

in partnership with
SORRENTO HIKING



ENJOY NATURE **AS A TRAVELLER NOT AS A TOURIST**

For individual travel costs are € 130.00 per 2/3 hour excursions, € 150 for half day and € 180 for the entire day. Some costs are variable if you exceed eight people and you have to use a different transport from ours, however, free from 4 to 8 people.

In addition to the Path of the Gods do other routes divided between the **Amalfi Coast** (Amalfi Valle delle Ferriere addition to the Path of the Gods), **Sorrento Coast** (Punta Campanella, Monte City, Sorrento-Massa Lubrense-Sorrento), **Monte Faito** (also accessible by cable car from Castellammare in 8 minutes) or to **Capri** to discover the island in all its corners hidden from Anacapri to Capri.

For daily services there are three different excursions:

- PATH OF THE GODS
- SORRENTO SUNSET WALKING TOUR
- SORRENTO LEMON TOUR
- YOGA
- SCUBA

add 80067 sorrento
via fuoro, 41
mobile +39.333.461.6250
email info@bbsurreo.com

PATH OF THE GODS



• INFORMATIONS

- Distance: **7 km** □
- Walking Time: **3,5 h**
- Elevation gain: **400m ↓ 400m ↑** □
- Details: **Nocelle - Nocelle** □
- Difficulty: **T / E** □
- Path Type:
mule tracks, paths on stone and dirt paths □
- Meeting Point:
Tasso Square (Sorrento)

Among the “high” routes of the Amalfi coast, this hike moves from Nocelle to “Colle Serra” (and back) and is by far the most famous hike you can do.

The reason for this fame (which is recognized all over the world) is the constant ups and downs, the fantastic sheer vertical drops and lands cultivated in terraces.

You arrive at the final destination and the highlight of this hike, Punta Campanella, which is united, under the sea, to the stunning island of Capri.

From the spectacular belvedere looking to the west we see siren archipelagos and swirling shapes.

There is much to explain here regarding the colours of the Mediterranean lands, known as our “Path of the Gods”.

Botany: mediterranean scrub, heather, euphorbia, true myrtle, orchids in spring,..

Fauna: birds of prey (kestrel, peregrine falcon, buzzard, raven, sea gull,..) migratory and sedentary birds and insects, butterflies, reptiles (lizards, harmless snakes).

Natural landscape interests: view on the whole peninsula, view on Capri and Amalfi coast

SORRENTO SUNSET WALKING TOUR

• INFORMATIONS

Distance: **4 km**

Walking Time: **3 h**

Difficulty: **Easy** □

Three days a week with departures from Piazza Tasso at 16:00 (17:00 in summer).

It consists of a hike along the hilly areas of Sorrento to discover the geological structure of the plain of tufa, the various extant crops, farm life and the villages of the villages and the ruins of the Roman villa at Capo di Sorrento.

The return is scheduled at sunset to enjoy the wonder that is created with the evening shades.



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OIL & LEMON TOUR



On foot from Piazza Tasso, crossing ancient streets, protected by high tufa walls, reaching the hills of Sorrento in around 30 minutes. Here we discover our farm, where the cultivation and transformation of the Sorrento lemons take place.

On arrival, a cool, welcoming lemonade is served, refreshing us after our walk, and immediately luring us into the wonderful atmosphere of the lemon groves. We walk under the trellises, the lemons hanging heavy from the trees, the towering vines, the wonderful aroma of the lemons touching our senses. This itinerary brings to life the traditional farming methods, still very much present today, and yet so close to the busy tourist centre of town. Entire families are involved in the cultivation of vegetables, olives, fruit and lemons, and the production of jams, oil, limoncello and mozzarella.

The lemon of Sorrento, nicknamed the "Sorrento Oval", or "Young Lady", is special because of its perfume and full flavor. This unique flavor is due to the intensity and large quantity of essence present in the skin alone of this very special citrus fruit. As well as the lemon groves, we will visit the rest of the farm, where you will see the farmhands at work, either collecting lemons or preparing new trees. There will be the cowsheds, the oil groves, kept for the production and bottling of the extra virgin olive oil, the terraces and trellises, completing our understanding of just how the ingenuity of the peasants has enabled them to implement such successful methods of cultivation.

After the visit we enjoy a taste of "bruschetta" (toasted bread) with olive oil, piazza bread, citrus salad, bites of other local produce, ending with a limoncello, completing this experience and our glimpse into the traditional life of our hills.

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