



## Walking the Amalfi Coast Trip Notes

**Ways to Travel:** Guided Group  
 **Destinations:** Italy  
 **Programmes:** Walking & Trekking

Trip Code:  
**TDA**



**8 Days** Flight Inclusive  
**8 Days** Land only  
**Min age:** 16

### Trip Overview

The Amalfi Coast is one of the most dramatic coastlines in Europe. Mountains jut steeply out of the Mediterranean and picturesque towns nestled in the coves below. Walking the ancient hillsides studded with lemon groves and framed by deep gorges, we descend from the Agerola Plain to the quaint towns of Positano, Ravello and of course Amalfi itself. No visit to the Bay of Naples would be complete without a trip to see the remains of Pompeii under the imposing volcanic cone of Mount Vesuvius. The best is saved till last with arguably the world's best coastal walk: the 'Walk of the Gods'. Away from the trails we partake in a favourite traditional pastime and sample incredible food and wine just like the Italians do.

#### Why with Exodus?

The perfect combination of idyllic coastal views, heritage sites and picturesque towns make the Amalfi Coast our most popular destination for walking. We have been operating this trip for over 15 years, using the comfortable Hotel Due Torri run by the friendly Acampora family who offer genuine Italian hospitality and ensure everyone has a wonderful stay.

### At a Glance

- 7 nights family-run hotel with small outdoor swimming pool and en suite facilities
- 4 days centre-based guided walking; 1 sightseeing day with additional optional walk and 1 free day
- Group normally 5 to 16, plus leader. Min age 16 yrs.
- Altitude maximum 1109m, average 600m
- All transport by private minibus and boat
- Not suitable for severe vertigo sufferers
- Moderate walks, leisurely pace; good level of fitness recommended
- Order of activities and walks subject to change depending on number of groups booked each week
  
- Countries visited: Italy

### Trip Highlights

- Walk the heady 'Path of the Gods' to Positano
- Stroll through Amalfi's cobbled streets
- Discover 2000 year-old history in Pompeii

### Is This Trip for You?

Activity Level: 2 (Leisurely/Moderate) 4 days centre-based walking with low altitude throughout.

The Amalfi Coast is home to some of the best-loved walks in Europe; the varied scenery and temperate climate make this a heaven for hikers and ramblers. The pace of the walks allows time to rest and enjoy the views, however, the terrain encountered on some of the paths is similar what you may find on a moderate walking trip.

The terrain and type of path will vary from man-made paved tracks and tarmac to forest trails. Whilst most walks are manageable for those with a good level of fitness, the walks involve some steep climbs and descents on slightly loose terrain and some have sections on narrow pathways alongside some sheer drops (not recommended for severe vertigo sufferers). Optional walks on Mount Vesuvius are on rocky cinder/gravel trails and likely to be loose underfoot, with steep sections and quite large drops in places.

On most days, there are considerable sections of steps (over 1500), which make the walks unsuitable for those with knees problems. Walks usually take between 4 and 6 hours including lunch stops (depending on the pace of your group) and require a good level of fitness. Summer temperatures can make some of the walks more strenuous. If you are concerned about the difficulty of the walks we recommend calling us to discuss the trip in more detail.

**Please note that due to high demand for this tour, on some weeks we may lay on a second group departure, which will follow an alternative itinerary. This includes the same excursions but taken in a different order, usually reverse.**

Following a review of all our trips we have categorised this trip as generally not suitable for persons of reduced mobility. However if you are a regular traveller on such trips, please contact customer services to discuss the trip and your personal condition.

**Adult min age:** 16

**Min group size:** 4

**Max group size:** 16

## Itinerary

### Land Only

**Start City:** Agerola

**End City:** Agerola

### Land Only Itinerary

---

#### Day 1

##### **Start Agerola.**

Those on group flights fly to Naples, where they will be met by their tour leader on arrival. A transfer of approximately 1 hour 20 minutes takes us to the Hotel Due Torri, our base for the week in the village of Bomerano, on the Agerola plains above the Amalfi Coast. Enjoy a warm welcome from our local hosts, the Acampora family, before settling in. Land only clients can arrive at any time, although we do recommend to join the group at the airport as public transport options to the hotel are limited.

**Meals included:** Dinner

---

#### Day 2

##### **An impressive walk to top of Monte Tre Calli for great wide open views of the coastline.**

From the hotel it's a short stroll to the village square (or in the case of Bomerano, a triangle) and the start of today's walk. The circular route provides a good chance to stretch the legs; following a mixture of paths and tracks we ascend to the top of Monte Tre Calli to be rewarded with spectacular wide-open views of the jagged coastline and seemingly endless blue sea. The Agerola Plain and the village of Bomerano are laid out below us and on a clear day we can see as far as the famous island of Capri, a haven and idyllic hideaway for many celebrated artists and writers over the past 200 years. After admiring the majestic scenery descend to Bomerano and enjoy some rest time before a hearty dinner.

**Meals included:** Breakfast, Lunch, Dinner

**Distance covered:** 10.5 km / 6.5 miles

**Altitude gain (m):** 487

**Altitude loss (m):** 487

**Activity (hours):** 5

---

### Day 3

#### Follow mule tracks and steps down to Amalfi; free afternoon to explore the famous cathedral or the Paper Mill Museum.

Start walking towards Amalfi, a town popular with the British since Edwardian times when the upper classes favoured it as a pleasant place to spend their winters. The route has a downhill bias, following the path from Bomerano at 700m to the shores of the Mediterranean, accompanied by wonderful coastal views. There are sections of steps today (approx. 2000 in total), but there are also plenty of opportunities to rest and go at your own pace. On arrival, you will see the large Duomo (Cathedral) dominating the town with its brightly-coloured tiled cupola (dome), which along with the baroque facade and interior, is a typical example of regional architecture. Take some time to explore the town, swim in the small bay or enjoy a well-earned gelato before taking the transfer back to Bomerano.

**Meals included:** Breakfast, Lunch, Dinner

**Distance covered:** 9 km / 5.5 miles

**Altitude gain (m):** 191

**Altitude loss (m):** 818

**Activity (hours):** 5

---

### Day 4

#### Drive to Bay of Naples; visit fascinating ruins of Pompeii and take an optional walk up the vast crater of Mt Vesuvius.

Transfer to the Bay of Naples, the area spanning between the region's capital city, Naples, and the town famed for its lemon groves, Sorrento. Situated on the lower foothills of the volcano dominating the Gulf, Pompeii was a thriving port town until Vesuvius' catastrophic eruption spanning two days in 79AD during which the city was buried in ash and pumice. Lost for 1700 years, Pompeii is now a UNESCO World Heritage site as the perfectly preserved remains give us an amazing insight into life in a Roman city, complete with bathhouses, bakeries and homes - some of which still have walls adorned with detailed frescoes. You may take some time to explore the site this morning, perhaps opting for a detailed tour accompanied by a local guide. After lunch, travel by bus high up onto the slopes of Vesuvius to view the volcanic crater. Depending on weather conditions, it may be possible to take one of the many extended walks around the caldera and beyond, led by an expert volcanologist (optional).

**Meals included:** Breakfast, Dinner

---

### Day 5

#### Walk from Ravello to Amalfi through the forests of the Valle delle Ferriere natural reserve.

Today's walk starts in Ravello, a town much favoured by the Bloomsbury set and other artists and intellectuals due to its secluded location and inspirational scenery. Before setting off for the walk we have some free time to explore the town and visit Villa Cimbrone or Villa Rufolo with their meticulously landscaped gardens and breath-taking views out to the sea (optional). The route today is mostly downhill but it does include a considerable amount of steps. After descending and taking a quick stop in the village of Pontone, we continue through wooden bridges and shady paths carpeted with wild flowers in season, to the beautiful moss-clad waterfalls within the closed gates of the Valle delle Ferriere National Park. Finally, following the stream gently downwards through lemon groves, past the shells of former paper factories (a major local industry from the 12th to 19th centuries) and mediaeval ironworks we reach Amalfi.

5 hours walking, 10km - 6.2 miles, 214m - 702ft up - 450m - 1476ft down).

**Meals included:** Breakfast, Lunch, Dinner

**Distance covered:** 10 km / 6.2 miles

**Altitude gain (m):** 214

**Altitude loss (m):** 450

**Activity (hours):** 5

---

### Day 6

#### Free day to relax or take a boat to Capri, visit Naples or Herculaneum (all optional).

Today we have a day at leisure to relax at the hotel or go down to the seafront. The hotel also offers private transfers (payable locally) to the most popular attractions in the region not covered during the rest of the week, including the city of Herculaneum. Also destroyed during the disaster of 79AD, Herculaneum was buried in mud rather than ash and it is said that this led to the site being even better preserved than the bigger Pompeii. You might instead choose to take a ferry to the chic island of Capri and the funicular through lemon groves up to Capri town. These optional excursions can be arranged locally by your leader. Alternatively, spend the free day by the pool or in true Italian style in a café, sipping espresso and watching the world go by!

**Meals included:** Breakfast

---

### Day 7

#### 'Walk of the Gods' with superb panoramic views all the way to Positano; return by boat to Amalfi; try some locally-made Mozzarella cheese.

A fitting finale to the week is one of the world's finest day walks. Leaving the hotel it's a short stroll through the quiet village of Bomerano before we join the 'Sentiero degli Dei' (Walk of the Gods), thus named as it provides some of the most evocative views in the world, of ragged cliffs speckled with tiny villages and extensive views of the sparkling Mediterranean sea. The route follows undulating hills, carpeted with flowers in season, the contours of the land and the coast. The trail is broken by insights into local life, passing shepherds huts and ancient stone houses carved into the limestone before we descend a long series of steps to the colourful Positano, an almost vertical town clinging to the rock face of a sheltered bay. Take some time to explore the alleyways lined with wisteria and designer boutiques or have a dip in the clear water of the beachfront before returning to Bomerano by boat and bus (seasonal) in the late afternoon. During the week many meals will have included some delicious local smoked mozzarella cheese and before dinner, we will have the chance to see how it is made and taste the mouth-wateringly fresh final product.

**Meals included:** Breakfast, Lunch, Dinner

**Distance covered:** 11 km / 6.8 miles

**Altitude gain (m):** 205

**Altitude loss (m):** 716

**Activity (hours):** 5

---

## Day 8

### End Agerola.

Trip ends in Bomerano.

**Meals included:** Breakfast

All ascents, descents and distances listed above have been measured by our local partners or tour leaders. Please note that different GPS measuring devices can give differing results dependent on the barometric pressures at the time. Measurements stated throughout these trips notes are given to help you understand the types of terrain and distances you will encounter.

**Please note: it is possible that the order of the itinerary listed above will be changed to ensure the best possible conditions for each activity during the trip. All listed activities and services will be included. Your leader will inform you of any changes locally after assessing conditions.**

## Accommodation

### Hotel Due Torri

We spend 7 nights at the 3-star Hotel Due Torri in Bomerano, a small village in the municipality of Agerola, set high above the Amalfi Coast at an altitude of approximately 700m. Run by the warm and welcoming Acampora family, the Hotel Due Torri is well known for its great local cuisine, providing authentic dishes of the Campania region as well as fun pizza-making demonstrations. All rooms have en suite facilities, air conditioning and free Wi-Fi.

A limited number of superior rooms (with facilities including Jacuzzi bath, power showers and fridge) are also available for a supplement from £180 or equivalent per room payable pre-departure. Please ask your sales consultant for further info.

Being higher up in the hills the property offers the benefit of cooler nights, although beaches are not too far away and there is a small outdoor pool. The village is generally quiet and provides a relaxing contrast to the busier towns by the sea.

On occasion if the hotel is full you might be offered (upon booking) to stay at an alternative accommodation located within walking distance from the Due Torri. Guests staying at alternative accommodation will still make use of all the facilities of Hotel Due Torri, including the pool and restaurant.

*Where a single supplement is available, paying for a single only guarantees a room for single use. It does not always mean a twin or double room will be provided for sole occupancy.*

## Food & Transport

### Eating & Drinking

All breakfasts, 4 packed lunches and 6 dinners are included.

Breakfast is continental style with a choice of cereal, bread, pastries, yoghurt, orange juice and milk with an array of teas/coffee. Included packed lunches usually consist of a sandwich filled with a choice of cold meats, tuna or local cheeses. All evening meals are taken in the hotel, where the standard is excellent and the chef takes great pride in showcasing the best of regional foods, including dishes such as 'Scialatielli all'amalfitana' (homemade pasta with seafood) and 'branzino all'acqua pazza' (seabass in crazy water!). Dinners usually consist of four courses, commencing with antipasti, followed by soup and/or pasta, a main meat dish with salad or vegetables and dessert. On certain evenings, there is the opportunity to learn how to make the famous Neapolitan pizza. Please note that drinks are not included with meals but available to purchase. Vegetarians are well catered for in Italy.

### Transportation

Transfers to and from the airport will be in a private vehicle (normally a minibus or coach). On other days, private buses and boats will be used.

## Weather & Seasonality

### When to go

Southern Italy, like much of the Mediterranean, has a hot, dry climate in summer and cooler but sometimes wet spring and autumn periods. Unseasonable cold spells and rain are possible at any time of year, so we recommend bringing some warm clothes, especially useful in Bomerano where evening temperatures can be lower than expected. Summer can be very hot with daytime temperatures in July and August reaching up to 34-37°C on the coast.

### What to expect in the low season (October - March)

A common misconception about the Amalfi Coast is that it is very warm and year round. However, autumn and winter months may be cooler than you'd expect; although usually milder than Northern Italy, average temperatures in December, January and February range from lows of around 8°C to highs of 15-17°C. Travellers should be prepared for periods of colder weather (with temperatures sometimes dropping to 2°C) especially at higher elevations - there may even be snow atop the Lattari Mountains and sometimes in Bomerano itself! During the winter up to early spring there is also more rain than usual (with an average of one day in four affected) but there are still plenty of enjoyable crisp sunny days. Overall the Amalfi Coast is still a great destination in winter as the coastline is beautiful year-round and you have the chance to visit the sights without the summer crowds and traffic.

## Weather Charts

## Joining Instructions

### Travelling flight inclusive from London: 8 days

The group flight from London is a daytime flight departing on Day 1 of the itinerary.

### Flights from London

We normally use the scheduled services of British Airways or Lufthansa (depending on availability). As flight timings and schedules change regularly we recommend you call one of our specialist sales staff or your agent to confirm up-to-date timings. Please note timings may change at a later date and cannot be confirmed until approximately two weeks before departure.

### Travelling land only: 8 days starting in Agerola and ending in Agerola

Your trip normally starts at our accommodation in Agerola in the afternoon of Day 1 of the itinerary. Details of how to reach the start point are provided in the Final Joining Instructions - sent approximately two weeks before departure.

### Regional Flights

The Flight Inclusive price is based on a London departure, but we are happy to tailor this to your local or regional airport. [Please ask about flights from local or regional airports. \(/regionaldepartures\)](#)

If booking regional flights other than with Exodus, you must allow a minimum connecting time (in addition to the international check-in time) of 1 hour at Gatwick, and 1.5 hours at Heathrow; this is longer than the official minimum, but baggage handling is known to be subject to delays.

Full joining instructions including local emergency numbers will be sent to you as part of our Final Joining Instructions. If you do not receive these at least a week before departure, or require them earlier please contact our office or your travel agent.

## Transfers Details

Airport transfers are included for those on the group flights.

If you require airport transfers, you may (by prior arrangement only) be able to join the group transfer. Transfers are arranged to coincide with the arrival time of the group flight - please check the group flight details 2 weeks before departure. If you do not take this transfer, or miss it, you must make your own way to the joining point at your own expense.

It is possible to reach the start hotel using the public bus or train network but unfortunately the connections to Bomerano (Agerola) are very limited and services not always reliable. For this reason we strongly recommend to join the group transfer at the airport if possible. Alternatively you can contact the Exodus Customer Operations team prior departure to arrange a private pick-up transfer on arrival. This costs between £80-120 depending on number of people sharing the vehicle and it is payable to Exodus prior departure.

**Location start:** Agerola

**Location end:** Agerola

## What to Take

### Essential Equipment

Small daypack (for water bottle, camera etc)

Small shoulder bag or bum bag for visiting Pompeii (due to security regulations rucksacks are not allowed in during the visit)

Lightweight waterproof jacket and wind stopper 2-3 season

Walking boots or trekking shoes with good grip

Long walking trousers (some paths may be overgrown or there may be ticks present in the woodland)

Warm clothes for departures between October and March (including a warm hat and gloves)

Sun hat, sunglasses and sunscreen for summer departures

Walking poles are strongly recommended

Insect repellent (summer months only)

Water bottle: while mineral water is available at the hotel and shops, it's safe to drink the local tap water, so remember to bring refillable water bottles and keep hydrated during the day

### Optional Equipment

A small umbrella in case of unexpected showers

Swimming costume for pool at the hotel or sea

Beach towel

## Practical Information

### Passport

#### Italy

All nationalities require a full passport that must be valid beyond the intended length of stay. It is your responsibility to have the correct personal documents and to obtain your own visa, if one is necessary, in accordance with the regulations of the country you are to visit. The information offered below is to help you with that process. We are not responsible for the actions of local immigration and customs officials, whether at points of entry or otherwise, and any subsequent effects.

Certain European nationalities may be able to travel within Europe on their national identity card. Check carefully with the relevant authorities if you intend to do this.

### Visa

#### Italy

No visa required for British passport holders. Please note in Italy it is compulsory to carry ID with you at all times.

For further Brexit travel advice please visit <https://www.abta.com/tips-and-advice/brexit-advice-for-travellers> (<https://www.abta.com/tips-and-advice/brexit-advice-for-travellers>)

Visa regulations can change without notice: please check the current regulations in good time to obtain a visa if one is required.

There are no specific health risks on this trip.

### Vaccination

#### Italy

There are no specific health risks.

Travel health can often be something people forget about before going away, but a little preparation and knowledge can go a long way to help you stay fit and healthy while abroad.

The above information can change at short notice; as we are not qualified to answer all your questions about travel health we strongly recommend you contact your Medical Professional or a Travel Health Clinic at least 8 weeks prior to departure for up-to-date information. Please note: vaccinations that are routinely recommended to residents of the UK, North America or Australasia are not considered to form part of the travel health advice, and you should ensure these are kept up to date where necessary.

For additional information please visit: <https://travelhealthpro.org.uk/countries> (<https://travelhealthpro.org.uk/countries>).

#### Insurance - are you adequately covered?

It is a condition of joining any of our holidays that you must be fully insured against medical and personal accident risks (to include repatriation costs and air ambulance or helicopter rescue services where appropriate). On arrival in destination for your trip, you will be asked to present details to your leader or local representative of your policy.

If you are resident in the UK we strongly recommend the [Exodus travel insurance policy \(/insurance\)](#), this is specifically designed to cover all activities on your trip. If arranging your own policy please ensure that you are covered for all activities that are part of the trip, optional activities that you intend to take part in and/or on high altitude itineraries, that you are covered up to the maximum altitude of the trip.

### Local Time

**Italy's Timezone:** Europe/Rome CEST (GMT +02:00)

### Electricity

**Italy's Electricity:** European plug - 2 round pins.

### Money

#### Italy's Currency

The national currency of Italy is the Euro (EUR), with an exchange rate at the time of publication of approximately 1.2 to the UK£ and 0.9 to the US\$.

Exchange rates are correct at the time of publication.