

# EXPLORE!

Highlights of Naples and the Amalfi Coast  
8 days

Italy - Trip code NAP

## Highlights of Naples and the Amalfi Coast

The sun-drenched region of Campania isn't short on well-known attractions and on this trip we explore the beautiful Amalfi Coast, Bay of Naples, and legendary ruins of Pompeii and Herculaneum. We discover the atmospheric streets of Naples' old quarter and have the opportunity to go underground in the fascinating Napoli Sotterranea or see the wealth of Roman artefacts at its prestigious museum. We also visit the town of Amalfi and neighbouring Ravello, stride along the scenic Walk of the Gods, and have the option to climb to the crater rim of Mount Vesuvius.

### Trip highlights

- ★ **Herculaneum** - Explore the incredible excavations of this historic Roman city and have the option to climb Mount Vesuvius
- ★ **Pompeii** - Discover the ancient city that has taught us more about Roman life than any other site Amalfi Coast and the Sorrento Peninsula - See breathtaking views and picturesque towns like Ravello and Positano
- ★ **Walk of the Gods** - Take one of the most spectacular coastal walks in the world with magnificent views over the Bay of Salerno
- ★ **Naples** - Stroll through the old city streets and have the opportunity to visit the esteemed National Museum or Naples Sotterranea

#### 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.

**TRIP PACE:****Moderate**

Moderate pace tours are ideal if you want a holiday which combines exciting activities and experiences with plenty of time to relax and unwind. Typically you'll be active and busy for part of the day but then also have time to rest and recharge your batteries.

**GROUP SIZE:****12 - 18**

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

# Itinerary

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

## DAY 1 - Join trip in Naples

Our trip starts 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.

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.



**Accommodation: B&B Hotel Napoli** (or similar)



Standard Hotel



Single room available



Meals Provided: None

## DAY 2 - Walking tour of Naples; chance to visit Napoli Sotterranea

We start our sightseeing this morning by our Explore Leader taking us on a walking tour of old Naples. We'll wander through the old city streets, open air markets 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.

This afternoon is free for you to maybe visit the National Museum, which is one of the most important archaeological museums in mainland Europe and houses a prestigious collection of ancient art. You can see antique marbles, bronze sculptures, colourful mosaics and a myriad of treasures from the famous sites of Pompeii and Herculaneum.

Alternatively you might like to head underground in the Napoli Sotterranea where 40 metres below Naples' historic centre you can discover an underground world of passageways. The Greeks quarried out the tufa stone from here and used it to build the city walls and temples above, and the underground passages that were left as a result were then used as tombs. During the Roman's reign the tunnels were a bypass to avoid climbing Mount Piedi Grotta, and then most recently during World War II they were used as bomb shelters.



**Accommodation: B&B Hotel Napoli** (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

## DAY 3 - Visit to ancient Herculaneum; chance to climb Mount Vesuvius

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 two hour guided tour, you'll have further time to explore before we take the train to Sorrento Peninsula, where we will stay for the next five nights. Our luggage will have been transferred separately by road, so we don't need to worry about taking this with us on the train and can just sit back and enjoy the journey.

Rather than spending free time at Herculaneum you might like to join a bus trip to Mount Vesuvius and walk up to the volcanic crater rim along a well-graded cinder track. From the top there are remarkable views down to Naples, the coastal plain and the glistening bay. Vesuvius is the only active volcano on the European mainland and dominates the skyline between Naples and Pompeii, rising up from the flat, fertile landscape. Since the mighty eruption of AD 79, it has had another 18 violent eruptions. The last one, in 1944, surprised the Allied forces and destroyed an entire squadron of 88 B-25 bombers belonging to the American Air Force. We will return back to Herculaneum the same way and meet back up with the rest of our group before catching our train to the Sorrento Peninsula.

The Sorrento Peninsula is located to the south of the Bay of Naples and here we can see the rocky cliffs and green rolling hills where orange, lemon and olive trees are grown. The weather is mild year round, so it's ideal for growing fruit trees and a pleasant spot for us to enjoy sightseeing from.



**Accommodation: La Ripetta Hotel di Piano di Sorrento** (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

## DAY 4 - Free day on the Sorrento Peninsula; option to visit Capri Island

Today you are free to relax on the Sorrento Peninsula or perhaps to visit the island of Capri. You can take a train to Sorrento town and then it's just a short walk to the Port of Sorrento to board a hydrofoil ferry across to the island of Capri, which takes about 20 minutes each way. There are then multiple ways for you to explore the island, but we'd recommend taking a private bus excursion

to the main sights of Anacapri, Capri and the Blue Grotto. From Anacapri you could walk to the delightful museum and gardens of Villa San Michele and to the Villa Jovis - the ruins of the Roman Emperor Tiberius' cliff top palace with impressive views over the island. The famed Blue Grotto is a sea cave where the sunlight shines through it in such a way that it illuminates the waters and makes them appear bright blue. You can take a boat into the cavern to witness this natural spectacle.



**Accommodation: La Ripetta Hotel di Piano di Sorrento** (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

## DAY 5 - Guided tour of legendary Pompeii; free afternoon in Sorrento

We board the train this morning to Pompeii for 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 some 2,000 years ago, this all changed when the powerful eruption of nearby Mount Vesuvius buried the city, preserving the city and its citizens in layers of ash and pumice. On our tour, 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.

Following our visit we take the train to Sorrento where you are free to explore or perhaps join a guided walking tour of the main city sights. Sorrento's Baroque Church of Saint Francesco with its cloisters and monastery is well worth a visit, especially as it boasts a garden terrace with sweeping views over the bay. The historic centre and Piazza Tasso (Central Square) are home to many quaint shops featuring the work of the local artisans and also restaurants where you can sample home-grown cuisine. The city is rich in historical and religious places of interest, including the remaining four gates of the old city walls.



**Accommodation: La Ripetta Hotel di Piano di Sorrento** (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

## DAY 6 - Admire the magnificent views along the Walk of the Gods to Positano

We will 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. Positanos colourful buildings are stacked up the green cliff side above its sandy beach.

The walk today is moderately graded and 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'll drive back to our hotel. For anyone who doesn't wish to hike today you can choose to relax back at our hotel and enjoy the sights nearby or you can be dropped off in Positano where 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 to go back to the hotel.



**Accommodation: La Ripetta Hotel di Piano di Sorrento** (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

## DAY 7 - Drive along the iconic Amalfi Coastal Road and scenic ferry journey

Today we make our way across the mountainous Sorrento Peninsula to the Amalfi Coast. The coastal road is one of the most famous drives in the world and we get to enjoy the spectacular scenery on our way to Positano. From here we'll board a ferry to see the coast from a different angle, as we cruise into the town of Amalfi (the boat journey takes us around 25 minutes).

In Amalfi our Explore Leader will take us on an orientation walk of the main square. A great maritime power since the Byzantine era, Amalfi went on to reach its pinnacle during the Middle Ages, when it was an independent trading republic rivalling those of Venice, Pisa and Genoa. The beautiful 11th century Cathedral of Saint Andrea dominates the town - a magnificent combination of Romanesque and Saracen design, with an impressive set of bronze doors that hail from Constantinople. At the far end of the town lies the Valley of the Mills, a once important centre of Amalfi's paper industry, that today echoes with the ghosts of its past glories.

Next we'll take the public bus to nearby Ravello. A tranquil spot located high on a rocky promontory overlooking the azure waters off the coast. The architecture here is a glorious mix of Moorish flair and aristocratic excess and the town's captivating charms have attracted artists and writers to its enchanting streets for generations.

We'll drive back to our hotel in time to have dinner this evening.



**Accommodation: La Ripetta Hotel di Piano di Sorrento** (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

## DAY 8 - Trip ends at Naples Airport

We drive back to Naples Airport (approximately 1.5 hours) where our trip ends.



## Why book this trip

This one week highlights trip offers a great balance between world renowned historical sites like Pompeii with time exploring the famed Amalfi coastline on foot, by ferry and along the coastal road. There's also free time to relax and take in the atmosphere or you can choose to take optional trips to fill every second of your time.

## What's included?



### Included meals

Breakfast: 7



### Transport

- Bus
- Boat
- Ferry
- Public Bus
- Train



### Trip staff

- Explore Tour Leader
- Driver(s)
- Local Guide(s)



### Accommodation

7 nights standard hotel

## 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

+1

#### Plugs

2 Pin Round

**Religion**

Roman Catholic

**Language**

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.

Naples:

National Museum entrance €12.00 or alternatively you can pre-purchase tickets online to avoid the long queues, but this service costs an additional €2.00: <http://www.coopculture.it/en/ticket.cfm?office=Museo%20Archeologico%20Nazionale%20di%20Napoli&id=73>

Napoli Sotterranea guided tours in English €10.00 (duration is about 1.5 hours and tours start every two hours from 12.00-18.00).

Sorrento Peninsula:

Guided walking tour of Sorrento €100.00 per group.

Capri:

Hydrofoil ferry to the island of Capri €14.00 each way.

Charter bus tour around the islands highlights from Marina Grande to Anacapri, Capri and the Blue Grotto before returning to the marina €16.50 per person (minimum 8 people). This excludes the entrance ticket to the Blue Grotto which is an additional €14.00 per person.

At Anacapri can walk to Villa San Michele (1.5kms, 15 minutes per way) €8.00 entrance.

At Anacapri can walk to Vila Jovis (6.5kms, 30 minutes per way) €4.00 entrance.

### 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/jacket is recommended for cooler evenings and layers for if you decide to climb Mount Vesuvius where the temperatures are considerably lower at the top.

### Footwear

We recommend taking comfortable walking shoes for exploring and trainers or sandals for relaxing. You will need to wear closed toe shoes if you decide to climb Mount Vesuvius.

### 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 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. We'd suggest taking a backpack with a waterproof cover for this walk to store your water, a picnic lunch and snacks, any clothing and sun products required, etc.

### 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 £20.00 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.

### Country Information

## 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

£5.00 - 10.00

#### Dinner price

£15.00 - 20.00

#### Beer price

£2.00 - 4.00

#### Water price

£1.00 - 2.00

### Foreign Exchange

#### Local currency

Euro.

#### Recommended Currency For Exchange

GBP.

#### Where To Exchange

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

#### ATM Availability

Major towns.

#### Credit Card Acceptance

Larger hotels and restaurants.

#### Travellers Cheques

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

## Transport, Accommodation & Meals

### Transport Information

Bus, Boat, Ferry, Public Bus, Train

### Accommodation notes

#### Booking a Single Room

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



For the final five nights of our trip we will be staying on the Sorrento Peninsula. 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 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 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, 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.

## Non refundable permits

### 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.