



The Amalfi & Sorrento Coast-to-Coast Trek

*Along the 'Alta Via dei Monti Lattari' from Cava dei Tirreni
to the Finis Terrae of the Sorrento Peninsula*



TRIP NOTES 2019

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INTRODUCTION

The **'Alta Via dei Monti Lattari'** is the long distance trail which runs high above the famous Amalfi Coast, offering a different perspective of what is probably Italy's most beautiful coastline. It roughly follows the ridge of the Lattari mountains, the backbone of the Peninsula.

The Amalfi Coast boasts a stunning combination of picturesque coastal towns and mountains, an abundance of both culture and nature. The landscape is immensely varied and surrounded by infinite ever-changing views. It can be typically Mediterranean, with olive & lemon groves, myrtle shrubs, thyme, rosemary and other aromatic plants, but it can also be very mountainous, almost alpine, with lush beech forests, mountain meadows and bare rocks. This is the scenery you will discover during this stunning trek.

Our route leads from Cava dei Tirreni in the very East, to Punta Campanella, the very point of the Sorrento Peninsula. The scenery of this tour is therefore mainly mountainous, but there are several occasions to descend to the valleys, enjoying the incomparable mosaic-terraced landscape. Going from the sea to the mountains, or vice versa, there are always stupendous views, and we'll walk through little villages, vineyards and olive groves, Mediterranean scrub and woods, living rocks and chestnut woods. Beautiful little churches, ruins of castles and old farmhouses are found all over the place...

The 'Alta Via' dei Monti Lattari is definitely a must for the avid hiker (just like the 'GR20' in Corsica). We will walk through real mountain scenery, past amazing sheer drops, through chestnut forests and attractive countryside, with wonderful terraced lemon groves and vineyards. And we'll see cultural treasures like rural chapels, ancient farmhouses, old watermills and, every now and then, a herd of goats on our path! Walking in this area lets us enjoy some of the most splendid views on the Amalfi Coast and the Bay of Naples, while immersed in an almost alpine landscape. We will surely enjoy the rural scenery as well, which makes us feel like we're far away from the glamour of the fashionable places along the coast.

This amazing hiking tour will bring us to the highest top of the Sorrento peninsula, and along some stunning trails not many people walk! We will discover that the Amalfi Coast has become Italy's most famous coastline with good reason, but also that there are still places where we can be all by ourselves, surrounded by nature.

And apart from the 'Alta Via' there are hundreds of other footpaths to discover too! Some of which 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 medieval Republic of Amalfi. Before or after this tour we offer you the possibility to include some extra days to walk also these paths (and pay a short visit to the coastal villages which are must-see attractions: Amalfi, Ravello, Positano, Sorrento and perhaps Capri).



Please note: the 'Alta Via' is a moderate, not easy (!) walking tour which is suitable only for more experienced hikers, with a good general physical condition. This route goes mostly along good paths, but there are several steep, rocky sections. Average walking times: approx. 5 to 6 hours each day.

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DAY-TO-DAY PROGRAMME

Day 1

Arrival in Naples/Salerno. You are met by our staff and brought to your beautiful hotel in the charming hamlet of Corpo di Cava, beautifully located just above the beautiful small town of Vietri sul Mare (famous for its ceramics). Towards the end of the afternoon you'll meet your tour leader and the rest of the group and we have a brief introduction of the tour, and we will go for a rewarding short walk through the charming village and down to the amazing abbey close to our hotel. The 'Badia di Cava' is one of the most impressive monuments of southern Italy, and definitely worth a visit. In the evening we dine in the very nice restaurant on the premises of the hotel.

Hotel ** - Cava de' Tirreni**

Optional Extra day

If you book an extra day you are able to see two 'highlights' of the area: you'll make a stunning walk around the top of Mt. Vesuvius, may be the world's most famous volcano, dominating the Bay of Naples and you'll visit Pompeii, Italy's most famous archaeological site, situated under the looming mass of the Vesuvius volcano. You can easily travel here by train (on request we can book a private taxi). The walk to and around the top of Mt. Vesuvius is stunning. You can peer into the main crater and enjoy marvellous views over the whole Bay of Naples, a panorama that runs from Sorrento and Capri to Ischia and Naples. You then travel down to the Roman ruins of Pompeii, Italy's most famous archaeological site, situated under Vesuvius' looming mass. Here you take your time to visit the extensive excavations and learn about how the Romans lived almost 2000 years ago. After the visit to the archaeological site, you can opt for a stroll through 'new' Pompeii, before travelling back by train to Cava de' Tirreni.

Hotel ** - Cava de' Tirreni**

Distance: 4 km. +/- 250m. Approx. 2 h. walking

Day 2

Today's walk – the first part of the 'Alta Via dei Monti Lattari' - will take us straight from our hotel to the Sanctuary of the Madonna dell'Avvocata, situated on a spectacularly panoramic balcony high above the Amalfi Coast. From the Benedictine Abbey of Corpo di Cava we'll follow one of the most famous pilgrim routes in the area, first walking up through the golden chestnut woods to the little clearing of Cappella Vecchia ('Old Chapel'). From here we can enjoy wonderful views over Vietri sul Mare and Salerno to the South, and the ridge of Monte Avvocata to the West. A well-trodden and relatively easy footpath, first through the shrublands, then through the woods takes us then to the Avvocata Sanctuary. From here, we can see as far as Paestum and the mountains of Calabria to the south, while views of the Amalfi Coast reach as far as Ravello and Conca dei Marini. This is definitely one of the most beautiful 'belvederes' of the entire coast, unknown to most, if not all foreign tourists! After visiting the sanctuary, we'll walk back to the hotel.

Hotel ** - Cava de' Tirreni**

Distance: 15/20 km. +800/1150 m. -800/950 m. Approx. 5,5 -7 h. walking (several options)

Day 3

Today we start with a short transfer to the Valico di Chiunzi, a small pass on the ridge of the 'Lattari' Mountains, which links the area of the Vesuvius and Naples, to Tramonti & the Amalfi Coast. We start walking in south-western direction, high above the valley of Tramonti and with the whole plain of Naples and Mount Vesuvius at our feet. Halfway the morning we'll reach the first peak of your route, the Cerreto Mountain, the second highest peak of the area (1313 m.), from where we can enjoy a wonderful views of the Amalfi Coast: Ravello on one side, Mt. Vesuvius and Naples on the other. After a short break, our route continues at first steeply downhill, after which it levels out and we'll enjoy a few hours of easy strolling through the highplain. The last part of the walk brings us down to the village of San Lazzaro, on the high plain of Agerola, a charming and rustic village located in the middle of the Lattari Mountains. It is recommended to walk to the castle and the 'Punta Panoramica', for some of the best views over the whole Amalfi Coast. For the keen hikers a short detour to the convent of Cospiti, presumably founded by St. Francis and located in a stunning position is an absolute must. Tonight we'll dine on local specialties in one of Agerola's first (and best) agriturismo's.

Agriturismo - Agerola

Distance: 16 km. +/- 650m. Approx. 6 h. walking

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Day 4

From Agerola we walk into the highest mountains of the Sorrento Peninsula today. This central massive, known as the Monte Sant'Angelo a Tre Pizzi' (the mountain with the three peaks) offers some stunning scenery, with sheer cliffs, grotto's and lush beech forests. First we walk back up to the ridge, and then, along gentle paths through the chestnut forests we'll walk all around the valley of Agerola. Upon reaching the ridge the views open up on the bay of Naples & Mt. Vesuvius again. The 'Alta Via' then brings we through the highest mountains of the area. We follow a stunning path along the northern cliffs of the Monte Sant'Angelo and then start to climb up towards the small church of San Michele, on the edge of the high plain of the 'Faito'. The name 'Faito' refers to the extensive beech forests. As well is the area known for its 'neviere', where snow was stocked to supply the court in Naples with sorbets during Summer. Along the edge of the plateau we walk down to the area known as 'Belvedere'. The views on the Bay of Naples are indeed grand to say the least. Here we settle in a welcoming mountain inn. At night we dine on local specialties on the premises of the hotel.

Hotel Sant'Angelo * - Monte Faito (Vico Equense)**

Distance: 14 km. +600 m. /- 300m. Approx. 5 h. Walking

Day 5

From the plain of Monte Faito we walk to the mountains above Positano today. There are several options to do this: we can of course follow the 'Alta Via', but in alternative we can also opt to take in a section of the famous 'Sentiero degli Dei' ('Footpath of the Gods'), with equally beautiful views. The 'Alta Via' today brings us to the highest mountains of the area. We start with a gentle walk through the beach forests and then start to climb up towards the highest peak of the area, Mt. San Michele (1444 m. above sea level – at only a mile from the sea shore!). After spending some time enjoying the best view that one could take in the Amalfi Coast (and perhaps have lunch here), we continue in western direction, along one of the most scenic paths of the area, with views ranging from the Cilento National Park to Capri & the Bay of Naples. Then we descend into a nice wooded area, a park like landscape with cypresses and olive groves, and a stunningly beautiful, easy last stretch brings we to our agriturismo in Santa Maria al Castello, the old fortress defending the narrow valley between the Amalfi and Sorrento sides of the peninsula. From here we can admire both the Gulf of Salerno and the Bay of Naples. We do of course make the short walk to one of the most stunning viewpoints in the area: with Positano literally at our feet! Dinner is on the premises of the agriturismo, based on home grown specialties again.

Agriturismo - Santa Maria al Castello (Vico Equense)

Distance: 12 km. +500 m. /- 850m. Approx. 5 h. walking

Day 6

Also today our trail starts directly from the door of our agriturismo. A first easy stretch, along the edge of the plateau, overlooking Positano, brings us to some of the most beautiful pastures in the area, green and covered with wild orchids, the plateau of Monte Comune. di Fontanelle. Then we continue to the 'beacon' of Monte Vico Alvano, after which a long descent brings we to the Colli di San Pietro and Colli di Fontanelle. From here we take a little path along the southern side of the ridge, now fully immersed in the Mediterranean colours and the lovely smells of the Mediterranean herbs. The path runs parallel to the seashore with spectacular views over the 'Islands of the Sirens'. Then the path descends quite steeply and continues through olive groves towards the little hamlets of Monticelli and Torca. From here we walk up along well maintained paths to our beautiful agriturismo in the middle of the orchards, where we will have a lovely meal made from local organic produce tonight.

Agriturismo – Sant'Agata sui due Golfi

Distance: 15 km. +300m -450m. Approx. 6 h. Walking

Day 7

Today we'll make a roundwalk over the ridge dividing the Bay of Naples from the Gulf of Salerno, discovering the very different landscapes and a number of charming small hamlets. Through pinewood, olive grove and orchards we walk down to the very picturesque inlet of Marina di Crapolla (where Saint Peter is alleged to have disembarked on his way to Rome) where we are free to have a swim. Then continue along well maintained paths to the charming little seashore village of Marina del Cantone, on the south side of the Sorrento Peninsula.

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The landscape is spectacular, we'll walk in a beautiful landscape, dominated by dry-stone walls and olive groves, all the time overlooking the sea. Halfway the morning we reach the beautiful small bay of Recommone, where we can perhaps already opt for a swim. The next stretch to Marina del Cantone is a great walk, past the ruins of a medieval watchtower, over the rocky headland, we reach the seashore hamlet of Marina del Cantone. From here we follow the medieval steps up to the small hamlet of Nerano, and from there up to the church of San Costanzo, where we have 360° views over both the Bay of Naples and the Amalfi Coast. A spectacular path, running along the impressive cliffs of the headland, then brings us to the tip of the peninsula, where, according to legend, Ulysses erected a temple in honour of Athena. In some parts the path can be a bit demanding, though never too difficult. The return, between Punta Campanella and Termini, is on a very comfortable path, the old Roman Via Minerva, with great views of Capri and a number of medieval watchtowers, which once protected the coast. In Termini we have time for a drink with a view on Capri, before taking our private bus back to Sant'Agata sui Due Golfi. Tonight we have a last great farewell dinner in the garden of our agriturismo.

Agriturismo - Sant'Agata sui due Golfi

Distance: 13,5 km. +800m -950m. (finishing at Termini) Approx. 6 h. walking

Day 8

After breakfast we return by private transfer to Naples (airport). An extra night in the area, or transfers to other destinations can be booked upon request.



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TOUR DETAILS

ACCOMMODATION & MEALS

Accommodation is in 3/4-star quality hotels and good Agriturismo's. All rooms have en-suite facilities. On all nights the evening meal is included.

No picnic lunches are included in the tour price but these can be prepared for us by the accommodation holders, or materials for picnics can be purchased in the villages where we'll be staying. On some occasions we have the option of having our lunch in a restaurant along the way.

Night 1: The first night we stay in a comfortable 4-star hotel in the hamlet of Corpo di Cava, high above the little town of Cava dei Tirreni. From the hotel it is only a short stroll to the millennium-old Benedictine Abbey.

Night 2: This night is spent in the village of Tramonti, either at the 'Valico di Chiunzi' Pass, an ancient gateway from Naples to the Amalfi Coast, or just south of the ridge, in a welcoming and comfortable 3-star hotel.

Nights 3: This night will be in a beautifully located, family run agriturismo in the hamlet of San Lazzaro, above the high plain of Agerola. Dinner is based on local produce.

Night 4: For one night we'll stay at a nice, comfortable hotel on Mt. Faito, near the stunning 'Belvedere', from where we overlook the whole Bay of Naples.

Night 5: Again we'll stay at a nice agriturismo, this time in the hamlet of Santa Maria al Castello, overlooking both the bay of Naples, as well as Positano and the whole Amalfi Coast.

Nights 6 & 7: The final two nights are spent near the small village of Sant'Agata sui Due Golfi, on the high plain dominating both the Bay of Naples, as well as the Gulf of Salerno and the Amalfi Coast, in a beautiful agriturismo.

LEVEL OF DIFFICULTY

Moderate (3-4): Mostly moderate walks, on well maintained paths. Some steep sections, both uphill and downhill, sometimes on paths with rough surfaces. On some days extensions or shortcuts are possible.

Fitness: High standard of fitness is necessary. You should be able to walk for up to 7 hours a day - partly 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, especially the lesser used paths. Our guides check the paths before each tour.

(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).

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INCLUSIONS

- Private English-speaking tour leader for 8 days
- 2 nights in Cava de' Tirreni – Hotel**** - HB
- 1 night in Agerola - Agriturismo – HB
- 1 night on Monte Faito - Hotel *** - HB
- 1 night in Santa Maria al Castello - Agriturismo - HB
- 2 nights in Sant'Agata sui due Golfi - Agriturismo - HB
- Meals: 7 breakfasts, 7 dinners (good restaurants)
- Extensive trip notes, with description of the route & tourist information
- Entrance fees of all sites along the itinerary
- Private transfers as specified
- Luggage transport
- All gratuities for baggage, porters & hotel service

NOT INCLUDED

- Visas & Departure taxes
- Travel Insurance
- Tourist tax
- Luggage transfer (possible on request).
- Drinks and meals not mentioned in the itinerary
- Tips
- Items of personal nature

ARRIVAL & DEPARTURE

Arrival: The tour starts in SALERNO. Regular (high speed) trains run between this town and most major Italian cities (Naples, Rome, Milan).

Departure: The tour ends after breakfast in SANT'AGATA/MASSALUBRENSE on day 8. A private bus will bring us back to Sorrento/Naples, from where you can travel back home or on to your next destination. An extra night in the area, or transfers to other destinations can be booked upon request.



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TOUR VARIATIONS

Bespoke Adventures

This tour can be turned into a Private '[Bespoke Adventure](#)' to accommodate private group travel.

We can organise both “off the shelf” itineraries, as well as create custom itineraries to meet your special needs. Book the dates you want, with the family or friends you wish to bring along!

EXTENSIONS & EXTRA NIGHTS

It is possible to include extra nights at the beginning or the end of the tour. At the beginning or the end of the tour there is the opportunity to visit Naples. The tour can easily be extended with a few days here.

The tour can also easily be extended with a few days in Amalfi, Positano, Ravello, or elsewhere on the Amalfi Coast, Naples or Salerno (a beautiful city and a good base for visiting Paestum), or a few days on the island of Capri. Extra walking or sightseeing options can be provided as indicated in the day-to-day programme.

It is also possible to extend the tour with one or more night in Amalfi or any other town along the Amalfi Coast. This tour can also be extended with one of our existing tours in Sorrento, on the islands of the Bay of Naples or in the heart of the Amalfi Coast. Details and prices on request.

SHORTER TOUR

We also offer a shorter version of this tour (guided only on request) which allows us to hike the best parts of the '[Alta Via' – from Castellammare to Punta Campanella](#) in only 5 days (with possible extensions).

SELF-GUIDED TOURS

If the dates of this guided tour do not fit you, it is possible to do this tour as a self-guided tour:

The '[Amalfi & Sorrento 'Alta Via' Coast to Coast Trek](#)' – from Cava dei Tirreni to Punta Campanella.

We also offer a shorter version of this self-guided tour, which allows us to hike the best parts of the '[Alta Via' – from Castellammare to Punta Campanella](#) in only 5 days (with possible extensions).



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