

ITINERARY 7 DAYS - GULF OF NAPLES, FLEGREE ISLANDS, SORRENTO AND AMALFI COAST



DEPARTURE FROM NAPLES: We set sail to begin navigation towards a fascinating stretch of sea, perhaps combining shore excursions going as far as Pompeii, Herculaneum with their excavations or visiting the beautiful Naples. A route of a few miles (about 90), starting from Procida, the smallest of the Flegrean Islands, the closest to Naples, the least contaminated by unbridled and luxurious tourism.



PROCIDA: Capital of Italian Culture 2022 - With its natural beauty almost intact, the island of Procida proves to be the ideal place for beach holidays. The wide beaches, the

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numerous bays and coves, the inlets scattered along the coast, offer shelter from any type of wind from a nautical point of view. The island has three small ports. The main landing place is the Marina Grande, a commercial port for ferries and scheduled hydrofoils that connect Procida with Pozzuoli, Naples and Ischia. Next to it there is also the new tourist port of the island, the Marina di Procida. The Marina Corricella, inaccessible to cars and mopeds, has exactly the old charm of a "fishing village". Reserved for means dedicated to fishing, it is however practicable if, with the utmost attention, entering from the first entrance - Punta dei Monaci side - you join one of the many fishing units. You arrive ashore with the tender.

The Marina di Chiaiolella is a small port used for both pleasure and fishing. Best anchorage on the island of Procida and excellent, at night, the bay of "Chiaia", a large bay open to the south, near the port of Corricella.



ISCHIA: A little more than a mile away from the island of Procida, Ischia, the green island - spa par excellence - almost as big as a city but quiet as only an island can be, is a favorite destination for those who want to combine their holiday with sea to the thousand aspects with which Ischia proposes itself. Ischia, with its 18 miles of beaches, bays and inlets that form the backdrop to uncontaminated and splendid landscapes in their ancestral "wildness", is defined as the garden of Europe.

Many of the beaches of Ischia can also be reached on foot, others, such as the beach of San Pancrazio and the beach of "Scarrupata", can only be reached by sea. Ischia is famous, moreover, for the unique thermal resources in the world with which it is endowed. In fact, thermal springs and mud baths meet throughout the island and

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naturally there are many treatments that can be practiced: from thermo-mineral baths to mud baths, from stoves to inhalations and, finally, to mineral-marine baths, in bays and inlets where the mineral sources are combined with the sea, making the waters very hot and healthy.

The small port of Ischia Sant'Angelo is very characteristic but has few berths. The environment is truly exclusive. Surely the "flagship" to be privileged if Ischia is on your route.

To the narrowness of the small port, a huge bay with the same name is replicated, facing south, therefore ideal for spending a night at anchor in good weather, sheltered from the NW breeze.

The seabed is all sandy and there are no dangers. We also point out the thermal beach, to which fumaroles are allowed free access. Not to be missed: the bay of S. Angelo, Sorgeto with natural hot water springs, the bay of A. Francesco, Sammontana, the inlet of the Aragonese Castle and Cartaromana.



CAPRI - Surely of the Neapolitan islands it is the best known, elegant and refined one. Breathtaking views from the sea, suggestive views even from the ground. Of limestone origin, Capri is the Mediterranean island that over time has seen intellectuals, artists and writers pass by, all enraptured by its magical beauty. The island of Capri was inhabited by prehistoric man, who left traces in the caves, now preserved in museums.

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The emperors Augustus and Tiberius chose it as a refuge and, even today, you can admire the remains of the sumptuous villas, which they had built for their stay on the Blue Island. In the 17th century the monks had a fortified charterhouse built there, the Certosa di San Giacomo, where they also produced perfumes, using the essences extracted from the flowers of the island of Capri.

The prestige and name of Capri grew with the Grand Tour of the 19th century, when artists, writers, musicians and intellectuals "discovered" it, and here they drew inspiration to give life to their works.

So Capri, in addition to the beauty that nature has given it, boasts a historical memory that increases the charm that surrounds it. The Piazzetta, Piazza Umberto I, is the center of the island of Capri, both for tourists and for the locals, and anyone who arrives in Capri must pass through the narrow spaces left free by the bar tables, where we meet for breakfast or just to chat. At one time, the Piazzetta was the seat of the market, the epicenter of commerce on the island of Capri; today the Piazzetta is the "living room of the world", with its prestigious bars, the ideal starting point for any itinerary on the island of Capri, the ideal place to make an appointment, waiting comfortably under the umbrellas, sipping a cold drink or enjoying a good homemade ice cream.

Inside the tourist port of Marina di Capri it is possible to moor both on the quay and on the floats. The dock is reserved for small boats.

Light and water mooring service and showers. The fuel service is ensured by the AGIP distributor. We do not recommend the harbor outside Marina Grande due to the enormous commercial traffic. Among the bays in Capri, Marina Piccola is recommended. Completely open to the south, more than a marina it is a bay where it is possible to land (without services) intended as a stopover for tenders.

It is good to know that the seabed, mixed between sand and posidonia, rises gently from 70 meters up to 10 meters. We recommend anchoring in the innermost part by entering the bay on the left side. We do not recommend anchoring in all other bays, due to the high and rocky bottoms.

AMALFI COAST

Sailing along the AMALFI COAST

Renting a boat to visit the Amalfi Coast hides nothing: Amalfi, Positano and Sorrento reveal the best of themselves to navigators. By sea you can see all the wonderful inlets and the most evocative places of this coast that has inspired artists, writers, directors, such as the bay of Ieranto, the splendid Emerald Grotto in Conca dei Marini and the Fiordo di Furore, idyllic fragments that smell of the Mediterranean. Villages whose houses are connected to each other with fearless stairways, orchards and gardens that decorate the slopes of the coast, the Amalfi Coast is one of the most exclusive tourist destinations in the world. The restaurants with sea view, with fresh fish, the shops that alternate craftsmanship with the most famous brands, artistic ceramics and luxury fashion boutiques, the towns of the Amalfi Coast are a stronghold of unforgettable views, to be discovered by boat sailing.

The ports and anchorages of the Amalfi Coast

The Amalfi Coast offers many ports and anchorages where to moor the boat and disembark to visit this corner of Mediterranean paradise. Not to be missed is Amalfi, where you can moor in the port, or Positano where you leave the boat at the buoy field and disembark with the taxi service, always available. Sorrento is the best equipped town in terms of boat moorings: the port of Marina Piccola offers many places for boats of all sizes.

To disembark in the villages of Vietri, Minori, Maiori, Atrani it is possible to anchor in the roadstead in front of the town, but there are also smaller and more sheltered bays, such as Vettica, Praiano, Conca dei Marini, Erchie. To moor the boat in Amalfi, in the SW part of the port, there are private piers. We recommend Pontile Coppola as it is located in the safest and most sheltered part of the port, in the Molo Foraneo. It offers mooring assistance, surveillance, water and electricity.

In Positano there is a shore quay, but the landing is only allowed to hydrofoils and ferries. Private boats can moor at the buoy field (150 places) near Marina Grande. Alternatively, it can still be given near the beaches of Arienzo, Fornillo and Laurito.

The Natural Area of the Bay of Ieranto

Ieranto, whose name derives from the Greek 'Ieros': sacred place, is a small beach, enclosed in a splendid inlet. Being inside the Marine Protected Area, **ACCESS IS FORBIDDEN!!**



Marina Bay of the Canton

Marina del Cantone the Bay of Restaurants

Marina del Cantone or Nerano bay is a wide beach facing south and sheltered from the winds, with free areas, bathing establishments and restaurants built on stilts overlooking the sea. There are two restaurants that offer free mooring at the buoys for dinner guests; you can taste exquisite local dishes, based on fresh fish.



Li Galli - the island of the Sirens of Ulysses

Li Galli is a small archipelago of three islands: Gallo Lungo, La Rotonda and La Castelluccia, one of the most evocative and romantic places on the Amalfi Coast. Gallo Lungo has a particularly curious shape: from above it looks like a dolphin. In the past the archipelago was known with the name of Le Sireneuse because it was thought to be inhabited by the Sirens. The small archipelago is located in the Punta Campanella Marine Park, **where anchoring is prohibited**. You can sail nearby and observe these islets that the Russian dancer Rudolf Nureyev had fallen in love with and had planned to open a dance school on the island.



Positano

Positano: the most picturesque town on the Amalfi Coast



Positano, known as the "vertical city": its houses rise one close to the other, creating a labyrinth of characteristic alleys and streets where getting lost is like entering a daydream.

For many it is the most beautiful town on the Amalfi Coast, with houses perched on the slope surrounded by terraces full of lemon and olive trees. The Path of the Gods is perfect for trekking, in a landscape immersed in the nature of the Mediterranean. Do not miss a visit to the solemn Saracen towers or watchtowers, built around the 1500s with the aim of defending themselves from the Saracens. The main ones were that of Sponda, Trasita and that of Fornillo. The defense strategy was successful: the Towers, once received the signal from the first Tower of Punta Campanella, were used to exhort the people of Positano to take refuge in higher points. Among other attractions: the dome decorated with splendid majolica of the Church of Santa Maria Assunta: very particular are the plays of light it generates. The remains of the Medieval Crypt that are located just behind the Church of Santa Maria dell'Assunta are interesting for history buffs: some sculpted capitals dating back to the 11th century have been found here.

Positano is the ideal town for those who love shopping, the streets dotted with shops are via Pasitea, via Colombo and via della Tartana: the colorful dresses and handmade

sandals, masterpieces of craftsmanship are famous all over the world; in the boutiques you can find wonderful clothes made with great care. Even the ceramic is a typical product of the Coast, there are many hand-painted items, with Mediterranean colors. For those who want to taste some typical dishes, in the restaurants you cannot miss dishes based on fresh fish such as spaghetti with clams, fried anchovies and poached octopus cooked in earthenware with S. Marzano tomatoes. Most of the clubs are located in the streets of the center and close to the beaches, on exclusive and panoramic terraces. The Spiaggia Grande, so called because of its size, is always very crowded in summer, it is mainly made up of pebbles and pebbles, while the central part is made up of dark, not very thin sand. Those who want more tranquility can go to the Fornillo beach, near the historic center. For those who prefer isolated and romantic beaches, there are many inlets and coves, often reachable only by boat.

Positano buoy field - To moor in Positano, we recommend the large buoy field for boats in transit up to 20 meters, with a very convenient transfer service.

Anchorage in the vicinity of Positano

It is also possible to anchor outside the buoy field in about 15 meters of bottom or near Positano, in front of the beaches of Laurito and Vettica.



Bay of Vettica

Vettica: the perfect anchorage in front of Positano



Located near Positano, it offers various anchoring possibilities in front of small beaches, including cala della Gavitella and cala delle Praie, two splendid coves, radiated by the sun from dawn to dusk, overlooking Positano and the island of Capri. It is a pleasant spot to swim or to stay in the harbor near the beautiful Positano if there are no free buoys or you still want to stay away from the traffic of passing boats.

Baia di Praiano



It can be anchored in front of Marina di Praia, on a depth of 10 m., Sheltered from the northern winds. Capo Sottile divides Praiano from its hamlet of Vettica Maggiore which

offers various anchorages. Navigating this stretch of coast you can also see the splendid caves of Africana and Supraiano.

Fjord of Furore

Furore: the devil's fjord



The Fiordo di Furore is a beautiful, unique and incredible place. It is famous for its beauty, which convinced Roberto Rossellini to shoot the film "Love". The director fell in love with this small seaside village and lived for some time in a tiny house in Furore, with the actress Anna Magnani. A museum in Furore collects the testimonies. The spectacular fjord is surmounted by a suspension bridge 30 meters high, where a stage of the World Diving Championship takes place every year.

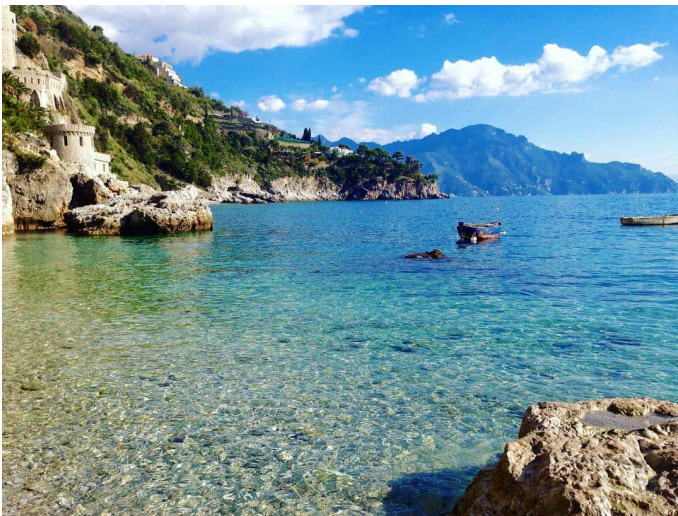
From a nautical point of view, the fjord is of no use but it deserves to be seen as it is truly an incredibly scenic corner. On the beach, about 25 meters wide, there are boats brought ashore by fishermen: all this "paints" the atmosphere of Furore of romanticism. We recommend going with the tender, leaving the boat for example in Praiano (0.6 MN). The beach is crowded especially in the central hours of the day, when there is enough sun, being oriented to the south-west, it is completely sunny only around three in the afternoon. You swim in the clear water, surrounded by the very high walls of the fjord.

Bay of Capo Conca

Sheltered from the northern winds, it can be anchored to the west of Capo Conca. A beautiful bay for a daytime stop and for an excursion to the nearby fjord of Furore (0.7 MN).

Conca dei Marini

Conca dei Marini: a fairytale itinerary



Conca dei Marini is a splendid bay, dotted with dozens of small boats that make this corner of the Amalfi coast even more characteristic. It is really worth stopping to see this handful of characteristic houses from the sea or to climb one of the steep stairways that go from the small port towards the interior of the village.

A fairytale itinerary: near Conca dei Marini, there is also the famous Grotta dello Smeraldo. To see the cave you pay the entrance ticket and the tour lasts fifteen minutes.

A small breakwater shelters some moorings for local fishing boats. To moor it goes further to the east, in about 7 meters.

Amalfi harbor

Amalfi: the oldest of the maritime republics



Amalfi is part of the UNESCO heritage, it looks like a small nativity scene perched on the hills, overlooking the sea of a thousand shades of blue. Its origin dates back to Roman times, but reached its heyday as one of the four maritime republics competing for control of navigation in the Mediterranean; the ancient arsenals of the Republic are still visible. The merit of having used the magnetic compass in navigation remains to the navigators of Amalfi; the technique made possible all the discoveries of the new lands. Today Amalfi is the largest and busiest city on the Amalfi coast, with many locals and tourists. Worldliness permeates the historic center of the city, an ideal place to shop and to taste the delicacies of Campania in the typical restaurants. Among the most beautiful architectures of Amalfi, the imposing Cathedral of Sant'Andrea appears, which can be reached via a long staircase: the Mosaic, representing Christ among the Evangelists, placed on top, which gives solemnity to the facade, is worth seeing. The Cloister of Paradise, with the crypt with the body of St. Andrew, protector of the city, (brought back during the Fourth Crusade) is a splendid Gothic building characterized by numerous arches and marble columns which preserves finds of tombstones, sarcophagi of different eras and six patronal chapels.

The Marina of Amalfi

In the SW part of the port there are private piers managed by the Coppola family that offer excellent service, with free pilot service on board that takes care of mooring. It has 300 berths for units up to 33 meters, connection for electricity and water, fuel, surveillance service, mechanical and electrical repairs, assistance service for mooring and unmooring of the boat, piloting and maneuvering assistance. With strong southerly winds there is undertow.

Anchorage in Amalfi

It can be anchored to the west of the port with a calm sea; in the harbor, facing the beach, east of the port. There is a lot of traffic undertow.



Sorrento

From Capri, reaching Sorrento is a really short stage, about 6 miles of coastal navigation. The whole Sorrento Peninsula is a succession of rocky inlets, sea peaks, small towns, seaside villages, famous villas and hotels overlooking the sea and tiny beaches. Sorrento, is the main town of the Sorrento peninsula; it can be recognized from afar and in case of doubt the ferries and hydrofoils of the line that continuously connect Sorrento with Naples and Capri can help you. Discovered many years ago by

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several famous artists (Byron, Stendhal, Verdi, Goethe, Wagner and others passing through Queen Victoria and the more recent Caruso and then Lucio Dalla), Sorrento is a superb village overlooking the Gulf of Naples with intact its characteristics and the amazing charm of the narrow streets of the historic center. The port of Sorrento, completely open to the N - NE, called Marina Piccola, is being expanded, but at present all the seats on the quay are occupied by the berths of numerous ferries and hydrofoils, while the few places reserved for pleasure craft are almost always busy. Due to these characteristics and the size of the landings, Sorrento should not be considered as a safe anchorage, but only as a stopover to be practiced in good weather, still giving the marina a little outside on a sandy bottom of about 8 - 12 meters.