



SORRENTO HIKING

OUTDOOR EXPERIENCE IN
SORRENTO, AMALFI COAST & CAPRI

#OFFTHEBEATENTRACK

PATH OF THE GODS



Walking between Heaven and Earth, from the Path of the Gods it is possible to admire one of the most breathtaking panoramas on Earth: a stunning view of the coast which ranges from the archipelago of Li Galli on the left to the island of Capri in front of you.

Through old vineyards, terraces, farmhouses and monasteries, suspended at 650 meters above the sea level, you will have the feeling to walk in a painting with an ever changing landscape.



Walking Distance 7,5 km
Walking Time 3,5 h
Early Departure (about 8 AM)
Free Shared bus service
Free Hiking Poles

DAILY

55€
p.p.

OIL & LEMON TOUR

Get a taste of Italy like a local
Food & Walking Tour



There is no question that Italy is famous all over the world for its food. So don't miss the chance to take part to this introductory tour for those who love - or are just curious - about the local excellences. Walking along the town of Sorrento you will have the chance of learning about its history and knowing about the cultivation and production of lemons, olive oil, cheese and wine. An expert guide will lead you step by step in the knowledge of the basic principles of cultivation, production and tasting of the local products (included). You will learn to understand and recognize the quality of these excellent products, from the typical production to their properties, such as colour, aroma and flavour. At the end of this tour, you will be able to understand the main characteristics of this products. You will immediately test what you learned by visiting a factory producing local cheese and also a wine and limoncello factory. At the end of this tour even the taste of a simple bruschetta topped with local extra virgin olive oil, fresh cheese paired with a glass of wine, will acquire a whole new value.



Walking Distance 3 km
Walking Time 2,5 h
Private Guided Tour
Meeting Point Piazza Tasso

DAILY

40€
p.p.

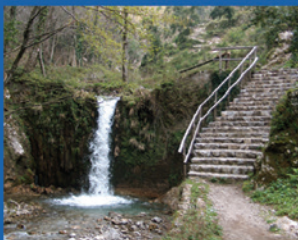
AMALFI COAST EXPERIENCE

Ravello | Scala | Amalfi



Come and discover the pearls of the Amalfi coast through this hike which joins three of the main cities of the Amalfi coast: Ravello, Scala and Amalfi.

RAVELLO, universally recognized as the city of music, has enchanted and inspired many musicians. Small streets, villas and churches with beautiful mosaics, its atmosphere and the wonderful gardens make it an unforgettable place, an oasis of infinite tranquillity and an ideal place for hikers and trekking lovers. From Ravello we will start our hike walking across **SCALA**, the most ancient village of the Amalfi Coast, an important stronghold of the ancient Republic of Amalfi. Once, left Scala and its medieval vibes, we are ready to reach **AMALFI** walking through the “Valle delle Ferriere e dei Mulini.” Descending across old paper mills, waterfalls and rare plants, this trail brings you in a totally unusual scenery for the sunny Amalfi coast, a few steps away from the center of the town. Once arrived in Amalfi you will have the chance to fully enjoy the mild Mediterranean climate, taste the typical products and enjoy enchanting views with its Cathedral, numerous churches scattered throughout the territory, and the beautiful landscapes that made this place famous all over the world.



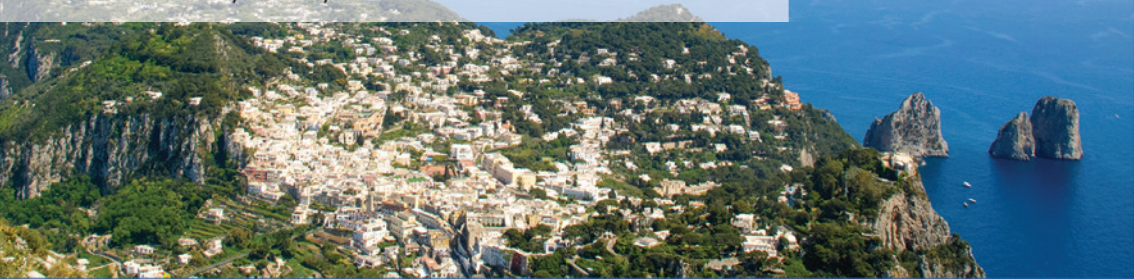
Walking Distance 10 km
Walking Time 4 h
Free Transfer
Free Hiking Poles
Optional lunch in a typical restaurant

PRIVATE TOUR

CAPRI



A landscape of savage beauty sculpted by the wind, the sea and adapted by the genius of man: this is the island of Capri! Moving from the chaotic and touristic center of the island we reach in a few minutes the wild heart of the island that unveils behind every corner breathtaking landscapes, where the sea blends continuously with the blue sky in an eternal exchange. The island offers a wide choice of hiking trails with varying degrees of difficulty, all united by the constant vegetation typical of the Mediterranean Macchia, combined with the architectural work of the locals who have been able to preserve the beauty of the island over the past centuries. The stunning charm of the island has always enchanted different civilizations, starting from the ancient Greeks, the Romans up to the countless writers and poets of the '900. They brought the island in to the Olympus of the world's destination. Don't miss the chance to see it that with your own eyes!



Walking Distance 8 km

Walking Time 3 h

Private Guided Tour

Free Hiking Poles

Optional lunch in a typical restaurant

PRIVATE TOUR

PATH OF THE GODS



The Path of the Gods takes us back in time, at the glory of the Greek period. Probably one of the most famous paths in Italy, this hike moves from Bomerano to Nocelle. Walking between heaven and earth, from the Path of the Gods it is possible to admire one of the most breathtaking panoramas on Earth: a stunning view of the coast which ranges from the archipelago of Li Galli at your left to the Island of Capri in front of you. The Path of the Gods, despite the name, is also an extraordinary example of the work of human beings, who managed throughout the centuries to colonize even the most impracticable locations of the region. Walking in this spectacular scenery, there will be the occasion to meet local shepherds and farmers eventually. They still work and live in this little corner of heaven facing every day the difficulties of their hard job with passion and devotion, a trademark of the people here in Southern Italy. Through old vineyards, terraces, farmhouses and monasteries, suspended at 650 meters above the sea level, you will have the feeling to walk in a painting with an ever-changing landscape



Walking Distance 7,5 km

Walking Time 3,5 h

Free Transfer

Free Hiking Poles

Optional lunch in a typical restaurant

PRIVATE TOUR

MONTE FAITO



The lovers of Nature and landscapes can't miss this hike to the highest peaks of the Sorrento Peninsula. Starting from Monte Faito 1200 mt, that overlooks on the gulf of Naples, we will reach Monte Conocchia 1380m and Monte Molare with a height of 1444 m. Your perspective on the beautiful surrounding landscape will change as you gain quote. We will start hiking through a forest of Beeches, chestnut trees and wild orchids in April-May. Then, we reach the roof of the Sorrento's peninsula looking out to the south-windows which give us a stunning view of the Amalfi coast and the gulf of Salerno. There are many beliefs related to these mountains, according to the legends they were the place of retreat and shelter of hermit saints while the collective imagination considered it inhabited by elves and witches. But, what is certain, is that you can relax in the rays of the sun, inhale the sparkling air and enjoy the breathtaking passages, where sky and sea meet in an infinite embrace.



Walking Distance **8,5 km**

Walking Time **3,5 h**

Free Transfer

Free Hiking Poles

Optional lunch in a typical restaurant

PRIVATE TOUR

THE PATH OF MINERVAE

Punta Campanella | Monte San Costanzo



Discover the beauties of the landscape immersed in the color palette of the "Macchia Mediterranea" through The Path of Minervae, at the extreme cape of the Sorrento peninsula. From the Piazzetta Santa Croce in Termini we will reach Punta Campanella through the northern side of the promontory Minervae, which separates the Gulf of Naples from the Gulf of Salerno. We will walk along the ancient Via Minerva, a Greek-Roman mule track built in the fourth century B.C. and still partially paved with Roman "basolato." Once reached the Punta Campanella's watchtower, we will have Capri so close (4 km) that you will stretch out your arm to reach it! If you fancy some more walking, from Punta Campanella we hike up to the top of Monte San Costanzo, with the leranto Bay on our right and the islands of the bay, Capri, Ischia e Procida, on the left. Hiking in this land full of history and legends, which talks us about Mermaids, Pirates and Witches, we will conquer the peak of the Monte San Costanzo with its white Chapel. That is where you will enjoy a 360° View of the SyrenLand!



Walking Distance 8 km
Walking Time 3 h
Free Transfers
Free Hiking Poles
Optional lunch in a typical restaurant

PRIVATE TOUR

THE SORRENTO'S HILLS

Sorrento | Massa Lubrese



An excursion that allows you to get a break, away from the crowded streets of the touristic center, in a paradise of peace and relaxation. Walking among olive trees, or immersed in lemon and orange gardens you will be inspired by the views of the enchanting landscapes on the Gulf of Sorrento and Naples. The view on the islands of Capri and Ischia will leave you breathless. Throughout the itinerary you will experience the traditional farming methods, still very much present today. So far from the madding crowd yet so close to the centre of it all! Entire families are involved in the cultivation of vegetables, olives, fruits, lemons and the production of jams, oil, limoncello and mozzarella.



Walking Distance 8 km

Walking Time 3 h

Free Transfer

Optional lunch in a typical restaurant

PRIVATE TOUR

PIANO DI SORRENTO

The Italian Craftmanship & Food



Come with us to visit Piano di Sorrento, this little pearl of the gulf of Sorrento, located on a natural terrace between the sea and the mountains. With its commercial vocation, Piano di Sorrento has always been a bustling trading centre for the entire Sorrento area. The cradle of countless craftsmen still carry out today the traditions of the place with commitment and devotion. We will begin our tour from the market square visiting the historic fish and fruit market, a neighbourhood theatre where, every day, the lively and unbridled buying and selling of the products is staged. Walking across the historic center we will visit a factory which still employs the artisanal coffee roasting. Here the experience gained in over 100 years of activity is combined with passion to give life to precious blends with a unique aroma. After the tasting of the bitter aroma of the traditional Neapolitan coffee let's sweeten it up! We will visit a chocolate factory and a honey house that still produces honey in the authentic, old ways. Last but not least, we cannot skip a visit to a typical farm in the middle of a huge lemon and orange garden and discover all their production. Here you can taste one of the local product liqueurs such as the "Limoncello" the true scent of this land.



Walking Distance 4 km

Walking Time 2,5 h

Private Guided Tour

Free Transfer

Optional lunch in a typical restaurant

PRIVATE TOUR

PASTA TOUR IN GRAGNANO

The European Capital of Pasta



Gragnano, the city of pasta, famous all over the world for its handcrafted pasta production. Do not miss the opportunity to visit the best pasta factories of the place, where you can admire the masters of “Pasta making”. Combining passion and tradition they make small masterpiece in every possible format. After visiting the pasta factory, we will face together a little hike in the Valley of the Mills which offers you the opportunity to admire extraordinary scenarios. A few steps away from the city center, immersed into the wild nature, are the majestic remains of old mills. Here flour and pasta were produced for about 300 years, a source of livelihood even for the main city of Naples. Enjoy breathtaking landscapes where nature still retains the memory of a past that has made Gragnano famous all over the world. At the end of this tour, if you fancy, you can have lunch in a typical restaurant which uses only pasta made in the old, authentic way.



Walking Distance 4 km

Walking Time 2 h

Free Car

Free Hiking Poles

Optional lunch in a typical restaurant

PRIVATE TOUR

...Your Travel in Italy

Sorrento Hiking is a group of **local guides** united by the passion for nature, traditions and customs of the Sorrento Peninsula, Amalfi Coast and Capri.

Our company has decades of experience in conducting groups or individuals across the dense network of paths and breathtaking views that our territory has to offer its visitor. Our guides, not only speak more languages, but also have a wide knowledge of flora, fauna and history of the Campania Region that has been fascinating visitors from all over the world since the 17th century. We are simply the best in showing you the authentic essence of the Amalfi Coast, Sorrento Coast and Capri.

Our mission is **“changing tourists in to travellers”**



Diving



Climbing



Paragliding



Mountain Biking



Guided Photography
Tours



AND MORE “TAILOR-MADE” OUTDOOR ACTIVITIES