



Breakaway Adventures

walking and cycling holidays




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Valid for departures: From January 1, 2017 to January 1, 2021



Walking the Amalfi Coast Trip Notes

 **Ways to Travel:** Guided Group
 **Destinations:** Italy
 **Programmes:** Walking & Trekking

Trip Code:
TDA


Leisurely / Moderate

8 Days Land only
Min age: 16

Trip Overview

The Amalfi Coast is one of the most dramatic coastlines in Europe. Mountains jut steeply out of the Mediterranean and picturesque towns nestled in the coves below. Walking the ancient hillsides studded with lemon groves and framed by deep gorges, we descend from the Agerola Plain to the quaint towns of Positano, Ravello and of course Amalfi itself. No visit to the Bay of Naples would be complete without a trip to see the remains of Pompeii under the imposing volcanic cone of Mount Vesuvius. The best is saved till last with arguably the world's best coastal walk: the 'Walk of the Gods'. Away from the trails we partake in a favourite traditional pastime and sample incredible food and wine just like the Italians do.

Why with Breakaway?

The perfect combination of idyllic coastal views, heritage sites and picturesque towns make the Amalfi Coast our most popular destination for walking. We have been operating this trip for over 15 years, using the comfortable Hotel Due Torri run by the friendly Acampora family who offer genuine Italian hospitality and ensure everyone has a wonderful stay.

At a Glance

- 7 nights family-run hotel with small outdoor swimming pool and en suite facilities
- 4 days centre-based guided walking; 1 sightseeing day with additional optional walk and 1 free day
- Group normally 5 to 16, plus leader. Min age 16 yrs.
- Altitude maximum 1109m, average 600m
- All transport by private minibus and boat
- Not suitable for severe vertigo sufferers
- Moderate walks, leisurely pace; good level of fitness recommended

- Order of activities and walks subject to change depending on number of groups booked each week
- Countries visited: Italy

Trip Highlights

- Walk the heady 'Path of the Gods' to Positano
- Stroll through Amalfi's cobbled streets
- Discover 2000 year-old history in Pompeii

Is This Trip for You?

Activity Level: 2 (Leisurely/Moderate) 4 days centre-based walking with low altitude throughout.

The Amalfi Coast is home to some of the best-loved walks in Europe; the varied scenery and temperate climate make this a heaven for hikers and ramblers. The pace of the walks allows time to rest and enjoy the views, however, the terrain encountered on some of the paths is similar what you may find on a moderate walking trip.

The terrain and type of path will vary from man-made paved tracks and tarmac to forest trails. Whilst most walks are manageable for those with a good level of fitness, the walks involve some steep climbs and descents on slightly loose terrain and some have sections on narrow pathways alongside some sheer drops (not recommended for severe vertigo sufferers). Optional walks on Mount Vesuvius are on rocky cinder/gravel trails and likely to be loose underfoot, with steep sections and quite large drops in places.

On most days, there are considerable sections of steps (over 1500), which make the walks unsuitable for those with knees problems. Walks usually take between 4 and 6 hours including lunch stops (depending on the pace of your group) and require a good level of fitness. Summer temperatures can make some of the walks more strenuous. If you are concerned about the difficulty of the walks we recommend calling us to discuss the trip in more detail.

Please note that due to high demand for this tour, on some weeks we may lay on a second group departure, which will follow an alternative itinerary. This includes the same excursions but taken in a different order, usually reverse.

Following a review of all our trips we have categorised this trip as generally not suitable for persons of reduced mobility. However if you are a regular traveller on such trips, please contact customer services to discuss the trip and your personal condition.

Adult min age: 16

Min group size: 4

Max group size: 16

Itinerary



Land Only

Start City: Agerola

End City: Agerola

Land Only Itinerary

Day 1

Start Agerola.

Those on group flights fly to Naples, where they will be met by their tour leader on arrival. A transfer of approximately 1 hour 20 minutes takes us to the Hotel Due Torri, our base for the week in the village of Bomerano, on the Agerola plains above the Amalfi Coast. Enjoy a warm welcome from our local hosts, the Acampora family, before settling in. Land only clients can arrive at any time, although we do recommend to join the group at the airport as public transport options to the hotel are limited.

Meals included: Dinner

Day 2

An impressive walk to top of Monte Tre Calli for great wide open views of the coastline.

From the hotel it's a short stroll to the village square (or in the case of Bomerano, a triangle) and the start of today's walk. The circular route provides a good chance to stretch the legs; following a mixture of paths and tracks we ascend to the top of Monte Tre Calli to be rewarded with spectacular wide-open views of the jagged coastline and seemingly endless blue sea. The Agerola Plain and the village of Bomerano are laid out below us and on a clear day we can see as far as the famous island of Capri, a haven and idyllic hideaway for many celebrated artists and writers over the past 200 years. After admiring the majestic scenery descend to Bomerano and enjoy some rest time before a hearty dinner.

Meals included: Breakfast, Lunch, Dinner

Distance covered: 10.5 km / 6.5 miles

Altitude gain (m): 487

Altitude loss (m): 487

Activity (hours): 5

Day 3

Follow mule tracks and steps down to Amalfi; free afternoon to explore the famous cathedral or the Paper Mill Museum.

Start walking towards Amalfi, a town popular with the British since Edwardian times when the upper classes favoured it as a pleasant place to spend their winters. The route has a downhill bias, following the path from Bomerano at 700m to the shores of the Mediterranean, accompanied by wonderful coastal views. There are sections of steps today (approx. 2000 in total), but there are also plenty of opportunities to rest and go at your own pace. On arrival, you will see the large Duomo (Cathedral) dominating the town with its brightly-coloured tiled cupola (dome), which along with the baroque facade and interior, is a typical example of regional architecture. Take some time to explore the town, swim in the small bay or enjoy a well-earned gelato before taking the transfer back to Bomerano.

Meals included: Breakfast, Lunch, Dinner

Distance covered: 9 km / 5.5 miles

Altitude gain (m): 191

Altitude loss (m): 818

Activity (hours): 5

Day 4

Drive to Bay of Naples; visit fascinating ruins of Pompeii and take an optional walk up the vast crater of Mt Vesuvius.

Transfer to the Bay of Naples, the area spanning between the region's capital city, Naples, and the town famed for its lemon groves, Sorrento. Situated on the lower foothills of the volcano dominating the Gulf, Pompeii was a thriving port town until Vesuvius' catastrophic eruption spanning two days in 79AD during which the city was buried in ash and pumice. Lost for 1700 years, Pompeii is now a UNESCO World Heritage site as the perfectly preserved remains give us an amazing insight into life in a Roman city, complete with bathhouses, bakeries and homes – some of which still have walls adorned with detailed frescoes. You may take some time to explore the site this morning, perhaps opting for a detailed tour accompanied by a local guide. After lunch, travel by bus high up onto the slopes of Vesuvius to view the volcanic crater. Depending on weather conditions, it may be possible to take one of the many extended walks around the caldera and beyond, led by an expert volcanologist (optional).

Meals included: Breakfast, Dinner

Day 5

Walk from Ravello to Amalfi through the forests of the Valle delle Ferriere natural reserve.

Today's walk starts in Ravello, a town much favoured by the Bloomsbury set and other artists and intellectuals due to its secluded location and inspirational scenery. Before setting off for the walk we have some free time to explore the town and visit Villa Cimbrone or Villa Rufolo with their meticulously landscaped gardens and breath-taking views out to the sea (optional). The route today is mostly downhill but it does include a considerable amount of steps. After descending and taking a quick stop in the village of Pontone, we continue through wooden bridges and shady paths carpeted with wild flowers in season, to the beautiful moss-clad waterfalls within the closed gates of the Valle delle Ferriere National Park. Finally, following the stream gently downwards through lemon groves, past the shells of former paper factories (a major local industry from the 12th to 19th centuries) and mediaeval ironworks we reach Amalfi.

5 hours walking, 10km - 6.2 miles, 214m - 702ft up - 450m - 1476ft down).

Meals included: Breakfast, Lunch, Dinner

Distance covered: 10 km / 6.2 miles

Altitude gain (m): 214

Altitude loss (m): 450

Activity (hours): 5

Day 6

Free day to relax or take a boat to Capri, visit Naples or Herculaneum (all optional).

Today we have a day at leisure to relax at the hotel or go down to the seafront. The hotel also offers private transfers (payable locally) to the most popular attractions in the region not covered during the rest of the week, including the city of Herculaneum. Also destroyed during the disaster of 79AD, Herculaneum was buried in mud rather than ash and it is said that this led to the site being even better preserved than the bigger Pompeii. You might instead choose to take a ferry to the chic island of Capri and the funicular through lemon groves up to Capri town. These optional excursions can be arranged locally by your leader. Alternatively, spend the free day by the pool or in true Italian style in a café, sipping espresso and watching the world go by!

Meals included: Breakfast

Day 7

'Walk of the Gods' with superb panoramic views all the way to Positano; return by boat to Amalfi; try some locally-made Mozzarella cheese.

A fitting finale to the week is one of the world's finest day walks. Leaving the hotel it's a short stroll through the quiet village of Bomerano before we join the 'Sentiero degli Dei' (Walk of the Gods), thus named as it provides some of the most evocative views in the world, of ragged cliffs speckled with tiny villages and extensive views of the sparkling Mediterranean sea. The route follows undulating hills, carpeted with flowers in season, the contours of the land and the coast. The trail is broken by insights into local life, passing shepherd huts and ancient stone houses carved into the limestone before we descend a long series of steps to the colourful Positano, an almost vertical town clinging to the rock face of a sheltered bay. Take some time to explore the alleyways lined with wisteria and designer boutiques or have a dip in the clear water of the beachfront before returning to Bomerano by boat and bus (seasonal) in the late afternoon. During the week many meals will have included some delicious local smoked mozzarella cheese and before dinner, we will have the chance to see how it is made and taste the mouth-wateringly fresh final product.

Meals included: Breakfast, Lunch, Dinner

Distance covered: 11 km / 6.8 miles

Altitude gain (m): 205

Altitude loss (m): 716

Activity (hours): 5

Day 8

End Agerola.

Trip ends in Bomerano.

Meals included: Breakfast

All ascents, descents and distances listed above have been measured by our local partners or tour leaders. Please note that different GPS measuring devices can give differing results dependent on the barometric pressures at the time. Measurements stated throughout these trips notes are given to help you understand the types of terrain and distances you will encounter.

Please note: it is possible that the order of the itinerary listed above will be changed to ensure the best possible conditions for each activity during the trip. All listed activities and services will be included. Your leader will inform you of any changes locally after assessing conditions.

Accommodation

Hotel Due Torri



We spend 7 nights at the 3-star Hotel Due Torri in Bomerano, a small village in the municipality of Agerola, set high above the Amalfi Coast at an altitude of approximately 700m. Run by the warm and welcoming Acampora family, the Hotel Due Torri is well known for its great local cuisine, providing authentic dishes of the Campania region as well as fun pizza-making demonstrations. All rooms have en suite facilities, air conditioning and free Wi-Fi.

A limited number of superior rooms (with facilities including Jacuzzi bath, power showers and fridge) are also available for a supplement (inquire for prices) or equivalent per room payable pre-departure. Please ask your sales consultant for further info.

Being higher up in the hills the property offers the benefit of cooler nights, although beaches are not too far away and there is a small outdoor pool. The village is generally quiet and provides a relaxing contrast to the busier towns by the sea.

On occasion if the hotel is full you might be offered (upon booking) to stay at an alternative accommodation located within walking distance from the Due Torri. Guests staying at alternative accommodation will still make use of all the facilities of Hotel Due Torri, including the pool and restaurant.

Where a single supplement is available, paying for a single only guarantees a room for single use. It does not always mean a twin or double room will be provided for sole occupancy.

Food & Transport

Eating & Drinking

All breakfasts, 4 packed lunches and 6 dinners are included.

Breakfast is continental style with a choice of cereal, bread, pastries, yogurt, orange juice and milk with an array of teas/coffee. Included packed lunches usually consist of a sandwich filled with a choice of cold meats, tuna or local cheeses. All evening meals are taken in the hotel, where the standard is excellent and the chef takes great pride in showcasing the best of regional foods, including dishes such as 'Scialatielli all'amalfitana' (homemade pasta with seafood) and 'branzino all'acqua pazza' (seabass in crazy water!). Dinners usually consist of four courses, commencing with antipasti, followed by soup and/or pasta, a main meat dish with salad or vegetables and dessert. On certain evenings, there is the opportunity to learn how to make the famous Neapolitan pizza. Please note that drinks are not included with meals but available to purchase. Vegetarians are well catered for in Italy.

Transportation

Transfers to and from the airport will be in a private vehicle (normally a minibus or coach). On other days, private buses and boats will be used.

Weather & Seasonality

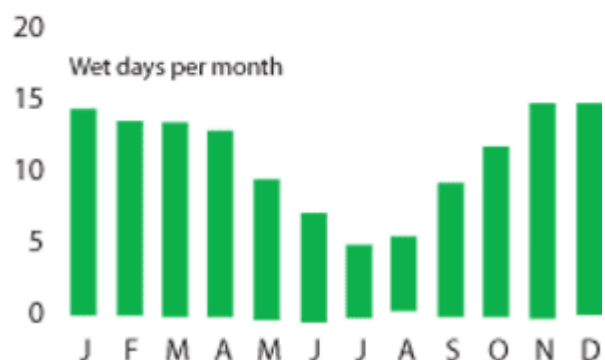
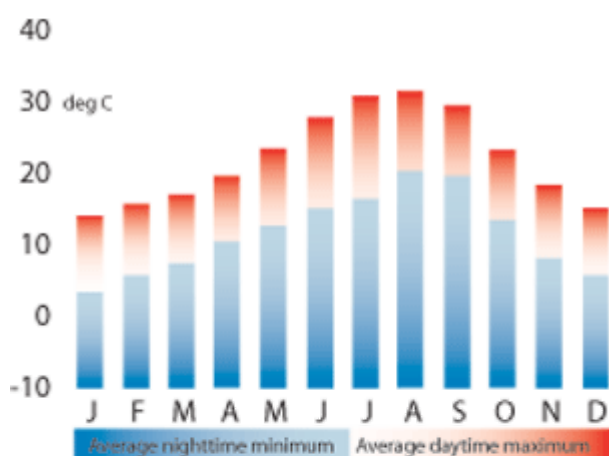
When to go

Southern Italy, like much of the Mediterranean, has a hot, dry climate in summer and cooler but sometimes wet spring and autumn periods. Unseasonable cold spells and rain are possible at any time of year, so we recommend bringing some warm clothes, especially useful in Bomerano where evening temperatures can be lower than expected. Summer can be very hot with daytime temperatures in July and August reaching up to 34-37°C on the coast.

What to expect in the low season (October - March)

A common misconception about the Amalfi Coast is that it is very warm and year round. However, autumn and winter months may be cooler than you'd expect; although usually milder than Northern Italy, average temperatures in December, January and February range from lows of around 8°C to highs of 15-17°C. Travellers should be prepared for periods of colder weather (with temperatures sometimes dropping to 2°C) especially at higher elevations - there may even be snow atop the Lattari Mountains and sometimes in Bomerano itself! During the winter up to early spring there is also more rain than usual (with an average of one day in four affected) but there are still plenty of enjoyable crisp sunny days. Overall the Amalfi Coast is still a great destination in winter as the coastline is beautiful year-round and you have the chance to visit the sights without the summer crowds and traffic.

Weather Charts



Joining Instructions

Travelling land only: 8 days starting in Agerola and ending in Agerola

Your trip normally starts at our accommodation in Agerola in the afternoon of Day 1 of the itinerary. Details of how to reach the start point are provided in the Final Joining Instructions - sent approximately two weeks before departure.

Full joining instructions including local emergency numbers will be sent to you as part of our Final Joining Instructions. If you do not receive these at least a week before departure, or require them earlier please contact our office or your travel agent.

Transfers Details

Airport transfers are included from/to the Naples airport if you are able to meet the group transfer timings (inquire for details).

If you do not take this transfer, or miss it, you must make your own way to the joining point at your own expense.

It is possible to reach the start hotel using the public bus or train network but unfortunately the connections to Bomerano (Agerola) are very limited and services not always reliable. For this reason we strongly recommend to join the group transfer at the airport if possible. Alternatively you can contact the Breakaway Customer Operations team prior departure to arrange a private pick-up transfer on arrival. Please inquire for cost, which depends on number of people sharing the vehicle and it is payable to Breakaway prior departure.

Location start: Agerola

Location end: Agerola

What to Take

Essential Equipment

Small daypack (for water bottle, camera etc)

Small shoulder bag or bum bag for visiting Pompeii (due to security regulations backpacks are not allowed in during the visit)

Lightweight waterproof jacket and wind stopper 2-3 season

Walking boots or trekking shoes with good grip

Long walking trousers (some paths may be overgrown)

Warm clothes for departures between October and March (including a warm hat and gloves)

Sun hat, sunglasses and sunscreen for summer departures

Walking poles are strongly recommended

Water bottle: while mineral water is available at the hotel and shops, it's safe to drink the local tap water, so remember to bring refillable water bottles and keep hydrated during the day

Optional Equipment

A small umbrella in case of unexpected showers

Swim suit for pool at the hotel or sea

Beach towel



Practical Information

Passport

Italy

All nationalities require a full passport that must be valid beyond the intended length of stay. It is your responsibility to have the correct personal documents and to obtain your own visa, if one is necessary, in accordance with the regulations of the country you are to visit. The information offered below is to help you with that process. We are not responsible for the actions of local immigration and customs officials, whether at points of entry or otherwise, and any subsequent effects.

Certain European nationalities may be able to travel within Europe on their national identity card. Check carefully with the relevant authorities if you intend to do this.

Visa

Italy

No visa required for North American passport holders. Please note in Italy it is compulsory to carry ID with you at all times.

Visa regulations can change without notice: please check the current regulations in good time to obtain a visa if one is required.

There are no specific health risks on this trip.

Vaccination

Italy

There are no specific health risks.

Travel health can often be something people forget about before going away, but a little preparation and knowledge can go a long way to help you stay fit and healthy while abroad.

The above information can change at short notice; as we are not qualified to answer all your questions about travel health we strongly recommend you contact your Medical Professional or a Travel Health Clinic at least 8 weeks prior to departure for up-to-date information. Please note: vaccinations that are routinely recommended to residents of North America or Australasia are not considered to form part of the travel health advice, and you should ensure these are kept up to date where necessary.

For additional information please visit: Centers for Disease Control C.D.C at <https://wwwnc.cdc.gov/travel>

Insurance - are you adequately covered?

It is a condition of joining any of our holidays that you must be fully insured against medical and personal accident risks (to include repatriation costs and air ambulance or helicopter rescue services where appropriate). On arrival in destination for your trip, you will be asked to present details to your leader or local representative of your policy.

If you are resident in the USA we strongly recommend the Travelex Travel Select travel insurance policy, this is specifically designed to cover all activities on your trip. If arranging your own policy please ensure that you are covered for all activities that are part of the trip, optional activities that you intend to take part in and/or on high altitude itineraries, that you are covered up to the maximum altitude of the trip.

Local Time

Italy's Timezone: Europe/Rome CEST (GMT +02:00)

Electricity

Italy's Electricity: European plug - 2 round pins.

Money

Italy's Currency

The national currency of Italy is the Euro (EUR), with an exchange rate at the time of publication of approximately 0.9 to the US\$.

Exchange rates are correct at the time of publication.

ATM Availability

The nearest ATM and bank to our accommodation is located in Bomerano, a short walk from the hotel. Credit and debit cards are accepted in most shops and restaurants although cash is generally easier. Therefore we recommend obtaining some € cash before travelling or on arrival at Naples airport.

Extra Expenses & Spending Money

For lunches not included, you should budget €10-20, depending on whether you choose a set menu in a café or restaurant.

Approximately €25-30 should be enough for an evening meal including drinks.

LOCAL TAXES: many Italian cities have recently introduced a tourist tax for non-residents. The local administration is in charge of the tax, which will be collected by the accommodation provider at check-in or check-out. This fee varies depending on the hotel category, the season and number of days of stay. It is usually between €0.50 and €1.50 per person per night. For this trip, please allow between €5 and €10, depending on the season, for the week. Children and people aged 75 or over are exempt from this tax.

Optional activities payable locally:

Optional trek around Mt Vesuvio accompanied by local guide/volcanologist €11 per person (entrance to Vesuvio main visitors area is included in the trip price)

Local guide at Pompeii: €10 per person (entrance fee is included in the trip price)

Return transfers to Herculaneum and Naples on the free day can be arranged locally and cost approximately € 40- €80 per person, depending on group size.

Return boat to Capri: €38 slow boat, €44 hydrofoil (seasonal and depending on weather/sea conditions).

Capri cable car: €10 return

Herculaneum: entrance fee to archaeological site €11; Audio-tour €6.50; local guide €10 per person

Ravello: Villa Cimbrone entrance fee €7

Amalfi: entrance fee to the Cathedral €3

Tipping

Although optional, a tip for the leader at the end of the trip is greatly appreciated. As a guideline we recommend a contribution of €15 per client per leader. We also recommend a minimum of €10 per group for local guides at Mt Vesuvius and Pompeii. It is also customary to tip private bus drivers (please allow approx. €10 per person for the week). Groups normally like to show their appreciation for hotel staff by leaving a tip at the end of their stay. We recommend a contribution of approx. €15 per person for the local staff at the hotel.



Responsible Tourism

Tourism can be a real help to local communities, providing income, positive cultural exchanges and a financial incentive to protect their natural environment. Ours is a 'total approach' to responsible tourism, covering everything from the way we plan and operate our trips to the practices of Breakaway as a company.

On this trip, we will spend the nights in the family-run Hotel Le Due Torri in Agerola, a relatively unknown area of Amalfi, bringing income to an area that does not usually benefit from tourism. The hotel recently installed solar panels which provides hot water for their rooms and all food provided are homemade, using locally produced and sourced goods where possible. Additionally, clients often have the opportunity to learn from their hosts how to prepare a traditional Neapolitan pizza during one of the evenings.

As a walking holiday, we actively encourage clients to interact with the locals, visit local cafes and bars, support local craft and produce to discover what life is really like along the Amalfi Coast. Walking trips have very little detrimental impact on the environment and local residents as it is a quiet, low impact activity requiring comparatively little resources to support.

Important Information

On all guided trips

Although our leaders are well trained to deal with different capabilities, if they have any concerns about someone's ability to safely partake in an activity, or their impact on other people's enjoyment, we authorize them to take necessary action which, in some circumstances, may involve asking someone to miss that activity.

Although rarely enforced, by booking this trip you agree to section 5 of our Booking Conditions which clearly states that our leaders have the authority to do this. In these circumstances we will ensure anyone sitting out is safely provided for and offered alternative options where possible. Refunds will not be provided for activities missed and customers may be liable for additional costs incurred.

On all trips

In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call the Breakaway office and ask to speak to one of the experts on this itinerary.

In an emergency, please contact our 24 hour out of hours service on +44 (0) 844 326 7041.

Every time that you travel abroad you should take the time to read the warnings in the essential information in the brochure.

Full joining instructions including local emergency numbers, and details of how to reach the start point, will be sent to you approximately 2 to 3 weeks prior to departure. If you do not receive these at least a week before departure, or require them earlier please contact our office or your travel agent.

The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure or website, the Trip Notes supersede the brochure and website. All holidays can be subject to unexpected changes; in order to enjoy them you should be prepared to be flexible where necessary. Occasionally, as stated in our brochure, it may not be possible to follow the itinerary as planned. This may be for a variety of reasons - climatic, political, physical or other. In these circumstances we will make the best possible alternative arrangements that maintain the integrity of the original itinerary.

The U.S. State Department has up-to-date advice on staying safe and healthy abroad.



For more on security, local laws, plus passport and visa information, see <https://www.state.gov/travelers/>

Keep informed of current travel health news by visiting Centers for Disease Control C.D.C at <https://wwwnc.cdc.gov/travel>

Advice can change so check regularly for updates.

For all latest travel information about your holiday, please visit our Travel Safety Advice page.

How to Book

Ready to book? Please contact Breakaway Adventures on Tel: 1-800-567-6286 or International Tel: +1-843-856-9771.

www.breakaway-adventures.com