

7-DAY PREMIUM GUIDE

AMALFI COAST

Italy, Europe

Cliffside villages, turquoise water & la dolce vita

Day-by-Day Itinerary

Top Hotels

Best Restaurants

Insider Tips

Welcome to Amalfi Coast

The Amalfi Coast is one of Italy's — and the world's — most dramatic stretches of coastline. Vertiginous cliffs drop into turquoise waters, dotted with pastel villages clinging impossibly to the rock. Positano, Ravello, Praiano, and Amalfi town each have their own distinct character. This 7-day guide covers the coast from Sorrento to Salerno, with hiking trails, boat trips, hidden beaches, and the best seafood restaurants you'll find anywhere in Italy.

BEST TIME TO VISIT

May–June & Sept–Oct

TYPICAL BUDGET

\$200–\$350/day (coastal premium)

COUNTRY

Italy, Europe

GUIDE LENGTH

7 Days

7-Day Overview

- 1 Arrive Sorrento — Gateway to the Coast
- 2 Positano
- 3 Path of the Gods Hike
- 4 Amalfi Town & Ravello
- 5 Boat Day — Hidden Coves
- 6 Capri Day Trip
- 7 Vietri sul Mare & Salerno

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Days 1 & 2

DAY 1	Arrive Sorrento — Gateway to the Coast	DAY 2	Positano
● Fly into Naples, transfer to Sorrento (1hr) ● Settle in, explore Sorrento centro ● Piazza Tasso aperitivo ● Limoncello tasting at local distillery ● Seafood dinner on Via del Mare TIP: Stay in Sorrento for nights 1-2 — it's a great base with better value than Positano		● Ferry or SITA bus to Positano ● Church of Santa Maria Assunta ● Spiaggia Grande beach ● Hike down from Nocelle village (optional) ● Sunset drinks at La Tagliata terrace restaurant TIP: The SITA bus is cheap and scenic but extremely crowded in July/August — go early.	

Days 3 & 4

DAY 3	Path of the Gods Hike	DAY 4	Amalfi Town & Ravello
● Hike Sentiero degli Dei (Bomerano to Positano) ● 6km trail with jaw-dropping views ● Lunch in Praiano (quieter, more local) ● Afternoon swim at Praiano beach ● Evening return to Sorrento or Amalfi town TIP: The Path of the Gods is moderate difficulty — wear proper shoes and bring 2L		● Ferry to Amalfi town ● Amalfi Cathedral & Cloister of Paradise ● Explore the paper museum ● Bus up to Ravello — gardens & Villa Cimbrone ● Concert at Villa Rufolo (summer season) TIP: Villa Cimbrone's 'Terrace of Infinity' is one of the world's great views — go at golden hour.	

Days 5, 6 & 7

DAY 5 Boat Day — Hidden Coves

- Rent a small boat from Amalfi or Positano...
- Grotta dello Smeraldo (Emerald Grotto)...
- Anchor at Li Galli islands (Sirens)
- Swim at Fiordo di Furore
- Sunset on the water — pure magic

TIP: Rent a gozzo (traditional boat) from reputable o

DAY 6 Capri Day Trip

- Hydrofoil from Positano to Capri (40 min)...
- Blue Grotto boat tour (morning only)
- Chairlift to Monte Solaro
- Capri town & designer shopping
- Evening return, dinner in Positano

TIP: Blue Grotto can only be visited in calm morning

DAY 7 Vietri sul Mare & Salerno

- Drive or bus to Vietri sul Mare — ceramics capital...
- Salerno — underrated, authentic southern city...
- Lungomare (seafront promenade)
- Salerno Cathedral
- Return home or onward to Naples

TIP: Vietri's hand-painted ceramics make the best souvenirs from

Where to Stay in Amalfi Coast

Le Sirenuse

★★★★★

Positano

\$1,200–\$2,500/night

The definitive Amalfi Coast luxury hotel. Terrace pool overlooking Positano's bay.

Hotel Luna Convento

★★★★

Amalfi Town

\$280–\$450/night

11th-century convent converted to a romantic hotel with cliffside pool and sea views.

Hotel Margherita

★★★

Praiano

\$130–\$200/night

Family-run gem in quieter Praiano. Stunning terrace, pool, and unbeatable value.

Palazzo Murat

★★★★

Positano

\$350–\$600/night

18th-century palazzo with a gorgeous wisteria courtyard garden in Positano centre.

Where to Eat in Amalfi Coast

Lo Scoglio, Marina del Cantone Seafood Institution	Must order: Spaghetti alle vongole & sea urchin pasta
La Tagliata, Positano hills Mountain Terrace Feast	Must order: Fixed-price feast with panoramic valley views
Da Adolfo, Positano Beach Club Trattoria	Must order: Mozzarella grilled on lemon leaf — legendary
Ristorante Pizzeria da Gemma, Amalfi Local Favorite	Must order: Pizza with local buffalo mozzarella & anchovies
Rossellinis, Ravello Michelin-Starred	Must order: Tasting menu with Ravello valley views
Taverna del Capitano, Nerano Village Seafood	Must order: Spaghetti alla Nerano — zucchini & provolone
Nonna Rosa, Vico Equense Traditional Campanian	Must order: Homemade pasta & wood-fired pizzas

Tips & Logistics

Getting There:	Fly into Naples (NAP). Train to Sorrento (1hr) or taxi/transfer to coast.
Getting Around:	SITA buses connect all towns but are slow and crowded. Ferries are more scenic and faster.
Best Months:	May-June and September are ideal — warm, sunny, and less crowded than July-August.
Book Accommodation:	Book 3-6 months ahead for summer — the coast has limited rooms and high demand.
Car Rental:	Avoid driving the coast road in summer — traffic is brutal. Use ferries and buses.
Crowds:	Positano is mobbed in July-August. Stay in Praiano or Vietri for a quieter experience.
Swimming:	Best beaches: Fiordo di Furore, Spiaggia di Laurito (Positano), Marina del Cantone.

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