



**APPALACHIAN  
MOUNTAIN CLUB**  
SINCE 1876

## **Mt. Vesuvius, Pompeii, Amalfi and More Day Hikes/Walks, Italian Food and Culture**

May 1, 2026 – May 13, 2026 (trip # 2612)



*Mt. Vesuvius (photo by Pietro Scserrato @Creativecommons [Attribution](#))*

### **Overview**

Mt. Vesuvius, Pompeii, Amalfi Coast, Matera, Cilento Region and Capri are well known areas in the south/central part of Italy that will be the focus of our 13-day adventure. While in these areas we will view Mt. Vesuvius, which is prominent on the Naples' skyline.

Weather dependent, we will have an opportunity to circumnavigate Mt. Vesuvius crater rim on a trail that is not open to the public. The rim is approximately 4,203 feet above sea level. We will stand in Pompeii and imagine how the residents of Pompeii felt when

Mt. Vesuvius erupted in 79 AD. Pompeii is now a vast archaeological site where we will walk down streets and enter houses, temples, shops, and theaters more than 2,000 years old.

Our next stop will be the Amalfi Coast. From the seaside towns of Amalfi, Minori, and Positano, the hills rise steeply with terraces of gardens, vineyards, lemon and olive trees. Along with extensive wilderness areas, an ancient network of trails connects the cultivations and villages, offering hikers grand views over the Tyrrhenian Sea and along the coast.

A little further south and inland from the Amalfi Coast lies the truly remarkable town of Matera, one of the oldest settlements in Italy. Inhabited since the stone age, over the millennia, hundreds of natural caves have been enlarged and shaped to become subterranean dwellings, shrines, churches and stores. Many of the caves are still in use today.

Next, we will visit the Cilento Region which is home to Italy's second largest National Park. With many hike options in the park, the one we have chosen will be one of the trip's most challenging hikes, with respect to distance and elevation gain. We will stay in the small village of Pisciotta, with its well preserved, medieval era layout of narrow lanes, central castle and defensive walls.

The last area we will explore is Capri. Off the tip of the Amalfi peninsula lies the island of Capri. It is a beguiling mix of rugged, natural beauty and casual, elegant charm. Footpaths lead past stylish villas, gardens and orchards to dramatic viewpoints over the island and across to the Italian mainland.

A trip to Italy is also about the food and is justifiably world-renowned. Perhaps the best way to experience it is to arrive at the table hungry after an invigorating walk/hike in the fresh air. We will enjoy a great range of vegetables, fruit, salads, cheeses, breads, pastas, meats, seafood, pastries, desserts and more as we travel from Naples to Amalfi, Minori and beyond.

Four lunches and nine evening meals will be arranged for the group and designed to highlight the local culinary style. These meals will be accompanied by special local wines. Three dinners are not included in the trip price.

Our trip will be led by AMC Adventure Travel leader, Michael Wainer along with Anthony and Marina of Tamarillo Active Travel. Anthony and Marina are both dual citizens of Italy and New Zealand and have led 7 trips for the AMC Adventure Travel Group. In many locations we will be joined by experienced, licensed, local guides.



*Approximate area in Southern Italy for trip (map adapted from Nations Online Project)*

### **Trip Difficulty**

This trip is rated [Easy to Moderate](#). You must be able to hike/walk four to five hours a day, several days in a row, not including breaks and lunch. A couple of hikes are a little over six miles. In our day packs, we will carry our snacks, lunch, water, and items to keep you safe in the event of bad weather or injury. We will hike/walk at a moderate pace, which will permit time for photos and rest breaks. There will be paths and trails of gravel, stones, and stone steps, which could be slippery if there is wet weather. Some trails will be narrow, with some switchbacks and steep sections.

## **Itinerary**

The itinerary below describes our daily plans. Various factors may require changes for reasons of safety, transportation or lodging availability, and unforeseeable circumstances (such as weather considerations, natural disasters in areas to be visited, or recommendations of governmental agencies). The leader reserves the right to make such changes as necessary, both before, and during the trip. The leader will always try to make decisions that prioritize the safety of the group.

The following abbreviations are used to indicate meals provided by the trip:

B = breakfast, L = lunch, D = dinner

All driving times are approximate.

### **Day 0 (Thursday, April 30, 2026, Departure from the USA)**

Fly from the US to Naples, Italy International Airport (NAP), where one will find that most flights from the USA have one stop.

### **Day 1 (Friday, May 1, 2026, Arrival Day in Naples, Italy)**

#### **Naples**

Arrive in Naples, Italy and independently make your way to our hotel in Naples (Hotel Palazzo Decumani). You can check in to your hotel room anytime from 2pm onward. We will meet in the hotel for an orientation meeting followed by a stroll to the venue of a special 'Welcome to Italy' dinner. (The time/place to meet in the hotel will be confirmed at a later date).

Meals: D

### **Day 2 (Saturday, May 2, 2026, Mt. Vesuvius and Pompeii)**

#### **Mt. Vesuvius and Pompeii**

After breakfast, we'll drive (45 minutes) close to the summit of the dormant volcano Vesuvius. Guided by an expert volcanologist and armed with a special permit, we'll hike a trail closed to the public (weather permitting). We'll circumnavigate the entire crater and learn about Vesuvius's explosive past while enjoying spectacular views that extend in every direction.

From Mt. Vesuvius we'll drive (30 minutes) to Pompeii, with a stop for a light lunch enroute. Pompeii is one of Europe's most compelling archaeological sites. The group will be guided around Pompeii by an archaeologist, on a private tour. Following the tour we will drive (1 hour 15 minutes), to the seaside town of Amalfi, arriving about 7pm.

After checking in to the accommodation, we will gather for our daily meeting before we head out to a nearby restaurant.

Meals: B, L, D

Hike details: 3.0 miles, 900 feet ascent, 900 feet descent (not including walking at Pompeii)



Pompeii Forum (photo by Matthais Süßen)

[https://commons.wikimedia.org/wiki/File:Pompeji\\_Forum2158.jpg](https://commons.wikimedia.org/wiki/File:Pompeji_Forum2158.jpg)

### **Day 3 (Sunday, May 3, 2026, The Amalfi Coast)**

#### **The Amalfi Coast**

A short and scenic drive (20 minutes) leads from Minori up to the cliff-top town of Ravello, which is famous for its beautiful gardens and stupendous views. After a guided walk around Ravello and the gardens of Villa Cimbrone, we'll hike down through Val di Ferriere Nature Reserve to Amalfi. After reaching the town, you will be provided with a timetable and ticket so you can make your way from Amalfi to Minori by ferry at a preferred time of your choosing. Ferries run regularly along the Amalfi Coast. (Ferry trip duration: 15 minutes)

Meals: B

Hiking details: 5.5 miles, 350 feet ascent, 1,000 feet descent



*Amalfi Coast (Silvia Trigo Photo from [Unsplash](#) )*

## **Day 4 (Monday, May 4, 2026, The Amalfi Coast)**

### **The Amalfi Coast**

The day begins with another scenic drive (45 minutes), up to the hillside town of Bomerano and the start of our hike along a trail known as the Sentiero degli Dei (translation: Pathway of the Gods). The trail descends gradually at first and then more steeply down to Positano, one of Italy's most iconic seaside towns. You can make your own way from Positano back to our accommodation by ferry at a preferred time of your choosing. You will be provided with a timetable and ticket for the ferry. Ferries run regularly along the Amalfi coast. (Ferry trip duration: 20 minutes).

Meals: B, D

Hiking details: 6.0 miles, 200 feet ascent, 1950 feet descent

## Day 5 (Tuesday, May 5, 2026, Amalfi to Matera)

### Amalfi Coast to Matera

In the morning, we will travel by ferry (25 minutes) along the Amalfi Coast to the town of Salerno. From there we'll travel by private bus (2 hours 30 minutes) to Matera, one of Italy's oldest, permanently inhabited towns, notable for the many cave-dwellings still in use and recognized as a UNESCO World Heritage Site. At 3pm a historian-guide will lead us on a hike through a deep, narrow ravine to a part of nearby Murgia National Park called *Il Belvedere* (translation: beautiful view). The area is notable for the many ancient shrines and shelters carved into caves on the hillside. In the evening we'll gather for a stroll through Matera and then dinner in an elegant restaurant within a cave.

Meals: B, D

Walk details: 3.0 miles, 600 feet ascent, 600 feet descent



Matera (Photo by Luca Micheli from [Unsplash](#) )

## **Day 6 (Wednesday, May 6, 2026, Matera)**

### **Matera**

This morning's activity is a guided walk (3 hours) through Matera. Continuously inhabited for more than 9000 years, the town holds layer upon layer of human history. The afternoon is free to explore and enjoy Matera at your own pace.

Meals: B, D

Walk details: 2.5 miles, 250 feet ascent, 250 feet descent

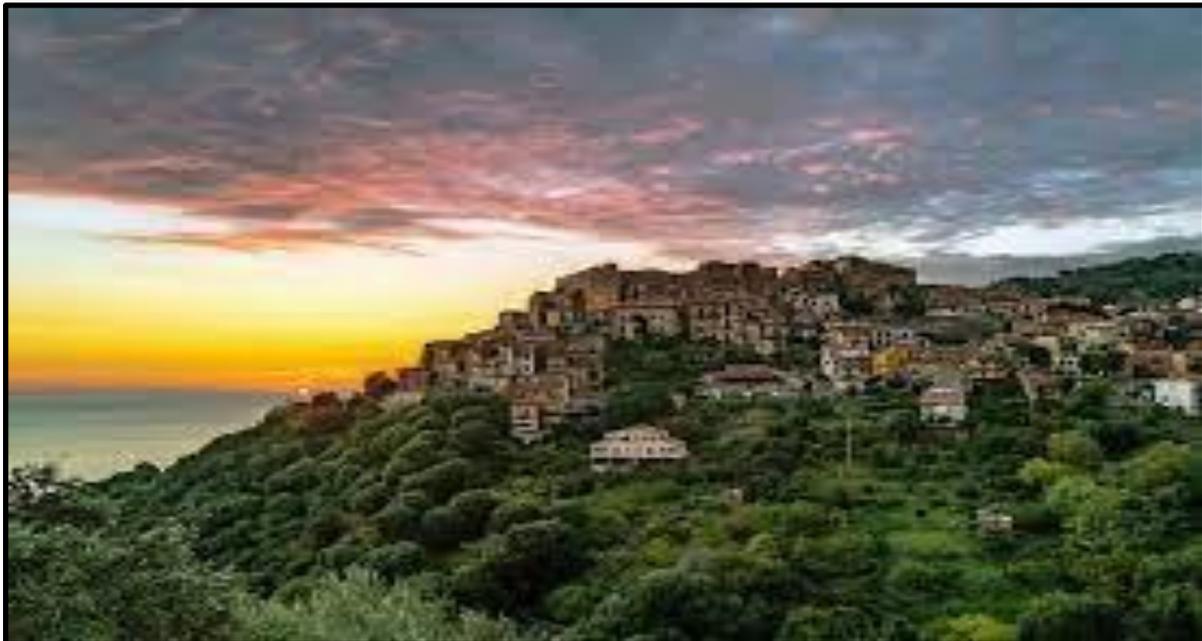
## **Day 7 (Thursday, May 7, 2026, Matera)**

### **Matera**

A full day of unique hiking, food and cultural experiences in the countryside around Matera taking in quiet trails through Murgia National Park. We will explore a mysterious cave-church with walls painted more than 1,000 years ago, enjoy lunch at a farm-vineyard and visit the small hill-top town of Montescaglioso. We will have transportation at each end of the hike.

Meals: B, L

Hiking details: 6.0 miles, 0 feet ascent, 900 feet descent



*Pisciotta (photo from [Unsplash](#))*

## Day 8 (Friday, May 8, 2026, Teggiano and Pisciotta)

### Teggiano and Pisciotta

From Matera we'll drive (2 hours) to the Cilento region, and the town of Teggiano, built upon an isolated hill. Teggiano is considered an 'urban museum', with its well-preserved medieval-era layout, ancient buildings and defensive walls. We'll be here from about midday until 4pm. After lunch in the piazza, a guided walk will reveal some of Teggiano's fascinating history. We'll then drive (1 hour 30 minutes) to the coastal village of Pisciotta. We'll gather on our hotel's terrace for an aperitif in the early evening, then stroll to dinner at the village's social hub, *Osteria del Borgo*.

Meals: B, L, D

Walk details: 1.5 miles, 150 feet ascent, 150 feet descent



Capri coastal walk (Photo by Giulia Squillace from [Unsplash](#))

## Day 9 (Saturday, May 9, 2026, Cilento National Park)

### Cilento National Park

A hike in Italy's second-largest national park. In the late afternoon, one can choose to hike down to Pisciotta's beach for a swim, to hang out with the locals in the piazza, or to relax and enjoy the sea views from our hotel's garden and terrace.

Meals: B, D

Hike details: 6.0 miles, 1230 feet ascent, 1,230 feet descent

## **Day 10 (Sunday, May 10, 2026, Cilento to Capri)**

### **Cilento to Capri**

At 9am we'll drive (1 hour 30) to the Temples of Paestum, a UNESCO World Heritage Site, for a guided walk through some of the best-preserved monuments of Magna Graecia, the ancient Greek colony that once covered much of southern Italy. After lunch in Paestum, we'll drive (1 hour 30) to Naples to board the high-speed ferry to the island of Capri. (Ferry duration: 50 minutes). Upon arrival we'll travel by private bus (15 minutes) to Anacapri, for a walk through the quieter, more understated of Capri's two main centers.

Meals: B, D

Walk details: 1.0 miles, no elevation changes



*Temple of Paestum (Photo by Diego Delso license by [Creative Commons](#))*

## **Day 11 (Monday, May 11, 2026, Capri)**

### **Capri**

From Capri's town-square narrow footpaths lead out past elegant villas and well-tended gardens to lookouts over dramatic escarpments. During this morning's hike we'll learn about the island's history and some of the interesting characters that have made it their home over the centuries. We'll be back in the center of Capri by 1pm. After a break for lunch, we'll circumnavigate Capri by boat, to enjoy close-up views of sea-caves and soaring sea-cliffs. Then head back to Anacapri on foot via the Scala Fenicia staircase, once upon a time the main route connecting the island's two main centers. (For those not up to climbing the steps, they can choose an option to go back by bus.)

Meals: B

Hiking details: 5.0 miles, 1,250 feet ascent, 750 feet descent (includes the steps)

## **Day 12 (Tuesday, May 12,, 2026, Capri)**

### **Capri**

This morning's hike is along a rocky track tracing Capri's sparsely populated western coast. Alternatively, take time to stroll along Anacapri's car-free lanes and to visit its museum, churches, boutique stores, villas and public gardens. We'll rendezvous for lunch at a casual beach-side eatery before setting out on the hike up Monte Solaro, the highest point on the island (1932 feet). From the summit views extend over Capri and out across the Tyrrhenian Sea to other islands, the Amalfi Coast and the volcano Vesuvius. At 7pm we'll meet for the farewell dinner of the tour, at a mystery location.

Meals: B, L, D

Hike details (morning) - 4.0 miles, 600 feet ascent, 1,000 feet descent

Hike details (afternoon) - 3.5 miles, 900 feet ascent, 1,000 feet descent

## **Day 13 (Wednesday, May 13, 2026, Capri to Naples)**

### **Capri to Naples**

At 8 am we will travel by private bus (15 minutes) to Capri's ferry terminal to board the 9am ferry to Naples. The trip officially ends at 10am at the Naples' ferry terminal. Taxis will be available to transfer people to Naples International Airport or Naples Central railway station.

Meals: B

### **Hiking/Walk Summary**

<b>Day</b>	<b>Hike/Walk</b>	<b>Distance Miles</b>	<b>Ascent (ft)</b>	<b>Descent (ft)</b>	
1	Naples (no hike)	n/a	n/a	n/a	
2	Vesuvius hike (not incl. Pompeii Walk)	3.0	900	900	
3	Ravello walk, Amalfi hike	5.5	350	1,000	
4	Sentiero degli Dei hike	6.0	200	1,950	

5	Murgia National Park Walk	3.0	600	600	
6	Matera walk	2.5	450	450	
7	Murgia National Park hike	6.0	0	900	
8	Teggiano walk	1.5	150	150	
9	Cilento National Park hike	6.0	1,230	1,230	
10	Temples of Paestum Walk	1.0	0	0	
11	Capri hike including the Scala Fenicia Staircase	5.0	1,250	750	
12	Capri - morning west coast trail (hike)	4.0	600	1,000	
12	Capri - afternoon Monte Solaro (hike)	3.5	900	1,000	
13	Capri to Naples (no hike/walk)	n/a	n/a	n/a	

## **PARTICIPANT PROFILE AND EXPECTATIONS**

You should have a keen interest in cultural explorations and enjoy easy to moderate hiking and walking. On an average day we will walk/hike for up to five hours with ascents between 200 and 1,250 feet. There will be some significant descents between 150 to 1,950 feet. You need to be prepared to commit yourself to keeping in shape between the time you sign up for this trip to the time you depart on it.

This trip has day hikes geared towards those who like a few moderate hikes and outdoor travel. We will have eight hiking days and four days with walking/touring. You should have at least moderate to intermediate hiking skills and be able to hike and walk over varied terrain for a good portion of the day.

You should recognize that you may find yourself in closer quarters or be less comfortable than you are used to at home. You should make it a priority to help others on the trip and contribute to their having a good time. A packing list will be provided at a later date.

## **ACCOMMODATIONS AND MEALS**

We will spend twelve nights in three and four-star hotels. Note that in Europe, twin beds are sometimes immediately side-by-side in a single bed frame, while in the US twin beds are in separate bed frames and are separated by a few inches. Breakfast will be provided by our accommodation every morning. They are usually buffet-style or continental breakfasts. For dinner, we will either dine out in the villages and towns where we are staying or eat at our accommodation (if they have a restaurant). Most lunches are not included, but for the days not included, we can find small stores in which to purchase items for a pack or picnic lunch.

## **AIRLINES AND TRAVEL**

Plan to arrive at the hotel in the afternoon of May 1, 2026 (depart from the US on April 30). Additional details about arrival and meeting times will be supplied later. The trip ends May 13, 2026, at the Naples ferry terminal, at 10 am. Of course, you may arrive early or extend your trip.

Do not make any non-refundable travel plans until told to do so by the leader.

At this time, I estimate that the price for a round-trip flight from the US east coast to Naples, Italy, will be ~ \$800 to \$1,100

Starting in the middle of 2025, travelers from visa-exempt countries will be required to have the European Travel Information and Authorization System (ETIAS) to enter most European countries. The estimated cost in 2025 will be approximately \$7 and it will be effective for 3 years from when one receives the authorization.

## **WEATHER**

This is a nice time of year to be in central Italy. The weather is likely to be mostly sunny, although one should always be prepared for rain in the mountains. We can expect daytime temperatures that range from 65-85 degrees Fahrenheit.

## **AMC MISSION**

AMC Adventure Travel trips are run in a manner supportive of and consistent with the conservation, recreational and educational principles and mission of the club. The leaders will encourage participant conduct consistent with Leave No Trace environmental and conservation principles and local regulations.

## TRIP COST

The trip price is \$6,200 for AMC members and \$6,300 for non-members. To join the AMC (2025 pricing: \$50 individual, \$75 family) click [here](#).

### ***The trip price will cover the following items:***

- All lodging - 12 nights' accommodation, (4 nights in 4-star hotels, 8 nights in 3-star hotels).
- All breakfasts, 4 lunches, and 9 of the 12 dinners
- All necessary vehicle transfers and support from the group meeting on day 1 through to the Naples ferry terminal on day 13. Local transportation will start at our hotel in Naples
- All baggage transfers between hotels
- Entrance fees except for activities during free time
- Additional local guides in each location throughout the trip
- Tips for local guides and drivers
- Emergency medical and evacuation insurance

### ***Trip cost does NOT include:***

- Round trip airfare to Naples
- 6 Lunches, 3 dinners, snacks
- Beverages, unless noted in itinerary
- Insurance for travel delay, interruption, cancellation, or for baggage loss
- Transportation from the airport to our hotel in Naples and from the Naples's ferry terminal to the airport on the last day
- Tips for the main guides, porters and hotel staff are at your own discretion and are your own responsibility
- European Travel Information and Authorization System (ETIAS)
- All other personal expenses

## TO APPLY FOR THIS TRIP

To apply, you must:

1) Complete and submit the application, confidential medical form, and acknowledgement and assumption of risk and release form which can be found online here: [Day Hiking Italy - Vesuvius, Pompeii, Amalfi and More - Application](#)

2) Mail the registration deposit of \$2,200, payable by check to the ***Appalachian Mountain Club***, to:

Michael Wainer  
163 Elm Street  
Stoneham, MA 02180

You will not be accepted, and your check will not be deposited until the leader has determined by telephone conversation with you that you and the trip are a good match. The balance is due by November 1, 2025. Deposit checks from waitlisted applicants will not be cashed until the applicant confirms continued interest in joining the trip.

3) The outfitter requires that participants sign their Health and Acceptance of Responsibility forms. Please print this, sign it, and mail it back with your deposit: [Health Info, Acceptance of Responsibility](#)

## **CANCELLATION**

The AMC Adventure Travel cancellation policy is based on the premise that your cancellation may not raise the cost to other participants or to the leaders. Once you are notified that the trip will run as scheduled, the trip's cancellation policy will take effect.

For other details on the cancellation policy see section 1 of:

**AMC's standard [Adventure Travel terms and conditions](#).** At this link, you will find detailed information on:

- Cancellation Policy
- Leaders' Right to Change Itinerary
- Leaders' Expectations of Participants
- Trip Price
- Travel Documents
- Safety
- AMC Activity Rating System
- Essential Eligibility Criteria

This trip is likely to fill quickly. If you are interested, you should apply as soon as possible. When registration is complete, I will send all participants the names, addresses, and email addresses of all those going on the trip. In the unlikely event that the trip is canceled because not enough participants apply, everything you have paid will be refunded in full.

## **QUESTIONS and REQUESTING APPLICATION MATERIALS**

If you have any questions, please feel free to contact Michael ([wainer18@hotmail.com](mailto:wainer18@hotmail.com)).

## TRIP LEADERS



**Michael Wainer** is an Adventure Travel leader who has co-led trips in Kings Canyon/Sequoia National Parks, Newfoundland, Olympic National Park, New Zealand, the Republic of Georgia, Balkans and Madagascar. Michael started leading hikes and weekend trips with the AMC Boston Chapter Family Outings Group and hikes at AMC August Camp (Mt. Rainier, Little Lyford in ME, and Mt Hood). He has been a participant on nine other Adventure Travel trips. Michael has completed the NH 48 4K twice and the 52 WAV, the Mass.

Midstate Trail is now working on the NET (New England Trail). He has SOLO Wilderness First Aid and CPR certifications. When not on an AMC Adventure Travel Trip, Michael and his wife Christine do personal travel to destinations that have included; Scotland, Iceland, Grand Canyon, Yellowstone, Antarctica, Egypt, Jordan, Uganda and Tanzania.



### **Anthony Norris and Marina Mantovani**

own and direct Tamarillo Active Travel. They have been providing adventure travel experiences for groups in Italy, New Zealand, Australia and Fiji since 1998. They have led 7 trips for the AMC Adventure Travel Group to date.