



## Southern Italy: The Amalfi Coast and Volcanoes of the Aeolian Islands

**DURATION** | 11 Days

**TRIP LEVEL** | High Energy

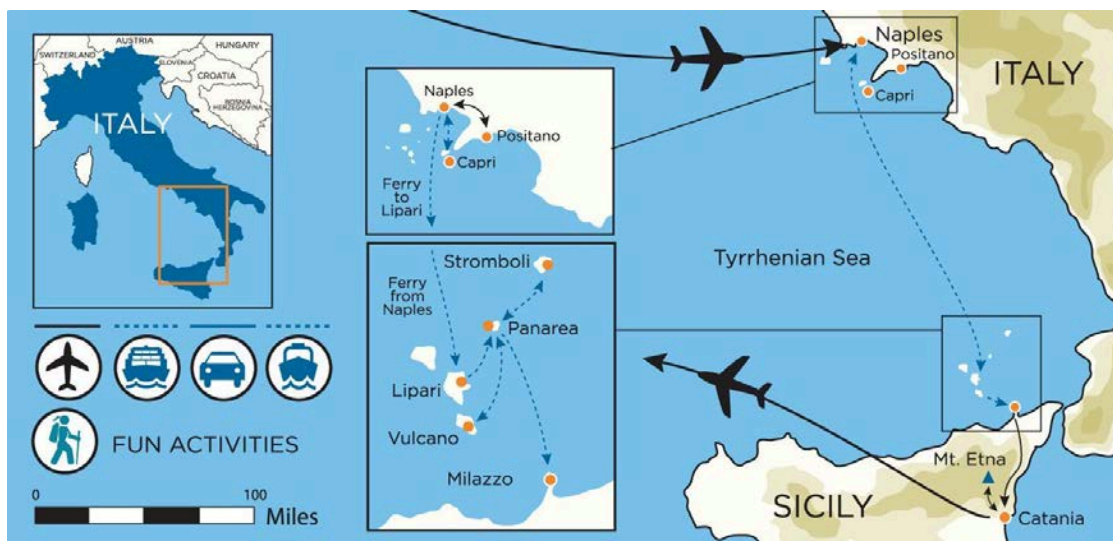
# Trip Overview

Embark on an unforgettable adventure through Southern Italy with Adventure Women, showcasing the breathtaking Amalfi Coast and the Aeolian Islands. Start your journey with a warm welcome dinner in Naples, where you'll dive into the city's vibrant culture and rich history. Trek the dramatic craters of Mt. Vesuvius and explore the stunning trails of Capri, before delving into the ancient wonders of Pompeii. Cruise along the Amalfi Coast, savoring local delicacies with a delightful home-cooked meal. Set sail to the Aeolian Islands—Lipari, Vulcano, and Stromboli—where you'll marvel at volcanic eruptions and picturesque landscapes. Conclude your adventure with a wine-tasting tour in Catania and a thrilling hike up Mt. Etna. This high-energy, women's small group journey promises excitement and discovery at every turn.

# Trip Highlights

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

# Map View



# Trip Itinerary

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## Day 1

### Welcome to Naples: Dinner & Discovery

Arrive in Naples and immerse yourself in the charm of Southern Italy. Transfer to your hotel, where you can unwind and refresh. By evening, join a warm welcome dinner at a local restaurant, where you'll meet your expert Italian guide and fellow travelers. Share stories, savor local cuisine, and get excited for the adventures that lie ahead. This evening sets the stage for exploring the stunning coastal seascapes and volcanic landscapes of Italy.

Meals: dinner | Overnight: Grand Hotel Santa Lucia



### 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: complimentary toiletries, hair dryer, safe, Wi-Fi, air conditioning



# Trip Itinerary

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## Day 2

### Historic Naples: Art, Culture, and Cuisine

Discover the rich heritage of Naples on a guided walking tour. Explore the city's historic center, a UNESCO World Heritage Site, and visit landmarks such as the San Carlo Theater and the Sansevero Chapel with its stunning Cristo Velato statue. Meet a local female entrepreneur from a renowned jeweler and learn about her craft. After a group lunch, delve into ancient artifacts at the Naples Archaeological Museum. Enjoy a free evening to dine at your leisure and soak in the vibrant atmosphere of this historic city. Expect 3-4 hours of walking, covering approximately 5 miles.

Meals: breakfast, lunch | Overnight: Grand Hotel Santa Lucia



# Trip Itinerary

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## Day 3

### Vesuvius Hike, Pompeii Wonders, and Pizza

Embark on a day of exploration starting with a hike to the crater of Mt. Vesuvius, offering panoramic views of the Gulf of Naples. Afterward, enjoy a delightful lunch at a local winery, where you'll savor dishes paired with fine wines from the region. Next, delve into the ancient city of Pompeii, preserved under volcanic ash and offering a captivating glimpse into Roman life. Conclude your day with a group dinner at a pizzeria in Naples, savoring authentic Italian pizza. Expect 3 hours of hiking, covering 3 miles with varied terrain and a 600 ft elevation gain.

Meals: breakfast, lunch, dinner | Overnight: Grand Hotel Santa Lucia



# Trip Itinerary

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## Day 4

### Scenic Amalfi Hike and Positano Exploration

Drive to the Amalfi Coast and start your day hiking the renowned "Path of the Gods," or "Sentiero degli Dei," which offers stunning views of the Tyrrhenian Sea and rugged cliffs. The trail takes you from Agerola to Nocelle, passing ancient stone houses and shepherds' huts. Enjoy a lunch break in Nocelle before descending to the charming village of Positano. Spend the afternoon exploring Positano's colorful streets and coastal beauty at your own pace. Conclude your day with a return drive to Naples, showcasing the natural and cultural splendor of the Amalfi Coast.

Meals: breakfast, lunch | Overnight: Grand Hotel Santa Lucia



# Trip Itinerary

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## Day 5

### Capri Hike, Scenic Views, and Ferry to Lipari

Take a ferry to the enchanting island of Capri, known for its artistic heritage and stunning landscapes. Hike through Mediterranean trails to Villa Lysis, the largest of Tiberius' villas, and enjoy panoramic views of the mainland and the Faraglioni rock formations just off the coast. Savor a delightful merenda, or afternoon small bites, in a local home before returning to Naples. Board the overnight ferry to Lipari to end the day. The day's activities include 3 hours of hiking, covering 5 miles with an 850 ft elevation gain and descent.

Meals: breakfast, lunch | Overnight: Overnight Ferry



### 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

# Trip Itinerary

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## Day 6

### Discover Lipari and Panarea's Charm

Travel from Naples to the Aeolian Archipelago, starting with a visit to Lipari. Begin your day with breakfast either on the ferry or at a local café upon arrival. Explore Lipari, including the archaeological museum within Lipari Castle, the Greek acropolis, and the Norman cathedral. After a lunch of fresh local fish, continue to Panarea, the charming car-free island. Check into your hotel and enjoy a group dinner, concluding your day immersed in the natural beauty and rich history of these volcanic islands.

Meals: breakfast, lunch, dinner | Overnight: Hotel Lisca Bianca



### 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: complimentary toiletries, safe, minibar, flatscreen TV, Wi-Fi, air conditioning





# Trip Itinerary

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## Day 7

### Vulcano Summit Hike

Start your day with a private boat ride to Vulcano, the southernmost island of the Aeolian Archipelago. Hike to the island's summit to witness volcanic features such as smoke clouds and sulfuric mud holes, known for their therapeutic benefits. Enjoy a light lunch at a local cheese farm, sampling fresh goat cheese and homemade cannoli. After returning to your hotel, spend the afternoon at your leisure—relax, explore the village, visit the beach, or hike further on your own. The hike includes 2 hours of walking, covering 3 miles with a 1,250 ft elevation gain and descent.

Meals: breakfast, lunch, dinner | Overnight: Hotel Lisca Bianca



# Trip Itinerary

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## Day 8

### Leisure in Panarea and Stromboli Volcano Adventure

Enjoy a relaxed day in Panarea, where you can explore two beautiful beaches at your own pace. In the evening, board a private boat to Stromboli, the most active volcano in Europe known for its frequent volcanic eruptions. Witness the spectacular "Sciara del Fuoco" from the boat, observing the lava flows and impressive eruptions as you enjoy dinner on board. After the volcanic show, return to Panarea for the night. This day combines leisure, natural wonders, and an unforgettable volcanic experience.

Meals: breakfast, dinner | Overnight: Hotel Lisca Bianca

# Trip Itinerary

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## Day 9

### Catania Highlights and Wine Tasting

After breakfast, embark on a boat to Milazzo, a charming Sicilian village. From there, travel to Catania, located at the base of Mt. Etna. Enjoy a leisurely lunch at a local restaurant before joining a walking tour of Catania's historic center. Explore Piazza Duomo with its Fountain of the Elephant, the Cathedral of St. Agatha, and the ancient Roman amphitheater at Piazza Stesicoro. Next, head to Mount Etna Natural Park and visit a local winery for a tasting session and a light dinner. Check into your accommodation on the slopes of Mt. Etna to conclude the day.

Meals: breakfast, dinner | Overnight: Il Picciolo Etna Resort



### 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: complimentary toiletries, flatscreen TV, safe, air conditioning, Wi-Fi



# Trip Itinerary

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## Day 10

### Summit Mt. Etna and Reflect

Explore Europe's largest active volcano, Mt. Etna, starting with a hike from Rifugia Sapienza at 6,000 feet. Trek across cinder cones and extinct craters, taking in stunning panoramic views of the coast. After a picnic lunch, return to your accommodation for a leisurely afternoon. In the evening, join a festive farewell dinner to celebrate the remarkable experiences and accomplishments of your Italian adventure. Expect 3-4 hours of hiking over 6 miles with a 1,500 ft elevation gain and loss.

Meals: breakfast, lunch, dinner | Overnight: Il Picciolo Etna Resort



# Trip Itinerary

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## Day 11

### Farewell and Departure from Catania

Say farewell to your AdventureWomen friends as you transfer to Catania Airport for your flight home. Safe travels and fond memories as you head back from your Italian adventure!

# What's Included

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## What's 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

*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.*

