

Holiday: Ravello to Sorrento Walk

Rating:  level

Holiday type: Independent Walking

- Beautiful scenery: emerald seas, plunging gorges, lush vegetation, pastel-coloured villages
- Stay in elegant Ravello, Positano and Sorrento; visit the enchanted isle of Capri and fascinating Pompeii
- Panoramic cliff trails through lemon groves and vine terraces
- Swimming possibilities most days; optional boat trips
- Mouthwatering local cuisine, tempting *trattorie* lunches



Italy

Our popular independent walking holiday explores the peninsula between Ravello and Sorrento jutting out below the gracious crescent of the Bay of Naples and dominated by the brooding silhouette of Vesuvius. This vertical landscape of dramatic cliffs, lemon terraces and pastel-coloured towns was virtually an island until the 19C, passable only on foot or by boat. Today these ancient pathways are perfect for walkers. Travelling at your own pace, you combine the elegance of eternal favourites like Positano and Sorrento with discoveries most travellers never make: such as farmers harvesting olives, fishermen crouched over brightly painted boats mending their nets and the bird's eye view of the entire peninsula from the Pathway of the Gods above Positano.

From Ravello, whose exotic formal gardens, Villa Rufolo and Villa Cimbrone, seem to float ethereally between sea and sky, your route takes you first to Positano's chic pastel houses and enticing volcanic sand beach. It's then on to Marina del Cantone, and hidden shingle coves few foreign visitors ever find. Private boats frequently sail to Capri from here. Finally you reach cliff top Sorrento. With balcony views over Vesuvius, it's a great base to visit Pompeii or Herculaneum by train.



“Snow-capped Vesuvius broods on the horizon and glistening like jewels in azure seas of the famous Bay are the islands of Capri and Ischia.”

You stay at carefully picked hotels throughout. They range from Sigra Francesca's cosy little hotel where all rooms face the sea, in a shingle bay near Marina del Cantone, to an elegant **** hotel in Sorrento with swimming pool. Dinners are either taken at the hotel, or left open, where there is a good choice of restaurants. Lunch options are varied: either a panoramic picnic, or a *trattoria* lunch, perhaps delicious mozzarella, grilled vegetables and fresh fish from the sea.



Ravello to Sorrento Walk: Day by day

Sunday Arrive in Ravello

We meet you and take you to your hotel in Ravello (90 mins) in time for dinner.

Monday Exploring Amalfi 9km/6mi/3.5hr

A path descends through citrus groves to Torre dello Ziro, (the Saracen watchtower inspired Webster's Duchess of Malfi), then along panoramic terraces, to enter the Valley of the Mills (a testament to Amalfi's mediaeval paper industry). Emerging from the verdant gorge, the ceramic tiled roofs of Amalfi hove into view, as you enter the town. Time to explore at leisure before taking the bus back to Ravello (20 mins; pay locally).

Tuesday Ravello/Bomerano-Positano 11km/7mi/4hr

Today's walk takes you along the Pathway of the Gods, the region's most famous walk offering views over the entire peninsula, with Capri's famous *Faraglioni* cliffs marking Lands End. Onwards past lemon groves and brigand's treasure troves to Nocelle - many tempting *trattorie* for lunch. Then down through lush terraces to the vertical pastel town of Positano and your hotel in the historic centre.

Wednesday At Positano

Positano's wide black sand beach is perfect for a lazy day, but if you fancy exploring further afield there is a pleasant walk to Fornillo Bay with its twin Saracen watchtowers. Boat trips to discover coral lined sea grottoes are available in the harbour, or you could just take time to explore the winding narrow alleyways lined with tempting boutiques.

Thursday Positano/Marina del Cantone 12km/8mi/4.5hr or 15km/9mi/5hr

We take you in to the hills near Fontanelle (30 mins) from where you wind through olive trees, sunlight glinting on the heavy nets strung between them as you climb gently to Sant'Agata. Balcony views over Vesuvius and the Gulf of Salerno - lovely picnic spots - before a paved lane leads past geranium decked houses to Marina del Cantone. (The more energetic can detour via Torca.)

Friday At Marina del Cantone

In a quiet bay more accessible by foot or boat than by car, you'll be tempted to linger at your hotel with sun terrace and direct access to the sea. But it's a shame to miss out on Capri, arguably the Mediterranean's most beautiful island. Take the local bus (or taxi) to Sorrento and pick up the hydrofoil.

Saturday Marina del Cantone/Sorrento 9km/6mi/3hr or 13km/8mi/4hr

We give you a lift to Termini (20 mins - diehards can walk up!) from where you wind through olive groves with ever opening views over the Bay of Naples and its islands Capri, Ischia and Procida. It's well worth the detour to lovely little Annunziata to visit its pretty Aragonese castle - wonderful views. It's then on to Punta Capo for an unforgettable panorama over both Vesuvius and the pastel coloured houses of Sorrento clinging to the rocks, before you reach your elegant **** hotel, overlooking the bay.

Sunday In Sorrento

Staying at your **** hotel with its unrivalled position overlooking the harbour, you're ideally placed to visit Naples or one of its islands by hydrofoil. Alternatively Pompeii and Herculaneum - both cities were frozen in time - can both be visited using the excellent circumvesuviana railway.

Monday Leave Sorrento



For departure dates,
 prices and travel
 options please visit
 our website at:
www.headwater.com

Walking Details

This holiday follows stone steps, coastal paths and some forest trails. You need to be reasonably fit and confident walker, as the frequent ascents and descents, particularly on the coastal paths, make this a more demanding holiday than the distances suggest. Walking poles are useful for descending the stone steps.

