

5. Itinerary from Marina di Stabia

The Cilento coastline and the Aeolian Islands



2 weeks



about 391 miles

Marina di Stabia – Sorrento	6 miles
Sorrento – Positano	14 miles
Positano – Agropoli	28 miles
Agropoli – Capo Palinuro	29 miles
Capo Palinuro – Stromboli	75 miles
Stromboli – Panarea	13 miles
Panarea – Lipari	12 miles
Lipari – Vulcano	12 miles
Vulcano - Salina	11 miles
Salina – Stromboli	20 miles
Stromboli – Marina di Camerota	73 miles
Marina di Camerota - Amalfi	56 miles
Amalfi – Capri – Marina di Stabia	42 miles





DAY 1 • MARINA DI STABIA – 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.



DAY 2 • SORRENTO – 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 3 • POSITANO – AGROPOLI

Agropoli, located within the Cilento National Park, is a destination worth visiting for its historical, architectural and natural heritage. Must-see: the Borgo Antico, accessible on foot via ancient stairways, preserves its medieval structure intact. The 17th-century gateway to the city and city walls. The Angioino-Aragonese Castle, the centre piece of the defensive structures, a reconstruction of pre-existing Byzantine fortifications. The beautiful Bay of Trentova: a small island joined to the coast by a narrow strip of land. This small bay has clear waters with a colour between green and turquoise and shallow, sandy seabed. Near Trentova Bay you can also find the small Bay of San Francesco, named after the Monastery of San Francesco.



DAY 4 • AGROPOLI – CAPO PALINURO

Palinuro is one of those places that have always fascinated travelers of all ages. The rocky promontory jutting out into the sea with its beauty, but also with its pitfalls for ancient sailors, inspired the poet Virgilio with the passage in the Aeneid in which he recounts the death of Aeneas's helmsman, Palinuro, after whom the Cilento town is named. The sea is crystal clear. Wide, sandy beaches (such as the Dune beach) alternate with rocky stretches accessible only by sea where true natural gems such as the Good Sleep beach or the suggestive caves are hidden. At least worth a visit are the Arco Naturale beach, the Marinella beach and the nearby Mingardo beach whose enchanting landscape has been chosen several times as a film location.





DAY 5 • CAPO PALINURO – STROMBOLI

Stromboli is the most surprising of the Aeolian Islands, a large, active submerged volcano. An ideal destination for excursions and trekking, it offers unique views and black sand beaches. A black giant stands out in all its grandeur against the deep blue sea. To those who approach the island, as soon as the sky begins to darken, the flame of the volcano becomes visible, at regular intervals of 15 to 20 minutes. Awe-inspiring respect is instilled in this very young, 100,000-year-old volcano, perhaps unique in the world for its three mouths in perpetual explosive activity; among the highest in Europe, 2400 mt. Stromboli has two landings: the first is in the south-west, in the village of Ginostra. The second port is the Scalo di San Vincenzo. From here to Ficogrande and Piscità, long pebble beaches and fine black sand characterize the island. Among the most popular activities for tourists is the ascent to the crater to admire the eruptions in the dark; the hike takes three hours and is strenuous in places.



DAY 6 • STROMBOLI – PANAREA

Panarea is the smallest of the Aeolian Islands but for charm and beauty it is truly unique. For a bit of history, visit the archaeological museum. You will reach one of the most beautiful beaches: Cala Junco. A UNESCO World Heritage Site, this beach features an amphitheatre shape, surrounded by rock formations. These, together with the backdrops and the action of the sun's rays, give the sea beautiful shades from deep blue to emerald green. You can take pleasant walks with your eyes on the beautiful islets that frame it: Basiluzzo, Dattilo, Bottaro, Lisca bianca, Lisca nera, Formiche, Panarelli and, in the distance, Stromboli. To land in Panarea, you can moor at S.Pietro which offers two buoys fields right in front of the village, with boat-taxi service with dinghy, in active season also at night. If it is good weather and no wind blows from E, you can also anchor at San Pietro, at least 500 meters away from the ferry maneuver area. In Panarea there are two beautiful places to stop at: Cala Zimmari and Cala Junco, their geological conformation is so protected from winds and storms, as to be defined a natural port. From Cala Zimmari you can walk to the prehistoric village going up along a beautiful panoramic path (15 minutes). On the beach there is an excellent restaurant, with local cuisine.

DAY 7 • PANAREA – LIPARI

We continue on to the island of **Lipari**, one of the largest of the Aeolian Islands. Of volcanic origin, the island has white stretches of pumice stone and dark flows from the latest eruptions of Monte Sant'Angelo. You will sail around the Faraglioni: two rock giants that emerge from the sea in the southern part of the island towards the channel separating Lipari from Vulcano. You will visit the town of the same name, topped by a wonderful castle surrounded by defensive walls and encircled by the districts of Marina Corta and Marina Grande. It is also worth visiting the Contrada Diana Archaeological Park, which is very interesting as it contains the entire history of this archipelago; from here you can take a nice walk near the harbour. In town, you can also visit the Museo Eoliano (located in the Lipari Castle). In San Calogero there are the San Calogero Thermal Baths, a hot sulphurous spring, known and used even in Roman times, which reaches 60 degrees Celsius, with a beneficial effect on health. Those who like to enjoy the nightlife will be able to attend concerts, folk festivals and theatre festivals on summer evenings, go drinking in the characteristic open-air bars or dance in the discos in atmospheric locations. The island has a marina, harbours, floating docks and many anchorages, where one can find protection from all winds. On Lipari, you can stop to do your shopping in the various supermarkets (with delivery service to the boat). Most of the landing places are on the eastern side of the island: Marina Lunga, Marina Corta and Pignataro.



DAY 8 • LIPARI – VULCANO

A 20 km² island, home to a still active volcano that rises up to 500 metres. The climb is quick and accessible, and at the top a breathtaking view! We recommend a visit to the Grotta del Cavallo (Horse Cave) and the Piscina di Venere (Pool of Venus), with its tufa and basalt pools and shallow crystal-clear waters with turquoise hues. Excursion lovers can reach the volcanic crater of the Fossa in about an hour's walk, following a path that leads from the port to 400 metres above sea level. The path offers a spectacular view of the archipelago. Also beautiful is the stop at Vulcanello, the small peninsula-appendix of the island of Vulcano, famous for the Valle dei Mostri (Valley of Monsters), an evocative place populated by monstrous lava figures. The town of Vulcano is definitely worth a visit: the mooring is at Porto di Levante. The floating quays of the marina provide electricity, water and dead-body mooring services, while the public quay offers no services. Porto di Levante is exposed to the undertow of ships and hydrofoils, so be careful while mooring. There is also a large buoy field in the bay of the Porto di Levante. In this corner of the town, you can find many restaurants and bars, bike and motorbike hire. The waterfront promenade leads directly to the Pozza dei Fanghi, a natural thermal pool where volcanic gas bubbles emerge. This natural, therapeutic mud and hot-water springs have a beneficial effect on health, definitely worth trying if you can stand the unpleasant smell of sulphur. Near the natural mud pool, the water, thanks to underwater springs, is very hot.





DAY 9 • VULCANO – SALINA

Direction: **Salina**, the second largest island in the archipelago. It is made up of six ancient volcanoes, including Monte Fossa, which rises to a height of almost 1,000 metres. Stop at the beautiful bay of Pollara for a swim. The beach, made up of large stones between the rocks, is unique and intimate, and is also the place where some scenes from the famous Italian film 'Il Postino' were filmed. Not far from Pollara beach are Le Balate, ancient warehouses and shelters for fishermen's boats, ravines carved into the rock that are still used today and are one of the area's must-sees. Beautiful to see for its enchanting natural scenery is the shoal of Punta Perciato, consisting of several large rocks and extremely jagged walls. For dinner, also takeaway, we recommend the 'Alfredo' restaurant, where you can taste the famous Pane Cunzato or 'seasoned bread'. This simple dish encapsulates the taste of Sicily: in fact, the seasoning is based on anchovies, cherry tomatoes, primo sale, extra virgin olive oil and oregano. The homemade granitas are also good. The night can be spent at anchor in Lingua or Santa Marina di Salina. The village of Santa Maria is adjacent to the harbour, you can moor at the Porto delle Eolie tourist port and wander through the streets of the village, among palm trees and maritime pines. To disembark in the village of Rinella, you can moor at the buoy field: there is a small beach next to the typical Mediterranean houses.



DAY 10 • SALINA – STROMBOLI

Intermediate stop at Stromboli to admire other areas.

DAY 11 • STROMBOLI – MARINA DI CAMEROTA

Marina di Camerota is a seaside hamlet of the municipality of Camerota and is famous for the beauty of its beaches, which have been awarded the Blue Flag title for years. Marina di Camerota is famous for its beautiful beaches, some of them wild and unspoilt, but also for its numerous caves of karstic origin where artefacts, fossils and bones dating back to the Stone Age have been found. One of the most famous ones is Cala degli Infreschi, which is located in a protected nature reserve and where underwater corals can also be found. Marina di Camerota has a well-equipped marina.

DAY 12 • MARINA DI CAMEROTA – 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. The beaches offer unique scenery, clear deep blue waters surrounded by rocks and trees overlooking the sea.



DAY 13 • AMALFI – CAPRI – MARINA DI STABIA

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.

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

Return Marina di Stabia.

