



# Coasts of the Sirens

## Amalfi Coast & Cilento

*Cultural and natural highlights of the stunning Amalfi Coast  
and the unknown Cilento National Park*



## TRIP NOTES 2019

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## INTRODUCTION

*The regions of Amalfi and Cilento have been known as a paradise on earth since ancient times. The Greeks built some of their most impressive temples here and under the Romans they formed part of 'Campania Felix' or the Happy Land. When travelling here, one easily becomes overwhelmed by the well-known cultural and natural attractions of the famous 'Costiera Amalfitana' with its towering cliffs and picturesque coves. However, the Cilento region south of Salerno, now one of Italy's biggest National Parks where the coastline bulges out into an expanse of mountainous landmass, is well worth a visit too.*

*The Amalfi Coast hardly needs an introduction and has been described by many authors and artists as the most beautiful coast in the world. The landscape is immensely varied and surrounded by infinite ever-changing views. It can be typically Mediterranean, intoxicating with wild perfumed herbs, myrtle shrubs, thyme, rosemary and mastic trees, or almost alpine with meadows and bare rocks. And cultural heritage abounds! 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 place... The 'Costiera Amalfitana' is definitely Europe's most dramatic stretch of coastline!*

*During your stay you'll have the time to visit the must-see villages: Amalfi itself, but also Atrani, wonderfully preserved through the centuries, Ravello with its magnificent villas, the quiet Praiano, and of course the scenic and fashionable Positano. You will have the opportunity to walk along well-maintained footpaths, paved alleyways, through attractive countryside with wonderful terraced lemon groves, vineyards and cultural treasures such as rural chapels, ancient farmhouses, old watermills and wonderful villas and villages, where you can sit down and relax with a drink.*

*The Cilento coast is fairly rocky territory, with the crystalline sea lapping at the shore. There is a wild kind of beauty here; rocky ridges set between small picturesque inlets and richly scented pinewoods backing onto wide sandy beaches. Aleppo pines loom over multi-coloured undergrowth of myrtle and prickly pear; whilst huge, centuries-old olive trees grow right down to the shore. Inland the Cilento is largely undisturbed by the 21st century and you will enjoy visiting medieval and quaint fishing villages where the traditional way of life is still evident. You will have the opportunity to walk or cycle through pristine natural areas, with beech and oak forests and mountain meadows, beautiful river valleys, impressive canyons and great mountain scenery.*

*During your stay you'll not only visit the Cilento's main cultural highlights such as the world-famous Greek temples of Paestum, the Greek town of Velia and the Certosa Abbey at Padula, but you will also have the opportunity to see some of the nicest mediaeval villages in the area, where the traditional way of life is still evident. And you'll enjoy visiting some of the Cilento's most unknown cultural treasures, like the rock churches of Magliano, St. Michael's cave church in Sant'Angelo a Fasanello, the ruins of Roscigno Vecchia and the castles of Laurino and Sicignano.*



*For this tour we offer several different options in which you can choose the difficulty level of the excursions yourself. Walks and bicycle rides follow easy routes without any real technical difficulties and are feasible for those who have some walking or cycling experience and are in a good physical condition. Walking and cycling times: approx. 2 to 5 hours a day.*



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## DAY-TO-DAY PROGRAMME

*During this tour you have the choice of several different optional walks (or other activities) for each day, as well as being able to opt for a possible extension either in the Cilento region or along the Amalfi Coast. For culture and nature lovers who have never before visited the Amalfi Coast, we warmly suggest some more days in one of the many beautiful hotels or agriturismo's along the coast, to better discover the uncountable natural and cultural treasures of this beautiful part of Italy.*

### Day 1 Arrival on the South Coast of the Cilento

Today you travel by car to the southern Cilento, almost 200 km. south of Naples. The journey takes you into the southern part of Campania and through the beautiful 'Vallo di Diano'. If you have the time, do stop here to visit the stunning caves at Pertosa, or the beautiful and immense Certosa di Padula, one of the most wealthy and important monasteries of southern Italy (*an optional overnight here is possible on request*). The last part of the journey is very scenic and brings you down to the coast, along the slopes of the impressive Monte Bulgheria. In the evening can you have dinner in a nice restaurant or on the hotel premises.

**Accommodation: Palinuro/Pisciotta – BB**

*The first two or three days of your tour you will stay in a beautiful hotel in Pisciotta or Palinuro/Marina di Camerota. These wonderful medieval villages nicely situated among centuries-old olive groves are the ideal spots from which to discover the many faces of this part of the Cilento Coast. After your day's trip you will enjoy strolling through the quiet back alleys of the hamlets where you are staying and have a cold drink or 'aperitivo' on the terrace of a lively local bar. When staying in this part of the Cilento, you have the opportunity for several amazing walks. You could walk along the unspoiled rocky coast to the very scenic 'Porto degli Infreschi' Bay. You can follow the ancient mule track of Sant'Iconio on the rocky cliffs high above the sandy beaches to the charming village of Camerota, situated on top of a dramatic rock face. You can climb up to the top of Mount Bulgheria enjoying the fragrant wild alpine flowers and orchids. Or you can take an easy stroll along the shadowy footpaths crisscrossing the pine woods which cover the Palinuro Cape. Cyclists will enjoy a short trip on the spectacular coastal road hemmed in between the sandy beaches and the high rocky cliffs between Pisciotta and Marina di Camerota, passing through the Mingardo Valley on the way back. Or they may choose to make a longer and more demanding trip around Mount Bulgheria or in the hills behind Pisciotta, visiting the abandoned village of San Severino, situated on a rocky cliff high above the Mingardo Canyon, or stopping at the pre-Greek archaeological site of Roccagloriosa on the way.*

*Your stay in this area simply has to include a short boat trip along the spectacular coast full of tiny inlets, sea grottos and high towering cliffs. You can set sail from the tiny harbour of Palinuro for a visit to the cape, or you can marvel at the various spectacular rock formations along the Infreschi Coast. The fitter traveller can explore the coast by sea kayak as well.*

*From Pisciotta and Marina di Camerota many of the main highlights of the southern Cilento are easily reached by car. You can opt for a visit to the enormous Certosa Abbey at Padula in the inland of the Cilento. Alternatively, you could head to Morigerati and visit the WWF oasis where the waters of the River Bussento re-emerge noisily from a deep burrow. Or you can wander from village to village admiring the charming little medieval hamlets and their many ancient churches, old 'palazzini', ruined castles and twisting back alleys.*

### Day 2 Capo Palinuro

Today you have several options for a great roundwalk. We recommend a great roundwalk onto the mythical promontory of Cape Palinuro, starting directly from your accommodation. First you climb the small headland of Molpa, on which you'll come across the ruins of a medieval castle. The view over the surrounding area is stunning. You then descend to the beautiful sandy beach of Marinella, a favourite among locals. From there you start climbing up towards Capo Palinuro, named after one of the mates of Aeneas who drowned here. The walk will bring you to the very tip of the headland, partly through forest, partly through Mediterranean scrubland. You arrive at the small harbour, where you can opt for a boat tour to the beautiful 'Grotta Azzurra', perhaps not as famous as the one in Capri, but arguably more beautiful (and definitely less costly &



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less touristy!). After a short climb up through the forest, you descend back to the beach of Marinella again. After a swim and/or drink on the beach you then walk along the river back to your agriturismo.

*Total walking distance: 8- 15 km. Approx. walking time: 3-6 h. (several options possible)*

**Accommodation: Palinuro/Piscotta – BB**

### Day 3 The Costa degli Infreschi – the most stunning beaches of the Cilento

Today you'll enjoy a coastal walk along one of the most unspoilt stretches of coastline in southern Italy, with the chance to enjoy its perfectly clean seawater (certified by a 'Blue Flag'). This is the so-called Costa degli Infreschi, named after the Roman harbour of Porto degli Infreschi, where you can find a freshwater spring in a grotto. The walk starts from the charming harbour of Marina di Camerota, where you can make a short coffee stop, buy picnic supplies and make arrangements for your (optional) return by boat. Then you'll enjoy absolutely superb sightseeing along the ancient footpath which connects the village of Marina di Camerota to the ancient Roman harbour. You'll walk past a series of grottos and beaches, and reach the first medieval watchtower. Follows a short section more inland through olive groves and scrubland. Then you descend to the next little inlet, which is reminiscent of the desolate beaches on a tropical island. Another hour along a beautiful trail brings you to the Porto degli Infreschi. Upon arrival on the beach here a lunch can be cooked by the local fishermen (optional). Return either on foot or by boat to Marina di Camerota. In the evening you are free to arrange your own dinner.

*Total walking distance: 10 km. Approx. walking time: 3-3,5 h. (several options possible)*

**Accommodation: Palinuro/Piscotta – BB**

### Day 4 Towards the Monte Stella

From your hotel in the medieval village of Castellabate, or in one of the fishing villages along the coast, you have the opportunity to make several different active and cultural excursions. Before going out for dinner in the evening, you should take a refreshing dip in the crystal-clear waters of the Mediterranean and enjoy an hour's sunbathing on the sandy white beach.

Experienced hikers can combine culture and nature while walking through the inland of Mount Stella, descending over a recently restored footpath into the Mill Valley from the tiny hamlet of Lustra with its well-preserved medieval centre. Here you will find the remains of no less than 17 watermills. Along the coast you can walk from the tiny fishing harbour of San Marco di Castellabate to the enchanting coast of Punta Licosa with its curiously formed pine trees sculpted by the incessant blowing wind. The mysterious atmosphere of this small peninsula is the origin of several legends and myths. You could also walk through the fragrant Mediterranean 'maquis' along the peninsula of Punta Tresino to the abandoned village of San Giovanni and the remains of the Greek 'Trezini' site, arriving at the town of Agropoli, where you should visit the town's acropolis with its ancient town gates and imposing castle.

Cyclists will enjoy the panoramic ride around Mount Stella, passing through the many tiny villages dotting its slopes. Here you will discover the real Cilento, untouched by the coast's mass tourism. In these villages time seems to stand still and the locals are sure to greet you as a welcome guest.

Culture lovers should make sure to pay a visit to Velia, only a short car journey away. This archaeological site preserves the remains of the 6<sup>th</sup>-century BC Greek town of Elea, birthplace of the philosophers Zeno and Parmenide, and origin of one of the oldest medical schools in Europe. Here you can admire the ruins of the ancient harbour, the Greek and Roman bath houses, several temples and public buildings, and the so-called 'Porta Rosa' or Pink Gate, one of the oldest examples of the use of the arch in Greek architecture. A short ride takes you to Moio della Civitella where, during a short walk on the hill dominating the village, you can visit the remains of a pre-Greek fortified hamlet. In the nearby hamlet of Pattano you can visit the small 10<sup>th</sup>-century AD Greek Orthodox abbey.

**Accommodation: Castellabate/San Marco/Santa Maria: Hotel/agriturismo**



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## Day 5 Paestum and the Calore Valley

During the day you have several options to spend your time. Be sure to arrive on time at Paestum, so that you will have ample opportunity to visit the Cilento's main cultural attraction, the world-famous Greek temples and the archaeological museum (UNESCO World Heritage). You will, however, also have the time to explore the coast and the mountainous inland of this part of the Cilento. In the evening you can enjoy a cool 'aperitivo' on a terrace with views of the temples, or you can taste the locally produced buffalo milk ice cream, during a short visit to a mozzarella farm.

### Accommodation: Paestum

*Those interested in walking have the choice of several very nice excursions. You can take a lazy walk on the endless sandy beaches and through pine woods near the archaeological site, or you can walk along quiet country roads to the estuary of the Sele River and visit the museum of the Hera Argiva Sanctuary.*

*Closer to Paestum you climb up to the villages of Capaccio and Trentinara, situated on a tall vertical rock cliff high above the plain, and after a visit to the church of the 'Madonna del Granata' you walk through the remains of the abandoned village of Capaccio Vecchia to the top of Mount Vesolo. Alternatively you could head further inland and take a long walk over the high plateau of the Alburni Mountains, through thick beech woods and past bizarre rock formations, deep underground limestone caves and sinkholes. In the valley below the mountain's high slopes you can explore the canyon of the Calore River near Felitto, or walk through the abandoned village of Roscigno Vecchia, the 'Pompeii of the 20<sup>th</sup> century', to the spectacular Sammaro Canyon.*

*Experienced cyclists have the opportunity to rent a good quality road racing bike at Capaccio, near Paestum, and may opt for a long trip through the Calore Valley and around the Alburni Mountains. Several dirt tracks, both near the coast at Punta Tresino and in the inland of the Alburni Mountains, are ideal for some mountain biking. Those wanting to enjoy cycling through the area at an easier pace can explore the many quiet country roads around the archaeological site of Paestum.*

*The coast between Agropoli and Castellabate and the peaceful valleys at the foot of the Alburni Mountains offer many opportunities for an interesting car journey as well. You can travel between the villages and hamlets dotting the Calore Valley where you can visit the mysterious limestone caves of Castelcivita or Pertosa, or stop for a short break near the medieval bridge across the Calore River at Felitto. Further inland you can visit the abandoned villages of Roscigno and Sacco Vecchia and admire the Sammaro Canyon from the top of the high bridge above it. You can stop for lunch at one of the many agriturismos along the way, tasting delicious 'antipasti della casa' and feast on 'mozzarella di bufala', handmade pasta en tasteful grilled meat dishes. In the afternoon you still have plenty of time to admire the wonderful little church of Sant'Angelo a Fasanella, built in a cave, and maybe ride up to the astronomical observatory high in the Alburni Mountains.*



## Day 6 & 7 The Amalfi Coast

The last two days of your tour you will be staying near Vietri, or at the tiny fishing village of Cetara along the Amalfi Coast. From your hotel you have plenty of opportunities to explore this authentic Italian paradise. You might want to extend your stay here with a couple of days to better explore the many cultural and natural treasures of the ‘*Costiera Amalfitana*’.

*Those interested in exploring by foot will find a dramatic landscape made up of vertical rock cliffs rising out of the sea, and high mountain peaks overlooking deep lush valleys. You can walk from Cetara to the Avvocata Sanctuary, situated on a highly panoramic terrace 700m above the sea, before clambering back down the seemingly endless steps to the town of Maiori. Or you can hike through charming little hamlets to the ‘Valle delle Ferriere’ (Iron Valley) and through the ‘Valle dei Mulini’ (Valley of the Mills). There is the opportunity to walk the ‘Sentiero degli Dei’ (Path of the Gods), easily the most famous of the many paths along the Amalfi Coast and without doubt one of Italy’s finest, with its breathtaking views of the ‘Costiera’ and the isle of Capri. You could also follow the centuries-old mule track of the ‘Via Maestra dei Villaggi’, which connected the 10<sup>th</sup>-century Republic of Amalfi with its many hamlets. Here you will walk through colourful lemon groves and past old churches and lofty palaces.*

*To admire the dramatic cliffs rising up out of the sea, interspersed with tiny inlets and wonderfully located fishing villages hidden out of sight, there is no better way than by boat. You can choose from a guided excursion leaving from one of the main towns along the coast, or enjoy the view from the ferry as you turn back to your hotel after your day’s trip. For those who feel like it, it is possible to glide along part of the coast by sea kayak, admiring the most bizarre rock formations and pausing for a refreshing dive or a lazy picnic lunch on a small beach in one of the many tiny hidden inlets along the coast.*

*Culture lovers, city trippers and shoppers will find many a suitable spot along the Amalfi Coast. You can choose to visit the ‘provincial’ city of Salerno, with its imposing castle, well-preserved medieval city centre and magical botanical gardens. Or you can stop at Vietri sul Mare, famous for its colourful tableware ceramics, where you can spend hours in its many little shops. You will have the opportunity to visit splendid medieval Amalfi with its ‘duomo’ and numerous ‘palazzì’ with clear Arabic influences. You can wander through the back alleys of Ravello, dramatically situated on a vertical limestone cliff high above the coast, and visit its wonderful villas and their beautiful gardens. Or you can walk down the many steps to the wide beach of mundane Positano, famous for its many VIP visitors, where you enjoy a ‘gelato’ while lounging under the sun. You can also take the ferry from Amalfi for a visit to Capri, the favourite holiday resort of the Roman Emperor Tiberius.*

**Accommodation: Cetara/Vietri: Hotel/agriturismo**

## Day 8 End of your tour

Your tour finishes this morning after breakfast.



## TOUR DETAILS

### ACCOMMODATION & MEALS

All nights are spent in beautiful hotels and agriturismos (generally 3-star). All rooms have en-suite facilities.

Dinners are not included in the tour price. You have an ample choice of good typical restaurants in the towns where you are staying. The agriturismos in the Cilento inland often offer the opportunity to have dinner in the restaurant on their premises.

No picnic lunches are included in the tour price, but these can be prepared for you by the accommodation holders, or materials for picnics can be purchased in the villages which you will be passing through.

**Nights 1, 2 & 3 :** The first three nights are spent in a beautifully located hotel, either at Pisciotta or Palinuro/Marina di Camerota.

**Night 4:** This night you stay in a nice hotel or agriturismo in the medieval village of Castellabate or in one of the fishing villages along the coast (San Marco or Santa Maria).

**Nights 5:** The next night is spent in a charming hotel near the Greek temples of Paestum.

**Nights 6 & 7:** The last two nights you stay in a beautiful hotel near the fishing village of Cetara/Vietri along the Amalfi Coast.

### INCLUDED

- Accommodation: 3 nights Pisciotta/Palinuro/Marina di Camerota, 1 night Castellabate, 1 night Paestum, 2 nights Cetara/Vietri; all nights in good 3-star hotels or agriturismo's.
- Meals: 7 breakfasts, 1 dinner
- Extensive route notes, with description of the route & tourist information
- Topographical Maps for walking and cycling excursions
- 24/7 local assistance

### NOT INCLUDED

- Departure taxes & Visas
- Travel Insurance
- Drinks and meals not mentioned in the itinerary
- Optional additional tours or activities
- Tips
- Items of personal nature
- Car rental

### LEVEL OF DIFFICULTY

**Easy/moderate (2/3):** Easy to moderate walks and cycling/kayaking trips without any real technical difficulties. Remember that you decide the difficulty level of the excursions yourself.

**Fitness:** All walks and bicycle/kayaking trips are feasible for those who have some walking or cycling/kayaking experience and are in a good physical condition. You should be able to walk or cycle for a few hours a day even in hot dry weather conditions.



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## FOOTPATHS & WAYMARKING

Most paths are relatively well maintained, but during the season some paths can get overgrown (*we are in continuous contact with local authorities to keep the paths clean – please help us by providing your feedback on the quality of the paths*).

**Waymarking:** Only a small part of the route is waymarked (partly by us); elsewhere it is necessary to follow the route descriptions provided together with the maps. With these it is always possible to find your route. In case you don't feel confident a local guide can be provided for some trails.

## ARRIVAL & DEPARTURE

**Arrival:** The tour starts in PISCIOTTA/MARINA DI CAMEROTA. By car you reach the South Coast of the Cilento from Rome (daily flights, also low-cost, from all major European cities) in around 4 hours. From Naples (daily flights, also low-cost, from all major European cities) it will take you around 2,5 hours.

**Departure:** The tour ends in CETARA/VIETRI. From here you can reach Naples in 1 h., Rome in 3 hours.

## TOUR VARIATIONS

*One of the main characteristics of a Genius Loci Travel 'Drive & Hike, Walk & Discover' Tour is the freedom you have in putting together not only your own daily programme, but also the length of the tour and the places to visit. The above programme is only an example of what is possible. It is a well-balanced programme, which shows you the great variety of this part of Sardinia, both the authentic inland areas, as well as the stupendous coastline. However, according to your interests we can easily adapt the programme to your demands. More mountains, more sea, more culture, more relax.... You decide!*

## EXTRA NIGHTS

It is possible to extend your tour with a few days in Salerno, along the beautiful Amalfi Coast or in Naples. Details and prices on request.

## UPGRADE

It is possible to book an upgrade in some of the places en route. Details and prices on request.

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