

# HIKING THE AMALFI COAST

The Amalfi Coast is certainly one of the most beautiful coastlines in Italy and undoubtedly one of the most intriguing coastlines in the world. This trip features a fantastic variety. Discover the vibrant city of Naples with its fantastic UNESCO World Heritage listed historical centre and explore sleepy Pompeii/ Recognised as a Heritage of Humanity, this priceless homage to the events of more than 15 centuries ago is remarkably well preserved. The true beauty and secrets of the stunning UNESCO-listed Amalfi Coast are revealed as we hike along Mediterranean trails. Walk along the famous Path of Gods and discover countless delightful villages, nestled into the cliffs with sea views. Then, we visit the famous island of Capri and the discreet authentic island of Procida. As we move away from the busy ports and central squares, the crowds disperse and charming traditional Italy is revealed. Welcome to Southern Italy!

 Region	Naples and the Amalfi Coast
 Activity	Hiking & Trekking
 Duration	8 days
 Group	4 to 15 people
 Code	BIALR
 Price	From €1,115
 Level	3/5
 Comfort	4/5
 Language(s)	French / English / Italian

# ITINERARY

## Day 1 Arrival in Naples



Welcome to Naples. Make your way to your accommodation, a hotel not far from the port. Depending on your arrival time, you can enjoy some free time to visit the city. Each neighbourhood has its own history and character, stroll through the streets and soak up the atmosphere. We will provide you with a small booklet so that you can explore Naples on a self-guided walking tour. At 7pm, you meet your guide and the group at your hotel

for an official welcome, a presentation of the trip and dinner.

*Transfer from the airport: Bus or taxi*

*Meals not included*

## Day 2 Vesuvius - Pompeii - Agerola



After breakfast, we journey to Vesuvius, one of the most dangerous volcanoes in the world. We climb up the wide path to the crater, at the edge of which a volcanologist will explain the secrets of the volcano. Then we travel to sleepy Pompeii, at the foot of Vesuvius. Destroyed during the eruption of Vesuvius in 79 AD, Pompeii is in a remarkable state of conservation and is an invaluable testimony to ancient Rome. Transfer to Agerola, a

beautiful village perched above the Amalfi Coast.

*All transfers today are in a private vehicle*

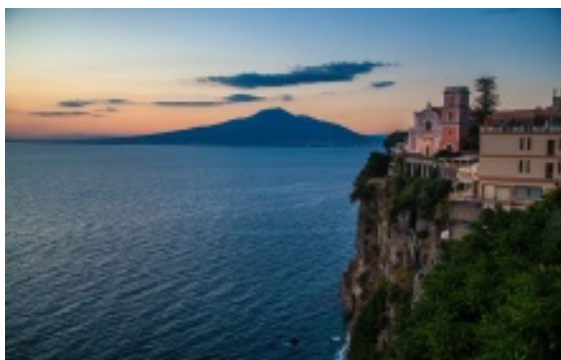
*1 and 1/2 hours of hiking Vesuvius*

*3 - 4 hours in Pompeii*

*Elevation: +200 / - 200*

*Accommodation: Hotel*

## Day 3 Hiking in the Regional Park of Monti Lattari



The Lattari Mountains, culminating at an altitude of 1444m, are suspended above the legendary UNESCO World Heritage Site of the Amalfi Coast. Today we walk on the peaks of these mountains and enjoy magnificent views of the Gulf of Naples and the Gulf of Salerno. Late this afternoon we head back to our accommodation in Agerola.

*4 hours of hiking*

*Elevation: +500 / - 500*

*Accommodation: Hotel*

#### Day 4 **Amalfi, the Valle dei Mulini and Ravello**



Starting from Amalfi, today we explore the magnificent Valle dei Mulini. We follow a road lined with streams and waterfalls, discover sublime lemon tree terraces and an old paper factory. Our path takes us to Ravello, a beautiful village 350 m above sea level. We take time to get lost, wondering the narrow streets and visit the sumptuous villas Cimbrone and Rufolo. We descend on foot to Amalfi and return by private minibus to our hotel in Agerola.

*Morning bus from Agerola to Amalfi*

*5 hours of hiking*

*Elevation: +550 / - 550*

*Private evening transfer from Amalfi to Agerola*

*Accommodation: Hotel*

#### Day 5 **The Path of Gods**



Today we follow the path of the gods. Discover a superb hike along an old mule track which once linked Agerola to the village of Positano. The views are simply stunning throughout. From the highest points, you can appreciate the sublime coastal landscapes, the iconic steep cliffs and pretty suspended villages. Enjoy some free time to visit Positano, a small cliffside village with multicoloured houses which descend to the sea. This afternoon we return

to Amalfi and visit the city at leisure before our private minibus transfer to Agerola.

*4 hours of hiking*

*Elevation: +150 / - 850*

*Private evening transfer from Amalfi to Agerola*

*Accommodation: Hotel*

📍 **Day 6 Hiking Capri Island**



This morning, from Amalfi, we travel in an airboat to the island of Capri. We then embark on a lovely hike with magnificent views, we are immersed in the beauty of the mediterranean island with its sumptuous villas, flower gardens and delicious turquoise waters. We explore the charming village of Capri where elegant shops and charming houses line flowery alleys; we stroll through the narrow streets with delightful sea views. Late afternoon

return to Naples for dinner and overnight.

*Private morning transfer from Agerola to Amalfi*

*Airboat transfer from Amalfi to Capri*

*4 hours of hiking*

*Elevation: +300 / - 300*

*Airboat transfer from Capri to Naples*

*Accommodation: Hotel 3\**

📍 **Day 7 Procida and Old Naples**



Today we board an airboat to Procida Island just 4 km (2 miles) north of the Gulf of Naples. The authentic charm of this island is sure to delight! We stroll through the narrow streets of the historical centre, Terra Murata and soak in the peaceful atmosphere, a world away from bustling mass tourism. We have lunch at a fish restaurant in a quaint little fishing port. This island is a real taste of the Dolce Vita sweetness of life! We return to Naples and walk down

Spaccanapoli main street. As we stroll through the bubbling historic centre of the city we begin to understand the phrase *Vedi Napoli e poi Muori*, 'see Naples and die'..

*2 hours of hiking*

*1 hour boat trip*

*Accommodation: Hotel 3\**

*Dinner not included*

📍 **Day 8 Farewell Italy**

After breakfast the group separates and you travel to the airport for your flights

*Airport transfer by public bus*

The details in this indicative programme are updated regularly but imponderables and unpredictable circumstances may result in inaccuracies. Please note that in order to provide a safe adventure which is best suited to your demands, the weather and the operational conditions, changes to the programme may be made. Please also note that your group may contain travellers from different backgrounds because this trip was built in collaboration with our partners. For more information do not hesitate to contact us.

## DATES & PRICES

### *Departures for French-speaking groups:*

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*No departure for now*

### *International departures:*

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*No departure for now*

### *Departures for Italian-speaking groups:*

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*No departure for now*

**Trip code: BIALR**

### *Included*

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- Hotel accommodation and full-board as detailed in itinerary
- Transfers as detailed in itinerary
- The boat trips for Capri and Procida
- Entrance fees and tickets for Versuvius and Pompeii
- Accompaniment by a qualified expert guide

### *Not included*

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- Your international flights
- Public transport transfers including airport transfers (bus 4€ or taxi é 25€)
- Drinks, tips and personal expenses
- Lunches and dinners
- An audioguide for Pompeii

### *Notes*

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### *Terms and conditions*

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#### *Booking conditions*

Booking a trip with Altaï Italia implies acceptance of the terms and conditions of sale. Each customer is required to complete a registration form and, subject to availability at the time of registration, travellers are expected to pay a deposit of 30% of the total price to complete their booking. Payments can be made online or by bank transfer. You will receive an e-mail with your booking confirmation.

#### *Invoice procedure*

Once your booking is confirmed you will receive an invoice by e-mail. The full balance of the trip must be received at least 30 days before your departure date. Altaï Italia reserve the right to cancel your booking, free of charge, if this deadline is not respected.

### ***Cancellation policy***

If for any reason you have to cancel your trip, Altaï Italia require written confirmation of your decision. The money you have paid will then be refunded according to the following deductions:

- Cancellation received more than 30 days prior to the departure date: a sum of €50 per person will be retained
- Cancellation received 30 to 21 days before the departure date: your deposit, 30% of the total trip price will be retained
- Cancellation received 20 to 14 days before the departure date: 50% of the total trip price will be retained
- Cancellation received 13 to 7 days before the departure date: 75% of the total trip price will be retained
- Cancellation received less than 7 days before the departure date: 100% of the total trip price will be retained

### **Special cases:**

Please note that, regardless of the date of cancellation or modification if you have agreed to pay for services such as hotel reservations, flights or additional activities, these services are usually non-refundable so additional fees may apply.

- Fixed airfares: if your airline ticket was issued in advance, often done to avoid significant surcharges, you will be charged 100% of any non-refundable fees if you wish to change or cancel your flight plan.
- Fixed in-country costs: early charges for firm bookings will be charged if you cancel or modify your trip.
- Insurance costs: if you have taken out comprehensive or cancellation insurance, the cost of insurance is due and cannot be refunded.

**Please note that fees apply according to the date we receive your cancellation or modification request in writing.**

If we have to cancel a departure due to an insufficient number of participants, you will be informed no later than 21 days before departure and a full refund will be issued, you will not be entitled to further compensation. We reserve the rights to cancel departures due to exceptional circumstances which may impact the safety of participants. Such circumstances include those amounting to 'force majeure' in which case participants will receive a full refund but they will not be entitled to any compensation.

### ***Changes to travel contract***

If you wish to make a change to your booking please contact Altaï Italia in writing; you will be

expected to pay any fee which might arise from this change. In the event of unforeseen external events, Altaï Italia may change some aspects of the travel contract. If any changes are necessary you will be informed as quickly as possible.

### ***Pricing***

The prices on our website are updated regularly and all of the prices we advertise are accurate when published. Altaï Italia reserve the rights to make changes to any of these prices. Before you make a booking we will give you the up-to-date price of your chosen holiday including any supplements, upgrades or additional activities you may have requested. If the number of travellers is fewer than the indicated number of participants on the website, a small group surcharge may be applied. For all of our trips we include details of services, prices and what is/is not included but please be aware that changes to the prices may be necessary in accordance with exchange rates or price changes of various components of the journey.

### ***Contract transfer***

If you are unable to travel for any reason, you can transfer your booking to another person in which case our modification conditions apply. Both the transferor and transferee will be jointly and severally liable for payment of the total holiday price and other associated expenses. Some airline carriers treat name changes as cancellations and you may be required to pay for the cost of a new ticket.

### ***Insurance***

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We strongly recommend that you take out personal travel insurance for your trip with Altaï Italia as soon as your booking is confirmed. We advice you to purchase a travel insurance policy which covers flight cancellations, luggage loss and emergency health care. Please look carefully at which activities are covered by your insurer and do not forget to bring all necessary documents and information with you (name of the company, name of the contract, insurance policy number, telephone number...)



## PRACTICAL INFO

### *Staff*

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This adventure is led by an expert Altai guide. You will meet them at your hotel on the first evening and they will accompany you throughout your stay. Armed with an abundance of experience and a wealth of expert knowledge our professional Altai Italia team are always happy to share their passion for everything Italian.

### *Food*

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Italian Italian gastronomy is one of the richest and tastiest in the world. This trip includes full-board.

#### **Breakfasts**

A continental style breakfast is served at your accommodation each morning.

#### **Lunches**

Each day your guide will prepare a picnic lunch for the group including a variety of fresh local produce

#### **Dinners**

We will eat at our accommodation in the evenings.

#### **Drinks**

Throughout your stay, you are responsible for purchasing all of your drinks including water. In some places you can refill your water bottles in hotels. We advise you to purchase large (5L) bottles of water from which to fill your personal water bottles from during your trip.

Please let us know about any dietary requirements when you book the trip and we will work with you to cater for your needs.

### *Accommodation*

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In Naples we use 3\* hotel or B&B accommodation according to availabilities.

In Agerola, we work with two charming family-run hotels.

### *Budget & exchange*

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#### **The currency is the Euro, € (EUR)**

Visit <http://www.xe.com> for the latest currency converter and exchange rates. You can withdraw euros from in-country ATMs and card payments are widely accepted.

Please budget for in-country transfers as necessary, meals as necessary, tips, drinks and personal expenses.

### *Tips*

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Although the custom is not widespread here, if you are satisfied with the services of your guide,

tipping is always appreciated - it is not obligatory and should be left to the discretion of each individual.

## **Vital equipment**

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- Sturdy hiking boots, good quality necessary, choose high rise boots to protect your ankles which non-slip 'vibram' soles
- Walking trousers
- Shorts
- T-shirts (sports tops, fast-drying, technical materials)
- A quality rain coat, breathable with sealed seams (Nikwax / Gore-tex...)
- A sunhat / cap
- Your swimsuit and a fast-drying towel
- Your personal toiletries
- A towel
- Sunglasses (quality)
- Sun cream (face and lips)
- A head torch and spare batteries
- Water bottle(s) min. 1.5L, light, refillable and isothermal

## **Helpful equipment**

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- Casual shoes for the evenings and for exploring towns/villages
- Toilet paper and a lighter
- Anti bacterial hand gel
- A tupperware box and cutlery for picnics
- Hiking poles
- A compass

## **Luggage**

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We advise you to pack your belongings as follows:

- A small backpack 35-40 litres with a waist strap to carry with you each day containing your camera, water, your lunch, swimming stuff, a spare jumper etc...
- A large marine style bag or rucksack containing the rest of your belongings
- An anti-theft pouch to wear around your neck or waist containing your important documents

## **Medicine**

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We recommend that you bring a small personal first aid kit containing any medication you may need such as inhalers, plasters, antiseptic and painkillers... Your guide is a trained First Aider and will carry a First Aid kit in case of emergencies.

## **Passport**

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To go to Italy, most travellers need a valid passport. It is your responsibility to confirm your specific passport requirements.

## ***Visa***

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Most travellers will not need to obtain a visa. It is your responsibility to confirm your specific visa requirements.

## ***Mandatory vaccines***

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No mandatory vaccinations are required.

## ***Health information & recommendations***

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A consultation with your doctor is a prerequisite for any trip.

## ***Weather***

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The climate in Italy varies depending on the region. As a rule it is very hot in the summer, especially in Southern Italy, Autumn is exquisitely mild and sea temperatures enable bathing until November. Spring is undoubtedly the best time to go hiking in Italy.

## ***Electricity***

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European-style plugs with two round pins are used. Voltage is normally 220/230 V, 50 Hz.

## ***Local time***

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Italy uses Coordinated Universal Time (UTC)/ Greenwich Mean Time (GMT) +1. Daylight Saving Time (DST) is observed here.

## ***Sustainable tourism***

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Altai always aims to have as little impact on the environment as possible. As adventure and wilderness travel experts who run trips to some of the most remote parts of the world, we take Responsible and Sustainable Tourism very seriously.

Since the beginning, we have advocated for responsible tourism and the importance of equitable and sustainable principles. Harmonising these fundamentals ensures a fair distribution of economic benefits, improved working conditions for local teams and an increased awareness of the importance and practice of environmental protection.

We kindly request that you adopt the following simple actions when travelling with Altai Réunion in order to support our ethical, sustainable and responsible tourism policies:

- Avoid dropping litter - use bins or carry your rubbish with you.
- Use drinking water sparingly - avoid wasting water, take showers not baths, report leaks, etc..
- Support the preservation of cultural sites - resist the temptation to touch statues, move stones etc..
- Exchanges are preferable to donations - generations gifts can destabilize the local economic balance.
- When walking, be aware of fragile ecosystems, observe wildlife from a distance, stick to trails,

limit trampling and do not steal from the nature - resist the temptation to pick flowers, collect fossils or stones...

- Some hotels have air conditioning - to avoid excessive energy consumption and greenhouse gas emissions, please use sparingly and remember to cut the aircon when you are not in the room.

## MAP



**— VÉHICULE - - - - - MARCHE . . . . . BATEAU**