

1. Itinerary from Marina di Stabia

Procida, Ischia, Capri and the Amalfi Coast



1 week



about 103 miles

Marina di Stabia - Procida	20 miles
Procida - Ischia	13 miles
Ischia - Capri	24 miles
Capri - Positano	12 miles
Positano - Amalfi	7 miles
Amalfi - Sorrento	20 miles
Sorrento - Marina di Stabia	7 miles





DAY 1 • MARINA DI STABIA – 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 2 • 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 displays all its beauty surrounded by nature and the sea. Roman remains and historic buildings complete the island's rich tourist heritage.

we recommend a visit to the Aragonese Castle, its ancient village of Ischia Ponte and Ischia Porto with its narrow streets full of shops and restaurants. Another place of special interest is the Torrione di Forio, a strategic point from which sightings were made. Finally, you cannot leave Ischia without visiting the characteristic Borgo di Sant'Angelo, with its colourful houses, outdoor tables and souvenir shops. 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).

The harbours: • Porto di Ischia • Casamicciola • Lacco Ameno • Forio • Sant'Angelo

DAY 3 • ISCHIA – 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 4 • CAPRI – 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 5 • POSITANO – 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 6 • AMALFI – SORRENTO

Sailing between Amalfi and **Sorrento** offers the possibility of visiting beautiful coastal areas such as the Bay of Ieranto and Punta Campanella, a marine protected area that joins the municipalities of Massa Lubrense and Positano for 40 km. (pay attention to the restrictions of the reserve). The Puolo beach, where the ruins of some Roman villas can be seen, is worth a stop. We then come in sight of the Vervece rock, which stands opposite the Massa Lubrense beach. A statue of a Madonnina has been placed in the depths under the rock and every year, in September, a very evocative ceremony takes place there. Punta Campanella is ideal for rejuvenating the body and spirit. This gem of Campania is perfect for numerous activities, from trekking to diving to climbing for the more adventurous.



DAY 7 • SORRENTO – MARINA DI STABIA

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.