



**GENIUS LOCI TRAVEL**  
Walking and Cycling Holidays

*Independent 'Self Guided' walking tour*

# Exploring Capri

*Hiking along the highlights & hidden corners of  
the world's most famous island!*



## TRIP NOTES 2019

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#GeniusItaly

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## INTRODUCTION

The Bay of Naples is one of the most spectacular areas on the planet, with a tremendous wealth of both natural and cultural treasures. It presents beautiful diverse landscapes and an amazing amount of history. The blue waters of the Mediterranean are dominated here by the world's most famous volcano, Mount Vesuvius (Italian: Vesuvio), the only volcano on the European mainland to have erupted within the last hundred years.

A particular part of the charm of the Bay of Naples can be found on its three main islands, all different, all beautiful. But the island of Capri is undoubtedly the most famous of the three islands in the Bay of Naples. And it certainly lives up to its fame. Unlike the other two islands, Capri is made of chalkstone, just like its natural continuation, the cliffs of the Amalfi Coast. This explains its rather unique features, such as the world-famous 'Faraglioni', its natural bridge and its impressive cliffs. But it's definitely not only the stunning nature which made the island famous! If you wish you can also visit its amazing Roman villas, stunning monasteries and indulge in its fashionable '*dolce vita*' too. During your short stay on the island you get to see the places that have inspired so many over the centuries, starting with the town that shares the island's name.

The island is neatly divided into eastern and western halves, each containing one of the two main towns, Capri and Anacapri respectively. This means that, even if you only have time for a short break, you still have a great opportunity to fully explore this much-loved island. The main harbour, Marina Grande, is situated on the eastern half of the island, so you spend the first walking day exploring the town and surroundings of Capri. Explore the characteristic little streets and alleyways that have made the town, and consequently the island, such a fashionable destination for celebrities over the decades. It was here, in the famous *Piazzetta*, that the jet set used to gather. In fact, when they're able to escape the attention of the paparazzi, you can sometimes find them here even today!

You head off from town on a wonderful scenic walk, which offers views across the short channel, which separates Capri from the mainland Sorrento Peninsula, and on the Bay of Naples, dominated by the intimidating Vesuvius. On this walk you get to experience many of the island's cultural highlights, such as Villa Iovis – once a property of Tiberius, the Roman emperor who fell in love with Capri – and the Grotta di Matermania, believed to be a place of worship for the cult of Mithras. You also take in some natural wonders, like the Arco Naturale and the Faraglioni, arguably the most painted and most famous rocks in the world. Depending on your interests, and how much time you want to leave for shopping or simply relaxing, you could also visit the 14<sup>th</sup>-century Convent of San Giacomo where you can find some interesting paintings and books about Capri. You may also want to visit the wonderful Gardens of Augustus and then head down the spectacular Via Krupp to Marina Piccola before rounding your day off with a delicious meal at one of the island's fine restaurants.

On your second walking day you discover the lesser known part of the island, Anacapri, and get to see the island's most famous natural wonder, the Blue Grotto. From the top of the highest mountain on the island, Monte Solaro, which you reach by chairlift, you begin your spectacular walk around the savage southern coast and arrive at the westernmost point of the island, where you can go for a swim underneath the lighthouse. You then follow the coast round on a scenic path with blossoming flowers past a series of fortresses dating back to the Napoleonic wars, and arrive at the stunning *Grotta Azzurra*. After your visit you settle down for your evening meal and perhaps go for a relaxing stroll through town one last time to round off your trip.



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## DAY-TO-DAY PROGRAMME

### Day 1

Today you travel by boat to Capri, from either Naples, Amalfi, Positano or Sorrento. Arrival is at the Marina Grande, the main harbour, from where you take the bus (or walk up) to either Capri or Anacapri and settle in at your hotel. Capri is certainly the most famous of the three islands of the Bay of Naples, and certainly it lives up to its fame. You might have some free time to go for a first stroll already, before having dinner in one of the great (fish) restaurants on the island.

**Hotel \*\*\*/\*\*\*\* - Capri.**

### Day 2

Today's walk starts from the central square of the little town of Capri. From here you make a beautiful roundwalk around the eastern part of the island, which shows you most of the 'highlights' of the island, both cultural and natural wonders, with beautiful views all around. After exploring the town centre, with its famous *Piazzetta* where the jet set used to gather, you walk through the characteristic, Moresque-influenced streets towards one of the best spots in Capri—the exceptional, yet relatively unknown Villa Lysis—a stunning Villa set in a stunning landscape. The walk continues through an unrivalled Mediterranean landscape towards the ruins of the Imperial Villa Iovis, which once belonged to the Roman Emperor Tiberius. From here views over the Bay of Naples are spectacular! Then you walk back down and proceed towards the Arco Naturale, before heading down to the Grotta di Matermania, which is reputed to be one of the places where the god Mithras was worshipped. There are several great spots for a picnic lunch, but also a number of nice little restaurants to enjoy lunch. The final part of your walk takes you along the pristine southern part of the island to the *Faraglioni*—three sea stacks, perhaps the most famous and most painted rocks in the world, just off the south coast. Walking back to town you have the opportunity to visit the Convent of San Giacomo, which dates back to the 14th century. Here you can find an interesting collection of paintings by the German painter Diefenbach and in the neighbouring building there's a small library with a number of books about the island, a subject covered by countless writers over the centuries. The Gardens of Augustus, from which you can opt to walk down to Marina Piccola along the spectacular Via Krupp, are worth a visit too. This walk can be extended or shortened in many ways, depending on how much time you want to dedicate to relaxing and shopping! In the evening you are free to explore the culinary delights in one of the many fine restaurants in town.

**Hotel \*\*\*/\*\*\*\* - Capri.**

*Distance: 10 km. Approx. 4-5 h. walking*

### Day 3

Today you will discover the lesser known part of the island, Anacapri, which is more rural and mountainous than the east. You start your walk from the top of the highest mountain, Monte Solaro, which you reach by chairlift (unless you want to walk – there are some beautiful, but quite demanding walks up to the top). From the peak of Monte Solaro, where you can enjoy marvellous views over the island, the Bay of Naples, the Bay of Salerno and the Amalfi Coast, a spectacular walk around the savage southern coast of the island brings you past impressive sheer cliffs to a lighthouse. Here, at the westernmost point of the island, you could perhaps enjoy the clear sea water by going for a swim. You then continue the walk along the coast, passing a series of fortresses, only recently restored, that the English helped to build a couple of centuries ago to defend the island from the fleet of Napoleon. Finally, you make your way down a path which is particularly interesting for its flowers, until you arrive at the famous *Grotta Azzurra* – the Blue Grotto. Don't be fooled by the innocuous appearance from outside the cave! Inside you will experience something truly unique, as the incredible blueness of the waters takes your breath away. Having taken in the visual delights, you take the bus back to your hotel (or walk through the back alleys to Anacapri) and find another romantic restaurant where you can relax and enjoy another delicious meal to top off your day.

**Hotel \*\*\* - Capri**

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



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## Day 4

After breakfast you take a taxi down to Marina Grande for your boat to Naples and then get the shuttle bus to the airport or train station. Extra nights can be booked in a hotel in the city centre or elsewhere (upon request).

## TOUR DETAILS

### ACCOMMODATION & MEALS

Accommodation is on a B&B basis in a good 3- or 4-star hotel, either in Capri or Anacapri (standard).

*For this tour we have a large selection of 'Premiere Inns', very good hotels, available, many among the world's best hotels, as acclaimed from Condé Nast Traveler, Travel+Leisure and many others.*

*Genius Loci Travel, as the leading adventure travel company on the Amalfi Coast & the Bay of Naples, can book your room in any hotel you could dream of! All rooms have en-suite facilities (of course!).*

You will be free to choose from the wide choice of restaurants in the area for your dinner in the evening. Your accommodation holder can give you good tips.

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 shops on the island.

### UPGRADE/CHANGES IN ACCOMMODATION

*It is possible to book an upgraded hotel in either Capri or Anacapri.* Details and prices on request.

### LEVEL OF DIFFICULTY

**Moderately easy (2):** Mostly easy walks, though some involve uphill walking, sometimes on paths with rough surfaces. On some days there are stretches that are difficult for those suffering from vertigo (but NOT dangerous!). On these days alternative options are available. Extensions or shortcuts are also possible on all days.

**Fitness:** High standard of fitness is not necessary but you should be able to walk for up to 4 hours a day in the hot sun, sometimes on dusty or stony tracks.

### FOOTPATHS & WAYMARKING

Most paths are well maintained, but during the season some minor 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*). Many parts of the route that you follow are paved alleyways.

**Waymarking:** Only a small 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. In case you don't feel confident a local guide can be provided for some trails.



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## INCLUSIONS :

- 3 nights hotel on the island of Capri \*\*\* - BB
- Extensive route notes, with description of the route & tourist information
- Maps at 1 : 15.000 scale (or better)
- 24/7 assistance
- Luggage transfers

## NOT INCLUDED

- Departure taxes & Visas
- Tourist tax (local)
- Travel Insurance
- Drinks and meals not mentioned in the itinerary
- Tips
- Items of personal nature

## ARRIVAL & DEPARTURE

**Arrival:** The tour starts in Marina Grande / CAPRI; a luggage pick-up service (included) is arranged from the harbour. Capri can be reached by ferry or hydrofoil from Naples, the nearest city with an international airport /train station. The boat journey takes about 75 mins.

**Departure:** The tour ends after breakfast in CAPRI on day 4. You can either walk or transfer back to the harbour, from where you travel back by boat to Naples (or, in case you extend your holiday, to Sorrento or Salerno).

## TOUR VARIATIONS

### EXTRA NIGHTS

It is possible to book extra nights in the same accommodation - in order to do some extra walks (notes will be provided) or just to relax. It is also possible to extend your tour with a few days in Sorrento, Salerno, Naples, or along the Amalfi Coast. Details and prices on request.



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