

Sorrento Peninsula Guided Walking Holiday

Tour Style: European Centre Based
Destination: Italy
Trip code: STLCL
2 & 3



HOLIDAY OVERVIEW

Sorrento is a land where mountains meet the sea and where colourful towns perch impossibly on sheer-sided cliffs. We'll enjoy coastal walks along the 'Path of the Gods' and inland through forest to Monte Faito from where we can enjoy elevated views back to the coast. A walk to the tip of the Sorrento Peninsula rewards with stunning views over to Capri Island while a sightseeing day takes in the Roman settlement of Herculaneum as well as Mt Vesuvius – the volcano which destroyed it in 79 AD.

WHAT'S INCLUDED

- A full programme of guided walks with 2 options every walking day plus 1 full sightseeing day
- All transport to and from walks
- The services of experienced HF Holidays' leaders
- 'With flight' holidays include return flights from the UK and hotel transfers
- 7 nights' accommodation in en-suite rooms
- Half Board - continental breakfast and evening meal

HOLIDAYS HIGHLIGHTS

- Stunning coastal scenery of the Sorrento Peninsula
- The remarkable cities of Pompeii and Herculaneum
- Walk the Path of the Gods
- Visit the chic towns of the Amalfi Coast and explore the enchanting Capri on your free day
- Pick wild figs by the path and stop for fresh orange juice

TRIP SUITABILITY

This is a level 2 and level 3 graded Activity, Easier walks: 3 to 7 miles (5-11km) on good, but sometimes steep paths. Up to 1,000 feet (300m) of ascent in a day. Harder walks: 4 to 8 miles (6½-13km) with some long steep ascents and descents, sometimes on stone steps. Up to 1,800 feet (540m) of ascent in a day.



ITINERARY

Day 1: Arrival Day

Welcome to Hotel Caravel. Unpack and settle in.

Day 2: In The Land Of Sirens

Having explored a little of Sorrento, we take a bus along the peninsula to the village of Massa Lubrense where both walks start.

Option 1 - In The Land Of The Sirens

Distance: 5 miles (8km)

Total ascent: 400 feet (120m)

In summary: From Massa Lubrense our route follows a network of easy paths down to the coast at Punta del Capo. As we head along quiet country roads we pass through groves of lemons and olives. After the village of Capo, we start our gradual descent to the Roman village and baths (a natural cove) on the headland overlooking Sorrento. Our route then returns to Capo for the service bus back to Sorrento.

Highlight: Pass groves of lemons from which Limoncello, the local liqueur.

Option 2 - The Massa Lubrense Loop

Distance: 8 miles (13km)

Total ascent: 1,100 feet (330m)

In summary: This walk also starts at Massa Lubrense but first takes a long loop and descends through lemon groves to the sea at the picturesque fishing harbour of Lobra. We then take a similar route to Capo before walking back into Sorrento.

Highlight: Admire views out to Capri at the start of this walk.

Day 3: Vesuvius And Herculaneum - Sightseeing Excursion

This full day coach excursion takes us to two of the most famous sights in the Bay of Naples, the summit of Vesuvius, one of three active volcanoes in Europe, and the spectacular buried city of Herculaneum.

Day 4: The Heights Of Positano

The former fishermen's village of Positano slopes steeply up from the sea and promotes itself as Italy's most nearly vertical town. Houses are built on terraces in a Moorish style with flat roofs and balconies beneath arcades. The town was made popular and fashionable by writers and artists, such as Franco Zeffirelli and John Steinbeck.

Option 1 - The Heights Of Positano

Distance: 3 miles (5km)

Total ascent: 800 feet (240m)

Total descent: 1,700 feet (510m)

In summary: We start at the church of St Maria del Castello for our first breath-taking view over Positano. Our walk follows the "Path of the Gods", a superb mountain path that traverses the hillside enjoying the most wonderful views. We descend on the ancient stepped mule path to the hospitable village of Montepertuso, from where we catch the bus that winds down the hillside of Positano.

Highlight: Positano is known as Italy's most vertical town - there's time to explore the Moorish-style streets and arcades.

Option 2 - The Path Of The Gods

Distance: 6 miles (9½km)

Total ascent: 1,000 feet (300m)

Total descent: 2,900 feet (870m)

In summary: We also start at St Maria del Castello and follow the "Path of the Gods" along the hillside of Montepertuso but continue our walk down into Positano. This section involves a long, steep descent, much of it on stone steps.

Highlight: The 'Path of the Gods' is a wonderful mountainside pathway with exceptional views all the way along.

Day 5: Free Day

Each week there is a free day when no guided walks are offered. This is an ideal opportunity to relax around the hotel, walk independently or visit local places of interest. Some options for your free day may include:

Pompeii: Easily reached using the Circumvesuviana Railway, this famous site is an extremely popular free day option.

Amalfi: It is possible to reach charming Amalfi by bus or boat; your leaders can advise.

Sorrento: Enjoy the old town and perhaps a leisurely lunch in the old harbour.

Capri: Exploring the legendary island of Capri which can be reached by ferries from the Marina Piccola in Sorrento.

Naples: Reached by the Circumvesuviana Railway or by fast ferry across the bay, Naples has a wealth of interesting sights. The city has been ruled by Greeks, Romans, Normans, Angevins and Bourbons, all of whom have left their mark. Head for the National Museum, which houses a magnificent collection of treasures from Pompeii and other ancient sites.

For information on Sorrento please visit www.sorrentotourism.com

Day 6: Monte Faito

Today we head for Monte Faito which lies to the northeast of Sorrento in the Lattari Mountains. Soak up the extensive views and perhaps enjoy refreshments before starting the walk. We walk through the beautiful beech woods that cover much of these slopes but still enjoy the extensive mountain views right down the peninsula and across to Capri. Affluent locals live up here in the cooler temperatures.

Option 1 - Monte Faito

Distance: 6 miles (9½km)

Total ascent: 1,000 feet (300m)

In summary: The walk starts along quiet roads through the pine woods to a point where we strike off into the beech woods to a viewpoint at Casa di Monaco. We then retrace our steps and ascend to the chapel of St. Michael before returning along the ridge to our start point.

Highlight: Extensive views to be enjoyed from the cooling shade of the woods.

Option 2 - Monte Faito Ridge

Distance: 7 miles (11km)

Total ascent: 1,600 feet (480m)

In summary: We set along the ridge before going around the mountain and ascending through the trees to a col where there is the option to complete the ascent of Molare. The route then descends steeply before going through the beech woods and returning to the start along quiet roads.

Highlight: The optional ascent of Molare is well worth the effort.

Day 7: Monte San Costanzo

Today we head to the village of Termini, set in an idyllic landscape at the end of the peninsula. Both walks finish at Marina del Cantone before our bus returns to Sorrento.

Option 1 - Monte San Costanzo

Distance: 5 miles (8km)

Total ascent: 700 feet (210m)

Total descent: 1,800 feet (540m)

In summary: We leave Termini on the well graded road that zigzags up the hillside behind the village to a spectacular viewpoint. A short descent and a rise through light woodlands will bring us to Monte San Costanzo, with its tiny chapel. We descend back to Termini on an ancient mule track and then down to the beach at Marina del Cantone via the little village of Nerano.

Highlight: The summit of Monte San Costanzo is home to a tiny chapel.

Option 2 - Campanella & Monte San Costanzo

Distance: 6 miles (9½km)

Total ascent: 1,600 feet (480m)

In summary: We start with a steady descent to the very tip of the Sorrento peninsula at Point Campanella. From here we have a consistent ascent along the rough spine of the ridge to the chapel at the summit of Monte San Costanzo, before following the route of the other party through Termini and on to Marina del Cantone.

Highlight: The views over to Capri from point Campanella are fantastic.

Day 8: Departure Day

We hope to see you again soon.

ACCOMMODATION

Hotel Caravel - Sorrento Peninsula

The Liccardi family and their staff have been looking after HF Holidays' guests for twenty years, and will offer you a warm welcome at 4-star Hotel Caravel. The hotel lies in the residential district of Sant' Agnello and is surrounded by pleasant gardens with lemon trees. Close by are the shops and Sant' Agnello railway station. The centre of Sorrento town is about 1 mile away.

Accommodation Info

Rooms

Hotel Caravel has 92 comfortable bedrooms which are decorated in a traditional style.

All bedrooms have:

- En-suite bathroom with shower or bath

- Cable television
- Telephone
- Hairdryer
- Safe deposit box
- Mini-bar

Facilities

Hotel Caravel has a:

- Large open plan lounge area incorporating a piano bar
- Garden terrace
- Swimming pool
- Games room with pool-table
- Internet access

Food & Drink

Our holidays at Hotel Caravel are on a Half Board basis and include breakfast and evening meal.

Breakfast

Hotel Caravel offers a self-select buffet breakfast including cereals, fruit, bread and cake, yogurts, cheese and ham, and scrambled eggs, bacon and sausages. Tea, coffee and hot chocolate are available.

Lunch (Payable Locally)

Picnic lunches can be bought from the hotel (ordering the evening before). Alternatively ingredients can be bought in local shops. It may also be possible to eat in a café during the day; your leaders will advise you of the options.

Evening Meal

Dinner at Hotel Caravel is a three course meal offering many Italian specialities plus an excellent self-service salad bar. There are vegetarian options at each course. For special dietary requirements we recommend that you discuss your requirements with the manager on arrival.

Drinks

Hotel Caravel has a well-stocked bar serving beer, wine and spirits.

Your Evenings

The friendly atmosphere of our holidays continues throughout the evening.

Enjoy a glass of wine or local beer before hearing about the next day's activities followed by a leisurely meal with your fellow guests.

One evening we visit a local Limoncello factory and have a tasting session and another we visit the famous Foreigner's bar which offers spectacular views across the bay.

Your leader will also be checking out for other local events or you may like to relax on the terrace or in the piano bar with a drink.

TRAVEL DETAILS

THE HASSLE FREE OPTION

Book your holiday 'with flight' from Gatwick to Naples airport. For flight times and prices please see the Dates & Prices tab.

If you choose this option we automatically include return transfers between the airport and the hotel. The coach transfer takes approx 1 hour 15 minutes to the Hotel Caravel.

THE FLEXIBLE TRAVEL OPTION

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

If you choose this option, transfers are not included in the price. However, below are some suggestions to help you reach your destination:

- We can book you a seat on the **HF Holidays' transfer coach** from Naples airport. This is timed to meet the HF Holidays' flights* (provisional flight times can be found on the dates and prices tab or you can call us on 020 8732 1220 for more information). Cost per single journey is £24.
- Why not let us book you a **private taxi transfer** at a cost of £136 per single taxi journey?

Transfers must be pre-booked. Please call 020 8732 1220 for more details

* Please note that HF Holidays is not responsible for your onward travel if you fail to meet the transfer coach

USEFUL HOLIDAY INFORMATION

What To Bring

Essential Equipment

To enjoy walking/hiking comfortably and safely, footwear, clothing and equipment needs to be suitable for the conditions. Safety and comfort are our priorities, so our advice is to come prepared for all eventualities.

- Footwear with a good grip on the sole (e.g. Vibram sole) is the key to avoiding accidents.
- Walking/hiking boots providing ankle support and good grip are recommended (ideally worn in), and specialist walking socks to avoid blisters.
- Several layers of clothing, which can be added or removed, are better than a single layer (include spares).
- Fabrics (lightweight and fast drying) designed for the outdoors are recommended.
- Waterproof jacket and waterproof over trousers.
- Warm hat and gloves.
- Denim jeans and capes are not suitable on any walks.
- Rucksack with a waterproof liner.
- Thermos flask for hot drink.
- Water bottle (at least 2 litre).
- Spare high-energy food such as a chocolate bar.
- Small torch.
- First aid kit – your leader's first aid kit doesn't contain any medication or blister kits (such as Compeed).
- Sun hat and sunglasses
- Sun cream.

Optional Equipment

- Walking poles are useful, particularly for descents.
- Insect repellent.
- Camera.
- Gaiters.

Useful Information

The language of the Sorrento Peninsula is Italian.

Is considered safe to drink, but if you prefer, bottled mineral water can be purchased from the hotel or local supermarkets.

If the international number you wish to call starts with a 0, you must drop the starting digit when dialling the number.

To dial a UK number 0044

To dial an Italian number 0039

Local Currency

The currency of the Sorrento Peninsula is the Euro.

Electricity

220 Volt AC with round two pin plugs; you will need an adaptor for any appliances brought from the UK.

ATM Availability

There are several ATM machines in Sorrento where you can obtain money.

HOW TO BOOK

When you're ready to book, you can choose to **book online** or book **over the phone**. Our website offers secure online booking for our holidays, is available 24/7, and offers more in-depth information about all our holidays. If you prefer to call us, our experienced and knowledgeable team are available to answer any specific questions you have and can offer guidance as to which holiday is best suited to your needs.

Our office is open: Monday to Friday: 9am – 7pm Saturday & Sunday: 9am – 1pm Bank Holiday Monday: 9am – 1pm

PAYING YOUR DEPOSIT

To secure the holiday of your choice, you will need to pay a deposit: UK & European Holidays: £150 per person and Worldwide Holidays: £250 per person. You can pay your deposit by debit or credit card with no additional card fees charged or make an online BACS payment directly into HF's bank account, please see details under BACS payments. You can also pay your deposit by cheque within seven days of booking. Cheques should be made payable to 'HF Holidays Ltd' with your booking reference / Order ID on the back.

NON-MEMBER FEE

Non-members can join our holidays by paying a Non-Member's fee of £10 per person per holiday. Alternatively, full membership is available from £100 – visit hfholidays.co.uk/membership for details.

BACS PAYMENTS

Please quote your booking reference / Order ID when you make your payment online: Bank Name: Svenska Handelsbanken AB (publ) Account Name: HF Holidays Ltd Account Number: 35923304 Sort Code: 40-51-62 IBAN: GB92HAND40516235923304 Swift / Bic Code: HANDGB22

Once we have received your booking and deposit, we will send a confirmation invoice to the lead name. Please check this carefully. For bookings 'with flights' it is essential that the names on your booking confirmation invoice match those on your passport for bookings overseas. Please advise us immediately of any errors. Any name changes after the balance of your holiday has been paid will be subject to a fee levied by the airline.

MANAGE MY BOOKINGS

Payments can also be made through the Manage My Booking function on our website. Click on the link at the top of our homepage. This is available to all customers who provide an email address at the time of booking.

YOUR FINAL BALANCE

The balance is due 10 weeks before departure. As with paying your deposit, you can pay your final balance by debit or credit card, make an online BACS payment directly into HF's bank account or pay by cheque.

TRAVEL INSURANCE

Travel insurance is an important part of any booking and essential for one of our holidays. HF Holidays works with specialist. Insurance Brokers Campbell Irvine Direct. For more information or to obtain a quote call them on 01702 427 236 or visit hfholidays.co.uk/insurance

PEACE OF MIND

ATOL:

The air holidays and flights in this brochure are ATOL-protected, since we hold an Air Travel Organiser's Licence granted by the Civil Aviation Authority. Our ATOL number is ATOL 710. In the unlikely event of our insolvency, the CAA will ensure that you are not stranded abroad and will arrange to refund any money you have paid us for advance bookings. For further information visit the ATOL website atol.org.uk

MEMBER OF ABTOT:

HF Holidays is a member of ABTOT (The Association of Bonded Travel Organisers Trust Limited) which provides financial protection under the Package Travel, Package Holidays and Package Tours Regulations 1992 for HF Holidays Ltd and in the event of their insolvency, protection is provided for the following: 1. non-flight packages commencing in and returning to the UK; 2. non-flight packages commencing and returning to a country other than the UK; 3. flight inclusive packages that commence outside of the UK and Republic of Ireland, which are sold to customers outside of the UK and Republic of Ireland. 1, 2 and 3 provides for a refund in the event you have not yet travelled. 1 and 3 provides for repatriation. Please note that bookings made outside the UK and Republic of Ireland are only protected by ABTOT when purchased directly with HF Holidays Ltd.

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.

PRICE GUARANTEE

We promise that our earliest published prices will always be the best and if we reduce our holiday price after your booking has been confirmed, we will pass this reduction on to you. Our price promise applies if any subsequent offer price is for an identical holiday, duration, location and date and does not cover any optional extras, flights or additional services.

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