EXPLORE! Tour Notes

PRICE GUARANTEE 100% NO SURCHARGES

Amalfi Coast Walking (NAW 2016)

WALK & TREK

TOURDURAT
8
DAYS

Tour Style: Classic
Tour Comfort: Standard
Tour Type: Centre Based
Trek Grade: Easy to Moderate
tour Code: NAW

Tour Highlights - Amalfi Coast Walking

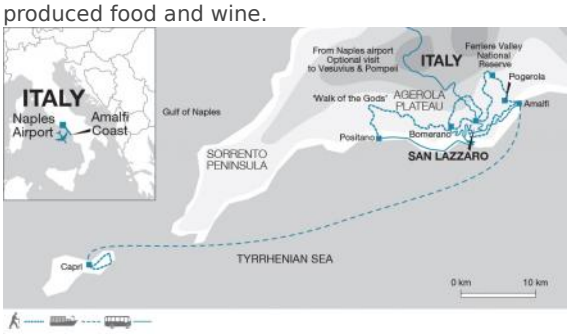
- ✓ Coastal trails - Enjoy the natural and spectacular beauty of the Amalfi Coast
- ✓ Agriturismo accommodation - Experience warm hospitality and home-produced food and wine on a family-run farm
- ✓ Amalfi and Positano - Enjoy the buzz of these stylish and photogenic coastal resorts
- ✓ Capri - Escape the tourist bustle with a walk to the more peaceful areas of this stunning island

Tour Essentials

Accommodation:	7 nights Standard Hotel
Included Meals:	7 breakfasts, 3 lunches, 5 dinners
Start Point:	Join tour: Naples Airport
End Point:	Tour ends: Naples Airport
Transport:	Bus, Public Bus, Ferry
Countries:	Italy

Amalfi Coast Walking

A relaxed walking holiday exploring the spectacular Amalfi Coast. Our walks take us across cliff tops, through woodland and national parks and culminate in the celebrated 'Walk of the Gods' - one of the world's greatest coastal walks. There is also time to explore Amalfi, Positano and Capri, with the chance to visit Pompeii and Ravello. Our welcoming family-run agriturismo provides us with tasty home-produced food and wine.



Suitability

We've given each of our tours a comfort rating and a tour pace, walking or cycling grade to give you a general idea about the level of activity on each tour and the standard of accommodation you will be staying in at the end of your day's adventure.

Often you'll stay in different styles of accommodation during your tour; so we make an average rating across the entire tour. For more information on where you'll stay each night, please refer to the day by day tour itinerary.

Tour Comfort: Standard

Our mid-range accommodation offers a good level of service often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en-suite facilities.

Tour Style: Classic

Packed with adventure, these tours offer inspiring destinations and authentic travel experiences at a reasonable price. Using all kinds of transport and accommodation, we'll take you off the beaten track to discover the true heart of the people and places you visit.

Trek Grade: Easy to Moderate

This grade is ideal if you want to enjoy both easy and moderate level walks on the same tour. You'll be walking mainly on good paths and at low altitude, with occasional more demanding ascents or descents.

Your tour itinerary

Tour itinerary notes

While our intention is to adhere to the day-by-day itinerary as printed below, a degree of flexibility is built in. Overnight stops may vary from those suggested.

Your Tour Leader

The Leader is an integral part of any Explore trip and your trip will be led by one of our experienced Leaders who have been handpicked and expertly trained. We believe that our Leaders are the key to the success of our trips; they are passionate travellers who are bursting with first-hand local knowledge which they love to share. Your Leader will also take care of all the planning and organisation throughout your journey. Their passionate approach will make this trip fun and inspiring, bringing the destination to life whether you're travelling alone or with others.

DAY 1 Join trip at Naples airport; transfer to our agriturismo

Arriving at Naples Airport, the transfer to our base in San Lazzaro will take just over an hour. Here, we can look forward to settling in to our authentic agriturismo accommodation, with its rustically-furnished, en-suite rooms - our home for the next week. At 650 metres above sea level and located only a few metres from the cliffs, our base affords magnificent views of the Bay of Salerno and is peacefully situated a few miles away from the tourist thoroughfare. The family who run this working farm are our hosts for the week, producing their own wine, as well as much of the food that they serve us. A light, cold supper will be served on arrival at the agriturismo.

Overnight: **Standard Hotel**
Single Room Available

Included Meals: Dinner

DAY 2 A warm up ridge walk above the Agerola Plain

Setting off on foot from the farm this morning, we head up onto a ridge and gently ascend to a height of 900m. Continuing along the ridge, we pass through thick woodland and enjoy views of the Agerola Plain, Vesuvius and the Bay of Naples. Today's walk is circular and we descend to the small hamlet of Santa Maria before heading back to San Lazzaro, where the rest of the day is free to relax. Today's walk is graded moderate, with the 11 kilometres expected to take approximately five hours.

Overnight: **Standard Hotel**
Single Room Available

Included Meals: Breakfast, Lunch, Dinner

DAY 3 Walk to Amalfi along the Ancient Republic’s Path

Once again, we commence our walk from the farm, following a path that leads through steep terraces towards the coast. This is an ancient pathway and, before the coastal road was built in the 19th century, this was the only way to get from Agerola to Amalfi. There are plenty of places to stop and admire the sea-views as we descend down a series of steps and meander through ancient alleyways. We arrive in Amalfi in time for lunch and have a free afternoon in which to explore this stunning harbour town. You may choose to look around the impressive Duomo di Sant Andrea (St Andrew's cathedral), with its remarkable baroque interior dating back to the 11th century. The beautifully restored ancient Roman basilica is another highlight. Alternatively, you might choose to relax in one of the many cafes or gelaterias, or look around the curio shops. If it's a hot day, a swim from the public beach might appeal - don't forget to pack your swimming costume and towel. We will head back to San Lazzaro by public bus late in the afternoon. Today's seven kilometre walk is graded as easy, with a 650 metre descent. We expect it to take us approximately two-and-a-half hours.

Overnight: **Standard Hotel**
Single Room Available

Included Meals: Breakfast, Dinner

DAY 4 Day Trip to Capri by boat

We take an early bus to catch the boat from Amalfi to Capri. Our ferry ride affords us impressive views of the Amalfi Coast, its clusters of buildings clinging spectacularly to the cliffs. Although only a small island measuring seven kilometres in length and three kilometres in width, Capri's magnificent 600 metre-high cliffs contribute to its imposing appearance. Capri has enjoyed coastal resort status since Roman times, but today's walking gets behind its glitzy facade of trendy boutiques and cool cafes. Exploring its network of winding streets, grand houses and kitchen gardens, our route takes us to the coast, past banks of beautiful bougainvillea. Here we have superb views of the mainland and the magnificent limestone cliffs rising out of the Mediterranean. There will be time to enjoy the buzz of the main town, as well as a visit to Emperor Tiberius' palace, before heading back by boat to Amalfi. The evening is free for you to enjoy dinner at one of the superb restaurants in Amalfi, or you may opt for the local pizzeria in San Lazzaro. Today's easy-graded walk will take approximately four hours, covering six to 10 kilometres, with a 400 metre ascent and descent. Please note that if the weather is deemed too rough, the ferry to Capri will not operate. Instead we will visit the beautiful hilltop town of Ravello and take a two-hour walk through pretty farmland to the coastal town of Minori.

Overnight: **Standard Hotel**
Single Room Available

Included Meals: Breakfast

DAY 5 Walk in the Ferriere National Park

Once again, today's walk sets off from our accommodation. We take a limestone stairway above San Lazzaro which leads us high above the village. There are great views towards Salerno and the villages and towns below. Contouring round, we pass pretty woodlands and small valleys, before crossing into the Vallone di Ferriere. Surrounded by high limestone cliffs, the four kilometre length of this valley has a unique micro-climate, creating a home for plants not normally found in this area. Our well-established path offers

spectacular views of the valley and coast, passing small waterfalls and a pretty river. Descending to Amalfi, we catch the bus back to San Lazzaro. This moderately-graded walk will take approximately five to six hours, covering a distance of 13 kilometres.

Overnight: **Standard Hotel**
Single Room Available

Included Meals: Breakfast, Lunch, Dinner

DAY 6 A free day to visit Pompeii and Vesuvius

Today is a free day to use as you wish. You may choose to relax at the farmhouse or take an optional day-trip to Pompeii. Devastated by a volcanic eruption in AD 79, Pompeii is hailed as one of Europe's most compelling archaeological sites, due to the unique way that the volcanic ash has perfectly preserved so much of the city. Walking around the paved streets and buildings of this UNESCO World Heritage site provides a fascinating, if ghostly, insight into Roman life. Looming above Pompeii is Mount Vesuvius. As well as providing the opportunity to peer down into its 200 metre crater, which most recently erupted in 1944, the panoramic view from its summit is spectacular. A trip to Pompeii and Vesuvius is organised locally, so you do not need to book it in advance.

Overnight: **Standard Hotel**
Single Room Available

Included Meals: Breakfast

DAY 7 The 'Walk of the Gods' to Positano

Often a highlight of the trip, the Walk of the Gods is justifiably regarded as one of the greatest coastal walks in the world. The high cliff path contours west, with magnificent views of the Bay of Salerno and Capri. The trail passes under huge limestone cliffs and above picturesque stone farmhouses until it reaches the attractive village of Nocelle. From here, we descend down an ancient stairway, past pretty flower gardens, into Positano. A poor fishing village until the 1950s, Positano has grown into a chic town that is still a favourite with Hollywood stars. There is plenty of time to enjoy the town and beach before catching the public bus back to the farm for our final evening. Today's moderately-graded walk will take approximately five hours and will cover a distance of eight kilometres with a 650 metre descent.

Overnight: **Standard Hotel**
Single Room Available

Included Meals: Breakfast, Lunch, Dinner

DAY 8 Trip ends at Naples Airport

Today provides the option of free time or an alternative is to visit Ravello, which offers the chance to explore its glorious mix of Moorish flair and aristocratic excess. This tranquil spot, located high on a rocky promontory overlooking azure waters, has attracted artists and writers to its enchanting streets for generations. Later this afternoon we transfer back to San Lazzaro and later on Naples Airport, where the tour ends.

Included Meals: Breakfast

Accommodation and Meals

Accommodation Rating

Our base for the week Luna d'Agerola is a small family-run agriturismo (farm guesthouse) set close to the cliffs overlooking the stunning scenery of the Amalfi Coast. It's just a five minute walk from the small village of San Lazzaro, which has a few bars, two mini-markets and a couple of small restaurants. There are only 11 bedrooms, all with private bathrooms and a balcony or terrace that looks towards the sea.There's a small sun terrace and quiet room where you can use the WiFi internet connection at no extra charge.

The agriturismo' s restaurant serves up tasty simple home-cooked meals, prepared by Giovanna, Valentino and Ferdinando. Much of what you eat will be grown and produced on the farm: this may include fresh fruit and vegetables, meat and wine, though this will vary in quantity and variety depending in which season you visit. Although the kitchen can cater for vegetarians, it is difficult for the agriturismo owners to cater for vegans or to source gluten free products locally. Whilst there will be plenty of naturally gluten free foods to eat, we recommend that customers with gluten free requirements wishing to eat pasta, bread and cereals, bring their own supply from home.

Italy's agriturismi were started in the 1950s as an initiative to reverse the closing down of small non-profitable farms, Italy's agriturismo movement encouraged farmers to redevelop their properties for paying guests by converting parts of the farm such as old barns and outhouses, into guest accommodation to supplement their agricultural income. Most agriturismi tend to produce local products such as honey, corn, farro or pearl barley, as well as many vegetables and fruits. Often located in areas of outstanding beauty, they provide a great way to experience life in rural Italy. Usually there's the chance to enjoy some traditional Italian family cooking and eat the delicious produce from the farm.

Food & Drink

Included meals: 7 breakfasts, 3 lunches,5 dinners included in the price of this tour. Please be prepared to pay for non-included meals. Please note that costs for drinks and meals can vary depending on location.

Budgeting for your Tour

You will need some extra money to cover meals and drinks not included in the tour price, any optional sightseeing, souvenirs and items of a personal nature such as laundry.

Food

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide.Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Italy

Lunch £: 8 - 10

Dinner £: 15.00 - 20.00

Drink

The prices for drinks can vary greatly depending upon location and the prices detailed below are an average guide. In general you would expect that drinks purchased in a supermarket or local bar to be less expensive, whilst drinks in an upmarket bar or restaurant may be more expensive.

Italy

Bottle of Beer £: 2.00

Water £: 1.00

Other Sightseeing & Activities

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations.

Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

Optional Excursions

Vesuvius and Pompeii - Private return bus transfer €50 per person (payable to tour leader, arranged once on tour) plus entrance fees of €11 at Pompeii and €10 for Vesuvius
Amalfi - Papermill museum €3.50, Amalfi Duomo €3
Ravello - Private return bus transfer €42 per person (payable to tour leader, arranged once on tour) Villa Cimbrone €7, Villa Rufalo €5

Tipping - Tour Leader

At your discretion you might also consider tipping your Trip Leader in appreciation of the efficiency and service you receive.

Foreign Exchange

Italy

ATM Availability: Major towns.

Credit Card Acceptance: Larger hotels and restaurants.

Travellers Cheques: Only in major towns. Please note, the exchange rate for cash and Travellers Cheques is poor.

Local Currency: Euro.

Recommended Currency for Exchange: GBP.

Where to Exchange: We recommend that you change any currency into Euros prior to arrival. Bureau de Change are generally only found in major cities and large airports.

Joining your Tour

Flight Information

You are able to book this tour on a 'land only' basis or as a ‘flight inclusive’ package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

Booking a land only package with Explore

Customers who have chosen to book on the ‘Land Only’ arrangements of our tour, please ensure that you have checked your tour specific ‘Joining Instructions’ prior to booking your own travel arrangements. Your joining instructions can be found on our website at

www.explore.co.uk, in the tour specific dates and prices section.

You may also be eligible for the Free Explore Transfer. For more information please refer to https://www.explore.co.uk/transfers.

Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer please refer to https://www.explore.co.uk/transfers.

Free transfers are not available for Self-Guided, Tailormade or Tours for Churches customers.

Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

Important Information

Travel Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

EXPLORE!
The Adventure Travel Experts

CAMPBELL IRVINE
DIRECT TRAVEL INSURANCE

Travel Insurance is essential. If you have not already arranged cover, please contact our recommended Travel Insurance providers www.campbellirvinedirect.com/Explore who offer Travel Insurance specifically designed to cover travel with Explore or call **Campbell Irvine Direct** on Tel: 020 7938 1734

Explore Worldwide is an Introducer Appointed Representative of Campbell Irvine Ltd who are authorised and regulated by the Financial Conduct Authority.

Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

Visa Information

Italy: Visas are not required by UK, Australian, New Zealand, US and Canadian citizens. Other nationalities should consult their local embassy or consular office.

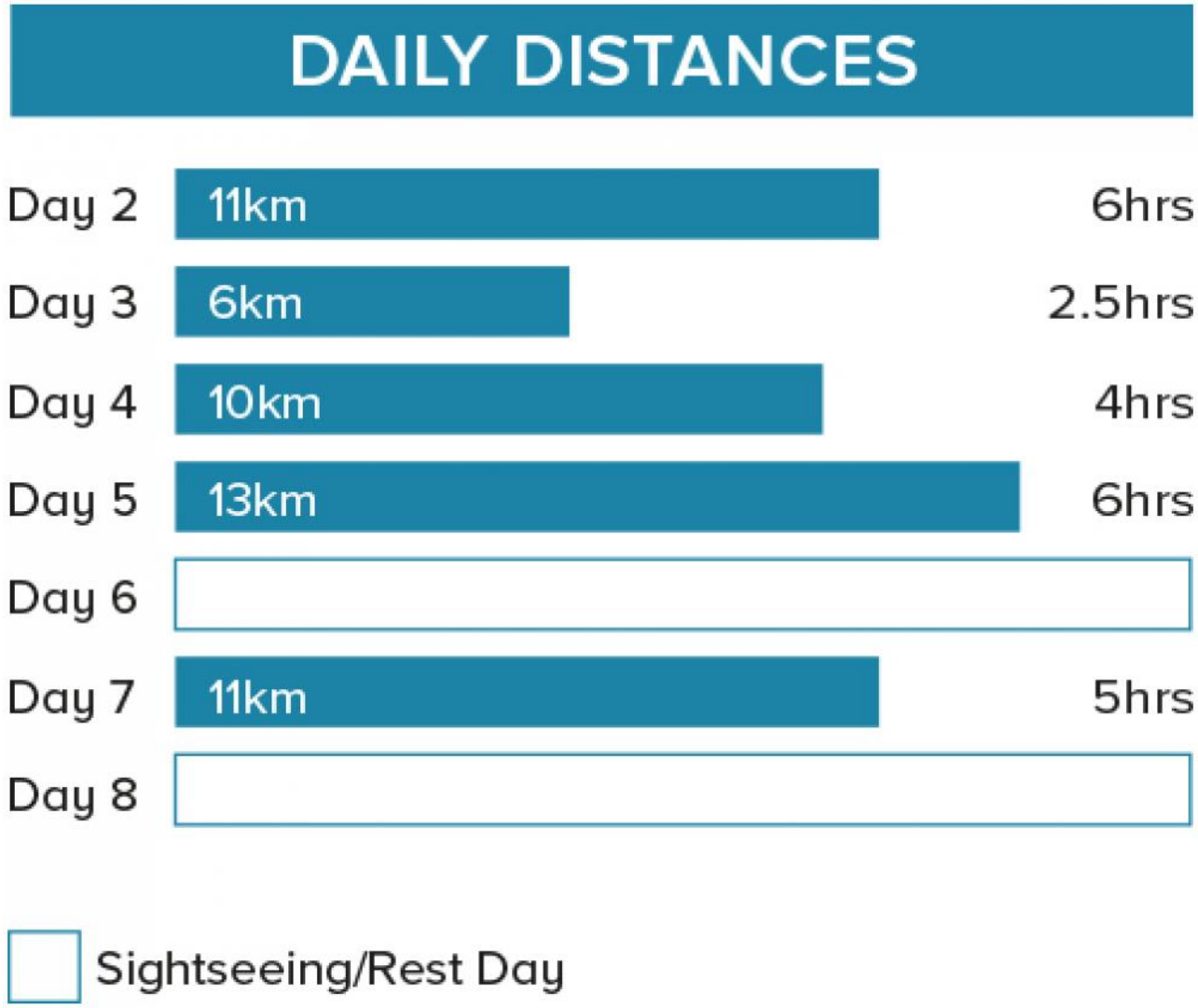
All visa information is subject to change. You should confirm all visa related questions with the relevant Embassy prior to departure.

Vaccinations & Protection

Italy

Nothing required. Tetanus recommended. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at http://www.explore.co.uk/Travelhealth/ and from your local healthcare provider.

Preparing for your Tour



Trekking Details

We walk between three and five hours each day, following footpaths and old mule tracks between villages. Some of the terrain is rough and stony underfoot and three of the walks involve long descents of steep steps. Any of the walks can be opted out of. We have graded this trek as Easy to Moderate.

Climate

Italy

April/May and October/November are pleasantly warm. June/September are the hottest months. Showers are common in Autumn.

Clothing

The following are essential: waterproof jacket, fleece jacket or jumper (the evenings can be cool), T-shirts, comfortable walking trousers, shorts, sunhat, sunglasses and high factor sun-cream. Between April and early October you should expect to live in T-shirts and shorts during the day, but please be aware that temperatures and the weather change quickly and it is much cooler at night. For around-town wear you may like to bring some slightly smarter clothes - the Italians dress well when they go out. There are opportunities to spend time at the beach, so bring a towel and swimming costume. From October to early April it will be cooler during the day and from November to mid-March it can be cold. It is also quite likely to rain. You should come prepared for this and bring waterproof trousers and jackets, walking boots, warm clothes, woolly hat, gloves and scarves.

Equipment

You will need a water bottle (preferably 1-2 litres), and high factor sun cream. You may like to bring trekking poles, particularly as some of the descents can be long and a bit tough on the knees. It is a good idea to line your daypack with a good quality plastic bag - this will go a long way in protecting your gear from any rainstorms we encounter.
Tap water: is safe to drink in most places but water sources along the trail are non-existent. We encourage our clients not to buy mineral water because of the negative environmental impact with plastic bottles. Energy snacks including chocolate and sweets are recommended whilst walking.

Footwear

We recommend you bring walking boots - leather or fabric are both fine. Some of the paths are a bit rocky underfoot and so you could twist an ankle if not wearing boots. Trainers are not recommended. Make sure that your boots are worn-in and comfortable before the start of the trip. We recommend that you wear/carry your walking boots as hand luggage on the international flight: should your luggage be delayed, your well broken-in boots will be irreplaceable.

Luggage: On Tour

One main piece of baggage and a waterproof day-sac (20-30 litres recommended). You just need to carry what you need for the day which may include a raincoat, jumper, camera, sun-cream, picnic lunch etc. On hot days you will carry fewer clothes but more drinking water.

Luggage allowance on tour: 20kg

Luggage allowance on tour: 19:15

General Information

Country details

Italy

Population: 60,681,514

Size of Country: 301,338 Sq KM

Major Language: Italian

Religion: Roman Catholic

Time Difference to GMT: +1

Electric Supply & Plugs

Italy

2 Pin Round

Why Choose Explore

We've been creating award-winning pioneering adventure holidays for over 30 years, earning the trust of thousands of delighted customers, who feel safe in our hands. Our tour leaders have expert local knowledge and our tours are designed to take you off the beaten track to see the most exotic, inspiring and dramatic places in the world.

- With over 30 years' experience, we are passionate about what we do.
- Pioneering small group adventures, self-guided, private journeys & tailormade holidays.
- Award winning tour leaders who you can trust.
- Responsible travel is and always has been one the driving principles of Explore.

Our adventure holidays are full of exciting things to see and do, exploring in small groups travelling by bus, boat, plane, rickshaw, camel, or any number of unusual forms of transport . Often you will stay in family run hotels and village houses and enjoy authentic local cuisine. In this way, it's easy to discover the true heart of the people and the place you travel to – and make some new friends along the way. Each tour is uniquely different, so please feel free to browse through our tours to see what may whet your appetite.

Our commitment to the environment

We are passionate about sustainable travel and work hard to create tours where your holiday delivers real benefits to the local communities. We minimise our impact by travelling in small groups, respecting local cultures, reducing waste and offsetting 100% of the CO2 from our flights.

When you travel with Explore, you are directly contributing to local economies and helping empower the people you meet. We currently support a range of charities and good causes, including: Toilet Twinning (helping to flush away poverty), Lone Buffalo Foundation (a community project based in Laos providing creative skills for young people), Dekamer (a turtle rescue centre in Turkey) and Kids Saving the Rainforest (a wildlife rescue centre in Costa Rica supported through the LATA foundation). We also care passionately about the world's wildlife. We are patrons of the Born Free Organisation and Friends of Conservation.

Cool Earth

Explore are proud to support Cool Earth in their effort to reduce global carbon dioxide levels through the prevention of deforestation in the South America rainforest. Cool Earth focus on areas in immediate danger of deforestation, supporting local communities to be forest guardians. To date 350,000 acres of rainforest has been protected. Saving rainforest also protects rare animals and plants, allows local forest communities to maintain their way of life, and protects a major source of oxygen and fresh water. When you travel on an Explore holiday we make a donation to Cool Earth that exceeds the impact of our customers flights each year.

Earth Matters

- The Travel Foundation

  Explore are active members and supporters of the Travel Foundation which has established a variety of sustainable tourism projects in destinations and works with industry to improve practice. Visit their website www.thetravelfoundation.org.uk
- Tourism Concern

  Explore support the work of Tourism Concern who campaign for fairly and ethically traded tourism, and are part of its Ethical Tour Operator Group www.tourismconcern.org.uk
- For further information on responsible travel go to www.explore.co.uk/ResponsibleTourism/

Know before you go

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office Advice follow the link at www.explore.co.uk/travel-safety

Booking Your Holiday

Peace of mind - book with confidence

You can book your Explore holiday with confidence, as all monies paid to us for your trip are fully protected. Explore is a fully bonded tour operator licensed by the Civil Aviation Authority (CAA) and by ABTOT.

The air holiday packages (Tours including flights) that we advertise are ATOL protected, since we hold an Air Travel Organiser's LicenceÂ granted by the Civil Aviation Authority.Â Our ATOL number is ATOL 2595. In addition, As a member of the Association of Bonded Travel Organisers Trust Limited (ABTOT), Explore has provided a bond to meet the requirements of the Package Travel, Package Holidays and Package Tours Regulations 1992. Please note that packages booked outside the UK are only protected when purchased directly with Explore.

Reserving your place

To reserve your place on this tour you will need to check availability on the Explore website or through our dedicated call centre based in the UK where you can. Our tours can fill up quickly so you are advised to book as early as possible. If your chosen date is ‘Available’ or ‘Guaranteed’ we will be able to provisionally hold you a space for up to 48 hours.

For Self-Guided holidays and Private Journeys simply choose your date of travel and let us know so we can confirm all ground services.

The easiest way to confirm your booking is through our website. When you are ready to book, we normally require a 10% non-refundable deposit, but for some holidays this may be more to cover such items as permit fees, internal flights or other non-refundable services. If your travel starts within 60 days of booking, full payment will be required at the time of booking

100% No Surcharge Guarantee

The price paid for our holidays is no longer subject to change. Once booked and confirmed we will guarantee the price you pay will not increase, whatever the circumstances. You will not be approached to pay fuel surcharges unlike the vast majority of other adventure tour operators. The price guarantee applies to all new bookings departing between 1st January 2016 and 31st December 2017.

Tour Itinerary Versions

Itinerary details may vary depending on departure date and alternative itineraries for this tour may exist. Please refer to the dates and prices page on our website to check which itinerary operates on each departure date.

Please ensure that you have an up-to-date copy of these tour notes immediately before you travel, as from time to time our itineraries may be amended, either for operational reasons or in response to feedback from customers. You will be informed of any major changes to your tour but small changes may just be added to these tour notes.

Please note: 2016 itinerary versions are applicable to tours departing in 2016. 2017/18 itinerary versions are applicable to tours departing from 1st January to 31st December 2017.

These tour notes were printed on 14/02/2016 11:22:14