



AMC ADVENTURE TRAVEL
Volunteer-Led Excursions Worldwide

Trip 2445

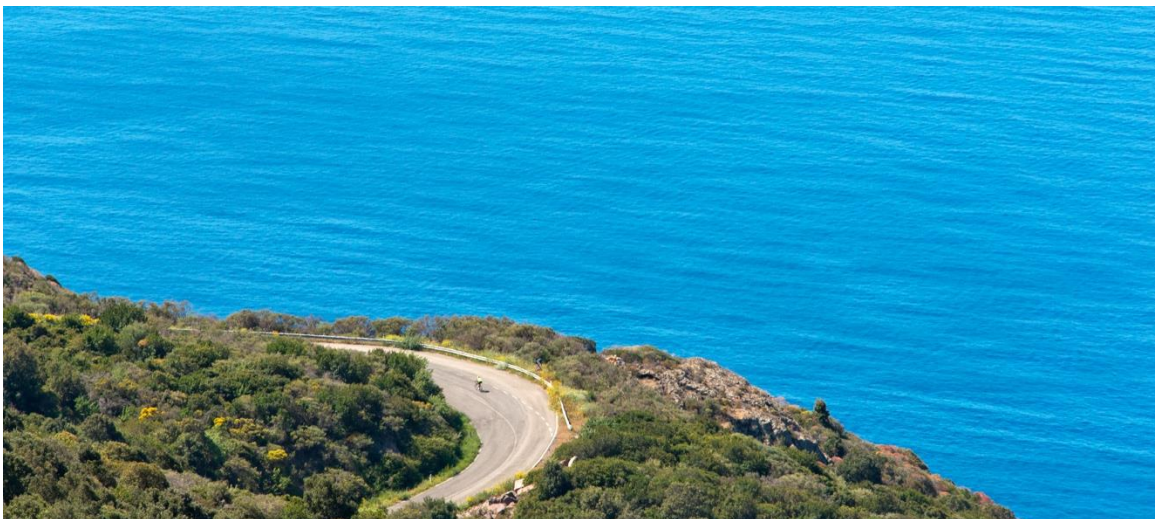
14–28 September 2024

TIMELESS BEAUTY—BIKE SARDINIA & HIKE AMALFI COAST

1. TRIP OVERVIEW

Our two-week coastal adventure will consist of one week e-biking the west coast of Sardinia and one week hiking the Amalfi coast.

- A. Fully outfitted trip: lodging, all meals and e-bikes
- B. Hiking trails on the Amalfi Coast around Positano, Sorrento and Amalfi offering breathtaking views and ancient villages and structures
- C. Biking routes along karst rock formations, beaches, Mediterranean idyl villages, classic mountain roads, artisan trail and garden of Corsica



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3. SARDINIA

The west coast of Sardinia offers everything that cyclists desire. On an island where the presence of mass summer tourism is the reality, the fact that the west coast is made up of many small tourist resorts, ensures that it is never affected by the frenzy and traffic typical of seaside resorts.

The cities and small towns are the actual tourist resorts, the concept of an artificial tourist village is foreign to the island. This is great for travelers who love authenticity and unique experiences.

Cycling in a paradise! Every day—and every few kilometers—the landscape changes in the morphology of the reliefs, in the type of vegetation, in its history but also in traditions, food and wine.

We start from Alghero—a spectacular historical town—and we cycle from north to south. We will stray from the coast a few times to explore the hills inland that can give us not only spectacular views, and also help us to get a more complete understanding of Sardinian culture.

This tour is designed to leave you free to visit an archaeological site, enjoy a good lunch at an unmissable restaurant or spend a few hours on one of the many beaches that we pass along the way.

We never face insurmountable mountains or killer slopes. We ride on the classic roads of Sardinia, where ascents and descents alternate seamlessly while never giving space to flat.



4. AMALFI COAST

Italy's Amalfi Coast boasts a classic Mediterranean landscape, a sensual blend of both natural and cultural wonders. The breathtaking terrain includes dramatic coastline topography scattered with terraced vineyards, orchards, and pastures—often with enchanting views of the vibrant waters below. There are 13 towns and villages on the Amalfi Coast: Amalfi, Atrani, Cetara, Conca de' Marini, Furore, Maiori, Minori, Positano, Praiano, Ravello, Scala, Tramonti, and Vietri sul Mare.



The Amalfi Coast famous for some of the world's finest fish cuisine. Shrimps, redfish, pezzogne, bream, sea urchins, octopus, blue fish, molluscs, are the protagonists of unforgettable recipes such as "scialatielli ai frutti di mare," a dish made with seafood and the fresh pasta typical of the Amalfi Coast.

Amalfi Coast lemons are also larger on average than other varieties, with each fruit weighing at least 100 grams. The medium to thick skin is a pale-yellow color. The rind has an especially intense lemon aroma because of the essential oils it contains. Inside, the flesh is acidic, semi-sweet, and very juicy. And, of course, the lemons lead to limoncello which is a liqueur symbolizing the Amalfi Coast in the Gulf of Naples and has become famous worldwide. Fresh and fragrant, it is made by macerating lemon peels in alcohol. In addition to being served after meals as a “digestive,” it is often used in the preparation of desserts and creams.



Image by salvatore monetti from pixabay (free to use under the content license no attribution required)

There are many footpaths on the Amalfi Coast, some of which are famous, such as the *Sentiero degli Dei*, or are a thousand years old, like the *Maestra dei Villaggi*—the ‘main road’ of the Republic of Amalfi. There are also many lesser-known trails which are just as beautiful and not so crowded.

Walking the Amalfi Coast and mountains offers a unique combination of sea, picturesque towns and stunning mountains, an abundance of both culture and nature. The landscape is varied and offers ever-changing views. It can be typically Mediterranean, intoxicating with its wild perfumed herbs, with myrtle shrubs, thyme, rosemary, and mastic trees, or almost alpine with meadows and bare rocks.

From our hotel in the hills above the coast we will venture out to the various areas in Amalfi and finish our hiking with the venerable the Path of the Gods (or *Sentiero degli Dei* in Italian) gets its name from its beauty and not the difficulty of the trail. Hiking the Path of the Gods is one of the best things to do while visiting Italy’s stunning Amalfi Coast because you get to soak up absolutely breathtaking views! The trail starts in the mountains, so we get sweeping views of the amazingly blue Mediterranean and all of the seaside towns that dot the coast.

5. TRIP DIFFICULTY

This trip is rated **moderate** biking & hiking geared towards the outdoors adventurer and experienced cyclist & hiker.

- A. You must be able to hike 6 to 8 miles per day at a moderate pace with elevation gains between 500 feet and 2800 feet over the course of 5 to 7 hours, while carrying

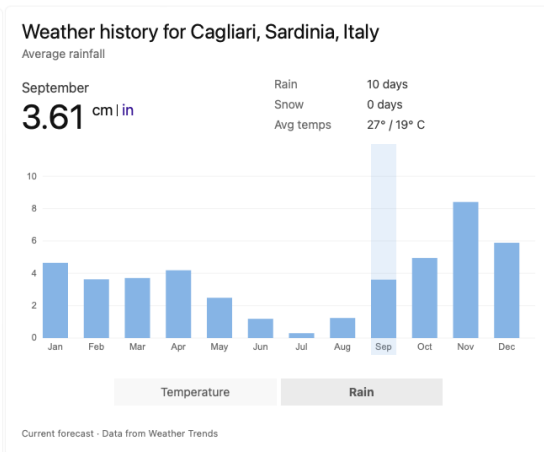
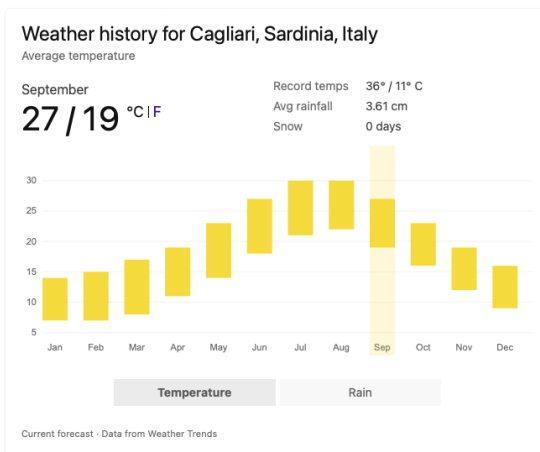
enough equipment to keep you safe in the event of bad weather or injury. Hikes are at altitudes between sea level and 5,000 feet.

- B. You must be able to e-bike between 35 and 55 miles per day over the course of 4 to 6 hours.
- C. You must be comfortable in hot, cool, and rainy weather.



6. WEATHER

Plan on warm temperature in Sardinia:



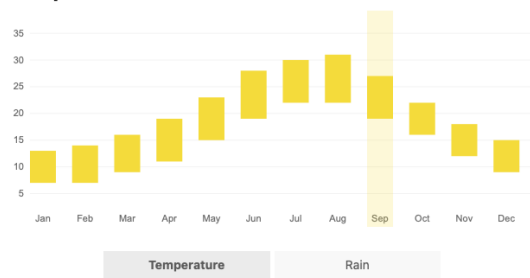
Warm temperature continues along the Amalfi coast with higher possibility of rain:

Weather history for Naples, Campania, Italy

Average temperature

September
27 / 19 °C | F

Record temps 35° / 11° C
Avg rainfall 10.5 cm
Snow 0 days



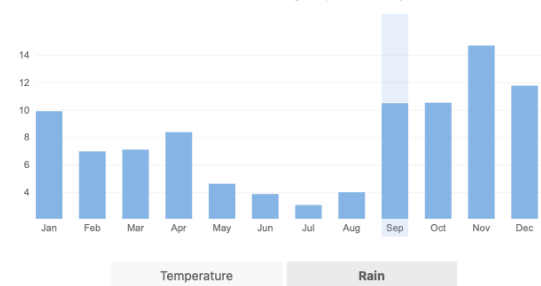
Current forecast - Data from Weather Trends

Weather history for Naples, Campania, Italy

Average rainfall

September
10.5 cm | in

Rain 15 days
Snow 0 days
Avg temps 27° / 19° C



Current forecast - Data from Weather Trends

7. LODGING

- A. Double occupancy rooms with two twin beds and private bath
- B. The two twin beds can be separate frames or two adjacent twin mattresses on a single bed frame. Each mattress has its separate sheet, blanket and pillow.
- C. Single supplements may be available

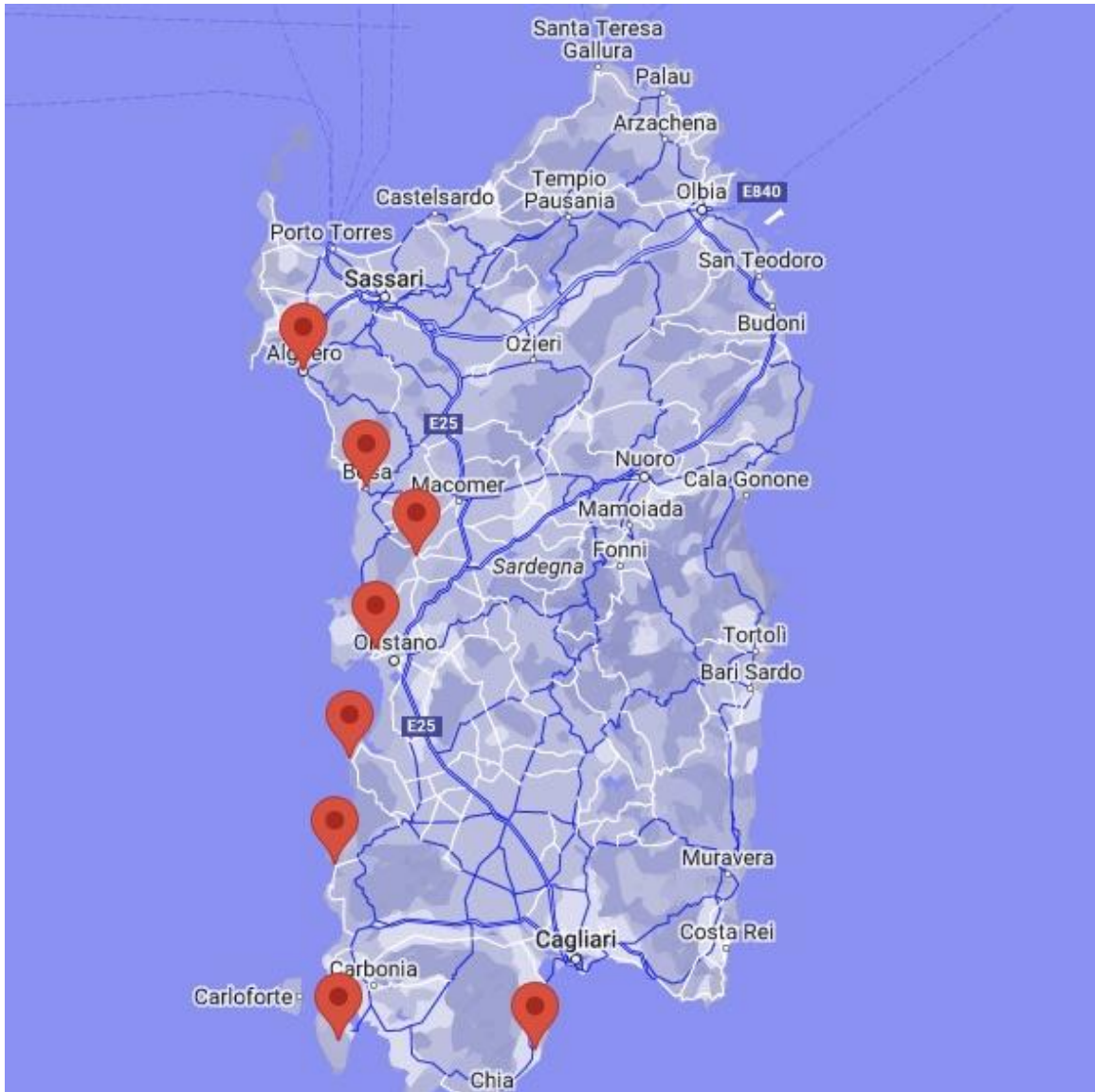
8. ITINERARY

All distance and elevation information are approximate based on representative maps.

While the itinerary in the prospectus is what the leaders have planned at the time of writing, various factors may require changes for reasons of group ability, safety, transportation or lodging availability, and unforeseeable circumstances such as weather considerations, natural disasters in the areas to be visited, or recommendations of governmental agencies.

The leaders reserve the right to make such changes as necessary, both before and during the trip.

9. BICYCLE SARDINIA WEST COAST



A. Friday 13 September: depart US.

Destination to start of our trip is Alghero airport (code AHO). Note that some major US airlines may not fly there. Instead, consider two options:

- i. Purchase the ticket through a third-party service or travel agent.
- ii. Fly to a major Italian airport such as Rome (code FCO) or Napoli (code NAP). From there, purchase an internal flight to AHO. Return flight at end of trip will be from NAP.

B. Saturday 14 September: welcome to Sardinia

Transfer from AHO to group hotel. Meet at 18:00 in lobby for welcome dinner.

C. Sunday 15 September: Bosa

- i. This day begins with a ride through the narrow-cobbled streets of old Alghero. From there we continue south along the Riviera del Corallo on a scenic road overlooking the sea with alternating climbs and descents.
- ii. This rolling coastal road leads to the medieval town of Bosa. It's the only true river town of Sardinia, and its famous for its wine, embroidery, gold filigree and leather tanneries. Overnight in Bosa.
- iii. \rightarrow 54km \uparrow 895m \nearrow 17m/km

D. Monday 16 September: Santu Lussurgiu

- i. The coast is what attracts most people to the island. To experience the authentic Sardinia we must head inland. The medieval village of Santu Lussurgiu is a perfect example of the culture, hospitality, gastronomic traditions and the quality of life inland Sardinia has to offer.
- ii. To enjoy all this, we turn away from the coast and climb into the mountains of the Montiferru region. Continuing up we will pass through Tresnuraghes, Sennariolo and Cuglieri. The last of these small villages contains the Basilica of Santa Maria della Neve that we will see long before we reach the town.
- iii. From Cuglieri, a long climb in the shadow of an oak forest, leads us towards Santu Lussurgiu, where we will stay overnight.
- iv. \rightarrow 42km \uparrow 1,100m \nearrow 26m/km

E. Tuesday 17 September: Cabras

- i. A decidedly relaxing stage allows our legs to recover and gives you time to visit some interesting places. There is the village of Seneghe that is known for its honey and olive oil.
- ii. The Archaeological Sites of Monte Prama and Tharros will help we connect with ancient history of the island. There are also the beautiful beaches, such as Putzu Idu, Mari Ermi and Cabras. The hardest part of the day will be choosing where to spend our time.
- iii. The destination is Cabras where warm hospitality awaits us.
- iv. \rightarrow 50km \uparrow 178m \nearrow 4m/km



F. Wednesday 18 September: Torre dei Corsari

- i. The plain of Arborea is only area of Sardinia where we will find flat straight roads. Once a marshy area, as a result of land reclamation it has become one of the most important agricultural areas in Italy. Enjoy this unique region and its flat roads as this is only an intermezzo between the more 'hilly' stages.
- ii. The stage ends in Torre dei Corsari, with its long dune lined beach. We will take advantage of the flat roads and reach the destination early for a swim in the turquoise sea before staying the night.
- iii. $\boxed{\rightarrow}$ 53km $\boxed{\uparrow}$ 314m \nearrow 6m/km

G. Thursday 19 September: Portixeddu (Jay's birthday)

- i. Traversing Sardinia's Costa Verde is the objective of the day. This stretch of coast is characterized by lush nature and beaches with imposing sand dunes. It was once the heart of the island's mining industry and now the vestiges of that past face the constant encroachment of nature.
- ii. On the bike this is a mountain stage, consisting of three long climbs, although they are never very steep. After all the climbing our reward is a long enjoyable descent, with a view of the gulf that is home to our destination: the small tourist resort of Portixeddu, where dinner and the overnight stay are planned.
- iii. $\boxed{\rightarrow}$ 62km $\boxed{\uparrow}$ 1,288m \nearrow 21m/km



H. Friday 20 September: Carloforte

- i. Before leaving the hotel you should put a large memory card in our camera. This stage offers spectacular views of the coast that you will definitely want to capture in photographs.
- ii. The coastline of Buggerru, Masua and Nebida has many climbs, but the time we will spend going uphill is never tedious, as slow pace allows these breathtaking views to etch deeply into your memory. A stop at Cala Domestica is a must before tackling the second climb of the day.
- iii. Take a ferry Carloforte for our lodging overnight. Option to explore the island and visit a lighthouse.
- iv. $\boxed{\rightarrow}46\text{km}$ $\boxed{\uparrow}799\text{m}$ $\nearrow 17\text{m/km}$

I. Saturday 21 September: Teulada

- i. Board ferry to Calasetta. Leaving Sant'Antioco the first section of today's stage is relatively flat.
- ii. However, from the moment we pass Porto Pino we will experience the constantly alternating ups and downs that characterize the stage as a whole.
- iii. $\boxed{\rightarrow}60\text{km}$ $\boxed{\uparrow}365\text{m}$ $\nearrow 6\text{m/km}$

J. Sunday 22 September: Pula

- i. The stretch of coastal road from Porto Teulada and Chia is recognized as one of the most beautiful coastal roads in the world. The pale pastels of the rocks and cliffs, the deep greens of the vegetation, and the deep blue and turquoise of the sea stand in stunning contrast to one another.
- ii. The Aragonese towers (from the Spanish occupation of Sardinia) that once protected the coastline are found at multiple points along way. This superlative road is a fitting way to bring this tour to an end. Overnight in Pula.
- iii. $\boxed{\rightarrow}49\text{km}$ $\boxed{\uparrow}688\text{m}$ $\nearrow 14\text{m/km}$



K. Monday 23 September: transfer to Amalfi Coast

- i. Transfer to Cagliari airport in time for short flight to Napoli airport
- ii. Transfer by bus to Amalfi Coast.
- iii. Time and weather permitting, stop in Pompeii for a historic tour with local guide

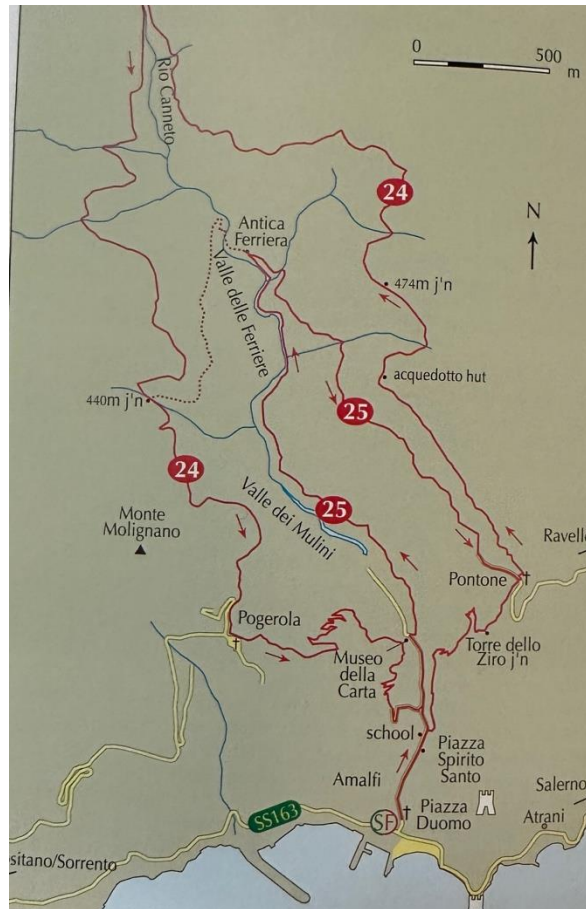
10. HIKE AMALFI COAST

We rely on public bus transport between our hotel & trailheads. Roads are narrow in the area. Transfer time maybe extended depending on how crowded the roads are.

A. Tuesday 24 September: Upper Valle delle Ferriere:



- i. From our start/finish location in the Piazza Duomo, Amalfi we will head out on a 4-hour loop hike around the Valley delle Ferriere a superb route which also touches on pretty villages and concludes conveniently back in town. This is a wonderful day's outing and is considered one of the highlights of many guidebooks. Valle delle Ferriere takes its name from the ironworking once practiced there; the raw material was shipped in from the island of Elba.

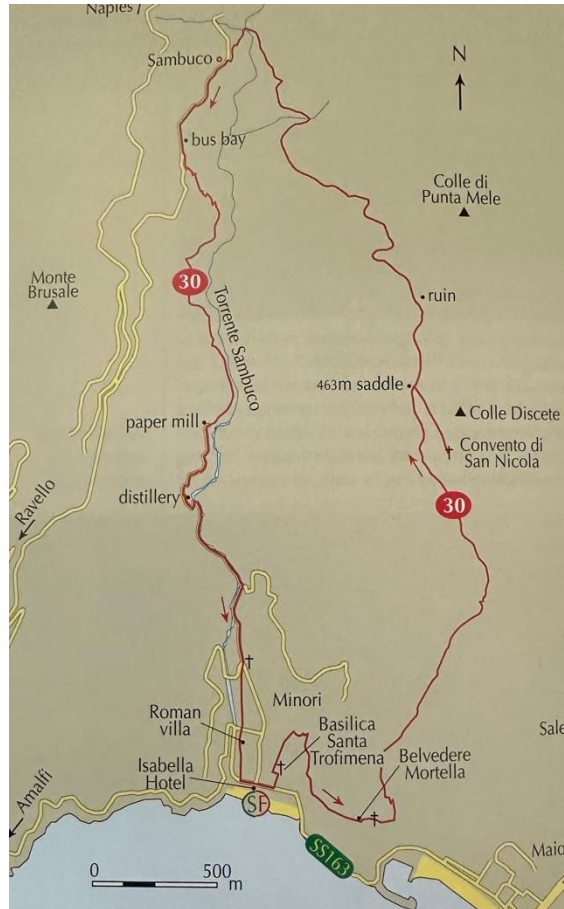


- i. Carrying food, water and a camera as usual we can also enjoy refreshments and meals at Pontone near the start of today's hike and Pogerola towards the end. After passing through Pontone we'll pass by the acquedotto hut (water supply) about half way to our midpoint as we hike through dense Mediterranean vegetation where carob trees and unruly bushes of heather stand out. Behind us we leave the lovely views over to Pogerola and approach breathtaking cliffs of pink-grey hues as we gradually reach the dense cool woods which leads us to the cleft in Valle Delle Ferriere and the cascading Ro Canneto and a beautiful waterfall.
- ii. On our way back, we will pass by dry stone walls which line the way through chestnut wood to meet a path that drops to the floor of the valley. Eventually we'll be in a beautiful scenic position looking over cultivated fields towards Pontone. Then we plunge down an old, stepped way lined with stone walls and pass the Trattoria Rispoli in the tiny piazza of Pogerola which boasts a delicious cool drinking fountain and a cafe/gelateria. Heading down a stone staircase overlooking the Valle dei Mulini we finally reach the road and end back in Amalfi and Piazza Duomo.
- iii. Route 24 $\square \rightarrow$ 10.5km $\square \uparrow$ 620m \nearrow 59m/km

B. Wednesday 25 September: Minori to the Castle of San Nicola



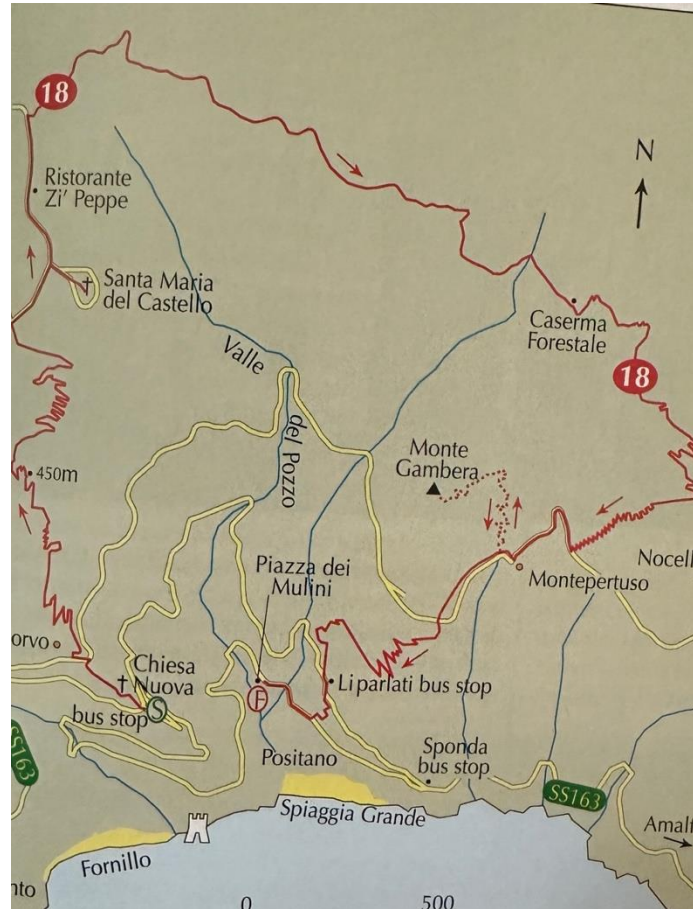
- i. Away from the glamour and crowds of the coast this route offers a behind-the-scenes glimpse into the rural reality of the area's inhabitants. Trusty mules are used to work the land on the steep mountainsides. Lemons are the flavor of the day on the lower slopes and the path has been dubbed 'Sentiero dei Limoni'. In the Sambuca valley on the return leg are the crumbling ruins of the long-abandoned mills.
- ii. Starting in Minori at the Isabella Hotel we will turn inland and pass the elaborate cream and yellow façade of the Basilica Santa Trofimenia. A stepped path then leads towards the ridge that separates the Minori and Maiori valleys. At about the 1 hour and 15-minute mark we'll come upon the 15th century Convento di San Nicola and a superbly scenic spot. We then continue towards the village of Sambuco, our furthest point on today's hike. Heading back towards Minori we'll descend some steep steps zigzagging through well-tended vegetable gardens. Passing a paper mill and a limoncello distillery, a 1st century so-called maritime Roman villa which has miraculously survived awaits with mosaic flooring and surprisingly coloured stucco walls. And now cafés galore await our thirsty crew. But it is decision time, indulge first or slip into the sea for a reinvigorating swim?
- iii. Route 30 \rightarrow 9.5km \uparrow 500m \nearrow 53m/km



C. Thursday 26 September: Santa Maria Castello to Montepertuso

- i. Today's walk is on a beautiful trail at the foot of the soaring limestone reaches of Monte Sant'Angelo on fine ancient pathways, arguably the best-preserved mule tracks on the whole of the Amalfi Coast. The mule tracks lead away from the hustle and bustle of trendy Positano, soon left far below, and regale breathtaking panoramas, even to Capri. From Montepertuso, in the latter part of today's hike, is an excursion to Monte Gambera. The village name means "pierced mount" referring to the yawning rock aperture overhead in Monte Gambera.
- ii. Beginning at the Chiesa Nuova bus stop in upper Positano and facing uphill we'll take the stepped Via Chiesa Nuova past the Chiesa Nuova church. The perfectly graded steps are in good condition making our ascent virtually effortless which leaves us free to appreciate the rounded form of Croce della Conocchia on Monte Sant'Angelo. From there a tight zigzag climb amid perfumed broom shrubs will lead us to a brief detour the nearby church of the Santa Maria del Castello which from its terrace space offers views over the lush green wooded altopiano dotted with farms, and inevitably down to the sea, including glimpses in the opposite direction to Naples.
- iii. Soon we reach the renowned Ristorante Zi' Peppe and its café'.

- iv. After a well-earned repose, a divine mostly level path lined with cypress trees and orchids leads us to a pine wood and Caserma Forestale where we meet a stepped path down to Montepertuso and the end of hike.
- v. Route 18 \square 8.5km \square 640m \square 720m \nearrow 80m/km

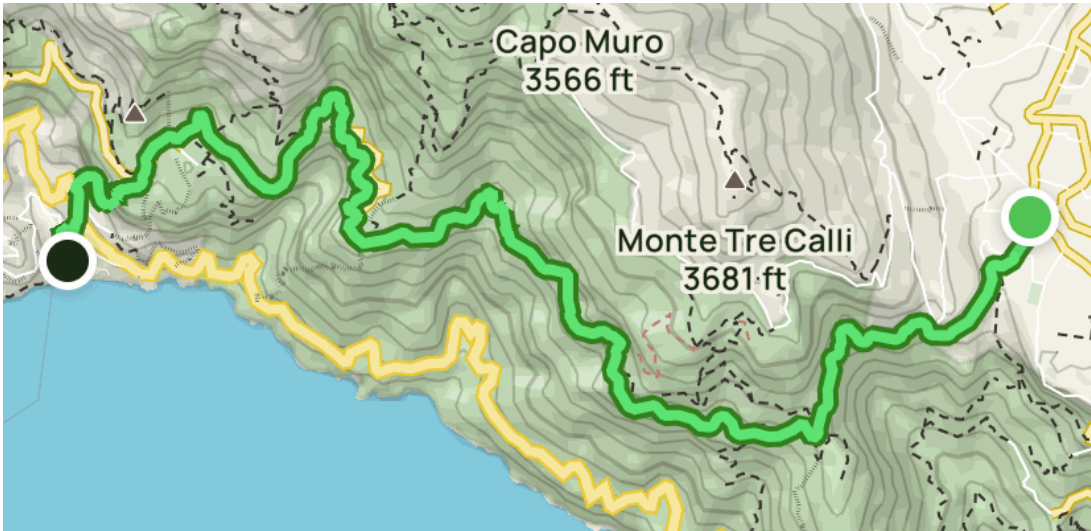


D. Friday 27 September: Path of the Gods (Sentiero degli Dei) Bomerano to Positano



- i. We complete our day hiking on the Amalfi Coast with what is arguably the most beautiful hike in Italy. Running for 8km (5mi) along ancient mule routes, through hillside villages, the Path of the Gods serves up heart-stopping views of the Amalfi Coast. The Path of the Gods has been a popular walking route for centuries, and it's not hard to see why. Winding along crumbling cliff sides, not only do we get some of the best views of the Amalfi Coast, but we also get them free from the usual tourist crowds. In Bomerano, a small section of the Agerola municipality, easily reached by bus, we follow the signs guiding us to the trailhead.
- ii. Along our trek we will encounter different terrains, and we'll see the scenery evolve from tiered hills rich with shrubbery and crops, lending a local and domesticated feel, into grand displays of the Mediterranean Sea surrounded by tall trees and bushes. On a course that goes up and down and edges on great cliff sides and varies in difficulty our path gets slightly more challenging as it passes through Vallone Grarelle, before we reach the northern town of Nocelle, near Positano. The path officially ends here but we'll continue downward to Positano.
- iii. Now comes the final leg of our journey which is also the quickest way on foot back to Positano is to walk the 1,792 steps from Nocelle to Amalfi Drive (the main road that runs along the Amalfi Coast) and then walk about 1 km to Positano. This will take about 20 minutes to descend the stairs and another 15 minutes to walk into Positano. We'll walk Frazione Nocella down to the square in front of the Santa Croce Church (Chiesa di Santa Croce) to the stairs. The massive stair descent starts at this square. There are very few flat sections along the long lines of steps and occasionally we get views along the coastline. Most of this part of the walk is in a forest so we get a break from the hot sun.

- iv. \rightarrow 7.6km \uparrow 235m \downarrow 780m \nearrow 67m/km
- v. Transfer to hotel near NAP the night before final departure. This gives the group flexibility to leave at any time they wish on Saturday.



E. Saturday 28 September: depart

Depart any time from hotel to NAP or another destination

11. TERMS AND CONDITIONS

Refer to [Terms and Conditions](#) regarding the AMC Adventure Travel:

- A. Cancellation Policy
- B. Leaders' Right to Change Itinerary
- C. Leaders' Expectations of Participants
- D. Trip Price
- E. Travel Documents
- F. Safety
- G. AMC Trip Rating System

12. COST

Price is \$5,600 per person shared occupancy for AMC members. Add \$100 for non-members. [Join AMC](#) for \$50 individual and \$75 family.

The price will be adjusted in accordance with the best final arrangements we can make and currency fluctuations. Any savings we achieve, as well as any cost increases, will be

passed back to you. Our cost estimates are conservative. A refund is considerably more likely than a price increase.

A. Payment schedule:

Mailing address will be available after you submit application.

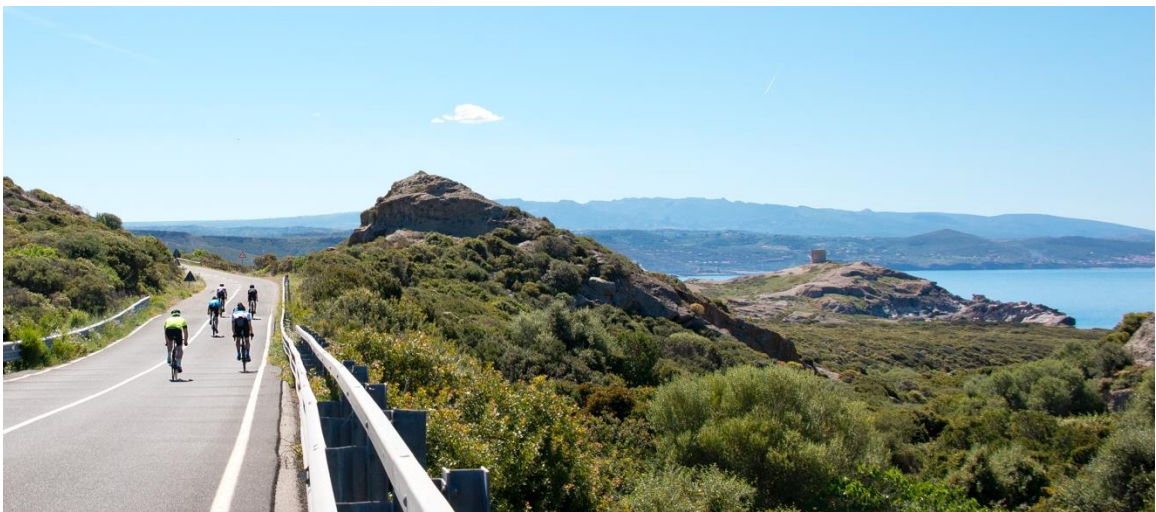
- i. Deposit of \$2,000 is due with application
- ii. Balance of \$3,600 due 1 March 2024

B. The cost includes:

- i. All lodging in double occupancy rooms
- ii. All meals starting with dinner on Saturday 14 September until breakfast on Saturday 28 September 2024
- iii. Electric bicycles
- iv. Transport part of itinerary including internal flight between Sardinia and Napoli
- v. Transport from Alghero airport to start of trip
- vi. Transport to Napoli airport at end of trip

C. Participants are responsible for:

- i. Accommodations outside of trip dates
- ii. International flights
- iii. Drinks with meals
- iv. Snacks, tips and personal expenses
- v. Insurance for travel delay, interruption, cancellation, or for baggage loss. If the possibility of such problems concerns you, individual travel insurance is suggested. The AMC has a recommended vendor whose material will be sent to you when your application is accepted.



13. REGISTRATION

We expect a group size of 14 participants and 2 leaders.

To enter Italy, you will need a valid US passport valid for three months beyond our planned date of departure from the Schengen area.

To apply, you must review, complete and submit the [application form](#) which consist of:

- A. Application
- B. Acknowledgement and Assumption of Risk and Release form
- C. Medical Questionnaire

Full link to the form is at <https://forms.office.com/r/0BZScfsmeu>

You will not be accepted and your check will not be deposited until the leaders have determined by telephone conversation with you that you and the trip are a good match. Deposit checks from wait-listed applicants will not be cashed until a spot is available, the applicant is accepted onto the trip and they confirmed their continued interest.

14. LEADERS

- A. Rami Haddad



Rami is an active AMC leader with Adventure Travel, Bicycle, & Ski committees. He travelled throughout the world on several trips for hiking, bicycle touring, & sightseeing. He has been on extended trekking, trail running, & bicycle tours through the [White Mountains](#), [100 Mile Wilderness](#), [Pacific Northwest](#), Japan, [southern Patagonia](#), [Switzerland](#), [Hong Kong](#), [South Africa](#), [France](#), [Italy](#), & [Germany](#). Follow his adventures on [blog](#), [Instagram](#), & [Strava](#).

B. Jay Sitkin



Jay, from Philadelphia, is a Delaware Valley hiking, biking, and backpacking leader, and AMC Adventure Travel Leader. He has traveled throughout North and South America, Asia-Pacific, the Middle East, and Western and Eastern Europe. Jay has lived in Israel and has had an extended stay in New Zealand. He has hiked, cycled, or backpacked in Patagonia, Croatia, and the Alps. Over the years he has organized trips as varied as hiking the Tour Du Mont Blanc, touring Alaska, and to Machu Picchu. He has participated in long distance cycling activities such as the Tour of Colorado, MOOSA, and has backpacked and hiked Yellowstone, the

Tetons and the “W” in Patagonia.

15. GEAR

Choosing the right equipment for an outdoor trip is crucial to your safety and comfort. Weather between mountain and coast is variable. Your equipment must keep you warm, dry, comfortable, and healthy in challenging conditions.

Below is a suggested list for both hiking and biking activities, with many that can overlap to travel lightly.

A. Passport. Tourist visa not required for US citizens. Six months validity recommended, at least 3 months validity beyond planned date of departure.

B. Walk Gear

- i. Poles
- ii. Day pack with waterproof liner or pack cover
- iii. Broken-in waterproof hiking boots
- iv. Two or three sets of hiking socks. Some participants choose to use liners as well.
- v. Hat or bandanna for sun protection
- vi. Whistle

C. Bicycle Gear

- i. Helmet
- ii. Water bottles
- iii. Bicycle shorts and top

- iv. Flat shoes or cleats with matching pedals
- v. Rear-view mirror
- vi. Gooch Guard chamois cream

D. Clothes

- i. Waterproof wind and rain gear (tops and bottoms)—rain is likely at some point during the trip, but we do not let that stop us
- ii. Warm clothing—it can get cool: vest, jacket, sweater
- iii. Evening slippers, shoes, sandals, or flip flops
- iv. Non-cotton clothes (tops & bottoms)
- v. Hat for warmth
- vi. Gloves or mittens

E. Gadgets

- i. Camera and battery charger
- ii. GPS, power charger, bicycle mount
- iii. Mobile phone and charger
- iv. Sunglasses
- v. Nuun hydration tablets
- vi. Day pack with waterproof liner or pack cover
- vii. Bottles or hydration bladder—2 liters total capacity

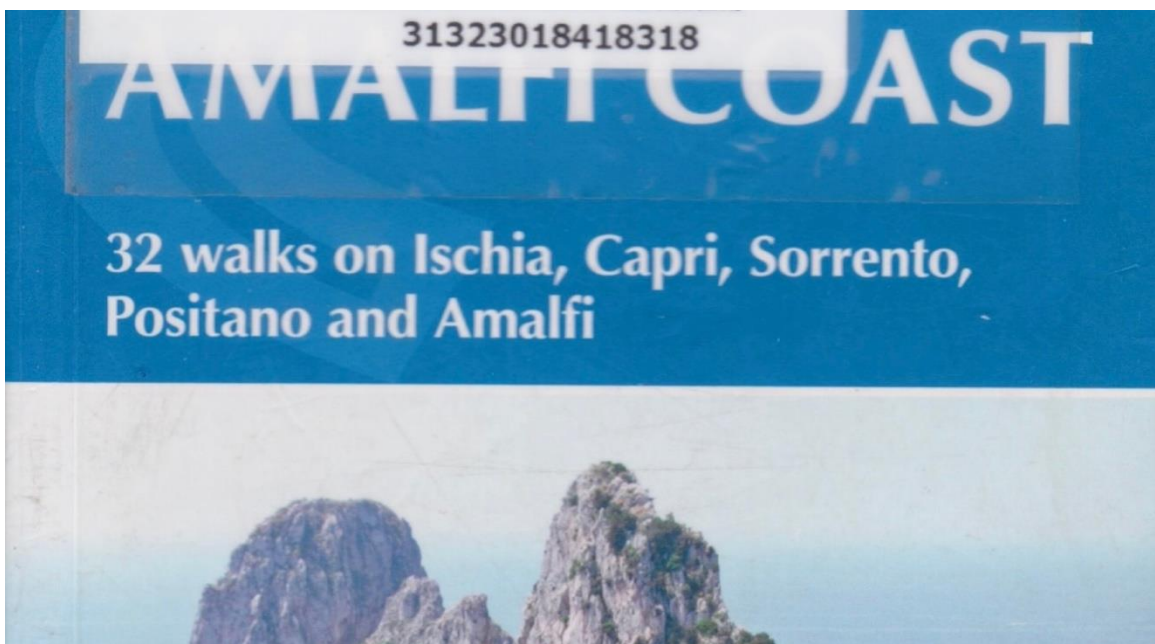
F. Toiletries

- i. Toothbrush
- ii. Lip balm
- iii. Toothpaste
- iv. Razor
- v. Shaving cream
- vi. Contact lens solution and case
- vii. Glasses
- viii. Flashlight or head lamp
- ix. Deodorant
- x. Comb (or light hat for the evening)
- xi. Sunscreen
- xii. Lip protection balm
- xiii. Toilet paper and plastic bags for carrying out the used paper
- xiv. Ear plugs if sensitive to noise at night
- xv. Personal first aid kit (leaders will have a group first aid kit)



16. CREDIT

All hiking descriptions are either from *Walking on the Amalfi Coast* by Gillian Price and published by CICERONE 2018 or [Earth Trekkers](#).



Photos are provided by:

- A. Cycling photos from outfitter: Sardinia Cycling; Website:
<http://www.sardiniacycling.com>
- B. Others by salvatore monetti from pixabay (free to use under the content license no attribution required)