



TOUR ITINERARY

RIDING
LEVEL

3

Europe / Italy / Amalfi Coast

Amalfi Coast + Cilento Bike Tour

Scenery, Seafood, and Italy's Best-Kept Secret Coastline

TOUR HIGHLIGHTS

- Ride the length of the incredible Cilento coast, Italy's best-kept secret
- Hike to our friend Luisa's house in a village above Positano for a home-cooked lunch featuring produce from her garden
- Visit some of the world's best-preserved ancient Greek temples at Paestum
- Taste mouthwatering fresh mozzarella *di bufala* at a picnic lunch on a family farm outside Salerno
- Reward yourself with two nights at the Monastero Santa Rosa, a luxurious 5-star hotel with breathtaking views of the Amalfi Coast



ARRIVAL + DEPARTURE

Arrival Details

- ✈ **Airport City:**
Naples or Rome, Italy
- 📍 **Pick-Up Location:**
Maratea Train Station or Santavenere Hotel
- 🕒 **Pick-Up Time:**
9:30 am

Departure Details

- ✈ **Airport City:**
Naples or Rome, Italy
- 📍 **Drop-Off Location:**
Naples Central Train Station
- 🕒 **Drop-Off Time:**
11:00 am

NOTE: DuVine provides group transfers to and from the tour from the pick-up and drop-off locations stated on the itinerary. In the event your train, flight, or other travel falls outside the arrival or departure times or locations, you may be responsible for extra costs incurred in arranging a separate transfer.

Emergency Assistance

For urgent assistance on your way to tour or while on tour, please always contact your guides first. You may also contact the Boston office during business hours at +1 617 776 4441 or emergency@duvine.com.

Travelers Take Note

The Cilento Coast is very much off the radar for most travelers. While this makes for great cycling, it also means that accommodations on Day 2 and 3 may be somewhat simpler.

For the hikes on this tour, we strongly recommend bringing hiking boots or trail shoes with good traction (not running shoes or sneakers). Moisture-wicking clothing or daypacks are also recommended, but not required.

This area is defined by its coastal mountains, which offer extended ascents and challenging, intricate descents. These steep descents span about 3-4 miles with an average gradient of 5-8%. To make the most of this tour, guests are advised to possess proficient bike handling abilities.

TOUR ITINERARY

Tour By Day

DAY
1

Sea to Sky

Welcome to the sleepy seaside town of Maratea: take an early train down from Naples or spend a night at our beautiful pre-tour hotel. After a bike fitting, we'll warm up our legs on a lovely piece of coastal road that rolls gently up and down south of town. Then it's time for an incredible switchback climb to the ruins of old Maratea on a towering mountain peak—the road alone is an engineering marvel, but the views are the real draw as the rugged coastline of Calabria marches off into the distance. We've earned today's lunch of handmade pasta at our friend Milena's out-of-the-way restaurant. The descent back to the coast is the cherry on top. Spend the afternoon at the hotel spa, pool, or private beachfront before we regroup for a seafood dinner as the sun sets into the Mediterranean.

Meals: Lunch/ Dinner

Destinations: Maratea, Massa, Monte San Biagio

Accomplished: 21 miles / 34 km, elevation gain: 2,509 feet / 765 meters

Longer Option: 24 miles / 38 km, elevation gain: 2,929 feet / 893 meters

Accommodations: [Santavenere](#)

DAY
2

Coastal Bliss

Today promises to be one of the most perfect days you'll ever have on a bike, beginning with a premier stretch of coastal road. It's soaring vistas, towering cliffs, and shimmering bays all the breathtaking way to Sapri, a laid-back beach town where we'll stop for pastries and coffee at a café frequented by locals. Once we refuel, tackle a climb through silvery olive groves to San Giovanni, where the town's Baroque steeple is silhouetted against the sea. Around the bend, the Mediterranean beckons as we cruise into the fishing village of Camerota. Opt to keep riding or transfer to Pisciotta and check into our next boutique hotel. Explore the village's narrow maze of streets, join the locals for a spritz in the *piazza*, and head to dinner at a charming Cilentano restaurant nestled amidst the olive trees.

Meals: Breakfast / Lunch / Dinner

Destinations: Sapri, San Giovanni a Piro, Marina di Camerota, Pisciotta

Accomplished: 33 miles / 54 km, elevation gain: 3,313 feet / 1,010 meters

Longer Option: 47 miles / 75 km, elevation gain: 4,625 feet / 1,410 meters

Accommodations: [Marulivo](#)

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DAY
3

Hemingway and Home Cooking

This morning, warm up your legs with a stunning stint of coastal riding—we're headed to Acciaroli, the sleepy fishing village that inspired Hemingway's "The Old Man and the Sea." There is truly no shortage of old men here: incredibly, 15% of the town's inhabitants are over 100 years old. This longevity is attributed to the local Mediterranean diet, and we'll have our own introduction to this nourishing fare at our friend's tiny *osteria*—the proprietor Pasquale is a champion of Campania's culinary traditions. Finish riding to UNESCO-listed Castellabate, a historic hill town that peers over the sea. There might even be a chance to hop in for a swim! Our home for the night is a seaside *palazzo*, and the surrounding town is full of excellent gelato and world-famous pizza, making it a great place to dine on your own this evening.

Meals: Breakfast / Lunch

Destinations: Acciaroli, Agnone, Castellabate

Accomplished: 30 miles / 49 km, elevation gain: 2,558 feet / 780 meters

Longer Option: 38 miles / 61 km, elevation gain: 3,578 feet / 1,091 meters

Accommodations: [Palazzo Belmonte](#)

DAY
4

A Taste of Mozzarella and the Amalfi Coast

Tackle some new terrain today as we ride along the coastal ridges of the Cilento National Park, reaching a family farm at the edge of the Salerno Plain. This region is renowned for its buffalo mozzarella, and you can be sure we'll sample our fair share of fresh cheese (plus other local fare) at a farm lunch. This afternoon takes us to the ruins of Paestum, some of the world's best-preserved ancient Greek temples. Top it off with a private boat cruise across the Gulf of Salerno, passing the historic beach landings used to stage the Allied invasion here during World War II. The acclaimed Amalfi Coast awaits on the far side of the Gulf—we'll anchor in the town of Amalfi itself and head up to our fantastic final hotel where a Michelin-starred dinner awaits.

Meals: Breakfast / Lunch/ Dinner

Destinations: Perdifumo, Cicerale, Paestum, Amalfi

Accomplished: 27 miles / 43 km, elevation gain: 2,142 feet / 653 meters

Longer Option: 38 miles / 61 km, elevation gain: 4,323 feet / 1,318 meters

Accommodations: [Monastero Santa Rosa](#) or [Furore Grand](#)

DAY
5

Path of the Gods to Positano

Today in Amalfi, we trade our bikes for a more timeless form of travel. Historically, this whole coastline was connected by a series of mule paths—some of the more isolated villages only received road access in the last 20 years—so there's no better way to appreciate the beautiful Amalfi Coast than by foot. Hike Amalfi's so-called Path of the Gods to a tiny village above Positano where our friend Luisa prepares a home-cooked lunch and invites us to pick fresh produce from her garden. Of course, the meal must end with a glass of homemade limoncello. Spend your last afternoon out and about in Positano or enjoy the spoils of the hotel before our final dinner together at a restaurant perched above the coast.

Meals: Breakfast / Lunch / Dinner

Destinations: Furore, Nocelle, Positano

Accomplished: 3-5 hours hiking

Accommodations: [Monastero Santa Rosa](#) or [Furore Grand](#)

DAY
6

Amalfi, Capri, or Naples

Enjoy a relaxed breakfast before you head to your next destination. We suggest staying a few extra nights here in the Amalfi Coast or Capri, but if you have more adventures ahead our guides will transfer you to the train station in Naples.

Meals: Breakfast

Destinations: Naples
