

adventurewomen

THE DESTINATION IS JUST THE BEGINNING

SOUTHERN ITALY

The Amalfi Coast and Volcanoes of the Aeolian Islands



September 5 - 15, 2025



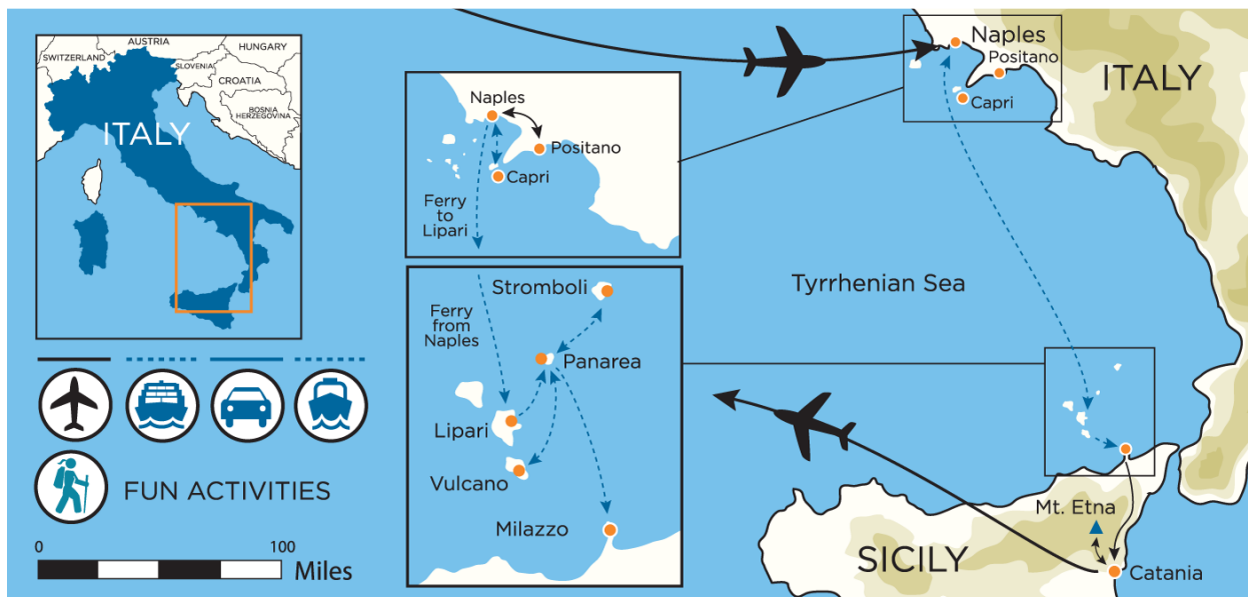
SOUTHERN ITALY

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TRIP HIGHLIGHTS

- ▶ Enjoy a scenic drive along the beautiful Amalfi Coast
- ▶ Travel by boat to the islands of Capri, Vulcano, and Stromboli in the Aeolian Archipelago
- ▶ Visit the extraordinary site of Pompeii which was destroyed by the catastrophic eruption of Mt. Vesuvius
- ▶ Hike to see amazing sights along the crater of Vesuvius, the "path of the gods" along the coast, and the trails up Mt. Etna
- ▶ Explore the lively cities of Naples and Catania

TRIP ROUTE



SOUTHERN ITALY

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QUICK VIEW ITINERARY

- Day 1 arrive in Naples, welcome dinner
- Day 2 explore downtown Naples, meet a female entrepreneur, visit Naples Archaeological Museum (MANN)
- Day 3 hike to the crater of Mt. Vesuvius, visit a winery, explore Pompeii
- Day 4 drive along the Amalfi Coast, hike to Positano
- Day 5 hike on the trails of Capri, enjoy snacks in a local home, overnight ferry
- Day 6 explore the island of Lipari, visit Lipari Castle
- Day 7 boat to Vulcano, hike to the top of the island, enjoy some time at leisure in the afternoon
- Day 8 enjoy the day at leisure in Panarea, travel to Stromboli by private boat and enjoy dinner watching the natural spectacle of volcanic
- Day 9 boat ride to Milazzo, walk through Catania, stop at a local winery to enjoy wine tasting
- Day 10 hike and drive up Mt. Etna with an alpine guide, farewell dinner
- Day 11 depart Italy

ACTIVITY LEVEL

High Energy

TRIP PRICE

Main Trip: \$7,345

Optional Single Accommodations: \$1,400

SOUTHERN ITALY

The Amalfi Coast and Volcanoes of the Aeolian Islands



your adventure
in depth

DAY 1
Friday
9/5/25

Arrive in Naples

Welcome to Italy! The Southern coast of Italy offers a diverse geography of beautiful coastal seascapes and towering volcanic mountains.

During your adventure, you'll get to know your expert Italian guide who will lead you and help you explore life along the southern coast.

Arrival Information

Arrive in Naples, Italy (NAP) before 3:00 PM today.

Transfer to Hotel

A group transfer will be provided when most guests arrive (exact time to be determined). Private transfers at different times can be arranged for an extra charge.

Check In and Relax

Check into your hotel and take some time to relax before dinner tonight.

Welcome Dinner

Enjoy a lively welcome dinner at a local restaurant as you get to know your fellow travelers this evening. Share stories and learn about why each woman on your trip is excited to explore this beautiful region of Italy!

Accommodations
Grand Hotel Santa
Lucia
Meals Included
dinner

SOUTHERN ITALY

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your adventure
in depth

DAY 2
Saturday
9/6/25

Naples

Naples is the third largest city in Italy, behind only Rome and Milan in terms of population with nearly 1 million citizens. Known as the birthplace of the modern-day pizza, Naples is one of the most ancient cities in all of Europe, and its entire city center has been designated as a UNESCO World Heritage Site because of its vast array of architecture.

Explore Naples In the morning, join a local Neapolitan guide for a walking tour of downtown Naples and learn about the history of the art and architecture of the city. Along the way, you will visit the San Carlo Theater and the striking Sansevero Chapel, which is home to Cristo Velato, an incredibly beautiful marble statue.

Meet a Local Woman Meet a local woman entrepreneur in the art of jewelry crafting, belonging to a dynasty of goldsmith starting from early 1800.

Naples Archaeological Museum Following lunch as a group, visit Naples Archaeological Museum (MANN), one of the most important museums for the abundance and uniqueness of its heritage and for the contribution it offered the European cultural survey.

Dinner Enjoy dinner on your own this evening.

Walking/Hiking Information 3-4 hours, 5 miles of city walking

Accommodations
Grand Hotel Santa
Lucia
Meals Included
breakfast, lunch

SOUTHERN ITALY

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your adventure
in depth

DAY 3
Sunday
9/7/25

Pompeii and Mount Vesuvius

Most well known as the site of the catastrophic eruption of Mount Vesuvius, Pompeii offers a unique glimpse into ancient life, as the city was well preserved and frozen in time under the volcanic ash that rained down upon the town in AD 79. The site of numerous excavations, Pompeii is a treasure trove for architectural exploration.

Hike in Vesuvius National Park Hike the trail to the crater of Vesuvius National Park where you will enjoy the majesty of the volcano as well as the amazing views of the entire Gulf of Naples.

Lunch After your hike, proceed to a winery at the base of Mt. Vesuvius for a delicious lunch where each course will be paired with a specific local wine.

Explore Pompeii Explore Pompeii, one of the world's most fascinating archeological sites, which was both destroyed and preserved by the catastrophic eruption of Mt. Vesuvius.

Dinner What visit to Italy would be complete without enjoying a slice of pizza? Enjoy dinner with the group at a local pizzeria in Naples tonight.

Walking/Hiking Information 3 hours, 3 miles, 600 ft elevation gain, 750 ft elevation descent, dirt and gravel terrain

Accommodations
Grand Hotel Santa
Lucia
Meals Included
breakfast, lunch,
dinner

SOUTHERN ITALY

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your adventure
in depth

DAY 4
Monday
9/8/25

Path of the Gods and Positano

The "Path of the Gods," or "Sentiero degli Dei" in Italian, is a famous hiking trail along the Amalfi Coast in Southern Italy. It offers breathtaking views of the Tyrrhenian Sea, rugged cliffs, and picturesque landscapes. The trail runs from the town of Bomerano (a fraction of Agerola) to Nocelle (a fraction of Positano), allowing hikers to experience the stunning beauty of the Amalfi Coast from a unique perspective.

Path of the Gods

Drive to the Amalfi Coast and Agerola. From Agerola, take the breathtaking "Path of the Gods", a journey back in time to the glories of ancient Greece. The panoramic trail is interrupted by glimpses into the local way of life, passing shepherds huts and ancient stone houses carved into the limestone. Stop for lunch in Nocelle, before descending to colorful Positano.

Explore on Your Own

While in Positano, take some time to leisurely explore the village before returning to Naples.

Dinner

Enjoy dinner on your own this evening.

Walking/Hiking Information

4 hours, 5.5 miles, 150 ft elevation gain, 2000 ft elevation descent, dirt and gravel terrain

Accommodations
Grand Hotel Santa Lucia
Meals Included
breakfast, lunch

SOUTHERN ITALY

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in depth

DAY 5
Tuesday
9/9/25

Capri

Located on the south side of the Gulf of Naples, the island of Capri served as a haven for artists and writers alike during the second half of the nineteenth century. This island is also the namesake of the popular capri style of pant that is worn by many around the world today.

Capri

Today, you will take a ferry ride to the fabled island of Capri. Hike along trails to the largest and most opulent of Tiberius' twelve villas on the island, Villa Lysis. Walk through Mediterranean vegetation, with the scent of oak and myrtle permeating the air while you take in vast views of the mainland and the Faraglioni, three towering rock formations just off the coast.

Lunch in a Local Home

Enjoy a merenda (small bites in the afternoon) today in a local home before you return to Naples.

Overnight Ferry to Lipari

After returning to Naples, you will board the overnight ferry for Lipari.

Dinner

Tonight's dinner is on your own in the ferry cafeteria.

Walking/Hiking Information

3 hours, 5 miles, 850 ft elevation gain, 850 ft elevation descent, pavement/sidewalks.

Accommodations
Overnight Ferry

Meals Included
breakfast, lunch

SOUTHERN ITALY

The Amalfi Coast and Volcanoes of the Aeolian Islands



your adventure
in depth

DAY 6
Wednesday
9/10/25

Naples to the Aeolian Archipelago

The Aeolian Archipelago is made up of seven islands off the northern coast of Sicily: Lipari, Vulcano, Salina, Stromboli, Filicudi, Alicudi, and Panarea. These islands were all formed as a result of volcanic activity, and there are still two active volcanoes in the archipelago today. You will have the chance to visit four of the seven islands during your adventure!

Breakfast

If you are hungry before making landfall, you can have breakfast on your own in the ferry cafeteria this morning. Otherwise, you can wait to enjoy a quick group breakfast in a cafe upon arrival to the island.

Explore Lipari

After breakfast, visit the archeological museum which is tucked inside Lipari Castle on the island's eastern bay between Marina Lunga and Marina Corta. Be sure to take in the Greek acropolis and the Norman cathedral on the island.

Lunch

After a lunch of local fish, you will continue on to Panarea, the only car-free island of the archipelago. Check into your hotel before dinner.

Dinner

Have dinner as a group this evening.

Accommodations
Hotel Lisca Bianca

Meals Included
breakfast, lunch,
dinner

SOUTHERN ITALY

The Amalfi Coast and Volcanoes of the Aeolian Islands



your adventure
in depth

DAY 7
Thursday
9/11/25

Aeolian Archipelago: Vulcano-Panarea

Vulcano is the southernmost island in the Aeolian Archipelago, and is home to an active volcano. According to ancient Roman mythology, the island was borne of the clearing of cinders and ash from the god Vulcan's chimney, and the island was therefore named in his honor.

Visit Vulcano

Take a private boat to Vulcano this morning where you will disembark and hike to the top of the island. From this vantage point, it is possible to observe numerous volcanic phenomena, including smoke clouds, vapor spouts, and sulphuric mud holes known for their therapeutic properties.

Light Lunch

Enjoy a light lunch at a local cheese farm, to savor the locally produced goat cheese and the home-made cannoli!

Afternoon at Leisure

Return to your hotel and take the afternoon to relax, explore the village on your own, venture to the beach, or hike the island on your own.

Walking/Hiking Information

2 hours, 3 miles, 1250 ft elevation gain, 1250 ft elevation descent, dirt, gravel, and sand terrain

Accommodations
Hotel Lisca Bianca

Meals Included
breakfast, lunch,
dinner

SOUTHERN ITALY

The Amalfi Coast and Volcanoes of the Aeolian Islands



your adventure
in depth

DAY 8
Friday
9/12/25

Aeolian Archipelago: Panarea-Stromboli

Stromboli is the other active volcano in the Aeolian island chain off the coast of Sicily. Only the top third of this volcano is above sea level, and there are still minor eruptions today.

Day at Leisure in Panarea

Savor a leisurely day in Panarea, with the option to embark on a scenic walk to two captivating beaches. You'll be responsible for your own lunch today.

Private Boat to Stromboli

This evening, board a private boat to Stromboli. The most active volcano in Europe, Stromboli has been erupting for at least 2,000 years at intervals of approximately 15 minutes, and the lava flows all the way down to the sea. After dusk, the boat approaches the "Sciara del Fuoco" to admire the natural spectacle of volcanic activity, the characteristic vertical eruptions with impressive explosions of incandescent magma. Enjoy the show while having dinner aboard. Return to Panarea for the night.

Accommodations
Hotel Lisca Bianca

Meals Included
breakfast, dinner

SOUTHERN ITALY

The Amalfi Coast and Volcanoes of the Aeolian Islands



your adventure
in depth

DAY 9
Saturday
9/13/25

Aeolian Archipelago to Catania

Located at the foot of Mt. Etna, the city of Catania has been buried by lava seventeen times in its history. There are ancient Greek and Roman ruins buried underneath the layers of ash, many of which have been unearthed during excavation activities. In addition to the ancient ruins, the center of the city features a wide array of examples of Baroque architecture.

Sail to Milazzo After breakfast today, you will embark a boat bound for Milazzo, a picturesque Sicilian village.

Visit Catania Upon disembarking, drive to Catania, which is cradled amidst the splendid greenery of the surroundings while opening out to the sea. Catania is known for its grand piazzas, wide roads, and architecture made of volcanic rock.

Walking Tour After a lunch on your own in one of the city's many local restaurants, meet your local guide for a walking tour of the city center. Admire the scenic Piazza Duomo with the famous Fountain of the Elephant, the Cathedral of St. Agatha, the city's patron saint, and Piazza Stesicoro, from which you can admire the striking ruins of the amphitheater.

Mount Etna Natural Park Continue towards the Mount Etna Natural Park. Stop at a local winery to meet the owner, taste his fabulous wines.

Check in and Dinner Head to your accommodation for the next two nights on the slopes of Mt. Etna. Following check-in, enjoy dinner with your group at a winery near Mount Etna.

Walking/Hiking Information 1 hour, 3 miles of city walking

Accommodations
Il Picciolo Etna
Resort
Meals Included
breakfast, dinner

SOUTHERN ITALY

The Amalfi Coast and Volcanoes of the Aeolian Islands



your adventure
in depth

DAY 10
Sunday
9/14/25

Catania

Mt. Etna is the largest active volcano in Italy, as it lies right above the African and Eurasian convergent tectonic plates. The most recent eruption was in February of 2021.

Hike on Mt. Etna Today you will visit Europe's largest active volcano, Mt. Etna. This towering mountain dominates the skyline of eastern Sicily. You will start your walk at Rifugia Sapienza, which is at 6,000 feet above sea level. Hike among cinder cones and extinct craters over this desolate expanse of the upper portion of Mt. Etna. A spectacular panoramic view of the coast awaits you.

Lunch and Afternoon Stop for a picnic lunch before returning to your accommodation. Enjoy the afternoon at leisure at the hotel.

Farewell Dinner Spend tonight's festive farewell dinner celebrating all the incredible sights and amazing accomplishments you experienced with your traveling companions during your time in Italy.

Walking/Hiking Information 3-4 hours, 6 miles, 1,500 ft elevation gain and loss, dirt, gravel, and sand terrain

Accommodations
Il Picciolo Etna
Resort
Meals Included
breakfast, lunch,
dinner

SOUTHERN ITALY

The Amalfi Coast and Volcanoes of the Aeolian Islands



your adventure
in depth

DAY 11
Monday
9/15/25

Depart Catania

Say goodbye to your new AdventureWomen friends as you transfer to the Catania airport for your flights home.

Transfer to the Airport

A group transfer will be provided when most guests depart (exact time to be determined). Private transfers at different times can be arranged for an extra charge.

Departure Information

Depart Catania, Italy (CTA) any time after 12:00PM today.

Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental, and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time, if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.

Meals Included
breakfast

SOUTHERN ITALY

The Amalfi Coast and Volcanoes of the Aeolian Islands

your adventure
in depth

Accommodation Details

Grand Hotel Santa Lucia

The Grand Hotel Santa Lucia in Naples overlooks historic Mt. Vesuvius and majestic Castel Del 'Ovo with the beautiful bay as a backdrop. Enjoy a comfortable stay in your well-appointed room.

Amenities: Soap, shampoo, conditioner, hair dryer, air conditioning, safe, WiFi

Overnight Ferry

The only way to travel to the Aeolian Islands is via ferry. The ferry has nine decks and accommodates both passengers and vehicles. You can buy a bite to eat in the cafeteria or purchase drinks and snacks in the bar. If the weather is nice, enjoy beautiful views from the open-air deck.

Amenities: Soap, en suite bathroom with toilet and marine shower

Hotel Lisca Bianca

Located just steps away from the port of Panarea, the Hotel Lisca Bianca is appointed with traditional Aeolian style. Relax in the tranquil rooms surrounded by gardens and enjoy the panoramic views of the sea.

Amenities: Soap, shampoo, conditioner, WiFi

Il Picciolo Etna Resort

This beautiful resort and spa is situated on the slopes of Mt. Etna and is adjacent to an 18-hole golf course. Enjoy spectacular views of Mt. Etna while relaxing in comfortable elegance.

Amenities: Soap, shampoo, hair dryer, air conditioning, WiFi

SOUTHERN ITALY

The Amalfi Coast and Volcanoes of the Aeolian Islands

your adventure
in depth

Included:

- ▶ All meals as listed in the itinerary
- ▶ English-speaking guide(s) throughout the trip
- ▶ Guided sightseeing and activities as indicated in the itinerary
- ▶ Drinking water to refill personal bottles
- ▶ Group transfer on arrival and departure
- ▶ All gratuities except for the main guide

Not Included:

- ▶ International airfare to and from Italy
- ▶ Fees for passport, visas, immunizations, or travel insurance
- ▶ Cost of hospitalization or evacuation
- ▶ Meals not specified in the itinerary
- ▶ Alcoholic beverages (unless otherwise specified)
- ▶ Gratuities for the main guide

SOUTHERN ITALY

The Amalfi Coast and Volcanoes of the Aeolian Islands



your adventure
in depth

Cancellations and Refunds

Notification of cancellations must be received in writing. Full payment is due 90 days prior to departure date, and the registration deposit is non-refundable.

For cancellations received 61-90 days prior to the trip departure date: 50% of the total trip cost is non-refundable. For cancellations received 1-60 days prior to the trip departure date: 100% of the total trip cost is non-refundable.

You are highly encouraged to purchase trip cancellation insurance to cover emergency situations. Travel insurance information will be sent to you once you have registered for your trip.

Switching Trips

Our deposits are nonrefundable and nontransferable. If for some reason you need to switch to a different trip, please call us and we will do our best to accommodate you, but switching is not guaranteed.

No Smoking Policy

Beginning in 1995, our trips became smoke free. Please note that there will be no smoking by any participants on AdventureWomen vacations.

Health Insurance

You must have your own health insurance to participate in an AdventureWomen trip.

Adventure Travel Today

At AdventureWomen, we want everyone to understand that our excursions are adventure travel vacations and not "tours." We define "adventure travel" as travel in which one **actively participates**, as opposed to a "tour," in which one is more or less a passive observer. AdventureWomen designs and organizes vacations all over the world for women who want to **experience an active, out of the ordinary vacation, and meet new friends**. Most of all, we want our trips to be **fun!**

good-natured realist and have a sense of humor! Adventure vacations, by nature, require that participants be self-sufficient, flexible, and able to accept situations as they exist, and not just as they would have preferred or expected them to exist. The constraints of scheduled group traveling also necessitate that each of us be understanding of and sensitive to others. **Being on time** is important, and contributes to the congeniality, success and well-being of both individuals and the group!

In this spirit, the successful adventure traveler should be a