





A DIVINE MIX OF NATURE & CULTURE

 Self guided Tour

 Hike

 67-70 km

 Medium

Duration: 8 days / 7 nights

DESCRIPTION

This walking tour can be considered the 'classic' tour along the coast, which takes in all the famous coastal villages and the most beautiful walks to be made in the area, some of which listed among the 'world's best walks'. You'll have the time to visit the villages which are a must to see: Amalfi itself, but also Atrani, wonderfully preserved through the centuries, Ravello with its magnificent villa's, the quiet Praiano and of course the scenic and fashionable Positano. You will walk along well maintained footpaths, often paved alleyways, through attractive countryside, with wonderful terraced lemon groves, vineyards and cultural treasures like rural chapels, ancient farm houses, old water mills and wonderful villa's and villages, where you can sit down and relax with a drink. On this tour you will discover that with reason the Amalfi Coast has become Italy's most famous coastline, but as well that it takes only a little effort to get 'off the beaten track', and that at only a few hundred metres away from the crowds, you will find yourself surrounded by nature. This is a moderately easy tour which is suitable for those who have some experience with walking and a good general physical condition. Most of the walks are on good paths, some of them just recently restored by the local authorities. Part of the paths is waymarked. Elsewhere it is necessary to follow the route notes provided together with the maps.



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DETAILED ROUTES

📍 Day 1: Amalfi

Arrival in Naples (airport) or Salerno (train station). You are met by a taxi (optional) and brought to your hotel in Amalfi. Short visit to the town centre and maybe a swim to wash off the tiredness of the journey.

📍 Day 2: Amalfi: roundtrip Torre dello Ziro and Valle dei Mulini

(approx. 9 km, approx. 4-5 hours, + / - 450 m)

Today you make a first easy walk, which gives you immediately a good idea of the amazing cultural and natural heritage of the Amalfi Coast. First you walk into the quiet little back alleys of Amalfi, where you still notice the strong Moorish influence. An ancient staircase takes you up underneath the impressive limestone cliffs, towards the little village of Pontone, part of the medieval defence system of the city of Amalfi. The main point of interest is the marvellous Torre dello Zirro, located on a narrow ridge, in a park like landscape, with unforgettable views of Amalfi to the one and Atrani to the other side. This area offers also a number of marvellous picnic places, all with dramatic views. Then, through the charming village of Pontone itself, you walk into the 'Valle dei Mulini', the valley of the watermills, with the ruins of Europe's most ancient paper mills, dating back to the 11th century. The comfortable footpath runs along the river course, in an abundant green, almost un-Italian, landscape. Those who want can penetrate deep into the valley, through spectacular scenery, underneath the towering cliffs, through an almost fairy tale like landscape. Here you can admire a number of beautiful waterfalls. Then you return back down to Amalfi. The path gradually descends along a number of impressive ruins of what once were the first paper mills, adding a mysterious touch to the landscape. Along the last stretch the scenery changes to lemon groves and maquis. Back down in Amalfi you can pass at the paper museum, before returning to your hotel. As the walk is relatively short you now still have some time to wander around in Amalfi or take your time for a swim.

📍 Day 3: Amalfi: roundtrip through the medieval villages of Costa Amalfitana

(approx. 9 km, approx. 4 hours, +/- 480 m - shorter options possible)

Today you walk along a beautiful route (or take the (open) bus) up to the charming historic village of Ravello, one of the most exclusive villages of the Amalfi Coast, and a sought after place by artists over the centuries, as its lofty position and sunny, dry climate made it an appealing place to writers, artists, musicians and travellers from northern Europe. Boccaccio, DH Lawrence and Richard Wagner are among the more notable guests who have succumbed to its spells. Ravello not only has a very interesting history, and many medieval monuments, but also offers beautiful views over the Amalfi Coast. The French novelist, André Gide, once described the town as being 'closer to the sky than the seashore'. Ravello also boasts two magnificent villas - the superb 11th century Villa Rufolo, once a papal residence and later, the home of Wagner, and Villa Cimbrone, a sumptuous 19th century mansion with fabulous gardens and unequalled views over the Gulf of Salerno. You can take your time to your time to stroll through the village, before starting the walk back down to the coast. Along the dramatically located Villa Cimbrone and the hamlet of Castiglione you walk first through vineyards and lemon groves, then along a medieval flight of stairs down the beautiful little town of Atrani. This certainly is one of the best preserved villages of the coast, with the possibility to look around the narrow white little streets of the town centre. The last short stretch to Amalfi is very scenic and has beautiful viewpoints on the city centre. As the walk is relatively short you now still have some time to wander around in Amalfi or take your time for a swim.

📍 Day 4: Amalfi - Praiano (Via Maestra dei Villaggi)

(approx. 11 km, approx. 6 hours, + 700 m / - 500 m)

From Amalfi you walk along one of the oldest pathways of the medieval Amalfi Maritime Republic, the 'Maestra

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dei Villaggi, or 'main road of the villages', an old paved mule track dating back to the 9th century. You pass the little villages of Lone and Vettica, before arriving at the imposing monastery of Santa Rosa (there is also the possibility to take a local bus to here, avoid a 300-m. ascent!). The walk from here first goes to the charming little village of Conca dei Marini, from where you'll have wonderful views both on Amalfi and towards the western tip of the peninsula. The route then descends to the coast again along some charming churches beautifully located above the rocky shore. You descend into the spectacular fjord of Furore, with its charming fishing village underneath the towering limestone cliffs. From here you walk uphill again, and past the hamlet and church of Sant'Elia, you take the 'Via dell'Amore', into the Valley of Praia. A great last stretch through forest, vineyards and Mediterranean scrubland, then brings you to the coastal village of Praiano, where you'll stay for the next two nights. An optional descent to the very picturesque inlet of Marina di Praia, the old little harbor of Praiano, is worth the effort!

📍 Day 5: The green valley of Praia

(approx. 8 km, approx. 5 hours, +/- 600 m)

From your hotel you walk through the little streets of Praiano, up towards the little church of Santa Maria di Costantinopoli. From here on a comfortable path above the village itself, you walk into the Valley of Praia, a beautiful green valley with many vineyards clinged to the cliffs. You then climb up to the little church of Sant'Alfonso and from here the very scenic caves of Santa Barbara: another short section uphill brings you to the beginning of the famous '*Sentiero degli Dei*' (*Footpath of the Gods*), a walk with unrivalled views. After a very panoramic stretch with views over the whole Amalfi Coast, reaching out until the island of Capri, you start the descend back to Praiano again, passing over a centuries old staircase. For those who still have some energy a descend to the little inlet '*Cavitella*' is highly recommended.

📍 Day 6: Praiano - Positano (*Sentiero degli Dei*)

(approx. 8,5 km, approx. 4,5 hours, + 500 / - 600 m)

You start your walk again in the picturesque white washed alleys of Praiano. Along a medieval pilgrims' route you then walk uphill towards the monastery of San Domenico, set in a stupendous scenery, dominating the coast from its hilltop. Here you can have a little rest before continuing the climb uphill, through spectacular scenery with bizarre rock formations and luxurious vegetation. Shortly you then reach one of Italy's most famous footpaths, the '*Sentiero degli Dei*', or '*Footpath of the Gods*'. This path really lives up to its name! Through unique scenery with unrivalled views you reach the hamlet of Nocelle. Passing another spectacular valley you arrive in the little village of Montepertuso. After Montepertuso it's only a short walk downstairs to Positano, but it will take you some time as there are too many photo opportunities along the route. Positano itself, is considered to be one of Italy's most beautiful villages, and certainly one of the pearls of the Amalfi Coast. After a stroll through its alleys, you settle in your hotel in the centre, at walking distance from the large beach.

📍 Day 7: Montepertuso - Positano

(approx. 7 km, approx. 4 hours, + 350 m, - 550 m)

You take the local bus up to Montepertuso, from where you start a very scenic walk, around the upper valley of Positano. Following ancient footpaths through the forest and along marvelous viewpoints you climb up towards Santa Maria al Castello, the old fortress defending the narrow valley between the Amalfi- and Sorrento-side of the peninsula. From here you can admire both the Gulf of Salerno and the Bay of Naples. Through a nice wooded area in a park like landscape you then descend to the Caserma Forestale (the forestry service's house). For those who want there is the possibility to climb up from here to the Monte Sant'Angelo, the highest mountain of the peninsula, a very demanding but rewarding ascent. The standard walk though continues through the forest and zigzags back down to Montepertuso. Along another medieval mule track you then return to Positano again.

Day 8: Positano

After breakfast you return by boat or bus and train to Naples and by shuttle bus to the airport. An extra night in a hotel can be booked upon request.

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GENERAL INFORMATION

- **Classification:** Self guided Tour
- **Duration:** 8 days / 7 nights
- **Distance:** ca. 67-70 km
- **Starting point:** Amalfi
- **Arrival:**

By plane: the nearest airports are Napels or Rome. Transfer to the starting point on request.

- **Accomodation:**

hotels 3*** category.

Attention: Tourist tax – if requested – has to be paid on the spot!

- **Parking:**

depending of your starting hotel.

INCLUDED SERVICES

- 7 nights accommodation – BB
- 3 nights Hotel*** in Amalfi
- 2 nights Hotel*** in Praiano
- 2 nights Hotel*** in Positano
- Entrance ticket to the stunning Villa Cimbrone
- Extensive route notes, with description of the route & tourist information
- Maps at 1 : 25.000 scale
- Luggage transfer on day 4 & day 6
- 24/24 h local assistance

NON INCLUDED SERVICES

- Departure taxes
- Visas
- Travel Insurance
- Drinks and meals not mentioned in the itinerary
- Optional additional tours or activitie
- Tips
- Items of personal nature

