



# Cilento Coast

Kayaking & exploring the coast of the Sirens

*From Scario & the Gulf of Policastro along Marina di Camerota & the 'Infreschi' Coast to the mythical Cape Palinuro*



7-day Sea Kayaking Adventure



## TRIP NOTES 2025

© Genius Loci Travel. All rights reserved.



[booking@genius-loci.it](mailto:booking@genius-loci.it) | [www.genius-loci.it](http://www.genius-loci.it)

\*\*\*GENIUS LOCI TRAVEL - The Real Spirit of Italy\*\*\*



## 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, an area which can be considered as the real 'authentic' southern Italy.*

*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 enjoy visiting medieval and quaint fishing villages where the traditional way of life is still evident.*

*This tour brings you along the southern coast, along the mythical Cape Palinuro, charming Marina di Camarota, and the pristine Costa degli Infreschi. Starting from beautiful Scario, one of the most beautiful sea side villages of the Cilento Coast, we'll paddle all the way to Pisciotta, perhaps the most scenic village of the Cilento Coast.*

*From Scario we will embark in western direction, alternating rocky shores and sandy beaches, heading for Cape Palinuro. We'll be paddling along one of the most beautiful stretches of coastline of the Cilento National Park, the so-called 'Costa degli Infreschi', a virtually untouched coastline, not without reason a protected marine area.*

*We will go ashore in some of the nicest old fishing villages, like Palinuro Porto, Marina di Camerota and Scario. But you will also have the chance to visit some of the villages 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 southern coastline of the Cilento National Park, one of the biggest and most diverse of Italy. You will see that some parts, like Marina di Camerota and Palinuro, for a reason have become popular seaside resorts, but also that it takes only a little effort to get 'off the beaten track'.*

*At only a few metres away from the villages, you will find yourself on empty beaches, 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.... Out of season we will virtually have the beaches for ourselves. 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.*



[booking@genius-loci.it](mailto:booking@genius-loci.it) | [www.genius-loci.it](http://www.genius-loci.it)

\*\*\*GENIUS LOCI TRAVEL - The Real Spirit of Italy\*\*\*



## DAY-TO-DAY PROGRAMME

### Day 1 Arrival. Scario

In the early afternoon you are being picked up from the train station (Policastro) by private car and brought to your accommodation, almost right on the beach at the entrance of the beautiful village of Scario, on the southern coast of the Cilento National Park. The scenic old town is definitely worth exploring!

Towards the end of the afternoon we meet with the whole group and our kayaking guide. After a brief introduction of the tour, we will go down to the beach where our kayaks wait for us and outfit everyone with paddle and PFD and offer some basic kayaking instruction and we go for a short introduction trip. Then we have our relaxed 'aperitivo' at the beautiful harbour of Scario and return to our nice hotel. Tonight we'll have a beautiful meal on the premises of the hotel.

**Accommodation: Scario / San Giovanni a Piro - Meals included: 1 lunch, 1 dinner**

### Day 2 From Scario along the 'Infreschi' Coast to the stunning beach of Marcellino

Today's sea kayaking will take us along one of the most beautiful stretches of coastline of the Cilento National Park, the so-called 'Costa degli Infreschi', a virtually untouched coastline, not without reason a protected marine area. First we pass the charming village of Scario and a few nice beaches, after which we reach the medieval watchtower.

This watchtower marks the beginning of the 'Costa della Masseta e degli Infreschi', one of the most unspoilt stretches of coastline in southern Italy, with the cleanest seawater (Blue Flag). There are many beautiful inlets, reminiscent of the isolated beaches on a tropical island. Our first stop we can make just beyond the watchtower, where we can take some time to snorkel, swim, walk into the grotto and perhaps up to the watchtower for some great views. Then we continue in western direction, heading for one of the most stunning beaches of the area, dominated by some impressive mountains, the beach of Marcellino. A small restaurant is hidden in the bush here, a good opportunity to have a nice lunch. After lunch there is still time to relax and snorkel in the crystal-clear water, before returning slowly to Scario. Those who do not feel like more paddling, can also opt to return by private boat. At night you'll have the choice of a number of fine restaurants for dinner.

**Accommodation: Scario / San Giovanni a Piro - Meals included: 1 breakfast, 1 lunch**



### Day 3 From Scario along the 'Infreschi' Coast to charming Marina di Camerota

Today we'll make a longer tour, but without going ashore at all beaches we head in a straight line for the Marcellino beach (optional boat transfer). At Marcellino we have a short (coffee) break and perhaps a swim. Another stretch along the beautiful coast brings us then to the Porto degli Infreschi. This is the place which gave its name to the whole coast: a beautiful natural harbour, with a freshwater spring in a grotto. Obviously, this was a place where the Greek and Roman boats would stop too, so there are a few ruins, of top of which we find the small chapel of San Lazzaro (or Santa Maria di Porto Salvo, which means 'safe harbour'). Of course, do we enter the grotto where we can do some sea kayaking in the cool sweet water (and drink directly out of the sea!). Then we can go ashore for a swim – and perhaps have lunch on the beach.



[booking@genius-loci.it](mailto:booking@genius-loci.it) | [www.genius-loci.it](http://www.genius-loci.it)

\*\*\*GENIUS LOCI TRAVEL - The Real Spirit of Italy\*\*\*



In the afternoon we then paddle along some of the ‘most beautiful beaches of Italy’, the Cala Bianca and Cala Pozzallo (a good stop for a drink – at the charming little bar, a little corner of paradise) before arriving in the charming village of Marina di Camerota, our final destination for today. Upon arrival on the beach here we’ll have a drink and make a stroll through the village, before settling in our hotel.

*N.B. For experienced kayakers – bespoke tours, as well as ‘self-guided tours’- it is possible to do the stretch from Scario to Marina di Camerota in one day. However, seen the amount of beaches, grotto’s and other interesting features to be explored, we always suggest two dys for this stunning part of coastline!*

**Accommodation: Marina di Camerota - Meals included: 1 breakfast, 1 dinner**

#### Day 4 Exploring the ‘Infreschi’ by kayak and on foot

Today you’ll enjoy both some great kayaking, as well as some nice coastal walking along the Costa degli Infreschi. We start paddling along the charming harbour of Marina di Camerota, and then head for the beautiful beach of Pozzallo, where we can make a short coffee stop, put on our walking shoes and go for a short hike towards one of the most stunning grottoes in the area. You’ll enjoy absolutely superb sightseeing along the ancient footpath which connects the village of Marina di Camerota to the ancient Roman harbour. In about an hour along a beautiful trail we arrive at the Porto degli Infreschi. Just above this beach we’ll stop in a beautiful small country restaurant, which cooks delicious local food. We then head back for the Pozzallo beach where we left our kayaks and slowly paddle back to Marina di Camerota. There still is some time to explore the charming old town, or in alternative you can have a drink and a swim on the beach. In the evening you are free to arrange your own dinner.

**Accommodation: Marina di Camerota - Meals included: 1 breakfast, 1 lunch**

#### Day 5 From Marina di Camerota around the mythical Cape of Palinuro to Palinuro

Today we’ll start paddling along the sequence of beautiful sandy beaches and rocky outcrops west of Marina di Camerota. Follows a long stretch of sandy beach, dominated by sheer cliffs, the scenery for ‘Ulisse’s Landing’ and ‘Jason & the Argonauts’. Here there are several possibilities to go ashore for a drink – if the swell allows. Beyond the mouth of the Mingardo River, the coast becomes rocky again. We pass at the Arco Naturale, a stunning rock formation, and then can go ashore near the prehistoric ‘Grotta delle Ossa’. The next stop is the beautiful **Marinella Beach**, one of the most popular beaches of the Cilento. Here we go ashore for a sandwich and a drink.

From the Marinella Beach we then continue towards the impressive promontory. A beautiful spot, not to be missed to go ashore, is one of the most beautiful beaches of the Cilento, the ‘Spiaggia del Buondormire’. We do stop here for a short break, before ‘tackling’ what is perhaps the most spectacular part of the journey, the circumnavigation of Cape Palinuro. We’ll paddle underneath the impressive limestone cliffs, surrounded by seagulls. We can enter the Grotta Azzurra, to see it in the most beautiful afternoon light, and also visit a few other sea grottos.

The coastline is rocky, with no possibilities to land, until we reach the harbour of Palinuro. We’ll go ashore on the beautiful sandy beach, right in the harbour, where we’ll dock our kayaks and walk to our nice hotel. Those who want can go for a short visit to the small archaeological museum, where all the artefact of Greek and roman navigation long this seashore can be admired. Tonight we’ll stay in a nice hotel, at just a few metres from the sea.

**Accommodation: Palinuro - Meals included: 1 breakfast, 1 dinner**



[booking@genius-loci.it](mailto:booking@genius-loci.it) | [www.genius-loci.it](http://www.genius-loci.it)

\*\*\*GENIUS LOCI TRAVEL - The Real Spirit of Italy\*\*\*



## Day 6 From Palinuro to charming Pisciotta

In the morning we will first have a great breakfast, after which we walk down to the harbour. We might enter the Grotta Azzurra again, to see it in a different light, and then start paddling in northern direction today, heading for the charming village of Pisciotta. We paddle along the area of the Saline, old sand pans, already used in Greek times. A few miles further we pass the long sandy beach of Caprioli, where we can go ashore for a short coffee break. We continue in northern direction and soon we reach land on a small sandy beach in the harbour of Pisciotta. We take some time to explore this charming little harbour, where fishermen still catch anchovies with the millennia old Greek system, called la 'Menaika', and perhaps have a drink here. We'll then walk up to the old historical town centre of the small hilltop village of Pisciotta, right above us (in alternative there is a charming open taxi).

The very scenic old town, which dominates the surrounding hills covered with olive groves and forests, is one of the most beautiful of the area, worth to be explored! Also does it offer some astonishing views over the coastline where you have paddled. Towards the end of the afternoon, our bus picks us up to bring us back to our hotel in Palinuro. In the evening we'll can enjoy a great last evening meal in one of the small nearby restaurants.

**Accommodation: Palinuro - Meals included: 1 breakfast, 1 dinner**

## Day 7 Departure from Palinuro (Pisciotta)

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



## 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.

**Breakfast** is included, in all accommodations. Also all **evening meals** are included. One **lunch** in a small restaurant on a nice small beach is included in the tour price. On the other days we'll have the option to either enjoy a picnic on the beach, or a nice lunch in another small restaurant.

### INCLUDED

- Private English speaking tour leader for 6 days
- Professional guiding service for each activity
- Accommodation in charming \*\*\*/\*\*\*\* hotels: 2 nights Scario (San Giovanni a Piro) + 2 nights Palinuro (or 1 Palinuro/1 Pisciotta) + 2 nights Marina di Camerota
- Meals: 6 breakfasts, 4 dinners, 2 lunches



[booking@genius-loci.it](mailto:booking@genius-loci.it) | [www.genius-loci.it](http://www.genius-loci.it)

\*\*\*GENIUS LOCI TRAVEL - The Real Spirit of Italy\*\*\*



- All private & public transfers as indicated throughout the entire itinerary
- Rental of high-quality sea kayaks
- Group equipment and technical gear for each activity
- 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 4 hours.



## TOUR VARIATIONS

### SHORTER & LONGER VERSIONS

A longer version of this tour, which includes also the northern part of the Cilento coastline is also available. That tour, from [Agropoli to Scario](#), has slightly longer paddling days.

A shorter version of this tour, offered by [Much Better Adventures](#), is also available, covering the same stretch of the South Coast as this tour, with longer paddling days, and without the short hikes.

© *Genius Loci Travel. All rights reserved.*



[booking@genius-loci.it](mailto:booking@genius-loci.it) | [www.genius-loci.it](http://www.genius-loci.it)

\*\*\*GENIUS LOCI TRAVEL - The Real Spirit of Italy\*\*\*

