

2022

# Capri & Amalfi Coast

# 100 BUCKET LIST EXPERIENCES

From the creators of  
**Capri.com** and **Positano.com**



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## The 100 Bucket List Experiences on Capri, the Amalfi Coast, and Sorrento.

This isn't a ranking, so choose whatever experience delights and inspires!

# The Island of Capri

## EXPERIENCES



**Visit the Blue Grotto**



**Catch the Chairlift up Mount Solaro**



**Take a boat tour around the Island of Capri**



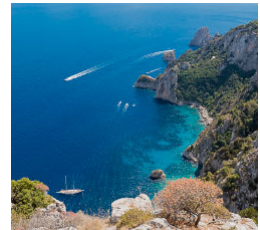
**Stroll to Punta Tragara**



**Savor the silence at the Migliara**



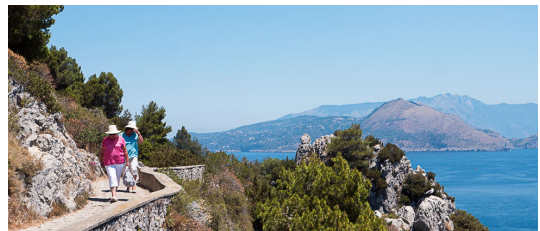
**Visit the Cetrella Hermitage**



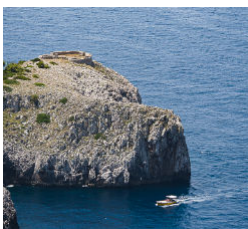
**Look out from the terrace at Parco Astarita**



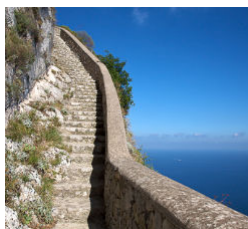
**Photograph the Faraglioni from the Gardens of Augustus**



**Walk the Pizzolungo trail**



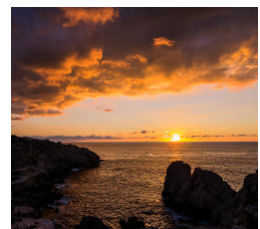
**Follow the Trail of the Forts**



**Climb (or descend) the 900 steps along the Scala Fenicia staircase**



**Take the dramatic bus ride between Capri and Anacapri**



**Watch the sunset from the Punta Carena Lighthouse**



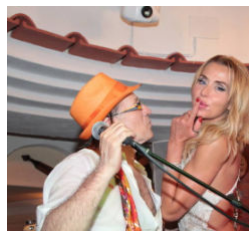
**Indulge in a gelato from Buonocore in Capri or Capri Crema Caffè in Anacapri**



**Sip an aperitivo cocktail in the Piazzetta**



**Have a drink on the terrace at Hotel Quisisana**



**Go dancing in a taverna**

# The Amalfi Coast

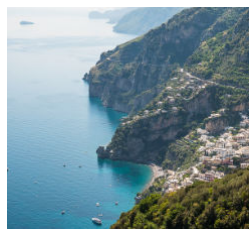
## EXPERIENCES



**Stop to take in the colored houses tumbling down the cliffside in Positano from the Spiaggia Grande Beach**



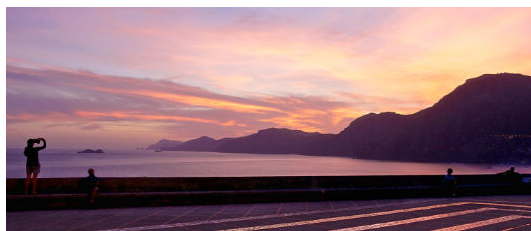
**Climb up and down the staircases of Positano**



**Visit the village of Nocelle**



**Follow the Lovers' Walk from Spiaggia Grande to the Fornillo coves in Positano**



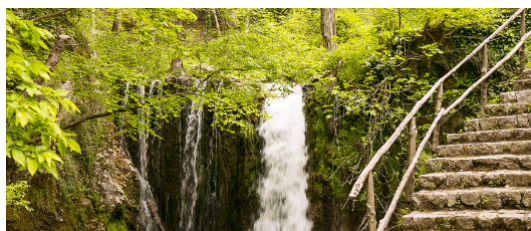
**Drink in the sunset from Praiano**



**Discover the Amalfi Coast's only fjord in Furore**



**Lose yourself in the covered walkways behind the Duomo in Amalfi**



**Hike the Valle delle Ferriere, with its historic paper mills**



## Getting around

The main routes connecting the Amalfi Coast, Sorrentine Peninsula, and Capri

**Sorrentine Peninsula:** from Vico Equense to Massa Lubrense, served by the Napoli-Sorrento rail line and **highway SS145**.

**Amalfi Coast:** from Nerano to Vietri sul Mare, along **highway SS163**, which also has a bus route. In the summer months, there is ferry service between the towns.

**Capri:** there are ferries that run from **Naples** and **Sorrento** all year round, and from April to October from **Salerno, Amalfi, Positano** and **Ischia**.

### Car (or not?)

Having a car can be useful on the **Amalfi Coast** to get around on your own schedule and easily reach towns that are not well-served by public transportation. But keep in mind:

**Parking:** space is limited on the coast, so parking is costly and hard to find. In **Positano** and **Amalfi**, parking can cost around **€4-5 an hour**. In **Sorrento**, it's easier to find parking and it costs much less (**about €2-3 an hour**).

**Traffic:** during the high-season summer months, traffic on the single coastal road **is often backed up for hours**. We suggest carefully planning any driving you want to do to avoid delays.

**Roads:** roads along the coast are narrow and curvy, so if you are not used to this type of driving, it may be stressful!

### Motorcycles and scooters

Scooters and motorcycles are the most pleasant way to get around the coast, combining independence with a certain freedom from problems due to traffic and parking.

You can rent a scooter in most towns along the coast, **but we only recommend scooter rentals to those who have experience driving on two wheels**.



### Highway SS163

The iconic highway SS163, also known as “**l’Amalfitana**”, runs between the towns on the Amalfi Coast and is **one of the most beautiful roads in the world**, with more than **50 kilometers of sharp curves right along the coast**, broken up by the pretty towns into the cliffside. **Please note:** during the summer and many weekends, **traffic can be blocked** for hours on this road due to the number of cars and buses headed to the Coast.

## Public transportation

The towns along the coast are served by the **Sita public buses**. Buses run rather frequently, though they are often behind schedule due to heavy traffic. **Please note:** during the busiest times of day in summer, buses are very crowded and there is often standing room only.

## Ferries

Taking a ferry is the easiest way to travel between the towns along the coast. Most routes for both high speed and regular ferries run from the beginning of **April** through **October**.

## Getting to Capri

Ferries to **Capri** depart all year round from **Naples** and **Sorrento**; in the summer, there are ferries from **Salerno**, **Amalfi**, and **Positano**. For most of the year, cars and motorcycles are not allowed on Capri. **Non residents can bring vehicles on the island from the beginning of November to Easter**. Regardless, it’s easy to get around the island without a car.

Ferry schedules [www.capri.com](http://www.capri.com)

## Circumvesuviana train Naples - Sorrento

The **Circumvesuviana** runs between **Naples** and **Sorrento**, stopping at a number of towns in between. There are no restrooms on the train, no luggage storage, and often you have to travel standing due to the crowds. There is no escalator at the **Napoli Centrale** train station to reach the Circumvesuviana line on the lower level, so it can be difficult with heavy bags. It takes about an hour to get from **Naples** to **Sorrento** by train.

Train Naples - Sorrento schedule [www.sorrentoinsider.com](http://www.sorrentoinsider.com)

## Tickets

There is no pass you can purchase for all the different types of public transportation, as each company has its own ticket, which must be purchased before boarding.

**Tickets can be purchased at the station, and in many bars, tobacco shops, and newsstands.**

[Getting to Capri](#)

[Getting to the Amalfi Coast](#)

[Getting to Sorrento](#)

## Where to stay

Choosing where to book a hotel or other accommodation to use as your base is one of the most important decisions for your holiday.

### Capri

If you want to really get to know **Capri**, you should plan to spend at least **two nights on the island**. The island is at its most beautiful in the evening, when the crush of daytrippers has left and the last ferry for the island has departed. This magical place is too beautiful not to be admired in the quiet of the evening.

### Positano

Along with Capri, this town is one of the most exclusive on the coast. Here you can enjoy the quintessential **Amalfi Coast atmosphere**, with gorgeous views, a picturesque village center, and pretty beaches.

A warning, however: Positano is very steep and full of flights of stairs that are not recommended for those travelling with young children and those with limited mobility.

### Amalfi Coast

If you'd like to stay on the **Amalfi Coast** but are looking for a less expensive and crowded option than **Positano** or **Amalfi**, consider **Praiano**, **Furore**, **Minori**, and the other smaller villages located between **Positano** and **Vietri sul Mare**.

### Sorrento

This is the most popular base for those visiting the area, as it is well-connected to **Capri**, **Positano**, **Amalfi**, and **Pompeii**, in addition to having great views and a festive atmosphere. Sorrento has a wide variety of hotels, apartments, and B&Bs for all budgets.

#### Caution: stairs

Before booking an accommodation on Capri or the Amalfi Coast, be sure to check its location not only in reference to the beach or center of town, **but also in reference to its altitude**.

Some accommodation looks well-located on paper, but they can only be reached by **climbing long and steep flights of stairs**.

## How many nights

Some ideas to plan your holiday based on how long you'll be staying.

### A long weekend or short break

If you only have a few days to spend on the coast, try to avoid burning through a checklist. Much of the charm of the **Amalfi Coast** is its slow pace and dedication to relaxing. For short visits, we always recommend choosing **Capri** or **Positano** as a base, which are the two most beautiful and iconic spots. Also, try to spend at least half a day at sea to admire the coastline from the water. From the beginning of **November** to the end of **March**, **Sorrento** is the best choice since **Capri** and **Positano** close for the season and most hotels and restaurants are shuttered until spring.

[Three Days on Capri](#)

[Three Days on the Amalfi Coast](#)

### A week

If you have a week to spend on holiday, you'll have more time to visit the towns and spend some time relaxing. With seven nights to plan and a flexible budget, you can **divide your stay between Capri and Positano**. Three or four days will give you enough time to really savor the **island of Capri**, with another three nights in Positano to relax on the beach, take a boat tour, and visit **Amalfi** and **Ravello**.

If hotel prices on **Capri** and **Positano** are too expensive for your travel budget, you can opt for **Sorrento** and **organize day trips to other destinations from there**. This is one of the most popular options for visitors, combining the convenience of Sorrento's well-connected location with the ample selection of hotels and B&Bs for every style and budget. **Sorrento** is always a great choice, with its numerous restaurants and cafés in the center where you can spend a pleasant evening.

### An itinerary for a week-long stay

- 1 day in [Sorrento](#)
- 1 day in [Capri](#)
- 1 day in [Positano](#) and [Amalfi](#)
- 1 day relaxing on the beach in [Nerano](#)
- 1 day at [Pompeii](#) and [Vesuvius](#)
- 1 day shopping and relaxing in [Sorrento](#)



#### The Ruins of Pompeii

If you are planning on visiting the **archaeological park** in **Pompeii** while vacationing on the coast, one of the most convenient options to make the most of your time is to **book a transfer from Naples or Rome** and schedule a stop for a few hours in **Pompeii** to visit the ruins before continuing on to your hotel.

More info [www.visitpompeiiwesuvius.com](http://www.visitpompeiiwesuvius.com)

# Where to book a hotel

No location is the perfect base for everyone, so here is a quick recap of the pros and cons to each.



## Capri

- ☺ To really get to know Capri, you should spend the night (it seems obvious, but most visitors take day trips from Sorrento).
- ☺ Perfect for those who love the glamorous VIP life.
- ☹ High prices in July and August.



## Anacapri

- ☺ Perfect to discover the beautiful countryside on Capri.
- ☺ For lovers of long walks, quiet nights, and excellent food.
- ☹ A bit complicated to organize day trips off the island.



## Sorrento

- ☺ Excellent base for area day trips.
- ☺ A festive and friendly atmosphere.
- ☹ Very touristy and crowded.



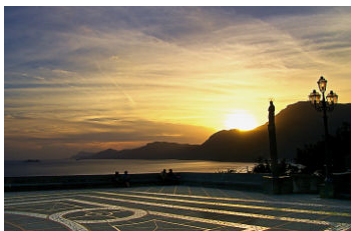
## Positano

- ☺ The most iconic town on the Amalfi Coast.
- ☺ Perfect for honeymoons and romantic get-aways.
- ☹ The steep streets and stairs make it difficult to get around for children and those with limited mobility, very crowded in the day.



## Amalfi and Atrani

- ☺ At the center of the Amalfi Coast.
- ☺ Rich in history and important architecture.
- ☹ Crowded and heavy traffic in high season.



## Praiano and Conca dei Marini

- ☺ Sun all day and lovely sunsets.
- ☺ Easy access to the Path of the Gods trailhead.
- ☹ No ferry service to other locations on the coast.



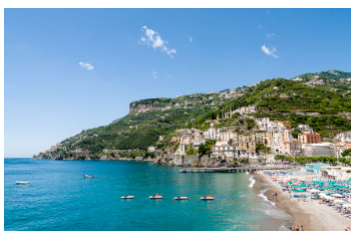
## Sant'Agata and Nerano

- ☺ Large beaches with beach clubs and crystalline water.
- ☺ Excellent restaurants.
- ☹ Quite distant from the other towns on the Amalfi Coast.



## Ravello

- ☺ The best views on the coast.
- ☺ An excellent schedule of summer concerts.
- ☹ Far from the seaside.



## Minori and Maiori

- ☺ Accessible beaches with no stairs, so perfect for families traveling with children.
- ☺ Less expensive than other spots along the Amalfi Coast.
- ☹ Less glamorous atmosphere.



## Cetara and Vietri sul Mare

- ☺ Wonderful restaurants.
- ☺ Not many tourists.
- ☹ Far from other locations along the coast.

# The island of Capri

Ten square kilometers of land and two towns:  
Capri and Anacapri.

## Capri Town and environs

Includes **Marina Grande** (where the port is located) and the center of town around the **Piazzetta**. To the east is the **Tiberio** neighborhood, and to the south **Marina Piccola**.

## Anacapri Town and environs

Located at a higher elevation than Capri town on the slopes of **Mount Solaro**. To get to Anacapri from Capri, **it takes 10 minutes by bus**. The historic center includes the **Boffe quarter** and **Via Giuseppe Orlandi**, and the surrounding areas include **Migliara**, the **Faro (lighthouse)**, and the **Blue Grotto**.

**Location:** Tyrrhenian Sea,  
Campanian Archipelago  
**Area:** 10.5 km<sup>2</sup>  
**Inhabitants:** 14,200

## Capri

**Altitude:** 142 m  
**Area:** 3,97 km<sup>2</sup>  
**Inhabitants:** 7,400 about  
**Density:** 1,814 inhab/km<sup>2</sup>

## Anacapri

**Altitude:** 275 m  
**Area:** 6,47 km<sup>2</sup>  
**Inhabitants:** 6,700 about  
**Density:** 1,035 inhab/km<sup>2</sup>



## Where to stay



### Capri

The hotels located around the **Piazzetta** are perfect for those who love a bit of nightlife and plan on getting back to their hotel rooms in the early morning hours. If you would like a location close to the center but a bit quieter, book a hotel near **Via Tragara** and **Via Occhio Marino**. When you check the distance between your hotel and the Piazzetta on the map, be sure to check elevations: the Tiberio neighborhood seems close by, but **Via Sopramonte** and **Via Croce** are all uphill!



### Anacapri

This is perfect location for those who love peace and quiet and want to discover the more authentic side of the island. If you would like to explore the entire island, book a hotel **near a bus stop on the Capri - Anacapri line**. In the evening, it's a pleasure to wander the lanes in the center of Anacapri, lined with small restaurants, cafés, gelato shops, and wine bars... all in a small town, with yesteryear atmosphere.

If you book in one of the B&Bs in the area near the **Blue Grotto** or the **Faro (lighthouse)**, consider renting a scooter to be able to move around the island freely. Many of the hotels in Anacapri offer a convenient shuttle service between the port and the hotel. There are no sandy beaches in Anacapri, but only beach clubs on the rocky cliffs.



### Marina Grande

This area is quite busy during the day with the arrival and departures of ferries, but in the evening is a quiet hamlet. It's the perfect place to stay for those who are only on the island for a short time, one or two nights, as you are close to the ferry docks. It's also a good place to stay for families, as the nearby **beaches are kid-friendly**. With the funicular, **you can reach the Piazzetta in just 5 minutes**.



### Marina Piccola

On this stretch of coast, you'll find the island's most beautiful beaches and a view of the **Faraglioni**, but there isn't much to do and night. We recommend checking if your hotel has a shuttle service to the **center of Capri**.

# Getting around Capri

Not sure how to get from one location on the island to another? There are a number of options: bus, funicular, and... walking! Wear comfortable shoes, since you can only get around the center of Capri town on foot, and walking is often the fastest option.



## Funicular (Cable-car)

This is the fastest way to get to **the center of Capri town** from the **Marina Grande port**. The funicular is a cable train that climbs the hillside through lemon groves and stops right in the **Piazzetta**. **Funicular Marina Grande - Capri departures:** every 15 minutes (more often on crowded days). **Duration: 5 minutes. Ticket: €2.**

You can carry one piece of hand luggage; for larger bags, you need to purchase a supplementary ticket. Pets are allowed. **The ticket office in Marina Grande** is not at the entrance to the funicular, but at the arrival pier to the right (facing the island) near the ferry ticket office. The funicular closes from January to March, and is replaced by a shuttle bus.

## Bus

Don't picture large urban public buses: buses on Capri are mini-buses with seating for about 10 passengers, and small enough to navigate the narrow lanes on the island. Public buses are always very crowded in the summer, and there is often a long line to board, but buses run frequently. The wait in the morning in Marina Grande to Anacapri is often very long!

**Departures:** Usually buses **depart every 15-20 minutes**, though they run more frequently in high season. Tickets: €2. The bus terminal in **Capri** is in **Piazza Martiri d'Ungheria** (along Via Roma, near the Piazzetta). The **Anacapri** bus terminals are located in **Piazza della Pace** (also known as "Piazzale Cimitero") and near **Piazza Caprile** (bus to **Capri**, **Marina Grande**, end **Marina Piccola**).



## Renting or chartering a boat

Taking a boat trip around the island is a must on Capri, especially in the summer months to escape the midday heat and crowds.

### Where do boat rentals depart?

Most boat rental and charter companies on Capri are located in **Marina Grande**, the island's port and marina. This is where most private boat tours will depart from and where you can hire a dinghy or boat without a skipper. There is only one boat rental company based in **Marina Piccola**, on the southern coast of the island.

### Do I need a boating license to rent a boat on capri without a skipper?

Not necessarily: there are small boats and dinghies which can be rented without a skipper even if you don't have a boating license. **We recommend a minimum amount of boating experience to rent a boat independently, however.**

### Is there a less expensive alternative to a private boat rental on Capri?

Yes, you can join a **group boat tour** around the island stopping at the **Blue Grotto**. Tickets cost around €20, the tour lasts about 2 hours, and departs from **Marina Grande**. The tour companies offering group tours are **Laser Capri** and **Motoscafisti Capri**.

## Can I rent a boat to go from Capri to the Amalfi Coast?

Of course. There are a number of companies which offer boat tours of **Capri** and the **Amalfi Coast** departing from the island and arriving in **Positano**, or vice versa. A **large gozzo** or **speed-boat** is always used for this type of tour.

## Are there boat tours that depart from Sorrento?

Yes, a number of companies offer small-group tours for around 10 passengers departing from **Sorrento**, **Amalfi**, and **Positano** including a sail around the island and free time on land.

**We recommend booking your boat tour online in advance**, especially if visiting Capri in July or August when there is high demand for tours!

**Everything you need to know about renting a boat on Capri:** [www.capri.com/boats](http://www.capri.com/boats)



### GOZZI CAPRESI

The traditional wooden boat used for centuries by islanders on Capri

- Capri's traditional wooden boat
- Perfect for a couple
- Ideal for a sail around the island



### LARGE GOZZO OR LANCIA

Travelling with a group? You can easily fit on these larger boats...

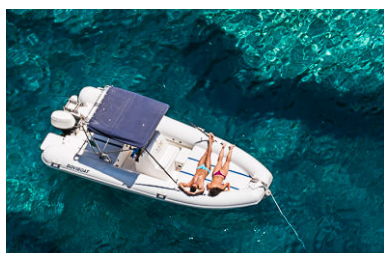
- For groups of up to 12 passengers
- Covered baggage storage
- Fun at sea with style and comfort



### SMALL LANCIA

Small traditional wooden boats you can rent without a skipper

- No need for a skipper
- Rentals from Marina Piccola
- Privacy and comfort



### DINGHY AND OTHER SMALL CRAFT

The easiest boat to navigate yourself around the coast of Capri

- Easy to navigate
- For a fun day at sea
- Holds 6-7 passengers



### SPEEDBOAT

Transfers and excursions to explore the entire coast and bay

- Private transfers to and from Capri
- Cruises along the Amalfi Coast
- The perfect solution for day trips



### YACHT

All the luxury of a high-end yacht to explore Capri in style

- Luxury and privacy
- Concierge service on board
- For trips of more than one day



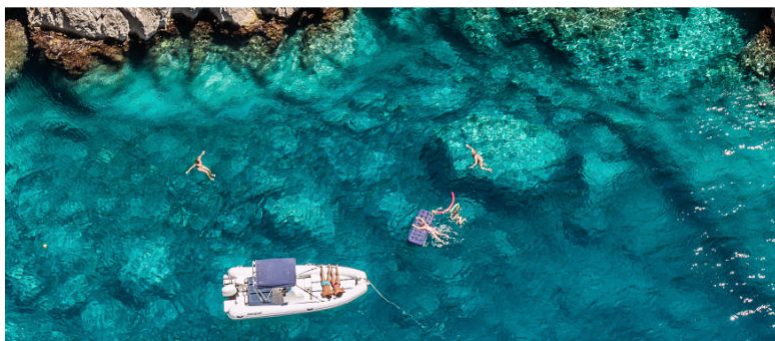
Faraglioni



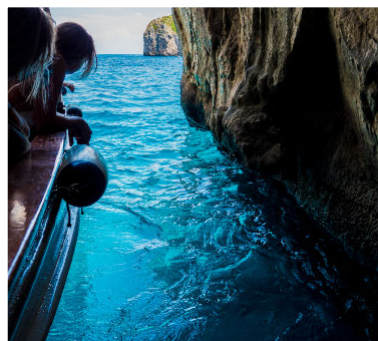
The White Grotto



The viewpoint at Belvedere Migliera



Cala di Limmo



Li Galli Islets



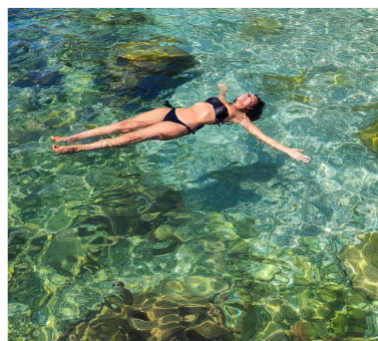
Small lancia



Traditional Gozzo



Positano





## The Pizzolungo trail

This scenic walking trail traces the southeast coast of the island.

Depart from the Piazzetta in Capri, taking one of two roads: **Via Longano** or **Via Le Botteghe**, both charming lanes that pass under whitewashed archways and past shops and boutiques.

Once you've arrived at the crossroad with **Via Tiberio**, continue along **Via Maternania**, keeping left, to the small square in front of the Natural Arch. Just before reaching the **Le Grotelle restaurant** €€/€€, you'll pass the

steep flight of stairs down to the **Maternania Cave**, a natural cavern where mysterious rites dedicated to the god Mithras were once celebrated.

The route continues through the countryside dotted with lone villas and small terraces which offer unique views over Capri.



### Villa Malaparte

Among the villas you pass along the trail, you'll find "**Casa come me**" that writer **Curzio Malaparte** built on the clifftop above **Capo Massullo**. The villa is considered a masterpiece of modern architecture, and is painted a Pompeiian red with a grand central staircase along which there are four large windows cut out of the sides, designed to offer a different view from each vantage point.

### Punta Tragara

From the scenic overlook at Punta Tragara, turn back towards the center of Capri along **Via Tragara**, a romantic lane lined with luxury hotels and villas, and **Via Camerelle**, famous for its designer boutiques.

**Duration:** about 2 hours from the Piazzetta.

### Do you want to continue on to the beach?

The trail ends at Punta Tragara, from which another path descends down to the water's edge facing the Faraglioni where there are two beach clubs with restaurants: **Da Luigi** €€/€€ and **La Fontelina** €€. Both are rather exclusive and expensive, so we strongly recommend booking a spot in advance as space is limited. In this area there is no free access to the beach.

Both beach clubs offer shuttle service in the afternoon to **Marina Piccola**; from there you can take the bus or taxi back up to the **Piazzetta**.

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Natural Arch



Pizzolungo trail



Villa Malaparte



Matermania Cave



Pizzolungo trail



Belvedere Tragara



# The Amalfi Coast

Fifty-five kilometers of coastline with 13 towns perched on the water's edge: this is the marvelous Amalfi Coast. The entire coastline is traced by the famous highway running from Colli di San Pietro (in the hills of the Sorrentine Peninsula) to Vietri sul Mare.

The Amalfi Coast is located along the southern edge of the Sorrentine Peninsula and includes the towns of **Positano, Praiano, Furore, Conca dei Marini, Amalfi, Atrani, Ravello, Scala, Tramonti, Minori, Maiori, Cetara, and Vietri sul Mare**. The choice of where you want to stay during your visit depends on what type of holiday you are planning.

## Positano and Amalfi

These are the two most famous (and beautiful) towns along the coast, and also the most crowded. In addition to offering an array of restaurants, bars, gelato shops, and cafés, **Positano** and **Amalfi** are well-connected to other towns: from **April** to **October**, there are ferries to and from ports on the coastline and islands. Amalfi is somewhat level, while Positano is a vertical city made of stairs. If you are a young couple, Positano is the best option. If you have young children or you don't want the hassle of stairs, choose Amalfi. **Atrani** is virtually adjacent to Amalfi, so another good option if you want to stay in the middle of the coast.

Path of the Gods (Sentiero degli Dei)





## Praiano, Conca dei Marini, and Furore

These are the **smaller and sleepier village**, so perfect for those who want to stay away from the tourist crush. All three are quite steep, climbing up the hillside. You can get to other towns along the coast from here by bus or private boat rental.

## Maiori and Minori

These two villages are a bit less steep than others along the coast, and also are more modern with pleasant promenades. This difference is largely due to a catastrophic flood in 1954 that destroyed the historic center of Maiori, so new buildings were constructed that have largely been transformed into hotels. There are two sandy beaches, which makes this a good option for those traveling with young children. This is also a good choice for those looking **for a less-expensive hotel**.

## Ravello

This is a gorgeous town, but far from the water's edge. Perfect for those planning **a romantic weekend getaway** in a luxury hotel with sweeping views over the Mediterranean, but not the best option if planning to set out on day trips along the coast.

### Where to book a hotel

#### Private transfers

A private transfer is **the best way to reach the Amalfi Coast** if you are arriving at **Naples Capodichino airport** in the evening (or departing early in the morning), or at the **Napoli Centrale train station** with large bags (there is no luggage storage on the **Circumvesuviana train**). **Private transfers from Naples to Positano cost around €150**

Info and prices: [www.positano.com/transfer](http://www.positano.com/transfer)





Path of the Gods (Sentiero degli Dei)

## Walking and hiking

The whole of the Amalfi Coast is crisscrossed with historic footpaths, today used by those who love to hike and walk but were once the only connection between the coastline and the “outside world”.

The most famous trail is the **Sentiero degli Dei (Path of the Gods)** that runs from **Agerola** to **Positano** with a number of side trails and deviations. We recommend taking on this trail with caution: wear hiking boots, plan your route ahead of time, and bring plenty of water. In the summer months, avoid walking during the hottest hours of the day.

The best way to hike this trail is **with an expert guide**, so you can enjoy the trail without worrying about getting lost or injured. There are a number of expert guide associations that offer this service, taking care of transport to the trail head and back to your hotel after your hike.

More info [Trails on the Amalfi Coast](#)

Explore the walking and hiking trails along the Amalfi Coast led by an expert local guide.  
[Hiking and Walking Trails](#)

Take guided hikes with local insiders.  
[Cartotrekking](#)



## Positano



### Three things to do in Positano

- **Walk hand-in-hand along the Sentiero degli Innamorati from Spiaggia Grande to the beach of Fornillo**
- **Treat yourself to a pair of made-to-measure sandals, perfect for climbing up the steps of Positano**
- **Make your way up to the secret hamlet of Nocelle to discover the Panorama of the Gods**

Positano, like the legendary Sirens of Li Galli, never fails to seduce.

Seen from the sea, Positano is set in a dramatic vertical panorama of colors; the green of the **Lattari Mountains**, the white, pink, and yellow of the Mediterranean houses, the silvery grey of its pebble beaches, and the blue of the sea.

### History

The Ancient Romans built a number of sumptuous villas on the coast of **Positano**, the ruins of which can be seen under the **Church dell'Assunta**.

It is believed that the town, the original nucleus of which developed around a Benedictine abbey, was founded in the 9th century. The town grew considerably following the arrival of inhabitants from **Paestum**, fleeing **Saracen incursions**.

After it was pillaged by Pisa in 1268, Positano increased its defenses, becoming similar to its powerful neighbor, Amalfi: with steep narrow roads, massive fortified walls, and a series of all-important watchtowers.

The majolica tiled dome of the **Collegiate Church of Santa Maria Assunta** can be seen from every corner of the town. A **Byzantine** inspired Icon of a **black Madonna**, dating back to the 13th century, is conserved inside the church and the name of Positano is said to come from a legend around this icon.



## Amalfi

### Three things to do in Amalfi

- Lose yourself in the maze of little alleyways behind the cathedral
- Finish a stellar seafood meal with a glass of limoncello
- Visit the historic mills used to make Amalfi's famous paper

***"For the people of Amalfi the day they enter Paradise will be a day much like any other: because for them paradise is already here on earth, right on their doorstep."***

*(Inscription on the gates to the town)*

Just over three square kilometers of devastatingly beautiful scenery at the mouth of **the Valle dei Mulini**: this is **Amalfi**, a town which opens like a fan towards the sea, sheltered from behind by the steep slopes of the **Lattari Mountains** and whose ancient **Roman** origins are evident from a number of ruins, including those of a nymphaeum dating back to the reign of **Emperor Tiberius**.

### History

The history of Amalfi has been shaped by the town's extensive commercial relations throughout the Mediterranean, and the great technical and scientific prowess of its citizens, such as the Amalfi-born **Flavio Gioia**, attributed with the invention of the nautical compass.

Then there are the **Tavole Amalfitane**, which for centuries represented the maritime code in the Mediterranean. When, in the mid 1800s, **Prince Ferdinand of Bourbon** constructed the coastal road between **Vietri sul Mare and Positano**, allowing easier access to this beautiful stretch of Italian coast, the town's mild climate and beautiful architecture made Amalfi an obligatory stop on **the Grand Tour**.

Today, traveling to Amalfi over land or sea is still an unforgettable experience.

Quintessentially Mediterranean, Amalfi's townscape is comprised of a cluster of little white houses, interspersed with narrow alleyways, shady porticoes, and watchtowers such as the **Torre Saracena**, close to the **Convent of San Francesco**.



Duomo of Amalfi



Crypt of St. Andrew

## The cathedral and historic arsenals

The town's landmark is the **Duomo** or cathedral. Initiated in the 9th century and altered on various occasions, the church, preceded by an impressive flight of 62 steps, towers over Amalfi's main square. The multi-colored facade was completely rebuilt in the 19th century after the original collapsed. Work on the majolica-faced bell tower was completed in 1276. The interior is a magnificent display of Italian baroque art and silver sculpture.

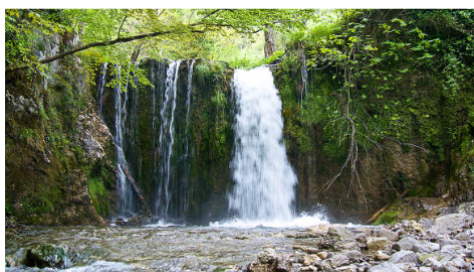
A bronze statue of **Sant Andrea** dominates the altar and protects the reliquary urn associated with the miraculous appearance of the Manna, which the people of Amalfi commemorate each June 27th and November 30th. From inside the cathedral, visitors gain access to the first **Duomo of Amalfi**, now called the **Basilica del Crocifisso**, and to the splendid **Chioostro del Paradiso**, built in the 13th century as a cemetery where the town's most illustrious citizens were laid to rest.

**Beware:** if you are superstitious, don't climb up the steps of Amalfi Cathedral hand-in-hand with your loved one: according to the local legend couples who do so will never get married.

Beyond the **Piazza del Duomo**, at the center of which the 18th century **Fontana del Popolo** takes pride of place, visitors reach what remains of the ancient arsenals where the marine republics war ships were constructed. Just a few steps away there is the pretty little **Piazzetta dei Dogi**, lined with typical shops. In the vicinity of what was once called the Vallenula, the old western gateway to the city, is the 10th century **Church of San Biagio**, which is famous for its precious late 18th-century majolica floor.

## Paper mills

No visit to Amalfi can be considered complete without having enjoyed a stroll through the town's labyrinth of little lanes and alleyways or a trip to the **Paper Museum**, in Via delle Cartiere 24, in the historic Cartiera Milano. The production of hand-crafted paper, known as bambagina, is one of the oldest of Amalfi's traditions and today remains part of the town's culture and identity. You can purchase paper at the 500-year-old **Cartiera Amatruda**, close to the **Canneto river** in the **Valle dei Mulini**.



### The waterfall trail

Valley of the ironworks (or **Valley of the Mills**) directly above Amalfi is a lush area with a number of streams and waterfalls dotted with the remains of historic mills used to make paper. You can walk the entire trail from above **Amalfi** (in **Pontone**) or you can take a quick stroll just outside of town to see the mills.



Positano

## Boat rentals and tours by sea

You haven't seen the Amalfi Coast until you've seen it by sea!

Enjoy spectacular views of the coast, a thousand shades of turquoise water, and even a stop for a swim far from everyone and everything. You can skirt the coastline or sail as far as **Capri**. There are boat rental and charter companies in every town along the coast.

### Three options

- **Join a group tour**
- **Rent a private boat with skipper**
- **Rent a rubber dinghy or small boat with no skipper** (you do not need a boating license, but should have some experience at sea).

### Two classic itineraries

- **Sail along the Amalfi Coast**
- **Tour Capri after visiting the Li Galli Islets**

All boat companies also offer **"taxi boat service"** to and from the beaches and restaurants that are only accessible by water.

### The best beachfront restaurants

- **Da Adolfo** €, shuttle boat from **Positano**
- **La Conca del Sogno** in Nerano €/€, tender service and shuttle boat from **Marina del Cantone (Nerano)**
- **La Gavitella** €/€ in **Praiano**, accessible by foot or shuttle boat from **Positano**



### Boat tours from €65

Shared tours of **Sorrento**, **Capri**, and the **Amalfi Coast** for an affordable tour with a small group.

[www.positano.com/tours](http://www.positano.com/tours)

# Day Trips in the surroundings

Sorrento is often used as a base for exploring the surrounding area. The town and environs are connected by Circumvesuviana train, EAV and Sita buses, Cooperativa Tasso minibuses, and a number of ferry companies. The train station and port are in the city center.

## Getting from Sorrento to:

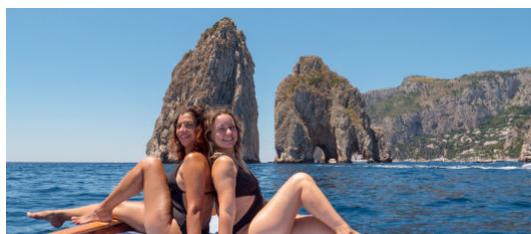
- **Pompeii:** Circumvesuviana train (20 minutes)
- **Herculaneum:** Circumvesuviana train (40 minutes)
- **Amalfi Coast:** Sita bus (40 minutes to Positano) or ferry (40 minutes)
- **Capri:** ferry (30 minutes)
- **Naples:** Circumvesuviana train or ferry (1 hour)



Pompeii and Herculaneum



Mount Vesuvius



Day trip to Capri from Sorrento



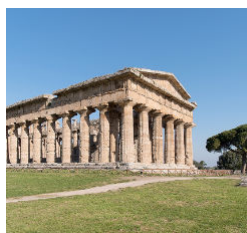
Day trip to the Amalfi Coast



Day trip to Naples



Day trip to the Royal Palace in Caserta



Paestum



Ischia and Procida



## The Pompeii and Herculaneum Archaeological Sites Compared



### Pompeii Recommended because

- It's a unique example of a perfectly preserved Roman city with temples, theaters, homes, restaurants, and public buildings.
- More sites open to the public and a greater variety of architectures to visit.
- You can experience first-hand the majesty of a Roman forum, theater, and amphitheater.

### Not recommended if

- You only have an hour or two, as it takes a significant amount of time and energy to visit.
- It's a particularly hot day, as there is little shade.



### Herculaneum Recommended because

- It's a small town that was a resort destination in ancient times, and can be visited in less than two hours.
- There are multi-story houses, wooden furnishing and decorations, and perfectly preserved mosaic and sculptures to admire.

### Not recommended if

- You only have time to visit either Pompeii or Herculaneum; we do not recommend attempting both in one day.
- You want to explore it all, as many of the houses and buildings are not open to the public.