

# EXPLORE!



## Cycling in Italy - Cilento to the Amalfi Coast

ITALY - TRIP CODE CAC

CYCLING

### Why book this trip?

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Cycle the dramatic coastline and rugged interior of Cilento National Park. See Greek temples at Paestum and sample local delicacies including mozzarella di bufala and Cilento wines. After five days riding, we discover the dramatic beauty of the Amalfi Coast on the 'Walk of the Gods'.

- **Cilento National Park** - Discover unspoilt nature, traditions and beautiful scenery
- **Varied cycling** - Ride along dramatic coastline and up to mountain hamlets
- **Amalfi Coast** - Walk the 'Path of the Gods' from Bomerano to Positano



**INCLUDED MEALS**  
Breakfast: 7  
Dinner: 2



**TRIP STAFF**  
Explore Tour  
Leader / Cycle  
guide  
Driver(s)



**TRANSPORT**  
Bus  
Bicycle  
Boat  
On Foot



**ACCOMMODATION**  
5 nights standard  
hotel  
2 nights premium  
hotel



**CYCLING GRADE:**  
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; drive to San Severino in Cilento National Park

Arriving at Naples Airport we drive for around 2.5 hours to our hotel in San Severino, a small village located in Cilento National Park at the foot of Monte Bulgheria. Still largely off the tourist radar Cilento NP is the second largest in Italy and its isolated location has left the beautiful countryside unspoilt and local traditions preserved. Over the next few days we will explore by bike the rugged coastline and pine-forested mountainous interior dotted with historic villages. There will be time for an introductory briefing either before or after we settle into our rooms. The hotel kitchen will most likely have closed by the time we arrive, but the Tour Leader will be able to pre-arrange some food for those interested before arriving.

No cycling today.



**ACCOMMODATION:**  
Borgo Antico Hotel (or similar)

**Grade: Standard Hotel**



**SINGLE ROOM AVAILABLE**



**SWIMMING POOL AVAILABLE**





MEALS PROVIDED: NONE

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## DAY 2 - Loop ride along jagged coastline with scenic climb inland for great views

After breakfast we spend some time getting comfortable with our bikes and making any necessary adjustments. The first ride starts off by heading around the foot of Mt. Bulgheria, towards the village of San Giovanni a Piro. We then climb up to the grassy plateau of Ciolandra where we gain terrific coastal views looking south. A very scenic downhill section then leads us to picturesque fishing village of Marina di Camerota. After a break for ice cream we cycle inland again, climbing up to Camerota village. Known locally for terracotta and 'libano' rope, we learn more about the ancient local art of braiding to make this rope that still continues to this day. The final part of today's ride is along the Mingardo river canyon back to San Severino. Please note that there is the option to ride in a support vehicle today for 6km of the climb, thus avoiding 300 m of ascent from Marina di Camerota to Camerota.

Our total cycling distance today is approximately 54 kilometres (1100 metres total accumulated ascent and descent).



ACCOMMODATION:  
Borgo Antico Hotel (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

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## DAY 3 - Coastal linear ride to Marina di Ascea via medieval Pisciotta

Today we leave San Severino behind and ride north through this land of myth and legend. Our route leads us firstly to the coastal village of Palinuro, named after the helmsman of Virgil's Aeneid who fell overboard. We continue along the jagged coastline to the medieval village of Pisciotta, picturesquely situated with commanding views along the coast. The tiny port of Marina di Pisciotta has kept centuries-old fishing techniques alive, using the moon and the stars to determine where the anchovies will surface. We plan to break here for lunch before continuing along the coastal road past olive groves and Mediterranean macchia or shrubland. In Ascea we will stop to learn about another traditional local delicacy - dried white figs. Their protected DOP status is thanks to an especially sweet flesh and fine seeds. Finally we descend to the tranquil coastal village of Marina di Ascea and our hotel where we spend

the next two nights.

Our total cycling distance today is approximately 40 kilometres (700 metres total accumulated ascent and 800 metres descent).



ACCOMMODATION:  
Hotel Porta Rosa (or similar)

Grade: Premium Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST & DINNER

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#### **DAY 4 - Loop ride with superb panoramic views; through charming villages and ancient Greek Velia**

We start the day firstly riding uphill along the slopes of Monte Stella past vineyards and olive groves to reach Pollica village. From here the undulating road passes inland through chestnut forests and wide-open areas with superb views over the surrounding mountains and the bay below. We pass through a number of charming villages and will no doubt stop in one or two for a rest, lunch and perhaps a coffee. The last part of the ride descends to the coastal plains where we find the archaeological site of Velia. The ancient ruins of the Hellenistic town of Elea, founded in 540 BC, are much less intact than Paestum and this port town was once home to one of the Eleatic school of philosophy. We have included the entrance ticket but for those who prefer to relax at the hotel it is short ride back.

Our total cycling distance today is approximately 48 kilometres (720 metres total accumulated ascent and descent).



ACCOMMODATION:  
Hotel Porta Rosa (or similar)

Grade: Premium Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST & DINNER

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### **DAY 5 - Linear coastal ride north to Agropoli; Cilento wine tasting**

We leave Marina di Ascea this morning and continue our cycle journey north following the coast to Agropoli. We pass through the small fishing village of Pioppi and later visit Acciaroli - a favourite of Ernest Hemmingway who came here in 1952 after he'd completed "The Old Man and the Sea", passing time in the café-bars along the seafront promenade. Later we ride along Punta Licosa peninsula through more Mediterranean shrub lands and often on gravel tracks, where we end up at a local vineyard to learn about local wine production and to sample some wines. The local grapes of Fiano (white) and Aglianico (red) were originally introduced by the Greeks and are still used today to produce some of the excellent Cilento wines. Finally we cycle around Punta Tresino to reach our final stop, and base for the next two nights, in Agropoli overlooking the Gulf of Salerno.

Our total cycling distance today is approximately 60 kilometres (850 metres total accumulated ascent and 780 metres descent).



ACCOMMODATION:

La Sciabica Hotel (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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### **DAY 6 - AM cycle ride to visit Greek Paestum, buffalo mozzarella tasting; PM optional cycle or relax**

After breakfast this morning we start our final cycle ride. We cycle north from Agropoli through a slightly more built up environment now that we are outside of the National Park and after 12 kilometres we reach Paestum. Ancient Paestum (originally founded as Poseidonia in the 7th century BC) boasts some of the best-preserved Greek temples in Europe and we have planned a guided visit to make the most of this wonderful UNESCO site and museum. It was colonised by the Romans in 273 BC but later

abandoned for centuries, which helped its preservation, and rediscovered in the 1740 amid thick forest, after which it was firmly established on the Grand Tour and writers, poets and artists from Goethe to Shelley flocked here for inspiration. Highlights include the 'Diver Tomb' fresco - a rare example of Greek funeral painting. After our visit we cycle south back through the Piana del Sele - a vast plain south of Salerno where most of the region's buffalo graze. We will stop at a local mozzarella di bufala farm to learn about the cheese and have a taste before cycling back to the hotel. The afternoon is left free for you to explore the old town of Agropoli, relax on the beach or cycle into the hills for an optional self-guided loop ride (25km, +/-500m).

Our total cycling distance today is approximately 25 kilometres (150 metres total accumulated ascent and descent) with a further optional 25 km.



**ACCOMMODATION:**

La Sciabica Hotel (or similar)

**Grade: Standard Hotel**



**SINGLE ROOM AVAILABLE**



**MEALS PROVIDED: BREAKFAST**

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## **DAY 7 - Amalfi Coast 'Walk of the Gods'; Public ferry to Amalfi and Minori**

Leaving Agropoli after breakfast we drive 2 hours north and along the stunningly beautiful Amalfi Coast corniche road to Bomerano (thankful you aren't cycling considering the traffic here!). The Walk of the Gods is justifiably regarded as one of the greatest coastal walks in the world. We follow the high path from Bomerano as it contours west, under huge limestone cliffs with magnificent panoramas. From the village of Nocelle we descend an ancient stairway into Positano. A poor fishing village until the 1950s, Positano has grown into a chic town and understandably a tourist hot spot. There is time to explore and have a swim before catching the public ferry back to Amalfi, allowing us to appreciate the natural beauty of the Amalfi Coast from the water. The stunning harbour town of Amalfi reached its pinnacle during the Middle Ages, when it vied with Venice, Pisa and Genoa as an one of Italy's great Maritime Republics. You may choose to look around the impressive Duomo di Sant Andrea (St Andrew's cathedral), with its remarkable bronze doors and baroque interior dating back to the 11th century. The beautifully restored ancient Roman basilica is another highlight. Finally we continue by boat the short distance to Minori where we spend our final evening.

No cycling. Today's moderately-graded walk will take approximately five hours and will cover a distance of 11 kilometres with a total ascent of 330 metres and 900 metres descent.



ACCOMMODATION:  
Hotel 7bello (or similar)

Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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

Today you can spend the day at leisure or take part in an optional visit to the historic town of Ravello. This tranquil spot, located high on a rocky promontory overlooking azure waters, has attracted musicians, artists and writers to its enchanting streets for generations. Later this afternoon we transfer back to Naples Airport, where the trip ends.

Arrivederci Campania!



MEALS PROVIDED: BREAKFAST

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## Trip information

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### 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.

Velia - 2 hours local guide 120 Euros per group

## Clothing

When cycling: quick drying cycle tops, padded cycle shorts, lightweight wind and water proof jacket and warmer breathable layers where local conditions require.

General: Pack layers of clothes essentially for mild or hot weather depending on the time of the year, but remember a warm fleece if travelling at the start or end of the season as the weather can be changeable.

## Footwear

If you are not bringing cycle shoes then try to bring stiff-soled shoes as these are better for cycling - transmitting your energy into the pedals more efficiently. This becomes more relevant and recommended the more demanding the grade and distances to cover. SPD cycle shoes are not well suited to tours that combine sightseeing with cycling.

Comfortable shoes, trainers, sandals or flip flops are useful when not on the bike.

## Luggage

20kg

### Luggage: On tour

We recommend you bring a daypack and one main piece of luggage (total allowance: 44lb/20kg) which will be transported between hotels while you cycle. Check the bike details section to see if a pannier or handlebar bag is provided on the bike.

## Equipment

On all Explore cycle holidays we strongly recommend you bring along and wear your cycle helmet. In case of an accident resulting in personal injury, certain insurance policies are invalidated in cases where a helmet was not being worn. Cycle glasses to protect against dust, pollen and the sun, padded cycle gloves and a water bottle or water delivery system (e.g. camelback or platypus) are also useful. You may choose to bring your own gel seat cover for added comfort. If a handle bar bag or pannier is not provided (check bike details) then you may like to bring a small rucksack to wear while cycling. Other items to consider bringing are a sunhat and sun cream, torch, earplugs and insect repellent. Please carry some or all of your cycling equipment e.g. helmet as part of your hand luggage.

## Tipping

### Explore leader

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



## Local crew

Although entirely voluntary, tipping is a recognized part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. In order to make things easier for you, the Explore Leaders may organise a group's tips kitty and if this is the case, they will account for it throughout the tour.

## 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
£5.00 - 10.00	£15.00 - 20.00	£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, Bicycle, Boat, On Foot

### Accommodation notes

Standard - Our 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.

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## 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.

### 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 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.

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 now 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.

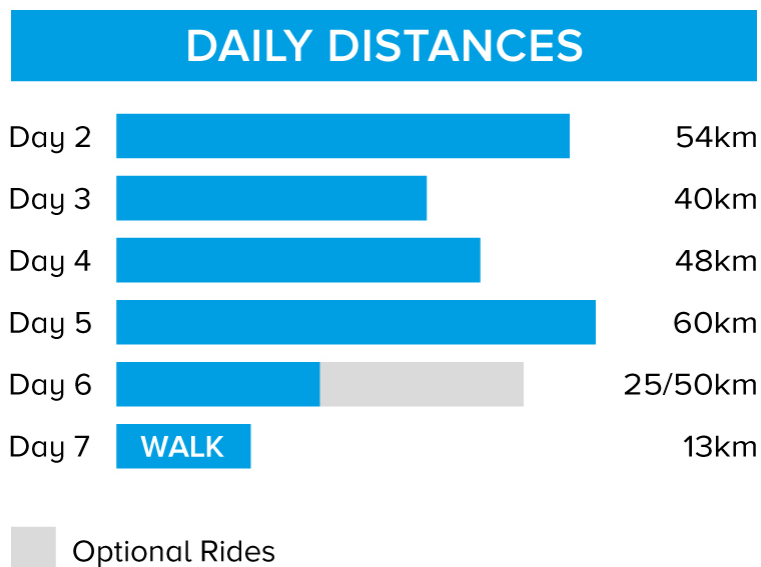
# Italy

## 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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## Cycling information



## General cycling information

On this tour we cycle 227 km over five days (an average of 45 km per day). We generally cycle on quiet tarmac roads in good condition and there are some gravel sections on day 4. Some ascents are quite long but gradual in inclination. The tour leader leads the rides and a support vehicle is available for the ascent to Camerota on day 2. We have graded the route as moderate.

## Bike included

27 gear Atala Planet mountain bike with front suspension

## Bike information

Your included bike is a 27 gear Atala Planet mountain bike with front suspension and will be the correct frame size for your height. Female and male frames are allocated accordingly when booking unless you specifically request otherwise. A rear pannier bag and water bottle holder is included as well as the facility to fit your own pedals or saddle if you wish to bring them. The tour leader leads the rides and luggage is transported between hotels. We provide spare parts and take care of the day to day maintenance. All you need to bring is your own helmet.

## Cycling grade

Moderate



**AWARD WINNING  
EXPLORE LEADERS**



**PRICE GUARANTEE  
PROMISE**



**AIRPORT  
TRANSFERS**