



Amalfi Coast

Kayaking along the world's most beautiful coast



Cetara, Vietri sul Mare, Maiori & Minori, Amalfi & Atrani

4-day Sea Kayaking Adventure. Base in 4-star hotels in Amalfi & Cetara



TRIP NOTES 2016

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Introduction

The Amalfi Coast is definitely one of the most beautiful coastlines in Europe, an intriguing mix between an overwhelming natural environment and cultural heritage. The blue waters of the Mediterranean are dominated here by the Europe's steepest coastline, rising up to almost 1500 m. (4500 feet).

But it's not only rocky cliffs that you'll encounter on this trip: the patient labour of generations has transformed the steep mountain slopes into a cascade of terraced lemon groves & vineyards. And with charming villages, chapels and other sites of cultural interest scattered all over. Its dramatic coastline offers wonderful views, different every step you take, and every metre you paddle....

The smell of rosemary and citrus trees fills the air, fields of multicoloured roses overwhelm the eyes and sandy beaches are magical to the touch. It offers an extraordinary palette of colours, with deep azure skies, white limestone cliffs, deep blue seas, and bright citrus orchards lit by the dazzling Mediterranean sun. This intoxicating sensual feast inspires a celebration of the goodness of life itself.

Paddling along the coastline of Amalfi offers you an opportunity to experience a blend of nature and architecture like no other. The view from the waterline highlights the dramatic cliffs and amazing terraced landscape, the amazing mix of natural wonders and ingenuity and craftsmanship of generations. Your vision will blur as you focus on the wonderment of history displayed along this amazing stretch of coastline. Highlights include the stops in Vietri, famous for its ceramics, the visit to the charming fishing village of Cetara, the visit to Minori, with its limoncello, the approach to stunning Amalfi and the stops on the many isolated beaches.

On this amazing kayaking adventure you will discover that with reason the Amalfi Coast has become Italy's most famous coastline, but as well that it takes only a little effort to get 'off the beaten track'. At only a few hundred metres away from the crowds, you will find yourself surrounded by nature. On this tour we take you beyond the crowded beaches, and you'll be lying on isolated beaches and paddling alone with the seagulls.... In short, you'll discover the real Italian paradise.



Please note: this is a moderately easy tour which is suitable for all those who have just some experience with sea kayaking and a good general physical condition. Average (net) kayaking times: approx 4-5 hours each day.



DAY-TO-DAY PROGRAMME

Day 0 Naples (or Amalfi)

Arrival in Naples, Salerno (or Positano) in case you arrive a day earlier. Naples has an international airport, the closest to the Amalfi Coast. From here you can easily travel by train or bus to Salerno, the meeting point for this trip. From Rome (and many other cities) Salerno can easily be reached by train. There are regular AV (High-Speed), Eurostar and Intercity trains: travel time by High-Speed train is about one hour; cost around € 50,00), by IC-train: about 2 hours; cost around € 25,00). Several hotels can be booked in Naples or Salerno, ranging from 3 to 5-star, either 'downtown' centrally located, or near the harbour or train station.

N.B. If you arrive one day earlier in Naples you have the possibility to pay a visit to the world famous archaeological museum, where all the artefacts from Pompeii and Herculaneum are exposed, and/or the equally wonderful Capodimonte museum. Also is it possible to make a day trip to Pompeii, the Vesuvius, Ischia or Capri.

Day 1 Arrival – Cetara

In the early afternoon you are being picked up from Salerno by private car and brought to the charming small fishing harbour at Cetara, one of the most authentic spots on the Amalfi Coast. You settle in your beautiful hotel, just outside the village, overlooking the whole Bay of Salerno and the Amalfi Coast, and at literally a few steps from the beach, where you can already go for a first swim. Towards the end of the afternoon we meet our tour leader and the rest of the group.

After a brief introduction of the tour, we will outfit everyone with paddle and PFD and offer some basic kayaking instruction. Then we go for a short introduction trip, towards the small little town of Cetara itself. Here we go for a short stroll through the colourful streets, soaking up its atmosphere. Then we have our relaxed 'aperitivo' on the beach and slowly peddle back to our hotel. In the evening we eat all together in the nice restaurant of our hotel, overlooking the Mediterranean.

Accommodation: Cetara - Meals included: 1 'aperitivo', 1 dinner

Day 2 The unknown Amalfi Coast: from Cetara to Vietri & Erchie (optional trip to Salerno)

In the morning we will first have a great breakfast overlooking the Mediterranean and then we walk down to our beach. Here we thoroughly check again all our gear, before going for our first kayaking day trip. There are many available options for the day, according to your level of interest, paddling skills, and of course the weather!

We'll start paddling along the amazing coastline in eastern direction today. The coastline here is a stupendous alternating scenery, ranging from impressive bare cliffs, to terraced lemon groves and isolated small beaches. We'll make a first stop on a small beach with a fresh water source, and then continue towards Vietri sul Mare, famous for its ceramics, where we can make a short 'biscuit stop' (a drink and a snack). We'll then paddle around the 'Due Fratelli', two isolated rocky islands which are the symbol of Vietri. Those who want can opt to peddle towards Salerno. We will have a beautiful view on the city & the mountain scenery behind it from the red light house. We can even opt to go ashore at the beach of Santa Teresa, only a few steps away from the beautiful historical centre.

We will have a picnic lunch on a nice beach between Vietri and Cetara and then we paddle slowly back to our hotel, where we still have some time for a swim or a drink on the beach, or just some relaxation. Those who want can go and get their aperitivo in the beautiful small hamlet of Erchie, a favourite among the local kayakers. In the evening we go out for dinner together in a nice restaurant in the medieval town centre of Cetara.

Accommodation: Cetara - Meals included: 1 breakfast, 1 picnic lunch, 1 dinner



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Day 3 From Cetara around Capo d'Orso to Amalfi

We'll get an early start as the day's sea kayaking will take us along one of the most famous stretches of coastline in Italy, with our final destination being the heart of the Amalfi Coast, the beautiful city of Amalfi itself! We start paddling along the amazing coastline in western direction today. The first small village we pass is Erchie, a small hamlet of just a few houses dominated by a medieval watchtower, and a beautiful beach, perfect for a short biscuit stop and a swim. We then continue along the rocky shore, exploring many sea grottos and land on isolated beaches. High above us we'll notice the sanctuary of the Madonna dell'Avvocata, while we approach one of the most pristine areas of the Amalfi Coast, the amazing headland of Capo d'Orso. This area will surprise you with its many sea grotto's and small waterfalls. We round the cape and then have lunch on the beautiful beach of Cavallo Morto. After that we can visit the Pandora grotto sea grotto and have a coffee on a beautiful small beach. Now we enter the real 'Heart' of the Amalfi Coast, with a number of beautiful coastal villages and Ravello and its beautiful 'hanging' gardens high above the coast.

We paddle past Maiori and we can go ashore in the beautiful small town of Minori, where we can taste it's famous *'Delizija al Limone'*. Before landing at Amalfi we can perhaps make a last stop in Atrani, perhaps the best preserved village of the Amalfi Coast. Here we have some time to stroll through its narrow streets and have a drink on its wonderful town square. From here Amalfi is only a mile away. Arriving in Amalfi we dock our kayaks and can enjoy some relaxation in our centrally located hotel, in the heart of the historical centre, and at literally two steps from the beach. You could also opt to go for a short stroll through the colourful streets, or maybe make another dive into the sea. In the evening we then all join for a great last evening meal. We are picked up by private boat and brought to a nice restaurant located in a beautiful little bay nearby. After dinner we travel back to our hotel, gliding by boat over the glorious Mediterranean.

Accommodation: Amalfi - Meals included: 1 breakfast, 1 lunch, 1 dinner


Day 4 Amalfi

The tour ends in Amalfi after breakfast today (unless you booked an extension – it is strongly recommended to continue this tour to [Positano](#) - extra days available upon request).

You can easily make your own way from Amalfi to Salerno or Naples, either by boat or bus. A taxi transfer can be arranged on request.

Extending your tour with one or more days in Amalfi gives you the possibility to visit also Ravello, do the world-famous 'Walk of the Gods' or discover the intriguing 'Valle dei Mulini' (and taste some limoncello).

OUTLINE ITINERARY

Day	Itinerary & Activities		Distance
1	Arrival in Cetara. Introduction trip	Cetara	3-6 km.
2	Paddling between Cetara, Vietri sul Mare & Salerno (round trip)	Cetara	6 - 16 km. (many options possible)
3	Paddling from Cetara to Amalfi, along Maiori & Minori	Amalfi	14 km.
4	Departure from Amalfi		



TOUR DETAILS

ACCOMMODATION & MEALS

All nights are spent in a beautiful characteristic 4-star hotels (generally our tours are 3/4-star level; we can book superior 4/5-star on request). All rooms have en-suite facilities.

Accommodation is on **B&B** basis, in all accommodations. All evening meals are included, for which we have selected the best available restaurants.

Also all (picnic) lunches are included in the tour price. On one day we enjoy a picnic on the beach, while the other day we'll have a nice lunch in a small restaurant on a nice small beach.

Nights 1 & 2: Our base for the first two days will be in Cetara, one of the most characteristic villages of the coast, still a real fishing village. Our beautiful 4-star hotel is located in a commanding position overlooking the sea and has a small private beach.

Night 3: Our base for this night will be in Amalfi, the ancient capital of the Amalfi Coast. Our recently renovated 4-star hotel is located in a central position, right in the historical heart of the city at only a few metres from the sea shore.

INCLUSIONS

On our **GUIDED TOURS** we include almost everything :

- Private English speaking tour leader for 4 days
- Professional guiding service for each activity
- Accommodation: 2 nights Cetara + 1 night Amalfi in a good **** -hotel
- Meals: 3 breakfasts, 3 dinners, 2 lunches
- All private & public transfers as indicated throughout the entire itinerary
- Rental of high-quality sea kayaks
- Group equipment and technical gear for each activity
- Entrance fees of all sites along the itinerary
- Special activities as outlined in the day by day itinerary
- 24/24 h local assistance
- Luggage transport
- All gratuities for baggage, porters & hotel service

Not Included

- Departure taxes
- Visas
- Travel Insurance
- Drinks and meals not mentioned in the itinerary
- Optional additional tours or activities
- Tips
- Items of a personal nature

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LEVEL OF DIFFICULTY / REQUIRED SKILLS

Moderately easy (level 1/2):

This tour is suitable for beginners with only a minimum of sea kayaking experience. Our very helpful guides/instructors will work with you to help you learn a new sport or become more comfortable with the outdoors. The waters of the Mediterranean at Amalfi are calm, and you'll encounter only short open water crossings. On most days shorter options are available possible (as well as occasional extensions for the more experienced sea kayakers).

Fitness: High standard of fitness is not necessary but you should be able to paddle for up to 3-4 hours.

ARRIVAL & DEPARTURE

Arrival:

The tour starts in CETARA. The nearest city with an international airport is NAPLES. The nearest big city is SALERNO, very well connected with Rome and all other major Italian cities by a frequent (high speed) train service. A taxi pick-up service from Salerno is included in the tour price. Taxi transfer from Naples (airport or train station) can be arranged on request.

Departure: The tour ends after breakfast on day 4 in AMALFI. A frequent boat or bus service can bring you to either Sorrento or Salerno, from where you travel to your next destination (Naples and Rome can easily be reached by train). Several taxi services are available to bring you directly to your next destination.

TOUR VARIATIONS

It is possible to include some extra nights before or after your tour, in any of the accommodations 'en route'. For those who love hiking too, a few days in Amalfi are strongly recommended. Two of the world's most famous walks, including the 'Footpath of the Gods' can be done from here.

At the beginning or the end of the tour there is the also the opportunity to visit Naples (a unique city and a good base for visiting Pompeii). The tour can easily be extended with a few days here. The tour can also be extended with a few days on the island of Capri or a beautiful agriturismo in the Cilento, for some relax in the countryside. Also in SALERNO (a nice city and a good base for visiting Paestum), or ROME several good accommodations are available. Details & prices on request.

UPGRADE

On our 'standard tours' we provide accommodation in very good, mostly 4-star hotels, with the best possible price/quality ration. On some dates however it is possible to book an upgraded version of this tour, staying in more luxurious 4- or 5-star hotels. Please ask us for details.

SHORTER & LONGER VERSIONS

Longer, 5-, 6-, or 7-day versions of this tour are also available, as well as a number of combined kayaking & hiking trips. See also our other Kayaking tours !

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