

7-Day Rome & Amalfi Coast Itinerary: From the Eternal City to Cliffside Positano

Rome and the Amalfi Coast pair naturally into one slow-travel week — three unhurried days deep in the ruins, museums, and trattorias of the Eternal City, then three more on the cliffs above the Tyrrhenian Sea. No day here tries to cram in more than one real thing, on purpose.

DURATION

7 Days

BEST TIME TO GO

April–June & Sept–Oct
shoulder season

FROM

\$2,375 USD / person
for 2 people

Day 1

Arrive in Rome

Land at Fiumicino and settle into the historic center — Rome rewards an unhurried first evening more than a packed arrival-day itinerary.

Private Transfer — Fiumicino Airport (FCO) to City Center

~45 minutes · Fixed rate €70 (~\$75 USD) per vehicle, up to 4 people

A flat-rate transfer straight into the historic center — no meter, no surprises after a long flight. Your driver tracks your flight and waits in arrivals with a name sign.

Rome4.us rome4.us · +39 349 639 70 19

Overnight — Hotel Nazionale

From \$320–390 USD / night, for 2 people

A 4-star hotel on Piazza Montecitorio, steps from the Pantheon and Trevi Fountain — an easy walking base for all three Rome nights.

Hotel Nazionale hotelnazionale.it · +39 06 695001

Dinner in Trastevere

Est. \$30–50 USD / person

On your own — cross the river for Rome's most atmospheric dinner neighborhood, all cobblestone lanes and trattorias with outdoor tables.

Day 2

Ancient Rome

The Colosseum, Roman Forum, and Palatine Hill in one guided sweep — then an evening loop through Rome's fountains and piazzas on foot.

Colosseum, Roman Forum & Palatine Hill Guided Tour

~3 hours · From \$175 USD / person (arena floor access)

A licensed guide walks you through 2,000 years of history with skip-the-line entry, including the restored arena floor most visitors never reach. Book a few weeks ahead even in shoulder season — entry slots are limited.

Through Eternity Tours througheternity.com · +1-800-267-7581

Trevi Fountain, Pantheon & Piazza Navona Evening Walk

~2 hours · Self-guided, no cost

All three sit within a 15-minute walk of each other and are dramatically lit after dark — save this loop for evening, once the day-trip crowds have thinned out.

Overnight — Hotel Nazionale

From \$320–390 USD / night, for 2 people

Second night at the same hotel — no need to pack up.

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Day 3

Vatican City

Vatican Museums, Sistine Chapel, and St. Peter's Basilica take a full morning — leave the afternoon open for the Spanish Steps and a slower pace.

Vatican Museums, Sistine Chapel & St. Peter's Basilica Tour

~3 hours · From \$150 USD / person

A guide moves you past the lines and through the Raphael Rooms and Gallery of Maps before the Sistine Chapel itself — worth the early start to beat the tour-bus crush.

Through Eternity Tours througheternity.com · +1-800-267-7581

Dinner near Campo de' Fiori

Est. \$30–50 USD / person

On your own — this square and its side streets have a dense cluster of well-reviewed, mid-range restaurants a short walk from the hotel.

Overnight — Hotel Nazionale

From \$320–390 USD / night, for 2 people

Third and final night at the same hotel.

Hotel Nazionale hotelnazionale.it · +39 06 695001

Day 6

Path of the Gods Hike

One of Italy's classic coastal hikes — a guided trek along ancient shepherd paths high above the water, back in Positano by mid-afternoon with time to spare.

Guided Path of the Gods Hike

~6.5 hours (incl. transfer) • From \$91 USD / person

A certified guide leads the classic Bomerano-to-Nocelle stretch, round-trip transfer from Sorrento included, with the Amalfi Coast unfolding below for nearly the entire route. Wear real hiking shoes — parts of the trail are exposed and rocky.

IAMME IA! — Gray Line Amalfi Coast sorrentoinsider.com • help@sorrentoinsider.com

Dinner in Positano

Est. \$35–60 USD / person

On your own — a fitting last night on the coast; ask your hotel for a table with a sunset view.

Overnight — Hotel Marincanto

From \$430–520 USD / night, for 2 people

Third and final night at the same hotel.

Hotel Marincanto marincanto.it • +39 089 875130

Day 7

Depart from Naples

Last stretch of the trip — a private transfer over to Naples for your flight home.

Private Transfer — Positano to Naples Airport (NAP)

~1.5–2 hours • From €160 (~\$175 USD) per vehicle one-way

Build in buffer time — the coastal road can add 20–30 minutes in summer traffic, and you'll want margin before an international flight.

Positano Limo Service positanolimoservice.com • +39 339 7087359