

Amalfi Coast Food & Hike

Tour Style: European walking holidays

Destination: Italy

Trip code: AMLGC-7

Trip Walking Grade: 3



HOLIDAY OVERVIEW

Nestled between Naples and Salerno on southern Italy's Sorrento Peninsula, the Amalfi Coast is one of the world's most photo-worthy stretches of shoreline. Cliff-hugging paths, colourful hillside villas, and mountain villages untouched by time have earned it a place on the UNESCO list. Spend a week indulging in all the Amalfi Coast has to offer; from getting culinary inspiration with a trio of Italian cooking demonstrations to hiking the Path of the Gods – a route that takes you high above Amalfi's steeply sloping terraces of citrus trees for spectacular views over the Med.

WHAT'S INCLUDED

- Return flights from London Heathrow, including baggage and transfers
- Guided walks with local leaders
- 7 nights' accommodation in Agerola
- 7 breakfasts, 1 lunch and 4 dinners (plus one lunch or dinner)
- Wine included with all lunches and dinners
- One cookery lesson and three food demonstrations
- All in-destination transport

HOLIDAY HIGHLIGHTS

- Discovering the Amalfi Coast
- Hiking the famous Path of the Gods
- Experiencing authentic Italian cuisine
- Learning to cook with organic local produce
- Making and tasting your own gelato
- The option to spend your free day on the isle of Capri
- A more personalised experience thanks to small group sizes (maximum 15 people)

ITINERARY

Day 1: Arrival Day

Arrive in Napoli and transfer to hotel. Enjoy a welcome drink, unpack, and settle in before dinner.

Day 2: Cheese Tasting, Pizza, Paninis And Tre Calli Hike

Cheese Tasting, Pizza, Paninis And Tre Calli Hike

Distance: 6 miles (10 km)

Ascent: 1200 ft (400m)

We'll start the day by choosing the ingredients for our personal paninis for lunch before setting off on a woodland track that opens out onto magnificent views over the Mediterranean Sea. The second part of the walk slowly ascends the slopes of Monte Tre Calli before dropping back down to the village for a well-earned drink. In the evening, we'll visit to an organic cheese producer to learn all about the cheesemaking process, sample some fresh formaggio, and see fresh pizza being made.

Day 3: Praiano Beach Walk

Praiano Beach Walk

Distance: 5½ miles (9 km)

Ascent: 1950 ft (580m)

Leaving from our hotel in Bomerano, we'll follow a scenic trail along the Amalfi Coast that slowly descends to the shoreline. Walking side-by-side with the Mediterranean, we'll eventually drop into Praiano where there's free time to find lunch and explore. Eat at one of the authentic seafood restaurants set on the coast or take a dip in the water and enjoy the beach. For the more adventurous there are sea kayaks available for hire.

Today we'll get the opportunity to step inside the kitchen of a master gelato maker and learn how to create one of the world's favourite frozen treats and sample a scoop or two.

Day 4: Free Day

Free Day - Amalfi Cooking & Walking

Each week there's a free day when no guided walks are offered. This is an ideal opportunity to relax at the hotel, walk independently, or visit local places of interest.

Travel on a hydrofoil across the Gulf of Naples to visit the glitzy island of **Capri**. All broad swathes of sand

beneath soaring cliffs, this easy-on-the-eye isle has been a magnet for the rich and famous since the days of ancient Rome. Visit the flower-festooned Gardens of Augustus, explore the 2000-year-old ruins of Villa Jovis, or give your credit card a workout in the designer boutiques.

Alternatively, you can spend some well-earned downtime on one of Amalfi's beautiful beaches or get to know Bomerano better and pick out a place to eat that evening.

Day 5: Valle Delle Ferriere & Amalfi

Valle Delle Ferriere & Amalfi

Distance: 8 miles (13 km)

Ascent: 1100 ft (340m)

Descent: 3250 ft (100m)

This morning a short transfer takes us to the starting point of a hike to Valle delle Ferriere. Despite being just a stone's throw from the bustle of the Amalfi Coast, the waterfall-splashed landscapes of this protected nature reserve feel like a world away. We'll follow wooden walkways through forested valleys littered with remnants of the region's long-gone iron industry be rewarded with superb views throughout. Finish in the fascinating town of Amalfi and after free time to explore we round off the day with what's arguably the most Italian of all experiences – a pasta making class.

Day 6: Path Of The Gods

Path Of The Gods

Distance: 5½ miles (8.5 km)

Ascent: 1300 ft (400m)

Descent: 1300 ft (400m)

Today we take on the Path of the Gods – a lofty mountaintop trail that cuts across the Amalfi coastline from Bomerano to Positano. Skirt mountain villages almost untouched by time and cross landscapes of lemon trees, terraced gardens, and olive groves that tumble down to the sea. Then, top it all with a farmhouse meal made of organic locally-grown ingredients, all served with a side order of sea views. From farm to fork, it doesn't get much fresher.

Day 7: Agerola

Agerola

Distance: 2½ miles (4 km)

Ascent: 350 ft (100m)

Our final day takes us on a short walk to Agerola. There'll be time to explore the village followed by an authentic Italian cooking class. Learn to cook like a local alongside an expert chef and take home tips and tricks to impress friends and family with at your next dinner party. Using fresh, seasonal ingredients, we'll be shown a selection of typical dishes that we'll dine on during a leisurely lunch.

Day 8: Departure Day

Return to the airport for your flight home.

ACCOMMODATION

Hotel B&B Oasi Fantasia - Amalfi Coast

This charming little B&B is one of our favourites, not least for having a standout location just a few minutes stroll from the Path of the Gods. Each room is slightly different in size, but all are beautifully decorated in detailed mosaic tiles and have everything you need for a good night's sleep. Outside there's a terrace area for alfresco dining, plus a cluster of bars and restaurants right on the doorstep.

USEFUL HOLIDAY INFORMATION

Joining Instructions (Without Flights)

Alternatively, tailor your journey to suit you by booking your holiday 'without flights' and you'll have the freedom to book your own flights from your local airport.

*Subject to availability

Essential Information

It's best to be prepared for all weather conditions. To make it easier, here is a list of items you should consider packing.

Essentials

- Walking boots
- Waterproof jacket
- Waterproof trousers
- Insulated jacket/top
- Walking clothing
- Walking socks (plus spares)
- Sunhat
- Gloves/mitts and warm hat
- Water bottle (minimum 2 litre capacity)
- Headtorch
- High-factor sunscreen (minimum SPF 30)
- Sunglasses with a dark lens
- Rucksack (15-30 litres)
- Mobile phone
- Personal first aid kit (containing your medication, blister plasters, etc.)
- Passport
- Visa (if applicable)
- Copy of your travel insurance policy
- UK Global Health Insurance Card (**formerly known as EHIC**)

Recommended

- Collapsible walking poles
- Swimwear and travel towel
- Snacks
- Dry bags
- Rubbish bags
- Insect repellent

Optional extras

- Camera
- Sit mat
- Flask for hot drinks
- Durable lunch box
- Gaiters
- GPS device

TRIP NOTE VALIDITY

These Trip Notes are valid based on the date printed at the bottom of the page. They will occasionally be updated post booking and pre-departure. We will send you the latest trip notes prior to departure through a link in your pre departure documents or we can send you a copy in the post if preferred.

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 HF Holidays and ask to speak to one of the team about this itinerary.

The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure, the Trip Notes supersede the brochure. All holidays can be subject to unexpected changes; so please be prepared to be flexible where necessary. At times, it may not be possible to follow the itinerary as planned due to weather conditions, political, physical or other factors. In these circumstances we will make the best possible alternative arrangements to maintain the integrity of the original itinerary.

Document produced: 21-05-2025

