



Italy Sorrento Peninsula & Amalfi Coast Hiking

Spectacular Seaside Trails from Naples to Capri, Positano & Ravello

Thank you for checking out our adventures and for downloading this itinerary. Please note that this itinerary and accommodations may be subject to change depending on the specific departure date. Be sure to check with us before scheduling any flights.

We love talking travel!
Contact us at info@mtsobek.com
or call **800-974-0300**



Feel the difference

with **Mountain Travel Sobek**

Unrivalled Expertise

MT Sobek started it all! Since our first Everest Base Camp trek in 1969, we've been leading award-winning adventures and building authentic connections in far-flung locations around the world. We were named Best Adventure Travel Company by Newsweek Readers' Choice Awards.

Unique Trip Design

Our adventures are perfectly paced, with incredible attention to detail — the right mix of fun, learning, and challenge that guarantees lifelong memories. Plan nothing, enjoy everything. We take care of all of the logistics so that you can have more time to do what's most important: relax, take in the experience, and enjoy!

Small Groups

We keep our groups intentionally small — usually fewer than 10 people. This allows you a more intimate experience with the people and wildlife you encounter. With a smaller group size, we can take advantage of many unexpected invitations and opportunities that would be impossible with larger groups.





Leading the Way

World-Class Local Guides

Our knowledgeable and passionate expert guides effortlessly create an immersive local experience for you. They are trained to the highest professional standards and are at the heart of everything we do. They make it possible to meet the challenges of adventure travel, and help create lasting memories and lifelong friendships... we can confidently say our guides are the best in the business.





Why take this trip with us?

REASON 1

MT Sobek has a proud heritage in this part of Italy, with both staff and guides hailing from Southern Italy.

REASON 2

Our trip explores the must-see attractions of the Amalfi Coast and Sorrento Peninsula, while staying in picturesque and tranquil villages located away from the throngs of tourists.

REASON 3

Our expert local Italian guides have decades of experience, and will share with you truly authentic experiences you won't find in the guidebooks.

At A Glance

ACTIVITIES

Easy to moderate walking and hiking for 4 to 6 miles and 2 to 5 hours per day on rolling terrain and cliff-side trails. Touring of sites includes walking on cobblestone streets.



LODGING

Ideally located hotels providing all the comforts of a 4 or 5 star equivalent accommodation. Some lodging equipped with spas and swimming pools.



CLIMATE

During our trips you are most likely to experience good weather with pleasant average temperatures that fall between 68°F and 79°F.



KNOW BEFORE YOU BOOK

"What a total comfort to know that with MT Sobek, you're in the hands of professionals who have been doing it so long and so well. That was part of why we landed on them as our operators for our dream trip, and everything about the experience they gave us—from tailored expertise to unswerving professionalism—confirmed the company's emphasis on excellence." - Alex M.



Italy Sorrento Peninsula & Amalfi Coast Hiking

Spectacular Seaside Trails from Naples to Capri, Positano & Ravello

The Italian region of Sorrento and the Amalfi Coast is often called Campania Felix, “the fortunate land”. With mountains plunging into the sea and tiny colorful towns brimming with life in their embrace, there's a spectacular sight at every turn on this movie-star coastline. Delight in stunning views from the top of Mount Faito, with Vesuvius in the distance. Explore the wondrous isle of Capri and the remarkable archaeological site of Paestum, an ancient Greek town.

9 Days

Start: Naples, Italy

End: Naples, Italy

Departing: April, May, September, October

Activities: Hiking & Trekking

Lodging: Comfortable Hotels

Group Size: 6-16 Guests

ACTIVITY:



Check mtsobek.com for date-specific pricing.

“

“We have traveled throughout the world, but never experienced a level of service and attention to detail as we did with MT Sobek.”

- Dennis G.

The Itinerary

DAY 01

Arrive in Naples & Transfer to Vico Equense

Welcome to Italy! Your MT Sobek guide will meet you and the group at Naples airport for a 45-minute transfer to the hotel. Stop along the way to savor your first slice of Neapolitan pizza. Upon arrival at the colorful seaside town of Vico Equense, settle into your comfortable hotel. Refresh, then meet up for a welcome orientation and your first Italian dinner together with the group.

ACCOMMODATION: Maison Montechiaro, Hotel Torre Barbara or Hotel Aequa

MEALS: Dinner

TRANSPORTATION: 45-minute airport transfer

DAY 02

Marvel at Ieranto Bay & Sorrento

Today, hike around the magnificent Bay of Ieranto on the farthest point of the Sorrentine Peninsula. Pliny the Elder believed that this majestic turquoise cove was where Ulysses met the sirens on his way home to Ithaca. Start your hike in the little village of Nerano and descend to the Baia (Bay) via a path lined with fragrant Mediterranean bushes. Stop at an olive grove for an olive oil tasting, followed by a delicious picnic lunch under the trees. Marvel at crystal-clear waters, take in fantastic views of Capri and the massive Faraglioni stacks, then ascend the same trail back to Nerano. Continue to Sorrento, savor a gelato and spend some time roaming the pretty town before returning to the hotel for dinner.

ACCOMMODATION: Maison Montechiaro, Hotel Torre Barbara or Hotel Aequa

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: Two 50-minute private van transfers

ACTIVITY: 2-3 hours/4 miles of moderate hiking with 650' elevation loss & gain

DAY 03

Admire the Gulf of Naples from Mount Faito

Take the cable car from Castellammare di Stabia on the coast and whoosh to the top of Mount Faito, a 4,500-foot peak in the Lattari Mountains. Your 5-mile loop hike comes replete with spectacular vistas of the Sorrentine Peninsula, the island of Capri and the Gulf of Naples, with Mount Vesuvius in the distance. See the Church of San Michele, the warrior angel who inspired the saints Catello and Antonino to build this sacred place in a beautiful beech forest. If you're lucky, you may spot some of the wild horses that call this regional park home! After a hearty lunch, hop on the Vesuviano train back to Vico Equense.

ACCOMMODATION: Maison Montechiaro, Hotel Torre Barbara or Hotel Aequa

MEALS: Breakfast | Lunch

TRANSPORTATION: Two 20-minute train transfers

ACTIVITY: 3-4 hours/5 miles of moderate hiking with 530' elevation gain & loss



DAY 04

Discover the Natural Beauty of Capri

Enjoy a boat ride to the stunning island of Capri, with its steep cliffs rising from the sea. Walk to the imperial Villa Jovis, built by the Roman Emperor Tiberius at the eastern extreme of the island. As you ascend the narrow lanes, take in the sight and scent of jasmine, wild rosemary, and flamboyant passion flowers. Delight in a lunch of Italian specialties, then walk along the spectacular Pizzolungo trail, past the uniquely designed Casa Malaparte. From Tragara Belvedere viewpoint, soak up the panoramic beauty of the island from the bay of Marina Piccola and its pristine beach to the famous Faraglioni sea stacks. Back on the mainland, dinner is at the hotel.

ACCOMMODATION: Maison Montechiaro, Hotel Torre Barbara or Hotel Aequa

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: Two 45-minute private van transfers, two 30-minute boat transfers

ACTIVITY: 3 hours/4.5 miles of easy hiking with 490' elevation gain & loss

DAY 05

Hike the Path of the Gods from Agerola to Positano

Hike on the Sentiero degli Dei (Path of the Gods) and travel back in time to when the Greeks settled villages like Agerola and Positano to ease commerce between the coast and the inland areas. From alpine Agerola, descend into Positano while admiring cultivated terraces, ancient dry walls, and the privately owned archipelago of Li Galli that once belonged to the famous Russian dancer Rudolf Nureyev. Spend some time in the jet-set nest of Positano before transferring by ferry to Maiori for the evening.

ACCOMMODATION: Reginna Palace Hotel

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 40-minute private van transfer, 45-minute boat transfer

ACTIVITY: 4-5 hours/5.5 miles of moderate hiking with 2,030' elevation loss

DAY 06

Take the Path of Lemons & Relish Handmade Pasta

Walk from Maiori village to the village of Minori on the Path of Lemons, a paved route that passes numerous cascading terraces planted with lemon trees. You may have to occasionally share the path with working donkeys, still used for transporting goods in this part of the Amalfi Coast! Lemons play a big part in the area's economy, and you'll stop at a lemon grove to sample their limoncello and other products. Lunch today is a feast of handmade pasta at a restaurant in Minori. Minori has been renowned for its pasta production since the 16th century, and you'll get to see how local pastas such as fusilli furitani and ndunderi are made during a pasta-making demonstration. Round off the day with a visit to the Villa Romana di Minori, a splendid showcase of 1st-century Roman architecture. Return to Maiori for an evening at your leisure.

ACCOMMODATION: Reginna Palace Hotel

MEALS: Breakfast | Lunch

ACTIVITY: 2 hours/2.5 miles of easy hiking with 470' elevation gain & loss

DAY 07

Walk from Ravello to Amalfi

Take a scenic drive to Ravello, a delightful village perched high above the sea that has inspired artists like Miro, Turner and Wagner. Explore the enchanting Villa Rufolo, famed for its distinctively patterned gardens and incredible views. Then, hiking along the Dragone River Valley, make your way down to Amalfi via Mount Aureo and the Torre dello Ziro, an ancient watchtower. Marvel at waterfalls and prehistoric plants such the 6-foot Woodwardia radicans fern. At the end of the valley lies the town of Amalfi, home to the splendid Cathedral of St. Andrew, built way back in the 9th century. Visit the cathedral and enjoy some free time in town before heading back to Maiori for the evening.

ACCOMMODATION: Reginna Palace Hotel

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 20-minute private van transfer, 25-minute boat transfer

ACTIVITY: 3-4 hours/4.5 miles of moderate hiking with 1,190' elevation loss

DAY 08

Explore Ancient Paestum & Visit a Buffalo Farm

Today you'll travel south from Maiori to the province of Salerno to visit the Greek temples at Paestum, one of the region's most impressive archaeological sites. Before delving into history, make a stop at a local buffalo farm to taste the rich and creamy mozzarella that the region is famous for. Powered by delicious dairy, continue to Paestum for an expertly guided tour. Explore three of the world's best-preserved ancient Greek temples, roam the ruins of the forum, and discover millennia-old frescoes at the excellent on-site museum. In the afternoon, drive back to Maiori and enjoy your farewell dinner in the evening.

ACCOMMODATION: Reginna Palace Hotel

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: Two 1.5-hour private van transfers

ACTIVITY: Guided tours of buffalo farm and Paestum



Bid Farewell to the Amalfi Coast & Return to Naples

All good things come to their end, and so does your journey around the Sorrento Peninsula and Amalfi Coast. Say arrivederci to this bedazzling corner of the earth and transfer to Naples airport after breakfast.

MEALS: Breakfast

TRANSPORTATION: 1-hour private van transfer



Where You'll Stay

These accommodations may be subject to change depending on your date of travel.

Maison Montechiaro

The Maison Montechiaro Hotel is a perfect stop on your adventure to Vico Equense. This hotel comes equipped with modern amenities, that include walk-in showers, flatscreen TVs, a desk, and complimentary Wi-Fi. Settle into one of their comfortable and modernly furnished rooms, before heading to the on-site restaurant for a hearty breakfast. Unwind with a good book or sip a refreshing drink at the rooftop terrace. Bask in the sun as you enjoy panoramic views of the private beach.

Hotel Torre Barbara

Nestled in a boutique building with sweeping views of the Gulf of Naples, lies Hotel Torre Barbara. Savor traditional Neapolitan cuisine at the on-site restaurant and experience warm hospitality from the hotel staff! Other features include a pool, lush garden, and a rooftop terrace with panoramic views of the Gulf of Naples!

Hotel Aequa

Nestled in the picturesque bay of Naples, the Hotel Aequa is a lovely 4-star getaway. Guestrooms come with modern amenities and breathtaking views of the coast from private terraces, as well as A/C, flat-screen TVs, a mini-bar, and complimentary Wi-Fi. Enjoy an Italian breakfast feast at their on-site restaurant, or take a dip in their expansive, outdoor pool.



Where You'll Stay

These accommodations may be subject to change depending on your date of travel.

Reginna Palace Hotel

Located in Maiori, perched directly on the sea, the Reginna Palace Hotel offers a seaside escape! Boasting 67 generously sized rooms, this hotel is a perfect blend of comfort and style with modern amenities. Guests can indulge in a range of activities, from thrilling watersports and scenic bike rides to lounging by the saltwater pool complete with a Jacuzzi. The hotel's on-site restaurant serves up hearty meals to savor amidst stunning views.

Departure Dates

This trip is available to run in: April, May, September, October

Book early for a greater choice of available dates.
Once you book, your price is GUARANTEED!

May 5-13, 2025

September 8-16, 2025

September 22-30, 2025

October 6-14, 2025

April 20-28, 2026

May 11-19, 2026

September 7-15, 2026

September 21-29, 2026

October 5-13, 2026

What's Included

PRICE INCLUDES

- Expertise and services of our experienced adventure guides
- All accommodations as noted in the itinerary
- All breakfasts, almost all lunches and dinners as noted in the itinerary
- Snacks and water between meals
- Additional regional guides and experts on many trips
- Comprehensive Trip Planner with detailed pre-trip information
- Private guided tours at historic sites, museums, wineries and other select attractions as noted in the itinerary
- Special events and other select attractions as mentioned in the itinerary
- All gratuities at hotels and restaurants
- Equipment and experienced guides for activities as described in the itinerary
- Park and other entry fees (unless otherwise noted)
- Fares for trains, ferries and other modes of travel as listed in the itinerary
- Select transfers as mentioned in the itinerary
- Baggage transfers and portage

PRICE DOES NOT INCLUDE

- International airfare, airport taxes, and excess baggage fees
- Alcoholic beverages (MT Sobek provides wine at select events)
- Gratuities for MT Sobek guides and guide-drivers
- Travel Protection Program
- Personal expenses



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