

Untold Italy Episode 122 - Amalfi Coast: Hiking beyond the Path of the Gods

This is the Untold Italy Travel podcast, and you're listening to episode number 122.

Ciao a tutti and Benvenuti to Untold Italy, the travel podcast, where you go to the towns and villages, mountains and lakes, hills and coastlines of Bella Italia. Each week your host Katy Clarke takes you on a journey in search of magical landscapes of history, culture, wine, gelato, and, of course, a whole lot of pasta. If you're dreaming of Italy and planning future adventures there, you've come to the right place.

Katy

Buon giorno! Benvenuti friends, are you ready for another trip to our favorite country Italy? This week we're headed to perhaps one of the most popular if not the most popular places to visit, certainly in 2022, and that is the Amalfi Coast

Nothing can prepare you for the jaw-dropping beauty that you'll find all along this coastline and one of the best ways to see and experience it is on foot. So today I've enlisted the help of one of the region's favorite hiking guides to tell us all about how you can get out of the crowded towns and into the stunning natural UNESCO heritage listed environment

Zia Lucy grew up in Positano and spent her childhood exploring its natural wonders. Inspired by her surroundings and some intrepid travelers and women in her family she worked hard to become a hiking and licensed local guide for her region. These days her team of passionate guides help visitors explore the Amalfi Coast from a local perspective. I'm thrilled to have her with us on the podcast so without further ado let's get started

Benvenuta. Lucy, welcome to the Untold Italy podcast.

Lucy

Ciao. Buongiorno. How are you?

Katy

I'm so well, Lucy. I know everyone is excited to be transported to the Amalfi Coast for a few moments today. And how are things looking in gorgeous Positano or where you are actually in Nocelle, which is just above there?

Lucy

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Well, I'm just above, let's say, 30 minutes driving from Positano, which is at the beginning of Path of the Gods. And we'll talk about it later. Positano is getting busier. Shops are going to open, restaurants are opening, and by next week, everything will be beautiful and normal as in 2019.

Katy

Oh, my goodness. It's so exciting. I know. I think everyone is so excited to get back to Positano and the Amalfi Coast. I think just from my listeners, my audience, there's so many people that's their number one destination that they want to go to. And it's a beautiful place, isn't it? It's just so beautiful. But I think some people forget that it's the nature and the natural environment that provides the perfect stage for the town. And it's beautiful colored buildings that look like they're tumbling into the sea. So what I want to know is from you, Lucy, is tell us a bit about your story and how you came to be guiding tours in Positano on the mountain coast and what you love about Positano.

Lucy

Okay, well, I grew up on the beach of Positano in the 1980s, which was amazing because it was completely different. There were lots of tourists, but mostly they were artists or celebrities and Positano was much quieter. So we had the chance to live on the beach all day long, so I wouldn't change it for any place in the world. When I grew up, I traveled a lot. I lived in Napoli, which is another beautiful city I love. And I lived in London and Barcelona. But I always came back to Positano because I don't know probably it's the energy of Positano or it is the feeling I had with the town. And this is the reason why I decided to become a tour guide, because some people don't understand Positano. It's a beautiful place for people who want to go to the beach or want to do some shopping. But Positano has an incredible history, and I wanted to tell to everybody how important has been Positano in the past and how we live there, because our lifestyle is a little bit crazy. Yes. We have six months of doing nothing and where everything is closed and Positano becomes like a ghost town and it rains, the sea is rough, so it's difficult to live in Positano and to move somewhere else. And from Easter to November, it's overcrowded. We have a very unusual lifestyle. I don't understand, but lots of people ask me about it. So it's nice to show to everybody how we live. But mostly I want people to fall in love with the Positano as I did when I was a little girl. And as I'm still doing it.

Katy

So when you were a little girl, what sort of things did you do? Did you play on the beach? Did you go for walks up in the hills? What were the things that you like to do?

Lucy

So when we were kids, we didn't have lots of games like a PlayStation or the GameBoy. And we used to play on the beach or we were hiking in the mountains because there are lots of

paths above Positano. Actually above the Amalfi Coast, we have about 120 trails and it's easier to go up and down in the mountains. And that is what we were doing with the friends. And even if we were six or seven years old, we were alone without our parents and we really enjoyed things by ourselves because it was a very good way to grow up, I think.

Katy

No, I mean, imagine that you have the world's most beautiful back garden to play in and imagine you found some really special spots along the way. Do you have some favorite spots around Positano that you just absolutely love?

Lucy

My favorite places for? Fornillo, Fornillo is one of the neighborhoods of Positano because in Positano we have many neighborhoods and they are one closer to the other. And the best one is Fornillo that also has a beautiful beach where we go because we don't go to the main beach. We like going to Fornillo Beach, which we consider the beach of locals. And Fornillo is one of my favorite places because it's quieter and there is a beautiful watch tower built in 1400s. And so it's unique. It's completely different from the other side of Positano.

Katy

And like you mentioned before, I think Positano has this rich history that people don't know that much about, actually. And I know a little bit, but maybe you can just give us a quick rundown because I think most people don't know that Mount Vesuvius, when it exploded, it actually got as far as Positano, didn't it?

Lucy

True. It was 79 AD. And it also covered, the eruption covered a Roman villa, which was built probably by a rich Patrician, a Roman Patrician. And he built this villa during the first century before Christ. So when eruption happened, it completely covered the Roman Villa. And then the center of Positano was built in Middle Ages above this villa. Of course, they didn't know about it. So nowadays, due to some excavations underneath the church, it is possible to see one room of this beautiful Roman Villa. And it has amazing frescoes. And we believe this was just the beginning of civilization in Positano, even if on the mountains we found some caves with some arrows and hunting stuff. So we believe that some people were living here in the pre-historic age.

Katy

That's so fascinating. And then obviously after there was a Middle Ages, but then it became to be quite a strong maritime power in that area, didn't it? And I think people don't know about that either. It was one of the big maritime republics was happening in that area.

Lucy

Yes, correct. We call it La repubblica marinara d'Amalfi, which means Maritime Republic of Amalfi and it was as powerful as Venice. Imagine that the Amalfi Coast is called the Amalfi Coast, not because Amalfi is the most beautiful town, not only because of it, but during Middle Ages Is, especially between the 9th and the 14th century and the 1400s, Amalfi was a big maritime Republic and Amalfi was controlling all the area from the mountains to the sea, from the coastal line outside Sorrento to Salerno. And people from Amalfi were trading all over the Mediterranean. In fact, they were trading in Northern side of Africa, in Sicily and there were just four important republics which were Amalfi, Pisa, Genova and Venice. Amalfi was one of the strongest. So under the Republic of Amalfi was very important because we had the arsenals where people were producing wooden boats. So Positano and Amalfi had a huge fleet, and they also asked the Vatican to fight against some pirates. So imagine how strong and powerful was Amalfi.

Katy

Yeah, I think this is just so amazing and why I wanted you to tell our listeners that is because it's such a varied, rich and interesting area. So you've got these beautiful beaches and the beautiful sea, but you've got this history, but you also have this beautiful nature and that provides the backdrop to everything. And so I did want to ask you, Lucy, about the hiking that we can do in that area, because I know everyone is so excited to do that and we know that a lot of people want to go and hike the Path of the Gods, but I think there's some other walks that we can do as well that may be suitable for different abilities where you can enjoy the beautiful nature without the crowds. But do you want to have a quick overview of the Path of the Gods first and just tell everyone what it's all about?

Lucy

The first thing I'd like to suggest to people is to have good shoes to hike on the Path of the Gods. Yes, because I see people coming with the flip flops, with ballerinas, with the Prada shoes, that's a mountain hike is not walking in the garden. So we believe first rule is good hiking shoes or running shoes with a good grip so that are stable for the mountains. Don't go on the trail when it rains, of course, because it can be really slippery. And this kind of path is not for everybody because it's not recommended for people who are scared of over heights, as there are different cliffs without any protection. And it's not recommended for people who have problems with knees, heart or legs. One of my customers who told me that it was having a pacemaker and they told me when it was hiking in the mountains. So we need to be careful when we hike Path of the Gods. Apart from this, that's one of the best sellers we have on the Amalfi Coast. And now sometimes you can even find something like 500 people per time.

Katy

Wow.

Lucy

So really crowded at the moment, but it's not the most beautiful. There are more than 120 trails, as I told you before. And if you like hiking, you can also do a week of trekking, which is very important. And I did it with some companies, especially with people from Australia and England. They love hiking. And we organized tours that were going from town to town, and we were enjoying the Amalfi Coast in a different way, with a different perspective. Also, because before the Amalfi drive was created, the only way to go from one village to the other one was through the mountains. That's why all the towns are connected and the trails are still there, so you can easily do them. And of course, it's tough for me to decide which is my favorite, but I can tell you that there are two that I really love. And the first one is called the Valle delle Ferriere, which is in between Ravello and Amalfi.

Katy

Okay.

Lucy

There are two ways of doing it. The first one is the upper side, and it's for we say experienced hikers - people who like to do a more challenging hike because it goes on the upper side of the mountains and you even cross some waterfalls. So it's more technical and a little bit more dangerous compared to the lower side. The lower side can be considered a very easy trail, which is from Pontone, which is a little village down below Ravello and it goes to Amalfi. That's my favorite, because not only, of course, because of the nature, but also because there are ruins of paper mills where factories used in Middle Ages to produce a luxury paper made out of cotton. So you can see all the ruins of the medieval paper mills surrounded by plants. It looks like a little bit Ankor Watt in Cambodia. That's why I love it.

Katy

It's all covered in vines and foliage and leaves, is it?

Lucy

Yes. Yes. And also that you cross a river that unfortunately nowadays is smaller. But you cross this river and you see some very little waterfalls. And if you're lucky, you can see our special salamander for the Amalfi Coast, because we have a salamander. We call it the Salamandrina dagli occhiali which means salamander with the sunglasses, because it looks like the animal has sunglasses. It's a very special salamander. And the microclimate in that area is so important. We have prehistoric ferns that are protected. So if you pay an entrance, you can also go in the center of the Valley where you can see these huge ferns that are prehistoric. So that's why it's so special and it's so relaxing. When I get stressed, I go there because maybe our nature of the sounds of water makes me feel so relaxed. So that's why I love it.

Katy

Sounds beautiful. How long is it in terms of kilometers and how long would it normally take you to walk it?

Lucy

Well, the lowest side from Pontone to Amalfi is just about 5 km. And it takes 2 hours and a half, 3 hours to do it because it's very easy. Most of this downhill on some steps and the path - you can cross some wooden bridges. And the trail is not very complicated. It's not technical like Path of the Gods. And also in the middle of the valley you're able to find the farm house with organic products. So if you like to have maybe a lemon slush or some organic food, you can stop there. Then you cross hundreds of lemon gardens and at the end you arrive in Amalfi. So this is a good way also to explore Amalfi.

Katy

Oh, that sounds lovely. So what would you do? Get the bus to Pontone. Is that how it works?

Lucy

Well, it depends on where you stay. But from Amalfi you get a bus to Ravello and stop in Pontone. The bus to Ravello from Amalfi is every 30 minutes from 8 in the morning. So you can easily stop in Pontone. Walk a little bit up hill. It's where Harry Styles made the video Golden. So if you look at the video of Harry Styles, you can see actually Pontone and part of the paper mills valley.

Katy

Well, if it's good enough for Harry Styles, I think it's good enough for us too. But it does sound very beautiful. And I imagine the views are spectacular from there. But also to see the ferns and stop off and get the lemon slush drink. And it sounds divine. And would it be suitable for children, Lucy?

Lucy

Yes, in fact, I always suggested for children and for families, even because at the end of the trail you can stop in Amalfi, you can swim, so I always recommend to bring a swimming suit. And if you're brave enough, you can try to put your feet inside the river that is there because the water is extremely cold. Your first time it's nice, so probably the bravest just to put their feet under the water or they go under the waterfalls.

Katy

That sounds really beautiful. I'd love to do that hike. All right. And do you have any other hikes that you'd like to tell us about? Because that sounds lovely.

Lucy

Another one which is very easy is the hike above Positano that goes to the whole of Montepertuso. So I don't know if you ever heard about it, but above Positano and Montepertuso, there's a natural arch that we call the Hole in the Mountain. Actually, the name of the village above Positano is called the Montepertuso, which means the Hole in the Mountain. There's a beautiful hike that goes there. It takes, I think, less than 1 hour and it's on a big mountain steps. But once up there you have an incredible view of Positano. And there's also picnic tables, so it's nice to have a light break or to do a little bit of the beaten path without the biggest challenge of the Path of the Gods. So that's another that we generally do. I mean, locals. And that trail is connected with the legend because according to the legend, that the hole was made by the Virgin Mary during a competition with the devil. And she protected the village of Montepertuso after this big competition and these big fights with the devil. So she created the hole. And it's nice to go up there. It's really beautiful.

Lucy

There are even other hikes that I recommend, but you must know how to walk in the mountains. I think this is the most important thing to do.

Katy

Yeah, I think people get really excited. But what you're saying is that you need to have the right gear and you probably need to have the right information, because I actually had a guest on the show last year, and she got a bit lost when she was hiking. There are signs and everything out there but if you're not a very experienced hiker, then you probably would be a good idea to maybe get some help to go on some of these hikes. And I think what's really special about it is you're not just experiencing the nature, but you can hear the stories like what you've just explained to us about Montepertuso, why the locals believe there's a hole in the mountain. And if you just did the hike by yourself, you're not going to find that out, are you?

Lucy

And this is one of the main reasons why we recommend to hire tour guides. The first reason is for safety, because guides always know where to go and they always help you and tell you how to work, because in Amalfi Coast, don't expect a wide path. So you should know how to work on every step. And the other reason is that you learn a lot of things about us and you can interact with the locals because in between us, we are very friendly. So sometimes it happens that the farmers meet us and I'm the translator, and we go into farmer's houses. They give us some glasses of wine, they tell about their stories. So this is another good experience. And if you go by yourself, probably it's not possible to do this experience, because even if you meet some local, they don't speak English. So there's nobody who translates for you.

Katy

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I know they speak a lot of dialect there, too. I know this is my husband actually speaks Neopolitan dialect, but, I mean, it's different. It's not standard Italian often, is it either? I just think getting out and seeing this part of the world from a different angle is just such an amazing thing to do. And so what about - is there any other easier hikes? I know people are keen to do that, but they might be a little bit nervous about getting up on a mountain. I know, I'm terrible with heights myself, so I'm all about anything that doesn't involve cliffs. Basically, I like the cliffs, I like to admire them. But where else can we go where we don't have cliffs?

Lucy

Apart from Amalfi and the Paper Mill valley is not so exposed. I mean, the lower side, it's very nice. And the whole of Montepertuso. There's another beautiful trail that is Punta Campanella . And it's on the other side of the Amalfi Coast, closer to Sorrento. When you go over there, it's amazing because Punta Campanella is just right in the middle between the Bay of Napoli and the Bay of Salerno. So the path is very easy and wide. And when you go down there during a very nice clear day, you can see the Bay of Napoli, the Bay of Salerno. And it looks like you are touching the Isle of Capri. Because it's just in front of Capri, it looks like you're touching it. So the trail is easy. There are no cliffs, no edges, I mean not so many. Beautiful nature and amazing views. And you need to start from Termini, which is a little village outside Sorrento. Actually 30 minutes driving from Sorrento. Do you know the smaller village of Nerano?

Katy

I do, yes.

Lucy

And of course, there's a nice hike. It takes about, let's say 2 hours and a half to do it. It's less than 5 km. But it should go down to Punta Campanella and then back up to Termini. And it's very interesting because when you end the hike in the village, there are two restaurants. One of them makes the best Zucchini alla Nerano that I ever had in my life. So after the hike, you can easily stop in this place and have a Zucchini alla Nerano

Katy

My goodness. I have to tell you a secret, Lucy. I love Nerano. I just loved it. There's something about it. It seems like to me it was like what the Amalfi Coast was like maybe 20 or 30 years ago. It just sort of seems like it had stopped a little in time. I don't know.

Lucy

It's true because the only places that remind me about the Amalfi when I grew up are Nerano and Atrani, the village after Amalfi, the smallest town in Italy. And those are the places that

are still authentic and they remind me about Positano in 1980s. And I love going to Nerano. It's another beautiful place where I go. And when I need to relax and stay outside Positano because it's too crowded, I go to Nerano because it's quiet and also it's far, so nobody goes there. It's good.

Katy

You need to spend a lot of time on a bus or you have a car don't need to get there, I think. Yeah.

Lucy

In the summer you can go by boat, but it's very expensive. I recommend it to go there in the morning because there are too many restaurants and it's crowded. If you like something less crowded, go there in the evening and if you have the chance of sleeping there may be adding one of the small B&BS or hotesl that are there - it's perfect. You will really enjoy it.

Katy

Yeah. I mean, I just love that. I remember these little Granita stalls on the beach there and I remember that was so delicious. The lemon slush, it was really nice. I loved it.

Lucy

Do you know there's a beautiful hike that you can do between the beach of Nerano and the other beach close by?

Katy

I had heard about it, but why don't you tell everyone about it too?

Lucy

Because it's beautiful and very easy to do. So when you go to Nerano on the beach of Nerano, when you see the last restaurant to the left, you take a small path and this small path leads you to the other beach. And while walking on the path in between amazing Mediterranean plants, you can even see a watch tower that was built in the 1300s. And you are able to see the ruins of this watch tower. And it's really, really beautiful. The views are beautiful, nature is perfect and it's a very easy work.

Katy

So just circle back to the Path of the Gods because I think people would really love to do it. But I think that if I'm picturing 500 people trying to walk this path, it sounds like it could even be a little bit dangerous because you've got so many people trying to pass each other on a very narrow path.

Lucy

Correct. It's true. And I can tell you the difference. When I started hiking on the Path of the Gods about 15 years ago, there were just a few people and we were a few tour guides. So it was amazing to hike there and everybody was friendly. Then I don't know what happened. Probably they promoted the Path of the Gods too much probably is also due to Instagram or to some tourist market and some promotion. And the trail became extremely dangerous even because if you see 500 people walking there and there's only one pass which is very narrow because it's about 60 cm wide, it's difficult to hike and you need to be really careful. Sometimes there are even young people, teenagers running behind you and there are trail runners as well. So it's beautiful, but it's a little bit stressful as well, especially for us, who are tour guides that need to take care about everybody. And sometimes he told me people get lost because all the trails on the Amalfi Coast are connected. So if you don't read them up in a proper way and if you don't know how to hike, you can easily get lost. And it happened many times that the police called me to ask me information about the trails because there were people getting lost.

Katy

Yeah. I think it's really important that people understand what they're getting into when they say they want to hike the Path of the Gods. And good luck to you if you want to do that. And I think it sounds like a really good way to do that is with a guide. And so if someone was to hire you as a guide, how does it work? What would you do? Would you talk to them first about what they want to do and what things they want to see on the Amalfi Coast?

Lucy

Yes, I always ask the people what they want to see. Of course, the first answer they give me is I want to do Path of the Gods but before I ask technical information, I send a file with the most popular trails. I mean, the most popular but people don't know about them, but they only know the Path of the Gods. Maybe a little bit of Punta Campanella, but a midi file with some pictures, the information, a little bit of a history of every path and I give them the possibility to choose. And if they choose something different from Path of the Gods, I'm really happy because they can walk easily, but they can also discover more about history because Path of the Gods is beautiful, but it has some history, but it's mostly for the views. You have mostly the same views every time. You see some vineyards, some villages, but you mostly see the same views on Capri. If you do the other paths, you can see something different like lemon gardens or walking into forests or maybe some villages that are different from Positano, different kinds of mountains. So that's why I love the other trails and I always give them information or they can see the information on my website.

Lucy

If someone, for example, wants to be a solo traveler and go there without a hike, there's a website where they can download all the maps and information. It's a website made by my mentor who was a cartographer, and it's called giovis.com. You can find all the maps there.

Katy

Is that J-O-V-I-S?

Lucy

giovis.com.

Katy

That's an amazing resource. And I think even with super Googling powers that I have got some pretty good Google powers that I haven't come across that one, unfortunately. And so this is the thing, everyone, she's just giving us an amazing resource. But I think that it's very difficult sometimes to find this information on the Internet. So what you're seeing when you do hiking in the mouth, because always the path of the gods is going to come up. So that's where people always go to. So it's kind of a self fulfilling prophecy that everyone's going to keep going because when they do their research, they've been given information by Google. That's only very selective, I think. So if anyone was wanting some more information on the hikes, is it available even from the tourist board in Positano?

Lucy

Yes, that's another problem. Now, if you go to the tourist office, there are small boxes around Positano where you can find the tourist information. Nowadays you find information about the Path of the Gods mostly, and not information on the other. Unfortunately, this is a big problem because many of the tourist offices don't give you information about hiking and they don't give you information about the Path of the Gods. So it happens that people are going there without understanding how dangerous it can be, because, for example, the best way to do this trail, The Path of the Gods is from Bomerano, which is above Amalfi to Nocelle where I'm living now, and it's above Positano. But many people believe that going from Praiano is easier. But going from Praiano is very dangerous. You need to take 1000 steps up to a monastery and then a steep path with a lot of edges and cliffs without protections to get to the Path of the Gods. So even the tourist information give bad information to people, the tourist office, I mean.

Katy

Yeah, I think this is really important. I look at a lot of information on the Internet, and there's a lot of people that have done blogs and all sorts of things about the Path of the Gods but it's really important to get the expert information from someone like Lucy because she's there nearly every day and she's just mentioned that you start the hike in Positano and you finish in

Nocelle. But Lucy, before we started this conversation, told me from Nocelle, you have to walk how many steps down to Positano?

Lucy

1700.

Katy

Yes. So when you finish the hike, there's another 1700 steps downhill. I don't think anyone with problem knees is going to do very well with that unfortunately.

Lucy

There are two ways because nowadays there's also a bus to go to Positano. But you should know about it because people just read a sign telling Positano and they walk on the 1700 steps and it's not easy for everybody.

Katy

Yeah. I mean, look, as I get more mature and I understand these things, I think it's so important to get this expert information. Lucy, this has just been fantastic, and I really appreciate you sharing all this valuable information with our audience. You've taken on such a beautiful journey to Positano and the Amalfi Coast today, and I feel like that Pepper Mill grove walk is the one that's really calling me. With the lemon groves and the waterfalls, I just think sounds really beautiful. So if our listeners want to stay in touch with you and perhaps join you on a hiking tour in Positano or the Amalfi Coast, how can they reach out to you?

Lucy

Well, you can reach me from a website that is www.zialucy.com. You can also find me on TripAdvisor and those other websites that are promoting tours on the Amalfi Coast but mostly you can reach me through my website and you can send me an email, which is the fastest way because we're always checking emails. Nowadays, I have six guides working for me on Path of the Gods and seven guides working for me in Pompeii. Those are the best sellers so we're moving around the Campania.

Katy

That sounds great. And I was reading on your website that you had your own aunt Lucy or Zia Lucia and I think she was quite inspirational to you, right?

Lucy

Yes, that's why I decided to call my website @ Zia Lucy and it's the way I used to call her when I was a little girl and actually have her name and she's my lucky star. She was an

immigrant because in the past many people from Positano moved to the States or to Australia as well. They added their families so Lucy was one of them. She moved to New York and then to Florida and I remember when I was a little girl she was sending me big packaging of shoes, clothes, candies and money because she was the one who supported her family. That's why I decided to call my website and my company like her because it's a good way to remember her.

Katy

Yeah. And you said on your website that she said that you can't stay away from Positano and I have to agree. It's such a beautiful place and you're very lucky to live there and I think everyone is very excited to come and see your absolutely stunning place of the world. So thank you so much for joining us here on the podcast today, Lucy. I really appreciate it.

Lucy

You're welcome. Grazie Mille. Thank you very much. I'm looking forward to meeting you on the Amalfi Coast.

Katy

So how about that all you hikers and gentle strollers. Such great information and inspiration for hiking the Amalfi Coast. I've been speaking to a few of our partners and former guests who live in the region lately and they all agree. This summer, the summer of 2022 is going to be extremely busy in Positano, Amalfi and Sorrento. And I can only imagine in future years too. So if you're headed that way, make sure you plan to spend some time soaking up the amazing surroundings outside of the towns.

It's a not-so-secret objective of mine to help you discover Italy your way and find amazing alternatives to the well-worn trails, like the Path of the Gods that will be crowded. There are two reasons for this. Firstly, personally, I'm not a big fan of crowds and I know many of you prefer to avoid them too. Secondly, if we want these places of incredible natural beauty to be appreciated by many more generations to come, we're going to need to tread a little more lightly, and lastly, as Zia Lucy mentioned, there's a safety aspect too.

So why not consider some of the other amazing walks close to Positano and Sorrento so you can experience the serene beauty of this area, even in the height of summer. Of course, if you'd like to do that with Lucy or one of her guides, I have no doubt it would be an unforgettable experience/

We've put all Lucy's details plus the site with hiking maps into our podcast show notes at untolditaly.com/122 for episode 122

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On next week's episode, we're going to learn some quick ways to brush up on our Italian before our trips

But until then it's "ciao for now"

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