



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 the 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 quickly 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!

