

Now in its III edition, and with the addition of an extra day and the inclusion of the hike on Capri,

for **2011** the **Amalfi-Sorrento inn-to-inn Trek** becomes:

# TREK AMALFI - CAPRI

## FOR INDEPENDENT AND SELF-SUFFICIENT HIKERS

*95miles in 7 days, 22-28 May 2011*

event planned, promoted and coordinated by [Giovanni Visetti](#)

The hike is divided into 7 stages of 11 to 16 miles each (with an elevation of between 3,000 and 4.700 feet) following a new route along some of the most spectacular paths of the Monti Lattari. Approximately 45miles of this year's itinerary consists of paths not followed in the 2010 edition.



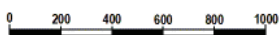
- **PARTICIPATION IS COMPLETELY FREE UNDER YOUR OWN RESPONSIBILITY**
- The only costs are for your food, accommodation and any personal expenses, all of which are to be organized and paid for by yourselves.
- It is possible to participate in single excursions or even in just part of one
- It is **ABSOLUTELY ESSENTIAL** for you to be **SELF-SUFFICIENT**
- It is nevertheless also imperative to be **CAPABLE OF HIKING OVER 13 MILES A DAY** including an elevation gain of around 3.500 ft.
- A transfer will be available from S. Agata to Amalfi on Sunday 22nd with baggage transport from S.Agata or Amalfi to Agerola, from Agerola to Faito and from Faito to Sant'Agata also provided. Both services are payable and have to be pre-booked
- The terrain is varied, often rough and uneven, with steep inclines, lots of steps and occasional short, exposed stretches., There is however no extreme difficulty, none of them are rated "dangerous" or "for experts" and there is no need for any special equipment
- **ALL THE HIKES CAN BE AMENDED OR CANCELLED DUE TO ADVERSE WEATHER CONDITIONS OR OTHER CAUSES!**

<p>in collaboration with</p> <p><b>FREE</b></p> <p>Free Ramblers Escursionisti Epicurei &amp; PRO LOCO AGEROLA</p>	<p>www.freeramblers.com</p> <p>Free Ramblers Escursionisti Epicurei</p> <p>ex EL</p>		
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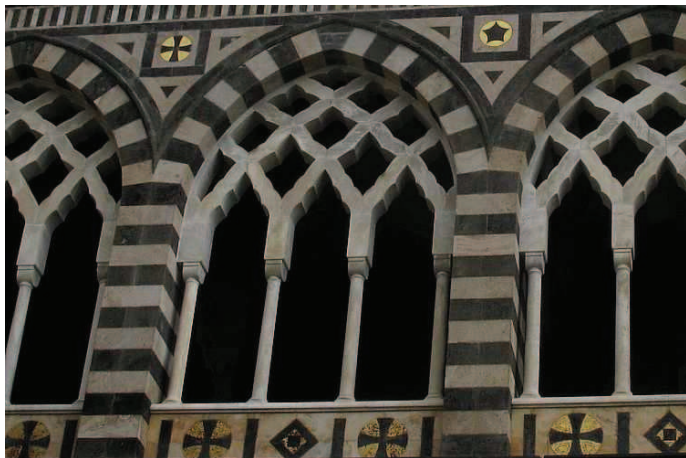
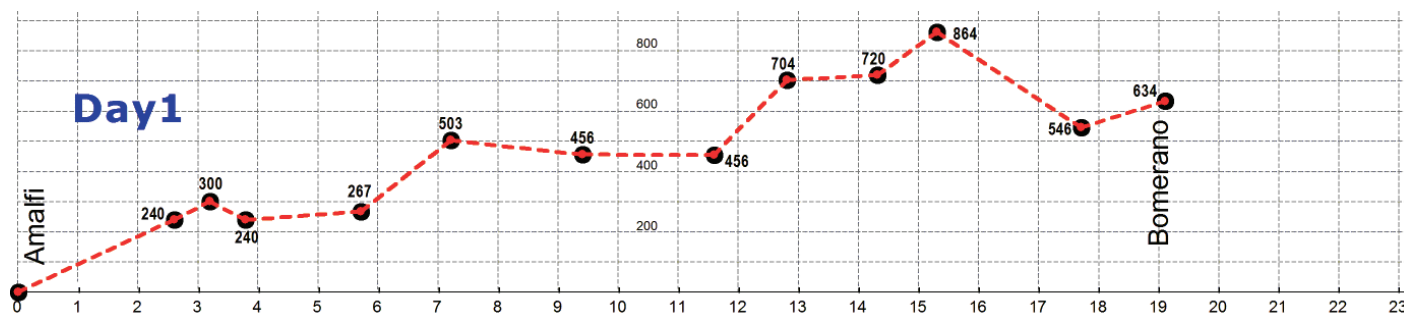
**INFO:** [www.giovis.com](http://www.giovis.com) o [www.maratrail.com](http://www.maratrail.com) \* email: [giovis@giovis.com](mailto:giovis@giovis.com)

We leave Amalfi passing through its historical centre and continuing up the Valley of the Mills past the ruins of its ancient paper mills to the Ferriera (iron mill). From there a short detour will lead us to the Nature Reserve with its waterfalls, endemic ferns and "carnivorous" plants. Back at the Ferriera, we proceed to Pontone where we can not only replenish our water supplies but also enjoy a coffee. An elevation gain of 250m takes us to the path running along the valley at a height of around 500m, the eastern side open and very panoramic, the western much more wooded and characterized by several small waterfalls.

At S. Scolastica a brief pause to admire the view before starting the climb to the passes of Acquolella and Monte Murillo which, at 864m, is our highest point of the day. From here, we can see the valley of Agerola with the massif of S. Angelo a Tre Pizzi in the background. All that is left now is for us to descend to valley, (elevation loss of about 300m), and walk up to Bomerano.



**Day 1: Amalfi - Bomerano**  
**19,1km + 1.100m disl.**

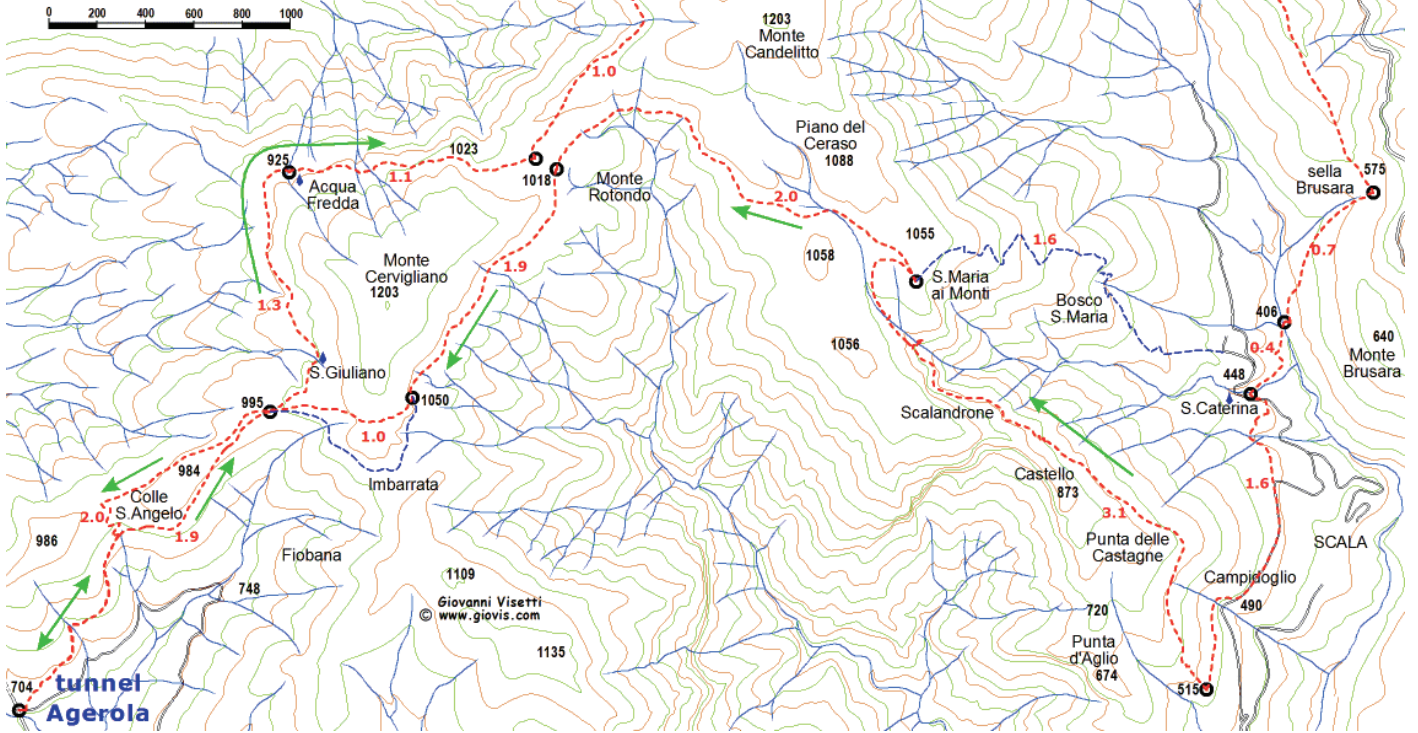


Following Day 1's "warm up", today's itinerary is the longest and steepest of the whole TREK. From the tunnel of Agerola we will reach the top of Monte Cerreto (1.316m) with two ascents (of respectively 300 and 200m elevation) separated by 5km of flatter stretches through meadows, chestnut and beech woods. Walking round Monte Cervigliano we can fill up with water at the springs of S. Giuliano or Acqua Fredda.

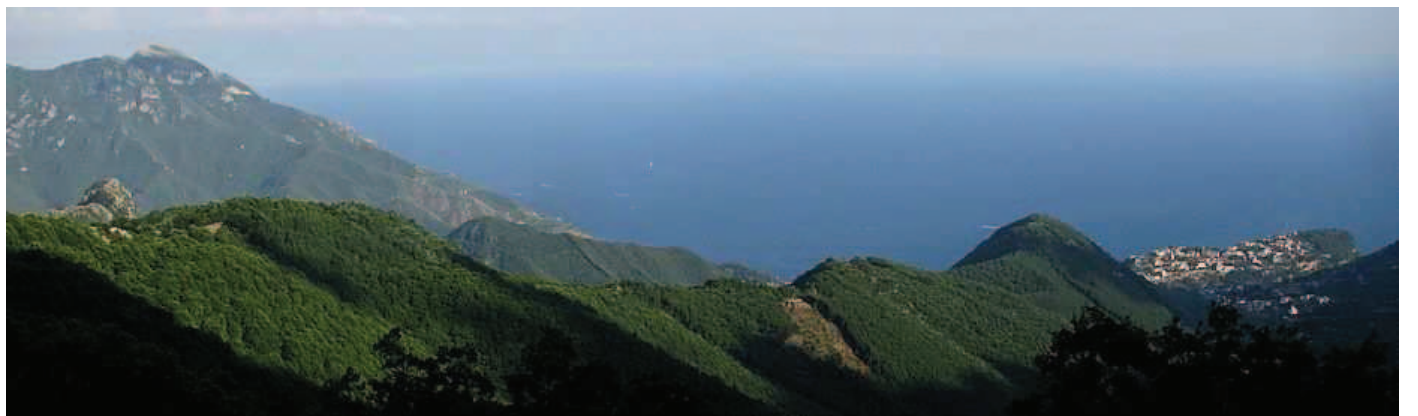
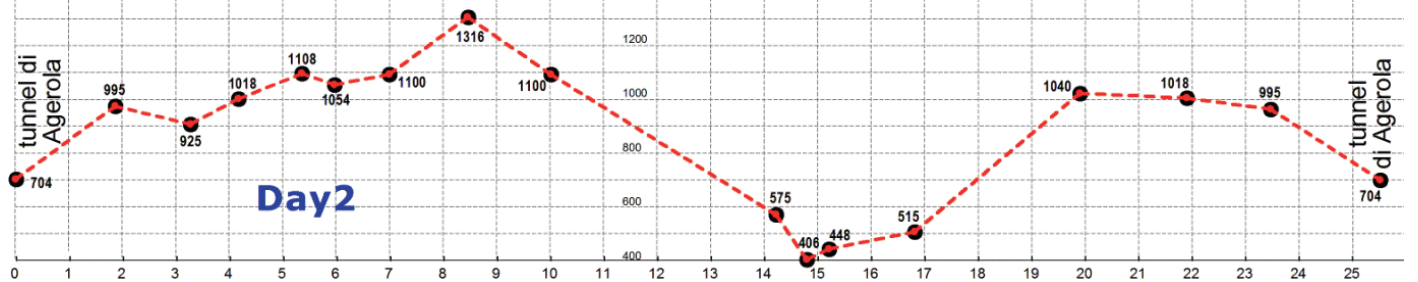
The second ascent, taking us to the peak (1.100 to 1.316m), will be there and back, so anyone who wants to, can do part or none of this stretch, saving 3km (as well as 216m elevation). A long, easy descent of 4km will take us to the saddle of Monte Brusara before carrying on down to the bottom of the valley at 406m. A very short walk uphill will take us to Santa Caterina where we can again fill up our water bottles.

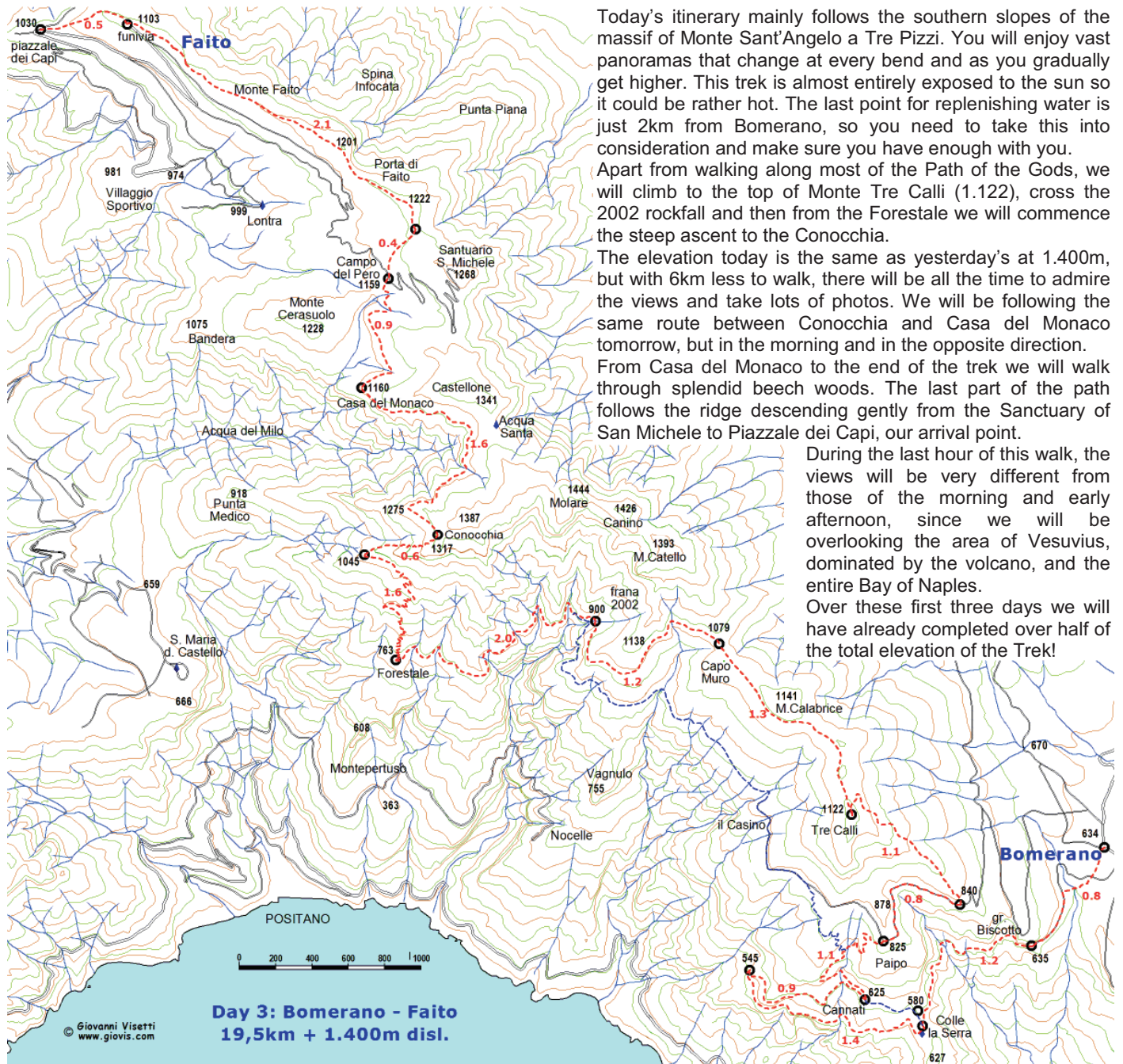
Here there is a further possibility of reducing the length of the trek by 3km, walking up to Santa Maria ai Monti via Bosco S. Maria. Our route instead turns south to shortly beyond Campidoglio (515m) where the steep Scalandrone path begins leading to a height of 1.040m in just 3km.

**Day 2**  
**Monte Cerreto & S. Maria ai Monti**  
**20 ÷ 25,5km +**  
**1.150 ÷ 1.400m**



From the belvedere of Santa Maria ai Monti we will have a last glimpse of the Dragone valley between Ravello and Scala before completing the remaining 7km of the loop, which will seem as easy as pie! In fact the first 5 are virtually on the flat along wide, easy and comfortable paths, and once round Cervigliano to the south, we only need to descend to the tunnel of Agerola.





Today's itinerary mainly follows the southern slopes of the massif of Monte Sant'Angelo a Tre Pizzi. You will enjoy vast panoramas that change at every bend and as you gradually get higher. This trek is almost entirely exposed to the sun so it could be rather hot. The last point for replenishing water is just 2km from Bomerano, so you need to take this into consideration and make sure you have enough with you.

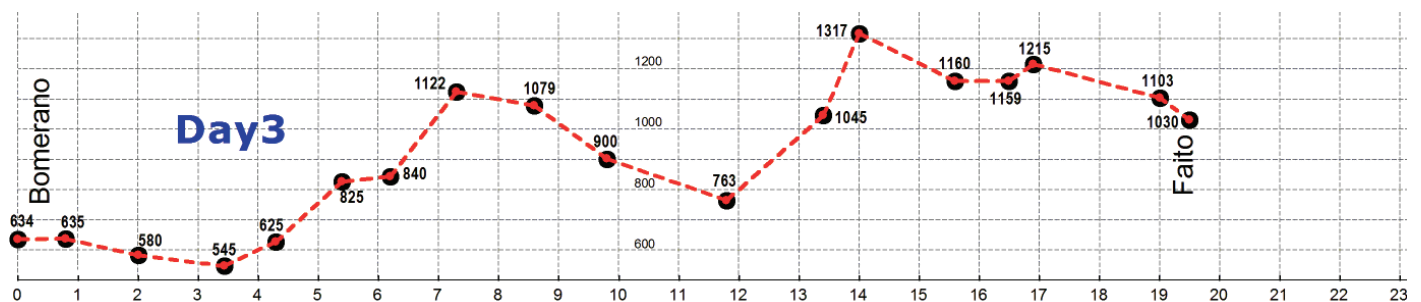
Apart from walking along most of the Path of the Gods, we will climb to the top of Monte Tre Calli (1.122), cross the 2002 rockfall and then from the Forestale we will commence the steep ascent to the Conocchia.

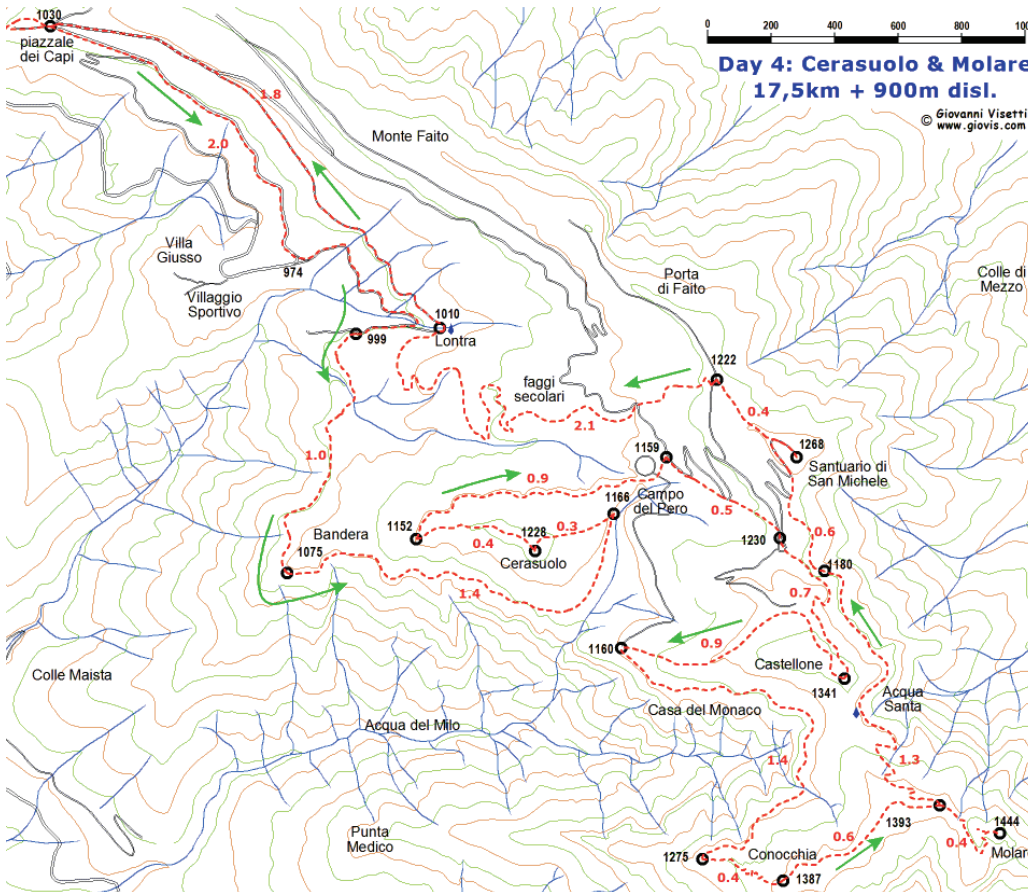
The elevation today is the same as yesterday's at 1.400m, but with 6km less to walk, there will be all the time to admire the views and take lots of photos. We will be following the same route between Conocchia and Casa del Monaco tomorrow, but in the morning and in the opposite direction.

From Casa del Monaco to the end of the trek we will walk through splendid beech woods. The last part of the path follows the ridge descending gently from the Sanctuary of San Michele to Piazzale dei Capi, our arrival point.

During the last hour of this walk, the views will be very different from those of the morning and early afternoon, since we will be overlooking the area of Vesuvius, dominated by the volcano, and the entire Bay of Naples.

Over these first three days we will have already completed over half of the total elevation of the Trek!





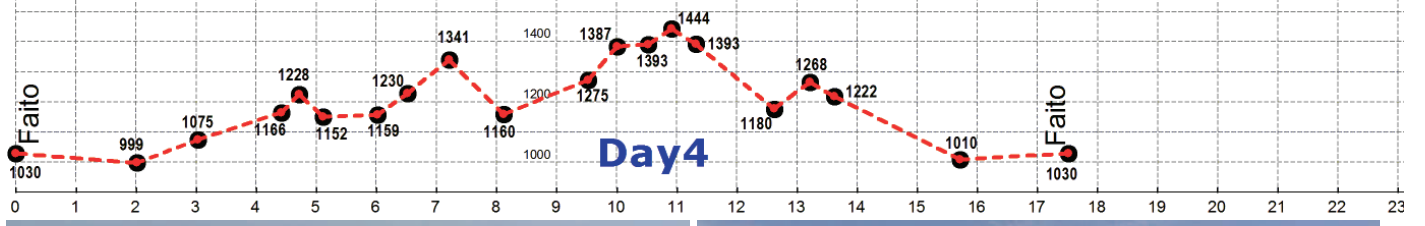
**Day 4: Cerasuolo & Molare  
17,5km + 900m disl.**

This fourth day, the shortest of the entire Trek with only 17.5km, can be considered a day of rest... Wandering between Faito and the Molare we will walk along almost all of the paths enjoying the many scenic view points.

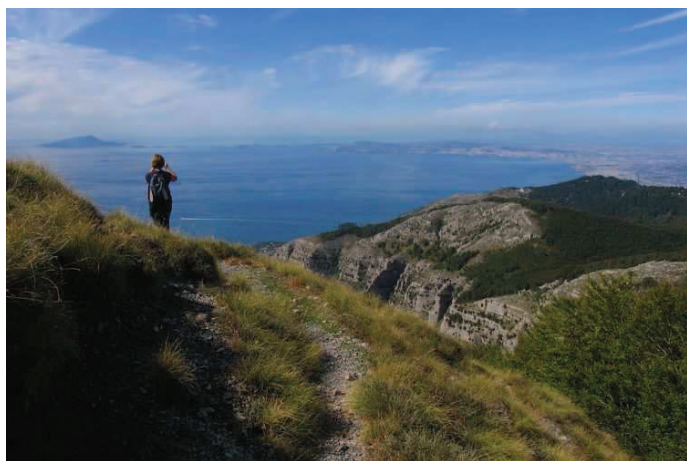
Consequently, more than any other day, we could easily change the itinerary.

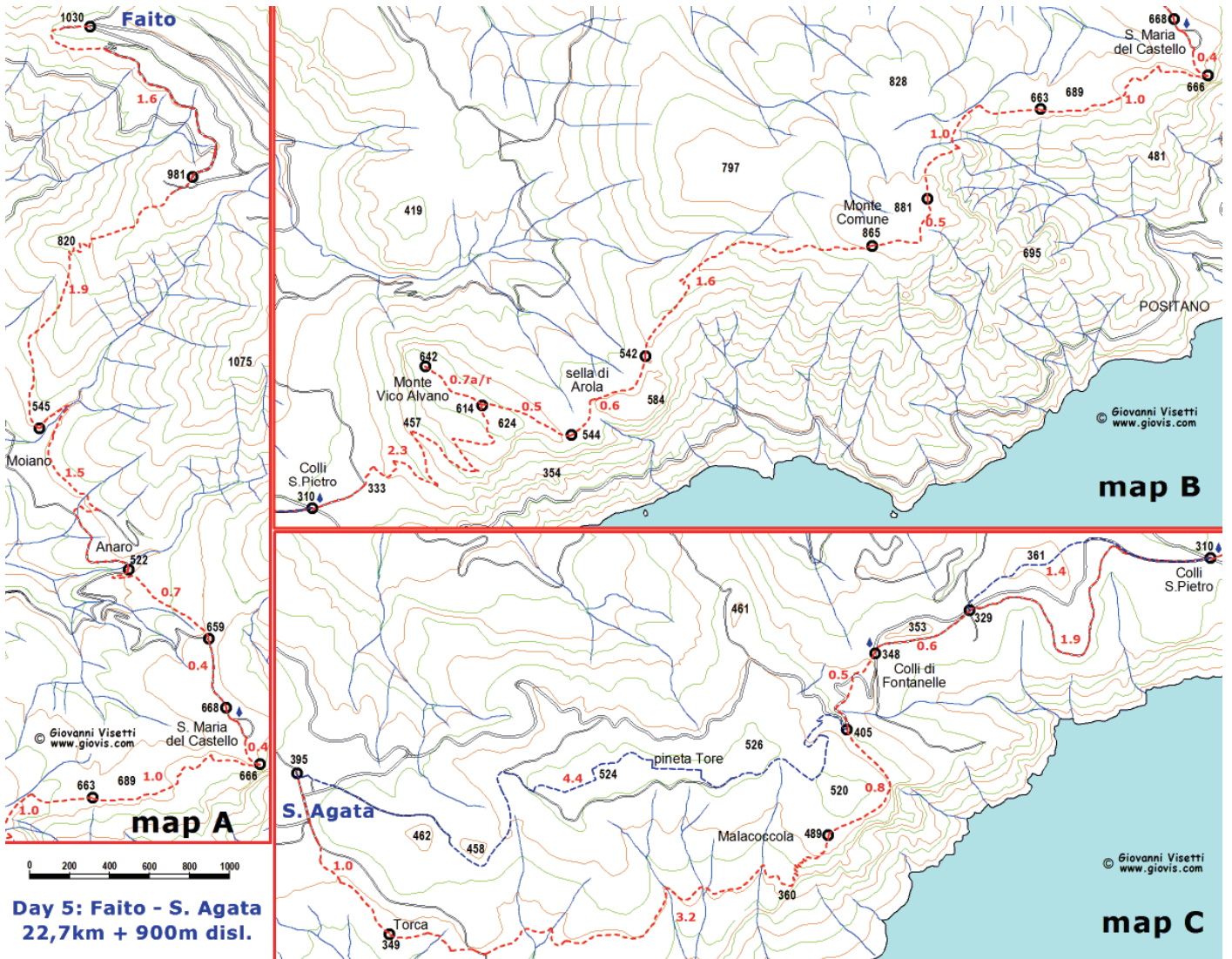
We will start the trek along the path of Bandera (not particularly suitable for vertigo sufferers) and then, walking uphill and downhill, we will reach the top of Cerasuolo (1228m), Castellone (1341m), the Cross of the Conocchia (1387m) and finally the Molare, which at 1.444m is the highest peak of the Monti Lattari.

Again today there are few places to replenish your water supply since the Lontra spring is at the very start of the trek and the spring at Acqua Santa flows weakly and sometimes not at all. However since almost the entire day will be spent at an altitude of over 1000m, with long stretches under the shady beech trees, the heat should not create problems.

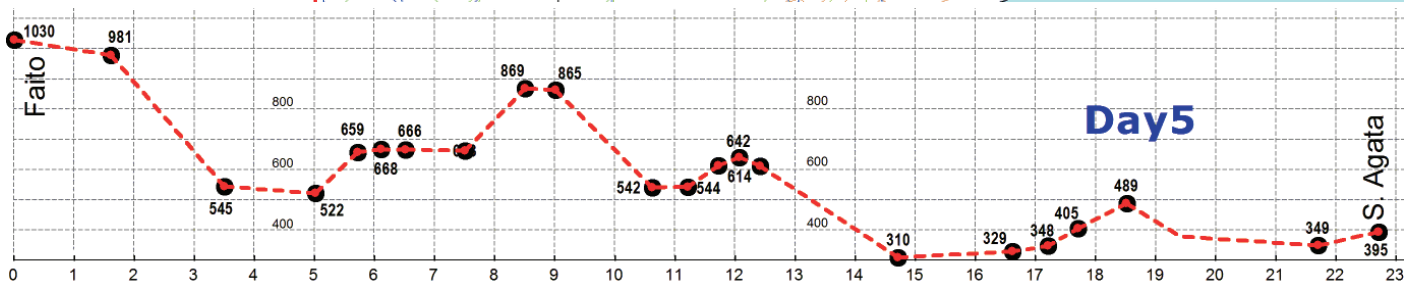


**Day 4**





**Day 5: Faito - S. Agata**  
22,7km + 900m disl.

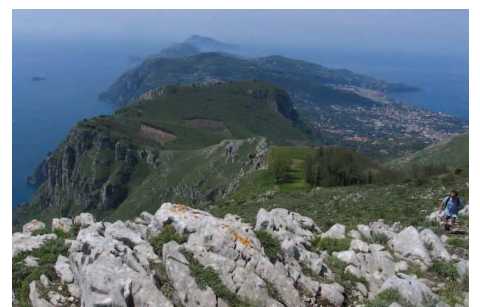


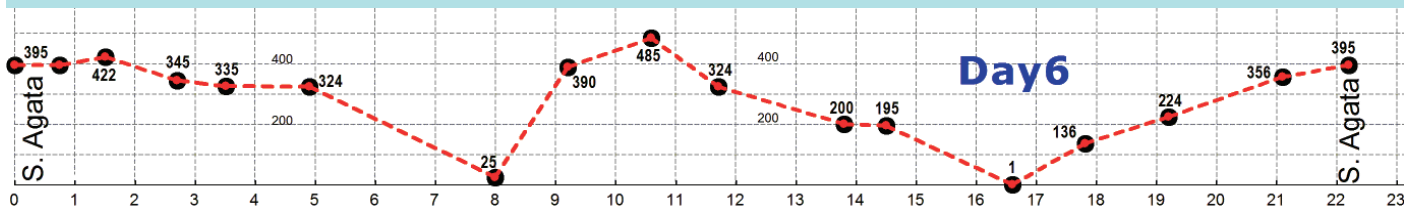
Today we leave the mountains, gradually making our way, uphill and downhill, towards the extreme tip of the Peninsula through more populated areas with their gardens, orchards and olive groves. Water will be no problem and we will be able to enjoy more frequent coffee stops.

We begin by walking downhill towards Moiano with the view of today's route in front of us. From Anaro we go up to Santa Maria del Castello where after a pause for coffee and water we will go to look down at Positano more than 600m beneath us.

After a fairly flat stretch we climb up to the meadows of Monte Comune, where to the west we can see the sequence of peaks that we will meet today and over the final two days: Monte Vico Alvano, Malacoccola, the Tore pinewood (not in this year's itinerary), Monte San Costanzo and behind them, on the isle of Capri, Monte Tiberio and Monte Solaro (see photo on the right).

Walking down amidst hundreds of wild orchids we will come to the saddle of Arola (more views of the last section of the Amalfi Coast), from where after another ascent (short) we will reach Monte Vico Alvano. A brief detour (there and back) takes us up to the cross (642m) with a view that this time embraces Vesuvius and the Bay of Naples. The path then zigzags down to the Colli where we will effectively start walking through inhabited areas, although before we reach Sant'Agata we can enjoy the 4km of paths between Colli di Fontanelle and Torca via the Pizzetiello (489m) and Malacoccola with their flowering broom and rock roses.





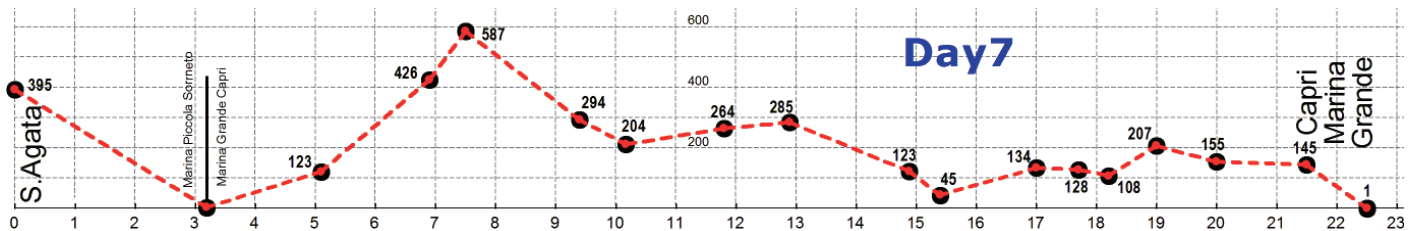
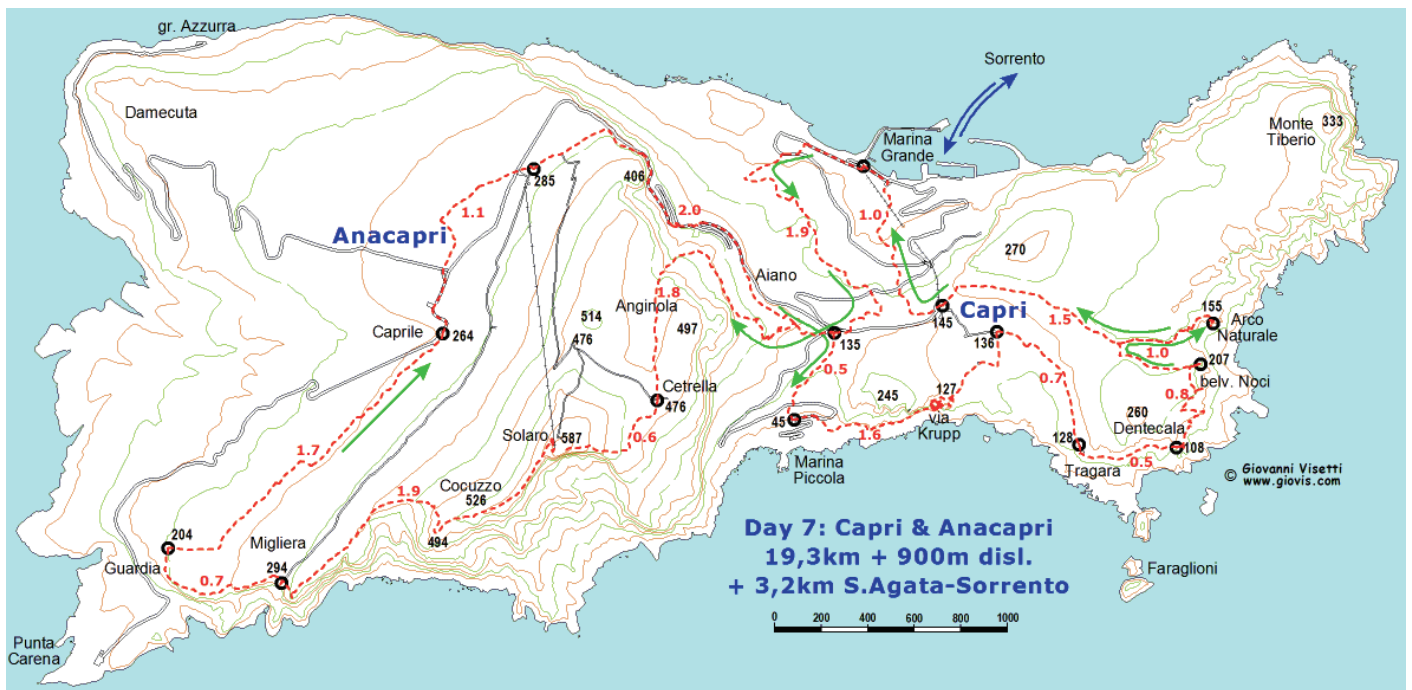
Today's loop is in a similar ambience to yesterday afternoon's, alternating more inhabited zones with rural areas and others that are completely "wild" such as Monte San Costanzo and Punta Campanella.

From Sant'Agata to Termini we will almost always keep to the ridge with its views of the gulfs of Naples and Salerno. From Termini we will walk down to Punta della Campanella and after a brief stop (tower, Roman ruins, Oscan stairway) we will undertake today's highlight, the ridge of San Costanzo with its magnificent views of the bay of Jeranto, Capri and the two gulfs.

Once back in Termini we will start to walk along the western slopes descending to sea level at Marina della Lobra having passed through Santa Maria and L'Annunziata.

We end our last day entirely on the mainland by walking back up to Sant'Agata through the many lemon and olive groves of Lobra, Massa and San Francesco.





We are nearly at the end of our trek...we meet in the square in Sant'Agata to walk down to the port of Sorrento via the historical Circumpiso path. Less than half an hour at sea and we disembark at Capri's Marina Grande, dominated to the south-west by an imposing cliff that forms a natural boundary between Capri and Anacapri. We will confront it (and overcome it) by walking up the pass of Anginola first through a beautiful holly oak wood and then "climbing" up the rock face with the aid of various metal chains and ropes. Coming out onto a lush valley, to many it will seem impossible that such a place exists on such a small island invaded daily by thousands of tourists. On Capri there are numerous possibilities of shortening or lengthening the trek and even of using public transport (not only buses, but also Capri's funicular railway and Monte Solaro's chairlift).

Today (as in Faito) the route may be modified...in principle we are thinking of going to Cetrella (via the valley or Monte S. Maria) and then up to Monte Solaro. But we may also consider nipping up to Monte Cappello. From the Solaro we will definitely descend to Migliera and probably on to Guardia before proceeding to Anacapri.

Walking briskly through the centre, we will reach the saddle of the "Two Gulfs" in about half an hour (short stretches along the road), which is where our tour of Capri begins. Setting off in the direction of Marina Piccola, before we get there, we turn to the east coming to the centre via the famous Via Krupp and the Gardens of Augusto. We proceed to Tragara (view of the Faraglioni) and then, passing Dentecala, go up to the Belvedere delle Noci, from where we will have our first sighting of the Natural Arch.

We then walk around the valley arriving almost inside the Arch before starting back towards Marina Grande, passing through Capri's famous Piazzetta. The TREK officially ends at the port. Anyone who needs to depart can go directly to Naples, others may leave from Sorrento, yet others may decide to remain a few more days in the Peninsula.

For those who stay, we will try to arrange a mega dinner all together to celebrate a fantastic week!

