



*Independent cycling tour (EBAMA6)*

# The Amalfi Coast & Sorrento Peninsula

A complete E-Bike tour along the world's most beautiful coast, from Vietri & Cetara to Amalfi, Ravello and Positano – through the 'Siren's Land' to Sorrento



## TRIP NOTES 2024

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## INTRODUCTION

*The Peninsula of Sorrento, situated between the equally beautiful Bay of Naples and Gulf of Salerno, is an area of staggering natural beauty and scattered with cultural treasures. On the one side the stunning views over the Bay of Naples have attracted visitors for centuries, on the south side the Amalfi Coast is perhaps the world's most beautiful coastline. Best known for its medieval towns and villages such as Amalfi, Positano and Ravello and the resort town Sorrento, it is also home to several hidden marvels. Small natural reserves, ancient paper mills and wild mountain scenery are only a small distance away from the busy touristy centres, waiting to be explored by the aware traveller. The best of the coastal scenery is on the southern side of the peninsula, the Amalfi Coast. With its towering cliffs and picturesque coves this definitely is one of the most beautiful coastlines in Europe, with a long tradition as one of the premier tourist destinations in Italy. Cycling along the 'Costiera Amalfitana' is an unforgettable experience!*

*This tour gives you the opportunity to discover both the busy touristic and the quiet hidden, but no less spectacular, side of the Amalfi Coast. You will see with your own eyes that it has become with reason Italy's most famous coastline. It will become clear that it takes only a little effort to get 'off the beaten track', finding yourselves surrounded by nature at only a few hundred metres away from the crowds. In short, you'll explore this delightful angle of Italy in a totally different way.*

*The tour starts either from Salerno or from Vietri sul Mare, known for its ceramics, at the southern end of the coast. You start cycling in western direction towards the very tip of the peninsula, Punta Campanella. Here, from the small village of Termini you enjoy a marvellous view of the isle of Capri before cycling down to the seaside resort of Sorrento. Along the spectacular coastal road from Vietri to Amalfi, you'll encounter the little fishermen's village of Cetara, and then cycle up to the headland of Capo d'Orso, a strict nature reserve. Then it goes down to pretty Maiori, delightful Minori and the tiny whitewashed Atrani. You will marvel at the location of Ravello, high up a rocky cliff, while visiting its world-famous villas and gardens. You can stop for a cup of tea in the little tea house in the gardens of majestic Villa Cimbrone at Ravello and stroll through the back alleys of Atrani.*

*After your day's cycling there is time for sightseeing too: you may visit Amalfi's Duomo and its Paradise Cloister, or take a walk in the Valley of the Mills. Or you can stop for a cup of tea in the little tea house in the gardens of majestic Villa Cimbrone at Ravello and stroll through the back alleys of Positano. On your way around the tip of the Sorrento peninsula you will enjoy great views, both of the Amalfi Coast and as well of the Coast of Sorrento and the Bay of Naples, dominated by Mount Vesuvius. Here you may take your time for a hearty lunch in a small 'trattoria' and taste the area's renowned 'limoncello' lemon liquor.*

*On your way to Sorrento you will visit the deeply eroded and amazing 'fjord' of Furore, explore mundane Positano and cycle through the little hamlets of Praiano and Conca dei Marini. From Sant'Agata sui Due Golfi little quiet winding roads will take you first to Termini, and then along Massa Lubrense to Sorrento. Perhaps less known, but equally beautiful is the very tip of the Peninsula, often referred to as 'Siren's Land', a beautiful area of olive groves and charming villages, with some stunningly beautiful nature reserves and literally face-to-face with the island of Capri. Cycling here you will enjoy great views, both of the Amalfi Coast and as well of the Coast of Sorrento and the Bay of Naples, dominated by Mount Vesuvius. You will stay in a beautiful agriturismo, tucked away in the countryside, dining on great organic food and olive oil.*

*On this amazing cycling adventure you will see with your own eyes that it has become with reason Italy's most famous coastline. You will be based for a few days in the beautiful little town of Amalfi itself. This allows you to take your time to visit the Duomo and its Paradise Cloister, and perhaps take a walk in the Valley of the Paper Mills, discovering the city's amazing cultural heritage. And take your time for a hearty lunch in a small 'trattoria' and taste the area's renowned 'limoncello' lemon liquor. It will become clear that it takes only a little effort to get 'off the beaten track', finding yourselves surrounded by nature at only a few hundred metres away from the crowds. Then you'll stay in the real 'countryside', in the middle of the peninsula, in a farmhouse with the real rural atmosphere. In short, you'll explore this delightful angle of Italy in a totally different way.*

*Please note: this is a moderate tour which is suitable for all those who are in a good general physical condition. You may encounter some longer climbs on some stretches. Rides are not long, leaving plenty of time for sightseeing. Average cycling times: approx. 3 - 5 hours each day.*



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## DAY-TO-DAY PROGRAMME

### Day 1 – Arrival in Salerno & Travel to Cetara or Vietri

After your arrival at Salerno (train station) you travel to one of the villages at the most eastern part of the Amalfi Coast, either Vietri sul Mare, renowned for its colourful table ware ceramics or – in alternative - the nearby fishermen's village of Cetara. By the end of the afternoon, you'll meet for a short briefing with our representative and you can take hold of your bicycles. In case you arrive early you may want to take your bicycles for a short ride to either Vietri or nearby Cetara. In the evening you may go for a stroll through the historical centre of the small village. In the evening you eat in a fine nearby restaurant.

#### **Accommodation: Hotel Vietri (Cetara)**

*Distance : optional ride : 8- 10 km. – Cycling time : 1 h.*

### Day 2 – The 'eastern' Amalfi Coast: from Vietri & Cetara to Amalfi past the headland of Capo d'Orso, Maiori, Minori and Atrani (optional visit of Ravello)

The Amalfi Coast 'officially' starts at the charming village of Vietri sul Mare, from where you start today's ride, heading for the splendid medieval Amalfi itself. The whole day you'll be following the beautiful winding coastal road, defined by some 'the most scenic ride in the world'. In case you did not visit yet, do make a first stop in the idyllic village of Cetara, named after the Roman 'cetus', tuna fish. Take your time for a coffee or cappuccino, overlooking the colourful fishermen's boats lying on the sandy beach. Then it goes up to Capo d'Orso, the highest point of the road, and a wonderful outlook on the whole of the Amalfi Coast and Capri. After admiring the view it now goes downhill, along a beautiful winding road through lemon groves, forests and dramatic cliffs, until you arrive at Maiori, the biggest town on the coast. A short stretch around the headland brings you to Minori, with its nice little centre and beautiful seaside boulevard. Then you continue with a short climb towards Castiglione, once part of the defence system of the Amalfi Republic. Here you have the choice between cycling up to marvellous Ravello by bike (quite a climb! – recommended in case you stay only 1 night in Amalfi), or continuing to Amalfi. After Castiglione you will cycle through marvellous little Atrani with its whitewashed houses and arrive in Amalfi itself, where you settle for the night.

*N.B. Today is a relatively short ride, which allows you to spend more time in the villages. You have the time to see not only Vietri, but can also cycle up to the beautiful small hamlets of Raito and Albori, and perhaps make the detour to the stunning abbey of Cava dei Tirreni, one of the most important abbeys of southern Italy, set in an idyllic location.*

#### **Accommodation: Hotel\*\*\* - Amalfi**

*Distance : 25/35 km. – Cycling time : 2,5 – 3,5 h.*

### Day 3 – Mountain Villages of the Amalfi Coast: cycling inland to the stunning hamlets of Pontone, Minuta, Scala and Tramonti, with an extensive visit of Ravello

As during the first cycling day you mainly cycle along the coast, today will be dedicated to the lesser known, but equally beautiful inland area. You will head from Amalfi to Ravello and Tramonti, up in the mountains, and then back to Amalfi along the coast again. After leaving from Amalfi, you turn inland at Castiglione and start climbing up the steep winding road along the narrow valley of the 'Dragone' torrent and underneath the rock cliffs of Ravello. This is quite a climb, but a relatively easy ride with your E-Bike! You'll take lots of pictures here! After an optional detour to the beautiful small medieval hamlets of Pontone, Minuta and Scala, you arrive in Ravello, where you park your bike for a stroll through the village. Ravello, one of the main highlights of the Amalfi Coast, boasts many medieval monuments, but is above all famous for its great villas with stupendous gardens, and stunning views over the Amalfi Coast. After an extensive visit, you continue inland through some surprising wild



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scenery in the direction of Tramonti, where you can find a place for lunch. From Tramonti you then descend along a winding road towards the Amalfi Coast again. You arrive at Maiori with its wide seaside boulevard. After a short stop for a drink, or perhaps a swim, you then head back to Amalfi. Perhaps you'll have also the time now to enjoy a lemon cake in Minori or a beer on the square in Atrani.

### **Hotel\*\*\* - Amalfi**

*Distance: 35/60 km. – Cycling time: 3-4,5 h.*



### **Day 4 – From Amalfi along Praiano and Positano to Sant'Agata sui Due Golfi**

Today you leave Amalfi. Take your time for a last look at the Duomo of Amalfi, and then start cycling the second half of the dramatic 'Strada Amalfitana': from Amalfi along Positano to the town of Sant'Agata sui Due Golfi, located on the very ridge of the peninsula and offering wide views both on the Amalfitan and Sorrentine coasts. You start with the short ride from Amalfi, through Praiano, to Positano, easily the most scenic – and mundane – of the towns on the coast. Shortly after Amalfi you will pass by the scenic 'Grotta Azzurra' sea cave which is open to the public and the spectacular 'fjord' of Furore, a deep canyon opening up to the sea in which a small fishermen's villages clings to the rocky cliffs. When arriving at Positano, make sure you cycle down into the town towards its beach from where you can explore its scenic and colourful alley ways. Park your bike – most of Positano can only be done on foot – most of the small back streets you will explore consist of stairways! After Positano the coast becomes wilder and more rugged, with great views over the 'Islands of the Sirens' and it is a good climb to arrive at the Colli di San Pietro, beautifully situated on the ridge that separates the Amalfi Coast from the rest of the Sorrento Peninsula. A short relatively flat stretch then brings you to the Colli di Fontanelle, and from there after a few very scenic hairpin bends, up to your accommodation at Sant'Agata sui Due Golfi (your choice between a beautiful agriturismo and a nice hotel). After settling in your room, you can relax in the garden or go for a stroll. In case you are based at the agriturismo, you will dine on beautiful organic food, locally produced, sprinkled with local olive oil. Of course you can opt to have a good bottle of local wine.

### **Agriturismo or Hotel\*\*\* - Sant' Agata sui Due Golfi**

*Distance: 35-40 km. – Cycling time: 3 h.*

### **Day 5 – Cycling through 'Siren's Land' – from Sant'Agata sui Due Golfi along Termini to Sorrento – with a view on Capri and Mount Vesuvius**

Today you'll cycle to the very tip of the Sorrento Peninsula. On the first stretch of the road after leaving Sant'Agata this morning you will fully understand why its full name is Sant'Agata sui Due Golfi: you can admire not only the wonderful panorama over the southern coast towards Capri, but also enjoy the view of Sorrento and the Bay of Naples dominated by Mount Vesuvius. You now cycle on the plateau high above the coast towards the very end of the peninsula, Punta Campanella. From the last village (indeed: called 'Termini') you have a great view on Capri. You should cycle up to the small chapel of San Costanzo, just above the village, from



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where you can enjoy the views at 360 degrees! For those who feel like it there is also the possibility to descend towards the delightful beach of Marina del Cantone (and back up again), perhaps with a short visit to the nature reserve of Baia di Ieranto. You then return along the northern coast, with wonderful views of the Bay of Naples again, through the charming village of Massa Lubrense. It is recommended cycling down to the seaside resort of Sorrento, perched on high vertical limestone cliffs above the sea, and visit its old town centre with its wonderful gardens and villas. After the visit you turn inland again and climb slowly up to Sant'Agata sui Due Golfi, back to your hotel or agriturismo. Tonight you are free to have dinner on the premises of your accommodation again, or walk or ride into town to dine at a local restaurant.

### **Agriturismo or Hotel\*\*\* - Sant' Agata sui Due Golfi**

*Distance: 40/50 km. – Cycling time: 3,5-4 h.*

### **Day 6 – Departure**

The tour ends in Sant'Agata after breakfast today.

## **TOUR DETAILS**

### **ACCOMMODATION & MEALS**

All nights are spent in beautiful, characteristic hotels (generally 3-star). All rooms have *en-suite* facilities.

**Dinners** are included in Sant'Agata. On the other nights you are free to organize your own dinner in one of the many restaurants at Amalfi.

### **INCLUDED**

- 1 night in Hotel\*\*\* in Vietri – BB
- 2 nights in Hotel\*\*\* in Amalfi – BB
- 2 nights in agriturismo Sant'Agata sui Due Golfi – HB/BB
- All breakfasts - 1 dinner
- Extensive route notes, with description of the route & tourist information
- Maps at 1 : 50.000 scale (or better)
- GPS waypoints & tracks (optional)
- **Bicycle rental of a high-quality E-Bike for 5 days (road bikes or hybrid bikes available on request)**
- Welcome meeting: briefing & bike fitting
- Bike delivery & collection
- Luggage transfers
- 24/7 h 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



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## ARRIVAL & DEPARTURE

**Arrival:** The tour starts in AMALFI, only a few kilometres (by boat or bus) from SALERNO which can easily be reached by train from Naples. Naples has an international airport. From Rome (and many other cities) Salerno can easily be reached. From Salerno there are regular buses and boats to Amalfi.

**Departure:** The tour ends in SANT'AGATA, a few km. above SORRENTO. From Sorrento Naples (airport) can easily be reached by local train or bus.

## LEVEL OF DIFFICULTY

**Easy to Moderate (2-3):** Mostly moderate rides but with some longer climbs. All roads are well paved. Along some roads – especially along the coast and during summer and holidays – you can find traffic, while the inland roads are quieter. Extensions as well as shortcuts are possible on all days.

**Fitness:** Some experience with bicycle touring and a good general physical condition will certainly make your travel experience more enjoyable. You should be able to cycle for several hours a day also in hot weather.

## TOUR VARIATIONS

### LONGER/SHORTER 'AMALFI COAST & SORRENTO PENINSULA' TOURS

In case you want to spend some more time in the Amalfi area, and make the tour slightly more relaxed, we strongly recommend to book an extra night in Amalfi. That way you can 'split up' the ride of day 3 and have more time for Ravello, Pontone and the other small hamlets of the area – or to explore the area on foot.

In case you have only little time available we recommend the – slightly more challenging – '**Original Amalfi Coast E-Bike tour**' (EBAMA4). This tour shows you most of the area in only 4 days.

*N.B. Those who want to take in some real mountain scenery can opt for an extra day and make a stunning ride onto the high plain of Mount Faito, in the shadow of the area's highest peaks.*

### EXTRA NIGHTS

It is possible to include extra nights in any of the accommodations 'en route'. Extra sightseeing options can be provided! As well is it possible to extend your tour with a few days in Salerno or Naples, on the island of Capri or elsewhere along the Amalfi Coast itself. Details and prices on request.

### UPGRADE

It is possible to book an upgrade in some of the places *en route*. Also is it possible to stay in a beautiful 4-star hotel in Cetara instead of Vietri on day 1. Details and prices on request.

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