



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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GENIUS LOCI TRAVEL - THE REAL SPIRIT OF ITALY



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 the amazing 'Fjord' of Furore ('Furor'), in the charming fishing village of Cetara, and on the isolated beaches along the wild coast line of Capo d'Orso.

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 kayaking times: approx 4 hours each day.



DAY-TO-DAY PROGRAMME

Day 0 Naples (or Amalfi)

Arrival in Naples (or Salerno) in case you arrive a day earlier. Naples has an international airport. From Rome (and many other cities) Naples 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 € 40,00), by IC-train: about 2 hours; cost around € 20,00). Several hotels can be booked in Naples and 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. Arriving one day earlier in Amalfi gives you the possibility to visit also Ravello.

Day 1 Arrival – Cetara

After settling in your beautifully located hotel, at walking distance from the historical centre, and at literally two steps from the beach you can already go for a short stroll, soaking up the unworldly atmosphere, or maybe there is some time for a dive into the Mediterranean. 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, discovering some of the scenery from our kayak, after which we can have our relaxed 'aperitivo' on the beach, before settling in our rooms. Tonight we'll celebrate our first accomplishments with a wonderful dinner experience, of course on the sea shore, overlooking the Mediterranean.

Accommodation: Amalfi – Meals included: 1 'aperitivo', 1 dinner

Day 2 To Cetara along Atrani, Minori & Maiori and around Capo d'Orso

We'll peddle along the amazing coastline in eastern direction today. The first village we pass is Atrani, perhaps the best preserved village of the Amalfi Coast. We continue along the rocky shore, exploring many sea grottos and land on deserted beaches. High above us we'll notice Ravello and its beautiful 'hanging' gardens. Then we pass the charming village of Minori, and its bigger sister Maiori. An optional visit ashore to Minori's Roman Villa can be made, as well as a 'biscuit stop' at one of Italy's most famous pastry shops. Lunch will be enjoyed at one of the many local beaches dotting the Amalfi shoreline. Then we continue peddling around the amazing headland of Capo d'Orso towards the charming fishing village of Cetara. Upon arrival here we will have some time to stroll through the narrow streets and have a drink on its wonderful sea front boulevard. Others might wish to relax some time on the beach. Late in the afternoon we then return overland to Amalfi, enjoying the coast from a different perspective. In the evening we all join for a great last evening meal and raise our glasses to perhaps our best short kayaking adventure ever. We are picked up by a 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 picnic lunch, 1 dinner

Day 3 Departure from Amalfi (or optional extension)

The tour ends in Amalfi after breakfast today (unless you have booked an extension). 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).




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OUTLINE ITINERARY

Day	Itinerary & Activities		Distance
1	Arrival in Amalfi. Introduction trip.	Amalfi	3-6 km.
2	Paddling from Amalfi to Cetara.	Amalfi	16 km.
3	Departure from Amalfi		

TOUR DETAILS

ACCOMMODATION & MEALS

All nights are spent in beautiful, characteristic hotels, mostly historical buildings (generally 3/4-star; 4/5-star on some departure dates). All rooms have en-suite facilities.

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

One (picnic) lunch is included in the tour price. On the other day you are free to have your own lunch. Here you have the option to have your lunch in a nice restaurant, or purchase your supplies for a picnic lunch.

Nights 1 & 2: The first two nights you stay in Amalfi, the ancient capital of the Amalfi Coast. You stay either in a comfortable 3-star hotel, or in a bigger 4-star hotel. Both hotels are centrally located, 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 5 days
- Professional guiding service for each activity
- Accommodation: 2 nights Amalfi in good ***/**** hotels
- Meals: 2 breakfasts, 1 dinner (good restaurants!), 1 lunch
- All private & public transfers as indicated throughout the entire itinerary
- Rental of high-quality sea kayaks
- Group equipment and technical gear for each activity
- 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 2):

This tour is suitable for paddlers with 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 & Departure:

The tour starts and ends in AMALFI. 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 can be arranged either from Salerno, or Naples airport or train station...

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 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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