



[www.venusadventures.travel](http://www.venusadventures.travel)

**Global trips for women**

## **Italy - Walking & Eating Trip- 17 Days**

### **Day 1 - Welcome to Italy**

Arrival in Naples and transfer to our hotel – you need to call the hotel and ask them to arrange a taxi for you. We meet for dinner and a trip briefing to get ourselves prepared for this wonderful trip!

Overnight Naples

Meal: dinner (drinks not included)

### **Day 2 - Pompeii Ruins**

In the morning we visit the fascinating old ruins of Pompeii. Pompeii was buried under ash and debris when Mt Vesuvius erupted in AD 79 which led to the burying and destruction of the Roman cities of Pompeii, Herculaneum (which was buried under rubble and harder material) and several other settlements. Pompeii was rediscovered and unburied, which was a feat in itself. Due to this fact, the ancient town has been preserved in time and a walk around the town is like stepping back into another era.

After our visit of Pompeii we take a light lunch and transfer to the delightful, typically Italian village of Tramonti.

Overnight Tramonti

Meals: breakfast, light lunch & dinner

### **Day 3 - Mt. Vesuvius**

This morning we take on our first hike: we climb Mt Vesuvius! It is only a 200m height difference to get to the top of the volcano, but the views and the story of Mt Vesuvius are fantastic. Our hike is followed by lunch and a wine-tasting, then we transfer back to Tramonti – dinner at the local restaurant.

Overnight Tramonti

Meals: breakfast, wine tasting, light lunch & dinner

### **Day 4 - Ravello & the Valley of the Ancient Mills Walk**

Walking - easy to moderate 3.5 hours

Today we enjoy an easy and gradual descent along the valley of the ancient mills towards the celebrated village of Amalfi. Before enjoying our walk we visit the well-known Ravello, a town of rich and noble traditions, exemplified in the magnificent historical villas with their incomparable gardens. Free time to explore the village including the visit of Villa Cimbrone and Villa Rufolo.

We enjoy a light lunch on a panoramic terrace in Ravello and then we start our lovely walk to the hilltop village of Pontone with its tiny square. We pass through a green area, walking along a river and past the ruins of several abandoned mills, before reaching the heart of Amalfi. Amalfi has much Arab influence from past trading - you can see this in the main church and in the way the town is designed with narrow alleyways.

Dinner in a selected restaurant in Amalfi.

Overnight: Hotel\*\*\* in Amalfi

Meals: breakfast, light lunch & dinner

### **Day 5 - The Ferriere Valley**

Walking - easy to moderate 4.5 hours

Today we explore the Ferriere valley. Taking a local bus we reach the starting point of our next walk. Ferriere valley is an interesting nature reserve in the rugged landscape of the Lattari Mountains. We pass through striking vertical cliffs, little waterfalls and natural

springs immersed in an unchanged microclimate, which allows for the preservation of the Woodwardia radicans, a rare type of long leafed fern from the pre-glacial age. Continuing in the valley through chestnut trees we reach the hamlet of Pogerola and then, down along some ancient steps, the village of Amalfi.

Free time in the afternoon to explore the village of Amalfi.

Dinner in a selected restaurant in Amalfi.

Overnight: Hotel\*\*\* in Amalfi

Meals: breakfast, light lunch & dinner

### **Day 6- Private Boat Tour along the Amalfi Coast**

Today we take a local ferry to the charming resort of Positano and then board our lovely private boat for a relaxing day exploring the Marine Park of Punta Campanella, close to Positano and a protected area which is fantastic for swimming. We discover the beauty of the many coves and little fishing villages along the way and stop for a refreshing swim in the crystal clear waters. Our boat trip ends with lunch in a lovely seaside restaurant not far from Amalfi. After lunch a small boat returns us to Amalfi, where you are free to spend the remainder of the afternoon and evening as you wish.

Overnight: Hotel\*\*\* in Amalfi

Meals: breakfast, lunch

### **Day 7 - The Path of the Gods**

Walking - moderate 4.5 hours

Today's journey is along one of the most spectacular trails overlooking the Amalfi Coast, as well as one of the main highlights of your adventure. By private transfer we climb up the zigzag coastal road enjoying impressive views of the terraces built over centuries and preserved by local communities. The walk begins in Bomerano and offers terrific coastline landscapes looking out towards the famous Isle of Capri with the famous cliffs marking lands end. Along the pathway we can admire the full splendor of the Divine Coast. Arriving at Nocelle, a tiny mountain village, we descend through lush terraces and olive groves to Positano. There is time to relax in Positano, before taking the bus or boat to Amalfi. Relax at the hotel before celebrating our Amalfi Coast journey with a farewell dinner in a renowned restaurant in Amalfi.

Overnight: Hotel\*\*\* in Amalfi

Meals: breakfast & light lunch & dinner

### **Day 8 - Capri highlights**

Walking - easy to moderate minimum 3.5 hours

Today we say "arrivederci" to Amalfi and continue to the island of Capri. The ferry leaves Amalfi in the morning. Arriving on the island, after passing the famous "Piazzetta", we walk towards the Arco Naturale and follow a coastal path to reach the spectacular Faraglioni, the peculiar rocks jutting out of the sea. During the afternoon we have several options for exploring Capri at your own pace. You may choose to relax in the island's chic shops or take a walk to visit the Convent of San Giacomo, dating back to the 14th century, and the Gardens of August. Later in the afternoon we take a local ferry to our next destination: Naples.

Arriving at Naples harbour a private transfer brings us to our centrally located Hotel.

Tonight you are free to dine wherever you please, but there are plenty of wonderful and interesting restaurants near our hotel.

Overnight: Hotel\*\*\* in Naples

Meal: breakfast

### **Day 9 - Naples highlights**

Naples may be noisy and overcrowded but it is also intriguing and appealing. Proud birthplace of pizza, which is midway between refined cuisine and a traditional working-class meal, Neapolitan pizza has been one of the main dishes and a symbol of Neapolitan cuisine since the 18th Century. The city's history remains a fundamental component of present society and it is revealed in many archaeological finds, monuments and buildings. UNESCO has declared the Historic Center of Naples a World Heritage Site. We take a guided walk this morning through the heart of old Naples, which is a continuous discovery of old and unique testimonies to past centuries. In the afternoon, the Cathedral, the

Palazzo Reale, the San Carlo Theatre & the National Archeological Museum are waiting for you to discover them at your own leisure. Once again you are free for dinner.

Overnight: Hotel\*\*\* in Naples

Meal: breakfast

### **Day 10 - Florence**

Today we say "arrivederci" to Naples and to our local guide and we take a direct train (about 3 hours) to Florence. Here we meet our new local guide for the last section of our journey to Italy. As cultural capital of the Renaissance and ancient capital of Tuscany the town has preserved its antique beauty. Perfectly conserved architecture and artistic inheritance continuously astonish the visitor. The Duomo, a grand Cathedral that dominates the city centre with its Brunelleschi's Cupola is the most characteristic feature of the Florentine skyline, symbolizing a great cultural tradition and the city's civic awareness. Not far from the Palazzo Vecchio and the elegant town hall built in the 13th century stands the richest art gallery in the world: the Uffizi, with fabulous paintings by Michelangelo, Botticelli, Raphael, Titian and Caravaggio. We visit this with a local guide, and then you have free time to discover the rest of Florence for yourself. The Ponte Vecchio, a medieval bridge on the river Arno is renowned for jewelers shops, is also worth a visit. Later in the afternoon a private transfer brings us to our next destination: Levanto.

Overnight: Hotel\*\*\* in Levanto

Meals: breakfast, dinner

### **Day 11 - Cinque Terre walk**

Walking moderate - min 3.5 max 6 hrs

Today we discover Cinque Terre. Our day starts with a train ride to Riomaggiore and after visiting the village a short train ride takes us to Manarola, where we start a scenic hike. From Manarola we reach Volastra, one of the most ancient villages of the coastline and where a XII century sanctuary is located. Here we have breathtaking views over Manarola, its bell tower and its vineyards. The spectacular walk continues toward Corniglia. The views along this incredibly breath-taking section are amazing. In Corniglia we take our time wandering through the narrow alleyways of steep multi-coloured houses before taking the train to Vernazza. From there we reach the fishing village of Monterosso. If we prefer to spend more time in the villages there is a local train that connects all the villages of the Cinque Terre, from Riomaggiore to Monterosso. From Monterosso we can easily take a local train to Levanto (it takes 4 minutes). Dinner in a selected restaurant in Levanto.

Overnight: Hotel\*\*\* in Levanto

Meals: breakfast, light lunch & dinner

### **Day 12 - Poets' Gulf - Portovenere**

Walking easy 3 hrs

Today we discover the fascinating beauty of the Poets' Gulf. Using public transport we arrive at the delightful village of Portovenere, chosen as a UNESCO World Heritage site for its unique beauty. The name of the ancient Portus Veneris refers to a temple to the goddess Venus, situated on the promontory where you can admire the beauty of the San Peter Church built over a cliff. From the harbor of Portovenere we take a boat to the Isle of Palmaria. Here we begin an easy walk around the Island, admiring steep rocky cliffs, inspiring grottoes and passing abandoned marble quarries. A panoramic ferry ride takes us to Monterosso, giving us the opportunity to admire all the "five lands" before returning to our hotel.

Dinner in a selected restaurant in Levanto.

Overnight: Hotel\*\*\* in Levanto

Meals: breakfast, light lunch & dinner

### **Day 13 - From Monterosso to Levanto**

Walking moderate about 3 hours

Today our walk begins in Monterosso, going up the antique stone steps to Punta Mesco, with one of the most remarkable views over the five villages. An ancient mule path takes us to the ruins of a Chapel dedicated to St. Antonio passing an old lighthouse and descending through steps and slopes. Following a trail above the sparkling water of the marine conservation area and walking through a shadowed forest and along some terraces

we reach Levanto. We will have plenty of time to explore the tiny village with its 13th century black and white striped Chiesa di Sant'Andrea (Church of Saint Andrew), an example of 13th-century Ligurian Gothic style before returning to our hotel. You are free to dine wherever you like this evening.

Overnight: Hotel\*\*\* in Levanto

Meals: breakfast, light lunch

#### **Day 14 - Coastal walk to Punta Manara & return**

Walking easy 2.5 hours

After breakfast we take a local train to Sestri Levante (it takes about 30 minutes). From here we take a stunning walk to the Punta Manara. The path starts from the alleys of the old town and after a series of steps leading out of the village, leads to a trail surrounded by a unique mix of vegetation such as Mediterranean scrubland, a strip of cork oak forests and olive groves. The park holds the well preserved remains of the Saracen tower, that stands high above sea level. Characterized by strategic importance, it is an excellent viewing point with magnificent views of the Gulf of Silence and Sestri. After the walk we go by train (about 25 minutes) to our next destination: Santa Margherita Ligure. Dinner in a selected restaurant in Santa Margherita Ligure.

Overnight: Hotel\*\*\* in Santa Margherita Ligure

Meals: breakfast, light lunch & dinner

#### **Day 15 - Camogli - San Fruttuoso - Portofino**

Walking easy to moderate 2.5 hours

Our final day will be an breathtaking visit to the Portofino Peninsula. A brief train ride (5mins) takes us to Camogli. From here we enjoy a lovely boat ride to San Fruttuoso. The medieval Benedictine abbey of San Fruttuoso, located in a tiny rocky cove, is a hidden gem in a green bay. We take our time to visit the monastery before starting an impressive hike to Portofino, along a scenic trail that winds its way above the sea. Visit the glamorous village of Portofino called the Jewel of the Riviera. It's a gorgeous fishing village with an atmosphere of pure elegance and a perfect spot to taste the charming atmosphere of the Italian Riviera. From Portofino we return to Santa Margherita Ligure on foot along a pleasure walk or by local bus.

Dinner in a selected restaurant in Santa Margherita Ligure

Overnight: Hotel\*\*\* in Santa Margherita Ligure

Meals: breakfast, light lunch & dinner

#### **Day 16 - departure to Milan**

After breakfast we take a local train to Milan (about 3 hours) and then head to our hotel. Free time - go mad shopping! We enjoy a final dinner together in a vibrant part of Milan!

Overnight: Hotel\*\*\* in Milan

Meal: breakfast

#### **Day 17 - departure from Milan**

Feeling fitter, more relaxed, probably more tanned and full of life than before, our wonderful Italy trip is over. You can either fly out from Milan, or continue on to another European destination.

Meal: breakfast