



Amalfi Coast

Kayaking along the world's most beautiful coast



Amalfi & Atrani, Fjord of Furore, *'Sentiero degli Dei'*, Positano

7-day kayaking & hiking tour with 2 bases in Amalfi and Positano



TRIP NOTES 2016

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Introduction

The Amalfi Coast is definitely one of the most beautiful coastlines in Europe, an intriguing mix between an overwhelming natural environment and cultural heritage. The blue waters of the Mediterranean are dominated here by the Europe's steepest coastline, rising up to almost 1500 m. (4500 feet). But it's not only rocky cliffs that you'll encounter on this trip: the patient labour of generations has transformed the steep mountain slopes into a cascade of terraced lemon groves & vineyards. And with charming villages, chapels and other sites of cultural interest scattered all over.

Its dramatic coastline offers wonderful views, different every step you take, and every metre you paddle.... The smell of rosemary and citrus trees fills the air, fields of multicoloured roses overwhelm the eyes and sandy beaches are magical to the touch. It offers an extraordinary palette of colours, with deep azure skies, white limestone cliffs, deep blue seas, and bright citrus orchards lit by the dazzling Mediterranean sun. This intoxicating sensual feast inspires a celebration of the goodness of life itself.

Paddling along the coastline of Amalfi offers you an opportunity to experience a blend of nature and architecture like no other. The view from the waterline highlights the dramatic cliffs and amazing terraced landscape, the amazing mix of natural wonders and ingenuity and craftsmanship of generations. Your vision will blur as you focus on the wonderment of history displayed along this amazing stretch of coastline. Highlights include the stops in the amazing 'Fjord' of Furore ('Furor'), in the charming fishing village of Cetara, and on the isolated beaches around beautiful Positano.

But also our hikes are unforgettable. A web of ancient pathways winds along shoreline cliffs, leading from bustling charming coastal towns through rustic woodlands and up to beautiful villages perched atop craggy peaks. We'll walk along the stunning 'Sentiero degli Dei' ('Footpath of the Gods'), one of the world's most stunning trails, and make a wonderful hike into the intriguing Valley of the Mills, location of Europe's first paper mills, almost a 1000 years old. And also our strolls through the spectacular villages of Positano, Atrani and of course beautiful Amalfi itself are all highlights. As has been written, on the day an Amalfitano goes to Paradise, for him it's a day like any other...

On this amazing kayaking & walking adventure you will discover that with reason the Amalfi Coast has become Italy's most famous coastline, but as well that it takes only a little effort to get 'off the beaten track'. At only a few hundred metres away from the crowds, you will find yourself surrounded by nature. On this tour we also take you beyond the crowded beaches, and you'll be lying on isolated beaches and paddling alone with the seagulls.... In short, you'll discover the real Italian paradise.



Please note: this is a moderately easy tour which is suitable for all those who have just some experience with sea kayaking and a good general physical condition. Most of the kayaking trips are along the coast, with only short open water crossings. Most of the walks are on good paths, some of them just recently restored by the local authorities. Average walking/ kayaking times: approx 4-5 hours each day.



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DAY-TO-DAY PROGRAMME

Day 0 Naples (or Amalfi)

Arrival in Naples (or Amalfi) in case you arrive a day earlier. Naples has an international airport. From Rome (and many other cities) Naples can easily be reached by train. There are regular AV (High-Speed), Eurostar and Intercity trains: travel time by High-Speed train is about one hour; cost around € 40,00), by IC-train: about 2 hours; cost around € 20,00). Several hotels can be booked in Naples, ranging from 3 to 5-star, either 'downtown' centrally located, or near the harbour or train station.

N.B. If you arrive one day earlier in Naples you have the possibility to pay a visit to the world famous archaeological museum, where all the artefacts from Pompeii and Herculaneum are exposed, and/or the equally wonderful Capodimonte museum. Also is it possible to make a day trip to Pompeii. Arriving one day earlier in Amalfi gives you the possibility to visit also Ravello.

Day 1 Arrival – Amalfi

In the early afternoon you are being picked up from Salerno (or Naples) by private car and brought to the amazingly beautiful small town of Amalfi. After settling in your hotel, in the heart of the historical centre, and at literally two steps from the beach you can already go for a short stroll through the colourful streets, soaking up its atmosphere, or maybe there is still some time for a dive into the Mediterranean.

Towards the end of the afternoon we meet our tour leader and the rest of the group. After a brief introduction of the tour, we will outfit everyone with paddle and PFD and offer some basic kayaking instruction. Then we go for a short introduction trip, towards the amazing small little beach of Santacroce. Here we have our relaxed 'aperitivo' on the beach and then slowly peddle back to Amalfi. In the evening we eat all together in a nice restaurant in the medieval town centre, close to our hotel.

Accommodation: Amalfi - Meals included: 1 'aperitivo', 1 dinner

Day 2 Amalfi, Torre dello Zirro & the amazing 'Valley of the Mills'

In the morning we will first pay a short visit to the beautiful medieval town with its wonderful 'Duomo' and the Paradise cloister. Amalfi once was an important naval power, like Venice and its past glory still shows. Every street hides a charming square, and it's a real pleasure to wander through the labyrinth of white-washed alleys. We'll pass through the Piazza dei Dogi and along the Antichi Arsenali. Then we walk up (optional bus) to the charming little village of Pontone, once a defensive stronghold for the Republic of Amalfi. Here we walk up onto the narrow ridge that contains part of this medieval defence system, in a park-like landscape, past shady pine trees and through fields of wildflowers, and enjoy stunning views across the Valle del Dragone to the gardens and villas of Ravello. A series of ascents and descent eventually brings us to the ruins of the Torre dello Zirro, known from the play 'The Duchess of Malfi'. From here we enjoy dramatic views of both Amalfi and Atrani, and the stunning coastline.

We retrace our steps to Pontone, where we'll enjoy a great lunch in the shade of the lemon trees, before we walk down into the intriguing 'Valle dei Mulini', the valley of the watermills, with its ruins of Europe's most ancient paper fabrics, dating back to the 11th century. The path takes us deep into the valley, to the entrance of the nature reserve, with its lush vegetation and waterfalls. From here it's about an hour's walk back down to Amalfi, passing through the charming little back streets of the town centre. We'll now also have the option to visit the fascinating paper museum, the Museo della Carta. Back in Amalfi there is still some time for a swim or an 'aperitivo'. The must is to have an ice-cold *limoncello*. And where does this taste better than under the lemon trees of one of the best producers.

Dinner tonight will be on your own as you are free to explore Amalfi's fantastic selection of *trattorie* and *pizzerie*. Your guide can advise you about the many nice restaurants in town.

Accommodation: Amalfi - Meals included: 1 breakfast, 1 picnic lunch



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Day 3 Amalfi – Capo d’Orso/Cetara

In the morning we will first thoroughly check again all our gear, and then we go for our first kayaking day trip. We’ll peddle along the amazing coastline in eastern direction today. The first village we pass is Atrani, perhaps the best preserved village of the Amalfi Coast. We continue along the rocky shore, exploring many sea grottos and land on deserted beaches. High above us we’ll notice Ravello and its beautiful ‘hanging’ gardens. Then we pass the charming village of Minori, and its bigger sister Maiori. An optional visit ashore to Minori’s Roman Villa can be made, as well as a ‘biscuit stop’ at one of Italy’s most famous pastry shops.

Lunch will be enjoyed at one of the many local beaches dotting the Amalfi shoreline. Those who wish can take the opportunity to continue peddling around the amazing headland of Capo d’Orso towards the charming fishing village of Cetara. Others might wish to relax some time on one of the beaches. Returning to Amalfi, we will have some time to stroll through the narrow streets of Atrani and have a drink on its wonderful town square. Late in the afternoon we return to our hotel for some relaxation. In the evening we then all join for a great evening meal. We are picked up by private boat and brought to a nice restaurant located in a beautiful little bay nearby. After dinner we travel back to our hotel, gliding by boat over the glorious Mediterranean.

Accommodation: Amalfi - Meals included: 1 breakfast, 1 picnic lunch, 1 dinner

Day 4 Amalfi – Fjord of Furore – Praiano – Positano

Today's sea kayaking will take us along one of the most famous stretches of coastline in Italy, with our final destination being the enchanting city of Positano! Our first destination will be the colourful village of Conca dei Marina, dominated by the impressive monastery of Santa Rosa, high above it.

We paddle along an amazing coastline with lemon groves & vineyards, and beautiful little villages, suspended halfway the water and the sky. Past the villa of Sofia Loren we reach a beautiful beach for some relax. Then we paddle around the headland of Conca, with its medieval ‘Saracen’ watch tower. Our next destination is the amazing ‘Fjord’ of Furore, where we will enjoy a coffee break, in between the coloured fishing boats. Those who want can take a short walk, to discover the beautiful hamlet and the amazing scenery of the fjord.

Then we continue along the coast in western direction. Some short stops will be enjoyed at some of the many water access ports along the coast, like Marina di Praia or the beautiful, isolated, beaches between Praiano and Positano, places where the likes of Liz Taylor and Jackie Kennedy had a good time back in the sixties. We’ll have lunch at one of the nice restaurants along the way, hidden in a secluded inlet, with a nice own beach.

Arriving in the elegant and cosmopolitan Positano, we will dock our kayaks on the large beach underneath our hotel. You will now have the time for a swim or some relaxation in our comfortable hotel. Or you can take the chance to explore the steep city streets and wander up into the hillside grabbing a bird's eye view of the water below. Tonight we'll celebrate our accomplishments with another wonderful dinner experience, on the premises of our hotel, overlooking the Mediterranean.

Accommodation: Positano - Meals included: 1 breakfast, 1 lunch, 1 dinner

Day 5 Positano & its many beaches

Today we'll discover the amazing coastline west of Positano. Although Positano has become one of the most sought-after resorts in Italy, due to its geography it has maintained a larger number of ‘hidden treasures’, like a number of wonderful small isolated beaches, which can only be reached on foot or by water. There have been counted about 20 of these small beaches, which we can virtually have for ourselves. We’ll paddle in western direction, past the beautiful watchtower of Clavel, towards the headland of Punta Germano, where we’ll paddle into a number of beautiful grottos. In front of us we’ll see the rocky islands of the Sirens, with the backdrop of Capri. Experienced kayakers, who wish to make a paddling loop around these wonderful islands, can take the opportunity. While in Greek times the islands were believed to be the home of the Sirens, until recently they belonged to the late Russian ballet dancer Rudolf Nureyev.



Those who wish can take the opportunity to continue peddling towards the little inlet of Marina di Crapolla, where it is believed that Saint Peter embarked on its way to Rome. It's small pebbly beach with crystal clear water, the remains of the old fishing village, the small chapel and the Roman Villa make it a unique spot for a short break. Others might wish to relax some time on one of the beaches. We can have a great (fish) lunch in one of the restaurants on a larger beach, or we can opt for a picnic lunch on the large Tordigliano Beach.

Returning to Positano, we will have some time to stroll through its narrow 'Moresque' streets with our private guide, do some shopping, or just have a drink on its sea front boulevard. In the evening we then all join for a great evening meal and raise our glasses to perhaps our best kayaking adventure ever.

Accommodation: Positano - Meals included: 1 breakfast, 1 dinner

Day 6 Along the 'Sentiero degli Dei' – down to Positano


We conclude this great trip with one of the world's best walks ! In the morning we take the local bus for a very scenic drive to the village of Praiano, high above the coast, where we can take a coffee and buy some sandwiches. Then we start walking up to the amazingly located monastery of San Domenico. Here we make a first biscuit stop, admiring the views reaching out to Positano, Capri and the islands of the Sirens. Then we continue our walk, along one of the most famous footpaths of the area, the 'Footpath of the Gods'. This path really lives up to its name, suspended between the sky and the Mediterranean. It winds through unique scenery, with unrivalled views over the coast and sea. A few hours we will be walking along some of the most spectacular scenery of the whole Amalfi Coast, until we reach the charming small hamlet of Nocelle. Here we have a good lunch in a nice restaurant, with amazing views over Positano and the Amalfi Coast. Passing another spectacular valley we then arrive in the little village of Montepertuso. After Montepertuso it's only a short walk downstairs to Positano itself, one of the most charming villages of the Coast. We stroll through its small, almost oriental alleys, and perhaps have a swim or a drink on one of its many pleasant terraces, before settling in our beautifully located hotel. In the evening we are free to choose from a large choice of restaurants, ranging from simple pizzeria's to exclusive restaurants. After dinner we might decide to make a last short stroll along the amazing coastline and go for a drink together.

Accommodation: Positano - Meals included: 1 breakfast, 1 lunch

Day 7 Positano

The tour ends in Positano after breakfast today (unless you booked an extension – extra days available upon request). You can easily make your own way from Positano to Salerno or Naples, either by boat or bus. A taxi transfer can be arranged on request.

OUTLINE ITINERARY

Day	Itinerary & Activities		Distance	↑ & ↓
1	Arrival in Amalfi. Introduction trip	Amalfi	4 km.	-
2	Roundwalk into the Valle dei Mulini / Valle delle Ferriere	Amalfi	9 km.	400/400 m.
3	Paddling from Amalfi to Maiori/Cetara (round trip)	Amalfi	14 km.	-
4	Paddling from Amalfi to Positano, along Furore & Praiano	Positano	14 km.	-
5	Paddling along Positano's great coastline (round trip)	Positano	8-16 km.	-
6	'Footpath of the Gods' – walk from Praiano to Positano	Positano	9 km.	400/450 m.
7	Departure from Positano			



TOUR DETAILS

ACCOMMODATION & MEALS

All nights are spent in beautiful, characteristic hotels, mostly historical buildings (generally 3/4-star; 4/5-star on some departure dates). All rooms have en-suite facilities.

Accommodation always includes breakfast (**B&B**), in all accommodations. Also most evening meals are included, for which we have selected the best available restaurants. On two nights you are free to choose from the wide choice of restaurants in the area. Your guide can give you good tips.

Almost all (picnic) lunches are included in the tour price.

Nights 1, 2 & 3: The first three nights are spent in Amalfi, the ancient capital of the Amalfi Coast. Our recently renovated 4-star hotel is located in a central position, right in the historical heart of the city at only a few metres from the sea shore.

Nights 4, 5 & 6: The last three nights you stay in the romantic & fashionable little village of Positano, with its characteristic houses built onto the steep slopes of the mountains. You stay either in a comfortable 3-star hotel, right on the beach, or in a bigger 4-star hotel. Both hotels are centrally located, at walking distance from the seashore, shops and all main monuments.

UPGRADE

We can as well offer an upgraded version of this tour, staying in more luxurious 4-star hotels.

INCLUSIONS

On our GUIDED TOURS we include almost everything :

- Private English speaking tour leader
- Professional guiding service for each activity (hiking & kayaking)
- Accommodation: 3 nights Amalfi, 3 nights Positano in very good ***/**** hotels
- Meals: 6 breakfasts, 4 dinners, 2 warm lunches, 2 picnic lunches
- All private & public transfers as indicated throughout the entire itinerary
- Rental of high-quality sea kayaks
- Group equipment and technical gear for each activity
- Entrance fees of all sites along the itinerary
- Special activities as outlined in the day by day itinerary
- 24/24 h local assistance
- Luggage transport
- All gratuities for baggage, porters & hotel service

Not Included

- Departure taxes
- Visas
- Travel Insurance
- Drinks and meals not mentioned in the itinerary
- Optional additional tours or activities
- Tips
- Items of a personal nature



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LEVEL OF DIFFICULTY / REQUIRED SKILLS

Moderately easy (level 1/2):

This tour is suitable for beginners with only a minimum of sea kayaking experience. Our very helpful guides/instructors will work with you to help you learn a new sport or become more comfortable with the outdoors. The waters of the Mediterranean at Amalfi are calm, and you'll encounter only short open water crossings. On most days shorter options are available possible (as well as occasional extensions for the more experienced sea kayakers).

The walks are easy to moderate, mostly on well-maintained footpaths, but with nonetheless some walking uphill, sometimes on paths with rough surfaces. And on the Amalfi Coast there are many steps! On most days shortcuts are possible (as well as occasional extensions).

Fitness: A real high standard of fitness is not necessary, but you should be able to paddle for up to 3-4 hours and able to walk for up to 5 hours a day in hot sun on dusty or stony tracks.

ARRIVAL & DEPARTURE

Arrival: The tour starts in AMALFI. The nearest city with an international airport is NAPLES. The nearest big city is SALERNO, very well connected with Rome and all other major Italian cities by a frequent (high speed) train service. A taxi pick-up service can be arranged either from Salerno (included), or on request from Naples airport or train station.

Departure: The tour ends after breakfast on day 7 in POSITANO. A frequent boat or bus service can bring you to either Sorrento or Salerno, from where you travel to your next destination (Naples and Rome can easily be reached by train). Several taxi services are available to bring you directly to your next destination.

TOUR VARIATIONS

It is possible to include some extra nights before or after your tour, in any of the accommodations 'en route'. For those who have never been in Naples an extra day here is strongly recommended.

The tour can easily be extended with a few days on the Amalfi Coast, in Naples, or with a few days on the island of Capri, either at the beginning or the end of the tour. Many good accommodations are available. Also in SALERNO (a nice city and a good base for visiting Paestum), or ROME several good accommodations are available. Details & prices on request.

SHORTER & LONGER VERSIONS

A shorter, 4-day version of this tour is also available, as well as a longer.



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