



13^{le} PORTE

vico equense in sentieri



città di
VICO EQUENSE



govico
equense.it



13^{Le} PORTE

vico equense in sentieri

Excursion calendar of the project

Le 13 Porte

2023/2024



Recommended Clothing

Comfortable, layered clothing is strongly recommended before starting hiking trails.

Wear:

- **Comfortable hiking or sneakers** with rough soles;
- **hat with visor**;
- **Backpack on the shoulder** to be hands-free;
- **sunglasses**

Bring at least 0.5 liter of water or hydration drinks.

May 2023

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Press on the date to find out about the excursion.

June 2023

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

July 2023

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
30						

August 2023

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

September 2023

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

October 2023

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

November 2023

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2	3	4	5
6	7	8	9	10	11 11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Dicember 2023

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

January 2024

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

February 2024

Mon	Tue	Wed	Thu	Fri	Sat	San
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			

March 2024

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

April 2024

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



[Back to calendar](#)



Length
5km



Time
3h



Difficulty
Easy

Cresta nord, Monte Faito

A trail that crosses through various layers of the mountain's forest, from the pine grove to the beech forest, allowing you to enjoy the most beautiful views overlooking the Gulf of Naples and the Sorrento Peninsula. The excursion concludes with a tasting of local products, comfortably seated in front of one of the most stunning panoramas of Monte Faito.

Date and time: 13/05/2023 - 05/08/2023 - 11/11/2023 - 10/02/2024 alle ore 16:00

Hiking Guide: Nino Aversa

Info: 334 116 1642

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Time

2h 20'



Difficulty

Easy

Tour of Vico Equense

With a licensed tour guide, you will explore the historic center of the city of Vico Equense. You will be led with ease through its Etruscan, Roman, medieval, and modern past, all the way to the present day. From panoramic terraces, you will enjoy enchanting views of the sea and the villages, which are also rich in history and art. The tour will begin at Villetta Paradiso and conclude at the monument's terrace, including a visit to Giusso Castle where there will be a stop to delight your palate!

Date and time: 20/05/2023 - 17/06/2023 - 15/07/2023 - 19/08/2023
alle ore 18:00

Date and time: 16/09/2023 - 07/10/2023 - 11/11/2023 - 02/12/2023 -
- 20/01/2024 - 24/02/2024 alle ore 17:00

Hiking Guide: Margherita Ruggiero

Info: 347 333 1016

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Length
4 km



Time
4h



Difficulty
Easy

Monte Comune at sunset with pilates and cultural moment

We will walk along one of the most beautiful and picturesque trails of the Sorrento Peninsula. Our itinerary will take place on the Monte Comune plateau (880 meters above sea level), where you can enjoy a fantastic panorama that overlooks the Sorrento Peninsula and the Gulf of Naples and Salerno. We will pass by open pastures where ageroline cows graze. We will stop on the marvelous meadows of the mountain to connect with nature through a Pilates class. This will be followed by a cultural moment and a tasting of local typical products at the Baita sui Golfi.

Date and time: 27/05/2023 alle ore 17:00

Hiking Guide: Giuseppe Buonocore

Info: 338 105 6657

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Lenght
4km



Time
3h



Difficulty
Easy

Traces of life and work at Monte Faito

Discovering the history of production and life in the mountains. We will explore the workplaces and organization involved in living at an altitude of 1000 meters above sea level, including chestnut production, cattle and sheep farming, the commercialization of timber for shipbuilding, and the transportation of snow downhill for medical and food purposes. During the excursion, there will be a sunset picnic break at a panoramic spot with local typical products.

Date and time: 10/06/2023 - 09/09/2023 - 09/12/2023 - 09/03/2024 alle ore 16:00

Hiking Guide: Nino Aversa

Info: 334 116 1642

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[Back to calendar](#)



Length
3km



Time
3h



Difficulty
Easy

Sunset at Chiaiare

An easy and short-duration path suitable for everyone, starting near the sports center of Monte Faito. We will visit the remains of Count Girolamo Giusso's chalet and then take the trail that will lead us to the caretaker's house, crossing the ancient fields once cultivated by the farmers of Moiano. Upon reaching Chiaiare, we will be able to enjoy a marvelous view and wait for the sunset together while savoring a sandwich.

Date and time: 25/06/2023 alle ore 18:00

Hiking Guide: Giuseppe Buonocore

Info: 338 105 6657

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[Back to calendar](#)



Lenght
4km



Time
3h



Difficulty
Medium

Tour of Conocchia

A medium-difficulty circuit with many exposed and panoramic points to discover the vegetation and geological layers of Monte Faito. Breathtaking panoramas and spectacular views of the Gulf of Salerno and the Gulf of Naples for a suggestive excursion in peace and meditation. The excursion will end with a tasting of local typical products at Monte Faito.

Date and time: 08/07/2023 - 14/10/2023 - 13/01/2024 - 13/04/2024 alle ore 16:00

Hiking Guide: Nino Aversa

Info: 334 116 1642

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Time

2h



Difficulty

Medium

Exploring the Vican coast by kayak

A 2-hour kayak tour along the marvelous coast of Vico Equense, observing the town and its treasures from a different perspective. Discover stories, traditions, hidden beaches, small coves, and cliffs, all in direct contact with the crystal-clear waters of our coast. This activity is also suitable for those with no previous kayaking experience, but who are familiar with the sea and sports activities.

Date and time: 09/07/2023 alle ore 09:00

Hiking Guide: Giuseppe Buonocore

Info: 338 105 6657

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Lenght

3 km



Time

2h 30'



Difficulty

Easy

Massaquano - Trina del Monte

Discover the hidden secrets of the villages of Massaquano and San Salvatore, the Mediterranean scrub, and the use of plants. Enjoy a panoramic view of Vico Equense from above and explore its defensive system.

Date: 30/07/2023 - 12/08/2023 alle ore 17:00

Hikig Guide: Chiara Sbragia

Info: 333 673 3143

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[Back to calendar](#)



Lenght
4km



Time
4h



Difficulty
Easy

The village of Santa Maria del Castello

Excursion to Santa Maria del Castello, an ancient border line between the Amalfitan Duchy and the Sorrento/Naples Duchy. The route is immersed in nature with splendid panoramas overlooking Positano. The unmatched colors of the sea in the background blend with the scents of the Mediterranean scrub. Santa Maria del Castello enjoys a particularly pleasant climate that favors the cultivation of extraordinarily high-quality agricultural products.

Date and time: 27/08/2023 alle ore 17:00

Hiking Guide: Giuseppe Buonocore

Info: 338 105 6657

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[Back to calendar](#)

Lenght
6.5km



Time
5h



Difficulty
Medium

Path *Le 13 Porte* Ticciano - Preazzano - Arola with experience in craftsmanship

We will travel along a section of the itinerary "Le 13 Porte," which aims to be an experiential journey to discover the ancient hamlets of Vico Equense, each rich in history and traditions with a distinct identity. The route winds through urban, hilly, and mountain paths, taking us back in time through the tales of an era lived amidst agriculture, craftsmanship, legends, and the men and women who shaped the history of these places. It covers a distance of 6.5 km from Ticciano to Arola, passing through the village of Preazzano, with opportunities to experience local craftsmanship.

Date and time: 29/10/2023 alle ore 09:30

Hiking Guide: Giuseppe Buonocore

Info: 338 105 6657

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[Back to calendar](#)



Lenght
4km



Time
4h



Difficulty
Easy

Monte Comune for kids

We will walk along one of the most beautiful and picturesque trails of the Sorrento Peninsula. Our itinerary will take place on the Monte Comune plateau (880 meters above sea level), where you can enjoy a fantastic panorama that overlooks the Sorrento Peninsula and the Gulf of Naples and Salerno. We will pass by open pastures where ageroline cows graze. We will stop on the marvelous meadows of the mountain to connect with nature through a Pilates class. This will be followed by a cultural moment and a tasting of local typical products at the Baita sui Golfi.

Date and time: 10/09/2023 alle ore 10:00

Hiking Guide: Giuseppe Buonocore

Info: 338 105 6657

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[Back to calendar](#)



Lenght
6km



Time
5h



Difficulty
Easy

Path *Le 13 Porte* San Salvatore - Massaquano - - Sant'Andrea with crafts and tasting

We will explore a section of the "Le 13 Porte" itinerary, which aims to be an experiential journey to discover the ancient hamlets of Vico Equense, each rich in history and traditions with a distinct identity. The route winds through urban, hilly, and mountain paths, taking us back in time through the tales of an era lived amidst agriculture, craftsmanship, legends, and the men and women who shaped the history of these places. It is a 6 km circular route that includes the villages of Massaquano, San Salvatore, and S. Andrea, offering opportunities for craftsmanship experiences and tastings.

Date and time: 26/11/2023 alle ore 09:30

Hiking Guide: Giuseppe Buonocore

Info: 338 105 6657

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[Back to calendar](#)

Lenght
5km



Time
4h



Difficulty
Medium

Path *Le 13 Porte Seiano - Montechiaro* with crafts and tasting

We will travel along a section of the "Le 13 Porte" itinerary, which aims to be an experiential journey to discover the ancient hamlets of Vico Equense, each rich in history and traditions with a distinct identity. The route winds through urban, hilly, and mountain paths, taking us back in time through the tales of an era lived amidst agriculture, craftsmanship, legends, and the men and women who shaped the history of these places. It is a 6 km circular route between the villages of Seiano and Montechiaro, offering opportunities for craftsmanship experiences and tastings.

Date and time: 17/12/2023 alle ore 09:30

Hiking Guide: Giuseppe Buonocore

Info: 338 105 6657

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[Back to calendar](#)



Length

11km



Time

7h



Difficulty

Medium/Hight

La Via della Neve with stop in Oasi di Mario

Through the ancient path where our ancestors transported snow from Monte Faito to the port of Vico Equense, its trade played a significant role in the local economy for centuries. An 11 km route filled with wonders, passing through the ancient snow pits and Capo d'Acqua, with a pleasant tasting stop at Oasi Mario.

Date and time: 28/01/2024 alle ore 09:30

Hiking Guide: Giuseppe Buonocore

Info: 338 105 6657

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[Back to calendar](#)

Lenght
5km



Time
5h



Difficulty
Medium

The Ways of Milk with a visit museum and demonstration

An exciting journey through the hills of Vico Equense, retracing the ancient routes dedicated to milk transportation. This excursion combines nature, culture, history, traditions, and gastronomy of these places, passing through the villages of Arola, Alberi, and Pacognano. The destination of the walk is the cheese art museum Fernando De Gennaro, which will offer a guided tour to the participants, who will have the opportunity to observe the production of "fiordilatte" cheese. For those interested, the cultural and gastronomic experience can be completed by tasting the excellent cheeses from the De Gennaro Dairy.

Date and time: 25/02/2024 alle ore 09:30

Hiking Guide: Giuseppe Buonocore

Info: 338 105 6657

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[Back to calendar](#)



Length

10km



Time

7h



Difficulty

Medium/Hight

Vico Equense Coast to Coast

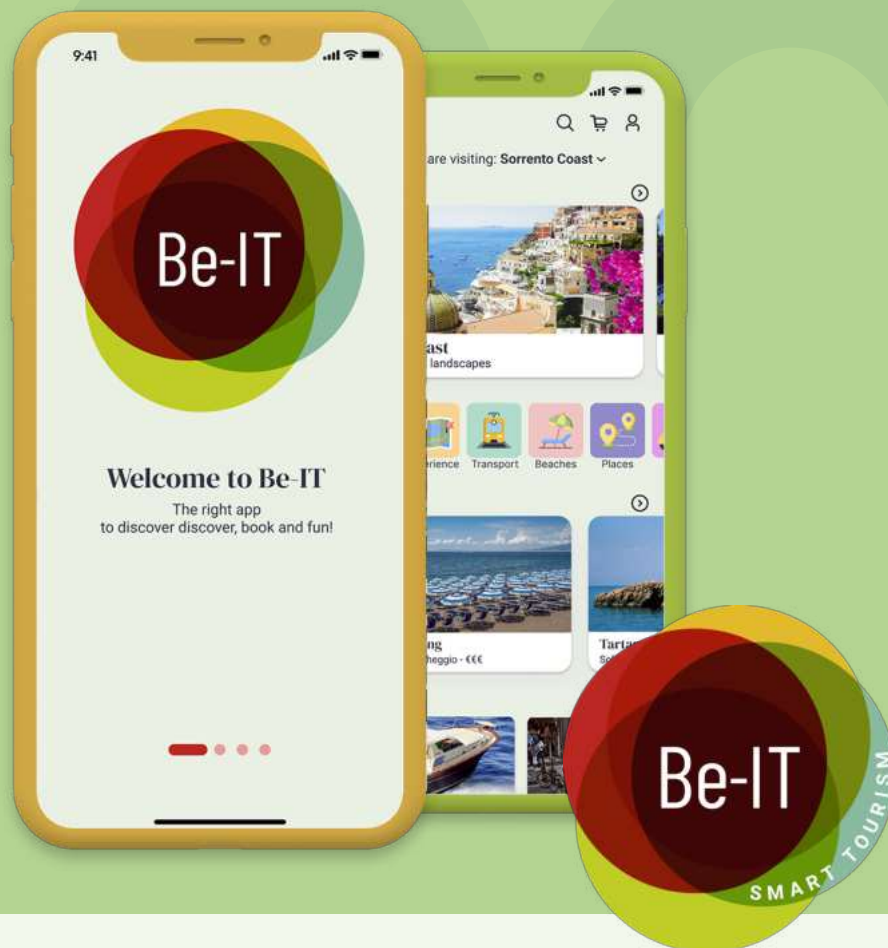
From Marina d'Aequa to Chiosse, from the Gulf of Naples to the Gulf of Salerno, from the Sorrento Peninsula to the Amalfi Coast. Crossing the territory of Vico Equense between the villages of Seiano, Alberi, and Arola, amidst history, culture, and panoramas. 10 km of wonders mixed with urban and medium mountain sections.

Date and time: 24/03/2024 alle ore 09:30

Hiking Guide: Giuseppe Buonocore

Info: 338 105 6657

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