

Itinerary 7 days – from Naples to Pontine Islands

The route that takes us to the Pontine islands is a very pleasant route, full of exciting and pleasant anchorages, combined with the pleasure of sailing from island to island. Departing from Naples, you arrive after a not very long navigation in Ischia, about 19 miles away (Port of S. Angelo).

From Ischia S. Angelo to Ventotene only 21 miles separate us, from Ventotene to Ponza 22 miles and 8 more to Palmarola. But we are in the most beautiful archipelago of these latitudes both for the colors of its waters and for the beauty of its landscapes.



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. THE 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 naturally there are many treatments that can be practiced: from thermo-mineral baths to mud baths, from stoves to

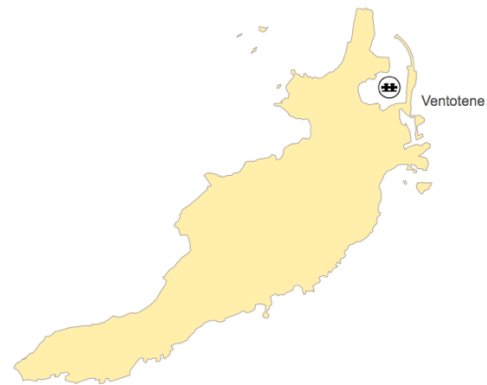
inhalations and, finally, to mineral-marine baths, in bays and inlets where the mineral sources are combined with the sea, making the waters very hot and healthy.

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.

Ventotene



Ventotene is a real jewel in the Tyrrhenian Sea, belonging to the archipelago of the Pontine Islands. It is a charming little island, never crowded, located 20 nm SE from Ponza and 18 nm W from Ischia. Ventotene is a volcanic land, crossed by a 2,000-year history; it is located within a Marine Protected Area, a paradise for divers and an important stop for migratory birds. But that's not all: it is not uncommon to see dolphins and sperm whales from the beach in the distance. From a distance, the island looks like a whale, surrounded by the sea and dotted with the pale colors of the low houses. Despite its small size, Ventotene is extremely rich in history and tradition. The shape of the island is similar to that of a bean, with a length of about 2 nm, and the maximum height of 139 meters above the sea level, with steep and rocky coasts on one side and sloping towards the wonderful crystalline sea on the other. The island has a number of archaeological finds and ancient Roman ruins, such as volcanic tuff structures, aqueducts and house ruins. From the ancient Romans to modern times, Ventotene and the nearby island of Santo Stefano played the role of prison. Emperor Augustus locked up his daughter Giulia in Ventotene for "excessive promiscuity". Other Roman women, whose reckless behavior would have had political consequences, were also "guests" in Ventotene in a luxury imperial villa built on a panoramic promontory: a "pleasant" place for the exile of high-status prisoners. Now there are only ruins of Villa Giulia, with mosaic fragments, painted walls, ruined bathrooms. On the subject of prisons: even in Santo Stefano - the smallest of the Pontine Islands - the Bourbons in the 18th century - had a prison built that still dominates the cliffs. The ports and towns to visit in Ventotene. The city of Ventotene is located near the Roman port. To get from the port to the main square of the city, you can use the Rampa Marina. At the top of the ramp, walk towards Piazza Castello, the beating heart of the city of Ventotene, where you will find bars, cafes,

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restaurants, hotels and shops. The Archaeological Historical Museum, the Bourbon Tower, an old Bourbon fortress that dominates the town square, the Roman port, the Roman Cistern, the eighteenth-century Church of Santa Candida, in neo-classical style, in which a valuable painting by the artist Sebastiano Conca. You can moor at the New Port and then go to the Roman Port which is right next to it and is worth a visit.

The bays where to anchor in Ventotene

Cala Nave there are two stacks "Nave di Fuori" and "Nave di Terra" with the busiest beach on the island, a stone's throw from the town. You cross-country in about 8 meters on sand with calm sea or winds from the west. **Be careful not to anchor on the seagrass, as it is forbidden.**

Porto di Ventotene

A corner of history, dug into the tuff - The modern port of Ventotene: Cala Rossano



The port is located within Cala Rossano, it is one of the two ports on the island of Ventotene, located north of the ancient Roman port; Cala Rossano winds along a dock and is protected by a quay breakwater of about 370 meters in length, it has a quay of about 70 meters, where mooring is not recommended if winds from the mistral and west blow; also be careful not to moor where scheduled ferries, hydrofoils and commercial transport boats land. Cala Rossano has 40 berths for boats up to 55 meters, has a floating bridge in the most sheltered part, supervised 24 hours a day. Assistance for approaching maneuvers is guaranteed by a service dinghy. Also available are a fire service, potable water, support for electrical and mechanical breakdowns, toilets with showers, free Wi-Fi and a daily weather report, grocery store, and the only filling pump for petrol, diesel and mixture of the whole island. The seabed is sandy and reaches a depth that can range from a minimum of 2-5 meters on the quay up to 9 meters in the center of the port. During the approach, **keep away from the Secca delle Sconcioglie**, about 700 meters from the entrance to the New Port and also from the green light due to the presence of rocks.

The Roman port of Ventotene

The Roman Port is a small jewel: excavated in the tuff, this Roman Port, from the Augustan period, is suitable for hosting small boats. It underwent modernization works in the Bourbon period and still retains the Roman features. An example of the extraordinary hydraulic ability of the past: there is never an undertow inside this port, as the waves drain into the beach located in the outer harbor. An ideal place to stop for an aperitif or to dine, immersed in this historic atmosphere of the past.

Ponza



Hills covered with lush vegetation in the hinterland, pristine rugged coastline, white cliffs overlooking the sea, enchanting beaches and coves, caves to be discovered and a port so characteristic that it looks like a movie set. Ponza is a wonderful island, to be explored by boat, so as not to miss any corner of paradise. If in the past it was uninhabited due to frequent Saracen and Turkish incursions, from 1700 Ponza has resumed "hosting" first colonists of Ischian origin and then, slowly, devoting themselves to tourism: in recent decades there are thousands of tourists who flock to Ponza, especially in the summer months. Among the Roman vestiges: the tunnel to reach the Chiaia di Luna beach: from the Augustan age, it is entirely excavated in the tuff; the tunnel connects Ponza Porto to the Chiaia di Luna beach, currently inaccessible due to the danger of landslides. There are the remains of some Roman villas, the Roman cisterns with the aqueduct: the cisterns could contain about 10,000 m³ of water. There are also remains of Roman necropolises on the island: Guarini and Bagno Vecchio, made up of underground tombs, suitable for burial and cremation. Among the most recent monuments, you can visit the Church of Saints Silverio and Domitilla which dominates the sea and the center of Ponza. Its construction dates back to 1775, during the Bourbon period. With a square plan, built with local tuff, it houses a precious mosaic inside, a canvas depicting the Holy Trinity and the Nativity of the Virgin by Michelangelo Cerruti. The chapel and the walls are decorated with frescoes inspired by the Sistine Chapel and dating back to 1940. The Ponza Botanical Garden also gives emotions: it is a scenographic place; created in the 1980s, it recreates the typical flora of Ponza, with herbs, flowers and plants that in some cases are only found here, such as the large collection of wild orchids. But tourists come to Ponza above all for the beauty of the bays and beaches and to discover the numerous caves, such as the Grotte di Pilato, a fascinating complex of caves from the Roman era, excavated at sea level. The Grotta degli Smeraldi, the Natural Pools and the Grotta della Maga Circe are just some of the caves that are

worth visiting. Among the most beautiful beaches is the Spiaggia delle Felci with crystal clear water and Cala Fonte, a suggestive natural inlet, where the water is crystal clear: here you can admire the fishermen who prepare themselves in the traditional style. Ponza is mostly an island dedicated to sailors, to those who love to spend their holidays on a sailing boat, to be amazed at seeing the stacks that emerge strongly from the crystalline water, to discover the numerous caves, to go in search of beaches and coves, to sleep in the harbor, in splendid bays with a thousand shades. In Ponza the colors of the earth that paint the very high cliffs blend with those of the sea, in shades of blue. The current port is part of the ancient Greek port and faces W. Among the services the port offers fuel, slide, divers, water, slipway, engine repairs, mooring boats, electricity, electrical repairs. It is an enchanting shelter: in addition to functionality, it also offers beautiful views of the town of Ponza; with the colorful boats and the beautiful piers that branch out into the small bay it becomes a place where it is worth a stop.

The Port of Ponza



The Bourbon port, built towards the end of the 18th century, still today the port of Ponza, welcomes sailors with its Mediterranean colors. With its characteristic horseshoe shape, it welcomes tourists with a promenade that winds on a semicircle dominated by the red of the old warehouses on the pier and the light yellow of the town hall. The port is a natural inlet completely open to the E and limited to the N by a breakwater cliff. The nearby S. Antonio promenade has been embellished with the construction of a cantilevered pedestrian path on the beach. A walk on the sea, embraced by the typical Mediterranean houses and by the boats of local fishermen. The port was part of the urbanization project of the Ponzi archipelago so much desired by Ferdinand IV of Bourbon. The whole structure is part of the ancient Greek port and faces West. The construction of the port lasted 7 years, with various technical difficulties including the emptying of the seabed in front to allow the docking of large ships. Today it is considered one of the best examples of Bourbon architecture. Among the services the port offers fuel, slide, divers, water, slipway, engine repair, mooring, electricity, electrical repairs.

Anchorage and Rade in Ponza

Ponza is a small jewel, an island that offers anchorages and bays practically along the entire perimeter: depending on the wind, there is always a shelter and each shelter offers an enchanting bay where you can daydream and be pampered by the waves admiring the magnificent landscape. In addition to the port of Ponza, there is also the famous Chiaia di Luna, sheltered from the winds

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coming from the east or at Frontone, sheltered from the W-NW winds; it can be anchored in Cala Core or Cala Arco or even in Cala Acqua or Cala Feola; incredibly beautiful coves from a landscape point of view. The Faraglioni of Lucia Rosa and Calzone muto offer beautiful views and beaches where you can relax and take a short walk.

Baia del Frontone



Wide and sunny, the beach greets those arriving by boat with its colors and its tuff rocks, which form small gulfs; in the middle of the hills, you can still see the tunnels of the aqueduct. Once the beach was a refuge for the monk seal, which has sadly disappeared. For history buffs, the abandoned Fort of Frontone recalls the numerous battles between the Bourbons, the English and the French.

Cala Core - Paradise for snorkelers



It is a beach facing east, it is here that the beautiful emerald cave is hidden, in this splendid bay of jagged tuff rocks. It is called "Baia Core" because on the wall that drops sheer into the sea you can see the silhouette of a female figure: the magma has formed a heart that seems to bleed. It is a free

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beach, made of pebbles and very quiet. It is possible to anchor in front of the Spiaggia del Core, the cliffs in front offer a beautiful view. Don't get too close to the shore.

Faraglione del Prete

It is the stack par excellence for snorkelers, it rises from a sandy bottom and rises on multiple columns that join at sea level. Everything is poetry: the reflections of the light, the narrow passages, the variety of the rock make the stack a privileged place for those who want to swim discovering many ravines. Groupers, white breams and octopuses hide in its holes in the tuff. On the top of the stack there are incredibly some shrubs of Mediterranean scrub.

Baia Cala Arco



Spaccapurpo, today called Arco Naturale, is an imposing stack 36 meters high. With the tenders of the boats, you can pass through this incredible rock and see the spectacular walls. It can be anchored along the whole wide bay near Cala Arco.

Baia Cala Acqua



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In this cove the ancient Romans had carried out an impressive excavation work to recover rainwater through a dense labyrinth of tunnels. Passing through bentonite and kaolin rocks, the water was decanted. Even today, near the staircase built by the Romans there is a small fountain, once "guarded" by a two-meter-high bronze mask (now kept in the Naples Museum). For diving and wreck enthusiasts, a few meters deep lie the wreck of the *Kastell Luanda*, a Spanish cargo ship sunk in 1974. And again, there is the story of the *Liberty*, the warship that, due to a violent storm, sank on February 23, 1944 near Forte Papa. The tragedy was twofold because the prisoners closed below were unable to escape. Many crew members died and trucks, tracked and self-propelled, sank along with the ship. The ship broke into two parts; the commander, unable to steer the crew and the ship, committed suicide. Only in 1955 did the Italian Navy recover the jeeps, which are still in working order. The ship lies on a sandy bottom, at an average depth of 25 meters; a machine gun is still visible on the bow. Cala dell'Acqua is sheltered from the east winds. Beware of a submerged rock covered by 3.5m of water; sail away from the old pier, from which boulders protrude.

Baia Cala Feola



In Cala Feola it is possible to anchor in the bay in front of the pier on mixed rock and sand depths 10-15 meters deep. It is one of the most popular moorings on the island of Ponza, as you can use the services of the nearby town of Le Forna where there are bars, restaurants, a small supermarket, a scooter rental etc. Cala di Feola is located in the north-western part of the island, it offers shelter from the winds of the II and III quadrants, while it does not offer shelter from the westerly winds. The natural cove of Feola is sheltered by a small pier used for mooring fishing boats, which cannot be used for pleasure craft. It is worthwhile to go ashore with the tender to see the natural pools that border the SE coast, dug into the tuff by natural erosion, which form real natural pools where you can swim. The houses dug into the tuff by the first settlers of the bay are also very suggestive and can still be seen intact. Cala Feola is enchanting; it is one of the most beautiful bays on the island and offers glimpses of extraordinary beauty. With its colorful houses, with round roofs reminiscent of the Arab style, Cala Feola truly enchants everyone. The marina, built in the early 1960s, has enhanced this small corner of the Mediterranean, keeping nature first. Until the 1940s, the white cliffs were the favorite place for monk seals to overwinter.

Baia Faraglioni Lucia Rosa - The bay of a thousand colors



This inlet is bordered to the north by Punta Bosco and to the south by the Lucia Rosa Faraglioni.

The colors of the coast, from the white of the tuff to the darkest red and the marine transparencies make it one of the most beautiful bays in Ponza. It moors on a bottom of 5-7 m. where sand and rocks covered with algae color the sea of emerald green.

It is possible to snorkel among the stacks and enter the caves that can be reached by swimming or aboard canoes or sup, spearfishing lovers will find fish-rich depths, a small paradise for lovers of the sea.

Chiaia Luna Bay - The cliffs that resemble the moon...



A very popular destination for visitors is a small beach called "Chiaia di Luna", protected from the east winds by a very high white tuff wall. The bottom is sandy and slowly decreases, the wide bay can accommodate many boats. The beach is bordered by a spectacular cliff that takes on a truly suggestive color at sunset. The spectacle of the reflections of the moon on the white cliffs of the bay leaves you breathless. **It is forbidden to land** due to the constant danger of landslides. The bay is accessible only by sea or through a Roman tunnel. In ancient times a Greek port was located on this beach; even today in the surrounding seabed it is not uncommon to find remains of ancient buildings or fragments of amphorae.

Faraglioni della Madonna

Grotte di Pilato



The Caves of Pilato are tunnels dug into the rock along the coast, they can only be visited by boat; it is a set of tunnels connected by a central pool that seems to be a Roman moray, that is, a fish breeding tank. Much of the structure is now submerged. The opinions are conflicting, as the structure with the steps, the marbles and the columns lie on the bottom of the pool and this suggests that they are private bathrooms connected to the villa of Octavian Augustus, located on the ridge above. The pool was dug out of the soft tuff and covered with precious marble. Some terracotta oil lamps and a statue of the god Apollo were also found in the pool. Legend has it that the name of the caves derives from Pilate, a young brawler of imperial Rome, exiled to Ponza. His mediation in quelling a rebellion on the island of Ponza then gave him the nickname of Pontius Pilate.

Palmarola



The westernmost island of the Pontine archipelago, located 6 nm west of the island of Ponza, is the enchanting island of Palmarola, a small, pretty island, almost uninhabited, a natural reserve of rare

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beauty; its name derives from the dwarf palm, the only palm native to Europe, which grows wild on its surface. Some landscapes are reminiscent of the exotic islands of Thailand; the smooth background of silvery and yellowish stone creates pleasant color effects and gives emotions to the water with incredible shades. The charm is given by the rocky coast, characterized by unusual rocks (famous is the rock that resembles an elephant) and caves (both underwater and on the surface) which opens as if by magic, leaving room for many natural bays that provide safe anchorages, a hugely popular island for boats and fascinating for snorkelers. Of the hills that rise on the island, the highest peaks are: Monte Guarniere (249 m), Radica (216 m) and Monte Tramontana (235 m). On board a yacht, sailing around the rocky coast of the island, the landscapes are enchanting. It is possible to visit Punta Vardella, in the southernmost part of the island, where it is possible to admire the Suvace rock, the Scoglio del Cappello, the Faraglioni di Mezzogiorno, where you can enter an enchanting cave about 20 meters high. You can visit Punta Tramontana, from where you can admire a beautiful bay called La Cattedrale due to its cliff that overlooks the sea and the large bays vertically and vertiginously. In Cala del Porto, during the summer, there is also a small restaurant on the shore. Other points to see are the rock of Spermaturo, the beach of Vricci, the Grotta del Bue Marino, the Forcina and the Gradelle. Sailing close to the coast, you have to pay attention to the numerous submerged and emerged rocks. The best place to anchor is Cala del Porto, with a sandy beach: here there is also a restaurant and a chapel to visit on top of the cliff, from where you have a beautiful view of the bay.

Cala Brigantina - The pirate bay



To the south, the high rocks descend towards the sea, the extreme point of the island is a shy beach, which almost seems, and perhaps is, a part of the island crumbled into sand. A special place, where you can relax in the sun and feel "special", on a truly unique beach. If you think that until 1700 it gave refuge to pirates, it becomes even more fairytale.

Cala San Silverio - The rock of San Silverio



On the west coast of Palmarola, Cala San Silverio is an intimate bay surrounded by rocks. Near the shore some rocks emerge from the water, be careful not to get close to the coast. Ideal spot for snorkelers, and idyllic landscape for those who want to stay on the boat to admire the colors of the sea and the colors of the Mediterranean vegetation that cover the strips of land that slope down to the sea. The "rock of San Silverio" houses on its top a small chapel that popular tradition tells was built on the remains of the forced residence of the Saint, exiled to Palmarola.

Cala del Porto



North of Cala San Silverio, Cala del Porto presents itself on the west coast with all its colors, divided by a peninsula that protects both coves from the winds. It is practically the only port of Palmarola. The two coves are twins, separated by a huge stack attached to the land. The beach of Cala del Porto is wide, you can take a walk and walk up to Cala San Silverio. Here are the only real buildings on the island: two small restaurants and the villa of the Fendi sisters, guarded throughout the year by the only real inhabitant of the island.

La Cattedrale - The cathedral in the rocks



Sheltered from the winds from the south, this bay is perhaps the most scenic on the island. Very high walls, solemn and grave, amaze with their colors and their verticality. The song of cicadas echoes in the cracks of this majestic natural "cathedral". The rocks look like the sixth arches and buttresses of a cathedral.

La Forcina



Sheltered from the winds from the west, La Forcina is a splendid anchorage east of Palmarola, surrounded by the beautiful colors of the sea and embraced by the rocky coast, it is a particular location, a privileged refuge especially when the winds blow from the west.