



ADVENTURES
in good company



SICILY AND THE AMALFI COAST

Trip Summary

HIGHLIGHTS

- Experiencing the best of southern Italy, from the bay of Naples to the island of Sicily
- Exploring charming towns and ancient ruins, including Pompeii and Segesta in Sicily
- Exploring the Amalfi Coast on foot
- Visiting beautiful Sicily to see how sea salt is produced and sample local Marsala wine
- Taking a boat to Levanzo, the smallest of the Aegadian Islands and hiking to see ancient art etched into caves
- Savoring regional cuisine, local wines, and fruits and vegetables fresh from the market

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TRIP AT A GLANCE

Location:	Naples Bay, Amalfi Coast, and Sicily
Activities:	Hiking
Arrive:	We'll meet at our hotel in Naples at 4:00 PM on Day 1
Depart:	You can fly out of Palermo, Sicily (PMO) anytime on the last day

Trip Overview

The Amalfi Coast is simply stunning: rugged mountains, craggy seashore, and azure blue ocean serve as a backdrop to tiny villages perched on steep hills. The hiking is delightful, the history is fascinating, and the cuisine is exquisite. The island of Sicily shares all this and yet is different in every way with its own distinctive feel. The southern coast of Italy has other delights too: we'll visit the ruins of Pompeii, climb Vesuvius, eat pizza in Naples, learn Sicilian cooking, visit the ancient town of Erice, see sea salt being produced, visit an island off the coast and hike to caves to see ancient art, visit ancient Roman and Greek ruins, taste local wine. Add all this to friendly people and it's little wonder that this area is widely regarded as the perfect vacation spot.

Rating

This trip is for women who have some experience hiking and want to combine hiking with immersion in the history and culture of the area. We spend 3-6 hours hiking on most days at elevations ranging from sea level to over 2,000 feet. Some hikes are on well-maintained trails; others involve walking over loose dirt, rocks, ash and many stone stairs, and include stretches with some steep ascents and descents. The trip is rated 3. Prior to beginning the trip, participants should be engaging in aerobic conditioning, such as walking vigorously up hills, jogging, cross country skiing or stair stepping for 30 - 45 minutes at least 3 - 4 times a week.

Rating: 1 2 **3** 4 5.

What's Included

- An Italian guide and an Adventures in Good Company trip leader (If there are fewer than 8 on the trip there will not be an AGC guide)
- Nine nights double occupancy lodging
- All meals from dinner on Day 1 to breakfast on Day 10, unless otherwise noted
- Ground transportation in Italy once you've reached the hotel on Day 1, including boat, bus, ferry, and airport transfer on the last day
- All activities on the itinerary, including guided tours of Pompeii, wine tasting and a cooking class

What's not included: Transportation to Naples or from Palermo, transportation to the hotel on Day 1, guide gratuities, beverages (other than water) and travel insurance.

OUR ITINERARY

Below is the itinerary we have planned 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

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 for introductions, to meet our guides, and review the trip itinerary. Southern Italy is known for its fabulous cuisine and tonight we'll enjoy the first of many delicious meals.

Overnight: [Chiaja Hotel](#), Naples (or similar) (D)

DAY 2

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 get to the top of Mount Vesuvius, 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 reach the charming Amalfi coast, where we will dine and spend the night.

Overnight: Hotel in Maiori, Amalfi Coast. Hiking: 1 hour 45 minutes. Elevation: +600 feet/-600 feet on Mount Vesuvius; +3 hours walking at Pompeii. (B, L, D)

DAY 3

A private transfer this morning takes us to Agerola and 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. After lunch, we will take a boat to 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 Maiori for dinner and the night.

Overnight: Maiori, Amalfi Coast. Hiking: 4.5 hours. Elevation +/- 2,000 feet. (B, L, D)

DAY 4

This morning we visit Valle Mulini (Valley of the Mills), a delightful valley that was once the center of Amalfi's important paper industry. In 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 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.

Overnight: Ferry. Hiking: 4 hours. Elevation +/- 1,150 feet (B, L, D)

DAY 5

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.

Overnight: Trapani. Hiking: 3.5 hours. Elevation +950 feet/-950 feet (B, L, D)

DAY 6

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 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 our trek, enjoy views of the Mediterranean countryside and soaring gulls. We'll board our hydrofoil back 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.

Overnight: Trapani. Hiking: 3.5 hours. Elevation + 650 feet/- 600 feet (B, L, D)

DAY 7

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 main income of the region for centuries. After, 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 named after the town. We will transfer back to Trapani to rest our heads.

Overnight: Trapani. (B, L, D)

DAY 8

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 Scopello.

Overnight: Scopello. Hiking: 2.5 hours. Elevation +1500 feet/-1,100 feet (B, L, D)

DAY 9

Leaving 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. Transfer to Palermo, the Sicilian capital. We will take time to enjoy a celebratory cooking class and dinner and spend our final night in Palermo.

Overnight: Palermo. Hiking: 5 hours. Elevation +1,600 feet/ -1,600 feet. Driving: 1.5 hours (B, L, D)

DAY 10

Sadly, our trip officially ends this morning. Continue on to other explorations or, if you must, fly home from the Palermo airport. Your AGC guide will help coordinate taxis from the hotel to the airport based on similar flight times. (B)

ADDITIONAL TRIP INFORMATION

Getting There

There are two ways to get to Naples (plan to arrive so you have time to get to the hotel and get settled before meeting everyone at 4 PM). Specific details for both options will be available in the Pre-Departure document that will be sent six months prior to the trip start date.

- Fly directly to Naples (NAP). The airport is only about four miles from the city and from there you can take a taxi. If you want to use public transport, you can take the Alibus that departs from the bus station of the airport.
- Fly to Rome (FCO) and take the train to Naples. It takes approximately 1 hour and 20 minutes by Railways Eurostar (ES) or 2 hours by Intercity (ICPlus).

Note: This trip begins in Naples and ends in Palermo, Sicily.

If you would like assistance with airfare, we recommend contacting our AirDesk Partner, [Exito Travel](#). Start by submitting this [form](#). Just fill in your dates and destinations, including any additional notes about preferred carriers, class of service, possible stopovers, etc., and an agent will typically respond via email within a few hours. If you prefer to call, the number is 800-655-4053; be sure to tell them you are traveling with Adventures in Good Company.

Please note: Exito charges a one-time, non-refundable processing fee of \$35 per passenger.

Accommodations

Most of our accommodations are locally owned small 3 star hotels in double rooms with private bathrooms, as specified in the itinerary. We'll also spend one night in double-cabins on the overnight ferry from Naples to Sicily. Our trip cost is based on double occupancy. We will pair you with another traveler unless you request a specific roommate. There are also 2 single supplements available for an extra cost. Availability of rooming options will be on the registration form. Be sure to note your choice.

Travel Insurance

We recommend that you purchase a travel protection plan to help protect you and your travel investment against the unexpected. For your convenience, we offer travel protection through Travelex Insurance Services. For more information on the available plans or to enroll, visit www.travelexinsurance.com or call 1-800-228-9792 and reference location number 06-0331.

Travelex Insurance Services, Inc CA Agency License #0D10209. All products listed are underwritten by, Berkshire Hathaway Specialty Insurance Company, NAIC #22276.

CANCELLATION POLICY

Cancellation charges reflect the many expenses Adventures in Good Company cannot recover if you cancel, even if you must do so due to illness, injury, or personal emergencies. These fees are not meant to be punitive. The charges made reflect the expenses Adventures in Good Company has incurred in administering your reservation and planning for your participation. We recognize that the majority of those who cancel their reservations do so out of necessity. Please note that we do not make any refunds for any unused portion of your trip, not arriving, arriving late, or leaving the trip early.

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