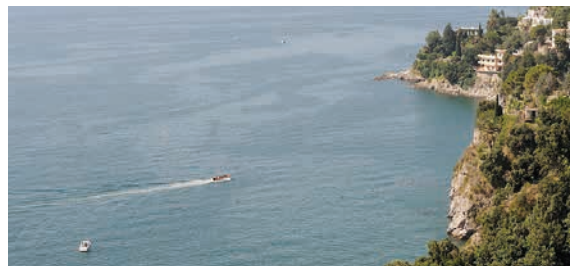


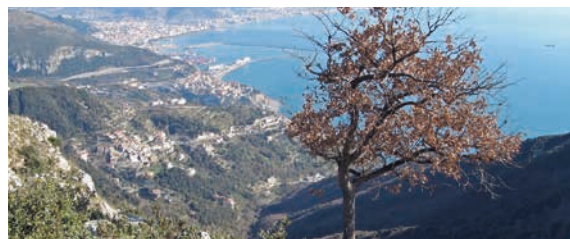
## NATURE AND EXCURSIONS



### Cetara > Pietra Chiatta > Punta Fuenti

**hilly route: duration 1h**

This route starts from the tiny square nearby the cemetery and goes along a pathway parallel to the State Road. One can proceed in the direction of Vietri sul Mare enjoying a pristine natural landscape, far from both traffic and mainstream tourist paths. The first part goes through the Pietrachiatto area, surrounded by plantations, arranged as the typical terraced fields. The alternation of vineyards, lemon and olive groves shape the landscape; the pergolas often overhang the road, as every inch of land is made maximum use of. Under the trees, one can glimpse seasonal vegetables and greens. The second half of the path goes through the Fuenti area, which is part of the municipality of Cetara, and proceeds downhill until it connects to the State Road.



### Cetara > Abbazia di Cava > Iaconti

**mountain path: duration 6,5 h**

Suitable for those who love the harder walks (because of its length and drop, but not difficulty), this path goes along the ancient connection between Cetara and the Holy Trinity Abbey in Cava de' Tirreni. When the present street did not exist, this path was the only road for commercial trades. One can climb up the ridge that goes along the Mount Falerio (the highest in Cetara), until an old chapel. From here on, the path is not steep anymore and goes through the fresh air of the woods reaching the Abbey. A visit is suggested both for the beauty of the place and the richness of the treasures kept in the museum. On the way back to Cetara, one can take the road through Padovani and Iaconti, both part of the municipality of Vietri sul Mare. Once again, the path goes through the woods until a more modern chapel, which dominates a marvellous landscape. Once reached the older chapel, the path goes back to the main road.



### Cetara > Avvocata > Altopiano di Viesco

**mountain path: duration 6 h**

It goes along the previous path until the old chapel; from here it takes a right turn, right below the ridge of the promontory that ends with Capo d'Orso. It takes about an hour to reach the Avvocata Sanctuary, which is the destination of pilgrimages partaken by a large part of the local community. The view of the gulf, from Punta Licosa to the island of Capri, is a great reward for the effort accomplished. On the rocky wall underneath the church there are two caves: the first one, the so-called Apparitions Cave, contains an altar used for sacred functions; the second one is characterized by the shape of its stalactites, that inspired the name Grotta delle Soppressate, which is to say "cave of the hanging salami". The way back follows the ridge overhanging Capo d'Orso, goes through the Saint Nicholas Valley and the Viesco Plain. A long stairway takes you back to the populated area of Cetara.

### Cetara > Altopiano di Viesco > Erchie

**mountain path: duration 5 h**

A stairway that starts from the highest part of Cetara, in Turillo street, takes you to the mounts and lets you admire the ever-changing landscape on your way up. It goes from the populated to the cultivated areas, going through ancient terraced fields, woods and the Mediterranean maquis of the plateau. Some ruins, old witnesses of the productive activities of the past, complete the landscape. Once passed the Viesco Plain, the path leads you to the Saint Nicholas Valley; it overtakes a creek and goes downhill towards the valley. The last part is characterized by the ruins of an ancient convent entitled to Saint Nicholas Caronario and by the remains of an old duct that used to bring rainwater to the valley. Then the path gets to the State Road by Erchie and, from here, one can walk back to Cetara.



### Marina di Vietri > Maiori

**beach path: duration 3 h**

In Cetara it is possible to rent a boat and sail to Vietri or Maiori. In direction of Vietri sul Mare, there are numerous tiny beaches that can only be reached via sea. Here are a few suggestions: the "Two Brothers", which takes the name from the two large rocks that are the symbol of Vietri sul Mare, the Crestarella Tower, Marina d'Albori and Punta Fuenti. Towards Maiori, are suggested: The "Beach of the Lemons", the Cerniola Tower and the Tummolo Tower in Erchie, the cape of Capo d'Orso, a series of towers and beaches and, finally, Maiori.



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