



CLASSIC



Italy's Sorrento/Amalfi Coast

Dates: 7-20 October 2019

Tour Leader: Jutta Brendel and Richard Ruppel



Adventure Tours
University of Wisconsin-Stevens Point

Overview

The sights, smells, sounds, and feeling of hiking along the coasts of Sorrento and Amalfi are unforgettable. Travelers return to these destinations frequently to explore and take in the beauty and culture of these unique landscapes, history, architecture, and food along the sea. With our local hosts Imma and Luca, you'll have firsthand access to local lore. Venture through the central piazza of Termini, hike to Punta Campanella and Monte San Costanzo for excellent views of the Bay of Naples. Walk to a frantoio, an olive oil press, in operation since 1865 and run by Imma's brother to see the operation, taste different oils, and through a masterchef cooking demo you'll get to prepare and dine on your local creation. Hike above the cliffs to Re Gommone, explore active volcano Mount Vesuvius, and visit Herculaneum, one of the two volcanic-eruption-buries cities in 79AD. If seeking local shops and more, there are plenty in Sorrento. If you want to do more on your own in your free time, you might venture out to Naples or explore the ruins of Pompei. After saying goodbye to Imma and Luca, your journey extends to Amalfi to explore this small town, walk to small town Ravello to take in views and gardens of Villa Cimbrone and Villa Rufolo, and then on to Bomerano for the pleasing hike along the Path of the Gods, a world-renowned coastal ridge walk offering the best views of this peninsula's coast extending to Capri. Through Sorrento, your next destination becomes the isle of Capri; with its ruins of Villa Tiberio, hikes to Natural Arch and the Faraglioni (cliffs of the sea), and elegant shops and streets of this car-free community. Top off the tour with an excursion to Ischia to experience the sulphurous hot springs, soak in its desirable waters, possibly entertain a massage, and/or spend the day on the beach for a laid back day of relaxation. A final hurrah in the village of Anacapri with its villa Krupp will allow travelers to experience some of the more enchanting parts of this country. Tour leaders Jutta Brendel and Richard Ruppel are extremely excited to return to these bountiful lanscapes to share this journey with you.

Tour Leaders



Jutta Brendel and Richard Ruppel

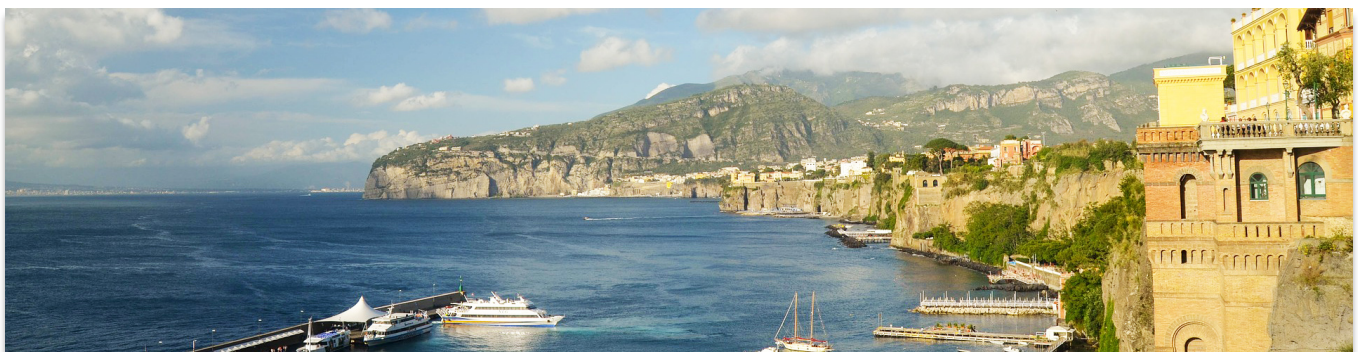
Jutta Brendel taught English at UW-Stevens Point for many years and speaks both German and Italian. She has travelled to Italy extensively and has returned to this specific part for 36 years. Richard Ruppel is an emeritus professor at UW-Stevens Point where he taught German for 30 years. He has led 14 UWSP Adventure Tours adventures in Europe. Speaking fluent German, Richard has also spent seven years travelling, studying and teaching in Austria, Germany and Switzerland.

Itinerary

Day 1 (Monday, 7 October 2019) - Arrival and Ease Into It!

Arrive Capodicchino/Naples airport (NAP) and coach bus transfer to Sorrento enjoying the beautiful views of the bay. Meet our hosts Imma and Luca, claim your room and meet for a guided tour through Sorrento. Enjoy a tasty group dinner around the corner from our hotel, stroll some more or collapse and get a good rest.

Overnight: [Hotel Del Corso](#) Meals included: group welcome dinner



(Sorrento coast - pixabay)

Day 2 - Termini and the Hike to Punta Campanella

After breakfast, be ready to hop the local bus and wind your way up the serpentine road to Termini. Enjoy the breathtaking view of the island of Capri from Termini's central piazza and hike to [Punta Campanella](#), the tip of the Sorrento peninsula and a protected diverse marine area (encompassing the "land of the mermaids"). The option from there is to either hike back the same way or hike up to Monte San Costanzo with its view of the Bay of Naples as well as the Bay of Salerno.

Overnight: [Hotel Del Corso](#) Meals included: breakfast

Day 3 - Olive Oil Press, Cooking Workshop, and Cuisine

After a leisurely breakfast, we walk to a "frantoio" in Sat' Agnello, an olive oil press in function since 1865 and run by Imma's brother as part of the Gargiulo Oil Mill, which produces extra-virgin olive oil. Learn how olives are grown, harvested and then pressed before a tasting of several different oils. See, practice and taste in a cooking workshop with masterchef Imma, preparing some of the local specialties. Be ready to enjoy what you cooked!

Overnight: [Hotel Del Corso](#) Meals included: breakfast and group dinner with Imma



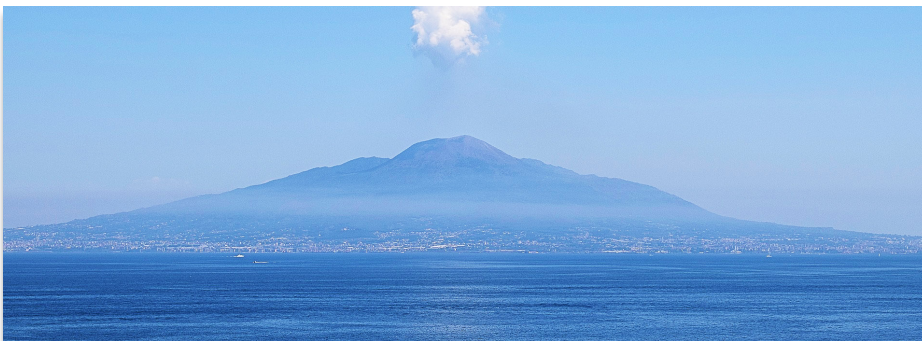
(cooking with Imma photo by tour leader Jutta Brendel)

Day 4 - Marina del Cantone and the Cliffs to Re Gommone

In mid-morning we'll take the local bus to "Marina del Cantone," a small seaside resort that Italian locals sometimes visit as a refuge, and walk above the cliffs to "Re Gommone." Both areas offer choices of lunch (sit down or sandwiches) or you can eat your own on the beach from simple trattorie and café-cars. Take the public bus back or hike up the hill halfway for more spectacular views of the Sorrentine peninsula.

Overnight: [Hotel Del Corso](#) Meals included: breakfast

Day 5 - Mount Vesuvius and Herculaneum



(Mount Vesuvius - pixabay)

Give your legs a rest and enjoy the excursion to Mount Vesuvius, a very active volcano, and Herculaneum, one of the two cities buried in the lava of its eruption in 79 AD.

*Overnight: [Hotel Del Corso](#)
Meals included: breakfast and lunch*

Day 6 - Free Day in Pompeii or Naples

A day to enjoy and explore on your own. Possibilities are many: a visit to Pompeii or Naples, checking out the local stores with a visit to a small factory of inlaid wood, or some other walk to explore the country side. Imma and Luca as well as your leaders will be happy to assist you with plans and routes.

Overnight: [Hotel Del Corso](#) Meals included: breakfast



(Pompeii - pixabay)

Day 7 - Transfer to Amalfi and Explore

Enjoy your last breakfast with Imma and Luca and transfer to Amalfi. Leave your luggage at the hotel and explore the small town of Amalfi, its ceramics and small, century old paper factory. Group dinner in Amalfi.
Overnight: [Hotel Il Nido](#) Meals included: breakfast and group dinner

Day 8 - Walk to Ravello, Villa Cimbrone & Villa Rufolo

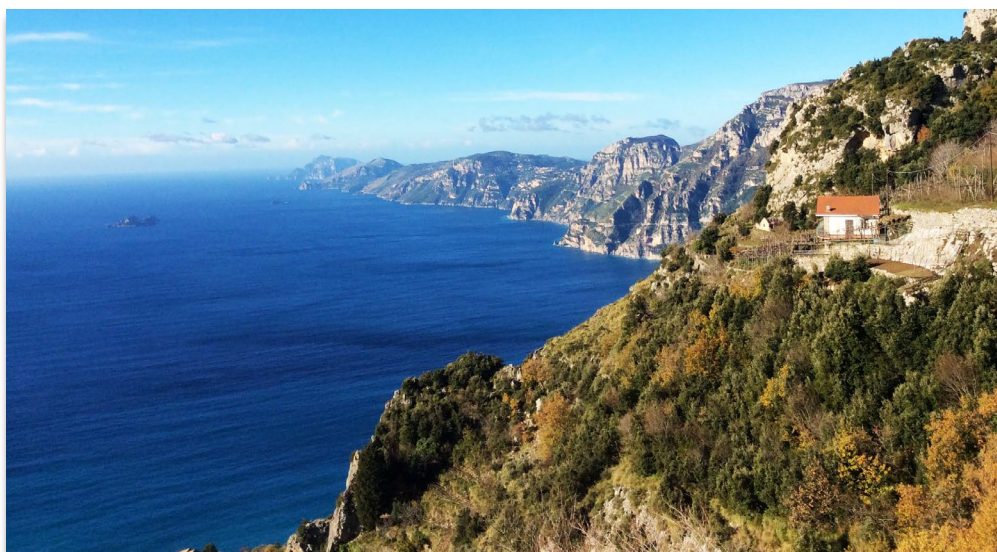
Walk up to the small town of Ravello with its two beautiful villas open to the public, Villa Cimbrone and Villa Rufolo with beautiful gardens and stunning views. Hike back down or take the public bus back.
Overnight: [Hotel Il Nido](#) Meals included: breakfast



(coastal view in Ravello - pixabay)

Day 9 - Hiking the Path of the Gods to Positano

From downtown Amalfi, take the bus up to Bomerano to hike the aptly named [Path of the Gods](#). A famous ridge walk that offers stunning views of the whole coast to Punta Campanella and the island of Capri. We'll end the walk above the town of [Positano](#) and descend or bus and stroll through Positano.
Overnight: [Hotel Il Nido](#) Meals included: breakfast



(Path of the Gods photo by tour leader Jutta Brendel)

Day 10 - Capri

Enjoy the ocean view from your breakfast table before transferring to board the ferry to the island of Capri. Check into your B&B and stretch your legs to explore your surroundings before enjoying a group dinner with local specialties.
*Overnight: [Carlo A Veterino B&B](#)
 Meals included: breakfast and group dinner*

Day 11 - The Ruins of Villa Tiberio, Natural Arch, and Faraglioni

After breakfast, we will see the ruins of “ Villa Tiberio”, a villa Emperor Tiberius had built on this island as a summer residence for the island’s beauty and safety and liked so much that he spent the remainder of his life here. We might want to hike to the “Natural Arch” and the “Faraglioni” (cliffs in the sea) on the foot path around the island or explore the elegant shops and small streets of this car- free community.

Overnight: [Carlo A Veterino B&B](#)

Meals included: breakfast

Day 12 - Island of Ischia

Day excursion to the island of Ischia with its hot, sulphureous springs. Soak in the water, enjoy a massage or spend the day on the beach.

Overnight: [Carlo A Veterino B&B](#)

Meals included: breakfast



(Capri - pixabay)



(local pizza - pixabay)

Day 13 - Anacapri

Explore the village of Anacapri and with its villa Krupp and walk some more through the quieter part of this enchanting island.

Overnight: [Carlo A Veterino B&B](#) *Meals included:* breakfast and group farewell dinner

Day 14 (Sunday, 20 October 2019) - Depart for Home

Say goodbye to Capri, board the ferry and coach transfer to Capodicchino/Naples airport (NAP).

Overnight: none *Meals included:* breakfast

Cost and Details

COST: \$3,499 (total USD)

MY OWN ROOM: \$1,350 (additional USD)

INCLUDED: The cost includes all lodging (based on double occupancy), all breakfasts, 5 dinners and 1 lunch, all group land transfers with motor coach, two ferries from Sorrento to Capri and Capri to Naples, bus passes, Vesuvius entry, 1-2 tour leaders (depending on group size), all group activities (as listed above), traveler’s handbook and orientation.

NOT INCLUDED: Roundtrip airfare, extra activities/sites, extra purchases (such as souvenirs, alcoholic beverages, snacks and meals not listed, and lodging sundries), local driver and guide tips, laundry services and travel insurance.

PLEASE NOTE: With weather and other uncontrollable variables, some activities/lodgings/schedules/meals may change prior to or during the tour. This tour will accommodate a variety of fitness levels; however, it is best to be in fair physical/mental shape.

TOUR LEADERS: Jutta Brendel and Richard Ruppel

GROUP SIZE: 12-16 **CONTACT:** Trevor Roark (program manager), 715-340-8186, adventure.tours@uwsp.edu

BOOKING: Book online with a credit card OR print booking form, complete and mail along with \$300 (pp) nonrefundable deposit.

WEBSITE: www.uwspadventuretours.com

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