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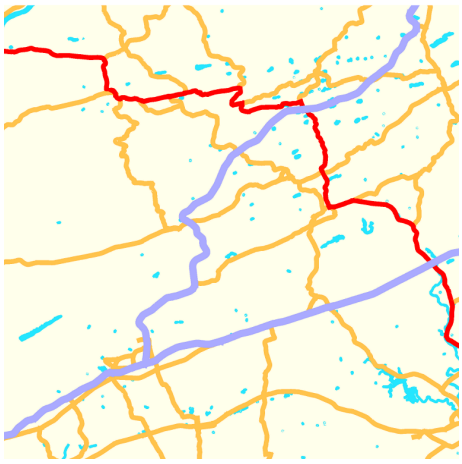
SPRING & AUTUMN GASTRONOMY

type :	Self-Guided
level :	
duration :	8 days
period:	Mar Apr May Jun Jul Sep Oct Nov
code:	ITSW620

Cilento coastal walk - Italy

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8 days, PRICE FROM *€ 671*



If you dream of the Mediterranean but crowds are your personal nightmare, leave Amalfi behind and drive less than 3 hours: you will reach a **well kept secret not even many Italians know**. Here, **Cilento National Park Hiking** offers far more than its famous buffalo mozzarella — this region is a treasure chest of natural beauty and authenticity.

The long sandy beaches of Cilento offer blue flagged, crystal clear waters, while local hotels provide warm, genuine hospitality. The fishing villages of Sapri and Scario embody the charm of Southern Italy. The ancient Greek city of Paestum — once called Poseidonia to honor the Sea God Poseidon — enchants visitors with its three incredibly preserved Greek temples and its extraordinary archaeological collections.

If you love the outdoors, there is even more to enjoy: **Cilento and Vallo di Diano National Park is filled with scenic hiking trails for all levels**. Suspended between lush forests and the turquoise Tyrrhenian Sea, its paths are perfect for a self-guided adventure. Our itinerary connects the most captivating routes of the region, from the sea of Sapri to the medieval hilltop village of Pisciotta.

Route

Day 1 Arrive in Sapri

As soon as you get settled in your accommodation, step outside and breathe in the incredibly fresh, crisp air of the Tyrrhenian Sea. In the afternoon you can visit **the historic centre of Sapri.** The town's main square, **Piazza Plebiscito**, is a hub of activity and a great spot to experience the local atmosphere. The Church of Santa Maria di Portosalvo, a beautiful church located near the seafront, is worth a visit. The town has a monument dedicated to the Italian poet and writer Carlo Pisacane, who led an expedition to southern Italy during the 19th century.

Day 2 Sapri loop walk, 11 km

Today you warm up with **an easy coastal walk** along a path once used to transport goods by donkeys.

Spectacular views of the coast and the **Gulf of Sapri** can be enjoyed along the way.

Distance: 11 km

Elevation gain: +325/-340 m

Day 3 Transfer to Scario and walk to San Giovanni a Piro, 9 km

A short transfer will lead you to Scario. Today's walk offers a scenic and picturesque experience allowing you to admire the natural beauty of the flora and the tranquil atmosphere of the region. **You'll walk along the path through olive groves**, **small villages**, and possibly forests. Once arrived in **San Giovanni a Piro** explore the town's historical center, narrow alleys, and perhaps visit the Church of San Giovanni Battista.

Distance: 9 km

Elevation gain: +685/-290 m

Day 4 From San Giovanni a Piro to Licusati, 14 or 10 km

This walk allows you to **immerse yourself in the countryside of the Cilento region** while discovering the **unique charm of the local villages**. The route may involve walking along paved roads, gravel paths, and narrow trails, offering different perspectives of the surrounding landscape. The journey's end is Licusati. known for its traditional stone houses, narrow alleys, and a serene atmosphere. Visit the village square, where you might find a local café or restaurant to enjoy a refreshing drink or a meal. Engage with the friendly locals and soak in the authentic Italian village ambiance. Today you have two options to get to the final destination, an easier and lower route and **a more challenging route over Mt.Bulgheria** from where you can admire **breath-taking views of the sea!**

Distance: 14 or 10 km

Elevation gain: +850/-965 m

Day 5 From Licusati to Marina di Camerota, 13 km

Today you leave Licusati for Marina di Camerota. The route takes you through olive groves, vineyards, and farmlands, providing a peaceful and picturesque backdrop for your walk. As you approach Marina di Camerota, you'll notice the landscape changing as you are getting closer to the coast. **Marina di Camerota** is a **fishing village** with a hint of South American influence. Admire the beautiful beaches and take time to see the natural arch formed by the sea eroding **the cliffs** over the centuries!

Distance: 13 km

Elevation gain: +615/-700 m

Day 6 Marina di Camerota walk to Baia degli Infreschi, 14 km

This itinerary allows you to explore both the scenic coastline and the charming surroundings. Start the walk strolling along the shoreline, listening to the sound of the waves and the gentle breeze. Continue your walk towards **Baia degli Infreschi, a unique bay known for its turquoise waters and pristine beach.** Take time to take a dive!

Distance: 14 km

Elevation gain: +590/-560 m

Day 7 Transfer to Palinuro and walk to Pisciotta, 15 km

A short transfer will lead you to Palinuro to start the last stretch of your trip. Follow the path through the olive groves until you reach **the historic hilltop town of Pisciotta.** Explore the **medieval streets**, visit the Church of Santa Maria, and appreciate the panoramic views of the surrounding countryside and the sea. Pisciotta is known for its well-preserved architecture and **traditional charm.**

Distance: 15 km

Elevation gain: +720/-585 m

Day 8 Arrivederci Pisciotta!

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

Practical info



The nearest airport is **Naples**.

From Naples central station you can also take the train that goes to Sapri. Please visit the website www.trenitalia.com

From Pisciotta-Palinuro station take the train that goes to Naples. Please visit the website www.trenitalia.com

Included

What is included

- 7 Nights in double room in **/*** hotels , B&B and agriturismi with breakfast
- 1 dinner
- luggage transportation from hotel to hotel
- transfer Sapri-Scario, transfer Marina di Camerota-Palinuro
- 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