



COAST TO COAST

tour

BIKING & TREKKING FROM CILENTO TO POSITANO



ARRIVAL AND WELCOME DINNER

Overnight in Agropoli

DAY 1



Transfer from Naples airport to your hotel in Agropoli on the beautiful Cilento Coast. Meet and greet and check-in to the hotel. Enjoy a family style dinner with the area's best traditional dishes and seasonal specialties.

BIKE TOUR OF THE GREEK TEMPLES IN PAESTUM & VISIT AN ORGANIC BUFFALO MOZZARELLA FARM

Overnight in Agropoli

DAY 2



Breakfast buffet at the hotel. Start the day with an approximately 32 km (20 mile) bike tour, following a leisure trail along the flat plains between the mountains and sea. We will stop for a guided tour of one of the most important mozzarella farms, considered industry leaders in buffalo mozzarella production. You will follow the production of this world-famous cheese, from the milking of the water buffaloes to the salting and packing of the final product. This wonderful visit enables you to enjoy fresh mozzarella and other buffalo milk products indigenous to the area.

After your tour, we will stop for a photo-op at the impressive, fully enact Greek temples in Paestum, one of Italy's most enchanting archaeological sites. Enjoy your lunch in one of the area's most picturesque, outdoor areas. Return by bike to Agropoli.

Optional: Enjoy a delicious lunch at a local organic farm.

TREKKING ALONG THE CILENTO COAST TO PUNTA TRESINO

Overnight in Agropoli

DAY 3



Buffet breakfast at the hotel. The stretch of the Cilento Coast between Agropoli and Santa Maria di Castellabate is a magical, pristine landscape, where it seems like time stands still. During our trek, we will pass Punta Tresino and its coastal tower, as the view opens up over the bay of Trentova. Catch a glimpse of the Island of Capri, as it appears in the distance. Arrive at a beautiful inlet, where you can cool down for a few minutes and admire the splendid views of Santa Maria di Castellabate, Punta Licosa, Mount Stella, and the village of Castellabate on the hilltop above. Enjoy your picnic lunch in one of the area's most picturesque, outdoor areas. Return by bike to Agropoli, where you can enjoy the afternoon in this charming old town.

BIKING THE ROLLING HILLS OF CILENTO

Overnight in Agropoli

DAY 4



Buffet breakfast at the hotel. Today's ride will be 38 km (24 miles). Gather your strength as along the ride, the road begins to climb. The first climb is about 7.5 km (4.5 miles) with a medium pendency of 5%. Our efforts will be rewarded with the spectacular landscape we will experience along the way. Our route eases in difficulty as we ride through the gently rolling hillside while overlooking scenery of incomparable beauty. Cilento enchants with its vertiginous cliffs that drop into the crystal clear sea and its small medieval villages that cling to the hills to form one of the most beautiful coastlines in the world of Italy, noted for its cliffs formed by the sun and the wind, its secret coves, and mysterious grottoes. Return by bike to Agropoli.

TREKKING AT VALLE DELLE FERRIERE ON THE AMALFI COAST

DAY 5

Overnight in Amalfi



Transfer from Agropoli to Amalfi by private mini-bus followed by check-in to your villa in Amalfi. Enjoy an afternoon trekking tour up from the seaside resort town of Atrani. Admire the ancient village alleyways on your way up to Pontone and proceed towards the world renowned "Valle delle Ferriere" National Park. Due to its special geographical position, immersed in the mountains, the reserve is protected from cold north winds by the rocky ridges, but opens to the hot & humid southern winds, subjecting it to high rainfall in the winter months. As a result, it has been relatively unchanged over time, while its microclimate has kept the flora and fauna of the past intact. In the afternoon enjoy time on your own in the charming town of Amalfi.

THE ISLAND OF CAPRI – EXPLORING THE ISLAND ON FOOT

DAY 6

Overnight in Amalfi



Buffet breakfast at the villa. From the port of Amalfi we will catch the ferry to the beautiful Island of Capri. On your way, enjoy the breathtaking views along the Amalfi Coast. The Island of Capri offers some of Italy's most scenic trekking routes, with its many paths guiding you through hidden parts of the island where you can enjoy its marvelous natural beauty. Embark on a pleasant 1-hour walk along the narrow streets of the island to the Natural Arch, through the woods stretching high on the cliffs above the coastline, enjoying a glimpse out from Casa Malaparte to The Faraglioni Rocks, Punta Tragara, and the Gardens of Augustus. Return to Amalfi by ferry, and relax on board while enjoying the beautiful, natural scenery of the coastline, as you pass the Galli Islands and Punta Campanella.

TREKKING THE PATH OF THE GODS & POSITANO

Overnight in Amalfi

DAY 7



We start our day on the outskirts of Amalfi and make our way towards Positano, arriving at the San Domenico Monastery. Visit the 12th Century church of "St. Maria a Castro." After a short rest, we will walk an additional 45 minutes to reach the "Path of the Gods," where you will trek through unique, wild Mediterranean vegetation, coastal forests, and caves high above the sea. About 3 hours into the trek, we will reach a small village, Nocelle, with just 300 inhabitants. Here a local minibus is available to bring you back to Positano, or for the more adventurous travelers, we can walk back down to Positano (about 60 minutes walking time). Take some time to enjoy Positano before heading back to Amalfi by local ferry. Farewell dinner in Amalfi.

DEPARTURE

DAY 8



Buffet breakfast at the hotel. Check-out and transfer from your villa in Amalfi to the Naples airport by private minibus.



Optional Tours:

Wine Tour in Cilento

The Cilento Coast is home to a great team of young, dynamic wine producers who have reinvented the image of the Cilento region by refreshing old family traditions and paving the way towards a new era of wine production among the UNESCO-protected grounds of the Cilento National Park. Visit the Bruno Winery, which produces only 10,000 bottles of wines per year made from indigenous varieties of grapes such as Fiano and Aglianico.

Boat Tour along the Cilento Coast

Depart from the small port of Agropoli, and cruise on a sailboat along the Cilento Coast. Enjoy the natural beauty of the coast with its cliffside caves, coves, and beautiful sandy beaches. The crystal clear sea is surrounded by lush groves of pine trees, and the pristine, sandy beaches stretch for kilometers on end. A light lunch on board is included.

Kayaking along the Amalfi Coast

Enjoy the beauty of the coast while gliding on top! The Amalfi Coast is well known for its tiny inlets and hidden cavities. During this tour you will be able to reach the most concealed nooks and private beaches where boats and pedestrians simply can't arrive. Snacks and fresh local fruit are provided to give you the energy for a marvelous, long lasting paddle.

The tour includes the following services:

- 4 nights in a double superior room in a resorts - Agropoli
- 3 nights in a double room in a private villa, Amalfi
- Daily buffet breakfasts
- Native English speaking Bike and Trekking Guide
- English speaking Tour leader
- Private transportation for transfers and tours
- Bike & Helmets (Day 2 & 4)
- Ferry ticket, round-trip Amalfi/Capri/Amalfi
- Ferry ticket Positano/Amalfi
- Cable-car ticket Marina Grande/Capri and vice-versa
- Buffet Dinner, wines included - Agropoli
- Dinner wines included, Amalfi
- Visit with tasting - Mozzarella farm, Paestum
- Italian Sales Tax

YOUR PRIVATE ITALY



MAIN OFFICE

203 Dreams Landing Way Annapolis, Maryland 21401
USA Tel: +1 917 340 1471

ITALIAN OFFICE

Vicolo Antica Corte, 5 84121 Salerno Italy
Tel: +39 089 221615 +39 089 255306 Fax: +39 089 221615

www.yourprivateitaly.com info@yourprivateitaly.com

