TOUR ITINERARY

Europe / Italy / Amalfi Coast

Amalfi Coast Yacht + Bike Tour
A Sailing Adventure in Capri, Positano, and Little-Known Cilento

© 2023 DuVine Adventure + Cycling Co.
• Unpack once and enjoy a room with a view as you spend six nights cruising Italy’s stunning Cilento and Amalfi Coasts aboard a private yacht
• Pedal along countless coastal routes, including the road out of Maratea with staggering views of the sparkling Mediterranean
• Hike the Path of the Gods to our friend Luisa’s house in a village above Positano and be treated to a home-cooked lunch featuring produce from her garden
• Visit some of the world’s best-preserved ancient Greek temples at Paestum
• Sample fresher-than-fresh mozzarella di bufala at a picnic lunch on a family farm outside Salerno
### Arrival Details

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<thead>
<tr>
<th>Airport City:</th>
<th>Naples or Rome, Italy</th>
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</thead>
<tbody>
<tr>
<td>Pick-Up Location:</td>
<td>Maratea Train Station</td>
</tr>
<tr>
<td>Pick-Up Time:</td>
<td>4:15 pm</td>
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### Departure Details

<table>
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<tr>
<th>Airport City:</th>
<th>Naples or Rome, Italy</th>
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<tbody>
<tr>
<td>Drop-Off Location:</td>
<td>Marina di Stabia</td>
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<tr>
<td>Drop-Off Time:</td>
<td>9:00 am</td>
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**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.

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### 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.

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### Travelers Take Note

Because this tour relies on calm sailing conditions, weather and winds may dictate itinerary changes or prevent sailing at certain times, at the discretion of the captain and Tour Guides.

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 By Day

DAY 1  Welcome to Campania

On your first afternoon in Campania, take the train or a private transfer to Maratea where our private yacht is waiting on the sparkling Cilento Coast. Meet the guides and crew of the Silver Star and toast to our first evening with a glass of local Aglianico. Enjoy dinner onboard while moored in a quiet bay, then let the sea rock you to sleep before our cycling adventure begins tomorrow.

Meals: Dinner
Destinations: Maratea
Accommodations: Silver Star II

DAY 2  Shimmering Sapri and Charming Camerota

Our day begins with a bike fitting and safety briefing before we set off on one of Italy’s most stunning stretches 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. Our yacht will meet us in time for lunch onboard, followed by an afternoon of sailing to the best swimming spots in secluded bays.

Meals: Breakfast / Lunch / Dinner
Destinations: Sapri, San Giovanni a Piro, Marina di Camerota
Accomplished: 33 miles / 54 km, elevation gain: 3,467 feet / 1,057 meters
Longer Option: 54 miles / 87 km, elevation gain: 5,569 feet / 1,698 meters
Accommodations: Silver Star II
Begin where we left off yesterday, cycling from the Camerota coast to the rocky peninsula of Palinuro (named for the helmsman who served the Greek hero Aeneas). The mythic quality of this place has lured Hollywood to film epics like *The Argonauts* and *Wonder Woman* here. Stop for a glass of wine at a local vineyard while riding through the undiscovered settlements of the interior, then pedal on to Pisciotta. Perched dramatically over the sea, this village is home to some of the last fisherman who still catch anchovies using the ancient *menaica* method. Sample this centuries-old delicacy and other super-fresh specialties during lunch at our friend Vito’s renowned Slow Food *osteria*. Cap off the afternoon with a little more ancient history, passing the ruined city of Velia en route to meet our yacht in the next port.

**Meals:** Breakfast / Lunch / Dinner  
**Destinations:** Palinuro, Pisciotta, Marina di Casalvelino  
**Accomplished:** 33 miles / 53 km, elevation gain: 3,146 feet / 959 meters  
**Shorter Option:** 29 miles / 46 km, elevation gain: 2,260 feet / 689 meters  
**Accommodations:** Silver Star II

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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.” As we turn away from the coast, we’ll climb into a hillside dotted with ancient villages. Carmela and Teresa are waiting for us, and we’ll join these lovely locals in gathering wild herbs, making fresh pasta, and savoring a home-cooked lunch in their historic *palazzo*. After, follow the ridgeline to UNESCO-listed Castellabate, a historic hill town that peers over the sea. Get your fill of gorgeous views while wandering the cobbled streets, grab a gelato, or have a spritz in the *piazza* before returning to your bike for a descent down to the port. Tonight, we anchor once more in a moonlit bay and enjoy dinner under the stars.

**Meals:** Breakfast / Lunch / Dinner  
**Destinations:** Acciaroli, San Mauro, Castellabate  
**Accomplished:** 39 miles / 63 km, elevation gain: 4,490 feet / 1,369 meters  
**Shorter Option:** 26 miles / 42 km, elevation gain: 2,473 feet / 754 meters  
**Accommodations:** Silver Star II
A Taste of Mozzarella and the Amalfi Coast

More gorgeous coastal riding is on the menu today! We’ll follow the 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. The afternoon takes us to the ruins of Paestum, some of the world’s best-preserved ancient Greek temples. Upon rejoining the yacht, we sail across the Gulf of Salerno and pass 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—once we arrive, our yacht will moor while you head into town, free to find a restaurant that appeals to you for dinner this evening.

Meals: Breakfast / Lunch
Destinations: Perdifumo, Cicerale, Paestum, Amalfi
Accomplished: 27 miles / 44 km, elevation gain: 2,240 feet / 683 meters
Longer Option: 38 miles / 62 km, elevation gain: 4,395 feet / 1,340 meters
Accommodations: Silver Star II

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. Explore Positano at your leisure before heading back to the yacht, then get some sun or take an afternoon nap as we cruise to Capri. Our final night’s dinner on board will surely be a meal to remember!

Meals: Breakfast / Lunch / Dinner
Destinations: Furore, Nocelle, Positano
Accomplished: 3-5 hours hiking
Accommodations: Silver Star II
Addio, Amalfi

Sip coffee over a relaxed breakfast onboard as we cruise around the Sorrentine Peninsula and into the Gulf of Naples. Sail past the cliffs where Roman senators once installed their luxurious summer palaces and admire the scenic pastels of Sorrento. We’ll disembark at the Marina di Stabia, a short distance from the ruins of Pompeii and the center of Naples—an ideal jumping-off point for the rest of your Italian adventure.

**Meals:** Breakfast  
**Destinations:** Marina di Stabia