



# Positano – the best walks

*Walking behind the scenes of the world's most beautiful resort town – including the complete 'Sentiero degli Dei'*



## TRIP NOTES 2019

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#GeniusItaly

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## INTRODUCTION

The Amalfi Coast is probably Italy's most beautiful coastline, so it is no surprise that tourists have been flocking here for centuries. And recently its amazing network of footpaths has been discovered too, which is just as well, because walking along the Amalfi Coast is something everyone should do at least once in their lives!

For those who have little time available and want to do a few of the best walks, Genius Loci Travel has developed this special tour, which brings you not only to the famous coastal resort of Positano, but also lets you discover a number of 'hidden treasures' just inland.

As the Sorrento Peninsula, which the Amalfi Coast forms the southern side of, is basically a high mountain chain emerging from the Mediterranean, the landscape of the Costiera Amalfitana is immensely varied and surrounded by infinite ever-changing views. Along the coast it can be typically Mediterranean, with numerous species of wild perfumed herbs, myrtle shrubs, thyme, rosemary and mastic trees. It is protected from the cold northern winds by the impressive mountains, therefore it has a wonderful climate & flowers all year long. Further inland it can be almost alpine with meadows and bare rocks. In between, man has created an incomparable mosaic-terraced landscape. Amazing lemon groves and vineyards look out over the clear sea. And cultural heritage abounds, with beautiful little churches, ruins of castles and old farmhouses found all over the place... The Costiera Amalfitana is definitely Europe's most dramatic stretch of coastline!

And the best thing is everything can be discovered on foot, as there are thousands of footpaths here. Some of which have become world-famous, such as the "Sentiero degli Dei" (the "Footpath of the Gods"), or are at least a thousand years old, like the "Maestra dei Villaggi" – the 'main road' of the Republic of Amalfi. But the lesser known paths are just as beautiful as well!

Going from the mountains to the sea, or vice versa, there are always stupendous views. You'll walk through little villages, vineyards and olive groves, Mediterranean scrub and woods, living rocks and chestnut woods. This special tour shows you the paths most guides don't tell you about! This is the perfect tour for those who want to discover the authentic charm of the Amalfi Coast, but want to see some of the famous spots as well. You will enjoy the contrast of fashionable, touristy, Positano and the rural atmosphere just a few miles inland.

You will mainly walk along well maintained footpaths and paved alleyways, and through attractive countryside with wonderful terraced lemon groves, vineyards and cultural treasures like rural chapels, ancient farmhouses, old watermills and wonderful villas and villages, where you can sit down and relax with a drink. On this tour you will discover that the Amalfi Coast has become Italy's most famous coastline with good reason. But also that it only takes a little effort to get 'off the beaten track' and find yourself surrounded by nature!



*Please note: this is a moderately easy tour which is suitable for those who have some experience of walking and a good general physical condition. Most of the walks are on good paths, some of them just recently restored by the local authorities. Parts of the path are waymarked. Elsewhere you have to follow the route notes provided together with the maps. Average walking times: from approx 5 - 6 hours each day*



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## DAY-TO-DAY PROGRAMME

### Day 1

Arrival in Naples. You are met by a taxi (optional) and brought to your quiet agriturismo in the charming little village of Bomerano, beautifully located high above the Amalfi Coast, overlooking the Bay of Salerno. If you arrive early you can walk a short stretch of the world-famous 'Footpath of the Gods', to take in the first spectacular views.

#### **Agriturismo\*\*\* - Bomerano**

### Day 2

Today you make the best possible start of any walking holiday: you'll walk the famous 'Sentiero degli Dei' ('Footpath of the Gods'), one of Italy's most famous footpaths, and certainly a walk with unrivalled views. After a very panoramic stretch with views over the whole Amalfi Coast, stretching out as far as the island of Capri, you reach the junction for the monastery of San Domenico, set in stupendous scenery, dominating the coast from its hilltop (optional detour along a medieval pilgrim route). You then continue on a more or less level path through spectacular scenery with bizarre rock formations and luxurious vegetation. Here the 'Sentiero degli Dei' really lives up to its name! 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 down to Positano, but it will take you a bit of time as there are many photo opportunities along the route. 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 at your hotel in the centre, at walking distance from the large beach.

#### **Hotel \*\*\* – Positano**

*Distance: 9 km. Approx. 4,5 h. walking*

### Day 3

First you take the local bus up to Montepertuso, where you start a very scenic walk around the upper valley of Positano. Following ancient footpaths through the forest and past marvellous viewpoints you climb up towards Santa Maria al Castello, the old fortress defending the narrow valley between the Amalfi and Sorrento sides 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 hut). Those who feel like it can climb up from here to Monte Sant'Angelo, the highest mountain of the peninsula, a very demanding but rewarding ascent. The standard walk continues through the forest and zigzags back down to Montepertuso. You then return to Positano along another medieval mule track.

#### **Hotel \*\*\* – Positano**

*Distance: 11 km. Approx. 4,5 h. walking*

### Day 4

After breakfast you return by train, bus or boat to Naples (airport).



## TOUR DETAILS

### ACCOMMODATION & MEALS

All nights are spent in beautiful, characteristic family-run hotels (generally 3/4-star; 5-star on request). All rooms have en-suite facilities.

All accommodations are on a **B&B** basis. On request, the first night in Bomerano can be on a **HB** basis. Where no evening meals are included, you are free to choose from the wide choice of restaurants in the area. Your accommodation holder can give you good tips. On some occasions you can also choose to eat at the premises of the hotel.

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 where you'll be staying. On some occasions you have the option of having your lunch in a restaurant along the way.

**Night 1:** The first night is spent in the small village of Bomerano, on the high plain of Agerola, overlooking the Amalfi Coast, either in a beautiful agriturismo, or at 'family houses', all with comfortable rooms with en-suite facilities.

**Nights 2 & 3:** The last two nights are spent in the romantic & fashionable little village of Positano, with its characteristic houses built onto the steep slopes of the mountains. You stay in either a comfortable 3-star hotel or a larger 4-star hotel. All hotels are at walking distance from the shore (along Positano's charming little streets/steps).

### ***UPGRADE/CHANGES IN ACCOMMODATION***

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

### INCLUSIONS

- 1 night Hotel in Bomerano \*\*\*/\*\*\*\* - BB
- 2 nights Hotel in Positano \*\*\*/\*\*\*\* - BB
- Extensive route notes, with description of the route & tourist information
- Maps at 1 : 25.000 scale or more detailed.
- GPS tracks of each walk.
- 24/7 assistance
- Luggage transfer
- Private transfers as specified

### NOT INCLUDED

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



## LEVEL OF DIFFICULTY

**Moderately easy (2-3):** Mostly easy walks, though some include walking uphill, sometimes on paths with rough surfaces. On most days extensions or shortcuts are possible.

**Fitness:** High standard of fitness is not necessary but you should be able to walk for up to 5 hours a day in the hot sun on dusty or stony tracks.

## 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*).

Part of the route is waymarked; elsewhere you have to follow the route descriptions provided together with the maps. With these you will always be able to find your route.

*N.B In case you don't feel confident a local guide can be provided for some of the trails.*

## ARRIVAL & DEPARTURE

**Arrival:** The tour starts in BOMERANO (AGEROLA), connected to Naples by a frequent bus service. A taxi pick-up service can be arranged either from Naples (airport or train station), or from Pompeii or Castellammare di Stabia, which can both be easily reached from Naples with the local Circumvesuviana train.

**Departure:** The tour ends after breakfast in POSITANO on day 4. A frequent bus service can bring you to either Sorrento or Amalfi/Salerno, from where you travel on to your next destination (Naples, Salerno or Rome can all be easily reached). Several taxi services are available to bring you directly to your next destination.

## EXTRA NIGHTS

It is possible to include extra nights in the accommodations en route. *Extra walking or sightseeing options will be provided!!!*

At the beginning or the end of the tour there is also an opportunity to visit Naples and/or Pompeii. The tour can easily be extended with a few days in Naples or on the island of Capri (see below). Several good accommodations are available. Details and prices on request.



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