

AMALFI COAST WALKING & COOKING TOUR - \$2550 pp

9 Days/8 Nights - Departs June 4th, July 1st, October 1st 2011

NAPLES - AGEROLA - PRAIANO - AMALFI - NAPLES - POMPEII - MT VESUVIUS
ATRANI - RAVELLO - CAPRI - SORRENTO - POSITANO - NAPLES



From the town of Agerola, you will explore the Amalfi Coast, hike the picturesque trails, watch cooking demonstrations of authentic southern dishes, sample traditional produce, visit nearby towns and meet the friendly local people. Experience the culture, food, and scenery of Southern Italy.

Day 1: Agerola

Meet with the guide at Naples Airport (at 2.00pm) for the transfer to the village of Agerola (650m). Agerola is a typical Mediterranean mountain village perched high above the famous towns of Amalfi and Positano. This village is an excellent base to explore the Amalfi coast. Agerola is renowned for its production of cheese and fresh produce. The town is made up of five small districts, Bomerano being the largest. This will be our base for 8 nights and we stay in a 3 star family run hotel. On arrival you will have a guided tour of the village. Our first dinner will be served at the hotel where you will be served an authentic array of antipasti, local fresh cheese, cold meats and vegetables, home made pasta followed by dessert. (D)

Walks: Guided tour of Bomerano

Day 2: Praiano, Amalfi and Limoncello

Descend to the Amalfi Coast. The first village we walk to is Praiano, a charming fishing village on the cliff's edge. The town's backdrop is the Isle of Capri and the Sorrento Peninsula. The path follows steep, rocky steps, and continues along the olive groves and vines. Our first stop in Praiano is Piazza di S. Luca to admire the sea views. We continue down to a small fishing cove, Marina di Praia to have a beautiful mediterranean lunch on the beach. From Praiano we depart for the town of Amalfi. Explore this town and enjoy a delicious and refreshing lemon granita. Return by bus to Agerola where we stop in a local limoncello distillery to sample this locally produced liquor and learn the recipe. Learn to make authentic Neapolitan pizza. (B ,L, D)



Walks: 2 hrs. 7km easy walk Elevation: 638m descent, the initial descent of 300m is very steep on rocky uneven steps. Although there is an improvement in some paths, it remains uneven with gradual descent on rocky steps. There are some small ascents, the final 300m descent to Maria di Praia is on a good easy path and well made concrete steps.

Day 3: Naples

Travel by coach to Naples, the capital city of Campania. A charming city with stunning scenery and amazing history. Visit the main square, Piazza Plebiscito, Gallery of Umberto I, S. Carlo Opera Theatre (the oldest in Italy) and the king's palace. For lovers of coffee taste the best coffee in Italy at Cafe Gambrinus, followed by a typical Neapolitan Pizza in the historical centre. Return to Agerola by coach. Free time in the evening. (B, L)

Day 4: Pompeii/Vesuvius

Travel by bus to Pompeii, the famous ancient Roman town, destroyed by Mt. Vesuvius on 24 August 79 A.D. Pompeii was buried under seven metres of ash and remained hidden until 1594. We will be met by our local guide and continue on to a 2 ½ hours guided walk. Proceed to Mt. Vesuvio (1277m). Vesuvius last erupted in 1944. From the main car park we follow a steep, loose gravel path that takes us to the crater where we will explore the crater with our local guide. Return to hotel and dinner at a local restaurant. Learn from Chef Nicola the secrets of Italian cooking. (B, D) *Walks: Elevation: 200m ascent, 200m descent. Well constructed track that zigzags its way to the crater; 90mins round trip. Return on the same path to the car park.*



Day 5: Amalfi, Atrani, Ravello

This morning sample Agerola's local specialty, home made cheese. In the late morning we travel by private bus to Amalfi, where after free time for shopping or ice cream we commence a short walk to Atrani. This unique village has retained its medieval appearance. After a short stroll, continue by bus to Ravello, known as "La citta della musica".



One of the highlights of Ravello is Villa Rufolo, one time home of Richard Wagner. Villa Rufolo hosts many outdoor classical concerts and there is an option of attending an evening concert, after our dinner in Ravello. Return to Agerola by coach. (B, D)

Day 6: Cooking Day

This morning learn to cook local specialities and prepare antipasti dishes typical of Southern Italy. In the afternoon depart for agriturismo/ farm stay located in a spectacular panoramic position. Here we will observe our local hostess Rosa and Pasquale preparing our dinner. Learn how they make the home made pasta with special sauces and the other specialities of the area. (B, L, D)



Day 7: Capri, Sorrento

The Island of Capri is famous for its natural beauty, history and climate. Travel by coach to Amalfi where we will then take the ferry to Capri. On arrival take the funicular to reach the main piazza and from here we commence an optional walk to explore the island. In afternoon we take a ferry to the town of Sorrento where we explore the narrow alleyways of the town. Dinner in one of the most famous and old local restaurants in Sorrento "o' Parrucchiano" opened in 1868. After dinner return to Agerola by coach. (B, D)

Walks: (Optional walk) 2hrs; elevation – initially 70m descent, 50m ascent. Well built concrete path, with a descent on a long flight of concrete steps, plus a gradual ascent.

Day 8: Positano "The path of the Gods"

We walk from our hotel on the ancient path to Positano 'Sentiero degli dei' (the path of the Gods). This name was given by the German writer Goethe and today we will have the chance to see why. En route to Positano we pass through two smaller villages, Nocelle and Montepertuso, where we stop for lunch. Positano, like its neighbour Amalfi, was part of the powerful maritime republic and thrived on trade with the Middle East. Today it is the fashion centre of the coast and has become popular with many artists, musicians and writers. There is time to explore Positano,

swim and relax before taking the boat to Amalfi and then the local bus back to Agerola. (B, D)

Walks: 4hrs, 12km on a steep rugged hillside mule track, initial gradual ascent of 60m, then undulating. In sections the path is rocky underfoot. In one section, the path narrows considerably, in some places it's slightly wider. From Montepertuso (365m) there is a gradual but steep descent of 315m to Positano (50m) down long flights of well made concrete steps. Elevation: 100m ascent, 600m gradual descent.

Day 9: Departure

9.00am departure for the Naples train station and airport, arriving around 10.30. (B)

Rates per person:

Twin share \$2550 Single supplement: \$550

The price includes

- 8 nights share accommodation in 3-star hotels in twin, double or single rooms with private facilities.
- All breakfasts and all meals as listed in the itinerary (7 dinners and 3 lunches + cappuccino and cake in Naples).
- Welcome drink and drink included in 4 meals.
- All transfers listed in itinerary including boat transfers and return ferry to Capri.
- A private bus charter is used for some sections of the tour, and also public transport for the day walks.
- Pompeii and Vesuvius entry fees & guide fees, Ravello Villa Cimbrone fee
- Professional tour leader assisted by local tour guides

The price does not include:

International airfares to/from Italy, and associated taxes; Heavy or excess baggage; Travel insurance; Passport expenses; Personal expenses eg tips, drinks, laundry, telephone, or optional tours/excursions.

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