

## our recommended itineraries from procida



### **1 week – (approx. 120 miles)**

procida – ischia – ventotene – ponza – palmarola – capri –  
procida

### **1 week – (approx. 110 miles)**

procida – ischia – capri – amalfi – cetara – positano – ischia –  
procida

### **2 weeks – (approx 300 miles)**

procida – palinuro – stromboli – panarea – lipari – filicudi –  
vulcano – salina – maratea – capri – procida

## THE PHLEGRAEAN ISLANDS, CAPRI, SORRENTO AND AMALFI COASTS

This group of islands created by powerful underwater volcanoes includes Procida, Ischia and the uninhabited Vivara. All of the islands have fascinating marine life and Ischia is renowned for its thermal baths and rich vegetation. Our base in Procida is the perfect starting point for visiting the below mentioned places as a tour of its own or as part of a trip to the Aeolian Islands.

### PROCIDA

Procida is a beautiful and historic island, has the highest population density of all the Italian Islands and is the home of the main Sail Italia base. It is home to the colourful and picturesque bay of Marina di Coricella with its fishing boats and Mediterranean houses that makes it one of the most photographed and colourful spots in the world. Terra Murata is the oldest part of the island which is a particularly interesting place to explore by foot. The church and abbey of San Michele has a small but fascinating museum which is full of antique books, religious artefacts and nativity scenes. Procida has a very strong sailing tradition, the local cuisine is excellent and a series of roads enables visitors to visit even the most isolated places. Procida has many beautiful beaches including Chiaia, Chiaiolella and Pozzo Vecchio. Around the island there are many beautiful bays especially in the areas of Chiaia, Pozzo Vecchio and the island of Vivara. Vivara Island is attached to Procida by a bridge and is a national park with many species of migratory birds. It is not possible to enter Vivara however it is pleasant to tour around by boat.

The local cuisine is excellent with a large array of seafood, excellent local vegetables and fruit, wine and the famous liquor "limoncello" made from lemons that grow in abundance on the island. Locally reared rabbit is a Procidian speciality and something to be tried. There are many restaurants along the main port, Marina Grande and also at Marina di Coricella which provides a truly picturesque dinner setting. There are also excellent restaurants along the beach shores.

### ISCHIA

Ischia is a large island of rich vegetation with an ever changing landscape. It is situated only 3 miles from our base in Procida. It is an extinct volcano and the promenade of Mt Epomeo offers spectacular views and excellent restaurants. There are many beautiful beaches and bays around Ischia and its principal attraction is the thermal springs. The many hot springs gushing out at high, medium and even cold temperatures are rich in minerals and for centuries have helped people with a variety of illnesses. There are many natural springs around the coast and also thermal gardens which have many different types of water therapy, swimming pools and beach access. The latter usually have an entrance fee. Two of the most famous are Negombo in Lacco Ameno and Poseidon Garden in Forio.

The natural spring of Marina di Sorgeto is very busy and located between Capo Negro and Punto dei Chiarito. The spring warms the cold sea during the winter season.

There are 6 villages and towns on the island: Ischia (divided into Ischia Ponte and Ischia Porto), Barano d'Ischia, Casamicciola Terme, Forio, Lacco Ameno and Serrara Fontana which includes the beautiful small port town of Sant'Angelo. The main harbour of Ischia Porto is very busy and there are also large ports at Casamicciola and Forio. The small port of Sant'Angelo is by far the most



picturesque and we recommend anchorage here. It is however difficult to find a place and it is much better to visit during the week instead of the week-end. It is possible to anchor outside Sant'Angelo on the east side in front of Spiaggia dei Maronti and on the west side in the Bay of Sorgeto where there is the thermal water meeting the sea. In between the beautiful Punta San Pancrazio and Ischia Ponte there are two wonderful restaurants that can only be reached by sea. There is a particularly beautiful beach on the north side at the bay of Cala di San Montano. At Lacco Ameno there is safe buoy anchorage. Ischia Porto has excellent restaurants and shopping as does Ischia Ponte. At Ischia Ponte there is the interesting Castello d'Ischia which is an Aragonese castle built in 1438 with origins dating back to 475BC. It is worth a visit to receive a historical account of the island and also for its truly stunning views of the island.

There is good anchorage on the north and south sides of the castle and from here you can go by dinghy to Ischia Porto. There seems to be two faces to Ischia, the south is more green and wild whereas the north is more inhabited. For this reason the southern area has the most beautiful coastlines.

Ischia cuisine is excellent with a wide selection of seafood and local wines.

## CAPRI

The stunning island of Capri is surrounded by a deep sea due to the fracture which separated it (probably 10,000 years ago) from the peninsula of Sorrento. Capri is world famous and well loved for its cosmopolitan, exclusive feel. There are excellent restaurants and a large selection of prestige shopping. It is less than 20 miles from our base in Procida and lies to the south of Procida and Ischia. It is a good stop during a trip to or returning from the Sicilian islands.

The main port is on the north side of the island and it is very difficult to find a place especially during the weekend and between June and September. Also note that it is very expensive. There is good anchorage on the south side at Marina Piccola. There is a lovely bay, good restaurants and a fantastic view of the huge rock formation "Faraglioni". Capri has no sandy beaches and is really a spectacular island with its craggy rocks, caves and grottos. The sea is very deep so there is not a lot of places for safe anchorage however there is places before and after Punta Ventroso and around the west side of the Faraglioni between Marina Piccola and Punta Ventroso. For overnight anchorage we only recommend Marina Piccola. Capri has two main towns. The largest of these is Capri Town, which is located on the eastern half of the island and is where most of the island's hotels, restaurants and shops are to be found. The town's location offers spectacular views of the Gulf of Naples and the Sorrento Peninsula.

From Capri, a short bus ride will transport you to the smaller town of Anacapri, perched near Monte Solaro at an elevation of 300 metres. Piazza Umberto is Capri Town's main square and the island's heart. The square itself offers spectacular views of the island's cliffs and bright blue water of the Gulf of Naples. A number of narrow and winding alleys branch out from central square allowing you to explore more of this very picturesque town by foot. Another popular attraction is the magical Blue Grotto, an ocean cave located on the northwest side of the island. Light mysteriously enters the cave from below and illuminates the water contained therein. Visitors are amazed at the unique refraction of light that causes the water in the grotto to glow a brilliant deep, bright blue - the whole cave is illuminated in an ethereal blue neon light. To reach the cave you may purchase a ticket at Marina Grande for a 90 minute boat ride around Capri to the grotto. Upon arrival you will be transferred to a smaller boat and rowed by a guide through the cave. Also worth visiting is Vill Jovis, ruins of Capri's largest and most luxurious imperial Roman villa. It is located on a beautiful cliff on top of Mount Tiberio, about 1,200 feet above sea level.



## SORRENTO COAST

Along the coast to Sorrento from Capri there are a lot of beautiful bays, traditional restaurants and places of interest. There are many restrictions so always check with local authorities. The Marina della Lobra or the Sorrento main harbour are good places to take the train to Pompei. Pompeii is one of the world's most important archaeological sites and a day trip there is highly recommended. It was a thriving city until it was destroyed by the eruption of the volcano of Vesuvius in 79 A.D which left it as a city literally frozen in time.

## AMALFI COAST

The Amalfi Coast is a beautiful 50 kilometre stretch of mountainous coastline situated on the Sorrento peninsula between Sorrento and Salerno, just south of Naples, in the region of Campania. This coastline is dotted with small picturesque villages and towns stacked precariously on steep, pale rocky cliffs plunging sheer into the Mediterranean Sea. **Amalfi** is the largest town on this stretch of coast and is a small and picturesque seaside resort, famous for its glorious history as a maritime republic, has some spectacular scenery, and great weather conditions. The white, pink and yellow cottages are surrounded by whitewashed courtyards and winding alleys that makes a walking tour a pleasant experience. Amalfi also has several historical monuments that are worth visiting, such as the Cathedral, the old dockyards and the old Paper Mills where the famous paper of Amalfi was made in the past. Many buildings in the town are surrounded by immaculately kept gardens and terraces, lemon trees, and grape and olive vines. Fuel, water and amenities are available.



**Positano** at the start of the Amalfi coast is a beautiful town built up and along its steep hill. The town is very beautiful, with its typical mediterranean architecture and fine views. The small streets and the flights of steps that characterise Positano offer a wide variety of small shops, typical workshops, ateliers, and cafes. It is a great place for shopping or just strolling and wandering around. Positano is popular for the production of clothes, lemon liqueurs and sweets, handmade shoes, and many other specialities. It has an ancient history as part of the medieval Republic of Amalfi, but there are very few finds from that period. The most part of the monuments date back to the 18th century. The church of Santa Maria Assunta, near the beach, has a beautiful dome and some artefacts

After Amalfi there is the small harbour **Minori** and continuing on a few miles there is the small fishing harbour of **Cetara**. There is a beautiful saracen defence tower overlooking the town and it is the quiet marine centre of the Amalfi coast. It has a strong fishing tradition and the sea offers plenty of fish, partly salted and sold in jars. It has a lovely beach and is truly a wonderful place to visit.

Pay special attention when crossing from **Punta Licosa** and always stay at minimum 3 miles from the coast.

After Punta Licosa there is beautiful coastline and fuel, water and amenities are available from **Acciaroli**. Continuing on from Acciaroli to Palinuro there is spectacular scenery and coastline. The port of **Palinuro** is on the north side of the point. On the south side of the port there are lovely bays, Isolotto del Coniglio and the beach, Spiaggia del Buon Dormire.

After Palinuro we recommend continuing south to **Marina di Camerota** which has a harbour and fuel, water and amenities are available. Marina di Camerota

is a picturesque fishing town and beach resort in the heart of the Cilento region, between Capo Palinuro and Sapri. It nestles in a curve along a coastline thick with olive trees, between two small promontories, each dominated by a tower.

After Camerota is the **Bay of Infreschi** which is extremely beautiful, has fantastic swimming waters and excellent restaurants. After Bay of Infreschi we recommend crossing directly through **the Gulf of Policastro to Maratea** which has a small harbour, quay anchorage, fuel and water supplies. The town is built on the hill like in Camerota. Continue along the coast to **Isola di Dina** and from here cross to the Aeolian islands.

## PONTINE ISLANDS

### PONZA

Ponza is a popular island for water lovers and has spectacular ragged coastline, cliffs and caves. Monte La Guardia is Ponza's highest point and from there you can admire the beauty of this narrow, long and half-moon-shaped island. The busy port of Ponza offers anchorage, fuel, water and amenities however it is expensive and doesn't provide protection from north-east, east and south-east winds. The port area has nice shops and some excellent restaurants. A good alternative is to anchor in the following areas: Between Punta Santa Maria and Cala Inferno and between Punta Frontone and Cala d'Inferno which has a very beautiful beach and good protection from westerly, north-westerly and south-westerly winds

The bay of Chiaia di Luna has fantastic caves and good protection from south-easterly, easterly and north-easterly winds. This beach is connected to the town by a tunnel that was dug out by the Romans and contains archaeological remains.

Between Faraglioni and Capo Bosco there are excellent swimming waters and between Cala di Feola and Cala dell' Aqua there are excellent swimming areas, caves and grottos with protection from south-easterly, easterly and north-easterly winds. We recommend you don't miss exploring with dinghy the caves between Cala Chiaia di Luna and I Faraglioni.

Also don't miss the famous Arco Naturale (natural arch) located behind the rocks of Evangelista in the north east of Ponza.

### GAVI

Gavi is a small island on the extreme point north of Ponza. It is not possible to pass between the island of Ponza and the island of Gavi. It is a beautiful area with many small rock formations rising from the sea and for this reason it is necessary to pay special attention when sailing through the area.

### PALMAROLA

Palmarola is the most western and second largest of the Pontine islands. The island offers remarkable geographical sights such as the oxidianic, multi coloured rock composition of the cliffs, caves, crags and bays. One side is protected from north-westerly, westerly and south-westerly winds while the other side is protected from south-easterly, easterly and north-easterly winds.

If the weather is not good we suggest that it is better to stay at Ponza.

The most famous bay is that of Cala del Porto which has good anchorage and protection from easterly and north-easterly winds. On land here you will find the only two restaurants on the island which specialise in seafood dishes and local specialities. The rest of Palmarola is uninhabited. There are many beautiful areas to swim in crystal clear waters and many interesting caves to explore.



Punta Tramontana on the north side is a great place to stop for a few hours. Good places to anchor include the area between Faraglione di Mezzogiorno and east of Scoglie di Suvace and the area between Punta Vardella and Scoglie Forcina which offers protection from north-westerly, westerly and south-westerly winds. Pay attention to the Secca Zirri and do not pass between Punta di Mezzogiorno and Faraglioni Mezzogiorno.

## **ZANNONE**

Zannone Island has a surface area of little more than 1 square kilometre. It is part of the Circeo National Park because of its beauty and the integrity of its environment. The island is uninhabited but monitored by Forestry Services. Zannone has a sedimentary origin as opposed to the volcanic origin of the other Pontine islands. There are ruins of a Benedictine convent and a natural museum that are interesting to explore. There are two possible anchorage points: Capo Negro in the north and Punta Varo in the south. The Secca del Varo and Secca del Mariolo between the west and south-west coast is a rocky, shallow area where extreme care must be taken. It is a lovely island for swimming and a day visit however we don't recommend staying at anchor overnight as there is not good wind protection and it is not safe with south-easterly, easterly and north-easterly winds.



## **VENTOTENE**

Ventotene is a small island that was formed by volcanic activity and has generally high and ragged coasts and two small, beautiful beaches behind the built up area: Cala Rossano and Cala Nave. In isolated areas away from the port there are other stretches of beach such as Parata della Postina, Moggio di Terra and Parata Grande. The rugged nature of the coastline invites many interesting and pleasant stops such as around the Scoglio La Nave in the east part of the Ventotene sea. There are two in port anchorage possibilities: Porto Romano (The Old Roman Port) which is small and very beautiful and Porto Nuovo (The New Port) is not as picturesque but cheaper. Note that at Porto Nuovo there is usually some sea swell movement. Fuel, water and amenities are available.

The west side boasts two fantastic bays; Cala Parata and Punta Pascone. At the council centre (commune) there is an interesting Museum of the Sea ( Museo del Mare) which provides an interesting history of the area.

## **SANTO STEFANO**

Santo Stefano is the smallest of the Pontine islands. It is of volcanic origin and uninhabited. Sailing around the island offers fascinating views enhanced by the intensely blue coloured sea and by the dark and ragged basaltic rocks. The sea beds around the island are full of many different species of fish. A visit to the island offers spectacular views from the top of sheep cliffs and takes in the panorama of the stretched shape of Ventotene and, looking south, the high mountain profile of Ischia. The south part is protected so it is not possible to anchor there. Currently the only anchorage allowed is in the north part of the island near an old Borbon built prison which is interesting to walk around and visit if possible.