



ITALY AMALFI SAILING AND CULINARY VOYAGE

A one week sailing adventure along the Italian Coast. We will sail from Naples to Ischia, Capri and Sorrento. Take a cooking class and make your own Italian lunch, visit a vineyard and winery, snorkel the ruins of Pompei and sail the stunning coast of Italy! Come on board with us for a week of sailing, hiking, snorkeling, amazing food, and camaraderie! The package includes all food catered and prepared by our professional team, a trained skipper with expert knowledge of the cruising grounds and a focus on safety without compromising fun, guided tours on shore and of course the sailing vessel, monohull or catamaran.

OFFERED MAY THROUGH SEPTEMBER

SAMPLE ITINERARY



DAY 1 Arrive to the marina in the late afternoon to meet your fellow boat mates and MountainSea crew. With the introduction to the yacht and briefing accomplished shortly after getting settled into your cabin, we'll get to know each other over a cocktail and hors d'oeuvres then take a short stroll to a local restaurant for dinner.

DAY 2 Today we sail to Procida. Stay at Marina Chiaiolella. Disembark and wind your way to the Piazza Dei Martiri – or Martyrs Square – above the marina. Explore the yellow church Santuario di Maria delle Grazie, one of five beautiful churches on Procida. Once finished in town, we'll head out to the Riserva Naturale Statale Isola Di Vivara, a nature preserve on an tiny island connected to Procida by causeway. Here you'll be able to walk several paths of your choosing investigating the ruins of past owners and watching the wildlife. You'll end the evening with a dinner in town.

DAY 3 Ischia is where we are headed today. We'll stop at Aragonese Castle where you'll experience convents, churches, jails, and unparalleled views of the island. Lunch at the cafe before returning to the boat and moving to the Marina Del Raggio Verde. Tonight will be an evening of food education as you learn from the chefs at La Casereccia Restaurant. For an hour you'll be taught the finer points of Italian cooking as you prepare a full and scrumptious meal from start to finish – of which you'll then eat! Full and happy, you'll return to the boat ready for another day.

DAY 4 – Early start to set out for Capri. Today is a big on – and in! - water day. We'll start by sailing from Ischia to Capri, a 22NM journey from our Marina on Ischia. Our first stop will be the Green Grotto where we'll be able to jump overboard into the warm Mediterranean waters. From there we'll travel a short distance to Il Faraglioni, a beautiful series of rock islands



marching out from Capri. We'll anchor close to these formations for more swimming before taking dinner at Da Luigi ai Faraglioni. It'll be a full day in the sun and playing in the water.

DAY 5 Today is an excellent day to explore what Capri has to offer. We'll boat through the Blue Grotto, a sea cave off the coast that once entered, seems to draw the light from outside in to cast a blue glow throughout the cave. After exploring that, we'll make our way back on to land in order to walk the Pizzolungo, a coastal walk on the southern coast of the island. There will be opportunities to view the Natural Arch, be able to drop down to the Grotta di Maternomania where rituals were once performed to gods of the wood and take in the slowly pinkish home of famous writer Curzio Malaparte. We'll return to the boat for a short sail around the west end of the island to Porto Turistico Di Capri and a wonderful dinner on the island.

DAY 6 Today we sail to Sorrento. Perched atop cliffs that separate the town from its busy marinas, it's known for sweeping water views and Piazza Tasso, a cafe-lined square. The historic center is a warren of narrow alleys that's home to the Chiesa di San Francesco, a 14th-century church with a tranquil cloister. After a short sail, we'll spend the majority of the day exploring the town and then we have another cooking class! We'll make our own traditional three course lunch and savor the flavors of this incredible Italian region.

DAY 7 Heading home. This will be another beautiful day on the water as we bid goodbye to the Islands and head back to the mainland.



WHAT'S INCLUDED

- Captain
- All meals, snacks and non-alcoholic beverages onboard
- Mooring ball fees
- Double staterooms w/linens
- Stereo
- Dinghy with outboard engine
- Watersports equipment:
 - Snorkeling equipment
 - SUPs

OFFERED MAY THROUGH
SEPTEMBER

CONTACT FOR INDIVIDUAL
AND DUAL OCCUPANCY CABIN
PRICING

OPTIONAL SERVICES

Contact for pricing and availability

- Chef and Hostess
- Airport Transfers

ASA - AMERICAN SAILING
ASSOCIATION CERTIFICATIONS

- Basic Keelboat
- Coastal Cruising

NOT INCLUDED

- Meals onshore.
- Airfare and optional travel insurance
- Gratuity - Gratuity of 15 to 20 percent is suggested if you're happy with the quality of the service.



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