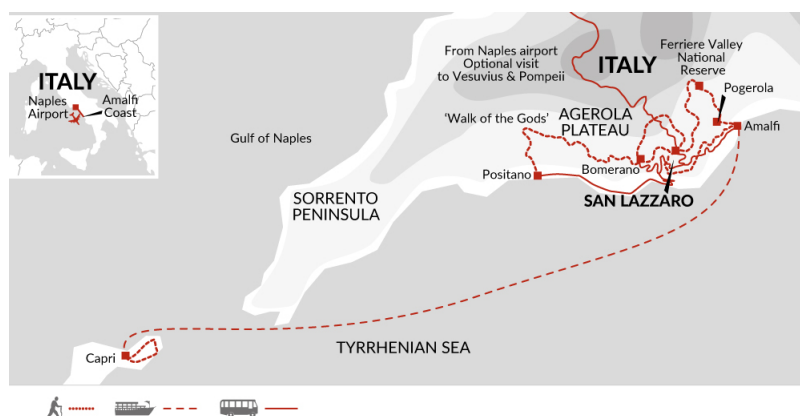
### Walking grade

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.

### Additional Information



## What makes our Amalfi Coast Walking holiday so special?

[Read the blog here](#)

## Why book this trip

Hiking on the Amalfi Coast has become justifiably popular in recent years, with a number of holiday companies 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
  - Distant sea views from most of the 13 well-appointed bedrooms
  - Stay with an Italian family and 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 Natural Park
  - Homemade rustic food served in traditional Italian surroundings
  - Opportunity to make pizza and fresh goat's cheese
  - Chance to sample the local wine in a beautiful wine cellar
  - Responsible tourism at its best
  - Qualified English-speaking trekking guides
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## Reviews

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**AWARD WINNING  
EXPLORE LEADERS**



**PRICE GUARANTEE  
PROMISE**



**AIRPORT  
TRANSFERS**