



*Guided Kayak Tour (KAWC8)*

# The ultimate Amalfi Coast Sorrento & Capri Kayaking Adventure

*Kayaking along the world's most beautiful coastline*

*Amalfi & Atrani, Minori & Maiori, Fjord of Furore, Marina di Praia, Positano, Marina del Cantone, Sorrento & the full loop of Capri !*



8-days Inn-to-Inn kayaking trip with different bases



## TRIP NOTES 2024

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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.*

*On this amazing kayaking adventure you'll travel all along the Amalfi Coast to the very tip of the peninsula, paddling through the mythical 'Siren Land', and then, the icing on the cake: cross over to the famous Isle of Capri. 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.*

*You'll go ashore in the most beautiful villages, of course in Amalfi itself, but also in fashionable Positano, the authentic villages of Cetara and Minori, amazingly beautiful Atrani and charming Marina del Cantone. Highlights also include the stops in the amazing 'Fjord' of Furore (Furor), in the beautiful inlet of Marina di Crapolla, with its abandoned fishing village and Roman villa, the Bay of Ieranto and on the isolated beaches around beautiful Positano and Punta Campanella, the 'Land's End' of the Peninsula, where Ulysses built his temple for the Greek goddess Athena.*

*You'll then cross the channel which separates Capri from the mainland and go ashore in one of the most charming villages of the island, Marina Piccola. Highlights abound also the next day, when you complete the 'paddling loop' of the island. These include the stops at the many sea grottos, including the 'Blue Grotto', the series of fortresses and Tiberius Jump. Paddling around the amazing island of Capri is already worth the journey by itself! You'll approach the mainland again in a different mood, after an unforgettable experience. A last beautiful stretch along the coastline, now dotted with olive groves, brings you to the famous seaside resort of Sorrento, a great end to a stunning paddling experience.*

*You will discover that with reason the Amalfi Coast and Capri have become one of Italy's most sought after places, 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 moderate (**not easy**) tour which is suitable only for those who have experience with sea kayaking and a good general physical condition. Some of the day trips include longer stretches of sheer cliffs, without the possibility to go ashore. Also will there be two longer open water crossings (to Capri & back - with safety boat which comes along). Average kayaking times: approx 4-5 hours each day.*



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## DAY-TO-DAY PROGRAMME

### *Day 0 Arrival in Naples (or Salerno)*

*N.B. If you arrive one or more days 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. Several hotels can be booked in Naples (or in [Salerno](#)), ranging from 3 to 5-star, either 'downtown' centrally located, or near the harbour or train station.*

### **Day 1 Arrival – Cetara**

*Arrival in Naples, Salerno (or Cetara). 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 also be reached by train. There are regular AV (High-Speed) and Intercity trains (check both Trenitalia and Italo).*

In the early afternoon you are being picked up from Salerno (optional transfer from Naples) 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 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: Hotel\*\*\*\* in Cetara***

### **Day 2 Cetara & Vietri sul Mare – Capo d'Orso – Maiori & Minori – Atrani & Amalfi**

In the morning we 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 can start paddling along the amazing coastline in eastern direction. The coastline here is a stupendously alternating scenery, ranging from impressive bare cliffs, to terraced lemon groves and isolated small beaches. We can make a short 'biscuit stop' (a drink and a snack) in Vietri sul Mare, famous for its ceramics. We'll then paddle around the 'Due Fratelli', two isolated rocky islands which are the symbol of Vietri, after which we will head West, past Cetara again, as our final destination for today is the beautiful city of Amalfi itself!

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, a favourite among local kayakers. We then continue along the rocky shore, exploring many sea grottos and land on isolated beaches, 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. Now we enter the real 'Heart' of the Amalfi Coast, with its beautiful coastal villages and Ravello with its 'hanging' gardens high above the coast. We paddle past Maiori and we can go ashore in the small town of Minori, where we can taste it's famous 'Delizia al Limone'. Before landing at Amalfi we can perhaps make a last stop in Atrani, perhaps the best preserved village of the Amalfi Coast, and have a drink on its wonderful town square. 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 evening meal.

***Accommodation: Hotel\*\*\* in Amalfi***



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### Day 3 Amalfi – Fiord of Furore – Praiano – Positano

Today's sea kayaking will take us along one of the most famous stretches of coastline in Italy, the 'Heart of the Amalfi Coast', with our final destination being the enchanting city of Positano!

We paddle along an amazing coastline with lemon groves & vineyards, and beautiful little villages, suspended halfway the water and the sky. Past the villa of Sofia Loren we reach a beautiful beach for some relax. Then we paddle around the headland of Conca, with its medieval 'Saracen' watch tower. Our next destination is the amazing 'Fjord' of Furore, where we can enjoy a break, in between the coloured fishing boats. Those who want can take a short walk, to discover the small hamlet (which has been the set for several movies) and the amazing scenery of the fjord. Then we continue along the coast in western direction. Short stops can be enjoyed at 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. Arriving in the elegant and cosmopolitan Positano, we will dock our kayaks on the large beach underneath 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 steep city streets and wander up into the hillside grabbing a bird's eye view of the water below. Tonight we'll celebrate our accomplishments with another wonderful dinner experience, on the premises of our hotel, overlooking the Mediterranean.

**Accommodation: Hotel\*\*\* in Positano**

### Day 4 Positano & its many beaches: from Positano to Marina del Cantone

Today we'll discover the amazing coastline west of 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 paddle in western direction, towards the headland of Punta Germano, where we'll explore a number of grottos. In front of us we'll see the rocky islands of the Sirens, with the backdrop of Capri. Experienced kayakers, who wish to make a paddling loop around these wonderful islands, can take the opportunity. While in Greek times the islands were believed to be the home of the Sirens, until recently they belonged to the late Russian ballet dancer Rudolf Nureyev.

We then continue peddling along one of the longest stretches of remote coastline, underneath the towering cliffs, towards the little inlet of Marina di Crapolla, where it is believed that Saint Peter embarked on its way to Rome. It's small pebbly beach with crystal clear water, the remains of the old fishing village, the small chapel and the Roman Villa make it a unique spot for a short break. From here it's only a few more miles, along an amazing coastline with a number of small rocky islands to the next beautiful inlet, the Bay of Recommone. Here we might wish to relax some time on the beaches with a drink at the nice bar. Then we round the small headland and arrive in charming Marina del Cantone. Our hotel is right on the beach. We dock our kayaks here and have some time to stroll through the village, or just have a drink on the sea front. In the evening we then all join for a great evening meal in the very good (fish) restaurant below our hotel. After dinner we might decide to make a short stroll along the amazing coastline and go for a drink together.

**Accommodation: Hotel\*\*\* in Marina del Cantone**

### Day 5 From Marina del Cantone, along the Bay of Ieranto & Punta Campanella to Capri

Today we'll first discover the best parts of 'Siren Land' around the promontory of Punta Campanella, now a Protected Marine Area. The first bay where we pass is the amazing Baia di Ieranto, a strict nature reserve, surrounded by impressive cliffs. High above us we'll notice the small chapel of San Costanzo. Then we reach the very point of the peninsula, the Finis Terrae of the Sorrentine peninsula, Punta Campanella. In this place it is believed that the Greek hero Ulysses, during his journeys through the Mediterranean, built a temple for the Greek goddess Athena. The impressive rocks of the famous island of Capri are straight in front of us! Views of the stunning Bay of Naples now open up, and stretch from Capri, to Ischia, Naples and of course Mt. Vesuvius. We'll paddle the few miles which separate the Isle of Capri from the mainland (backed up by a boat for safety reasons) and reach it near the impressive 'Tiberius Jump' a sheer cliff edge, towering 300 m. above us. Shortly after we reach the famous 'Faraglioni', small rocky islands just off the South Coast of Capri.



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We go ashore in the small harbour of Marina Piccola. Those who wish can continue for another stretch; others might wish to relax on one of the beaches. In the afternoon we will make a short orientation walk, to help you to get your bearings right. Of course we make a short stroll through the centre of the village and perhaps walk to the amazing Villa of Tiberius or the Natural Arch. In the evening we then all join for a great evening meal. After dinner we might decide to pay a visit to ‘downtown Capri’ and stroll along its fashionable streets or go for a drink together.

**Accommodation: Hotel\*\*\* in Capri**

### Day 6 Capri, the ‘complete paddling loop’ – along the Blue Grotto and Marina Grande

Today we’ll discover the coastline of Capri in the best possible way: by kayak we’ll reach places impossible to get to by any other means (except for swimming...). The goal for today is to make a complete paddling loop of the island. We set off in western direction and shortly find ourselves underneath the impressive towering limestone cliffs of the South Coast of Capri, rising up over 500 m. above us. There are many sea grottos to explore here, not all as famous as the ‘Blue Grotto’ (‘Grotta Azzurra’), but perhaps equally beautiful. Upon reaching the lighthouse at the very point of the island, the coast becomes more accessible again, and here we’ll go ashore for a short rest and a biscuit stop. Then we follow the western coast, dotted with a series of fortresses dating back to the Napoleonic Wars. The waters then get busier, at the point where we reach the famous ‘Blue Grotto’. Those who want can pay an optional visit. We go ashore in Marina Grande, where we have our lunch, either a sandwich on the nice sandy beach, or a light meal in one of the fine restaurants, then we return to Marina Piccola, completing the full paddling loop! There is some time to relax on the beach or in the hotel and in the evening you are free to choose your own dining spot. Choices range from simple trattoria’s to exclusive restaurants for fine dining.

**Accommodation: Hotel\*\*\* in Capri**



### Day 7 Return from Capri and exploration of the Sorrento Coast

This morning we can sleep in a little bit, or do our last discoveries on the island of Capri. Then we take our kayaks and paddle back to the mainland, leaving Capri behind us. We head towards the lighthouse at the very point of the Sorrentine Peninsula, Punta Campanella. Shortly after reaching the cape of Punta Campanella we arrive at yet another beautiful inlet, Cala Mitigliano, where we make a short stop. After this bay, the coastline becomes a bit less savage and is now dominated by olive groves and scattered hamlets. We can continue to the small fishing harbour of Marina della Lobra, where we can opt to go ashore for a drink before continuing along the coast, towards the next fishing hamlet, Marina di Puolo, and finally to Sorrento. Here we go ashore and have some time to explore this beautiful resort town. In the evening we then all join for a great evening meal and perhaps a last short stroll along this amazing coastline.

**Accommodation: Hotel\*\*\* in Sorrento**

### Day 8 Sorrento

The tour ends in Sorrento after breakfast today (unless you booked an extension - available upon request). You can easily make your own way to Naples, either by boat or bus. A taxi transfer can be arranged on request.



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## OUTLINE ITINERARY

| Day | Itinerary & Activities   |  | Distance  | ↑ & ↓ |
|-----|--|--|-----------|-------|
| 1   | Arrival in Cetara. Introduction trip   | Cetara   | 4 km.     | -     |
| 2   | Paddling from Cetara to Maiori/Minori & Amalfi   | Amalfi   | 14 km.    | -     |
| 3   | Paddling from Amalfi to Positano, along Furore & Praiano                                       | Positano   | 14 km.    | -     |
| 4   | Paddling from Positano to Marina del Cantone<br>(Optional 'Islands of the Sirens' – extension) | Marina del Cantone   | 10-16 km. | -     |
| 5   | Paddling from Marina del Cantone to Capri  | Capri  | 16 km.    | -     |
| 6   | Paddling loop of the island of Capri   | Capri  | 18 km.    | -     |
| 7   | Paddling from Capri to Sorrento  | Sorrento   | 15 km.    | -     |
| 8   | Departure from Sorrento  |  |           |       |

## TOUR DETAILS

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.

Almost all evening meals are included, for which we have selected the best available restaurants.

Some lunches are included in the tour price. On some days we have the option to have your lunch in a nice restaurant, on other days we purchase your supplies for a picnic lunch somewhere on the beach.

### INCLUDED

- Private English speaking tour leader for 8 days
- Professional guiding service for each activity
- Rental of high-quality sea kayaks
- Group equipment and technical gear for each activity
- Accommodation in characteristic, centrally located \*\*\*/\*\*\*\* hotels: 1 night Cetara, 1 night Amalfi, 1 night Positano, 1 night Marina del Cantone, 2 nights Capri, 1 night Sorrento
- Meals: welcome drink, 8 breakfasts, 5 dinners, 1 picnic lunch, 1 sea food lunch
- Luggage transport throughout the entire itinerary
- Safety boat for Capri-crossing
- All gratuities for baggage, porters & hotel service
- Route Notes & Maps
- 24/24 h local assistance

### 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 difficult (level 3):** This tour is suitable for those who have experience with sea kayaking. You'll encounter a few open water crossings, but the waters of the Mediterranean at Amalfi are usually calm. On most days shorter options are available (as well as occasional extensions for the more experienced sea kayakers).

**Fitness:** High standard of fitness is necessary; you should be able to paddle for up to 5 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 on day 8 in SORRENTO. Frequent bus & train services can bring you directly from Sorrento to Naples (Airport). Several taxi services are available to bring you directly to your next destination.

## TOUR VARIATIONS

### EXTRA NIGHTS

It is possible to include extra nights at the beginning or the end of the tour. The tour can easily be extended with a few days in Naples or Sorrento, or on the Amalfi Coast or a few days on the island of Capri (see below).

At the beginning or the end of the tour there is the opportunity to visit Naples. For those who have never been here an extra day here is strongly recommended - also to visit Pompeii & the Vesuvius. Also in SALERNO (a nice city and a good base for visiting Paestum), or ROME 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.



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