



Two Classic Hikes

Path of the Gods & Path of the Lemons

A Complete Hiking Guide from Sorrento

2 Epic Trails

Approximately 4 - 6 Hours

Sorrento

Sentiero degli Dei • Sentiero dei Limoni

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1 — Overview: Two Hikes, One Region

The Amalfi Coast in Context

The Amalfi Coast — a UNESCO World Heritage Site hugging the southern edge of the Sorrentine Peninsula in Campania, southern Italy — is one of the most breathtaking stretches of coastline in the world. Steep limestone cliffs plunge into a glittering Tyrrhenian Sea, pastel-coloured villages cling to vertiginous terraces, and ancient mule tracks weave through lemon groves that have fed this coast for centuries.

Two of the finest walks on this coast — the **Path of the Gods (Sentiero degli Dei)** and the **Path of the Lemons (Sentiero dei Limoni)** — are easily done as day trips from Sorrento, making them perfect companions for any Amalfi Coast itinerary. They are very different in character: the Path of the Gods is a dramatic clifftop traverse with sweeping sea panoramas, while the Path of the Lemons is a gentler, more intimate ramble through fragrant citrus groves steeped in agricultural history.

	Path of the Gods	Path of the Lemons
Italian name	Sentiero degli Dei	Sentiero dei Limoni
Route	Bomerano → Nocelle	Maiori ↔ Minori
Distance	~6.5 km (4 miles)	~3 km (1.9 miles)
Duration	2–3 hours	1.5–2 hours
Elevation gain	~220 m / 720 ft	~185 m / 605 ft
Difficulty	Easy–Moderate	Easy–Moderate
Best for	Epic coastal panoramas	Citrus culture & village charm
Best season	April–June, Sept–Oct	Year-round (spring is best)
Crowds	Very popular — go early	Quieter than Path of Gods
Child-friendly	Older children (8+)	Yes — families welcome

2 — Planning Your Trip from Sorrento

Sorrento is the ideal base for both hikes. The town has excellent transport links along the Amalfi Coast and is well-served by ferries, buses, and trains connecting to Naples, Pompeii, and Capri. Both trails can comfortably be done on separate days from a Sorrento base.

Getting Around the Coast

Public transport on the Amalfi Coast is operated primarily by **SITA Sud buses**, which run along the SS163 coastal road connecting Sorrento, Positano, Praiano, Amalfi, Maiori, and Minori. Buses can be crowded in peak season — buy tickets at a tabacchi (tobacconist) before boarding. Ferries also connect Sorrento to Positano and Amalfi in season, offering a scenic and sometimes faster alternative.

■ Transport Tips

- Buy SITA bus tickets at tobacconists before boarding — you cannot buy on most buses.
- The coastal road (SS163) has very limited passing places; buses and cars share narrow stretches.
- In summer, the Amalfi Coast Drive is heavily congested — ferries are often faster.
- Taxis are expensive but convenient for getting to trailheads — agree the fare before you set off.
- The Circumvesuviana train connects Sorrento to Naples; SITA buses depart from near the station.

Combining Both Hikes

If you have the energy, both hikes can theoretically be combined in a single long day, though this requires careful logistics. Most visitors enjoy them on separate days to fully savour each trail. The Path of the Gods is best tackled first thing in the morning to beat the heat and crowds; the Path of the Lemons is more forgiving and can be done in the afternoon or on a cooler day.

Tour Options from Sorrento

Several operators run guided tours from Sorrento to both trails, with minibus transfers included. These are particularly worthwhile for the Path of the Gods, where the return bus journey from Bomerano to Sorrento is logistically involved. Tours typically include transport, a local guide, and sometimes food and wine at the end of the hike.

3 — Path of the Gods (Sentiero degli Dei)

Widely regarded as one of the finest hikes in Italy — and among the most scenic in all of Europe — the Path of the Gods traces the high clifftops of the Lattari Mountains between the villages of **Bomerano** and **Nocelle**, high above the sparkling Tyrrhenian Sea. The trail owes its mythic name to an ancient legend: according to Homer's *Odyssey*, the gods themselves rushed along this path to rescue Ulysses from the sirens of Capri.

3.1 — Trail Overview & Statistics

~6.5 km	2–3 hrs	~220 m	650 m	Moderate
Distance	Hiking Time	Elevation Gain	Max Elevation	Difficulty

The main trail runs **point-to-point from Bomerano (Agerola) to Nocelle (above Positano)**, with the route trending gently downhill — starting around 650 m above sea level in Bomerano and finishing at around 450 m in Nocelle. The net elevation loss is approximately 200 m, though there are several short uphill sections along the way. The vast majority of the path consists of dirt trails and rocky tracks; some sections require stepping over boulders or navigating narrow ledges.

3.2 — Getting There from Sorrento

By Public Transport (Budget Option)

- Take the **SITA bus from Sorrento to Amalfi** (approx. 1 hr 15 min). Buses depart regularly from near Sorrento's Piazza Tasso / Circumvesuviana station.
- In Amalfi, change to the **bus to Agerola/Bomerano** (approx. 40 min). This scenic mountain road climbs steeply above the coast.
- Total journey time: roughly **2 hours** from Sorrento to Bomerano.
- Return: from Nocelle, a small local bus runs down to Positano. From Positano, SITA buses return to Sorrento (approx. 1 hr, subject to traffic) or a ferry may be available in season.

By Tour (Recommended)

Guided tours from Sorrento typically depart in the morning and include minibus transfers to Bomerano and back from Positano. This is by far the simplest option — no bus connections to manage, and a local guide to enhance the experience. Some tours end with wine, bread, and cheese at a local farm.

By Private Taxi / Transfer

A private transfer from Sorrento to Bomerano takes roughly 45–60 minutes by road and costs significantly more than the bus, particularly in high season. Confirm the price in advance. This gives maximum flexibility on timing.

3.3 — The Route: Bomerano to Nocelle

The official trailhead is a short walk (about 1 km / 20 minutes) from Bomerano's central piazza. Follow signs for **Sentiero degli Dei**. The path is marked with red and white paint blazes throughout — getting lost is unlikely.

Bomerano Village

Start here. The piazza has a small café for a pre-hike espresso and cornetto. Walk along Via Pennino to the trailhead.

The Trailhead

The official start. The landscape opens up immediately with limestone peaks above and the sea glittering far below.

Abandoned Stone Houses

Ruined shepherds' houses dot the hillside — a reminder of the working life these mountains once sustained.

Ulisse's Café (Ulisse's House)

A small refreshment stop about halfway, perched on the cliff. Drinks and snacks available.

The Great Viewpoint

The most photographed section: a broad terrace facing directly towards the Faraglioni rocks of Capri and the Sorrentine Peninsula.

Nocelle Village

The official end of the main trail. A tiny, picturesque village with stunning views. A local bus runs down to Positano from here.

3.4 — Optional: Continuing to Positano

From Nocelle, hardy hikers can descend all the way to Positano — but be warned: the route involves approximately **1,800 stone steps** descending steeply to the coast. This adds around 1.5–2 hours and an additional 370 m of descent. An alternative is to follow the longer, more gradual path via Montepertuso (add ~3.5 km and 1–1.5 hrs). Most hikers opt simply to take the bus from Nocelle down to Positano.

3.5 — Tips & What to Expect

■ Essential Tips for the Path of the Gods

- Start early — ideally before 8am in summer. Heat and crowds build quickly after 10am.
- The recommended direction is Bomerano → Nocelle (net downhill, better coastal views).
- Fill your water bottle at the taps at either trailhead — there are no reliable water sources on the trail.
- No entry fee, but guided tours from Sorrento include transfers and add expert context.
- Wear trail runners or hiking shoes with grip — the path is rocky and uneven in places.
- July–August is very hot and crowded; April–May and September–October are far more pleasant.
- The trail is exposed to sun for most of its length — sunscreen and a hat are essential.
- Do NOT hike in thunderstorms or hard rain; the trail can become slippery and dangerous.
- Some sections run close to unguarded cliff edges — take care with children and nervous walkers.
- Signal: mobile coverage is patchy; download offline maps before you go.

4 — Path of the Lemons (Sentiero dei Limoni)

If the Path of the Gods is the coast's most dramatic hike, the Path of the Lemons is its most *fragrant*. This ancient mule track connects the quiet coastal towns of **Maiori** and **Minori** through terraced lemon groves that cling to the cliffside. For centuries, local farmers carried heavy baskets of the famous Amalfi *sfusato* lemon — the elongated, intensely perfumed variety used in limoncello — down to the harbours below. Today you can walk in their footsteps, immersed in the sharp citrus scent and the hum of bees.

4.1 — Trail Overview & Statistics

~3 km	1.5–2 hrs	~185 m	Easy–Mod	Year-round
Distance	Hiking Time	Elevation Gain	Difficulty	Season

The path is approximately **3 km (1.9 miles)** one way, running as an out-and-back or point-to-point between Maiori and Minori. The maximum elevation gain is around 185 m, but the route involves a significant number of stone steps. Compared to the Path of the Gods, it is a shorter and easier walk, suitable for families with children and those less confident on rugged terrain.

4.2 — Getting There from Sorrento

Maiori and Minori are on the Amalfi Coast road east of Amalfi town. From Sorrento, the journey takes around 1.5–2 hours by public bus.

- Take the **SITA bus from Sorrento to Amalfi** (approx. 1 hr 15 min).
- In Amalfi, change to a **bus east towards Maiori or Minori** (approx. 10–15 min). Both towns are on the SS163.
- The trailhead in **Maiori** starts from the Collegiata di Santa Maria a Mare church. Follow signs up Via Vena.
- The trailhead in **Minori** is in the town centre and is slightly easier to find.
- Return: walk or bus back between the two towns, or retrace the path.

4.3 — The Route: Maiori to Minori

The path can be walked in either direction. Starting from **Maiori** (recommended for the classic experience) means an initial uphill climb before the path levels out through the lemon groves. Starting from **Minori** is slightly easier to navigate from the town centre.

Maiori — Collegiata di Santa Maria a Mare

Begin at this distinctive church with its colourful majolica dome. From the church, head up Via Vena following Sentiero dei Limoni signs. A small initial climb gets the legs going.

The Lemon Terraces (Macerine)

The heart of the walk. Ancient 'macerine' terraces — dry-stone retaining walls — support row upon row of *sfusato* lemon trees covered by pergolas of chestnut poles and straw that filter the sunlight. The scent is extraordinary.

Panoramic Viewpoints

The path rises to give sweeping views of the Bay of Maiori, the Bay of Minori, and — on clear days — as far as Capri. Several natural terraces invite a rest.

Optional Lemon Farm Visit

Some farms along the route welcome visitors for a tasting of fresh limoncello and lemonade made from the prized sfusato lemons. A wonderful addition to the walk.

Minori

The charming end point: a quieter Amalfi Coast village with a fine sandy beach, ancient Roman ruins, and excellent seafood restaurants. Perfect for a post-hike lunch.

4.4 — Tips & What to Expect

■ Essential Tips for the Path of the Lemons

- Spring (April–May) is the best time: lemons are in bloom, the scent is most intense, and the weather is mild.
- The path is well signposted but involves many stone steps — take it steadily.
- Sturdier shoes are advisable; some steps are uneven and can be slippery when wet.
- The path is suitable for families with children and is generally quieter than the Path of the Gods.
- Look out for the fork partway along: both branches are signed as the Sentiero dei Limoni. Right goes towards Maiori; left is a shorter side loop with excellent valley views.
- Stop at a lemon grove stall to taste fresh limoncello and sfusato lemons — a genuine highlight.
- Minori has excellent trattorias for a post-hike seafood lunch; try the local scialatielli ai frutti di mare (pasta with seafood).
- The Amalfi sfusato lemon is a protected variety — larger, less acidic, and more intensely perfumed than standard lemons.

5 — Packing List

Footwear & Clothing

- Trail runners or hiking shoes with grip
- Moisture-wicking socks
- Comfortable, breathable hiking clothes
- Lightweight layers (mornings can be cool)
- Sun hat or cap
- Sunglasses

Water & Food

- At least 1.5 litres of water per person
- Snacks and/or a packed lunch
- Energy bars or fruit

Navigation & Safety

- Downloaded offline maps (Maps.me / AllTrails)
- Fully charged mobile phone
- Small first aid kit
- Sunscreen (SPF 30+)
- Insect repellent (spring/summer)

Optional but Useful

- Trekking poles (especially for the descent to Positano)
- Camera / phone with sufficient storage
- Small daypack (20–25 litres)
- Cash (for buses, cafés, and lemon stalls)

■ What NOT to Bring / Common Mistakes

- Flip-flops or sandals — the rocky trails require proper grip.
- Insufficient water — especially critical on the Path of the Gods in summer.
- No bus tickets — buy SITA tickets before boarding; you cannot buy them on the bus.
- Starting too late — both trails become hot and crowded by mid-morning in summer.
- Relying solely on mobile data — signal is patchy; download offline maps in advance.

6 — Seasonal Guide & Best Times

Spring — (March–May)

- The best overall season for both hikes.
- Wildflowers along the Path of the Gods; lemon blossom on the Sentiero dei Limoni.
- Comfortable temperatures (15–22°C). Lower crowds than summer.
- Some rain possible in March; April and May are ideal.

Summer — (June–August)

- Very hot (30°C+) — hike early (before 8am) or avoid July–August entirely.
- Peak crowds on the Path of the Gods; can feel overwhelming mid-morning.
- Path of the Lemons is shorter and shadier — more manageable in heat.
- Ferries operating; lively coastal towns. Book accommodation far in advance.

Autumn — (September–October)

- Excellent conditions: warm but not scorching (18–26°C), fewer crowds.
- September–October is arguably the single best time for the Path of the Gods.
- Lemon harvest underway on the Sentiero dei Limoni.
- The sea is still warm enough for swimming after the hike.

Winter — (November–February)

- Both trails are accessible but can be wet, muddy, and occasionally icy.
- Risk of landslides on the Path of the Gods after heavy rain — check conditions.
- Very quiet — a magical, uncrowded experience in good weather.
- Shorter days limit hiking time; some cafés and buses run reduced services.

7 — Quick-Reference Summary

PATH OF THE GODS — At a Glance

Route: Bomerano (Agerola) → Nocelle (above Positano)
Distance: ~6.5 km (4 miles) | **Time:** 2–3 hours | **Difficulty:** Easy–Moderate
Elevation: Max 650 m; net descent ~200 m | **Trail markings:** Red & white blazes
Getting there: SITA bus Sorrento → Amalfi → Bomerano (~2 hrs) or guided tour
Return: Local bus Nocelle → Positano, then SITA/ferry back to Sorrento
Best time: April–May or September–October; start before 8am in summer
Don't miss: The great sea viewpoint, Ulisse's Café, views of Capri

PATH OF THE LEMONS — At a Glance

Route: Maiori ↔ Minori (point-to-point or out-and-back)
Distance: ~3 km (1.9 miles) | **Time:** 1.5–2 hours | **Difficulty:** Easy–Moderate
Elevation: ~185 m gain; involves many stone steps | **Trail markings:** Sentiero dei Limoni signs
Getting there: SITA bus Sorrento → Amalfi → Maiori or Minori (~1.5 hrs)
Return: Walk or bus between Maiori and Minori, then bus back to Amalfi / Sorrento
Best time: April–May (lemon blossom); suitable year-round in good weather
Don't miss: The lemon terraces, a limoncello tasting, lunch in Minori

■ Final Note

- Both trails are free to hike and open year-round, though conditions vary by season.
- Always check weather forecasts before setting out — the Lattari Mountains can be misty or rainy.
- The trails are well-marked but download offline maps (AllTrails or Maps.me) as a backup.
- Respect the environment: take your litter home, stay on marked paths, and be courteous to local farmers.
- Buona camminata — happy hiking! The Amalfi Coast will reward every step.

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