

Pre & Post tour info – Amalfi

How to get to the tour beginning

The closest airport is Naples (NAP). The taxi ride from the Naples Airport to the Hotel Costantinopoli 104 is 18€

If you land in Rome (FCO) you can take the train from Rome airport to Naples as follows:

Book your ticket here: <https://www.trenitalia.com/en.html>

Digit FIUMICINO AEROPORTO (this is the train station of the Rome airport)

Digit NAPOLI CENTRALE – and not Naples

The group meets at the reception of Hotel Costantinopoli 104 at 4pm of Day 1 of your tour. Dress for a city walk (please note, this applies to all our group tours. Double check with us if you have booked a private trip instead that might have a different program)

HOTEL COSTANTINOPOLI 104

Via S. Maria di Costantinopoli, 104

Tel. +39 081 557.10.51

info@costantinopoli104.it

You can drop your luggage at the hotel Costantinopoli anytime before the tour starts. You can check in at the Hotel Costantinopoli after 3pm.

If you have some spare time before the tour starts we recommend to go to the archaeological museum (5 minutes walking from the hotel – closed on Tuesdays)

Plenty of restaurants close to the hotel. I love the restaurant called “L’Etto”, very informal, great food, friendly, next door from the hotel.

What to do on the last day of the trip

The trip ends at the train station of Naples (Napoli Centrale). The van will continue to the Airport of Naples (NAP).

IMPORTANT: book your train ticket later than 11.30am and your flight back home after 1.30pm.

If your train or flight is earlier than this we will arrange a private car at your own expenses. You can arrange this with your guide the first days of the trip (approximately a car from Amalfi to Naples costs 100€).

Book your train ticket here: <https://www.trenitalia.com/en.html>

Digit NAPOLI CENTRALE (and not Naples)

IMPORTANT INFORMATION ON THE TOUR

How to prepare for this trip

Walking or jogging for 60 minutes 3 times a week for 5 weeks ahead of trip will make your experience more enjoyable. In case you live in a flat area you might also incorporate some steps in your physical activity.

What to bring:

- Walking shoes with good traction (sometimes we might have mud on the trail)
- Hat
- Swimming suit
- Sun cream
- Water bottle to refill with tap water
- Dinners at Italian restaurants do not require any special dress code.



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An average day of the trip

On a typical day you hike/walk with your guide in the **morning** for 3 hours, then we stop at a restaurant or farmhouse for **lunch** (lunch can last 1 hour and half). We serve local food and wines as we believe that food plays an important role in the enjoyment of Tuscany.

In the **afternoon** there might be some more walking or town stroll. Around 4.30 or 5pm your guide will take you back to the hotel.

Your guides are available from 9am to 5pm on each day.

Before dinner you will be able to rest a couple of hours.

Dinner will be served in a restaurant in town that you will be able to easily reach on foot. At dinner the guide will not be with you. This is why we planned to have most of the hotels in the town centers and pedestrian areas. And if the hotel is away from the town center we have set up transportation to take you to the next restaurant or activity.

Local **wine** is always included for lunch or dinner. We serve *vino della casa* (house wine) as the quality of local house wines is very high.

Weather

In general, the climate in this part of Italy is very mild. Usually summers are hot with little or no rain. July and August are the hottest months (but still nice for walking as there is always a breeze blowing up on the hills). Spring (April and May) and Autumn (October and November) are milder. You can have some drops of rain but not too many. Winter is colder but you still can count on many sunny days.

Month	avg. High	avg. Low
April	66 °F (19 °C)	46 °F (8 °C)
May	73 °F (23 °C)	54 °F (12 °C)
June	81 °F (27 °C)	59 °F (15 °C)
July	86 °F (30 °C)	64 °F (18 °C)
August	86 °F (30 °C)	63 °F (17 °C)
September	81 °F (27 °C)	59 °F (15 °C)
October	72 °F (22 °C)	52 °F (11 °C)
November	61 °F (16 °C)	45 °F (7 °C)

Tipping your guides

Should you wish to tip your **guides**, the gratuity is entirely at your discretion. The standard in the industry ranges from 5€ to 10€ per person, per guide, per day. Tipping is not due to Gianni Stanghellini as he owns the company.

Tipping your drivers

Should you wish to tip your **drivers**, the gratuity is entirely at your discretion. The standard in the industry ranges from 1€ to 3€ per person, per driver, per day.

Extra expenses

Plan to have extra cash or money in your credit card enough to buy a couple of coffee or tea every day (5 euros average) . Two nights out of seven you are on your own for dinner (20-25 euros per meal per person, average)



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