

EXPLORE!



Highlights of the Amalfi Coast and Puglia

ITALY - TRIP CODE PNP

DISCOVERY

Why book this trip?

This trip is the perfect introduction to the highlights of southern Italy; combining the fascinating trullis of Alberobello and Matera's cave dwellings with Amalfi's colourful coastline and the world-famous archaeological sites of Pompeii and Herculaneum.

- **Walk of the Gods** - Experience one of the most spectacular coastal walks in the world
- **Amalfi Coast** - Admire the views over sandy bays and rocky cliffs dotted with colourful towns like Positano
- **Alberobello** - Explore the unique beehive-shaped trulli houses and enjoy a wine tasting dinner

**INCLUDED MEALS**Breakfast: 6
Dinner: 1**TRIP STAFF**Explore Tour
Leader
Driver(s)
Local Guide(s)**TRANSPORT**Bus
Boat
Train**ACCOMMODATION**6 nights
comfortable hotel**TRIP PACE:**

Full on

**GROUP SIZE:**

12 - 18

Itinerary

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

DAY 1 - Join trip in Naples

On this trip we will experience the highlights of three famous Southern Italian regions - we start in Campania, travel into Basilicata and end up in Puglia. We begin in Naples, a city of diverse contrasts and one that evokes enormous pride among the locals. Its rich history, staunch Catholicism and endless charm make it one of the most engaging cities in Italy.

At about 3pm this afternoon our Explore Leader will take us on a brief walking tour of old Naples. We'll wander through the old city streets and narrow alleyways that give us a captivating insight into the city's heart, which has gone unchanged in essence for generations. Along the way we will see the round stone turrets of Maschio Angioino Castle, the square seafront Castle Dell'ovo, the main square of Piazza del Plebiscito, the ornate glass covered shopping arcade of Galleria Umberto and the Baroque and Neo-Classical facade of the Royal Palace. If you wish to attend this then your flight needs to have arrived by 1.30pm to give you time to get from the airport to the hotel. If you aren't able to arrive in time for this walk then your Explore Leader will meet you in the hotel reception at around 6pm this evening.

Tonight you might like to try the most famous Neapolitan cuisine, pizza. The traditional pizzas served here aren't as crispy as in most parts of Italy. They tend to be thinner in the centre so that the fresh tomato sauce collects and soaks into the base. It's normally then topped with a drizzling of olive oil, mozzarella and fresh basil.

Our time in Naples is limited, so if you'd like to visit the prestigious National Museum or go underground into the Napoli Sotterranea then we'd recommend extending your stay by a night.

**ACCOMMODATION:**

B&B Hotel Napoli (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: NONE

DAY 2 - Guided visit to ancient Herculaneum and Pompeii

This morning we will take the train to the nearby ruins of Herculaneum at the foot of Mount Vesuvius. Buried by the volcanic eruption of AD 79, the city was hermetically sealed under a thick layer of volcanic mud, which preserved a staggering amount of wooden furniture and other organic materials - even fruit. After our guided tour we'll take the train on to neighbouring Pompeii.

At Pompeii we will also have a guided walking tour to introduce us to this remarkably well-preserved example of a provincial Roman city. The town once housed 15,000 people and was an important commercial centre, as well as a favourite residence of wealthy Roman patricians. Of course, on one fateful day the same eruption that hermetically sealed Herculaneum also buried Pompeii, preserving the buildings and its citizens in layers of ash and pumice. We will see the extensive colonnaded forum with its Temple of Jupiter and the magnificently-decorated villas, such as that of the Vetii. Human casts of some of the victims trapped by the eruption give an emotive snapshot of this catastrophic event.

We drive to the Amalfi Coast region where we spend the next two nights. The Amalfi Coast is a picturesque 50 kilometre long stretch of coastline which runs along the southern edge of the Sorrento Peninsula. It's dotted with colourful terraced towns, sandy beaches and rocky cliffs. For the next two nights we will be staying in the Amalfi Coast region. Due to high demand in this area, the exact location of your accommodation will vary depending on the departure date and will be confirmed to you on your final documentation.



ACCOMMODATION:
Hotel Miramare di Maiori (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 3 - Admire the magnificent views along the Walk of the Gods to Positano

Drive to Bomerano where we begin the Walk of the Gods to Positano, which is regarded as one of the

best coastal walks in the world. The high cliff path contours west, with magnificent views over 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, passing 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. Positano's colourful buildings are stacked up the green cliff side above its sandy beach.

The walk today is Moderately graded, will take approximately five hours and will cover a distance of eight kilometres with a 650 metre descent. The walk can be shortened and end in Montepertuso for anyone who doesn't want to do the steep final descent with a significant number of steps into Positano. From Montepertuso it's easy to take the public bus to Positano to catch up with those finishing the walk.

After free time in Positano to relax on the beach or to have a cold beer to reward ourselves on finishing our walk, we take a ferry to Amalfi and on to Minori where we spend the next two nights. Our main luggage will have been brought to the hotel ready for our arrival.

For anyone who doesn't wish to hike today you can be dropped off in front of Hotel Eden Roc (on Via Marconi), just outside Positano. From here it's 10 minutes' walk along the shopping street of Via Cristoforo Colombo to town centre. You can spend time on the beach, browsing the quaint shops or unwinding with a glass of wine while admiring the beautiful coastal views before meeting up with the rest of the group at the end of the walk.

Please note that if you are travelling on the 25 August 2019 then you will be staying in Maiori for the final two nights of the trip, which is only a short distance away from Minori and your trip itinerary is unchanged.

During 2018 there has been a partial closure of the Walk of the Gods path due to a landslide. The full path has now reopened, however if it isn't possible to do the entire walk on your departure then you will do a loop walk along the first section of the Walk of the Gods before then following a different path back to Bomerano and from here you will travel by road to Positano to continue the rest of the days itinerary as planned.



ACCOMMODATION:
Hotel Miramare di Maiori (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 4 - Discover the cave dwellings and rock carved churches of Matera

This morning we leave the Campania region and drive to Matera, which is in Basilicata and where we will spend the next two nights. Our drive today will take us around four hours and along the way we'll see

some great views of the Amalfi Coast before heading into the countryside. Matera is impressively located on the side of a gorge eroded by the Gravina River and is famous for its ancient sassi, a UNESCO -Listed troglodyte quarter, which originates from prehistoric times. Stepping into the city is like stepping back in time, and it feels as though the cobbled narrow streets and meandering buildings have changed little over the past 7,000 years. It's a place that has to be seen to be believed and we have the wonderful experience of staying in a hotel within these ancient sassi cave dwellings.

On arrival in Matera a local guide will take us on a walking tour of the sassi quarter which is split into two halves - Sassi Caveoso and Sassi Barisano with the cathedral sitting between them. The city is so unchanged over the centuries that it has frequently been used as a film set for biblical scenes. It's hard to believe it now, but in the 1950s Matera was an embarrassment to the Italian authorities, as many families were living in one room caves, in poor conditions and poverty was rife. The families were helped and re-housed and the city cleaned up and it's now a treasured historic city that will become the European Capital of Culture in 2019. After exploring the cobbled lanes, rock carved churches and caves we have the rest of the afternoon free to discover more.



ACCOMMODATION:
Hotel Sassi (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 5 - Free day in Matera; chance to visit Gravina Sotterranea

Today is free for you to explore Matera - it's a great city for strolling through the lanes and it's very photogenic with every street revealing yet another amazing view. Alternatively you might choose to take a train to neighbouring Gravina (the journey is around 45 minutes each way).

Gravina is a historic town that has retained much of its character. The buildings here line the sides of a deep river gorge with a Roman bridge connecting them. The highlight of the town however is the Gravina Sotterranea, which is an underground network of meandering passageways that run beneath the city through caves and cellars where you can find rock carved churches under the houses above. This remarkable underground labyrinth has only recently discovered.



ACCOMMODATION:
Hotel Sassi (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 6 - Cheese and wine tasting; walk through the trullis of Alberobello

This morning we drive across the regional border into Puglia to an agriturismo in Putignano or in the surrounding area for cheese tasting. Agriturismos are traditional country farms that have opened up their doors to visitors, so everything here is homemade. After seeing how the cheese is produced and exploring the farm and gardens we'll sample their delicious food, which usually includes freshly braided mozzarella.

After our cheese tasting we drive to one of the most ancient wineries of Alberobello - the Cantina Albea Winery and Museum. The winery building itself is made entirely of stone, with even the tanks designed to hold the wine having been carved out of the rock too. At the winery we'll learn about the history of the vineyard and their wine production and of course get to sample some their award-winning wines.

After our visit we have the afternoon free to further explore the UNESCO World Heritage Listed small town of Alberobello, which is best known for its unique trullis or trullos as they're also known. Our Explore Leader can take us on a short walk to help us get our bearings and explain about the history. The town is divided into two districts - Rione Aia Piccola and Rione Monti. On our walk we'll see Trullo Sovrano, built by a wealthy priest in the 18th century it is the only two floored trulli house and it's now a museum, and the Trullo Church with its domed towers and curved windows it looks like a stretched trulli and was built far later in 1927. We will spend the night in these unusual round houses with their white washed dry stone walls and pointed 'witches hat' tiled roofs. They were either built singly or in groups of up to five, which would have originally been occupied by a single family.

This evening we have our last dinner at the La Cantina Restaurant. Our meal will be a tasting menu of different savoury specialities accompanied by wine. In Puglia the food revolves around local produce, so the dishes on offer will vary depending on what's in season. A lot of the cuisine is vegetable or cheese based and of course they make good use of all the olive oil produced from the 60 million olive trees in the region.



ACCOMMODATION:
Hotel Trullidea (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST & DINNER

DAY 7 - Trip ends in Alberobello

Our trip ends after breakfast at our hotel in Alberobello.



MEALS PROVIDED: BREAKFAST

Trip information

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

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.

Matera:

Gravina Sotterranea entrance with guided tour €7.00. Please note that the cobbled streets in Gravina can be slippery and due to its gorge location there are a number of steps around the town and also down into the Sotterranea.

Clothing

July and August are the hottest months and lightweight cotton clothing is best. During spring and autumn temperatures can be lower or drop during the evenings and there is also a stronger possibility of rain. You'll need your swimming costume and light rainwear may be needed at any time of year. A warm fleece is recommended for cooler evenings.

Footwear

We recommend taking comfortable walking shoes for exploring and trainers or sandals for relaxing.

Luggage

20kg

Luggage: On tour

One main piece of baggage and a day pack. Remember you are expected to carry your own luggage so don't overload yourself.

Equipment

We advise taking a water bottle for our included walks as well as sun glasses, sunscreen and a sun hat. In case of emergency we recommend that you carry a first aid kit and a torch. Bring a swimming suit and towel for taking a dip in the Adriatic Sea. We also recommend taking walking poles for the Walk of the Gods, as the path is over uneven rocky ground, some sections are steep and the descents can be a bit tough on the knees. You might also find these useful in some of the towns visited such as Matera, which are cobbled, hilly and have a number of uneven steps. We'd suggest taking a backpack with a waterproof cover for the Walk of the Gods to store your water, a picnic lunch and snacks, any clothing and sun products required, etc.

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.

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 recognised 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. Accordingly please allow £15.00 for tipping.

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 trip.

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.

Transport, Accommodation & Meals

Transport Information

Bus, Boat, Train

Accommodation notes

In Alberobello we will stay in traditional trulli houses. Our group will be split between several different houses, but they're only a short distance apart and are all of a similar size and standard. Each trulli has its own bathroom, but this may be shared between two bedrooms within the same trulli.

In Matera we will stay in original sassi cave buildings. At this unique hotel each of the rooms are different sizes and layouts and some are located within the caves themselves and others in the ancient entry buildings attached to the caves. They are all only a short distance apart and rooms are en suite. There are excellent views from the hotels' terrace over the surrounding cave dwellings and Matera Cathedral.

On days 2 and 3 we will be staying in the Amalfi Coast region. The exact location of your accommodation will vary depending on the departure date and will be confirmed to you on your final documentation.

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, E.U. Nationals, Australian, 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 be able to apply 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.

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.

Included activities

Naples is a city that is unfortunately frequented by pickpockets, so please avoid wearing valuable jewellery and keep expensive items, your passport and any spare cash or cards in the hotel safe when you

go out exploring.

At Pompeii and Herculaneum you aren't permitted to take in any backpacks or bags that measure more than 30cm x 30cm x 15cm. There are bag storage facilities at the sites where you can leave bigger items without charge.

The walks in and around Amalfi may involve steep ascents/descents which are often stepped. Including the Walk of the Gods, which isn't suitable for anyone who suffers from vertigo.

A number of the towns and cities visited on this trip have cobbled streets that can be uneven and slippery underfoot. This is especially true of Matera where the hilly streets also include a number of irregular steps.

Ability to swim

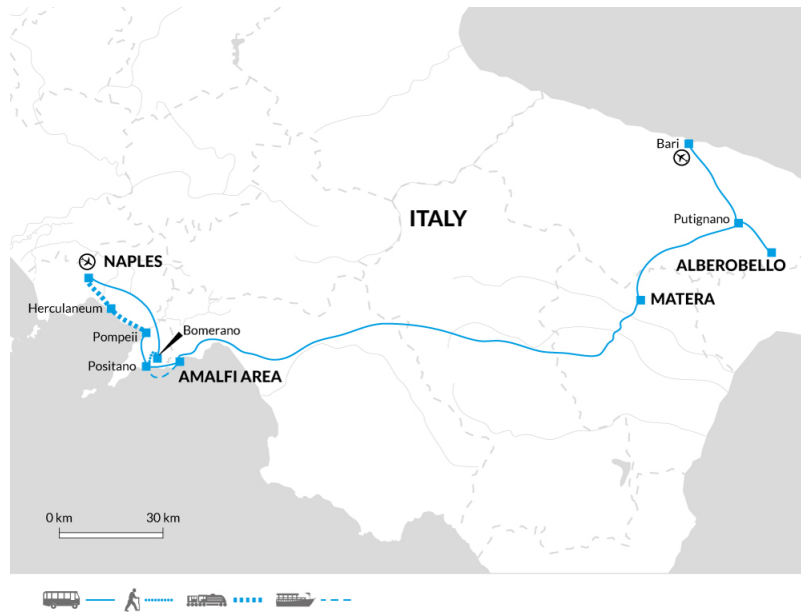
No

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.

Additional Information



Why book this trip

This one week trip offers the chance to experience the highlights of not just one but three famous Italian regions: Campania, Basilicata and Puglia. As well as getting to stay in the remarkable trulli and sassi buildings, which are unique to the 'heel of Italy' and not an experience that is offered by most other operators.



**AWARD WINNING
EXPLORE LEADERS**



**PRICE GUARANTEE
PROMISE**



**AIRPORT
TRANSFERS**