

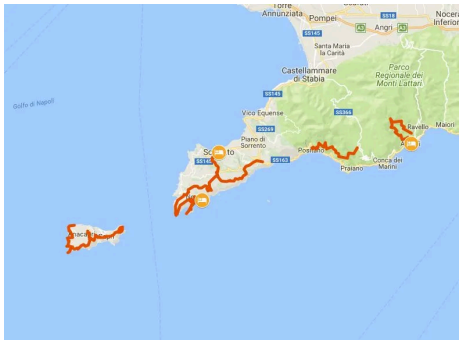
COASTS & ISLANDS CLASSIC ROUTES

type :	Self-Guided Hiking Tours
level :	
duration :	8 days
period:	Mar Apr May Jun Jul Aug Sep Oct Nov
code:	ITSW250

Capri Island to Amalfi Coast - Italy

Capri Island to Amalfi Coast

8 days, PRICE FROM *€ 894*



The air is **fresh** and **sea-scented**, a light **breeze** getting under your clothes, diluting the heat; it gets more fragrant at each step - **lemons, wildflowers** growing on both sides of the path, the **brackish breeze** blowing from the sea. The day is so clear that - as you admire the view extending in front of your eyes - you can distinctly see **each island and detail** - including the **Island of Capri**, the untamed nature of which you have explored just yesterday, as you walked through **lighthouses**, **forts** and **caves** open on the glistening azure sea.

Amalfi Coast is all of this and much more: it's the main road of **Sorrento**, buzzing with **tourists and locals**, a new variant of **limoncello** to be tasted in every bottega; it's **Amalfi**, with its **narrow streets** always teeming with people, and the silence in the **Valle delle Ferriere**, right out of the city centre; it's the **freshly caught fish** you enjoy at each meal, the emotion of walking on one of the **most popular and scenic hikes** in the whole world, a dip in the crystal clear sea.

You can choose to stay a few days or make the holiday as long as you want: you'll surely want to come back, even just for seeing the **sunset on the Faraglioni.**

Route

Day 1 Arrive in Sorrento

Arrive in **Sorrento** with public transports. As soon as you get settled in your accommodation, step outside and breathe in the incredibly fresh, crisp air of the **Mediterranean Sea**. In the afternoon you can visit the historic centre, and in the evening, let all your senses be delighted as you prepare for your phenomenal walking adventure ahead.

Day 2 Capri Day with selection of walk

Take the ferry from the port of Sorrento to **Capri Island**, the pearl of the Bay of Naples. Here you have a choice of two walks, a short easy walk to visit **Emperor Tiber's villa** or a longer coastal walk from the hill town of Anacapri down to the west coast, with the option of an additional easy panoramic coastal walk to the **Blue Grotto**. On the island you can use the public bus or cable car to travel around. In the late afternoon return to Sorrento by ferry.

Walk A: Roman Villa Jovis (Tiberio), 7,5 km
This is an easy walk that goes from the town of Capri to the **Roman Villa Jovis** from where Emperor Tiberio is said to have thrown his rivals and unwanted guests off the cliff. Walk along paved and cobbled lanes lined with luxurious gardens, and take in great views of the western side of the island and the Gulf of Naples.

*Distance: 7,*5 km

Elevation gain: +435/-467 m

Walk B: From Anacapri to Punta Carena and extension to Blue Grotto, 7 km
A really spectacular walk with really great views of the **Faraglioni**, Capri, the Gulf of Naples and the imposing cliffs between **Monte Solaro and Punta Carena.** From Punta Carena you return by bus to Anacapri where you change bus to reach Capri or Marina Grande OR you can continue walking to the Blue Grotto.

Distance: 7 km

Elevation gain: +300/-560 m

Walk C: Extension to Blue Grotto from Punta Carena, 6 km
This is one of the most picturesque trails on the island. The path gently contours the coast offering spectacular sea views from the cliffs and 19th century military forts. From the end of the walk take the local bus to **Piazza della Pace,** Anacapri.

Distance: 6 km

Elevation gain: +486/-588 m

Day 3 Punta Campanella loop walk, 22, 17 or 10 km

The day's walk takes you to the lovely **Promontory of Punta Campanella** offering spanning views on the Bay of Jeranto, the Island of Capri and the Amalfi Coast, the walk is not too long giving you time to relax at the hotel and time for a dip in the Mediterranean blue sea.

Distance: 22, 17 or 10 km

Elevation gain: +846/-632 m, +507/-875 m, +445/-750 m,

Day 4 Baia di Jeranto loop walk, 8,5 km

The day's walk takes you to the lovely **Bay of Jeranto** offering great views on the **Island of Capri** and the **Amalfi Coast** and ample time to go for a dip in the Mediterranean blue sea.

Distance: 8,5 km

Elevation gain: +549/-549 m

Day 5 From Sant'Agata to Colli San Pietro, 9,5 km

A private transfer will lead you to **Sant'Agata sui Due Golfi** from where you walk to Colli San Pietro, located slightly inland and high above the coastline. Today's picturesque walk is along old country lanes and footpaths through terraced fields, olive and lemon groves that open out onto the Mediterranean. Here you can clearly smell the wild flowers and Mediterranean scrub. In the afternoon take a local bus to Amalfi where you will be staying for 3 nights.

Distance: 9,5 km

Elevation gain: +329/-416 m

Day 6 From Bomerano to Positano on the Path of Gods, 12,6 km

This is the most famous of all the walks on the Amalfi coast along the **Sentiero degli Dei, the Path of the Gods**. Immense coastal panoramas and a high cliff coastline will accompany you from Bomerano, (that you reach with the local bus from Amalfi), all the colourful village of Positano perched on the side of the mountain. From Positano take a local bus back to **Amalfi.**

Distance: 12,6 km

Elevation gain: +70/-711 m

Day 7 Valle delle Ferriere or Pogerola loop, 10 or 11 km

Today you can choose from 2 walks though the Valle delle Ferriere or mills.

Walk A: Valle delle Ferriere walk (Pontone-Pogerola-Amalfi) (10 km)

A shorter but more demanding walk via Madonna dei Fuondi Sanctuary which follows inland paths through the Valle delle Ferriere park, passing by ancient mills and rivers with hidden views of the villages below.

Walk B: Pontone-Pogerola-Amalfi above the Valle delle Ferriere (11 km)
The longer loop will satisfy the demanding walker with its spectacular views of the bay of Salerno and the high cliffs of the Amalfi coast

Distance: 10 km or 11 km

Elevation gain: +1000/-990 m or +790/-770 m

Day 8 Arrivederci Amalfi!

The trip and our services end after breakfast. You can depart Amalfi by local bus to reach Naples airport.

Practical info

There is a direct bus from Naples airport to Sorrento. Check times on www.curreriviaggi.it

From Naples central station (about 20 minutes from the airport), you can also take the Circumvesuviana train that goes to Sorrento.

On departure, from Amalfi take a local bus to Sorrento and then catch either the train or the the Curreri Viaggi Bus to Naples airport.

You can also take a bus from Amalfi to Salerno, a train from Salerno to Naples central station, and then a bus to the airport.

For further information please see: www.sorrentoinfo.com/how-to-get-to-sorrento/.

Thanks to our special APP, you will be able to follow the track of the whole trip on your mobile phone, with no need for internet. GPS tracks are available on request.

Included

What is included

- 7 Nights in double room in **/*** hotels , B&B and agriturismi with breakfast
- luggage transportation from hotel to hotel
- transfers as described in the day by day program
- maps and detailed description of the itinerary in digital form, app
- Medical and luggage travel insurance
- 24h phone assistance

What is not included

- Transfers to the starting location and from the arriving location of the tour
- lunches and dinners, if not otherwise stated
- visits and entrance fees - tips
- personal expense
- possible sojourn taxes
- everything that is not mentioned in the "What is included" section.

Optional Services

These services can be added to the ones included in the base price of the tour:

- Single room supplement
- cancellation insurance
- Transfers to reach the starting location or to leave the arriving location of the tour, which will be quoted on request.
- travel documentation in printed form (maps and detailed description of the itinerary), shipped to the first hotel