

## ITALY – THE GULF OF NAPLES AND AMALFI COAST

8-days / 7-nights moderate cycling exploring Sorrento, the Isle of Capri, Salerno and Pompeii



This is a journey that will take you both on land and sea, discovering the natural treasures and cultural heritage of the glittering gems of Italy, the Amalfi Coast and the Gulf of Naples. This is not just a matter of watching, but a truly active journey intended to combine sailing and relaxing with walking along the narrow streets of the Isle of Capri, sightseeing at remarkable Pompeii, cycling past the foot of the impressive Mount Vesuvius along the peninsula to Amalfi, Positano, Salerno, cruising to the Procida and Ischia Islands and to spectacular Sorrento.

Bike and Boat cruises combine 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 leisure cyclists OR cycling 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 cycling 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 25<sup>th</sup> April – 20<sup>th</sup> June and 29<sup>th</sup> August – 10<sup>th</sup> October 2020

**Cost:** \$2750 per person twin share including bike hire Single cabin supplement: \$1205

**E-Bikes:** Available for hire at extra cost – limited availability so please book early

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

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

**Cruise includes:** 7-nights in a double/twin cabin with bathroom, all meals (except dinner one night) from dinner on day 1 to breakfast on day 8 (picnic lunches), water with meals, English speaking guide, bike hire (24-speed hybrid), port fees.

Your accommodation is on one of two comfortable, traditional wooden sailing boats or caiques (24-metres long and 6.6-metres wide) finished in mahogany. There are just 5 cabins (doubles or twins) accommodating up to 10 passengers. All cabins are air-conditioned with a private bathroom. All cabins have a small wardrobe (space for large hard suitcases is limited). There is a sundeck and beach mattresses. The rear deck is covered and shaded with a large table for breakfasts and dinners.

**Not included in tour:** Transfer to/from the tour, one dinner in Amalfi, drinks, bike insurance, entrance fees (museums, parks, monuments), gratuities or personal extras.

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



**Suggested itinerary:** *subject to weather or sailing conditions always at the discretion of the captain / tour guide.*

#### Day 1: Arrive in Naples

Plan to arrive by 6.00pm at the port of Marina di Castellammare di Stabia (less than an hour by train from Naples). You will be welcomed and shown to your cabin and around the boat by the crew. There is usually time for bicycle fitting, a short ride and a presentation of the week's program before dinner onboard the boat.

#### Day 2: Cycle trip to Pompeii

**cycling @ 14km**

Today we cycle to the world famous site of Pompeii. With the services of a professional tour guide 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, weather permitting, we moor overnight either just offshore at the Marina de Cassano or in the port itself.

#### Day 3: Sorrento – Positano – Amalfi

**cycling @ 34km**

Time today to explore Sorrento. Then we follow the coastal road by bike and the "Passo San Pietro" (St. Peter's Pass) to the Amalfi Coast. Our route overlooks the sea as we ride to Positano, where colourful houses are built tiered and theatre style and there are wonderful views over the cliffs, beaches and bays. After Positano we continue towards Amalfi, a powerful Marine Republic at the end of 10<sup>th</sup> Century, with 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 overnight in the port at Amalfi. Dinner is at your own arrangement.

#### Day 4: Amalfi – Minori – Vietri – Cetara

**cycling @ 27km or alternative via Ravello @ 37km**

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. For those feeling energetic 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 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 the composer Wagner. We return to the road along the coast and reach Vietri where we re-join our boat. Our overnight will be moored at the small fishing port of Cetara.

#### Day 5: Capri

**No cycling**

Today we cruise to Capri and then the tender takes us to the Marina Piccolo and we explore the Island on foot, walking to the village of Capri itself with its famous "piazzetta", and continue on to the famous "faraglioni" (rock crags). 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 to our overnight stay in port on the Island of Ischia.

## Day 6: Ischia

cycling @18km

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

## Day 7: Island of Procida and Pozzuoli

No cycling

On our final day we cruise to Procida and explore the port on foot, perhaps visiting the Abbey of San Michele. We then sail to Pozzuoli, in the bay of Naples, where we set off on foot to visit 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 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.



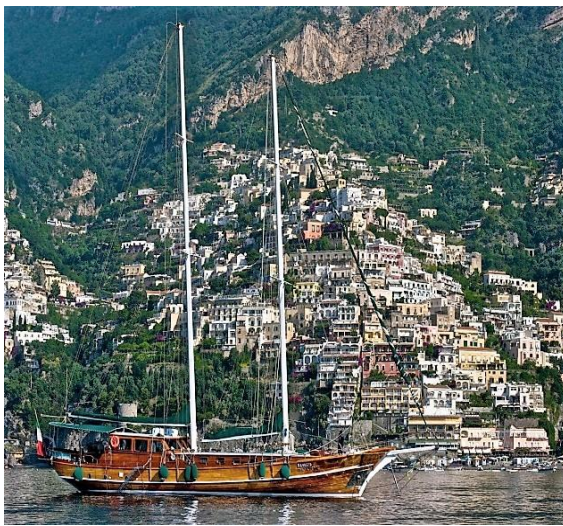
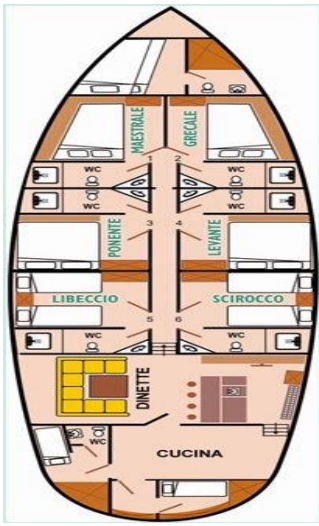
We offer this as a Bike & Boat cycling tour however, you can decide each day if you want to join the cycling as part of the group with the guide or independently or not to ride at all if you prefer to stay with the boat. Non-cycling passengers are welcome on these tours but whilst there may be guided walks in the evenings there are no sightseeing provisions for non-cyclists on cycling days.

**Outdoor Travel** offers Bike & Boat cruises to many areas of Europe including the Dalmatian coast of Croatia, the islands of Greece and Turkey. We also have similar tours in Vietnam, and several canal and river Bike & Barge routes in Holland and Belgium – from Amsterdam to Bruges or reverse – and Germany, along the Saar, Moselle and Rhine rivers, or in the Venice Lagoon and Po River Delta or the Island of Sicily in Italy.

Inn-to-inn guided or self-guided cycling tours are available in most destinations in Europe, in Canada, the USA, in South Africa, Japan and New Zealand.

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

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