

## ITINERARY - 14 DAYS ON THE AMALFI COAST

**Day 1:** Overnight at Pozzuoli, and make sure you try the Margherita as Naples is the birthplace of pizza.

**Day 2:** Head to Procida after lunch, the smallest island in the bay, and stroll around the colorful harbor. Sail around the coast to Vivara, which is connected to Procida by a bridge. This island is home to a nature reserve with rare plants, rabbits and birds, but check online for opening times.

**Day 3 - 4:** Make for East side of Ischia, the largest island in the bay of Naples and a popular coastal destination. Explore the island's 34km of volcanic coastline and views of Capri. Enjoy its thermal water and spas, mountains and hidden coves. Ischia Porto, Casamicciola, Lacco Ameno or Forio are some beautiful village with very good marinas.

Castello Aragonese bay is an unforgettable place to stay at the anchor

**Day 5:** Head to Ventotene, a very small island full of nature and history and with beautiful bays. Do not forget to swim inside roman swimming pool or visiting the Roman port. Close to Ventotene ( 0,5nm) the Santo Stefano island will bring you in the past; do not forget to visit the old prison.

**Day 6:** Other 20 nm and you'll be in Ponza, the most famous of Pontine Islands. The color of the sea and the hundreds of bay will leave you without words

**Day 7-8:** Visiting Ponza island and exploring the uninhabited Palamarola with its magnificent bays. A night at the anchor in Palmarola it is an unrepeatable experience.

**Day 9:** Sail back for 40 nm and stop in the amazing bay of Sant'Angelo (Ischia west side).

**Day 10:** Sail 19 nm from Ischia to Capri. Get to know the island's Faraglioni rocks, visit the Blue Grotto and watch the amazing colour of the water as the sunlight hits the caves or enjoy the ambience at Marina Piccola.

**Day 11:** Enjoy the morning and lunch in Capri and sail directly to Amalfi coast. Nerano bay, Li Galli Islands, Positano, Furore, Citara, Amalfi, Ravello are just some of the places that absolutely must to be visited.

**Day 12:** Amalfi coast

**Day 13:** Early morning sail back to Pozzuoli passing from the Amalfi coast to Sorrento Coast. Stop in Sorrento for lunch and then the last 15nm to DYC base.

**Day 14:** Disembark.

Do not forget enjoy a day exploring Mount Vesuvius, which towers above Naples, or Pompeii to see the Vesuvius National Park and stand on ground that was once destroyed by the disastrous eruption of AD 79.