



# Cilento Coast

Kayaking along the coast of the Stella Maris

*Paestum, Agropoli, Punta Tresino, Castellabate, Punta Licosa*



4-day Sea Kayaking Adventure



## TRIP NOTES 2025

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## INTRODUCTION

*The region of Campania marks the real starting point of southern Italy. It has been sought after since Roman times when it was labelled the Campania Felix, or 'happy land', hardly a surprise considering the fact that it includes the great city of Naples, beautiful countryside, Roman ruins, small islands and stretches of spectacular coast. On the southern side of the Sorrento Peninsula, the Costiera Amalfitana is probably one of Europe's most well-known and dramatic stretches of coastline, with its towering cliffs and picturesque coves.*

*But Campania's real secret is located south of Salerno, and immediately south of the wonderful Greek temples of Paestum. Here the coastline bulges out into an expanse of mountainous landmass known as the Cilento, now a National Park with World Heritage listing. The Cilento coast is fairly rocky territory, with the crystalline sea lapping at the shore. There is a wild kind of beauty here; rocky ridges set between small picturesque inlets and richly scented pinewoods backing onto wide sandy beaches. Aleppo pines loom over the multicoloured undergrowth of myrtle and cactuses; whilst huge, centuries-old olive trees grow right down to the shore. Inland the Cilento is largely undisturbed by the 21st century and you can enjoy visiting medieval and quaint fishing villages where the traditional way of life is still evident.*

*This tour starts from the most northern town of the Cilento, the pretty town of Agropoli, located just south of the Greek temples of Paestum. Then we paddle in southern direction, along the stunning coastline of Punta Tresino and the mythical headland of Leucosia, all named after nymphs or other heroes of the classic Greek and Roman myths.*

*You will go ashore in some of the nicest old fishing villages, like Agropoli, Santa Maria and San Marco di Castellabate, and perhaps paddle on to Acciaroli. But you will also have the chance to visit some of the villages immediately inland and enjoy a stroll through attractive countryside, with all their cultural treasures like rural chapels, ancient farmhouses, old watermills and charming medieval villages.*

*On this amazing kayaking adventure you will explore the entire coastline of the Cilento National Park, one of the biggest and most diverse of Italy. You will see that some parts, like Acciaroli and Agropoli, for a good reason have become famous seaside resorts, but also that it takes only a little effort to get 'off the beaten track', especially out of season.*

*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 a real Italian paradise.*



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



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## DAY-TO-DAY PROGRAMME

### Day 1 Arrival – Agropoli

In the early afternoon you are being picked up from the train station (either Agropoli, Paestum or Salerno) by private car and brought to the charming small fishing harbour of Agropoli, the entrance gate to the Cilento national Park. The very scenic old town, dominated by its castle, is located on a big rock outcrop, which we can explore from the sea. You can settle in your beautiful hotel on the beach, just below the historical town centre and perhaps go for a swim or a stroll through the old town. 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, around the ‘akropolis’ of Agropoli itself. After the paddling we go for a short stroll through the colourful streets, soaking up its atmosphere. Then we have our relaxed ‘aperitivo’ on the beach and return to our hotel. In the evening we eat all together in the nice restaurant on the beach, overlooking the Mediterranean.

*N.B. In case you want to visit the stunning temples of Paestum it is recommended to arrive one night earlier. On request it is also possible to paddle to the temples. And land on the beach where the Allies landed in 1943 to liberate southern Italy.*

**Accommodation: Agropoli - Meals included: 1 ‘aperitivo’, 1 dinner**

### Day 2 From Agropoli along the headland of Punta Tresino to Castellabate

In the morning we will first have a great breakfast in our garden and then we walk down to the harbour. 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 southern direction today. The coastline here is a stupendous alternating scenery, ranging from impressive bare cliffs, to terraced vineyards and isolated small beaches. We’ll make a first stop on the beautiful sandy beach of Trentova, where we can make a short ‘biscuit stop’ (a drink and a snack). We’ll then paddle around the headland of ‘Punta Tresino’, named after a siren who drowned here. There are several interesting inlets to visit, in one of which the signs of the Greek quarries (who excavated the rocks for the pillars of the temples of Paestum here) are still clearly visible. After a few miles of rocky shore we’ll arrive at the sandy beach of Lago, where we can have our (picnic) lunch and a swim.

Then we continue in southern direction along the now sandy beach to reach the beautiful village of Santa Maria, built on Greek and Roman foundations. We go ashore in the picturesque small harbour, where we can enjoy an ‘aperitivo’, before paddling the last few miles to San Marco di Castellabate, where we settle in our beautiful hotel. Tonight we’ll have dinner on the terrace of the hotel, overlooking the harbour.

**Accommodation: San Marco di Castellabate - Meals included: 1 breakfast, 1 dinner**



### Day 3 From Castellabate along Punta Licosa to Ogliastro Marina


Today's sea kayaking will be a beautiful day, which will take us along one of the most popular stretches of coastline of the Cilento National Park, recently featured in a number of movies! We start paddling along the amazing coastline in western direction today, leaving the small village of San Marco behind, heading for Punta Licosa. The headland of Licosa is the point where Cilento reaches furthest out to sea, like a miniature reproduction of the Monte Stella peninsula. It is full of marine charm, a place where the sea breeze makes the trees dance, bound to Ulysses' myth: people say that the Siren Leucosia drowned herself here after failing to bewitch Ulysses. This myth and the marvellous landscape make this area a really enchanting place to visit in every season of the year. In wintertime the clear sky offers you superb views over the Amalfi Coast and Palinuro; in springtime the flowering brooms cover the hill in a golden-yellow hue, and during the summer you can swim in the very clean sea, while in autumn the sea is still warm. We'll make a short stop at a small beach in the shade of the pine forest, or alternatively go ashore on the small island of Licosa, just off the coast. Then we pass the several medieval watchtowers around the hamlet of Ogliastro Marina, and get the chance to go ashore on a beautiful sandy beach. There is of course time to relax, and we will definitely bring our snorkels, as there might be the chance to see some antiquities near what once used to be the Roman harbour. Then we slowly paddle back to our hotel, and perhaps take the chance to use southern Italy's most innovative wellness centre. For dinner we can opt to go to the beautiful town square of Castellabate itself, or we can eat near the harbour.

**Accommodation: San Marco di Castellabate - Meals included: 1 breakfast**

### Day 4 San Marco di Castellabate

The tour ends in Castellabate after breakfast today (unless you booked an extension –strongly recommended). You can be brought to the railway station of Agropoli at any time.

## OUTLINE ITINERARY

Day	Itinerary & Activities		Distance
1	Arrival in Agropoli. Introduction trip	Agropoli	2-3 miles
2	From Agropoli along Punta Tresino to Castellabate	Castellabate	8 miles
3	Return trip from Castellabate to Punta Licosa/Ogliastra Marina	Castellabate	10 miles
4	Departure		



## TOUR DETAILS

### ACCOMMODATION & MEALS

All nights are spent in a beautiful characteristic 3 & 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.

A number of evening meals is included, for which we have selected the best available restaurants.

No lunches are included in the tour price. We can choose to enjoy a picnic on the beach, or to have a nice lunch in a small restaurant on a small beach.

### INCLUDED

- Private English speaking tour leader for 4 days
- Professional guiding service for each activity
- Accommodation in beautiful \*\*\*/\*\*\*\* hotels: 1 night Agropoli + 2 nights Castellabate
- Meals: 3 breakfasts, 2 dinners
- 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

- Visas & Departure taxes
- 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 2):

This tour is suitable for kayakers with a minimum of sea kayaking experience. Our 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 are usually calm, and you'll encounter only short open water crossings.

**Fitness:** A good standard of fitness is necessary. You should be able to paddle for up to 3-4 hours.

## ARRIVAL & DEPARTURE

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

**Departure:** The tour ends after breakfast on day 4 in CASTELLABATE. A taxi transfer to Agropoli (train station) is included in the tour price. From here a frequent train service can bring you back to 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 extra days in the Cilento are strongly recommended.**

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. Also an extra night in Agropoli (a nice city and a good base for visiting Paestum) is strongly recommended. The tour can also be extended with a few days on the Amalfi Coast or a beautiful agriturismo in the heart of the Cilento, for some relax in the countryside. 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 a slightly cheaper version of this tour, staying in more luxurious 4- or 5-star hotels. Please ask us for details.

## SHORTER & LONGER VERSIONS

Two other versions of the Cilento kayaking tour are also available, covering either the whole coast from Agropoli to the South Coast or only the South Coast. See also our other Kayaking tours !

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