



Italy- The Heart of the Amalfi Coast Hiking Tour (2025)

8 Days / 7 Nights

Individual Self Guided



The Amalfi Coast is probably Italy's most beautiful coastline. Moreover, the *Costiera Amalfitana* is located on the southern side of the Sorrento Peninsula, protected from the cold northern winds by its impressive mountains, and therefore has a wonderful climate all year long. This tour is a good option for a great walk already in early Spring or in late Autumn. The landscape is immensely varied and surrounded by infinite ever changing views. It can be typical Mediterranean, intoxicated by wild perfumed herbs, with myrtle shrubs, thyme, rosemary and mastic trees, or almost alpine with meadows and bare rocks. And there's cultural heritage abound! Man has created a stunning mosaic terraced landscape, which nothing can compare with. Beautiful little churches, ruins of castles and old farmhouses are found all over... The *Costiera Amalfitana* is definitely Europe's most dramatic stretch of coastline ! And the best thing is, everything can be discovered on foot!

OK Cycle & Adventure Tours Inc. - 666 Kirkwood Ave - Suite B102 – Ottawa, Ontario Canada K1Z 5X9

www.okcycletours.com Toll Free 1-888-621-6818 Local 613-702-5350

TICO Ontario Registration No: 50022848



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Itinerary Day by Day

Day 1

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. **Hotel *** – Amalfi**

Day 2- Distance: 9-10 km. Approx. 4-5 h. walking

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 also offers 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. **Hotel ***- Amalfi**



Day 3- Distance: 7,5 km. Approx. 4,5 h. walking Distance: 9 km. Approx. 4 h. walking. Ascent & descent: +/- 480 m. (shorter options possible)

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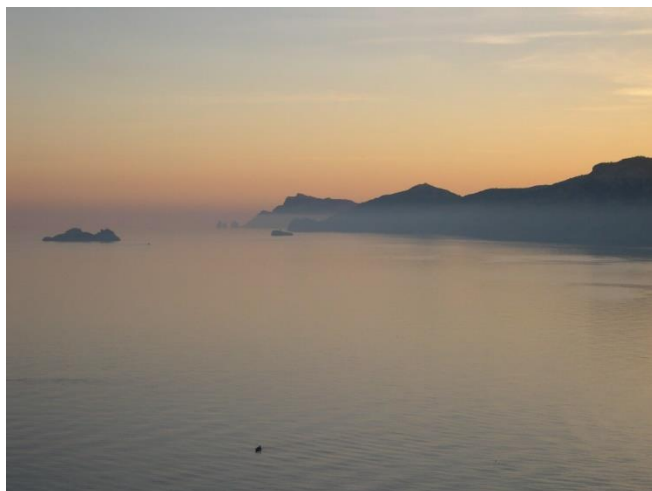
Today you walk along a beautiful route (or take the (open) bus) up to the charming historic village of Ravello, one of the most exclusive villages of the Amalfi Coast, and a sought after place by artists over the centuries, as its lofty position and sunny, dry climate made it an appealing place to writers, 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.

Hotel * – Amalfi**

Day 4- Distance: 11 km. Approx. 6 h. walking. Ascent & descent: + 700 m./- 500 m. From Amalfi you



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

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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! Hotel *** – Praiano



Day 5- Distance: 8 km. Approx. 5 h. walking

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.

Hotel * – Praiano**

Day 6 Distance: 8,5 km. Approx. 4,5 h. walking. Ascent & descent: + 500 m./- 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. **Hotel *** – Positano**

Day 7 Distance: 8/ 11 km. Approx. 4 – 5 h. walking

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Today you have two options: a stunning, utterly scenic hike high above Positano or a trip by boat to the rightly famous island of Capri, the island where already the roman emperors liked to come as tourists, and that since then never lost its fame. Of course here you will not only see the 'touristy' highlights, but you also make a beautiful round walk, passing the ruins of Villa Iovis, the most impressive roman villa, the untouched coastline and many grotto's. This walk can be extended or shortened in many ways, according to your wish to dedicate to walking, relaxing or shopping. In the late afternoon you then return by boat to Positano, along the *'Islands of the Sirens'*.

For the hike instead, 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 **Hotel *** – Positano**

Day 8

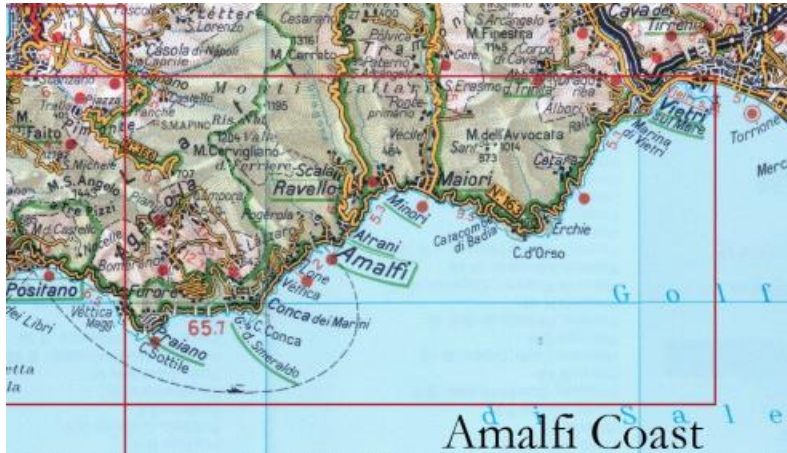
After breakfast you return by boat or bus and train to Naples and by shuttle bus to the airport. An extra night in a hotel can be booked upon request.





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Route



Moderately easy (2-3): Mostly easy walks, but with nonetheless some walking uphill, sometimes on paths with rough surfaces. On some days extensions or shortcuts are possible.

Fitness: High standard of fitness is not necessary but clients should be able to walk for up to 5 hours a day in hot sun on dusty or stony tracks.

FOOT PATHS & WAYMARKING

Most paths are relatively well maintained, but during the season some paths can get overgrown (we are in continuous contact with local authorities to keep the paths clean – please help us by providing you feedback on the quality of the paths).

Waymarking: Only a small part of the route is waymarked (partly by us); elsewhere it is necessary to follow the route descriptions provided together with the maps. With these it is always possible to find your route. In case you don't feel confident a local guide can be provided for some trails

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ACCOMMODATION & MEALS

All nights are spent in beautiful, characteristic family-run hotels (generally 3-star; **UPGRADE 4/5-star** on request). All rooms have en-suite facilities.

Accommodation is on **B&B** basis, in all accommodations. So no evening meals are included, and you are free to choose from the wide choice of restaurants in the area. Your accommodation holder can give you good tips. On some occasions you can also choose to eat at the premises of the hotel.

No picnic lunches are included in the tour price, but these can be prepared for you by the accommodation holders, or materials for picnics can be purchased in the villages where you stay. On some occasions you have the option to have your lunch in a restaurant along the way.

Nights 1, 2 & 3: The first three nights are spent at Amalfi, the ancient capital of the Amalfi Coast, in a welcoming and comfortable 3-star hotel. The hotel is centrally located at walking distance from the seashore and all main monuments of the medieval town centre.

Nights 4 & 5: These nights you stay in the little town of Praiano, in a good 3-star hotel, with a few nice little beaches at walking distance. For those who want to relax a day longer, there's the possibility to stay longer.

Nights 6 & 7: The last two nights are spent in the romantic & fashionable little village of Positano, with its characteristic houses built onto the steep slopes of the mountains. You stay in a comfortable 3-star hotel. The hotel is at walking distance from the seashore (along Positano's charming little streets/stairs).

Price per person in Euros based on Double occupancy all prices subject to confirmation on booking

Start Date	Price	Single Suppl
March 22- March 31	€ 980	€ 635
April 1-30	€1040	€650
May 1-31	€ 1150	€ 750
June 1-July 25	€ 1235	€ 805
August 18-31	€ 1285	€ 840
September 1-30	€ 1255	€ 815
October 1-31	€ 1040	€ 650

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INCLUDED :

- 3 nights Hotel in Amalfi *** – BB
- 2 nights Hotel in Praiano *** – BB
- 2 nights Hotel in Positano *** – BB
- 1 Luggage Transfer from Amalfi to Praiano (day 4)
- 1 Luggage Transfer from Praiano to Positano (day 6)
- Extensive route notes, with description of the route & tourist information
- Maps at 1 : 25.000 scale
- 24/24 h local assistance

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

THIS IS A PARTNER TOUR FOR MORE INFORMATION CONTACT