

Amalfi Challenge for Barwon Health



Trip Highlights

Experience the breathtaking scenery of the Amalfi coast

Mt Vesuvius and the fascinating Roman cities of Pompeii and Herculaneum

History, culture, a volcano and the Italian dolce vita – all in one week

Enjoy delicious culinary specialties of the region

Travel with a Barwon Health representative



Trip Duration	7 days	Trip Code: SOG9440
Grade	moderate	
Summary	6 nights 3 & 4 star hotels	

Supporting Your Cause

By supporting the Barwon Health Foundation, you are helping to enhance the health of Geelong. Your generosity provides compassionate care, for the people of our region, through all stages of life and circumstance.

The Barwon Health Foundation aims to create happier, healthier lives by investing in the life-saving and life-changing work of Barwon Health. Our Foundation has a unique partnership with you, our community.

We unite to fund and enhance Barwon Health's exceptional standards of care. We allow Geelong and the surrounding region to help themselves – and most importantly – to help others. Whether it's to 'return the favour' of quality health care, to leave a lasting legacy, or to simply do good, funding a future of remarkable health services starts with us – the Greater Geelong community.

Here for you, when you need us most.

Your Huma Challenge

Thank you for your interest in our Amalfi Challenge for Barwon Health. Huma Charity Challenge is a division of the worldwide adventure travel company World Expeditions. When joining a Huma Charity Challenge you embark on a remarkable journey to discover your inner philanthropist as you raise money for a Charity that is important to you. At the same time you take on the challenge of fundraising and partake in an adventure to discover new worlds, new landscapes and new cultures ... perhaps you'll even discover how far your personal boundaries stretch as you take on a physical challenge like a cycling, trekking or a mountaineering adventure. We are passionate about off-the-beaten track travel experiences as they provide travellers with the thrill of coming face to face with untouched cultures as well as wilderness regions of great natural beauty. Our itineraries are well researched, affordable and tailored for the enjoyment of small groups. Our itineraries provide the very best travel experience, designed by people with vast local knowledge who share our vision of authentic exchange and real exploration with a responsible travel approach at the core.

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Charity Challenge Payments

Joining Naples from:	\$4650
Non refundable registration fee:	\$200
Fundraising target:	\$2000
All prices are per person	

Trip Dates

2026 12 Sep - 18 Sep

Countries Visited:
Italy

Group Size Min:
10

Group Size Max:
16

Singles:

A single supplement is available for this trip*

Advice for people with limited mobility
This trip is not suitable for people with limited mobility.

*Ask our staff for more information.

Your Adventure

Explore one of the most captivating regions of Italy in support of the Barwon Health Foundation and vital healthcare services in our community.

This inspiring journey blends natural beauty, history, and purpose, from the spectacular Amalfi Coast and the ancient ruins of Pompeii and Herculaneum, to the vibrant heart of Naples and the enchanting island of Capri. Based in the charming town of Sorrento, you'll discover the region on foot, walking ancient paths that wind through lemon groves, dramatic coastlines, and picturesque villages.

A private transfer takes you high above the sea to Agerola, your base for scenic walks to Positano, the lush Ferriere Valley, and the clifftop village of Ravello. You'll even have the chance to ascend the legendary Mt Vesuvius for panoramic views over the Bay of Naples.

Between walks, you'll enjoy authentic Italian hospitality, regional cuisine, and time to relax and connect with fellow fundraisers, all united in support of Barwon Health's mission to deliver exceptional care.

This is more than a trip — it's an opportunity to challenge yourself, make a difference, and experience the magic of Italy with purpose.

Itinerary at a Glance

DAY 1	ARRIVE NAPLES, TRANSFER TO SORRENTO
DAY 2	CAPRI (7.5KM / 3HR WALK)
DAY 3	POMPEII AND MT. VESUVIUS (1H45 WALK ON MT VESUVIUS; + 3 H WALKING AT POMPEII)
DAY 4	AMALFI (9KM / 4HRS WALK)
DAY 5	RAVELLO (11KM / 4HRS WALK)
DAY 6	THE PATH OF THE GODS, FROM AGEROLA TO POSITANO (9KM / 4HRS WALK)
DAY 7	TRIP CONCLUDES

What's Included

- Barwon Health representative
- 6 breakfasts, 4 picnic lunches, 5 dinners
- 6 nights' accommodation on a twin share basis with ensuite facilities
- All transfers as per the itinerary using a private minibus
- Hydrofoil to/from Capri, boat / public bus from Positano to Amalfi
- Experienced English speaking guide with local knowledge
- All activities as per the itinerary (pizza making, Limoncello producer visit etc)
- Entrance tickets for Vesuvius and Pompeii
- Hotel taxes

What's Not Included

- Travel to and from Naples
- Meals not listed as included, drinks
- Travel insurance - mandatory
- A supplement will apply if you are travelling solo or book a single room
- Entrance fees not listed as included
- Excess Luggage
- Items of a personal nature



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Responsible Travel

The natural environments that you'll travel through are fragile; the cultures and traditions precious and often the communities we pass through are reliant on tourism. It is our responsibility as visitors to minimise the impact of our presence, protect what is precious and where we can leave a positive impact. Learn how you can do this by downloading the Thoughtful Traveller booklet from our website.

Trip grading moderate

GRADE 3 - The walking is graded moderate with 2 to 5 hours walking each day over hilly to steep terrain. There are numerous steps in any hike on the Amalfi coast and your preparation should include climbing and descending steps. A reasonable level of fitness is required. As with all of our trips it is important that you are well prepared.

We suggest that you undertake regular exercise – swimming, cycling, stair walking and jogging, two to three times a week for three months prior to your departure.

Adventure Travel

By its very nature Charity Challenges involve an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are suitably fit, flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with your charity representative or one of our team.

Detailed Itinerary

DAY 1 Arrive Naples, transfer to Sorrento

Arrival in Naples. On arrival at Naples Airport, you'll be warmly welcomed and transferred by minibus to your hotel in Sorrento. Please note: For guests not arriving on the group flight, the transfer will be at your own expense.

After checking in, the rest of the day and evening are yours to relax and explore this charming coastal town. Take a stroll through Piazza Tasso, lined with lively cafés, or wander the historic centre — a maze of narrow alleys filled with traditional marquetry workshops, artisan stores, and gourmet delights like limoncello, the region's famous lemon aperitivo. Don't miss the peaceful 14th-century Church of San Francesco and its beautifully cloistered courtyard.

In the evening, gather for a welcome dinner and overnight stay in Sorrento.

meals: D

DAY 2 Capri (7.5km / 3hr walk)

Boat trip to Capri (30 mins.). Our island walk will wind us through the vibrant streets, teeming with boutiques and cafes, via grand houses and kitchen gardens to the coast. Along a picturesque path past villas and flower gardens, we visit the Natural Arch, the Matromania grotto and the Terrace of Tragara. There is time to enjoy swimming in the sea and to discover the romantic alleys of Capri village. In the afternoon, take the hydrofoil back to Sorrento. Dinner is not included tonight, but you'll have a wide selection of restaurants and pizzerias to choose from. Your guide will be happy to give you recommendations so you can enjoy dinner either with the group or on your own. Overnight stay in Sorrento.

meals: B,L

DAY 3 Pompeii and Mt. Vesuvius (1h45 walk on Mt Vesuvius; + 3 h walking at Pompeii)

Early in the morning, we will visit the ruins of Pompeii, which offer a fantastic glimpse into Roman life as it was 2,000 years ago. Considered to be one of the world's premier archaeological sites, Pompeii is one of the most significant proofs of Roman civilization.

After this excursion, wine and local product tasting in a little family run winery located on the Vesuvius area. In the afternoon, we will get to the top of Mt. Vesuvius, destination of our walk. We'll climb the top of our first active volcano, the Bay of Naples serving as our backdrop, while our guide shares their knowledge of the mountain's geological and natural history.

After the walk, transfer to Agerola, located 650 metres above sea level, from where you can get a feeling for slow-paced village life and a beautiful view on the Amalfi coast. Dinner and overnight stay at the hotel in Agerola.

meals: B,L,D

DAY 4 Amalfi (9km / 4hrs walk)

Today we enjoy a beautiful walk along the Monti Lattari ridge, taking in breathtaking views over the entire Sorrento Peninsula. From Agerola, we begin our descent toward Amalfi, surrounded by dramatic landscapes and sweeping coastal panoramas.

Once in Amalfi, there will be time to explore some of the town's cultural highlights, including Piazza Duomo and the stunning 11th-century Cathedral of Saint Andrew, known for its impressive façade and rich history.

To round off the day, we'll visit a local limoncello factory, where you'll have the chance to taste a traditional homemade Neapolitan lemon liqueur, a refreshing treat after the day's walk.

We then return to Agerola by bus, followed by dinner and and at the hotel.

meals: B,L,D



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Important Note

These charity challenge notes represent the most current information for this itinerary, and may supersede any other supplied information, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This challenge itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

DAY 5 Ravello (11km / 4hrs walk)

Today begins with a bus transfer to Amalfi, where we set off on a scenic hike through the magnificent Ferriere Valley. This route immerses us in a lush natural landscape of cascading streams, waterfalls, and a unique subtropical microclimate — a surprising contrast to the coastal surroundings.

Our trail leads us to Ravello, a beautiful hilltop town perched high above the coastline, renowned for its Moorish architecture, elegant villas, and rich artistic heritage. Over the years, Ravello has captivated countless artists and writers with its peaceful ambiance and charming streets.

You'll have free time to enjoy lunch (not included) — with plenty of restaurants and pizzerias to choose from — and the option to visit the town's famous gardens, such as Villa Rufolo or Villa Cimbrone, before we return to Agerola by minibus.

Dinner and overnight stay at the hotel in Agerola.

meals: B,D

DAY 6 The Path of the Gods, from Agerola to Positano (9km / 4hrs walk)

After breakfast, we set out to explore the legendary "Path of the Gods" — a spectacular trail perched high above the coastline with panoramic views across the entire Amalfi Coast. Starting from Agerola, we follow this scenic route toward the charming cliffside town of Positano.

On arrival in Positano, you'll have time to wander its enchanting streets, climbing the stairways that connect the town's terraced levels, lined with boutiques, cafés, and postcard-perfect vistas. After enjoying lunch in town, we transfer by boat to Amalfi (weather permitting), then return to Agerola by minibus.

Dinner and overnight stay in Agerola.

meals: B,L,D

DAY 7 Trip concludes

In the morning according to the group flight, transfer by minibus to Naples' airport to meet the group flights where arrangements conclude.

meals: B

This itinerary is subject to change with any modifications in Community regulations as well as Governmental changes and natural circumstances beyond our control.

Accommodation on the Trip

During your time in Sorrento, Agerola and Naples you will be accommodated in 3 & 4 star hotels with ensuite facilities.

