



Walking in Capri



While Capri is famous for its glamorous *Piazzetta* and luxury boutiques, its true magic lies along its cliffside trails. Walking here takes you past Roman ruins, hidden coves, and dramatic limestone crags, far away from the daytime crowds.

Here is an elegant guide to the finest hiking paths on the island, tailored for a seamless, breathtaking experience.

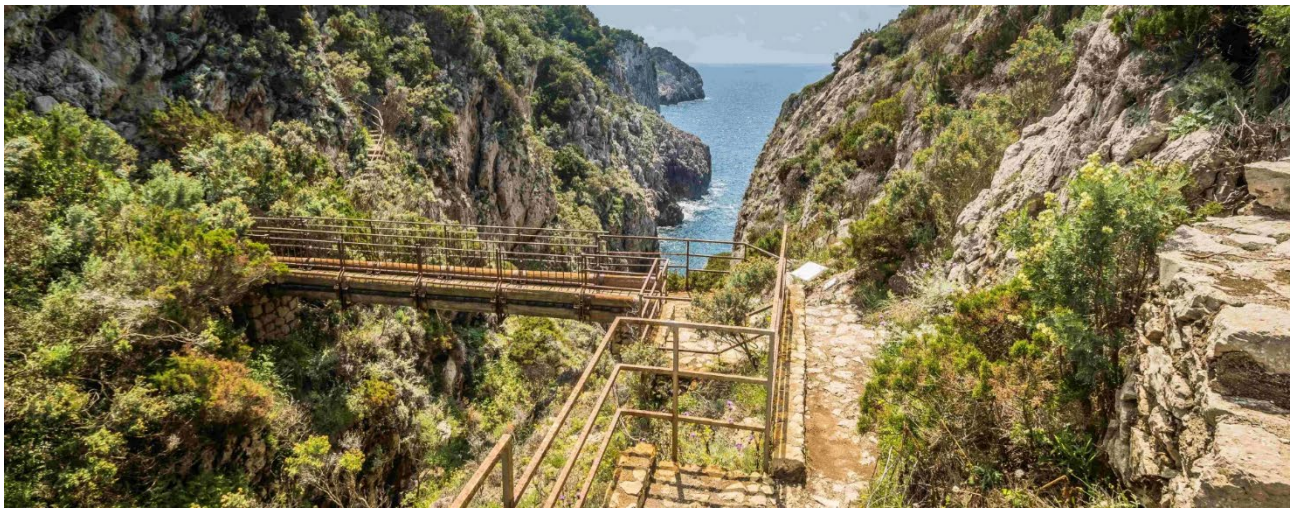
1. The Pizzolungo & Natural Arch Coastal Trail

The Best Choice for Classic Iconic Views

This loop hugs the southeastern cliffs of Capri town, effortlessly blending manicured villa gardens with wild, untouched coastal pine forests. It offers some of the most spectacular, close-up vantage points of the famous *Faraglioni* rock formations.

Difficulty	Moderate (Due to approximately 770 stone steps)
Duration / Length	1.5 to 2 hours / 3.5 km
The Route	Start at the <i>Piazzetta</i> , walk down the luxury lane of Via Camerelle, and follow the signs toward the Belvedere di Punta Tragara . From there, the trail dips into the trees, passing the modernist, red brick <i>Villa Malaparte</i> perched on a lonely cliff. You will climb past the Grotta di Maternania —an ancient cave used by Romans for pagan rituals—before finishing at the massive, cliffside Natural Arch .

Insider Tip: Walk this trail starting at the Natural Arch and ending at Punta Tragara. It turns the steepest, longest sets of stairs into a downhill descent, leaving you with a gentle, flat stroll back into town.



2. Sentiero dei Fortini (Path of the Little Forts)

The Best Choice for Wild Nature & History

Located on the quiet, western coast of Anacapri, this trail is a magnificent, rugged path that winds along deep fiord-like bays and jagged limestone cliffs. The route links three historic 19th-century stone blockhouses used by British and French troops during the Napoleonic Wars.

Difficulty	Moderate (Uneven rocky terrain, sun-exposed)
Duration / Length	3 to 3.5 hours / 6 km
The Route	Take the local bus from Anacapri to the Blue Grotto and ask to step off at <i>Punta Arciera</i>. The trail guides you south along the coast past the Orrico, Mesola, and Pino forts. The landscape here is fiercely beautiful, blanketed in wild rosemary, juniper, and deep green sea-pools, finishing at the majestic Punta Carena Lighthouse.

The Reward: Pack a swimsuit. Reaching the Punta Carena Lighthouse at the end of the hike drops you right at a rocky beach area. Jumping into the crystal-clear water after a three-hour trek is an unmatched island experience.



3. Monte Solaro Peak & Santa Maria di Cetrella

The Best Choice for Panoramic Horizons

Monte Solaro is the highest point on the island (589 meters). Looking out from the peak gives you an uninterrupted, 360° view across the entire Gulf of Naples, the Sorrento Peninsula, and the distant Amalfi Coast.

Difficulty	Moderate to Challenging (Steady uphill incline)
Duration / Length	1 to 1.5 hours (one way) / 2.5 km
The Route	Start at Piazza Vittoria in Anacapri. Follow the quiet pathway of Via Monte Solaro upward through valley fields. Halfway up, take the short, signposted detour to Santa Maria di Cetrella, a tiny, whitewashed 14th-century hermitage precariously hanging over the sheer mountain cliffs. Continue upwards to reach the cloud-line summit.

The Leisure Option: If your knees aren't up for a steep descent, you can ride the iconic, open-top single-chairlift from the summit directly back down to Anacapri center in just 12 minutes.



4. The Path to Villa Jovis & Villa Lysis

The Best Choice for Ancient History & Literature

This walk leads you away from the coastline and deep into the dense, historic ridge on the northeastern crown of the island, tracking the footsteps of Roman Emperors and early 20th-century poets.

Difficulty	Easy to Moderate (Gradual uphill on paved lanes)
Duration / Length	2 hours / 4 km loop
The Route	From Capri's <i>Piazzetta</i> , ascend Via Longano and follow the historic, quiet residential lanes of Via Tiberio. You will first reach the sprawling, cliffside ruins of Villa Jovis , the grand palace from which Roman Emperor Tiberius ruled the empire. On your way back, follow the signs across the ridge to Villa Lysis , a stunning, secluded Art Nouveau mansion built by French poet Jacques d'Adelsward-Fersen.

Essentials for the Trails

- **Footwear:** Leave the sandals in town. The coastal stone trails (*Fortini* and *Pizzolungo*) have smooth, sun-slicked limestone rocks and dirt paths that require proper sneakers or light hiking shoes with good grip.
- **Hydration:** There are **no water fountains or cafes** along the main stretches of the *Sentiero dei Fortini* or the *Pizzolungo*. Always pack a minimum of 1.5 liters of water per person before leaving the town centers.
- **Timing:** The island sun reflects intensely off the white limestone cliffs. During the warmer months (May through September), aim to hit the trails either early in the morning (before 9:00 AM) or late in the afternoon to capture the golden hour.