

4. Itinerary from Marina di Stabia

Flegree and Pontine Islands and the Sorrento Peninsula



2 weeks



about 221 miles

Marina di Stabia - Capri	20 miles
Capri - Amalfi	17 miles
Amalfi - Positano	6 miles
Positano – Sorrento	14 miles
Sorrento - Procida	18 miles
Procida - Ischia	4 miles
Ischia - Ventotene	22 miles
Ventotene - Palmarola	29 miles
Palmarola - Ponza	7 miles
Ponza - Zannone	4 miles
Zannone - Ponza	6 miles
Ponza - Ischia	41 miles
Ischia – Marina di Stabia	23 miles





DAY 1 • MARINA DI STABIA – CAPRI

Capri is a unique island in the heart of the Gulf of Naples. The Faraglioni and the Grotta Azzurra are symbols of its beauty, as is the characteristic piazzetta that attracts thousands of visitors all year round. After touring the island by sea, you can take the chairlift up Monte Solaro, walk along the Pizzolungo path through the Natural Arch, visit the Gardens of Augustus with Via Krupp below, the Charterhouse of San Giacomo, look out over the Tragara belvedere and visit the Roman remains of the Villa di Tiberio. The island has a busy port on the northern side.

For lovers of coves, the southern side of the island, in the bay of Marina Piccola, towards the Faraglioni is the place to moor. From Marina Piccola you can take the tender down to the Sirens' beach and then go to Capri by bus, which you will find right at the top of the steps leading from the beach to a small square.

Moorings: • Marina Grande • Marina Piccola



DAY 2 • CAPRI – AMALFI

The **Amalfi Coast** opens with a first inlet of extraordinary beauty: the Baia di Ieranto, a nature reserve. Continuing navigation, one encounters the three islets of Lì Galli, located opposite Positano. Omero described these islets as the place where Ulysses was tempted by the Sirens. Mighty cliffs plunge into the blue sea. Once in Amalfi, one cannot deny one's curiosity a stroll and a complete exploration of all its narrow streets and monuments, following the main road that starts from the central square and connects all the places of interest (follow Via Lorenzo di Amalfi -Via Capuano -Via Delle Cartiere) and do not miss out: the Cathedral of Amalfi, the Paradise Cloister and Sant' Andrea's fountain.

The beaches offer unique scenery, clear deep blue waters surrounded by rocks and trees overlooking the sea.

DAY 3 • AMALFI – POSITANO

Positano does not have a harbor but it is possible to stay in the roadstead, mooring at the buoys provided by the local moorers, just in front of the village. The price varies according to the time of stay and usually also includes a taxi boat service for those who wish to go ashore in comfort without using their boat's tender. We recommend breakfast at the bar pasticceria la Zagara, one of the most famous and fragrant terraces in all of Positano. The magnificent vertical town on the Amalfi coast, criss-crossed far and wide by steep staircases and winding paths, has been a holiday resort since Roman times. For those who want to walk a bit we recommend a walking along the Sentiero degli Dei with a breathtaking panorama that includes the Amalfi Coast and Capri. Positano also has beautiful beaches such as Spiaggia Grande, Fiumicello, Fornillo, La Porta or San Pietro Laurito.



DAY 4 • POSITANO – SORRENTO

Sorrento occupies an extremely advantageous position. Situated on a 50-metre rocky spur, it can offer a suggestive 'balcony' from which to observe the entire Gulf, including Naples, Capri and the unmistakable profile of Vesuvius. Starting from the centre of Sorrento, a visit to the Villa Comunale is a must! Piazza Tasso and Corso Italia are among the town's most important urban destinations. The sea that laps the Sorrento area has always inspired the ancients, who located the mythical land of the Sirens among the hidden beaches and coves of this coastline. Crystal-clear waters and outcropping rocks provide an ideal habitat for many sea creatures and are a true delight for divers. Another strong point of the Costa delle Sirene is the rich culinary tradition that has produced recipes known everywhere, such as gnocchi or spaghetti alla sorrentina or stuffed cuttlefish alla sorrentina. Walnuts, wine, limoncello (a lemon-based liqueur), and the traditional Gragnano pasta are some of the area's specialities. Return to Marina di Stabia.





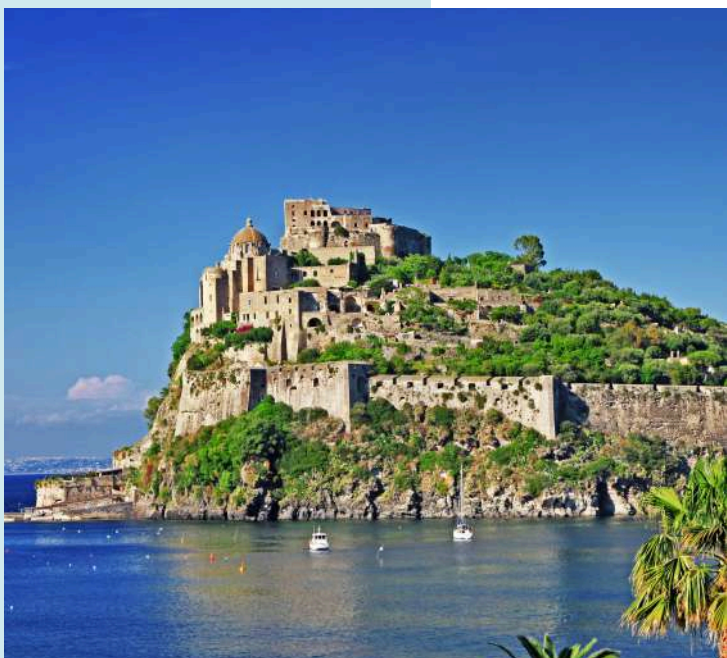
DAY 5 • SORRENTO – PROCIDA

Procida will amaze you with its scenic beauty. It is an island away from mass tourism, characterized by its fishermen's villages with pastel-coloured houses (the most striking being Corricella). The wide beaches, numerous bays and coves scattered along the coast offer shelter from all winds. The island only has a perimeter of 16 km, so there are not many beaches, but they are considered among the most beautiful in the entire region. La spiaggia di Chiaia is the most characteristic, and being set between tufa walls overlooking the blue sea, it is always sheltered from the wind. The **mooring places**: • Marina di Procida • Marina Chiaiolella • Marina Corricella

DAY 6 • PROCIDA – ISCHIA

Beaches and medieval villages, crystal-clear sea and thermal springs await you on the **island of Ischia**. The largest island in the Gulf of Naples shows all its beauty surrounded by nature and the sea. Roman remains and historical buildings complete the rich tourist heritage of the island.

We recommend visiting the Aragonese Castle, the ancient village of Ischia Ponte and Ischia porto with its narrow streets full of shops and restaurants.



DAY 7 • ISCHIA – VENTOTENE

With its 3 km of coastline, offers the opportunity to relax on beautiful beaches and dive into the beautiful sea. The island became a Roman colony, where the imperial family holidayed.

Several ruins of villas and aqueducts remain from the Roman period on **Ventotene**, as well as the ancient harbor and fishponds moulded into the volcanic tufa rocks.

Ventotene has had its own harbor since Phoenician times, renovated by the Romans who made the island their colony and in use to this day. At the harbor today there are several small restaurants where you can taste local specialities. The mouth of the harbour, facing east, allows access even in bad weather with mistral and south-westerly winds, and the basin protects against practically all winds.

DAY 8 • VENTOTENE – PALMAROLA

Palmarola is the wildest of the Pontine Islands: there are no houses, no harbours, there is only a restaurant with a curious history. It probably owes its name to the presence of the dwarf palm. The coasts of Palmarola are wonderful. Caves, ravines and coves give fantasy to the white cliffs. The Cathedral is so called because it is an area of Palmarola where a series of narrow, high caves sculpt the cliff like a cathedral with its vaults and pillars. The caves can be explored with mask and snorkel. One swims in the darkness in water made blue by the light filtering through the cavern. An experience not to be missed. There are no sandy beaches on Palmarola.

DAY 9 • PALMAROLA – PONZA

Ponza with its coves, crystal-clear water and crescent shape has made it famous throughout the Mediterranean. The presence of archaeological sites dating back to Roman times make it an alternative destination not only for beach lovers. The island is divided into three main localities: Ponza (Porto area), Campo Inglese and Le Forna. The semicircular harbor of the island of Ponza is made up of outer and land moorings. A stroll through the small centre between restaurants and typical Mediterranean houses is not to be missed. Punta Papa is home to one of the main attractions for all diving enthusiasts. It is here that you will find the 'Landing Ship Tank', a ship used in World War II to transport troops and heavy equipment, which sank in February 1943.

DAY 10 • PONZA – ZANNONE

The wild and uninhabited island welcomes visitors with its verdant profile and steep cliffs emerging from the deep blue sea. Sailing along the coast, Cala del Varo reveals itself as a perfect natural refuge to drop anchor and enjoy a refreshing dip in the clear waters. The beauty of **Zannone** does not stop at the coast: the interior of the island, accessible only with authorised guides, is a mosaic of paths winding through holm oak forests and fragrant Mediterranean scrub. A walk leads to the ruins of the abandoned Casati villa, immersed in a mysterious and fascinating atmosphere. For sea lovers, the seabed of the island offers an extraordinary spectacle with sea caves, posidonia meadows and abundant fish fauna. Zannone is a place where time seems to stand still, an oasis of peace where nature reigns supreme, making every visit a memorable adventure.





DAY 11 • ZANNONE – PONZA

Ponza, with its rugged coastline and crystal-clear waters, offers enchanting places that can only be reached by sea. Chiaia di Luna, with its spectacular white cliff overlooking the sea, is not to be missed. Cala Feola, famous for its natural pools, invites for a regenerating swim. The Grotte di Pilato, ancient Roman cisterns carved into the rock, fascinate with their history. Arco Naturale and Punta dell'Incenso offer breathtaking scenery, perfect for snorkelling and relaxation.

DAY 12 • PONZA – ISCHIA

Ischia and its thermal waters.

A day dedicated to the discovery of other attractions on Ischia: a place of particular interest is the Torrione di Forio, positioned higher than all the other towers distributed throughout the territory, it had the task of spotting enemies and implementing a defensive line first. Finally, one cannot leave Ischia without visiting the characteristic Borgo di Sant'Angelo, with its colourful houses, outdoor tables and souvenir shops.



DAY 13 • ISCHIA – MARINA DI STABIA

There are many beautiful beaches, but don't miss a swim at Cartaromana beach or at Baia di Sorgeto, where you can take a thermal bath in sea water (35/37°C). Return to Marina di Stabia via Bacoli and crossing the Gulf of Naples with a possible stop at Ercolano or Pompeii to visit the archaeological sites.