



Amalfi Coast

Kayaking along the world's most beautiful coast

Amalfi & Atrani, Fjord of Furore, Marina di Praia, Positano



5-day seakayaking trip with 2 bases in Amalfi and Positano



TRIP NOTES 2020

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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 the amazing 'Fjord' of Furore ('Furor'), in the charming fishing village of Cetara, and on the isolated beaches around beautiful Positano.

Accommodation during this trip will be in the two most famous towns of the area: Positano and Amalfi itself, giving you the possibility to fully take advantage of the stay in these two 'Pearls' of the Amalfi Coast.

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 some experience with sea kayaking and a good general physical condition. The Mediterranean Sea is generally warm and relatively calm (compared to the northern seas and oceans). Average (net) kayaking times: approx 4-5 hours each day (+ several sightseeing + rest stops).



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), and Intercity trains (check both Trenitalia and Italo): 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 in Positano

In the early afternoon you are being picked up from Salerno (train station) and brought to the amazingly scenic town of Positano, with its cascades of coloured houses clinging to the steep rocky cliffs. 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, on the premises of our hotel, overlooking the Mediterranean.

Accommodation: Hotel* in Positano - Meals included: 1 'aperitivo', 1 dinner**

Day 2 – Positano & its many beaches

In the morning we will first thoroughly check again all our gear, and then we go for our first kayaking day trip. Today we'll discover the amazing coastline around Positano. Although Positano has become one of the most sought-after resorts in Italy, due to its geography it has maintained a larger number of 'hidden treasures', like a number of wonderful small isolated beaches, which can only be reached on foot or by water. There have been counted about 20 of these small beaches, which we can virtually have for ourselves. We'll first paddle in western direction, towards the headland of Punta Germano, past the beautiful watchtower of Clavel, and then along one of the longest stretches of remote coastline, underneath the towering cliffs. In front of us we'll see the rocky islands of the Sirens, with the backdrop of Capri.

Those who wish can take the opportunity to continue peddling towards the little inlet of San Pietro, where it is believed that Saint Peter embarked on its way to Rome. Others might wish to relax some time on one of the beaches. Or we can have a great (fish) lunch in one of the restaurants on a larger beach. Returning to Positano, we will have some time to stroll through its narrow 'Moresque' streets, do some shopping, or just have a drink on its sea front boulevard. Dinner is on your own tonight, to give you the chance to try out one of the many good restaurants in Positano, ranging from simple pizzeria's to real fine dining experiences. Your guide can give you good tips. After dinner you might decide to make a short stroll along the amazing coastline or go for a drink in the lively centre.

Accommodation: Hotel* in Positano - Meals included: 1 breakfast**



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Day 3 – Amalfi – Fjord of Furore – Praiano –Positano

Today's sea kayaking will take us along one of the most famous stretches of coastline in Italy, with our final destination being the city of Amalfi itself! Our first destination will be one of the many water access ports along the coast, like Marina di Praia or the beautiful, isolated, beaches between Praiano and Positano, places where the likes of Liz Taylor and Jackie Kennedy had a good time back in the sixties. A coffee break or time for a swim is always a possibility! Another highlight for many will be the visit of some stunning sea grottoes !

Our next destination is the amazing 'Fjord' of Furore, where we will enjoy a nice lunch, in between the coloured fishing boats. Those who want can take a short walk here, to discover the beautiful hamlet and the amazing scenery of this unique southern fjord. Then we continue along the coast in eastern direction, around the headland of Conca, with its medieval 'Saracen' watch tower and past the colourful village of Conca dei Marina, dominated by the impressive monastery of Santa Rosa, high above it. We now paddle along an amazing coastline with lemon groves & vineyards, and beautiful little villages, suspended halfway the water and the sky. Below the villa of Sofia Loren we reach another beautiful beach, where we can enjoy some time to relax. Another short stop can be enjoyed at the Santa Croce beach, a great place to stop for a well deserved drink.

Arriving in the beautiful Amalfi, we will dock our kayaks on a large safe beach, at walking distance from our hotel. You will now have the time for a swim or some relaxation in our comfortable hotel. Or you can take the chance to explore the city streets or wander up onto the hillside grabbing a bird's eye view of the city below. In the evening we eat all together in a nice restaurant in the medieval town centre, close to our hotel.

Accommodation: Hotel* in Amalfi - Meals included: 1 breakfast, 1 lunch, 1 dinner**

Day 4 – From Amalfi to Capo d'Orso/Cetara

We'll paddle 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 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 5 – Departure

The tour ends in Positano after breakfast today (unless you have booked an extension). You can easily make your own way from Positano 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 Positano. Introduction trip	Positano	3-6 km.
2	Paddling along Positano's great coastline(round trip)	Positano	6 - 16 km. (many options possible)
3	Paddling from Positano to Amalfi, along Furore & Praiano	Amalfi	14 km.
4	Paddling from Amalfi to Cetara, along Atrani, Minori & Maiori	Amalfi	16 km. (10 miles)
5	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. Also three evening meals are included, for which we have selected the best available restaurants.

Almost all(picnic) lunches are included in the tour price. Only on one day (Positano) 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 the romantic & fashionable little village of Positano, with its characteristic houses built onto the steep slopes of the mountains. You stay either in a comfortable 3-star hotel, right on the beach, or in a bigger 4-star hotel. Both hotels are centrally located, at walking distance from the seashore, shops and all main monuments.

Nights 3 & 4: The last two nights are spent 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.



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INCLUDED

- Private English speaking tour leader for 5 days
- Professional guiding service for each activity
- Accommodation: 2 nights Amalfi, 2 nights Positano in good ***/**** hotels
- Local tourist taxes
- Meals: 4 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

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 POSITANO. 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. From here you can travel by boat to Positano. A taxi pick-up service can be arranged either from Salerno, or Naples airport or train station.

Departure: The tour ends on day 5 in AMALFI. A frequent boat or bus service can bring you from here to either Sorrento or Salerno, from where you can 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.



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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 3-to 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 luxurious 4- or 5-star hotels. For this tour also a 'budget version' is available. Please ask us for details.

SHORTER & LONGER VERSIONS

A shorter, 4-day version of this tour is also available, as well as longer versions.

A special 7-day 'kayaking&hiking' version of this tour takes in two of the most beautiful hikes of the Amalfi Coast, the 'Footpath of the Gods' ('Sentiero degli Dei') and the 'Valley of the Mills'.



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