

## ITALY – AMALFI COAST: COOKING AND WALKING

8-day / 7-night small group cooking and guided walking tour

**EARLY BOOKING ESSENTIAL**



This is undoubtedly one of our most frequently requested walking destinations. Nestled on southern Italy's Sorrento Peninsula, the Amalfi Coast is one of the world's most photo-worthy stretches of shoreline. Cliff-hugging paths, colourful hillside villas, and mountain villages untouched by time have earned it a place on the UNESCO list. In this week we explore varied and scenic routes along the length of the Amalfi Coast. Explore the coastal lemon groves and vineyards, follow inland paths through woodland, pass through the Valle del Ferriere nature reserve, take in views out over the Mediterranean, visit the island of Capri and traverse the Path of the Gods.

Indulge in all the Amalfi Coast has to offer; building up an appetite on some splendid walks, learning the secrets of the Italian kitchen with a trio of cooking lessons and then enjoy the results. Experience authentic Italian cuisine, cook with organic produce and make and taste your own gelato.

**Cost from:**                **\$3755** per person (twin share)                Single room supplement from \$785, on request.

**2025 Departures:**    29 April, 6, 13 May, 16, 23 September

**Tour includes:**                7 nights in a comfortable B&B room with ensuite bathrooms, 7 breakfasts, 1 lunch with wine, 4 evening meals, 3 cooking lessons plus a variety of tastings, experienced walks leader, air-conditioned transport to/from the walks.

**Not Included:**                Airport transfers (transfers from/to Naples' airport at set times can be pre-booked at extra cost – please ask for details), meals and drinks not mentioned, personal expenses, transport and/or activities on your free day.

**Accommodation:**                Charming little B&B in a standout location just a few minutes stroll from the Path of the Gods. Each room is slightly different in size, but all are beautifully decorated in detailed mosaic tiles and have everything you need for a good night's sleep, including ensuite bathroom. Outside there's a terrace area for alfresco dining, plus a cluster of bars and restaurants right on the doorstep.

**Trip Grading:**                This is an easy to moderate walking holiday. Mostly on established paths, but these can be loose underfoot in places with rocks and stones. There is one short section on the Path of the Gods where there is a significant drop off, but this is easily passed in less than a minute on a path that is 8 feet wide. There is a free day for you to relax or explore independently.

**Call OUTDOOR TRAVEL on 1800 331 582 for details or reservations**



## Suggested itinerary:

### Day 1: Arrive Bomerano near Amalfi

Make your own way to your first hotel. Enjoy a welcome drink, unpack, and settle in before dinner.

### Day 2: Cheese Tasting, Pizza Making and Monte Tre Calli Walk

**walking 10km**

Our first day lines-up a short walk to a local cheesemaker in Bomerano. We'll learn all about the cheesemaking process, sample some fresh formaggio, and get hands on in creating our own paninis or slices of pizza. After dining on our creations for lunch, we'll set off on a woodland track that opens out onto magnificent views over the Mediterranean Sea. The second part of the walk slowly ascends the slopes of Monte Tre Calli before dropping back down to the village for a well-earned drink.

### Day 3: Praiano walk and Pasta-Making

**walking 9km**

Leaving from our hotel in Bomerano, we'll follow a scenic trail along the Amalfi Coast that slowly descends to the shoreline. Walking side-by-side with the Mediterranean, we'll eventually drop into Praiano where there's free time to find lunch and explore. Eat at one of the authentic seafood restaurants set on the coast or take a dip in the water and enjoy the beach. For the more adventurous there are sea kayaks available for hire (at extra cost). We round off the day with what's arguably the most Italian of all experiences – a pasta making class.

### Day 4: Free Day

This is an ideal opportunity to relax, walk independently, or visit local places of interest. Visit the island of Capri by hydrofoil. This easy-on-the-eye isle has been a magnet for the rich and famous since the days of ancient Rome. Visit the flower-festooned Gardens of Augustus, explore the 2000-year-old ruins of Villa Jovis, or give your credit card a workout in the designer boutiques. You can spend some well-earned downtime on one of Amalfi's beautiful beaches or get to know Bomerano better and pick out a place to eat that evening.

### Day 5: Valle Delle Ferriere & Amalfi Gelato

**walking 13km**

A short transfer to the starting point of a walk to Valle delle Ferriere. Despite being just a stone's throw from the bustle of the Amalfi Coast, this protected nature reserve feels like a world away. Follow wooden walkways through forested valleys and be rewarded with superb views throughout. Finish in Amalfi and after free time to explore, visit a master gelato maker and help make gelato to a traditional family recipe, sampling a scoop or two.

### Day 6: Path of The Gods

**walking 9km**

We start the scenic traverse along the Path of the Gods – arguably one of the finest coastal walks in the world. There are outstanding views, pretty villages and nice places to stop along the route. In the distance, you can see the Island of Capri and small towns dotted along the hillsides. We arrive at Santa Maria del Castello – a tiny hamlet perched 650m above Positano. Then, top it all with a farmhouse meal made of organic locally grown ingredients, all served with a side order of sea views. From farm to fork, it doesn't get much fresher.

### Day 7: Agerola and Italian Cooking

**walking 4km**

Our final day takes us on a short walk to Agerola. There'll be time to explore the village followed by an authentic Italian cooking class. Learn to cook like a local alongside an expert chef and take-home tips and tricks to impress friends and family with at your next dinner party. Using fresh, seasonal ingredients, prepare a selection of typical dishes that we'll dine on during a leisurely lunch.

### Day 8: Depart.

Tour ends after breakfast.

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**Outdoor Travel** offers similar centre-based walking holidays in many other areas of Italy including the Cinque Terre, Piedmont, the Dolomites, Puglia and Tuscany. Self-guided inn-to-inn or guided walks are also offered in most countries of Europe and the UK including the **Camino de Santiago**, the Way of St James in France and Spain or the **Via Francigena**, the *pilgrim's road to Rome* from the Alps to the Vatican in Italy.

**Contact Outdoor Travel for more details and reservations:**

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