

ITALY – SORRENTO PENINSULA & THE AMALFI COAST

8-day / 7-night centre-based – one-hotel group guided walking tours

EARLY BOOKING ESSENTIAL



The panoramic **Amalfi Coast** is undoubtedly one of our most frequently requested walking destinations, famous for its incomparable beauty, sunny weather, colourful fishing villages and glamorous coastal resorts. An ancient and extensive network of clifftop trails, mule paths and tracks through lemon and olive groves link rural villages and seaside resorts. We explore the enchanting Isle of Capri on foot and visit the popular and picturesque resort towns of Amalfi and Positano. A highlight of our walking week is the famed *Sentiero degli Dei*, the Path of the Gods atop the cliffs above the Gulf of Salerno. There is a free day mid-week allowing the opportunity to explore Naples or visit the well-preserved buried cities of Pompeii and Herculaneum.

Cost from: **\$3285** per person (twin share) Single room supplement from \$875
Season supplements of **\$125-\$175** per person on selected departures

Departs: 14, 21, 28 April, 7 May, 15, 22, 29 September, 13 October, 2026

Tour includes: 7 nights in comfortable hotel room with ensuite bathrooms, 7 breakfasts, 7 evening meals, experienced walk leader with a choice of two levels of guided walks on 5 days, transport to/from the walks.

Not Included: Meals and drinks not mentioned, personal expenses, excursions on your free day. Airport transfers from/to Naples Airport at set times can be pre-booked at extra cost, ask for details when booking.

Accommodation: The family-run Hotel Delle Palme is in the centre of Sant'Agata sui due Golfi, a traditional village at the foot of the Lattari Mountains between the Sorrento and Amalfi coastlines. Originally built as a holiday villa in the 19th century, it has hosted Neapolitan nobility and bourgeoisie. The attentive team will ensure warm Italian hospitality and a relaxing stay. Guests can make use of the tranquil grounds and swimming pool. *On occasion we may use an alternative property of similar standard and location.*



Call OUTDOOR TRAVEL on 1800 331 582 for details or reservations

Trip Grading: Easy to moderate. Easier walks of 5-8km on good tracks and paths, with up to 440m of ascent and up to 850m of descent in a day. Harder walks of 6-10km on mostly good paths, sometimes rocky underfoot with some steeper sections, with up 500m ascent and 900m of descent in a day.

A typical European centre-based walking holiday offers a choice of up to two guided walks each day. You choose the walk that best suits your ability and fitness. Walks leaders make the final decision on which routes are offered; each evening they will brief you about the walks for the next day and answer questions you may have.

Suggested itinerary:

Day 1: Arrival day

Arrive at the hotel in Sant'Agata by mid-afternoon. Ask about arrival transfers from Naples Airport (at extra cost).

Day 2: Landscapes of Massa Lubrense

Our introductory walks depart right from our hotel. Our routes take us through rural and pastoral landscapes, away from the usual tourist spots: quaint hamlets, quiet farmland, groves of lemons and olive.

Day 3: The Isle of Capri

Capri is a jewel in the Gulf of Naples, a resort destination since Roman times when Augustus and Tiberius built villas there. We walk through the Cetrella Valley to Monte Solaro, the highest point on the island. The easier route ends at the Belvedere viewpoint, while the harder route continues to the summit.

Day 4: Amalfi Coast

We start in wonderful Amalfi, the 'pearl of the Amalfi Coast' – if time permits we explore the quaint cobbled streets lined with pastel-painted buildings, the cathedral and the Piazza Duomo with its cafés and gelaterias. We make our way on mule paths to the charming village of Atrani before taking a longer or shorter route through lemon groves and up ancient stairways before ending in picturesque Ravello.

Day 5: Free day

No walks are planned on this day. Relax at the hotel, perhaps take the train to Pompeii or Naples, or walk the 4km path to the popular resort of Sorrento.

Day 6: Sorrentine Peninsula

These walks explore Punta Campanella, at the tip of the Sorrentine peninsula. This limestone promontory forms the natural border between the Gulf of Naples and the Gulf of Sorrento. The easier route is through the forest and meadows of the nature reserve, while the longer walk heads across the ridge of Monte San Costanzo, enjoying views of Capri and the gulfs of Naples and Salerno.

Day 7: The Path of the Gods

The *Sentiero degli Dei*, the Path of the Gods, is justifiably the most famous walk on the Amalfi Coast. On this clifftop walk we are constantly treated to sweeping panoramic views of the coastline and the sea, with numerous photo opportunities. From Bomerano we walk to sleepy Nocelle; here we either descend the famed 1700 steps to colourful Positano, or take a longer route via Montepertuso before descending some 1500 steps to Positano.

Day 8: Departure day

Tour ends after breakfast. Ask about departure transfer at a set time to Naples Airport, at extra cost.



Contact Outdoor Travel for more details and reservations:

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