



Naples - Golfe Juan Cruising Guide

Sorrento

Sorrento is a coastal town in southeastern Italy, facing the Bay of Naples on the Sorrentine Peninsula. Perched atop cliffs that separate the town from its busy marinas, it's known for sweeping views and Piazza Tasso, a cafe-lined square. The historic center is a warren of narrow alleys that includes the Chiesa di San Francesco, a 14th-century church with a tranquil cloister. Sorrento, has so many definitions that have been ascribed to this locality, one of the best-known international tourist resort.

Sorrento, the hometown of the poet Torquato Tasso, who was born here in 1544. Also Sorrento is known for land of colours; land of the Mermaids and the city of the orange and lemon groves. Each one of these definitions contains the truth because Sorrento is indeed a pretty little town where kindness and hospitality are a combination that is handed down from one generation to the next.

Sorrento, not to be rhetorical, is indeed the land of colours: brilliant or delicate hues depending on the change of the seasons. If you just spend a moment to observe how emotional a sunset can be when you gaze in the direction of Punta del Capo, of Ischia or Procida islands, the outlines of which can be seen clearly, you will be amazed by the variety of colours and the beauty of the landscape. Or look, preferably from the sea, towards the majestic ridges of tuff rock that changes colour at every hour of the day.



Amalfi

Amalfi's ninth-century Duomo is one of the town's greatest attractions. It dominates the town's central piazza, sitting atop a wide flight of steps. The cloister (Chiostro del Paradiso) and museum close by (joint admission ticket) house sculptures, mosaics and other relics of the town's wealthy past. The Arsenal by the sea is a monument to the maritime past of Amalfi.

The town is small, but you can easily while away an afternoon exploring the narrow white alleyways and browsing in the shops for souvenirs - including every variation on the famous local lemon products. You can sample the Amalfitana specialities, such as the strong limoncello. There are plenty of nice cafes where you can rest with a drink, eating pastries and watching the world go by. A stroll along the sea front is another pleasant diversion. The town's harbour is to the right as you face the sea, and past the public ferry ports there is a marina where luxury yachts rub shoulders with working fishing vessels laden with nets. Walking out along one of the breakwaters provides good photo opportunities back towards the town centre. When you're tired of admiring Amalfi's charms, you can take a stroll up the valley through lemon groves and old paper mills.





Capri

Capri, an island in Italy's Gulf of Naples, is famed for its rugged landscape, upscale beach resorts and high-end shops selling handmade leather sandals and signature limoncello liqueur. Some of the main features of the island include the following: the Marina Piccola (the little harbour), the Belvedere of Tragara (a high panoramic promenade lined with villas), the limestone crags called sea stacks that project above the sea (the Faraglioni), the town of Anacapri, the Blue Grotto (Grotta Azzurra), and the ruins of the Imperial Roman villas.

Capri is part of the region of Campania, Province of Naples. The town of Capri is the island's main population centre. The island has two harbours, Marina Piccola and Marina Grande (the main port of the island). The separate comune of Anacapri is located high on the hills to the west.



Rome

A heady mix of haunting sights, awe-inspiring art and vibrant street life, Italy's Eternal City is one of the world's most beautiful and inspiring capitals.

But there's more to Rome than history, fine art and great food. Rome is Italy's capital and largest city, and while history reverberates all around, modern life is lived to the full. Rome is Italy's political and religious heartbeat and the twin presence of government and Church dominates the city.

A trip to Rome is as much about lapping up the dolce vita lifestyle as gorging on art and culture. It's about relaxing into the city's Mediterranean rhythms and idling around the picturesque streets. Whiling away hours at streetside cafes and people-watching on pretty piazzas are an integral part of the Roman experience. The tempo rises as the heat of the day fades into the evening cool and the fashionably dressed aperitivo (aperitif) crowd descends on the city's bars and cafes.



Porto Rotondo

Porto Rotondo is of the same calibre as Porto Cervo. The former was developed in the 1960s, by the aristocratic Italian Donà delle Rose family, and the latter by Prince Karim Aga Khan, at the end of the 1950s.

Porto Rotondo is on the northeast coast of Sardinia, near Mount Ladu. Its name, translated literally means “round port”, is due to the natural inlet where the beach town was developed, delineating a practically perfect circle. Built in harmony with its surroundings, Porto Rotondo is harmoniously balanced on the sea, with stunning land and seascapes. In the summer months, the colours and atmosphere must be experienced to be believed. The sea is turquoise, beaches the finest and whitest, the Mediterranean vegetation, or maquis, is perfumed and provides a contrast to the many blues of the sky and water. Every sunrise and sunset should be seen, either with an early morning swim or with an aperitif in the evening.



Cala di Volpe

On the most strikingly romantic stretch of the Costa Smeralda, Hotel Cala di Volpe, a Luxury Collection Hotel, resembles a charming fishing village, with its picturesque Sardinian houses and landing stage jutting out into a sea of translucent turquoise, emerald green and deepest azure.

The Cala di Volpe Restaurant for a romantic candlelit supper; the Pool Bar for a cooling drink or tasty snack; the Pontile Piano Bar and the Lobby Bar, both with panoramic view of Cala di Volpe bay; the Barbecue, for delicious grills of fresh Sardinian seafood, the perfect venue for chic gala dinners or banquets.



Porto Cervo

Porto Cervo is the main centre and meeting point of the internationally renowned Costa Smeralda, one of the most prestigious tourist destinations in the world. Porto Cervo is in the Gallura region, on the northeast coast of Sardinia. Created by Prince Karim Aga Khan, at the end of the 1950s, Porto Cervo was once an exclusive retreat for the international jetset. It is still one of the most luxurious resorts in the world, but with the 2004 opening of Olbia airport, at just a thirty minute drive from Porto Cervo, it has become more widely accessible. The Costa Smeralda is, however, an exclusive holiday destination, with designer boutiques, spa hotels, the finest restaurants and exclusive nightspots.

Porto Cervo is a small and picturesque village of soft pastel-coloured buildings, positioned in a natural port surrounded by gentle hills. The land and seascapes are incredibly beautiful, with many islands and the finest beaches.

Bonifacio

Bonifacio is a star attraction in Corsica, drawing visitors from all over the island and overseas to marvel at its medieval houses precariously teetering on the edge of the imposing limestone cliffs.

Bonifacio's Old Town, with a labyrinth of narrow streets and historic buildings, was built by the Genoese and is a fascinating place to wander around. Founded in 828 AD by Count Bonifacio of Tuscany, its natural harbour bears a striking resemblance to the home of the Laestrygonians referred to in Homer's *Odyssey* of the 7th century BC. Bonifacio also boasts a busy marina filled with impressive yachts and lined with chic bars, restaurants and hotels, enhancing the vibrancy of this fashionable coastal resort.

Add to this the fact that Bonifacio is close to several idyllic, unspoiled Corsican beaches as well as staggeringly beautiful mountains, and you have a near perfect, varied holiday destination.





St Tropez

St.-Tropez is a coastal town on the French Riviera, in the Provence-Alpes-Côte d'Azur region of southeastern France. Long popular with artists, the town attracted the international "jet set" in the 1960s, and remains known for its beaches and nightlife. The cobblestoned La Ponche quarter recalls its past as a fishing village, although yachts now outnumber fishing boats in the Vieux Port.

Tropezian beaches are located along the coast in the Baie de Pampelonne, which lies south of Saint-Tropez and east of Ramatuelle. Pampelonne offers a collection of beaches along its five-kilometre shore. Each beach is around thirty metres wide with its own beach hut and private or public tanning area.

Many of the beaches offer windsurfing, sailing and canoeing equipment for rent, while others offer motorized water sports, such as power boats, jet bikes and water skiing, and scuba diving.



Golfe Juan

The nearest port and seaside resort to the east of Cannes is Golfe Juan which is where Napoleon landed in 1815 after escaping exile with 600 men from the Isle of Elba, 150 miles away. Welcomed by an enthusiastic populace (but not by the people of Cannes) who supplied him with food and other provisions, he and his supporters marched north over the mountains - now known as Route Napoleon - to reach Grenoble in six days, then on to a victorious entry into Paris. One hundred days after landing at Golfe Juan he met his Waterloo - literally.

Today Golfe Juan is a pleasant break from Cannes, quieter and less expensive.

Itinerary

Day 1

- 12:00pm Depart Naples for Marina di Stabia
- 13:00pm Light lunch on board
- 15:00pm VIP Tour of Pompeii, The secrets of the most dramatic archaeological site in Italy are revealed as you experience what life was really like in an ancient Roman city before it was devastatingly buried by the volcanic eruption.
- 18:00pm Cocktails and hors d'oeuvres
- 20:00pm Dinner on board

Distance from Naples to Marina di Stabia: 12.68nm @ 14 knots = 54mins

Day 2

- 10:00am Brunch on board
- 14:00pm Leisurely trip into Sorrento to enjoy the historic centre & the beautiful views. Why not indulge in the famous tippie of Limincello!
- 18:00pm Cocktails and hors d'oeuvres
- 20:00pm Dinner a shore (Need a recommendation) or dinner on board

Distance from Marina di Stabia to Sorrento: 6.16nm @14 knots = 26mins

Day 3

- 10:00am Leisurely morning on board, water sports and relaxation
- 12:30pm Lunch at Hotel San Pietro, Positano
- 15:00pm Explore the stunning town with its steep cobbled streets. Visit the caves of La Porta

- 18:00pm Make your way leisurely to Amalfi whilst enjoying cocktails and hors d'oeuvres
- 20:00pm Dinner on board

Distance from Sorrento to Amalfi: 10.47nm @ 14 knots = 45mins

Day 4

- 10:00am Explore the picture postcard town of Amalfi. Famous for its culture & Oriental architecture. Take a trip to the ancient town of Ravello.
- 13:00pm Lunch on board
- 15:00pm Anchor off and enjoy an afternoon of water sports
- 18:00pm Cocktails and hors d'oeuvres
- 20:00pm Dinner at Di Paolino
www.paolinocapri.com

Distance from Amalfi to Capri: 17.36nm @ 14 knots = 1hrs 14mins

Day 5

- 10:00am Enjoy some local shopping and visit the historical sites.
- 13:00pm Lunch on board
- 15:00pm Enjoy a leisurely afternoon on board, swimming and water toys
- 18:00pm Cocktails and hors d'oeuvres
- 20:00pm Dinner on board

Distance from Capri to Rome: 117.81nm @ 14 knots = 8hrs 25mins

Day 6

11:00am Wake up in the beautiful city of Rome & enjoy the historical sites. Take a tour of the Vatican, see the Vatican Museum's secret rooms or visit the wonders of the Sistine Chapel

13:00pm Lunch a shore (restaurant recommendation needed)

18:00pm Cocktails and hors d'oeuvres

20:00pm Dinner on board

Distance from Rome to Porto Rotondo: 128.47nm @ 14 knots = 9hrs 11 mins

Day 7

10:00pm Relaxing morning on board

13:00pm Find a secluded spot for a beach BBQ

15:00pm Enjoy an afternoon of water sports

18:00pm Cocktails and hors d'oeuvres

20:00pm Dinner on board

Distance from Porto Rotondo to Cala di Volpe: 3.78nm @ 14 knots = 16mins

Day 8

10:00am Slowly move around to Cala di Volpe and anchor for water sports in the morning

13:00pm Lunch at the famous Cala di Volpe Hotel

15:00pm Enjoy a post lunch treatment at the Beauty Spa or enjoy a spot of retail therapy at some of the well known boutique stores

18:00pm Cocktails and hors d'oeuvres

20:00pm Dinner on board

Distance from Cala di Volpe to Porto Cervo: 2.27nm @ 14 knots = 10mins

Day 9

10:00am Relaxing morning on board

13:00pm Lunch a shore, try the ever attentive Pedrinelli's Pedrinelli - <http://www.giannipedrinelli.it>

18:00pm Cocktails and hors d'oeuvres

20:00pm Dinner on board

Distance from Porto Cervo to Bonifacio: 21.95nm @ 14 knots = 1hr 34mins

Day 10

10:00am Anchor off Pampelonne Beach, synonymous with Brigitte Bardot

13:00pm Lunch a shore at Le Club 55, where poisson froid washed down with some Pampelonne Rose might be the order of the day!

18:00pm Cocktails and hors d'oeuvres

20:00pm Dinner on board

Distance from Bonifacio to St Tropez: 159.62nm @ 14 knots = 11hrs 24mins



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