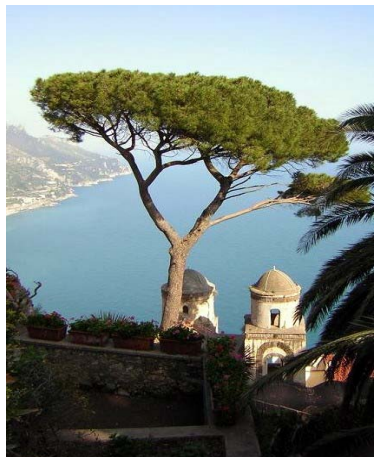


## ITALY – THE GULF OF NAPLES AND AMALFI COAST

8-days / 7-nights moderate cycling to exploring, Sorrento, the Isle of Capri, Salerno & Pompei



This is a journey that will take you both on land and on water, discovering the natural treasures and cultural heritage along the Amalfi Coast and the Gulf of Naples. It is not just a matter of watching and observing, but a truly active journey intended to combine sailing and relaxing with cycling along the narrow streets of Capri, past the foot of the impressive Mount Vesuvius near Pompeii, and then cruising to the Procida and Ischia Islands, ending your tour in spectacular Sorrento.

Bike and Boat cruises combines two popular ways of exploring Europe (easy to moderate cycling with island or coastal cruising). They allow partners of different abilities and interests to holiday together (trips are just as interesting for non-cycling partners, leisure cyclist OR enthusiasts), you unpack once and come 'home' each night to a wonderful meal and a comfortable cabin with your own bathroom. These cruises are rapidly becoming the thing to do in Europe appealing to the more active mature traveller.

These cruises offer the opportunity to explore beautiful countryside and historic cities sampling local wines and fresh seafood in the company of like-minded cyclists. Tours are conducted in English but passengers may include a mix of different nationalities - including English or German speaking with French, Italian or Dutch as the other main languages - adding to the cultural enjoyment of the tour.

**Departs:** Every Saturday from 21<sup>st</sup> May – 23<sup>rd</sup> June & from 1<sup>st</sup> September – 20<sup>th</sup> October for 8-days / 7-nights

**Cost:** AU\$1940 per person twin share Single cabin supplement AU\$1285

**Departs:** Marina di Castellammare di Stabia near Naples

**Highlights:** include overnight stays in Castellammare di Stabia, Sorrento, Amalfi, Salerno, Capri, Ischia & cycling the Sorrento coast – Amalfi coast – Pompei – Capri – Ischia and Procida (average 30 - 40 km per day - with one or two challenging ascents)

**Cruise includes:** 7-nights in a double/twin cabin with bathroom, 6-dinners from dinner on day 1 to breakfast on day 8 (picnic lunches & 1-night own dinner), English speaking guide, bike hire (21-speed), sheets and towels etc.

Your accommodation is on an extremely comfortable, traditional sailing boat or gulet (24-metres long and 6.6-metres wide) finished in mahogany. There are just 6 cabins (4-doubles and 2-twins) accommodating up to 12 passengers. All cabins are air-conditioned with a private bathroom with a hairdryer, shower and 1/4 bathtub. All cabins have LCD TV and Hi-Fi and a small wardrobe (space for large hard suitcases is limited). Each cabin has a porthole that can be opened. There is a large solarium onboard for guest's use and beach mattresses. The rear deck is covered and shaded with a table for breakfasts and dinners.

**Not included in tour:** Transfer to/from the tour, drinks, entrance fees (museums, parks, monuments), gratuities or personal extras. Note in exceptional cases, 2 nights spent in port instead of anchored at sea on nights 4 and 6 (if necessary, due to inclement weather/sea conditions – approx. 20€ - 50€ per person per night, paid locally)

**Call OUTDOOR TRAVEL on 1800 331 582 for details or reservations**

The meals that are served onboard are inspired by recipes and ingredients found in local markets and seaside villages along the route. Carpaccio, fresh seafood and vegetables, pasta, meat and the wild herbs of the Mediterranean Campania, are just some of the many options provided.



**Suggested itinerary:** subject to weather & sailing conditions – note the itinerary may be operated in reverse

#### Day 1: Arrive in Naples

Plan to arrive by 6.00pm at the port of Marina di Castellammare di Stabia when you will be welcomed shown to your cabin and around the boat by the crew. There is time for bicycle fitting and a presentation of the week's program before dinner.

#### Day 2: Cycle trip to Pompeii (14 km)

Today we cycle to Pompeii with a chance to explore enroute. We can see the Villa dei Misteri - the largest open-air archaeological site of the world – where life can be seen before it was fixed forever under ashes and lava caused by the eruption of Mount Vesuvius in 79 A.D. In the afternoon we return to the Marina di Castellammare and cruise towards Sorrento where we stay overnight at the port.

#### Day 3: Sorrento – Positano – Amalfi (34 km)

Time to discover Sorrento before we follow the coast crossing “Passo San Pietro” (St. Peter's pass) to the Amalfi coast, where our route overlooks the sea to Positano. Here the colorful houses have been built tiered and theatre style wonderful views over the cliffs, beaches and bays. After Positano we continue towards Amalfi, a former powerful Mariner Republic at the end of 10<sup>th</sup> Century. Time to explore here, perhaps visit the church and cloister of Paradise and the many narrow streets leading to the fisherman's houses near the sea. We return to the boat and stay overnight in the port at Amalfi.

#### Day 4: Amalfi – Minori – Cetara – Vietri – Salerno – Capri (22 km) + alternative Ravello (33 km)

From Amalfi we continue our ride along the coast, with an ‘undulating’ route again overlooking the sea, through the villages of Minori, Maiori and Cetara. It is possible to make a detour and go up to Ravello to see the main square with the spectacular dome of Saint Pantaleone's church (the blood of this saint is said to liquefy every year on 27<sup>th</sup> July). From the village, 300 metres above sea level, you can enjoy a view of the Gulf of Salerno and to the Cilento mountains. We also suggest a visit to Villa Cimbrone and Villa Rufolo, where the architecture (a mélange of Arab, Sicilian and Norman style) was an inspiration for Wagner. We then return to the road along the coast and reach Vietri and Salerno where we rejoin our boat and cruise to the Isle of Capri for a swim and to admire the Amalfi coast from the sea. Our overnight will be moored at sea, just off Capri.

#### Day 5: Capri

Today the tender takes us to the Marina Granda, Capri and we explore the Island on foot, walking to the village of Capri itself with its famous “piazzetta”, and, if time allows we can visit the “Grotta Azzurra”. From atop the cliffs we can view a panorama of the Gulf of Naples dominated by Mount Vesuvius. We return to the boat to sail past the famous “faraglioni” (rock crags). Our overnight stay will be in port on the Island of Ischia.

### Day 6: Ischia (37 km)

Today we cycle across the island delighting in the scents and fragrances of the Mediterranean. At the thermal village of Saint Angelo we re-board the boat and stay overnight. Moored at sea just off Ischia.

### Day 7: Island of Procida and Napoli

On our final day we cruise to Procida and explore the port, perhaps visiting the Abbey of San Michele. We then sail to Napoli and explore the city. Starting from "Spacca Napoli", we will visit the city centre that is characterised by its narrow streets, baroque churches and ancient palaces. Highlights include the San-Carlo theatre, the Gallery Umberto the First and the Plebiscito Square. In the afternoon we return to the boat to sail back to the port of Marina di Castellammare di Stabia where we will spend our last evening.

### Day 8: Tour ends near Naples

Tour ends after breakfast. Disembark at 9am.



We offer this as a Bike & Boat cycling tour however, you can decide each day if you want to join the bike ride cycling as part of the group with the guide or independently or not to ride at all if you prefer to stay with the boat.

Outdoor Travel offers Bike & Boat cruises to many areas of Europe including the Dalmatian coast of Croatia, the islands of Greece & Turkey. We also have similar tours in Vietnam & several canal & river Bike & Boat routes in Holland, Belgium & Germany – along the Saar, Moselle & Rhine or in Italy.

Other sailing holidays are available in Corsica, Tuscany or Sicily & also in Australia or New Zealand. Inn-to-inn guided or self-guided cycling tours are available in most destinations in Europe, Australia & New Zealand.

**Contact the experienced staff at Outdoor Travel for more details and reservations:**

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