

# Amalfi, Capri & the Sorrentine Peninsula



**Trip style:**  
Guided Walking Holidays

**Destination:**  
📍 Italy

**Walking Grade**  
1, 4 & 6

**Carbon Footprint:**  
🌿 687kg CO2

## Holiday Overview

Prepare to create lasting memories as you explore Italy's most glittering and sun-drenched stretches of coastline. From the glamorous Isle of Capri to a hike along the famous 'Path of the Gods', our holidays here put a wealth of walks at your feet, all set against the iconic backdrop of Mount Vesuvius. And when it's time to relax, we'll return to our base in Sant'Agata sui Due Golfi. Nestled between the Gulf of Naples and the Gulf of Salerno, this picturesque hilltop town offers some of the Amalfi Coast's most stunning sea views. Best of all, travelling here in the off-season means avoiding summer crowds and enjoying a more peaceful (and cooler) escape.

## WHAT YOU'LL LOVE

- Visiting the enchanting Isle of Capri, a jewel in the Gulf of Naples
- Discovering the hidden rural landscapes of the Sorrentine Peninsula
- Soaking up panoramic views from Punta Campanella
- Walking the famous 'Path of the Gods' to reach Positano
- Exploring the Cetrella valley and Monte Solaro

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## WHAT'S INCLUDED

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- Return flights from London Heathrow, including baggage and transfers (flights available from other airports - price may vary)
- A choice of 2 guided walks per day with local leaders (on walking days)
- HF Holidays Tour Manager
- 7 nights' accommodation in Sant' Agata sui due Golfe
- 7 breakfasts & 7 dinners
- All in-destination transport

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## ITINERARY - ITINERARY

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### Day 1 Arrival Day

Welcome to the Hotel Delle Palme. Unpack and settle in.

### Day 2 Landscapes of Massa Lubrense

Option 1 - Rural hamlets & groves

**Distance:** 3.5 miles (6km)

**Total Ascent/Descent:** 525 feet (160m)

Today's itinerary takes us to the Massa Lubrense area. Starting on foot from the hotel, this rural route takes us through quiet hamlets and farmland away from the tourist spots to admire incredible landscapes of olive and lemon groves.

Option 2 - Villages & vistas

**Distance:** 5.5 miles (9km)

**Total Ascent/Descent:** 1,150 feet (350m)

On our harder walking option we will also take in the wonderful rural landscapes of the Massa Lubrense, following a longer route from our quaint hamlet of Sant'Agata sui Due Golfi.

### Day 3 The Isle of Capri

Option 1 - Cetrella Valley to Monte Solaro

**Distance:** 3 miles (5km)

**Total Ascent/Descent:** 985 feet (300m)

Today's excursion introduces us to the Island of Capri, a jewel in the Gulf of Naples. We will walk through the Cetrella Valley until we reach Monte Solaro. As the highest point on Capri, Monte Solaro has stunning panoramic views over the island and to the gulfs of Naples and Salerno.

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## Option 2 - Monte Solaro to Anacapri

**Distance:** 5 miles (8km)

**Total Ascent:** 1,310 feet (400m)

**Total Descent:** 1,310 feet (400m)

For something slightly more challenging, our alternative walk on the island will follow a longer route, continuing past the beautiful viewpoint, “Belvedere della Migliara”, to reach the top of Monte Solaro, for wonderful views. Returning through the Cetrella Valley we reach the centre of Anacapri.

## Day 4 Amalfi Coast

### Option 1 - Amalfi, Atrani & Ravello

**Distance:** 3 miles (5km)

**Total Ascent:** 1,440 feet (440m)

**Total Descent:** 295 feet (90m)

Starting in wonderful Amalfi, known as the “Jewel of the Amalfi Coast”, we make our way on small mule paths until we reach the charming village of Atrani. From here we’ll hike up a panoramic path through lemon groves and climb ancient steps before our walk ends in the picturesque town of Ravello.

### Option 2 - Coast & country

**Distance:** 3.5 miles (6km)

**Total Ascent:** 1,640 feet (500m)

**Total Descent:** 500 feet (150m)

We’ll start with the first group, making our way to Atrani, before we take a longer route to later rejoin in pretty Ravello. This is a wonderful trip, with landscapes of villages and lemon groves, reminiscent of times gone by.

## 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. Options include:

**Sorrento:** You may decide to head down the hills to reach the coast and visit the popular resort of Sorrento, just seven miles away. It’s possible to follow a 2.5-mile (4km) walking path linking Sant’Agata sui Due Golfi with Sorrento. Alternatively, you could hop on one of the local buses linking the two towns.

**Naples:** Spend the day in the birthplace of pizza or visiting the world-famous archaeological site of Pompeii. From Sorrento, you can catch the regional Circumvesuviana train, which runs from Sorrento to Naples and stops at Pompeii. The Pompei Porta Marina Superiore entrance is directly opposite the train station entrance. The journey from Sorrento is approximately twenty minutes.

## Day 6 Sorrentine Peninsula

### Option 1 - Punta Campanella & coastal gulf views

**Distance:** 3.5 miles (6km)

**Total Ascent/Descent:** 985 feet (300m)

From Termini we'll walk down to Punta Campanella at the tip of the Sorrentine Peninsula. This limestone promontory forms the natural border between the Gulf of Naples and the Gulf of Sorrento. The path through the nature reserve brings us first through a forest, then on through meadow landscapes before we arrive at the Punta Campanella lighthouse, where we enjoy breathtaking views, before returning on an uphill route to Termini.

### Option 2 - Monte San Costanzo & peninsula panoramas

**Distance:** 4.5 miles (7km)

**Total Ascent/Descent:** 1,640 feet (500m)

Our longer walk today will take us from Punta Campanella across the panoramic ridge of Monte San Costanzo, where we can enjoy beautiful views over Capri and the Gulfs of Naples and Salerno.

## Day 7 The Path of the Gods

### Option 1 - Bomerano, Nocelle & Positano

**Distance:** 5 miles (8km)

**Total Ascent:** 820 feet (250m)

**Total Descent:** 2,788 feet (850m)

We start our hike from Bomerano heading to Nocelle on the beautiful route known as the "Path of the Gods". We'll stop for photo opportunities along glorious panoramic terraces on our way, overlooking the distant sea. From Nocelle, we'll take our time making our way down the famous 1,700 steps, enjoying magnificent views as we make our way to colourful Positano.

### Option 2 - Bomerano, Montepertuso & Positano

**Distance:** 6 miles (9.5km)

**Total Ascent:** 820 feet (300m)

**Total Descent:** 2,950 feet (900m)

Our second option follows the same itinerary to reach Nocelle, from where we'll continue on an alternative path to Montepertuso, before rejoining our group in pretty Positano.

## Day 8 Departure Day

We hope to see you again soon.

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## Daily Walk Options

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### Gentle walking grade 4

The most active Gentle grade, with longer walks, some ascent, and possible steps, stiles, or off-path uneven ground. Typically, 6–7 miles (10–12km) with around 1,000ft (300m) of ascent.



### Moderate walking grade 6

Longer full day walks with more ascent and varied terrain. Good fitness and agility are needed. Typically, 9–10 miles (15–16km) with around 1,500ft (460m) of ascent.

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## Accommodation

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### Hotel Delle Palme

The family-run Hotel Delle Palme is located in the centre of Sant'Agata sui due Golfi, a traditional village at the foot of the Lattari Mountains between the Sorrento and Amalfi coastlines. Originally built as a holiday villa in the 19th century, it has hosted Neapolitan nobility and bourgeoisie. The attentive team will ensure warm Italian hospitality and a relaxing stay. Guests can make use of the tranquil grounds and swimming pool (pool usually opens from early May to end of September).

### Vaccinations & health

#### Vaccinations & health information

Before booking, you should check with your doctor to see whether any health precautions are needed for your trip. Health advice and requirements can change, so we recommend doing this in good time before travel.

As a general rule, travellers should ensure they are up to date with routine UK vaccinations and boosters, including, for example, MMR and diphtheria, tetanus and polio. Some countries may require you to have specific vaccinations such as Malaria, Rabies and Yellow Fever. Please check with your GP if you are unsure.

Please note that the use or possession of some common prescription or over-the-counter medicines is restricted or banned in certain countries. If you will be carrying medication, you should check with the relevant embassy or consulate before travelling. As an extra precaution, we recommend keeping medication in its original packaging, carrying a copy of your prescription, and, where possible, asking your pharmacist to provide the medication name in the language of the country you are visiting.

For further country-specific health advice, visit [www.fitfortravel.nhs.uk](http://www.fitfortravel.nhs.uk) or [www.traveldoctor.co.uk](http://www.traveldoctor.co.uk). If you are travelling from outside the UK, please consult your own doctor and check local entry requirements.

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## Passports & visas

### Passport & Visa information

This information is for those travelling with a full 'British Citizen' passport; for all other nationalities or passport holders, please check with your local consulate for advice.

## Passport Requirements

This information applies to travellers holding a full British Citizen passport. Entry requirements vary by destination and can change at short notice. For most EU and worldwide destinations, passports must be valid for the entire duration of your stay. Some countries also require a minimum period of validity remaining on your passport (often up to 6 months beyond your return date), even if you are not staying that long.

We strongly recommend ensuring your passport has at least six months' validity remaining at the time of travel to avoid any issues.

If you hold a different type of British passport or a passport issued by another country, you must check the requirements with the relevant embassy, consulate, or official government website.

## Visa Requirements

Visa rules depend on your nationality, destination, length of stay, and purpose of travel, and they can change frequently. It is your responsibility to check whether you require a visa before travelling.

British passport holders should check the latest entry, passport validity and visa requirements for their destination on the UK government's Foreign, Commonwealth & Development Office (FCDO) website:

<https://www.gov.uk/foreign-travel-advice>

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## Essential information

### Packing list

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)
- Swimcap (compulsory in Italian resorts)
- 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

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- Rubbish bags
  - Insect repellent

#### Optional extras

- Camera
- Sit mat
- Flask for hot drinks
- Durable lunch box
- Gaiters
- GPS device (excluding Bhutan, Georgia and India)

## Useful Information

### Travel Insurance

Travel insurance is a condition of booking. Therefore, if you have not already arranged insurance, it is imperative that you do so before you travel.

For more information about healthcare and its costs, please visit: <https://www.nhs.uk/using-the-nhs/healthcare-abroad/>

### Drinking Water

## Drinking Water

Standards for drinking water vary widely around the world. In many destinations, tap water may not be safe to drink, brush your teeth with, or use for making ice. Where advised, you should drink only bottled or treated water and ensure that bottle seals are intact before use. If bottled water is unavailable, water should be boiled or filtered.

Staying well hydrated is particularly important in hot climates and during active holidays. Carry water with you and drink regularly.

If you are unsure about local water safety, check official country-specific health advice before travel, or ask your accommodation or local guides for guidance once you arrive.

### Language Information for Sorrento Peninsula

The language of the Sorrento Peninsula is Italian.

### Telephone Code for Sorrento Peninsula

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 local currency is the Euro (€)

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## Electricity

### Electricity information for Sorrento Peninsula

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

## ATM availability

### ATM availability for Sorrento Peninsula

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

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## Tripnote validity

**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.

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