



Italy- The Amalfi Coast & Sorrento Peninsula by E-Bike (2025)

6 Days/ 5 Nights

Individual Self-Guided



A complete E-Bike tour along the world's most beautiful coast, from Amalfi to Vietri & Cetara, Ravello and Positano – through Siren's Land to Sorrento

The Peninsula of Sorrento, situated between the equally beautiful Bay of Naples and Gulf of Salerno, is an area of staggering natural beauty and scattered with cultural treasures. On the one side the stunning views over the Bay of Naples have attracted visitors for centuries, on the south side the Amalfi Coast is perhaps the world's most beautiful coastline. Best known for its medieval coastal towns and inland villages such as Amalfi, Positano and Ravello and the resort town Sorrento, it is also home to several

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hidden marvels. Small natural reserves, ancient paper mills and wild mountain scenery are only a small distance away from the busy touristy centres, waiting to be explored by the aware traveller. The best of the coastal scenery is on the southern side of the peninsula, the Amalfi Coast. With its towering cliffs and picturesque coves this definitely is one of the most beautiful coastlines in Europe, with a long tradition as one of the premier tourist destinations in Italy. Cycling along the 'Costiera Amalfitana' is an unforgettable experience!

Day by Day

Day 1 Arrival

After your arrival at Salerno (train station) you travel to one of the villages at the most eastern part of the Amalfi Coast, either Vietri sul Mare, renowned for its colourful table ware ceramics or – in alternative – the nearby fishermen's village of Cetara. By the end of the afternoon, you'll meet for a short briefing with our representative and you can take hold of your bicycles. In case you arrive early you may want to take your bicycles for a short ride to either Vietri or nearby Cetara. In the evening you may go for a stroll through the historical centre of the small village and find somewhere nice to eat.

Hotel* – Vietri sul Mare (or Cetara)**



Day 2 – The 'eastern' Amalfi Coast: cycling along the beautiful road of Capo d'Orso to Vietri & Cetara, Minori, Maiori and Atrani, with an optional visit of Ravello

On the first cycling day you'll discover the eastern part of the Amalfi Coast, following the beautiful winding coastal road, defined by many 'the most scenic ride in the world'. The Amalfi Coast 'officially' starts at the charming village of Vietri sul Mare, renowned for its colourful table ware ceramics.. Other

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villages to discover are the idyllic village of Cetara, named after the Roman 'cetus', tuna fish, which still produces some of the world's finest. Take your time for a cup of coffee or a cappuccino at the little bar near the tiny port of the village, overlooking the colourful fishermen's boats lying on the white sandy beach. Then it goes back up to Capo d'Orso, the highest point of the road, a wonderful outlook on the whole of the Amalfi Coast and Capri. After admiring the view it goes downhill on a beautiful winding road through lemon groves, forests and dramatic cliffs, until you arrive at Maiori, the biggest town on the coast. A short stretch around the headland brings you to Minori, with its nice centre and beautiful seaside boulevard. Continue with a short climb towards Castiglione, once part of the defence system of the Amalfi Republic. In case you did not visit it the day before, here you have the choice of cycling up to marvellous Ravello, which is quite a climb (but a relatively easy ride with your E-Bike!), or continuing to Amalfi. After passing Castiglione you will cycle through marvellous little Atrani with its whitewashed houses. Here you must stop for a drink in the marvellous town square, before cycling the last km. back to Amalfi. **Hotel*** – Amalfi** Distance: 50/70 km. – Cycling time: 3,5-4,5 h.

Day 3 –Mountain Villages of the Amalfi Coast: cycling inland to the stunning hamlets of Pontone, Minuta, Scala and Tramonti, with an extensive visit of Ravello

As the first cycling day you mainly cycle along the coast, today will be dedicated to the lesser known, but equally beautiful inland area. You will head from Amalfi to Ravello and Tramonti, up in the mountains, and then back to Amalfi along the coast again. After leaving from Amalfi, you turn inland at Castiglione and start climbing up the steep winding road along the narrow valley of the 'Dragone' torrent and underneath the rock cliffs of Ravello. This is quite a climb, but a relatively easy ride with your E-Bike! After an optional detour to the beautiful small medieval hamlets of Pontone, Minuta and Scala, you arrive in Ravello, where you park your bike for a stroll through the village. Ravello, one of the main highlights of the Amalfi Coast, boasts many medieval monuments, but is above all famous for its great villas with stupendous gardens, and stunning views over the Amalfi Coast. After an extensive visit, you continue inland through some surprising wild scenery in the direction of Tramonti, where you can find a place for lunch. From Tramonti you then descend along a winding road towards the Amalfi Coast again. You arrive at Maiori with its wide seaside boulevard. After a short stop for a drink, or perhaps a swim, you then head back to Amalfi. Perhaps you'll have also the time now to enjoy a lemon cake in Minori or a beer on the square in Atrani the second cycling day you can take some more time to visit Ravello, pay a visit to its magnificent gardens and also discover the beautiful small medieval hamlets of Pontone, Minuta and Scala, tucked away in the hills. **Hotel*** – Amalfi** Distance: 35/60 km. – Cycling: 3-4,5 h.



Day 4 – From Amalfi along Praiano and Positano to Sant’Agata sui Due Golfi

Today you leave Amalfi. Take your time for a last look at the Duomo of Amalfi, and then start cycling the second half of the dramatic ‘Strada Amalfitana’: from Amalfi along Positano to the town of Sant’Agata sui Due Golfi, located on the very ridge of the peninsula and offering wide views both on the Amalfitan and Sorrentine coasts. You start with the short ride from Amalfi, through Praiano, to Positano, easily the most scenic – and mundane – of the towns on the coast. Shortly after Amalfi you will pass by the scenic ‘Grotta Azzurra’ sea cave which is open to the public and the spectacular ‘fjord’ of Furore, a deep canyon opening up to the sea in which a small fishermen’s villages clings to the rocky cliffs. When arriving at Positano, make sure you cycle down into the town towards its beach from where you can explore its scenic and colourful alley ways. Park your bike – most of Positano can only be done on foot –most of the small back streets you will explore consist of stairways! After Positano the coast becomes wilder and more rugged, with great views over the ‘Islands of the Sirens’ and it is a good climb to arrive at the Colli di San Pietro, beautifully situated on the ridge that separates the Amalfi Coast from the rest of the Sorrento Peninsula. A short relatively flat stretch then brings you to the Colli di Fontanelle, and from there after a few very scenic hairpin bends, up to your accommodation at Sant’Agata sui Due Golfi (your choice between a beautiful agriturismo and a nice hotel). After settling in your room you can relax in the garden or go for a stroll. In case you are based at the agriturismo, you will dine on beautiful organic food, sprinkled with local olive oil and of course with a bottle of house wine. **Agriturismo or Hotel*** – Sant’ Agata sui Due Golfi** *Distance: 35-40 km. – Cycling time: 3 h.*

Day 5 – Cycling through ‘Siren’s Land’ – from Sant’Agata sui Due Golfi along Termini to Sorrento – with a view on Capri and Mount Vesuvius

Today you’ll cycle to the very tip of the Sorrento Peninsula. On the first stretch of the road after leaving Sant’Agata this morning you will fully understand why its full name is Sant’Agata sui Due Golfi: you can admire not only the wonderful panorama over the southern coast towards Capri, but also enjoy the view of Sorrento and the Bay of Naples dominated by Mount Vesuvius. You now cycle on the plateau high above the coast towards the very end of the peninsula, Punta Campanella. From the last village (indeed: called ‘Termini’) you have a great view on Capri. You should cycle up to the small chapel of San Costanzo, just above the village, from where you can enjoy the views at 360 degrees! For those who feel like it there is also the possibility to descend towards the delightful beach of Marina del Cantone (and back up again), perhaps with a short visit to the nature reserve of Baia di Ieranto. You then return along the northern coast, with wonderful views of the Bay of Naples again, through the charming village of Massa Lubrense. It is recommended cycling down to the seaside resort of Sorrento, perched on high vertical limestone cliffs above the sea, and visit its old town centre with its wonderful gardens and villas. After the visit you turn inland again and climb slowly up to Sant’Agata sui Due Golfi. **Agriturismo or Hotel*** – Sant’ Agata sui Due Golfi** *Distance: 40/50 km. – Cycling time: 3,5-4 h.*



Day 6 – Departure

The tour ends in Sant'Agata after breakfast today.

TOUR VARIATIONS

In case you want to spend some more time in the Amalfi area, and make the tour slightly more relaxed, we strongly recommend to book an extra night in Amalfi. That way you can 'split up' the ride of day 2 and have more time for Ravello, Pontone and the other small hamlets of the area - to explore the area with ease.

EXTRA NIGHTS

It is possible to include extra nights in any of the accommodations 'en route'. Extra sightseeing options can be provided! As well is it possible to extend your tour with a few days in Salerno or Naples, on the island of Capri or elsewhere along the Amalfi Coast itself. Details and prices on request.

UPGRADE

It is possible to book an upgrade in some of the places en route. Details and prices on request

ARRIVAL & DEPARTURE

Arrival: The tour starts in VIETRI, only a few kilometres (by boat or bus) from SALERNO which can easily be reached by train from Naples. Naples has an international airport. From Rome (and many other cities) Salerno can easily be reached. From Salerno there are regular buses and boats to Amalfi..

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Departure: The tour ends after breakfast on day 6 in SANT'AGATA, a few km. above SORRENTO. From Sorrento Naples (airport) can easily be reached by local train or bus.

Route

Easy to Moderate (2-3): Mostly moderate rides but with some longer climbs. All roads are well paved and mostly quiet with limited traffic except for some periods during summer and holidays. Extensions as well as shortcuts are possible on all days.

Fitness: Some experience with bicycle touring and a good general physical condition will certainly make your travel experience more enjoyable. You should be able to cycle for several hours a day also in hot weather.

Dates and Prices

Tour is available year-round. Except July 28-August 17

Price per person in Euros- all prices subject to confirmation on booking

Season	Double occupancy	Single Supplement	Solo Traveler Supplement
March 15-31	950	265	350
April 1-30 & October 1-31	1000	300	385
May 1- July 27	1050	335	420
August 18- 31	1155	400	480
September 1-30	1095	370	450

ACCOMMODATION & MEALS

All nights are spent in beautiful, characteristic hotels (generally 3-star). All rooms have en-suite facilities. One dinner is included. On the other nights you are free to organize your own dinner in one of the many restaurants at Amalfi.

INCLUDED

- 5 nights accommodation – BB
- Extensive route notes, with description of the route & tourist information
- Maps at 1 : 50.000 scale (or better)
- GPS waypoints & tracks (optional)
- Welcome briefing/bike fitting
- Bike delivery & collection
- Bicycle rental of a high quality E-Bike
- Luggage transfer from Amalfi to Sant'Agata on day 4
- 24/7 h local assistance

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NOT INCLUDED

- Departure taxes & Visas
 - Travel Insurance
 - Drinks and meals not mentioned in the itinerary
 - Optional additional tours or activities
 - Tips
 - Items of personal nature
- Helmet rental 10 Euros

Bikes



This is a partner tour.

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