



# The 'Alta Via' Trek Above Positano

*Along the 'Alta Via dei Monti Lattari' from Castellammare to the  
highest peaks of the Sorrento Peninsula*



## TRIP NOTES 2023

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## INTRODUCTION

*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.*

*This is the scenery you will discover during this stunning trek. The 'Alta Via dei Monti Lattari' is perhaps southern Italy's most beautiful long distance trail! It roughly follows the ridge of the Lattari mountains, the backbone of the Peninsula, high above the famous Amalfi Coast, offering a different perspective of what is probably Italy's most beautiful coastline.*

*The scenery of this tour is 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 you'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). You will walk through real mountain scenery, past amazing sheer drops, through chestnut forests and attractive countryside, with wonderful terraced lemon groves and vineyards. And you see cultural treasures like rural chapels, ancient farmhouses, old watermills and, every now and then, a herd of goats on your path! Walking in this area lets you enjoy some of the most splendid views on the Amalfi Coast and the Bay of Naples, while immersed in an almost alpine landscape. You will surely enjoy the rural scenery as well, which makes you feel like you're far away from the glamour of the fashionable places along the coast.*

*This short version of the 'Alta Via' is the easiest part of the full route, but it will bring you in any case to the highest peaks of the Sorrento peninsula, and along some stunning trails not many people walk! You will discover that the Amalfi Coast has become Italy's most famous coastline with good reason, but also that there are still places where you can be all by yourself, surrounded by nature.*

*Our route starts from Castellammare di Stabia, a resort town on the Bay of Naples, near Pompeii, in the shadow of the Vesuvius. By cable car we then travel up to the Monte Faito, where we settle in a very scenic hotel.*

*This amazing hiking tour will then bring us to the highest top of the Sorrento peninsula, and along some stunning trails not many people walk! We will of course descend to stunning Positano, along some of the most beautiful trails you have ever walked! On this tour you'll 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.*



*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 Castellammare di Stabia – Funivia to Monte Faito

Arrival in Castellammare di Stabia. From here you take one of Italy's most spectacular gondola's, with stunning views over the whole Bay of Naples, face to face with Mt. Vesuvius. At the top you are met by our staff and brought to your nearby hotel, beautifully located at the 'Belvedere'. We strongly recommend a short walk to take in the first views of Capri, Positano and Sorrento, as the views on the Bay of Naples are indeed grand to say the least. At night we dine on local specialties on the premises of the hotel.

**Accommodation: Monte Faito (Vico Equense) - Hotel Sant'Angelo \*\*\*. Meals included: 1 dinner**

### Day 2 – Monte Faito & Monte Sant'Angelo

Straight from our hotel we will 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 forests we'll walk 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. We then follow a stunning path along the northern cliffs of the Monte Sant'Angelo and 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. We then take a beautiful path through the beech forests back to our hotel. Dinner is at the hotel again.

**Accommodation: Monte Faito (Vico Equense) - Hotel Sant'Angelo \*\*\*. Meals included: 1 breakfast, 1 dinner**

*Total walking distance: 14 km. +600 m. / - 300m. Approx. walking time: 5 h.*

### Day 3 – Mt. Faito - S.M. al Castello

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 'high route' of the famous 'Sentiero degli Dei' ('Footpath of the Gods'), with equally beautiful views. The first part of our route is incredibly scenic, with views over the whole Bay of Naples. Once we reach the Conocchia Mountain views over the Amalfi Coast and the Gulf of Salerno are added to this! 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!

**Accommodation: Santa Maria al Castello (Vico Equense) - Agriturismo. Meals included: 1 breakfast, 1 dinner**

*Total walking distance: 12 km. +500 m. / - 850m. Approx. walking time: 5 h.*

### Day 3 – Down to Positano

Your agriturismo in Santa Maria al Castello is literally 1 mile away from Positano! We will walk down to this stunning little town along an amazingly beautiful route through the mountains above Positano, with the possibility to walk all the way down to the centre of the village and the beach. Following ancient footpaths through the forest and past marvellous viewpoints, we first walk from Santa Maria al Castello down to the Caserma Forestale (the forestry service hut). The walk then continues through a nice wooded area in a park-like landscape down to Montepertuso. Along another medieval mule track you can then continue down to Positano itself. For the return you have several options:

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to make it easy you can first you take the local bus up to Montepertuso, where you start a very scenic walk around the upper valley. Along a historical flight of stone hewn steps you then walk back up to Santa Maria al Castello.

**Accommodation: Santa Maria al Castello (Vico Equense) - Agriturismo**

Total walking distance: 9 km. Approx. walking time: 4 h. Ascent & descent: +/- 750 m.

**Day 5 – Departure**

After breakfast we descend back down to the coast. An extra night in the area, or transfers to other destinations can be booked upon request.

**Optional Extension**

**Day 6 – S. Maria al Castello - Mt. Comune - Tore**

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 us 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.

**Accommodation: Sant'Agata sui due Golfi - Agriturismo. Meals included: 1 breakfast, 1 dinner**

Total walking distance: 15 km. +300m -450m. Approx. walking time: 6 h.

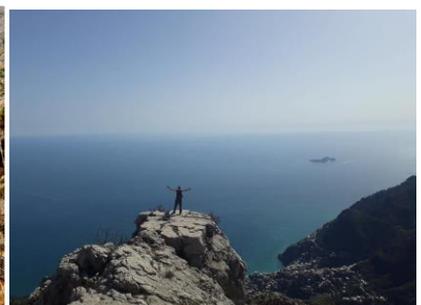
**Day 7 – Sant'Agata sui due Golfi – Punta Campanella**

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.

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 Recomnone, 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.

**Accommodation: Sant'Agata sui due Golfi - Agriturismo. Meals included: 1 breakfast, 1 dinner**

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



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## TOUR DETAILS

### ACCOMMODATION & MEALS

Accommodation is in 3-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 & 2:** The first two nights we stay in a nice, comfortable hotel on Mt. Faito, near the stunning 'Belvedere', from where we overlook the whole Bay of Naples.

**Night 3 & 4:** These nights we'll stay at a nice agriturismo in the hamlet of Santa Maria al Castello, overlooking both the bay of Naples, as well as Positano and the whole Amalfi Coast.

*(Nights 5 & 6: 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.)*

#### **What to be aware of with others**

*Compare the details about inclusions and locations of our hotels with similar 'Amalfi Coast' tours from the other tour operators. And compare our prices with similar tours from any other operator around the globe. You'll find a number of reasons to choose a Genius Loci Tour !*

### INCLUDED

- Private English-speaking tour leader for 8 days
- 2 nights on Monte Faito - Hotel \*\*\* - HB
- 2 nights in Santa Maria al Castello - Agriturismo – HB
- *(Optional: 2 nights in Sant'Agata sui due Golfi - Agriturismo – HB)*
- Meals: 4 breakfasts, 4 dinners (good restaurants)
- Private transfers as specified
- Luggage transport
- All gratuities for baggage, porters & hotel service

### NOT INCLUDED

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

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## 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.

## 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 SANTA MARIA AL CASTELLO/VICO EQUENSE. A private bus will bring us back to the Funivia del Faito, 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.

## 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 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. Details and prices on request.

### 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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