

Cycling Europe

ITALY'S MAGNIFICENT AMALFI COAST & GULF OF NAPLES 2020

BIKE & BOAT - 8 DAYS/7 NIGHTS - GUIDED CYCLING

What a magical experience! Exploring the stunning coastline of the Sorrentine Peninsular and the beautiful islands of the Gulf of Naples by bike and boat. Steep sided cliffs and ancient villages, pathways infused with the scent of lemons, lively resorts that retain the charm of old fishing villages - it's all there waiting for you on this active, cultural and scenic journey.

When not cycling and sightseeing, you'll cruise the azure waters on a traditional style caique with plenty of time to swim and relax. Highlights include Mt Vesuvius and the remarkable archaeological site of Pompeii; the famous islands of Capri, Procida and Ischia, playgrounds of the rich and famous; the ancient fishing ports of Amalfi and Positano; and the narrow streets of Sorrento.

CYCLING GRADE: Moderate to energetic.



Elevations between 40 and 700m per day. The daily stages range from 25 to 35 km giving you plenty of time to enjoy the

scenery. Cycling on asphalted secondary roads and on sometimes busy, coastal roads – shared with traffic. There are no bike paths on the Amalfi Coast.



ITINERARY

Day 1: Arrival

Embarkation at 6.00 pm at the Port of Castellammare di Stabia (Naples). Welcome drink, dinner and presentation of the week's programme. Night in the Port of Castellammare di Stabia.

Day 2: Cycle trip to Pompeii

Cycle trip to one of the world's must-sees - Pompeii and the Villa dei Misteri. In the year 79AD Mt Vesuvius erupted and buried the town of Pompeii in a thick layer of boiling ash in seconds. While it wiped out this bustling town, it also preserved everything and everyone exactly as they were. It is the biggest open-air archaeological site in the world and is utterly fascinating.

Return to the Marina di Castellammare and cruise



aboard your caique to Sorrento where you'll be taken on a walking tour of the town. Overnight at the Marina di Cassano or anchored in the port in case of bad weather.

CYCLING: 14 km Ascent/Descent 40m



Day 3: Sorrento – Positano – Amalfi

This morning you cycle along the Sorrento coast, cross "Passo San Pietro" (St. Peter's Pass) and enter the Amalfi coast. The scenery overlooking the sea and up to Positano is breathtakingly beautiful. The colourful houses of Positano have been built in a natural amphitheatre shape giving the village a picturesque aspect.



From Positano continue towards the most powerful maritime republic at the end of 10th century, Amalfi. We recommend visiting the Cloister of Paradise and the beautiful duomo and then walking along the main street that is connected by many narrow lanes lined with white fisherman's houses. Evening free for dinner in Amalfi. Overnight in the Port of Amalfi.

CYCLING: 34 km Ascent/Descent 700m

Day 4: Amalfi – Minori – Vietri – Cetara + alternative Ravello

Continue your cycle on the ups and downs of the coastal route, passing the villages of Minori, Maiori and Cetara. It is possible to make a detour and cycle up to beautiful Ravello (300m). Once there, rest in the tranquil beauty of the main square and enjoy birds-eye views of the Gulf of Salerno and up to the Cilento mountains.

Return to the coast and on to Vietri. Overnight moored in the small fishing port of Cetara.

CYCLING: 27 km Ascent/Descent 600m or Ravello alternative 37 km Ascent/Descent 700m

Day 5: Capri

Cruise to the island of Capri and disembark by tender in Marina Grande (Capri). Today's visit is by foot, to the village of Capri with its famous "piazzetta" and on to the Faraglioni rocks. From above the cliff the view of the Gulf of Naples dominated by Mt Vesuvius is magnificent. This afternoon sail to the island of Ischia where we moor for the night at Port Casamicciola.



Day 6: Ischia

Cycling from Ischia Port explore the western part of the island with its intoxicating Mediterranean scents and flavours, passing little villages along the way and finally reaching the reach the thermal village of Sant'Angelo Overnight at Port Sant'Angelo

CYCLING: 18 km Ascent/Descent 300m



disembarkation after breakfast

Day 7: Procida, Pozzuli – Castellammare/ Napoli

Sail to the Bay of Naples smallest island, Procida, with its picturesque blend of lemon groves and pastel houses. Tour the town on foot with a special visit to San Michele Abbey. Return to the boat and continue to Pozzuli where we disembark to reach a "Solfatara" site – a shallow volcanic crater and part of the Campi Flegrei volcanic area. It is a dormant volcano, which still emits jets of steam and sulphurous fumes. Return on foot to the vessel and sail up to Marina di Castellammare di Stabia (or alternatively, we reach Castellammare by public transport). Overnight in the Marina of Castellammare di Stabia.

Day 8: 9.00 am: End of arrangements with

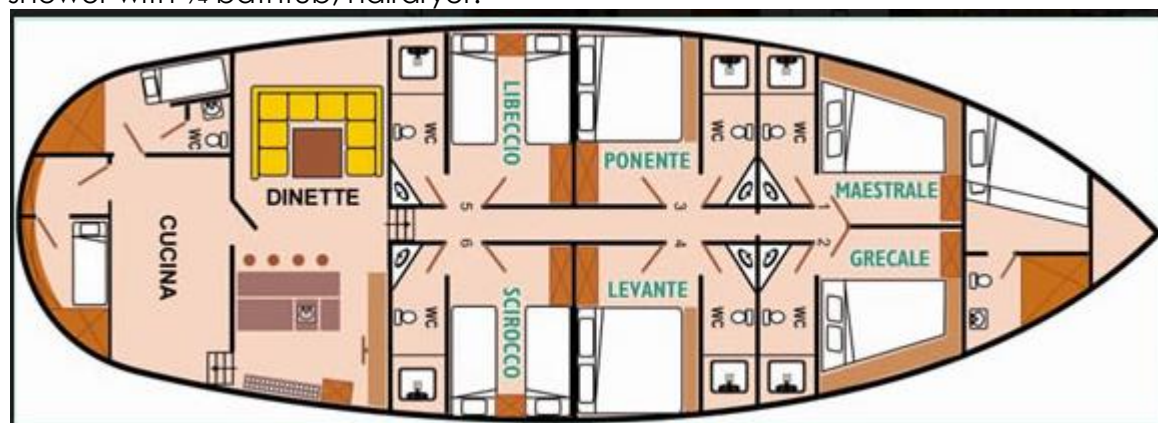
YOUR SHIP

Caique Deriya Deniz

Comfort: *****

5 cabins each with shower & WC.
(4 double cabins + 1 twin cabin with separate beds)

Deriya Deniz is a 24 metres long, 6.6 meters wide caique, with a solid structure and finished in precious mahogany wood. The care taken in the interiors and external spaces provide both charm and comfort. All cabins are equipped with private facilities (WC), hot and cold water, shower with ¼ bathtub, hairdryer.



They all have air conditioning, a little wardrobe, enough space to place bags and luggage (please exclude rigid luggage), a safe and

portholes that can be opened. The ship is furnished with style. It boasts prestigious wood furnishings and fittings, as well as comfortable inner spaces including a spacious dining salon with bar. There is plenty of deck space and comfortable beach mattresses to relax on while enjoying the sounds of the sea. The back deck is covered and has a table for breakfasts and dinners.

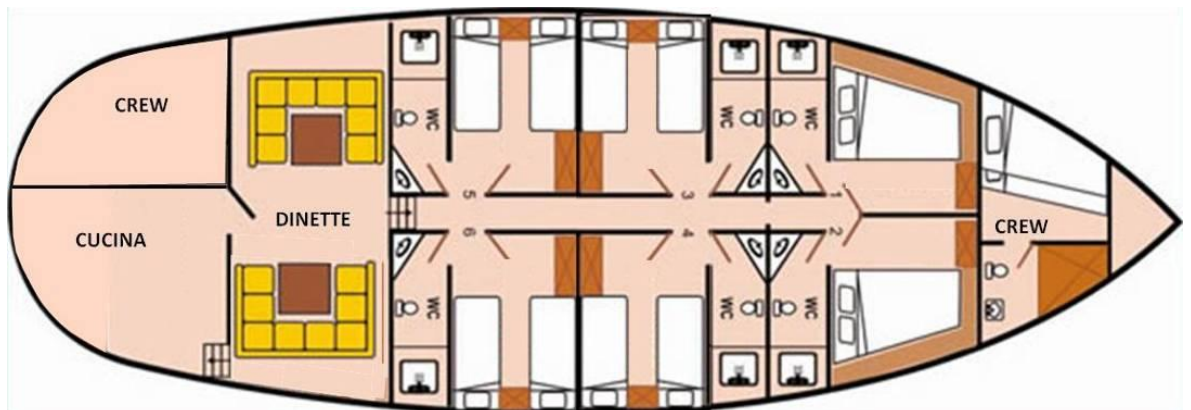


Mariagiovanna (used for charter requests)

Comfort: *****

5 cabins each with shower & WC
(2 double cabins + 3 twin cabin with separate beds)

Mariagiovanna is a traditional Turkish vessel built in mahogany wood and combining the antique charm of an "ancient vessel" with the functionality of a modern boat. The stern and the bow offer large soft cushions, ideal for enjoying relaxing moments watching the amazing landscapes float by. The wonderful hospitality of the 'Mariagiovanna' crew will make your stay onboard a very magical holiday. Comfortable cabins with air conditioning and private bathrooms and WC, provide the maximum of comfort.





Caique Silver Star (used for charter requests or doubled departures).

Comfort: *** plus**

4 luxury cabins each with shower & WC – 8 places maximum
(1 suite, 2 double cabins + 1 twin cabin with separate beds)

Silver Star is a sturdy vessel built in 2006, with quality materials, blending the classic Turkish caique and on the other hand, the most recent modern technological applications.

All cabins have a shower and toilet, hairdryer, air conditioning, baggage space and portholes. There is a large sundeck with comfortable beach mattresses and the rear deck has a table for breakfasts and dinners.



MEALS Simple, nutritious meals on board. Carpaccio, fresh seafood, pasta, meat and fresh Mediterranean herbs are featured on our table.

BIKE TRIPS Pompei - Sorrento Coast – Amalfi Coast – Ischia. Cycling ranges between 14 and 37 km

CHANGES TO THE ITINERARY

The captain and the guide reserve the right to make alterations to the itinerary, depending on wind, sea and weather conditions or organizational requirements. Please note that this is a motor vessel; it has sails but is powered by engines.

2020 SCHEDULE

Departures every Saturday from 25 April to 20 June and from 29 August to 10 October

Minimum 4 participants to operate

2020 TOUR COSTS - EUROS PER PERSON

Double/Twin cabin	€1435 share twin/double cabin
Single cabin	€2120
Bike rental (24 speed)	€90
Electric bike	€180
Port charges	€70 (to be paid in advance)
Helmets:	€10 (pre-book & pay on board)

Note: helmets are mandatory on this tour

Can charter entire boat for Bike & Boat or Trek & Boat - information on request

BIKE INSURANCE FOR DAMAGE AND THEFT

Standard Bike	€25 per week
E-Bike	€50 per week

INCLUDED IN TOUR COST

- 7 nights on board accommodation with private facilities
- 7 breakfasts and 6 dinners and 6 picnic lunches (1 dinner in Amalfi not included)
- English speaking guide
- Sheets & towels (1 change per week)

NOT INCLUDED IN TOUR COST

- Journey to/from the embarkation harbour
- One dinner in Amalfi
- Drinks
- Entrance fees (museums, parks, monuments)
- Tips, extras, everything not included in "the price includes".

SPECIAL DIETARY REQUIREMENTS

Vegetarian meals are available – but please request at time of booking. An additional charge of €50 per person will apply to provide for lactose or gluten-free meals. Please enquire if you have other dietary requirements (a fee may apply for non-standard requests).

GETTING THERE

The boat departs from the port of **Marina di Castellammare di Stabia**, the yachting harbour of Naples. From Naples Centrale Station you can take the Circumvesuviana train to Castellammare Centrale (approx €3.20, 40 – 45 minutes). From the station a taxi to the Marina takes 10 minutes (approx €10 – 15). Embarkation is at 6.00pm.

TRANSFERS

Naples Airport or Train Station to the boat or vice versa - €45 per person one way
Transfers must be booked and paid in advance.

EXTRA NIGHTS - NAPLES

Extra Nights in a 4 star hotel – From €75 per person

BOOK THROUGH

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