



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.

