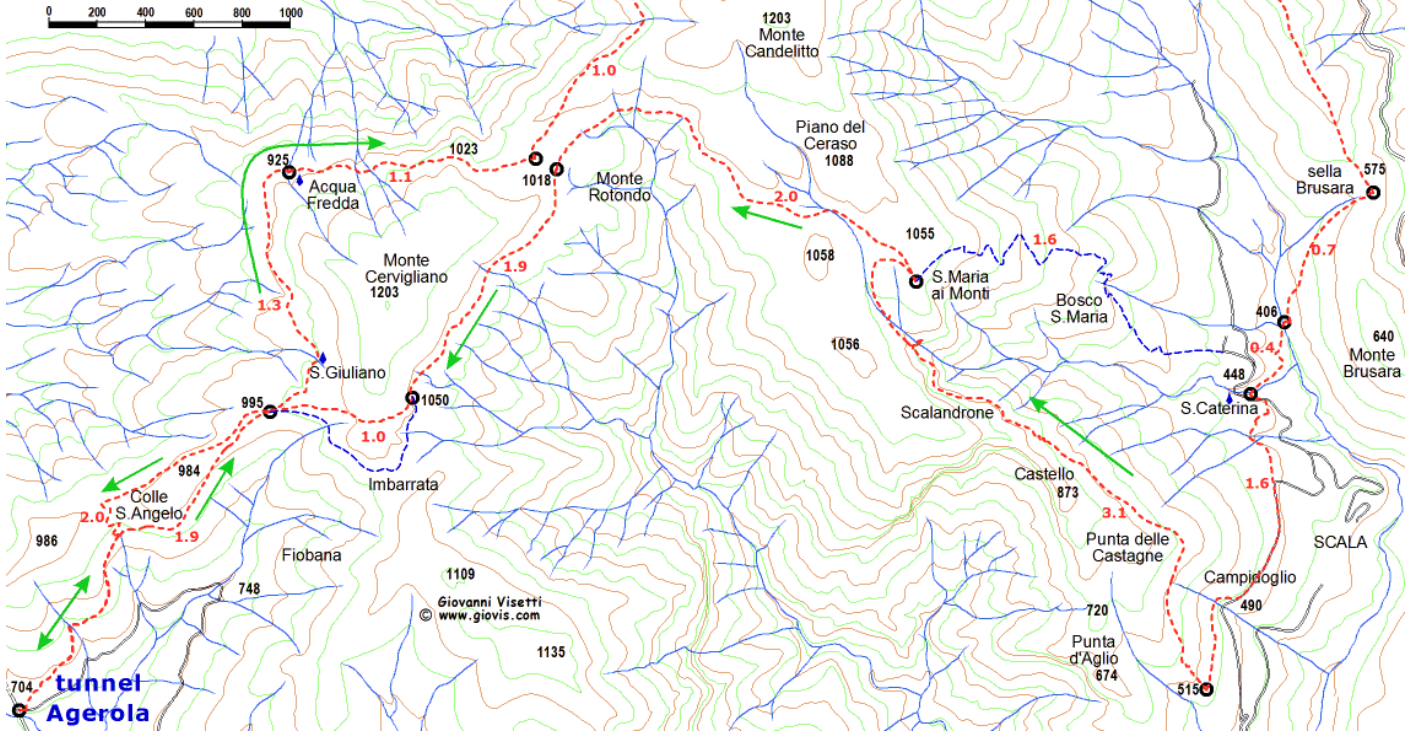


Following Day 1's "warm up", today's itinerary is the longest and steepest of the whole TREK. From the tunnel of Agerola we will reach the top of Monte Cerreto (1.316m) with two ascents (of respectively 300 and 200m elevation) separated by 5km of flatter stretches through meadows, chestnut and beech 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.

