

Amalfi Coast

8 or 5 Day Trip
Independent Walking up to 35 miles

Route Open • 16th Apr to 12th Jun; 1st Sep to 16th Oct



PICTURESQUE TOWNS AND COLOURFUL FISHING VILLAGES – POSITANO

Features

- Walk from idyllically situated Ravello with its famous gardens, to the elegant resort of Positano
- Outstanding coastal scenery, which can only be appreciated on foot
- Picturesque towns and colourful fishing villages
- Ancient paths and steps linking villages, farms, churches and monasteries
- Walk through the wild Lattari mountains, vineyards, woods and chestnut groves, high above the sea

Itinerary

Day 1 • Arrive in Ravello

...with its splendid villas, gardens and art treasures in an incomparable setting.

Day 2 • Ravello – excursion

Follow ancient stairways down to the fishing village of Atrani, a maze of whitewashed alleys. Paths then lead through lemon groves to Scala, the oldest 'little' city of the coast, then back to Ravello (6.6 miles, 5 hrs).

Day 3 • Ravello to Amalfi (5 day itinerary – Arrive in Amalfi)

A high path leads to the famous nature reserve of Valle delle Ferriere, through meadows, chestnut groves and past waterfalls towards the village of Pogerola, and then down an ancient flight of steps towards the historic 'city' of Amalfi (8.5 miles, 6 hrs).

Day 4 • Amalfi to Conca dei Marini

Time to visit Amalfi and its cathedral, with bronze door cast in Constantinople, mosaic façade and 13th century cloister. A 1,000 year-old footpath leads through historic villages to Conca dei Marini. Opportunities to visit the Grotta dello Smeraldo (3.6 miles, 3 hrs).

Day 5 • Conca dei Marini to Vettica Maggiore

A stepped footpath passes churches with panoramic views, and descends into the spectacular fjord of Furore. Then the *Via dell' Amore* leads into the green Praia Valley, before descending to the quiet village of Vettica Maggiore (5 miles, 4 hrs).

Day 6 • Vettica Maggiore to Positano

Climb up to the monastery of San Domenico and along the *Sentiero degli Dei* (Footpath of the Gods), a high open ridge walk with fine views, before descending through olive groves to Positano (6.3 miles, 4.5 hrs).

Day 7 • Positano – Excursion

Originally a small fishing village, now an exclusive resort, Positano's church boasts a lovely majolica dome and Byzantine Madonna. Scenic paths with panoramic views lead from Montepertuso to Santa Maria and back along the fertile Pozzo Valley (5 miles, 4 hrs).

Day 8 • Departure day

5 DAY ITINERARY: AMALFI TO POSITANO



Amalfi Coast Trip Information

Finding Your Way



The ATG Route Booklet includes detailed directions and maps, as well as up-to-date information on towns visited, places of interest, local history, restaurants, cafés and shops en route.



Your Route Manager is there to ensure your trip runs smoothly. They will brief you before you set out, move your luggage along the route, offer advice and answer your questions, and they're contactable by phone to help out in case of emergencies.

Restaurants, Food & Wine

Campania is renowned for its pasta, mozzarella and pizza. Specialities are sea bream and fresh anchovies cooked in lemon and butter, *frutti di mare* – all types of shellfish, *parmigiana di melanzane* and delicious pastries and ice creams.

Few Campania wines have official credentials; however there are some

On booking you will be sent further trip information: details of how to get to/from the route, what to bring and other practicalities.

pleasant surprises among the table wines: Ravello's thriving red, white and rosé Vino Gran Caruso and Vuilleumier, as well as Furore's Divina Costiera.

For further information on food & wine see page 11.

Getting There

Recommended Destination Airport

Naples
From Naples there are buses to Amalfi (2 hrs); or trains to Salerno (1 hr), then bus (1 hr 15 mins) or ferry (40 mins) to Amalfi. From Amalfi there are local buses to Ravello (35 mins).

For further info on flights see pages 72-73.

Trains

FROM	TO	PRICE
Naples	Salerno	~€7

For train journeys ex-London see page 71.

Taxis

FROM	TO	PRICE
Naples airport	Ravello	~€140
Naples airport	Amalfi	~€140

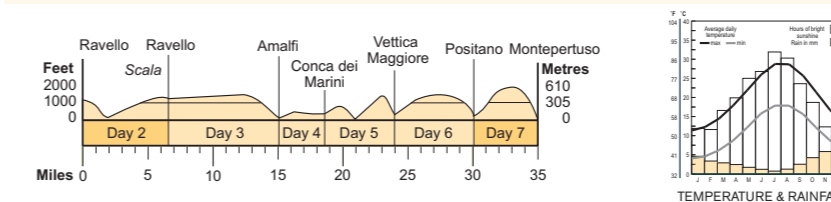
Prices may be significantly higher on Sundays and public holidays.

Taxis can be booked via the ATG office.

Terrain

Fitness: 30 to 35+ (many steps) (see page 12 for fitness calculation)

Ancient paths with long flights of steps originally used to link the villages, which climb and descend through lemon groves. Small open footpaths (rocky in places) through the Valle delle Ferriere and on the Sentiero degli Dei, which are not suitable for anyone suffering from vertigo. **Steep ascents/descents; plenty of steps; sticks/poles advisable.**



Prices


You can plan your Footloose trip for any time within the route opening dates, subject to availability.


TRIP OPTIONS	TRIP PRICES (excluding flights)	DOUBLE FOR SINGLE OCCUPANCY (per night)
• 8 Day Standard	• £ 995 / \$1,740	• £43 / \$75
• 8 Day Superior	• £1,175 / \$2,055	• £54 / \$95
• 5 Day Standard	• £ 625 / \$1,095	• £43 / \$75
• 5 Day Superior	• £ 725 / \$1,270	• £54 / \$95


Extend Your Stay

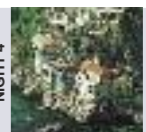
To extend your stay anywhere on the route, please contact the ATG office. See page 68 for extension hotel rates in Naples.


Accommodation

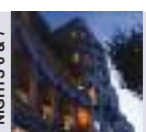
NIGHTS 1 & 2 HB

RAVELLO Bonadies
 ★★★★★
 Renovated, family-run hotel in 13th century convent with pool

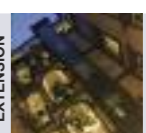
NIGHTS 1 & 2 B&B

RAVELLO Giordano
 ★★★★★
 Restored villa in private gardens with pool


NIGHT 3 B&B

AMALFI Luna Convento
 ★★★★★
 Restored convent with chapel and pool

NIGHT 4 B&B

CONCA DEI MARINI Le Terrazze
 ★★★
 Beautifully situated
Superior rooms are larger with sea view

NIGHT 5 HB

VETTICA MAGGIORE Tramonto d'Oro
 ★★★★★
 Comfortable family-run hotel with pool
Superior rooms have sea view

NIGHTS 6 & 7 B&B

POSITANO Savoia
 ★★★★★
 Family-run hotel with traditional majolica tiled floors

EXTENSION B&B

NAPLES Chiaja Hotel de Charme
 ★★★★★
 Central location 20m from the Piazza del Plebiscito

EXTENSION B&B

NAPLES San Francesco al Monte
 ★★★★★
 Converted monastery with views, gardens and pool

NUMBER OF NIGHTS HB (DINNER INCLUDED)

8 DAY • Standard: 3 / Superior: 1
5 DAY • Standard: 1 / Superior: 1

- STANDARD OPTION
- SUPERIOR OPTION
- STANDARD & SUPERIOR OPTIONS