



TOUR ITINERARY



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.

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

Longer Option: 17 miles / 28 km, elevation gain: 2,624 feet / 800 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 Villamare, 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: Villamare, San Giovanni a Piro, Marina di Camerota, Pisciotta

Accomplished: 33 miles / 55 km, elevation gain: 3,280 feet / 1,000 meters

Longer Option: 48 miles / 77 km, elevation gain: 4,904 feet / 1,495 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 or transfer to our castle hotel perched on a mountaintop high above the sea. Explore the historic building, taste local wines and enjoy dinner onsite.

Meals: Breakfast / Lunch / Dinner

Destinations: Acciaroli, Agnone, Castellabate

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

Longer Option: 46 miles / 74 km, elevation gain: 6,038 feet / 1,841 meters

Accommodations: [Rocco Cilento](#)

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. Enjoy dinner here or walk to a local ristorante or pizzeria.

Meals: Breakfast / Lunch

Destinations: Perdifumo, Cicerale, Paestum, Amalfi

Accomplished: 29 miles / 47 km, elevation gain: 2,693 feet / 821 meters

Accommodations: [Monastero Santa Rosa](#)

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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 Michelin-starred *Reffetorio ristorante*.

Meals: Breakfast / Lunch / Dinner

Destinations: Furore, Nocelle, Positano

Accomplished: 3-5 hours hiking

Accommodations: [Monastero Santa Rosa](#)

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

YOUR TOUR DETAILS

Preparing for Your Tour

Travel Services

DuVine can assist with the following reservations for up to three days before and after your tour.

- Pre and post-trip hotels in all major cities, in addition to the first and last on-tour hotels
- Private transfers

DuVine's travel advisor partners are happy to assist with flight reservations. If you are not already working with an agent, please request a referral from your Tour Coordinator.

Travel Protection

DuVine offers a **Travel Protection Plan** to help protect your travel investment, your belongings, and most importantly, you. The offered Travel Protection Plan is non-refundable, but it is strongly recommended in the unfortunate event that you have to cancel or leave your trip.

NOTE: Plan benefits, limits, and provisions may vary by state or jurisdiction. In order to receive full benefits, Travel Protection must be purchased within 21 days of initial tour deposit. This plan is available to citizens of the U.S. and Canada only.

Gratuities

Gratuities are much appreciated to thank DuVine guides for exceptional service, support, and expertise. The industry standard is for each guest to tip 10-15% (U.S. tours and Cycle + Sail tours) or 7.5-10% (all other tours) of their trip price. The recommended per-traveler amount is an appropriate gratuity for your guide team as a whole. (It is not necessary to tip this amount *per* guide.) Tips are customary at the end of your tour, and local currency is always preferred. We recommend bringing extra cash or visiting the ATM at the beginning of your trip. For alternate methods of tipping (including Venmo, PayPal, and TransferWise), **please see our FAQs**.



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YOUR TOUR DETAILS

Bikes

DuVine's top-of-the-line bikes are tuned to perfection and fit specifically to you. Our performance bikes from premier manufacturers feature light frames, smooth-rolling tires, comfortable seats, and wide gear ranges for the best ride possible. Please see our website for the exact bike models offered on tour. Additionally, e-bikes are available on most DuVine tours. Electric assist provides an extra boost to your own pedal power, so you can ride longer distances, tackle tougher climbs, and maintain a faster pace. Electric assist is available on a first-come, first-served basis. Contact your Tour Coordinator if you are interested.

Electrical Overseas

If you're traveling abroad, you will most likely need an [adapter](#), which allows your device's plug to fit into foreign outlets. North American devices run on 110/125V electricity while the majority of the world runs on 220/240V. Converters and transformers change the voltage of electricity to match your device.

Training

First and foremost, get out on your bike and start logging some miles. Nothing compares to the real thing, but if you can't cycle outside, consider spin classes. Experience with the elements of wind, actual hills, terrain, etc will help with your comfort level (balance, unexpected conditions, etc.) on tour. Always remember, training is a gradual process—don't try to overdo it or push yourself when you aren't ready. However, the most important part of training is to enjoy your ride! [Download a training guide](#) based on your Tour Level.

Travel Sustainably

DuVine is committed to sustainable travel and has been a 100% carbon neutral company since 2022. While cycling is an inherently eco-conscious mode of travel, we continuously seek ways to lessen our footprint, whether it be biodegradable water bottles or compostable gear mailers.

[Read more](#) about sustainability at DuVine.



YOUR PACKING LIST

On The Bike

Cycling jerseys or athletic shirts
Cycling shorts
Cycling shoes (if you bring your own pedals)
Sneakers (if you don't bring your own pedals)
Cycling sunglasses
Athletic socks
Arm/leg warmers
Lightweight, waterproof, wind-resistant jacket or vest
Bike gloves
Bike saddle/cover (if you prefer your own)

Off The Bike

Walking shoes
Hiking shoes (if required)
Long + short-sleeved shirts
Sweater/jacket for evenings
Dinner attire (dressy casual) + dress shoes
Swimsuit

Travel Items*

Travel confirmations + tickets for air, rail, etc.
Passport, including photocopy
Local currency
DuVine Tour Itinerary (with meeting + departing info)
Health insurance information
Medications
Cycling gear (+ pedals) if riding on Day 1

*We recommend keeping these items in your carry-on

Additional Items

Cell phone + charger
Photography gear + charger
Power/plug adapter
Toiletries
Sunscreen, hat, + other sun protection gear
Insect repellent

What We Provide

- Bike saddle
- GPS (where available)
- Flat or caged pedals
- DuVine t-shirt and jersey
- Helmet
- Water bottle
- Snacks/nutrition
- Drawstring bag

Order DuVine Gear

Want DuVine bike shorts to match your complimentary jersey? To order, contact tourcoordinators@duvine.com. Gear is shipped free of charge to DuVine guests in the U.S. and Canada. For expedited shipping and guests outside of the U.S. and Canada, additional shipping fees will apply.

Do I need to bring special gear?

- Cycling shorts are designed to provide extra padding when spending the whole day in the saddle. Don't forget the chamois cream!
- If you bring your own cycling shoes, you must bring your own pedals. If you've never used clip-in pedals before, we don't recommend using them on tour.
- Arm and leg warmers are essential for cooler weather. Wear them with your short-sleeve jersey and shorts for lightweight, easy-to-pack, and effective warmth.
- Bike gloves are a preference, but are recommended for Level 3 and 4 tours. The padding in gloves can ease arm, shoulder, and joint fatigue.

Dressing for the Weather

- The location and time of year of your tour can bring all kinds of weather, from extreme heat to relentless rain. Check extended forecasts before your trip and pack accordingly.

Before You Go

- Ensure your passport is valid for 3-6 months after return date.
- Call your bank/credit cards to notify them of upcoming travel.
- Please limit your luggage to one medium-sized suitcase and one carry-on.

BIKE SAFETY

We strongly suggest that you read these simple safety instructions. They will help you bike safely before and during your tour!

- Wear a helmet—this is mandatory on tour!
- Familiarize yourself with traffic laws and obey them. Bikes do not have the right of way, but most drivers are respectful to cyclists on the road. Always ride in the direction of traffic.
- Be aware of your surroundings at all times. Knowing what is in front of and behind you may help prevent an accident.
- Alert other riders around you by announcing the presence of traffic ("car up") or pot holes ("pot hole").
- When riding as a group, maintain distance between yourself and other cyclists
- Learn the hand signals to indicate when you are stopping or turning.
- Operate your bike consistently and predictably—avoiding erratic movements.
- Keep at least one hand on the handlebars at all times.
- Primarily use your rear brake.
- Always be aware of weather and road conditions and how they may affect your ability to brake.
- Never wear headphones or use speakers during rides.
- Always listen to additional instructions from your guides on tour.

If you have chosen an e-bike, be aware that it is slightly heavier, faster, and more powerful than a non-electric bike. Therefore, you should anticipate a different reaction when riding downhill, breaking, or dismounting from an e-bike. Your guides can offer further instruction during your bike fitting and safety review.

