



ITALY: THE AMALFI COAST

This tour is not suitable for those in a wheelchair or with mobility issues.

Full Price: 3,580 euros

Single supplement: 500 euros

Activity Level — Moderate

*VACCINATION REQUIRED FOR TOUR. OUR FACILITATORS ARE VACCINATED.

www.boldspirittravel.com



May 03 - 10, 2022

—Trip Overview—

Join our expert Bold Spirit facilitator on this seven-day, women-only, small group adventure to Southern Italy. Play where the ancient Greeks and Romans did as you explore a landscape of fragrant lemon groves, azure sea, and colorful coastal villages. Journey to Naples, Amalfi, Ravello, Positano, Sorrento, and the lush Phlegraean Island of Ischia to understand why travelers have been flocking to this part of the globe for centuries. This Bold Spirit adventure is about the good things in life: friendship, connecting with nature, R&R, and excellent Italian food. Ready to join the adventure? Read on.



Your journey kicks off in Naples, one of Italy's most evocative cities with its stately palazzos and buzzing nightlife. Naples' roots are deep, stretching back to the second millennium BC when the Greeks arrived. It makes sense, then, that the city is home to the National Archaeological Museum where some of the best Graeco-Roman artifacts reside. Naples is also the birthplace of pizza and a myriad of other delicacies.

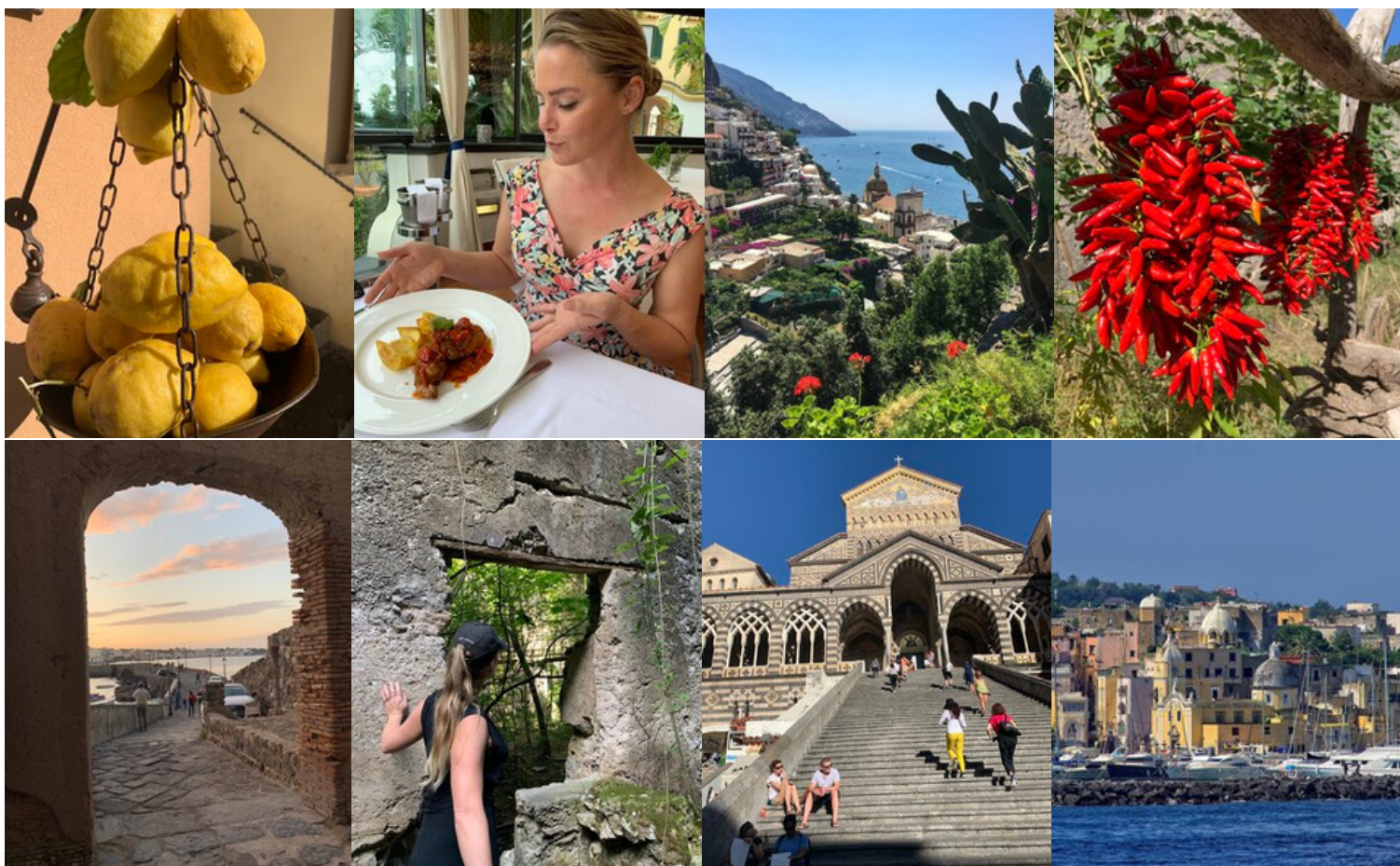
Next, lace up your sneakers because we're paying Vulcan a visit. You'll hike Vesuvius, one of the most infamous volcanoes in the world. Peer into the crater and note the curls of vapor rising from Vulcan's workshop. On a clear day, the view over the Gulf of Naples from Vesuvius is outstanding. Pick out the island of Ischia—one of your destinations on this trip—in the distance. Then it's time to see the damage Vesuvius inflicted in AD 79 as you tour the archaeological site of Herculaneum, Pompeii's lesser-known yet considerably more attractive cousin.

Do you detect a fragrant breeze? It is coming from Amalfi's sugary lemon groves, which cling to steep terraces cut into the rugged cliffs overlooking the sapphire sea. We will visit Amalfi as well as nearby Positano and Ravello. Grab a towel and swim in the warm Tyrrhenian Sea. Sip a cappuccino or a local limoncello on the main piazza with views of the 13th-century cathedral. Feel the sun on your shoulders. Life is good.

Ready for a spa day? We're going to the nearby island of Ischia, part of the volcanic Phlegraean Islands. Here, beaches, thermal spas, and leafy forest trails abound. You'll arrive by ferry, which is absolutely part of the adventure. Ride on the ferry's top deck for the best photo ops. Upon arrival, we'll peek into the island's past. The medieval Aragonese Castle sits on a rocky islet on the eastern edge of Ischia, and we'll discover its history with a local guide.

Self-care is part of the Ischia experience. In fact, the island's healing thermal waters are a huge draw for visitors from all over the world. Your adventure with Bold Spirit includes a visit to the island's most exclusive thermal water park, offering numerous pools and an idyllic beachfront with sun loungers and umbrellas. Pop on those sunnies and get ready to unwind.

At the end of our adventure, you will return to Naples for a peek at the Archaeological Museum and a farewell dinner with the entire Bold Spirit crew. You can depart the next day from Naples via private transfer to the airport, or you're welcome to stay on and explore a bit more on your own. (Or arrange an extension trip with us to see more of Spain and Southern Europe. We are happy to help!)



Main Attractions

- Relax as your expert facilitator manages all the logistics
- Explore Herculaneum, an affluent city frozen in time (79 AD)
- Swim in the warm sea along the Amalfi Coast
- Sip limoncello where it's made
- Wander the winding cobblestones in Amalfi and Positano
- Devour a meal after a pizza-making class
- Indulge in some serious self-care at a thermal spa on Ischia Island
- Discover Naples' best museum
- Learn about Ischia's royal past at the Aragonese Castle
- Check out the views from on top of Vesuvius
- Shop boutiques and sip wine in central Sorrento
- Indulge in excellent Italian meals
- Meet other bold women who love travel as much as you do!



Activity Highlights

- Historical sites
- Wine tasting
- Food tours
- Archaeological site visits
- Greek/Roman ruins exploration
- Spa time
- Swimming in thermal pools
- Fast boat ride & boat tour
- Walking tours
- Volcano trekking
- Strolling in mountain villages
- Relaxing on the beach
- Connecting with other Bold Spirit women



Detailed Itinerary

Day 1: Your Adventure Begins

Arrive at the Naples International Airport (NAP). You will be greeted at the airport and transferred to our hotel for one night. Take some time to settle in and freshen up before meeting the rest of the Bold Spirit Travel crew in the lobby for a drink. We will then head out for a welcome dinner. Get to know the other women on this trip and learn about what is scheduled for tomorrow morning.

Meals: Welcome dinner

Hotel: NH Napoli Panorama, Naples



Day 2: The Power of Vesuvius

After breakfast at the hotel, we're paying Vulcan—or Hephaestus if you prefer his Greek incarnation—a visit. You'll hike Vesuvius, one of the most infamous volcanoes in the world. Peer into the crater and note the curls of vapor rising from Vulcan's workshop. Keep in mind that you will not hike from the volcano's base, but from a midway point reached via private transfer.

On a clear day, the view over the Gulf of Naples from Vesuvius is outstanding. Spot the Phlegraean Islands and verdant Ischia—one of your destinations on this trip—in the distance. We'll make our way down the volcano and stop for lunch and some wine tasting before heading to one of the most impressive archaeological sites in Italy.

You'll witness the damage Vesuvius inflicted in 79 AD as a local guide leads you through the town of Herculaneum, Pompeii's lesser-known yet considerably more attractive cousin. Your Bold Spirit journey is about adventure, which is why we choose to avoid the 4 million visitors a year who queue for hours and pack themselves into overcrowded Pompeii. Instead, you will feel as though you've stepped back into Roman times when you experience Herculaneum, the once-affluent city that even today is filled with frescoed villas and sumptuous bath complexes. Many of Herculaneum's citizens are believed to have escaped Vesuvius' eruption; however, 400 well-preserved skeletons were found in 1980! From Herculaneum, we'll hop in our private van and zip back to Naples for the night.

Enjoy dinner on your own tonight at one of Naples' many eateries or relax at the hotel with a light meal.

Meals: Breakfast, Lunch

Hotel: NH Napoli Panorama, Naples

Day 3: Sorrento is calling

After breakfast at the hotel in Naples, our driver will pick us up for a quick transfer to dazzling Sorrento. This is your base to explore the Amalfi Coast and the island of Ischia.

En route from Naples to Sorrento, we will stop for a foodie tour of the region. Explore an olive oil mill and taste local oil varieties. Then tour a limoncello factory and learn how this liquid sunshine drink is made and why regional lemons are so important.

Once in Sorrento, we will enjoy lunch together.

Then, settle into the hotel. Relax with a drink on the terrace. Go shopping at Sorrento's many boutiques. Have a spritz by the waterside.

In the evening, we will gather for a foodie tour of Sorrento and a pizza-making class.

Meals: Breakfast, Lunch

Hotel: Hotel Continental Sorrento

Day 4: Island time on Ischia

After breakfast, we will transfer to the Island of Ischia. The ferry ride is absolutely part of the adventure. Ride on the top deck for the best photo ops. Located next to Capri, Ischia is lesser known and further off the well-worn tourist route, which adds to its appeal. You'll discover an island laden with beaches, thermal spas, and lush forest trails.

Our local guide will whisk us off to the medieval lanes of the Aragonese Castle and show us some of the most impressive spots on the island during our guided tour.

In the afternoon, it's time to get serious about self-care. Relaxation is part of the Ischia experience. In fact, the island's healing thermal waters are a huge draw for visitors from all over the world. Your adventure with Bold Spirit includes entrance into one of the island's best thermal water parks, offering numerous pools and an idyllic beachfront with sun loungers and umbrellas. Pop on those sunnies and get ready to unwind.

In the evening, we catch the ferry back to Sorrento. It's been a long and beautiful day.

Dinner is on your own at the hotel or at one of the many restaurants in Sorrento proper.

Meals: Breakfast, Lunch

Hotel: Hotel Continental Sorrento

Day 5: Amalfi coast gems

After breakfast at the hotel, our private driver will pick us up to explore the very best of the Amalfi Coast. This is the Amalfi you have seen on postcards and travel shows, the curling coastline featuring dramatic cliffs and colorful villas juxtaposed against the azure sea.

Today you will visit Ravello, Amalfi, and Positano, three villages guaranteed to fill your camera with snapshots of the sweet life. Fragrant lemon groves line the hillsides and darling shops and cafes hide along cobblestone alleyways.

Getting from Positano to Amalfi is part of the fun because we will take a mini-cruise in a boat from one beach-side town to the next. The rest of the tour will be by mini-bus.

Enjoy a traditional lunch with our Bold Spirit crew during this all-day trip.

In the evening, put your feet up at the hotel or head out for dinner in Sorrento

Meals: Breakfast, Lunch

Hotel: Hotel Continental Sorrento

Day 6: Naples Bound

We say arrivederci to Sorrento today. Enjoy breakfast at the hotel and another long look at the seaside. Then it's time to head back to big city Naples. Enjoy a guided tour of one of the best museums in Italy, the National Archaeological Museum, followed by lunch.

Then, settle into your hotel and decide how to spend your last day. You'll have a few hours to catch anything you missed during your first day, such as historic monuments, shopping, or one last flaky sfogliatella (or a slice of pizza!). We conclude our Bold Spirit adventure together with a farewell dinner at an innovative Neapolitan eatery.

Meals: Breakfast, Lunch, Dinner

Hotel: Hotel Piazza Bellini

Day 7: Parting is such sweet sorrow...

To quote one famous fictional Italian, "parting is such sweet sorrow." Alas, our adventure has come to an end. After breakfast at the hotel, it's time to say farewell to all your Bold Spirit pals before a private transfer to the airport. (Or don't leave. Arrange an extension trip with us to see more of Italy or Southern Europe. We can help with that!)

Meals: Breakfast

What's Included:

- Seven nights at beautiful hotels in dreamy locations (based on double occupancy)
- An English-speaking Bold Spirit facilitator accompanying you every step of the way
- All meals as indicated in the detailed itinerary
- Private airport transfer on arrival and departure
- Private land transfers for the Bold Spirit group throughout the entire adventure
- A small group experience—only 12 Bold Spirit women travelers on each trip
- Local expert bilingual guides in each destination
- All equipment needed for activities
- Luggage transfers from hotel to hotel
- A planning session over Zoom to get you ready for this Bold Spirit adventure



What's Not Included:

- Round-trip airfare
- Cost for additional activities
- Meals not outlined in the detailed itinerary
- Alcoholic beverages, unless otherwise specified (most meals include wine)
- Personal expenses, such as souvenirs
- Travel insurance
- Optional single supplement
- Early hotel check-in
- Telephone charges
- Room service/minibar
- Laundry
- Tips for guides and drivers



What to Bring

- Comfortable walking shoes and sandals
- Dressy attire for nights out
- Bathing suit
- Day pack or bag
- Reusable water bottle
- You will receive a detailed packing list upon registering

Travel Insurance

Insurance is strongly recommended for your Bold Spirit trip. We highly recommend that you obtain adequate coverage for cancellation, curtailment, and loss of luggage and personal effects.

Your deposit and final trip balance can then be recovered via a claim to your insurance provider in the event that you must cancel your adventure due to unforeseen circumstances. No refunds are issued 90 days or fewer from departure.

Check out insurance options at **World Nomads**.

Other Considerations

Our itinerary is subject to change based on availability and unforeseen conditions.

The minimum group number for this trip to run is six participants.



READY TO BOOK YOUR
bold adventure?

**Make Your Deposit And Secure
Your Spot Today!**

