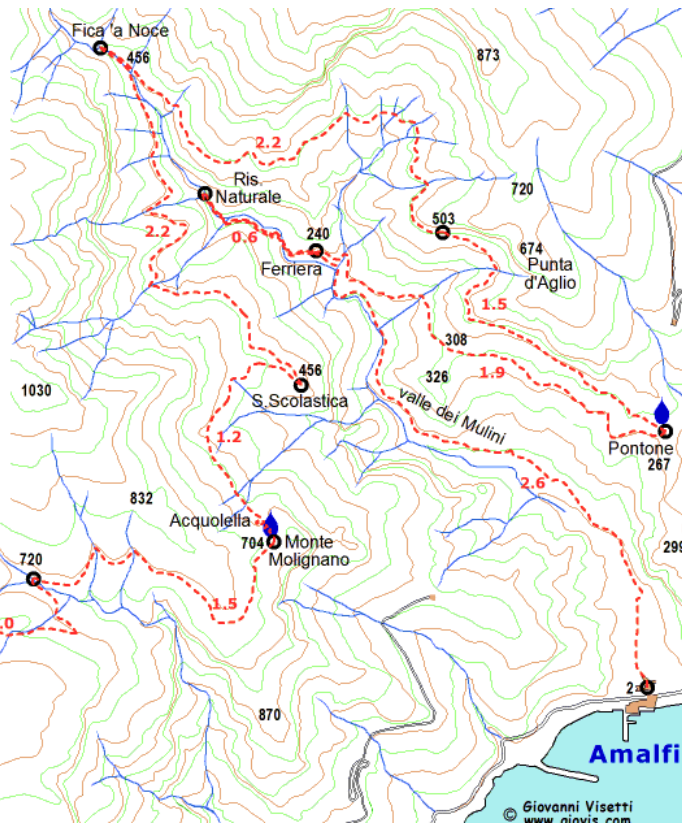


We leave Amalfi passing through its historical centre and continuing up the Valley of the Mills past the ruins of its ancient paper mills to the Ferriera (iron mill). From there a short detour will lead us to the Nature Reserve with its waterfalls, endemic ferns and "carnivorous" plants. Back at the 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.**

