



Adventurebug Worldwide Ltd

Bespoke adventure travel & events since 2000

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Auto. Correos 1031, 29680 Estepona, Malaga, SPAIN TEL (34) 635 817 819

SOUTHERN ITALY & THE AMALFI COAST

Southern Italy and the **Amalfi Coast** offer a captivating blend of natural beauty, rich history, and vibrant culture. This enchanting region, known for its stunning coastal landscapes, picturesque towns, and delicious cuisine, is a must-visit destination for active travellers seeking an unforgettable experience. From our arrival in **Naples**, we head south for **Pompei**, **Sorrento** and the enchanting Island of **Capri** before exploring the Amalfi Coast - a UNESCO World Heritage site renowned for its dramatic cliffs, crystal-clear waters, and charming villages such as **Positano**, **Amalfi**, and **Ravello**.



stunning sights, delicious food, and warm hospitality. We welcome you to experience one of Italy's most beautiful coastal destinations!

IS THIS TOUR FOR ME? This trip is active in the sense that we'll be on our feet daily and enjoying day hikes & other activities in both nature and some wonderful cultural sites. We'll also have village explorations, farm visits and culinary experiences with locals and of course options for free time, souvenir hunting, beach swims or to simply enjoy dolce vita at your own pace!

We'll hike & bike through rural landscapes and coastal paths – explore nature reserves, world heritage sites and sample a wide variety of regional food and wines.

Accommodation is provided in comfortable hotels in stunning locations with coastal access and magnificent views throughout. Transfers are taken care of by private air-conditioned vehicles and some boat transfers as well – offering us a well-rounded experience of Amalfi's incredible coastlines. So if you are seeking a destination that offers pleasant day hikes and/or rides in a wide variation of terrains & cultural visits, this is a perfect tour for you!



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ITINERARY

Day 0 Depart from home for Italy (Naples)

Flight or internal travel to reach Italy with either a direct flight to Naples, or transfer flight via Rome.



Day 1 Arrival to Naples

Benvenuti in Italia! You will be greeted by your Adventurebug Travel Leader followed by a group private transfer (25 minutes) to our waterfront hotel in Naples's trendy **Santa Lucia** district. Pending your group arrival time, we'll check in and/or do some sightseeing and take lunch followed by an orientation session and welcome dinner. **Activity:** Local sightseeing of Naples,

Happy Hour & Welcome dinner. **Hotel:** Royal Continental 4* (1 night) or

similar <https://www.royalgroup.it/royalcontinental/> **Meals:** Welcome dinner included. (D)



Day 2 Pompei Visit & Mt Vesuvius Hike

Breakfast followed by a transfer (30 minutes), to **Mount Vesuvius** for a morning hiking program. Our hike is approximately 2 hours (3 miles), as we circle the crater of Italy's monumental volcano! The foot path is a mix of steps and packed trail and is considered non-technical, but decent shoes are necessary. Following this we descend by coach (20 minutes) and have a guided visit of the infamous UNESCO **Pompei Archaeological Site**. Lunch can be

sourced in **Pompei** before our tour of the ruins (*snacks on hike provided*). Later, we'll transfer to Sorrento (1 hr 20 min), our home for the next three nights, arriving in time for check-in, *Happy Hour*

overlooking the sea & dinner! **Activity:** Morning Hike of Vesuvius / Afternoon guided tour of Pompei

Hotel: Sorrento: Atlantic Palace Hotel 4 stars (or similar) 3 nights **Meals:** Buffet breakfast, Trail snacks on the hike and Dinner (B, S, D)



Day 3 Sorrento Walks & Lemon Farm Visit

This morning we'll explore **Sorrento's highlights** on foot with a town discovery tour & nature hike of easy-moderate level. After free time for lunch, we'll visit a family run farm and enjoy a **Lemon Grove Tour** with aperitives and tastings of olive oils and of course **limoncello** - *after all we are in the birthplace of Italy's favourite liquor!* Later we are transferred back to the hotel, leaving you free for dinner tonight.

Activity: Morning hiking tour of Sorrento region with both town & countryside explorations. Afternoon Lemon

Eco-farm visit with tastings on the terrace overlooking the coast! Distance 3-4 miles.

Hotel: Sorrento: Same Hotel

Meals: Buffet breakfast and Aperitifs at our Lemon Grove tour (B)

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Day 4 Ebike Tour (or Hike) Sorrento's Undiscovered Peninsula / Free Afternoon

Breakfast followed by a short transfer to meet our **Ebike** guiding team for a full morning of riding Sorrento's **Massa Lubrense Peninsula**. Here we ride scenic lanes and roadways offering sweeping views of the **Tyrhennian Sea** and wonderful coastal landscapes and farms! Finishing at a rural restaurant for lunch, we can celebrate our ride feasting on local dishes prepared *Sorrentini-style*! Saying *arriverdevi* to our Ebike team we transfer back to the hotel where you're free to relax or self-

guide more of Sorrento's charming region or perhaps enjoy a **Bagni** (natural swimming area)! **Activity:** Morning guided Ebike tour of Massa Lubrense / Sorrento Peninsula. Afternoon free exploration.

Hotel: Sorrento: Same Hotel **Meals:** Buffet breakfast (B)



Day 5 The Island of Capri - Mt Solara, Anacapri & The Via Krupp Pathway After breakfast we depart Sorrento and have a 30 minute ferry to the exquisite island of **Capri**. Capri lays claim to rugged limestone scenery, charming marinas and an elegant escape for the *Neapolitans*. Today we'll visit the island's highest point by riding the unique (*single person*) chairlift to the summit of **Mt. Solaro**, 1932 feet. Here you can enjoy a cold drink and incredible views of the **Gulf of Naples** before we hike down to **Anacapri town** (1 hour) and have a

visit to this charming cultural village in the heart of Capri. Later this afternoon we can stroll the famous **Via Krupp** path and botanical gardens, recently restored and marking a historic imprint on Capri itself!

The Via Krupp. Hailed as one of the symbols of Capri, Via Krupp was created by German Alfred Friedrich Krupp at the turn of the 20th century as a way to get to the sea to explore his beloved marine biology. Eight hairpin curves zigzag amongst the thick vegetation. It should only take about a quarter of an hour to walk the path, but that time is no doubt lengthened when you factor in the pauses of admiration sure to ensue. Distinctly Mediterranean pines and the bright white walkway against the blue sea beg to be admired.

Activity: Ferry crossing to Capri, followed by a chair lift to summit of Mt. Solaro and hike down to **Anacapri Town** for visits. Optional walk the Via Krupp historic pathway & botanical garden later in the afternoon - less than a mile / paved footpath with incredible views and history.

Hotel: Capri: Hotel 4 stars Weber Ambassador <https://www.hotelweber.com/> (or similar)

Meals: Buffet breakfast & Dinner (B, D)



Day 6 The Island of Capri - Path of the Forts Hike & the Blue Grotto After breakfast a 20 minute transfer brings us to the trail head to hike Capri's scenic **Path of the Forts** between the **Punta Carena Lighthouse** and the famous **Blue Grotto**. A rocky coastal trail of approximately 2 miles involves steps, guard rails, uneven surfaces and some rural roads. This 3 hour path is considered moderately in challenge yet highly scenic and historic as we visit 3 forts on route! Good footwear, sun protection and water is a requirement.

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*The Sentiero dei Fortini, is considered one of the most spectacular walks on the island of Capri, the trail hugs the coastline of Anacapri all the way from the Blue Grotto to Punta Carena. Scattered with rocky masses, sculpted promontories, and bays as deep as fiords, the route has been recently repaired, as have the **three blockhouses** which are united by the path. This is a signature nature hike on our visit to Capri Island!*

Completing the path by lunch, we'll arrive at the **Blue Grotto** natural historic site where you can eat in one of the restaurants on site, or perhaps bring items to snack

on today. After lunch, we'll visit the famous grotto (*an official rowboat with an oarsman is the only method*). Swimming is not permitted in the grotto and the visit itself lasts about 10 minutes however waiting times to enter can exceed 1 hour and those affected by sea sickness be weary (*when waiting to enter the cave in the rowboat*)! Later this afternoon we'll return to our hotel for relaxation and perhaps self-exploring either the towns of **Capri** itself or **Anacapri**, or consider a paddle board or kayak option?

Activity: Hiking the Path of the Forts today followed by a visit (into) the Blue Grotto by rowboat (compulsory). Free afternoon for explorations and self-guided experiences. **Hotel:** Capri: Same Hotel

Meals: Buffet breakfast & Trail snacks (B, S)



Day 7 Amalfi Coast - Cookery Course and Wine Experience

This morning we depart Capri by **ferry** and travel to the famous **Amalfi region** by water, avoiding the congested traffic and winding roads of this popular tourist coast. Our boat journey is approximately 1.5 hours to **Amalfi village**, where we'll have our final 3 nights. After arrival and check in, we'll explore Amalfi town and have lunch before turning our focus to more **culinary delights** of the Amalfi region! This afternoon we'll enjoy a **local cookery course** on a private farm which will provide

our dinner as well. Be ready to roll your sleeves up and absorb the secrets of the Amalfi kitchen!

Activity: Morning ferry to Amalfi Region / Amalfi town explorations / Afternoon cookery course

Hotel: Amalfi: 4 star Hotel PALAZZO FERRAIOLI <https://www.palazzoferraioli.it/en/>

Meals: Buffet breakfast & Dinner (from cookery course) (B, D)



Day 8 Amalfi Coast - Hike of the Gods (to Positano)

This morning, after a 30-minute transfer, we'll embark on Amalfi's most sought after *village to village hike*, the **Sentiero Delgli Dei** (*Path of the Gods*). This 5-mile linear hike promises incredible views, lush botany, age-old farmsteads, cottages and vineyards. Starting in **Bomerano**, the hike is generally downhill (*particularly at the finish*), as we descend the last 1.5 miles to the popular seaside resort of **Postiano**. Not

rated as difficult, there are however some steep precipices on route. This spectacular trail is a must-do for active travellers! After a visit and self-exploration of Postiano town, we return to our hotel in Amalfi by

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water taxi! **Activity:** Hike of the Gods Trail / 5 miles total / easy to moderate hiking / flat and descending mostly **Hotel:** Amalfi / same hotel **Meals:** Buffet breakfast and Trail Snack provided (B, S)



Day 9 Amalfi Coast Free Activity Day After a busy tour programme, we've set aside today for relaxing and/or enjoying activities of your own interest. These could include a boat tour with snorkelling & more coastal attractions; a bike ride in the region; a self-guided hike; enjoy a spa treatment perhaps or just relax on the beach or get some last minute shopping in! **Activity:** No organized group activities scheduled today. **Hotel:** Amalfi - Same Hotel **Meals:** Buffet Breakfast, & Farewell Dinner (B, D)

Day 10 Departure (Direct Transfer to NAP Airport)

This morning we say goodbye to the Amalfi Coast and have a direct, private transfer to **NAP Airport in Naples**. We recommend you book your return flight for mid to late afternoon, avoiding the need to start too early. **Activity:** No scheduled activities today (group transfer to airport included)

Meals: Buffet breakfast included. (B)

INCLUSIONS IN THE TOUR PRICE

- 9 nights in twin bed or double bed share accommodation / single rooms available as per supplement indicated
- Local TOURIST taxes in hotels for the 9 tour nights
- 5 dinners (meals indicated as per itinerary)
- Buffet Breakfasts for all tour nights & Trail hiking snacks as indicated in itinerary
- NAPLES arrival airport transfer to hotel (Naples) (*costed as a single group transfer / not individual transfers)
- Final day departure airport transfer (to NAPLES Airport) (**also costed as a single group transfer / not individual)
- Private daily shuttles in comfortable, air-conditioned minibuses and where necessary on local public buses or taxis
- Ferry transfer Capri-Amalfi and return ferry from Positano (after hiking Trail of the Gods)
- All hiking routes (and trail fees), led by Matt from Adventurebug (City / historic tours led by official local guides)
- Included experiences and entrance fees for: Mt. Vesuvius Hike Program; Pompei Historic site & tour; Ebike tour Sorrento; Lemon Grove & Farm Tour; Chair Lift Capri; Blue Hole rowboat tour Capri; Hiking Trail of the Gods; Cookery Course in Amalfi region (included as one of the 5 dinners).
- Included Tips - limited to meals in itinerary, city/historic guides and transport suppliers

NON-INCLUSIONS

- Additional tours, entrances to museums, churches, galleries, etc. not included in itinerary
- Alcoholic beverages at meals
- **Insurances** (health, cancellation, trip interruption, medical or emergency evacuation, etc)
- Private room expenses / charges, etc.
- Additional transfers during tour and / or personal airport transfers outside of scheduled group transfers

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ITALY – Some Helpful Information



Dining in Italy & Non-included Meals

Some meals are not included on our tour (*please refer to itinerary*). We feel you'll benefit from getting out and discovering the local cuisine. So when a meal is not included, it's a great opportunity to try something new. Your guiding team will offer tips on where to get the best meal, or you might decide to dine out as a group and experience the fun together. Lunches are not included during the activity days (as per itinerary), allowing you to source lunch items locally, stimulating the regional economy and allowing you to choose items to suit your needs. Note that

on some activity days (longer hikes), trail snacks are provided!

Responsible Travel

Adventurebug's *Responsible Travel Ethos* is at the heart of everything we do, from getting the basics right like respecting local cultures and the environment, to initiating projects in the Developing World that make positive contributions to communities, to volunteer efforts on a wide range of projects. At some point during our journey, Matt your regional guide may share some of the projects associated with his work in tourism and social entrepreneurial stewardship.



Customs and Culture

Italy is a modern European country that is now booming in tourism numbers after the Covid Pandemic and various recessions. From our perspective (tourists), we see the better side of the nation and the trappings of success, but in some ways the nation feels backwards at times! When keeping our possessions in a secure place, Italy remains a safe, welcoming country and very hospitable to travellers from abroad. However, remember that travelling is inherently about new experiences and do not expect the same level of personal service nor speed of delivery that you may be accustomed to at home. Be patient and respect the fact that life in the Mediterranean region moves at a different pace. You will

appreciate your journey more so and feel accomplished by adapting better.

Special Dietary Needs and Medicines

Vegetarian diets can generally be accommodated with ease, but don't be surprised if fish is offered to you! Vegan diets may pose problems in some regional areas. Italy remains an old-world mentality in many ways. Special diets such as gluten free (celiac) and lactose intolerance can be a challenge to source out in some places so we recommend you bring supplements from home just in case. Medicines and glasses / contacts subscriptions we strongly recommend you bring from home as resources can be very scarce in the small coastal villages.

FURTHER READING / CINEMATOGRAPHY

Beautiful Ruins – Jess Walter

Under the Tuscan Sun – Frances Mayes

Italy – A Traveler's Literary Companion – Lawrence Venuti

Rick Steeves Italy (and Amalfi) Guides

EMERGENCY CONTACT INFORMATION

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