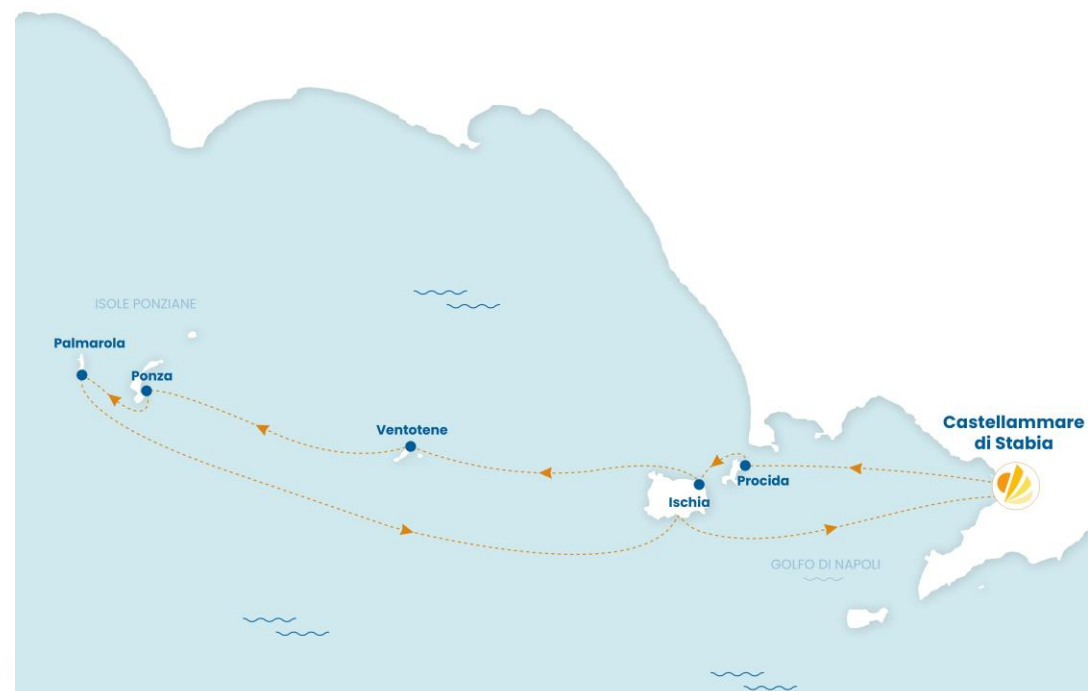


## 3. Itinerary from Marina di Stabia

Ischia, Procida and Pontine Islands

 1 week  about 160 miles

Marina di Stabia - Procida	20 miles
Procida - Ischia	5 miles
Ischia - Ventotene	23 miles
Ventotene - Ponza	23 miles
Ponza - Palmarola	10 miles
Palmarola - Ischia	55 miles
Ischia - Marina di Stabia	24 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 – Ventotene

This small island, with its 3 km of coastline, offers the opportunity to relax on beautiful beaches and dive into the beautiful sea.

The island's economy -with just over 700 inhabitants -is based on fishing, agriculture and, to a lesser extent, on the contribution of tourists.

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.

If you would like to visit the island, you can see: Villa Giulia, which is located on the promontory of Punta Eolo and is an impressive excavation, since it is possible, from the ruins of the remaining walls, to imagine the beauty of this Roman villa, which was built as an imperial summer residence; the Roman cisterns, the Castle and Archaeological Museum of Ventotene and the prison of Santo Stefano.

## Day 4 • Ventotene – Ponza

**Ponza** with its coves, crystal-clear water and crescent shape has made it famous throughout the Mediterranean. Moreover, 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 5 • Ponza – Palmarola

**Palmarola** is the wildest of the Pontine Islands: there are no houses, no harbours, there is only a restaurant with a curious history. The island probably owes its name to the presence of the dwarf palm, the only palm that grows wild in Italy. 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 basalt caves sculpt the cliff like a cathedral with its vaults and pillars. The cathedral 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.

The Grotta del Gatto has a freshwater spring inside. Accessible by small boat.

Cala del Porto or Spiaggia della Maga Circe is also called the beach of O' Francese because the only restaurant on the island is located here: O' Francese. Apart from this spartan building on the island, there is only the villa of the Fendi sisters. Cala Brigantina is so called because it still offered shelter to pirate boats in the 18th century. There are no sandy beaches on Palmarola.

## Day 6 • Palmarola – 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.

## Day 7 • Ischia – Marina di Stabia

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.

Return to Marina di Stabia.