

ITINERARY AT A GLANCE

Day 1 FRIDAY - POSITANO
 Day 2 SATURDAY - MONTEPERTUSO
 Day 3 SUNDAY - CAPRI - VILLA JOVIS
 Day 4 MONDAY - AMALFI - RAVELLO
 Day 5 TUESDAY - VALLE DEI MULINI
 Day 6 WEDNESDAY - PAESTUM - CASTELLABATE
 Day 7 THURSDAY - MERCATO CILENTO - VATOLLA
 Day 8 FRIDAY - VELIA
 Day 9 SATURDAY - ARRIVEDERCI

Day 1: FRIDAY - POSITANO

We meet on the terrace of our first hotel overlooking the bay. We begin with a short hike above the town of Positano to the faction of Li Parlati. This evening, our hosts Costantino and Angela prepare a delicious homegrown "welcome" feast served family style in the dining room of our charming cliff side hotel.

Day 2: SATURDAY - MONTEPERTUSO

After breakfast, we hike north through olive groves and farmland to the hamlet towns of Montepertuso (365m), and Santa Maria di Castello (635m). Our afternoon hike brings us to treetop level before descending back down to Positano.

Day 3: SUNDAY - CAPRI - VILLA JOVIS

We take an early morning ferry (1hr) to Capri. From Capri's port we walk on pedestrian lanes up to Villa Jovis, Tiberius' summer playground, and site of our relaxing lunch time picnic.

Day 4: MONDAY - AMALFI - RAVELLO

After breakfast, we walk down to sea level for a boat shuttle to Amalfi. Once in Amalfi, we enjoy a private guided walking tour of this maritime republic. After lunch, we begin a leisurely walk to the coastal town of Atrani and then hike the Lattari hills from Atrani to Ravello. (362m) We arrive in Ravello in late afternoon to explore the 12th Century cathedral and gardens! Dinner on your own.

Day 5: TUESDAY - VALLE DEI MULINI

Visit the Duomo in Ravello in the morning, then hike through chestnut groves between Ravello and Amalfi, through S. Caterina (526m) and Scala (377m). Visit the 12th Century church in Scala. Lunch in Pontone (136m).

Day 6: WEDNESDAY - PAESTUM - CASTELLABATE

After breakfast shuttle down the coast to Paestum. Enjoy a guided tour of Paestum's famously preserved 4th Century Greek temples. After lunch we cycle along quiet rolling coastal roads to Agropoli and then to our final destination of San Maria di Castellabate.

Day 7: THURSDAY - MERCATO CILENTO - VATOLLA
 We begin the day by cycling inland along rolling hills. After lunch we gear up for our return ride to Castellabate in the afternoon. In the evening we head to La Giacaranda for an elegant and informative cooking lesson and a wonderful dinner.

Day 8: FRIDAY - VELIA

After breakfast, we cycle from San Maria di Castellabate to Acciaroli. We take a break for a Ciclismo Classico picnic extravaganza! In the afternoon you may choose to return to San Maria by bike or van shuttle, where we have arranged an olive oil tasting at a local "enoteca". This evening we will have a festive farewell dinner at the elegant Giacaranda Inn.

Day 9: SATURDAY - ARRIVEDERCI

Morning shuttle from San Maria to Agropoli to meet connecting trains, buses or rental cars. You may also arrange for a van driver.

Total Mileage: 128

Daily Average Mileage: Walk 5, Bike 25

Included:

- All accommodations
- All breakfasts and six dinners
- Two lunches
- Neapolitan cooking lesson
- Traditional Neapolitan music
- Visit to a limoncello factory in Amalfi
- Guided tour of Amalfi by local guide
- Wine/olive oil tastings
- Guided visits of two former Greek settlements
- Cycling clinics
- Shuttle to Agropoli train station on last morning

Not Included:

- A 27-speed lightweight road or 24-speed hybrid bicycle (available in Italy at an additional \$100.00 rental cost)
- Transport of bike case (for guests who bring their own bike; shipping available in Italy for additional fee)
- Wine and alcoholic beverages
- Most lunches
- Airfare
- Transfers to the starting point or from the finishing point unless specified; we can assist you in planning and arranging for any necessary shuttles
- Helmets (Bring your own, can not be rented in Italy)
- Personal expenses (laundry, supplies, phone calls, etc)
- Guide tip

Price per person	DbI	Sgl	TrI
Land Only	\$3,395	\$3,895	N/A

May 6
 September 9, 30

A 6 day mini tours is also available. It is the same itinerary, but the tour stops on day 6.

Special departures on request with supplement

Selected Hotels

LA FENICE	Positano (3 nights)
GIORDANO	Ravello (2 nights)
VILLA SIRIO	San Maria del Castellabate (3 nights)