Trails of the Amalfi Coast

Trip Code: VCA

Version:

WALK & TREK	GUIDED GROUP	3 LEISURELY



HIGHLIGHTS

- Stunning day walks including the breath-taking Walk of the Gods
- Enjoy spectacular views on the undiscovered Monte Lattari coastal trail
- Explore Amalfi and Ravello - Italian gems of the Sorrento Peninsula
- Soak up the history of Pompeii and look down into the crater of Vesuvius
- Try your hand at making pizza with local ingredients, and sample local wines at a famrhouse near Mt

AT A GLANCE

- 5 days walking and sightseeing,
- Join at Naples

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

Showcasing one of Italy's most breath-taking landscapes, the Amalfi Coast is a beautiful region of wild mountains dramatically plunging into the sea. Romantic and striking, this incredible region is excellent for walking and the famed Italian culture. Here you'll experience one of the most stunning coastlines in the world complete with a wonderful labyrinth of footpaths, charming villages, rustic olive groves, zesty lemon orchards and picture-postcard towns clinging to terraced cliffs.

On KE's centre-based Amalfi adventure, you'll stay in a traditional, family-run hotel known for its warm hospitality and delicious local cuisine. During the week you'll enjoy an excellent variety of daily walks, alongside time enjoying the charming towns of Amalfi and Ravello. A day exploring the incredible UNESCO World Heritage Site of Pompeii and towering volcanic giant of Vesuvius is included in the holiday too. You'll finish the holiday in style with one of the world's best hikes, the exhilarating Walk of the Gods to Positano. If you're looking for an Italian walking holiday bursting with traditional flavours and vibrant colours, then this is the perfect choice.

Is this holiday for you?

This lovely centre-based walking holiday includes all the main walking highlights of the Amalfi Coast. The week includes 4-day walks of a maximum of five hours, following established footpaths and trails. The trails we use on this holiday feature a number of ascents and descents on stone steps, which can make certain parts of the trip seem challenging for the grade. The ascent of Vesuvius is a 2-hour round trip on a zig-zag volcanic trail. While there is sufficient walking on each day to satisfy regular hikers, it is intended that this should be a relaxing holiday with ample time to experience the local towns and villages, plus the incredible views along the way. As this holiday is centre-based, there is the opportunity to have a day off from walking if you wish and relax in Agerola. A mid-week free day allows you to enjoy the local area or explore further afield to the isle of Capri or the ancient site of Herculaneum.

Itinerary

Version:

Holiday Information

What's Included

- A professional and qualified tour leader
- All transfers included in the land only itinerary
- Entrance fees at Pompei and on Mount Vesuvius
- Single timed airport transfers on Day 1 and Day 8
- All accommodation as described
- Meals as described in the Meal Plan

What's not Included

- Travel insurance
- Tips for local staff
- Some meals per the Meal Plan
- Miscellaneous personal expenses - souvenirs and drinks etc
- Any activities or excursions on day 5
- Airport transfers as described

Joining Arrangements & Transfers

Travelling to your Destination

If flying from the UK there are low cost airlines available to the start and from the end of your holiday.

To benefit from full financial protection, ease your holiday planning, and avoid dealing with airlines, we can book scheduled flights from the UK as part of a flight inclusive package. Scheduled flights are usually more expensive that low cost alternatives, however potentially less stressful if your flight is cancelled or delayed. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

The group will meet at the group hotel in Agerola.

A single timed transfer from Naples Airport to the hotel will be provided on Day 1 of the Land Only itinerary.

On the last day of the Land Only itinerary there will be a single timed transfer from Agerola back to Naples airport.

Anyone may join the group transfers by prior arrangement. Travelling as a group or on public transport saves energy. If this is not practical, we can provide private transfers at an additional cost. Taxis are also available.

Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

All breakfasts, 3 picnic lunches and 4 dinners are included.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Food & Water

Water from the taps is perfectly drinkable on this holiday - please use this to fill your personal bottles for your daily activities. We do not encourage the purchase of single-use plastic bottles.

Part of the experience of any visit to Italy is the opportunity to taste its wonderful cuisine. The Amalfi region traditionally has a 'Mediterranean' diet, rich in vegetables, pasta, fish and olive oil which latterly has come to be equated with longevity. The soil here is very rich, probably because of Vesuvius, and everywhere we go we will see an abundance of tomatoes, zucchinis, chilli and basil, terraces of grapes, and orchards of lemons, apples, and chestnuts. It is hardly surprising that the Amalfi coast has some of the best cuisine in the world. Breakfast in Italy is traditionally continental in style with bread, pastries or cakes, yoghurt, jam and honey served with tea or coffee. Alongside the food, Italian wine is excellent and an important part of any meal! Italy is also famous for its aperitifs, from chilled prosecco to campari, vermouth and cinzano all served over ice. Don't forget the zesty local limoncello and the famous after dinner fiery grappas!

Accommodation

We will spend 7 nights in a family-run hotel in Bomerano, a hamlet of Agerola, which has a restaurant specialising in local cuisine, a welcoming bar and garden. Unlike the busier resorts and hotels on the Amalfi Coast, which may include more facilities, we've tried to offer a more authentic side to the holiday in a rural location and that offers good value for money. Staying here provides a wonderful insight into a more traditional side of the Amalfi Coast, which has kept its proud culture and typical local dishes.

Accommodation is twin share. If you are travelling by yourself, you will be paired with another single client of the same sex. Single rooms are available for a supplementary cost. If you are planning to extend your holiday, additional nights at the group hotel are available on request.

Group Leader & Support Staff

The group will be led by a professional and qualified tour leader.

Altitude

This holiday does not involve any significant ascent to altitude and we would not expect any altitude issues with this trip.

Spending Money

Approximately €240-€340 should cover all miscellaneous personal expenditure, the non-included meals and activities on your free day as well as reasonable tips for the local staff. You can withdraw cash (euros only) from ATM's in Naples and Agerola. If you intend to travel with cash, you should take this in the form of euros or euro travellers cheques.

Guidance on Tipping

Tips do not form part of the wages of local staff but they are very much appreciated. It is important to remember that tipping is voluntary and should be dependent on good service. It is best if the tip is given at the end of the trip by the group as a whole. We recommend that each group member contributes around €10 - 15 to a group pool and that tips are then distributed between the guide and other support staff as the group feels is appropriate. It is a good idea also to have small change for other tips such as in restaurants or for porters carrying your bags at hotels.

Baggage Allowance

There is no weight limit, other than that imposed by the airline. We ask you to restrict your luggage to one main bag and one small daypack. A KE trek bag is not the best option for this trip and we recommend a bag or suitcase with wheels for this holiday.

The nature of the accommodation we use on our trips can sometimes mean that they have a large number of stairs, this is due to the historic nature of the cities in Italy. We recommend bringing baggage that allows you to carry it with ease when an elevator may not be available.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the ‘Dates and Prices’ table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

Flight payment

We sell this holiday on a Land Only basis and recommend that you book your flights to Naples International Airport which is the most convenient for transfers to the group hotel. Please refer to Joining Arrangements and Transfers in the trip dossier for further details.

If flying from the UK there are a number of low cost airlines offering flights to Naples. These include Easyjet who have flights from London, Liverpool & Edinburgh. Other airports may be available. Click on the 'Flight information' link below for further information on booking low cost airlines. Alternatively if you would prefer to book a 'flight inclusive package' using scheduled airlines from the UK please contact our flights department for a quote. Whilst flight prices are likely to be more expensive you will benefit from full financial protection.

Flights SHOULD NOT be booked until you have received your booking confirmation and the trip is showing 'Guaranteed to Run' or 'Limited'.

General Information

Passport & Visas

Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required**,** and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Preparing for your Holiday

It makes sense to spend some time before coming on an active holiday getting some additional exercise. Whilst regular hiking is the best preparation, swimming and cycling are also good for developing fitness and stamina. Before departure, we suggest that you try to fit in a number of walks in.

Climate

Naples in the Campania region of southern Italy and the Amalfi Coast has a Mediterranean climate with warm, dry summers and cooler winters. The best time to visit is from April to October, when temperatures are the most pleasant, although as expected the temperatures can be at their warmest in July and August. During the spring, summer and autumn, daytime temperatures will vary between 20 and 30 degrees, falling to between 10 and 20 degrees at night.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'Travel Aware'** campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

- Lonely Planet - Naples and the Amalfi Coast
- The Rough Guide to Naples and the Amalfi Coast
- Gelato Sisterhood on the Amalfi Shore - Chantal Kelly
- Love on the Rocks: A Positano Tale - Catie Costa

Private Groups Information

Make this KE Adventure holiday your own!

- Do our normal group departure dates not fit?
- Would you prefer to travel with just friends and/or family?
- Are you looking to organise a trip for your local walking, biking or mountaineering club?

It's really easy to make a trip your own. Simply select from our full range of adventure holidays and choose the dates that work for you and your group.

We are experts in creating holidays for groups of friends, families, charities and clubs. Our personal service means you'll be fully involved as we make the arrangements for your perfect adventure holiday.

Independence with Security

Travelling as a KE Private Group allows you more flexibility and choice, but still with the peace of mind that everything is pre-planned and arranged for your group by a reputable adventure travel company.

To take your first step to an amazing adventure with your friends and family complete the private group enquiry form, or call our **Sales Experts on: 017687 73966**

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

Equipment Information

Equipment List

Please try to keep the weight of your baggage to a minimum. See the 'baggage allowance' section for further details.

You should bring the following items:

- Hiking boots
- Walking poles (there are plenty of stairs and stone steps)
- Trainers or sandals
- Socks
- Underwear
- Walking trousers
- Waterproof jacket
- Waterproof trousers
- T-shirts and/or casual shirts
- Fleece jacket or warm jumper
- Sunhat
- Warm hat
- Sunglasses
- Daypack 30 litres
- Sun protection (including for lips)
- Water bottles 1 litre (x2) (we encourage re-filling water bottles rather than single use plastic)
- Washbag and toiletries
- Antibacterial handwash

- Swimwear
- Small towel
- Basic First Aid Kit including: Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment, insect repellent, and re-hydration salts (Dioralite). Glucose tablets and multi-vitamin tablets, insect repellant.

The following items are optional:

- Shorts
- Walking poles
- Camera
- Reusable cloth bag for shopping (to avoid plastic bags)

There are a number of occasions when you will need to carry your main bag for short distances. Some clients have found that a piece of luggage with wheels is best for this holiday.

Land Only Information

Please refer to the 'Joining Arrangements & Transfers' within Holiday Information for further details.

Flights and other transport to your destination should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

Land Only Information

We sell this holiday on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. The holiday starts at the group hotel in Naples. A single timed transfer from Naples Airport is provided.

Why Choose KE

Why KE

On this KE walking holiday to the stunning coast of Amalfi, we include both Pompeii and Vesuvius and the majority of your meals.

Please Note This document was downloaded on 11/11/2026 and the trip is subject to change