

Cycling  
Guided

Turkish Caique

## Italy



### Tour description

Day 1	
Castellammare di Stabia	
Day 2	14 km
Pompeii	
Day 3	34 km
Sorrento - Positano -Amalfi	
Day 4	27 or
Minori -Vietri -Cetara(Ravello)	37 km
Day 5	
Capri	
Day 6	20 km
Ischia	
Day 7	Walk
Procida & Solfatara volcano	
Day 8	
Back to port	

## Floating Adventures: Amalfi Coast

This is a journey that will take place both on land and sea, taking in the hidden treasures of the Amalfi Coast. We take the time to discover the coastal towns and islands in the Gulf of Naples. We cycle the winding roads from town to town, exploring the architecture, ruins, culture and cuisine. We enjoy an espresso with a delicious gelato or the famous Neapolitan desserts.

We cruise on board a caique, a traditional Turkish vessel built with mahogany wood, which will make for an unforgettable and relaxing holiday joining together the antique charm of an ancient vessel with all the modern amenities. We enjoy the wonderful meals, often served under the stars, just taking in the wonderful views. We combine sailing, cycling and walking as we explore the narrow streets of Capri, Pompeii, Procida, Ischia Islands, and Sorrento.

Using a small, intimate sailboat as our transportation, one can ride as much or a little as you like. Certainly some of the best days may be those that you relax and indulge into the local flavours.

### Fast Facts

#### Includes:

- 7 nights onboard accommodation
- Guide, and support
- Most meals included (breakfast, packed lunch and 6 dinners on board)

#### E-Bike Info:

- E-bike rental: \$350
- Limited supplies on board, reservations are recommended upon booking



## Tour Details 2020

### Saturday departures:

April 25 to June 20

August 29 to October 10

Cost: \$2195 per person

Single Supplement: Add 50%

Bike rental: \$175

Port fees: \$120 per person

Length: 8 days / 7 nights

Grade: Moderate with hills

Starts / Ends: Castellammare di

Stabia (outside Naples)

### Day 1 Individual Arrival

Embark on your floating hotel at 18:00 at the Marina di Castellammare di Stabia and start with a welcome drink, dinner and presentation of the program.

### Day 2 Pompeii 14 km

Cycle trip to Pompeii and visit the ruins and the Villa dei Misteri. It is the biggest open-air archaeological site of the world. A great example of past human life, where the huge eruption of Vesuvius in 79 A.D. fixed forever under ashes and lava men in their daily activities. Sail to Sorrento with a walk about town. Overnight on board at the Marina di Cassano/Sorrento in roadstead or in the port in case of bad weather conditions. +/-40 m

### Day 3 Sorrento - Positano - Amalfi 34 km

In the morning we ride along the Sorrento coast. We cross "Passo San Pietro" where we will cycle along the wonderful road overlooking the sea to Positano. Its colourful houses have been built in an amphitheatre shape, overlooking the sea, giving a unique and picturesque aspect to the village. Then continue towards Amalfi, one of the highlights of any trip to the coast. We suggest the visits to the cloister of Paradise and the church in the main square. Take a walk along the main street that is connected with many narrow streets and laneways. You are free for dinner. Overnight in port in Amalfi. +/-700 m

### Day 4 Amalfi - Minori - Vietri - Cetara 327 km+ alternative Ravello 37 km

From Amalfi we continue to cycle along the coast, passing the villages of Minori, Maiori and Cetara. It is possible to challenge yourself by riding up to Ravello (appx. 10 km uphill), where there is a classic main square with lovely views of the valley below. We suggest a visit to Villa Cimbrone and Villa Rufolo, whose architecture (a mélange of Arab, Sicilian and Norman style) was an inspiration for Wagner. We return on the road along the coast to finally reach Vietri and Salerno and come back to the boat. Overnight in the small fishing port of Cetara. +/-600 m / +/-700 m

### Day 5 Capri

We sail to Capri where today we explore the Island on foot. Walk with the group or on your own as we reach the village of Capri with its famous "piazzetta" and continue to the Faraglioni. Discover the panoramic views from the cliff taking in the Gulf of Naples and Vesuvius. In the afternoon we will sail to Ischia and overnight in the port of Ischia Casamicciola.

### Day 6 Ischia 20 km

Cycling from the port of Ischia we explore the west part of the island and savour the scents and flavours of the Mediterranean sea. We may visit little museums in some of the small villages we pass through. Once we reach the spa village of Sant' Angelo, you have the opportunity to enjoy the thermal baths or sit back and have a coffee in the lovely town. +/-300m

### Day 7 Procida - Solfatara volcano - Napoli

We sail up to Procida and explore the town and the San Michele Abbey on foot. Return to the boat to continue to Pozzuoli, in the bay of Naples. We take a walking tour of the historical city centre of Pozzuoli with a stop at the Roman Amphitheatre, the third biggest amphitheatre of the roman empire. In the afternoon we return to the boat and return to Marina di Castellammare di Stabia. Overnight in the Marina of Castellammare di Stabia.

### Day 8 End of services

Disembark after breakfast at 9 am. Taxis can be arranged for those who would like to return to Naples.

*\*\*The captain and the guide reserve the right to make alterations to the itinerary, depending on wind and weather conditions or organizational requirements including staying in roadstead.\*\**



# What to Expect

## What will the weather be like?

The weather is nice and cool especially in the mornings and evenings. A sweater or fleece would be useful. It may rain in the spring so rain gear for cycling is highly recommended.

## How many hours of cycling a day?

You can cycle from 4 to 6 hours a day depending on your fitness level. There are several breaks during the day to get off the bicycle and walk around. The route is always hilly, you are either going up or down, rarely flat. There are 2 days of walking in this tour.

## How fit do I need to be?

The fitter the better, but even a fit beginner will enjoy this trip. The biggest issue may just be getting accustomed to sitting on a bike for hours a day, so get used to riding on a bike before coming out.

## What are the accommodations like?

There are only 5 cabins that are all fitted with 1 or 2 beds, a bathroom with sink, toilet and shower. The main common areas include the upper outdoor deck with the dining rooms and lounge. We wish to specify that this is not a sailing trip. The ship is a motor vessel, it has sails but the navigation is powered by engines.

# Getting There

Flying to Naples is the easiest, or Rome, then connect by air or train to Naples.

Take a local taxi to the boat (33 km approx. cost 50-60€).

Transfers can be arranged to/from Naples airport or train station: 50€ per person/way, reservations required upon booking.

# Extra Costs

- One dinner in Amalfi
- Entrance fees (museums, parks, monuments)
- Tips for crew and guide
- Lactose free, vegan and gluten-free diet add \$100



# How to book your holiday

- Contact our office to make sure there is space available. One of our travel planners will walk you through the entire process.
- Download the reservation form from our site and send in completed form by fax or email. Once this is done, your space is confirmed and a pre-departure packet will be sent.
- A deposit is required immediately, and final payment is due 60 days prior to the trip departure. Terms & conditions are outlined in our Reservation Form.
- Plan your air travel as soon as possible.
- We encourage you to purchase travel insurance, either through us or a travel insurance provider directly.
- Ensure you are in proper health for the trip chosen. Contact us, for more information on vaccinations, inoculations, and fitness requirements.