

Below is the proposed itinerary for the trip. As is true on any adventure travel trip, plans for any specific day may be modified due to weather considerations, unforeseen circumstances, new opportunities, and group interests.

DAY 1

Meet and greet in Naples, transfer to Agerola, Amalfi Coast

Our trip officially starts today at our hotel in Naples, Italy at 4 PM. You can either fly directly into Naples or fly into Rome (always a fun city in which to spend time) and take the train from there. Vibrant Naples is steeped in history with atmospheric neighborhoods and many world-class museums. We'll gather at the hotel Alabardieri to meet our guide at 4 PM, then we will be transferred to the Amalfi Coast, at our hotel located in Agerola, a peaceful hamlet in the Lattari Mountain, immersed in nature and far from the tourist crowds. Southern Italy is known for its fabulous cuisine and tonight we'll enjoy the first of many delicious meals.

Included Meals: Dinner
Accommodations: Hotel Le Rocce, Agerola

DAY 2

Valle Mulini and Ravello

A private transfer this morning takes us to Amalfi, the start of today's trail. Today we visit Valle Mulini (Valley of the Mills), a delightful valley that was once the center of Amalfi's important paper industry. In the late morning we'll reach the enchanting town of Ravello. Ravello is called the balcony of the "Costiera" because of the amazing views we can enjoy from here. This small, somewhat sleepy village is a lovely oasis of quiet in the sometimes overly busy Amalfi coast, with lush gardens, nice little squares, and cobbled back alleys. We will continue our hiking until the town of Amalfi. We have some free time to explore the town of Amalfi and enjoy magnificent views of colorful houses cascading down from the steep hill into a dark blue sea. In Amalfi we'll visit some of the town's famous sites, including the Piazza Duomo and the ornate 11th century cathedral of Saint Andrew. The Amalfi Coast is known for its lemon groves and limoncello, a liqueur made from lemons, and we'll finish with a visit to a local producer before returning to the hotel for dinner and the night.

Included Meals: Breakfast, Lunch, Dinner
Accommodations: Hotel Le Rocce, Agerola
Daily Activities: Hiking (4-5 hours, 1,150 feet of elevation gain/loss)

DAY 3

Explore Pompeii and hike a portion of Mt. Vesuvius

Today, we set our sights on Pompeii and Mount Vesuvius. Early in the morning, we will visit the ruins of Pompeii, which offer a fantastic glimpse into Roman life as it was 2,000 years ago. Considered to be one of the world's premier archaeological sites, Pompeii is one of the most significant proofs of Roman civilization. After this excursion, we'll have a wine and local product tasting in a small family run winery located in the Vesuvius area.

In the afternoon, we will reach the top of Mount Vesuvius, the destination of our walk. We'll climb the top of this active volcano, the Bay of Naples serving as our backdrop, while our guide shares their knowledge of the mountain's geological and natural history. After the walk, we will return to Agerola, where we will dine and spend the night.

Included Meals: Breakfast, Lunch, Dinner
Accommodations: Hotel Le Rocce, Agerola

Daily Activities: Hiking (2-4 hours, 1,150 feet of elevation gain/loss), Mt. Vesuvius (1,500 - 2,400 feet of elevation)

Daily Activities: Hiking (3 hours at Pompeii, 1.5-2 hours at Mount Vesuvius, 650 feet of elevation gain/loss)

DAY 4

The Path of the Gods, from Agerola to Positano

A short private transfer this morning takes us to the start of today's trail. Our trail is rightly called the "Sentiero Degli Dei", or "The Path of the Gods". This route lives up to its name with dramatic views of a rugged coastline, and distant sightings as far as the island of Capri! We will reach the shore close to Positano and spend some time in this world-famous little town that clings precariously to a high cliff. We have some free time to explore the town, before returning to Naples in the afternoon. It would be a shame to leave Naples without sampling its world-famous Neapolitan pizza and that is what we'll do for dinner. We then head to the port where we board the overnight ferry to Sicily, in a cabin with twin beds and private facilities.

Included Meals: Breakfast, Lunch, Dinner

Accommodations: Cabin on the ferry

Daily Activities: Hiking (4 hours, 1,900 feet of elevation gain/loss)

DAY 5

Arrive in Palermo, explore Mount Pispisa and Segesta

Once we arrive at Palermo Harbor, we'll have breakfast then take a private transfer to Segesta. We will walk in the gentle and lovely countryside of the Val d'Erice, exploring one of the most fascinating archaeological sites in Sicily: Segesta. The ancient city founded in the fourth century BC preserves the Doric Temple and the theatre which opens onto the surrounding hills. Climb up to the summit of Mount Pispisa and enjoy the view of the archaeological area. It will give us an appreciation for its size and the amazing preservation. Afterwards, we will transfer to Trapani to check-in at our hotel.

Included Meals: Breakfast, Lunch, Dinner

Accommodations: Hotel Punta Tipa, Trapani

Daily Activities: Hiking (3.5 hours, 950 feet of elevation gain/loss)

DAY 6

Hydrofoil to Levanzo, smallest of the Aegadian Islands, and visit cave with Paleolithic drawings

Today, we will take a hydrofoil to explore Levanzo, the smallest of the Aegadian Islands. Levanzo will show us a jewel from the ancient past: The Cave of Genovese. Dated back to between 11,000 and 12,000 years ago, we'll see remnants of history from the final phase of the Paleolithic period. Here we will view primitive human messages etched into the cave, a prehistoric sanctuary where religion and culture joined together. Engravings, graffiti, and paintings depict deer, cows, horses, fish and humans in daily life, including scenes of hunting and fishing. While on our trek, enjoy views of the Mediterranean countryside and soaring gulls. We'll board our hydrofoil and head back to Trapani. We will have time for a shower at our hotel and then head out to dinner in the wonderful town of Erice, overlooking the city of Trapani.

Included Meals: Breakfast, Lunch, Dinner

Accommodations: Hotel Punta Tipa, Trapani

Daily Activities: Hiking (3.5 hours, 650 feet of elevation gain/loss)

DAY 7

Transfer to Marsala, Explore Phoenician Museum

This morning, we will visit the town of Marsala. We'll see some of the amazing windmills and salt pans area, one of the only still working in Italy and the main income of the region for centuries. Afterwards, we'll have free time to visit the elegant historic center of the city and its Phoenician museum. In the afternoon, we will visit the world class cellars producing the famous Marsala wine taking its name after the town. We will transfer back to Trapani to rest our heads.

Included Meals: Breakfast, Lunch, Dinner
Accommodations: Hotel Punta Tipa, Trapani
DAY 8

San Vito Lo Capo, hike Mount Monaco

Our private transfer will take us to San Vito Lo Capo, a lovely town located between spectacular mountains and famous for its idyllic beaches. Climb up to Mount Monaco, which owes its name to the particular shape that reminds one of a kneeling monk with hands clasped in prayer, easily seen from the antique *tonnara* (tuna fishing plant) of San Vito Lo Capo. At the end of our hike, we will transfer to Castellammare del Golfo, a lovely seaside town. Dinner and overnight stay at Castellammare del Golfo.

Included Meals: Breakfast, Lunch, Dinner
Accommodations: Hotel Cetarium, Castellammare del Golfo
Daily Activities: Hiking (2.5 hours, 1,500 feet of elevation gain/loss)
DAY 9

Visit Zingaro Nature Reserve, Swim in Coves, Farewell Dinner

A short private transfer this morning takes us to the hamlet of Scopello, the start of today's trail. From Scopello, we will walk to Sicily's first nature reserve, Zingaro. Established in 1976, it is home to towering limestone mountains interspersed by spectacular caves. It also has a coastline dotted with coves and cliffs overlooking the sea—all very impressive and beautiful. There will be a chance to swim at one of the various coves of the Reserve. This evening, we will take time to enjoy a glass of wine at our farewell dinner and will spend our final night in Castellammare del Golfo.

Included Meals: Breakfast, Lunch, Dinner
Accommodations: Hotel Cetarium, Castellammare del Golfo
Daily Activities: Hiking (5 hours, 1,600 feet of elevation gain/loss)
DAY 10

Fly Home from the Palermo Airport

Sadly, our trip officially ends this morning. Continue on to other explorations or, if you must, fly home from the Palermo airport. We will take a private transfer back to the Palermo airport, and you can fly out anytime after 1:00 PM.

Included Meals: Breakfast