



Italy : The Heart of the Amalfi Coast



Detailed trip file

SELF - GUIDED

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- ADMIRE BEAUTIFUL LITTLE CHURCHES AND RUINS OF CASTLES
- VISIT THE HISTORIC AMALFI, THE MAIN TOWN OF THE AMALFI COAST
- WALK ALONG PICTURESQUE CLIFF-HANGING COASTAL VILLAGES
- SWIM INTO LUMINESCENT WATER, SHIMMERING GREEN WITH THE LIGHT OF THE SUN

Summary

The Amalfi Coast is probably Italy's most beautiful coastline. Moreover, the Costiera Amalfitana is located on the southern side of the Sorrento Peninsula, protected from the cold northern winds by its impressive mountains, and therefore has a wonderful climate all year long. Therefore this tour is a good option for a great walk already in early Spring or in late Autumn.

The landscape is immensely varied and surrounded by infinite ever changing views. It can be typical Mediterranean, intoxicated by wild perfumed herbs, with myrtle shrubs, thyme, rosemary and mastic trees, or almost alpine with meadows and bare rocks. And there's cultural heritage abound! Man has created a stunning mosaic terraced landscape, which nothing can compare with. And beautiful little churches, ruins of castles and old farmhouses are found all over... The Costiera Amalfitana is definitely Europe's most dramatic stretch of coastline ! And the best thing is, everything can be discovered on foot!

This walking tour can be considered the 'classic' tour along the coast, which takes in all the famous coastal villages and the most beautiful walks to made in the area, some of which listed among the 'world's best walks'. On this tour you will discover that with reason the Amalfi Coast has become Italy's most famous coastline, but as well that it takes only a little effort to get 'off the beaten track', and that at only a few hundred metres away from the crowds, you will find yourself surrounded by nature.





Itinerary

8 days itinerary

Day 1: Arrival in Amalfi

Day 2: Walk to "Valle dei Mulini" via Pontone - 10km/4 to 5 hours

Day 3: Bus to Ravello. Walk back via Villa Cimbrone and Castiglione - 7.5km/4 hours

Day 4: Hike to Praiano by the "Maestra dei Villaggi" and the "Via dell'Amore" - 10 or 13km/ 5 or 6 hours

Day 5: Walk to Caves of Santa Barbara via the Valley of Praia - 11km/5 hours

Day 6: Hike to Positano by the "Foothpath of the Gods" - 9km/4 hours

Day 7: Bus to Montepertuso. Walk to Caserma Forestale via the Valley of Positano - 11km/5 hours

Day 8: End of the trip. Possibility of extension in Capri

Day 1: Arrival in Amalfi



Arrival in Amalfi. Short visit to the town centre and maybe a swim to wash off the tiredness of the journey.

Day 2: Walk to “Valle dei Mulini” via Pontone – 10km/4 to 5 hours



Today you make a first easy walk, which gives you immediately a good idea of the amazing cultural and natural heritage of the Amalfi Coast. First you walk into the quiet little back alleys of Amalfi. An ancient staircase takes you up underneath the impressive limestone cliffs, towards the little village of Pontone. The main point of interest is the marvellous Torre dello Zirro, located on a narrow ridge, in a park like landscape. This area offers also a number of marvellous picnic places. Then, through the charming village of Pontone itself, you walk into the ‘Valle dei Mulini’, the valley of the watermills, with the ruins of Europe’s most ancient paper mills, dating back to the 11th century. Those who want can penetrate deep into the valley, through spectacular scenery, underneath the towering cliffs. Here you can admire a number of beautiful waterfalls. Then you return back down to Amalfi. The path gradually descends along a number of impressive ruins of what once were the first paper mills, adding a mysterious touch to the landscape. Along the last stretch the scenery changes to lemon groves and maquis. Back down in Amalfi you can pass at the paper museum, before returning to your hotel.





Day 3: Bus to Ravello. Walk back via Villa Cimbrone and Castiglione – 7.5km/4 hours



Today you first take a local (open) bus up to the charming historic village of Ravello, one of the most exclusive villages of the Amalfi Coast. Ravello offers beautiful views over the Amalfi Coast. The French novelist, André Gide, once described the town as being 'closer to the sky than the seashore'. Ravello also boasts two magnificent villas – the superb 11th century Villa Rufolo, once a papal residence and later, the home of Wagner, and Villa Cimbrone, a sumptuous 19th century mansion with fabulous gardens. You can take your time to stroll through the village, before starting the walk back down to the coast. Along the dramatically located Villa Cimbrone and the hamlet of Castiglione you walk first through vineyards and lemon groves, then along a medieval flight of stairs down the beautiful little town of Atrani. This certainly is one of the best preserved villages of the coast. The last short stretch to Amalfi is very scenic and has beautiful viewpoints on the city centre.

Day 4: Hike to Praiano by the “Maestra dei Villaggi” and the “Via dell’Amore” – 10 or 13km/ 5 or 6 hours



From Amalfi you walk along one of the oldest pathways of the medieval Amalfi Maritime Republic, the 'Maestra dei Villaggi', or 'main road of the villages', an old paved mule track dating back to the 9th century. You pass the little villages of Lione and Vettica, before arriving at the imposing monastery of Santa Rosa (there is also the possibility to take a local bus to here, avoid a 300-m. ascent!). The walk from here first goes to the charming little village of Conca dei Marini, from where you'll have wonderful views both on Amalfi and towards the western tip of the peninsula. The route then descends to the coast again along some charming churches beautifully located above the rocky shore. You descend into the spectacular fjord of Furore, with its charming fishing village underneath the towering limestone cliffs. From here you walk uphill again, and past the hamlet and church of Sant'Elia, you take the 'Via dell'Amore', into the Valley of Praia. A great last stretch through forest, vineyards and Mediterranean scrubland, then brings you to the coastal village of Praiano, where you'll stay for the next two nights. An optional descent to the very picturesque inlet of Marina di Praia, the old little harbor of Praiano, is worth the effort!

Day 5: Walk to Caves of Santa Barbara via the Valley of Praia – 11km/ 5 hours



From your hotel you walk through the little streets of Praiano, up towards the little church of Santa Maria di Costantinopoli. From here on a comfortable path above the village itself, you walk into the Valley of Praia, a beautiful green valley with many vineyards clinged to the cliffs. You then climb up to the little church of Sant'Alfonso and from here the very scenic caves of Santa Barbara: another short section uphill brings you to the beginning of the famous 'Sentiero degli Dei' (Footpath of the Gods), a walk with unrivalled views. After a very panoramic stretch with views over the whole Amalfi Coast, reaching out until the island of Capri, you start the descend back to Praiano again, passing over a centuries old staircase. For those who still have some energy a descend to the little inlet 'Cavitella' is highly recommended.



Day 6: Hike to Positano by the “Footpath of the Gods” – 9km/4 hours



You start your walk again in the picturesque white washed alleys of Praiano. Along a medieval pilgrims’ route you then walk uphill towards the monastery of San Domenico, dominating the coast from its hilltop. Here you can have a little rest before continuing the climb uphill, through spectacular scenery with bizarre rock formations and luxurious vegetation. Shortly you then reach one of Italy’s most famous footpaths, the ‘Sentiero degli Dei’, or ‘Footpath of the Gods’. Through unique scenery with unrivalled views you reach the hamlet of Nocelle. Passing another spectacular valley you arrive in the little village of Montepertuso. After Montepertuso it’s only a short walk downstairs to Positano. Positano itself, is considered to be one of Italy’s most beautiful villages, and certainly one of the pearls of the Amalfi Coast. After a stroll through its alleys, you settle in your hotel in the centre, at walking distance from the large beach.

Day 7: Bus to Montepertuso. Walk to Caserma Forestale via the Valley of Positano – 11km/5 hours



First you take the local bus up to Montepertuso, from where you start a very scenic walk, around the upper valley of Positano. Following ancient footpaths through the forest and along marvelous viewpoints you climb up towards Santa Maria al Castello, the old fortress defending the narrow valley between the Amalfi- and Sorrento-side of the peninsula. From here you can admire both the Gulf of Salerno and the Bay of Naples. Through a nice wooded area in a park like landscape you then descend to the Caserma Forestale (the forestry service’s house). For those who want there is the possibility to climb up from here to the Monte Sant’Angelo, the highest mountain of the peninsula, a very demanding but rewarding ascent. The standard walk though continues through the forest and zigzags back down to Montepertuso. Along another medieval mule track you then return to Positano again.

Day 8: End of the trip. Possibility of extension in Capri



End of the trip after your breakfast. Extra nights and trip extension can be booked upon request.





How to get there

Way in & out: Pisa, Florence & Rome



The closest airports are Pisa and Florence. However, Tuscany is also easily accessible by flying to Rome

To Pisa

-Galileo Galilei International airport

20 major airlines fly to Pisa: Ryanair www.ryanair.com, easyJet www.easyjet.com, Air France www.airfrance.com, Alitalia www.alitalia.com, Lufthansa www.lufthansa.com, Sky Europe www.skyeurope.com amongst others.

To Florence

- Peretola Airport - Florence International airport

Airlines flying to Florence: Air France www.airfrance.com, Alitalia www.alitalia.com, Lufthansa www.lufthansa.com and others

To Rome

Virtually all airlines fly to Rome.



Bus to Volterra:

- From Pisa:

From the central Bus station: Line 190 Corsia 1 (Pisa to Pontederra-1h) & Line 500 Corsia 4 (Pontederra to Volterra)

Info: www.cpt.pisa.it

- From Florence:

From central Bus station: Florence-Volterra (2h10mins)

Info: <http://toscana-toscana.de/volterra-it/bus.htm>



What is included?

See below what it is included in this trip. You have many options to make up your trip personal.

Included	Optional	Not included
		
7 nights in 3* & 4* hotels	Post-stay days	Flights/train (See How to get there tab)
7 breakfast	Transfer from/to airport	Insurance
Luggage transfer (Day 4 & 6)	Trip extension in Capri	Drinks
Roadbook + Map provided to your first hotel		Lunches & Dinners
Emergency phone number		
Customer service		

See you soon

✓ *Keeping in touch*

Thank you for choosing “One Foot Abroad”. We are committed to provide you with the highest quality of service. For this reason, we would be really grateful if you send us your feedback by completing a simple and quick questionnaire at the internet link:

We use your answers to continuously improve the quality and accuracy of the walking notes and, more generally, of our services. We look forward to hearing from you again, so please contact us for information about your walking holiday:

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