

# AMALFI COAST, ITALY

## SwimWell's AquaTravel Escape 2022

### ITINERARY 27 September - 4th October

*What sets us apart is that we design holidays to be enjoyed by both swimmers AND their partners. Indulge your passion for open water swimming in exotic locations and experience the Bigger Picture with your partner.*



#### Day 1 (Tuesday Sept 27) - Arrival



Your adventure begins midday in Naples where the group will be met by our driver for the scenic drive south to the Amalfi Coast. Your destination is the beautiful Hotel Onda Verde in Praiano (Positano's nearest neighbour). The hotel is made up of a collection of villas which cascade down the mountainside at Marina di Praia (AKA

La Praia), one of the coast's most coveted locations and our base for the week.

Swimmers keen to hit the water can accompany Peter on a reconnaissance swim to become acquainted with your surroundings. Non-swimmers may join Pam to check out our home for the week, get the lowdown on the neighbourhood & how to get around, (the buses, water taxis etc) and/or enjoy some time at the beach or by the pool.

Early this evening we'll gather for a welcome drink and a chance to chat about the week ahead, followed by an informal waterside dinner where you'll sample on the local cuisine and get to know the group.



## Day 2 (Wednesday Sept 28) - Private boat tour

To fully appreciate the Amalfi Coast, it must be experienced from the water, so today we head out on a luxury private boat to explore in style. From the outset you will be spellbound by impossibly beautiful scenery as we make our way toward Positano and your first glimpse of this iconic town is sure to take your breath away.

Our first stop is Li Galli, the small dolphin-shaped archipelago not far from Positano. Also known as “Le Sirenuse” after the legendary sirens in Greek mythology, these 3 islets have a rich history dating

back to the Romans. Privately owned for many years, notable owners include dancer Rudolph Nureyev who entertained many international celebrities & members of the glitterati here. Whilst the tiny island retreat remains an exclusive haven for a privileged few, the surrounding crystalline waters are part of a protected marine park & we are able to drop anchor and enjoy this little slice of heaven like the many glamorous visitors before us. Serious swimmers can join Peter for an island circumnavigation while the rest of the group take a relaxing dip or snorkel in the protected interior of the archipelago.

Leaving Li Galli behind we continue along the Sorrento Peninsula bound for the quieter and lesser known coves and bays of lovely Nerano. This area is a favourite with locals and travellers-in-the-know as a refuge from the coast’s more crowded resort towns. Renowned not just for its natural beauty, secluded beaches & hiking trails, Nerano is also famous for its cuisine and is a popular destination for long leisurely lunches.

We will explore locations accessible only from the sea (or via remote hiking trails), with ample time for swimming and drop anchor in one of the secluded coves for a picnic lunch. Next up we’ll make a stop at Nerano’s charming waterfront village and there will be time to explore or you may choose to simply relax & enjoy a drink at one of the beach bars. (Continued...)

(.....Continued) Setting a relaxed pace for the return journey, we'll take a look at the course our swimmers will take from Positano to La Praia on the "Big Swim" and give non-swimmers the chance to experience a few of the highlights.

### Day 3 - (Thursday Sept 29) - Ravello & Amalfi

Today swimmers have the option of an early morning swim before the group meets up for an adventure of a different kind. Water taxi will spirit us to the port of Amalfi from where we make our way up, up to the stunning mountain top village of Ravello. This UNESCO World Heritage site has inspired artists,



writers and composers over the centuries with its unique beauty. Meandering the picturesque cobbled lanes is the best way to experience the village's medieval charm and a visit to the enchanting Villa Cimbrone is a must. Spectacular views over the Tyrrhenian Sea greet you at every turn as you wander the exquisite gardens of this superb villa, a simply unforgettable location. After

a morning of exploring, we have some options:

1. A relaxing al fresco lunch - fabulous food with views to die for.
2. A quick bite on the fly & some retail therapy... enticing little perfumeries, luxury boutiques and exquisite ceramic workshops await you.
3. Quick lunch & mountain walk... the energetic option. Skip the bus & take the scenic walk down the mountain back to Amalfi.

Depending on our chosen option , we hope to have time to check out the town and visit Amalfi's beautiful Duomo, perhaps even indulge in some gelato before taking our water taxi back to La Praia.



## Day 4 - (Friday September 30th) - Beach Club

After an intense few days, today we slow the pace. There will be an optional early morning swim then after a leisurely breakfast we set off by water taxi, bound for the beautiful beach of Laurito, and a quintessential Amalfi Coast experience.... An iconic beach club, complete with music, sun beds & delicious coastal cuisine. There will be a pre-lunch swim trek for our open water enthusiasts and time for our non-swimmers to enjoy a dip or indulge in an aperitivo. Lunch is an informal affair, wet togs no problem. Fresh seafood & delicious local specialities feature on the menu.

Stay as long as you please. For the total Italian beach club experience, rent a sun lounge, lay back with a Spritz & chill for the afternoon ..... If that's not your thing, take the courtesy boat back Positano where you can trawl exquisite boutiques & galleries, lose yourself on cobbled lanes, climb endless stairs , or just find a spot with a great view to take it all in. You may like to linger long enough to enjoy a sunset drink at a swanky bar or grab dinner at one of the many restaurants. Since we will all return to Praiano independently, the choice is entirely yours.



## Day 5 - (Saturday Oct 1st) - The Big Swim

Big day for swimmers today - The adventure swim from Positano to La Praia - approx 7.5km. Join the honour roll, the select number of swimmers who have completed this iconic course and earn kudos from the locals & tourists.

Accompanied by a support boat and setting a leisurely pace, you will swim one of the most spectacular stretches of the coast. There will be plenty of stops along the way to admire the spellbinding scenery, take pics, and explore sea grottoes - this is a swim to remember!

After an early breakfast, the group will take a water taxi to Positano where swimmers meet the support boat and set off on their epic adventure. Non-swimmers may choose to do their own thing for the morning, or join the group in Positano for some land based activity (ie. visit archeological site beneath the duomo /explore early morning Positano), meeting up with the intrepid swimmers for a waterside lunch. The remainder of the day is activity free to spend as you wish.



## Day 6- (Sunday Oct 2nd) - Private boat tour

Our luxury boat arrives to whisk us away once more today, departing the marina early after breakfast. We will discover secluded coves, dramatic fjords, luminous grottos and other natural wonders, taking full advantage of every swimming opportunity along the way. You will be captivated by a veritable visual feast as we make our way along the coast....lemon groves and vineyards, crumbling ruins and lavish villas adorn the vertiginous terrain. Not far from Amalfi, we will enjoy a fantastic laidback lunch at our favourite seaside restaurant situated on a picturesque bay.

Back on board the boat we continue our journey along the coast, dropping in to visit the lovely village of Minori. The village is home to one the region's best preserved Roman villas and a world-famous pasticceria where we can stop in to sample some delicacies. Each village along the coast has its own distinct character and Minori with its understated charm is one of our favourites. On return to the boat our captain will find a special spot for the last swim of the day before we enjoy a late afternoon prosecco as we set sail back to La Praia.



### Day 6 - (Monday 3rd October) - Free Day

After an action-packed week, there's an early morning swim is on offer and otherwise today is free for you to enjoy exactly as you please ..... Simply make the most of our beautiful location, kick back & relax , OR for the energetic, tackle the Walk of Gods, or perhaps a day trip to Capri is your fancy? ... we'll leave it entirely up to you ( but we are very happy to provide advice & assistance as needed)

For our final evening we come together for a farewell dinner - we'll dine in a nearby restaurant situated in a lemon grove, feast on wonderful local produce and reflect on our adventures with new found friends. Be sure to arrive hungry, you won't be disappointed!

### Day 7 - (Tuesday 4th Oct)

Sadly this is where the story ends and we bid farewell to the lovely Amalfi Coast. After breakfast you'll be transported to Naples for your onward journey.



### **\*\*Please note, Itinerary is subject to change due to weather conditions**

\*\* While we hope for consistently calm waters so the itinerary can run to plan, boat excursions in particular are weather-conditional and reorganising the itinerary sequence & content may be necessary. If either of our boat tour days are cancelled due weather conditions, day tour to Pompeii or Herculaneum will be arranged to substitute.

## Inclusions:

- Private transfer to & from Praiano/Naples & water taxi transport where indicated
- 7 nights luxury boutique accommodation, sumptuous daily breakfast
- Welcome drinks and dinner on day one
- Picnic lunch on day 2
- 2 x full day boat tour (days 2 & 6) \*\* Please see notes below \*\*
- Ravello excursion
- Escorted swims, day 5 support boat, video stroke analysis & coaching on request
- Farewell dinner and drinks on our final evening

\***Travel Insurance**, meals & drinks (with the exception of those stipulated on days 1,2 & 7) are at your own expense, as is public transportation, entrance to Villa Cimbrone & any additional entrance fees.

\* Given the additional complexities of travelling since Covid, all guests must be **fully vaccinated for Covid-19** and **Travel Insurance** is an absolute essential

\* Five of the seven evenings you will be free to explore your own dining options. There are a number of great choices at Marina di Praia to suit most tastes, some notable options in the town of Praiano and endless possibilities in Positano. You may even like to stock up on delicious local delicacies from the alimentari and dine on your terrace under the stars after a big day out. This is YOUR holiday and we hope you will discover your own perfect version of the Amalfi Coast.

SEE YOU IN ITALY!