

Cycling Safaris

ITALY

Gulf of Naples and Amalfi Coast 2016 – Bike & Boat Guided Tour

8 days/7 nights, 63-70 mi./102-112 km by bicycle; (Grade B)



This is a journey that will take place both on land and on water, searching the natural treasures and cultural heritage spotted along the Amalfi Coast and the Gulf of Naples. A cruise on board a ship that has all the style of the ancient caique, a type of boat that is a legend itself, just as is the sea under your feet. It is not just a matter of watching and observing, but a truly active journey intended to combine navigation and relaxing while cycling along the narrow streets of Capri, Pompeii, Procida, Ischia, and Sorrento.

TOUR ITINERARY

1st day (Sat) Embarkation at Naples

Embarkation at 18.00 at the Marina di Castellammare di Stabia (NA), accommodation on board, welcome drink, dinner and presentation of the program. Night in the port of Castellammare di Stabia

2nd day (Sun) Pompeii (approx. 8.7 mi. /14 km)

Cycle trip to Pompeii and visit of Pompeii and the Villa dei Misteri. It is the biggest open-air archaeological site of the world. A great example of past human life: the huge eruption of the Vesuvius in 79 A.D hid under ashes and lava men in their daily activities. Return journey to Marina di Castellammare and departure with the caique towards Sorrento. Walking visit of the town & return to boat. Overnight on board at Marina di Cassano/Sorrento in roadstead /in port in case of bad weather.

3rd day (Mon) Sorrento – Positano - Amalfi (approx. 21 mi. /34 km)

In the morning departure by bike along the Sorrento coast. You cross “Passo San Pietro” (St. Peter’s pass) and you enter in the Amalfi coast, where you will cycle along the wonderful road overlooking the sea up to Positano. Its colorful houses have been built in amphitheatre shape, overlooking the sea, giving a unique and picturesque aspect to the village. After Positano you continue towards Amalfi, the most powerful Mariner Republic at the end of X century. We suggest the visits of the cloister of Paradise and the church and a walk along the main street that is connected with many narrow streets between white fishermen’s houses. Return to the gulet. Overnight in port Amalfi.

4th day (Tues) Amalfi – Minori – Vietri - Cetara (approx 18mi. /29km) + Alternative Ravello (24mi. /39 km)

From Amalfi you continue your cycle tour along the coast, cycling on a street with some ups and downs overlooking the sea, crossing the villages of Minori, Maiori and Cetara. It is possible to make a deviation and go up towards Ravello, where in the placid beauty of the main square, the Dome dedicated to Saint Pantaleone stands out. The blood of the Saint liquefies every year on July 27th. From the village dominating the sea from 300 mt. above sea level, you can enjoy a view beyond the Gulf of Salerno and up to the Cilento mountains. We suggest a visit to Villa Cimbrone and Villa Rufolo, whose architecture (a mélange of Arab, Sicilian and Norman style) was an inspiration for Wagner. You return on the road along the coast to finally reach Vietri. You come back to the gulet and navigation to Capri. Overnight in roadstead in Capri.

5th day (Wed) Capri (Rest Day)

Disembarkation with the tender in Marina Piccola (Capri). You visit the Island on foot, you reach the village of Capri with its famous “piazzetta” and continue to the Faraglioni. From above the cliff you can enjoy a wonderful panorama on the Gulf of Naples dominated by the Vesuvius. In the afternoon embarkation and navigation to Ischia. Overnight in the gulet in the port of Ischia Casamicciola.

6th day (Thurs) Ischia (approx. 16 mi. /25 km)

Cycling from Ischia port you will cross by bike the west part of the island among the scents and flavors of the Mediterranean Sea, crossing little villages with the possibility of visiting little museums along the stage. Once we reach the thermal village of S. Angelo, embarkation and overnight in port in Ischia Sant’Angelo.



7th day (Fri) Procida and Napoli (Sailing day)

We sail up to Procida and walking visit of the town and the San Michele Abbey. Return to the boat to continue to Napoli, disembarkation and visit of the city. Starting from “Spacca Napoli”, you will discover the city centre characterized by narrow streets, with washing hung out, baroque churches and palaces, the San-Carlo theatre, the Gallery Umberto the 1st, the Plebiscito Square. In the afternoon we reach again the caique and we sail up to Marina di Castellammare di Stabia (in alternative, we reach Castellammare with public means). Overnight in the Marina of Castellammare di Stabia.

8th day (Sat) Disembarkation

After breakfast, check-out until 9.00 am and individual journey departure.

Alterations/Changes:

We reserve the right to make changes to the planned route due to changing wind and weather conditions and where required by organizational necessities. If external circumstances and weather conditions allow it, it is possible to cover longer distances during the night. The extra time thus gained could be used during the day for extending the cycling program.

2016 TOUR DATES

Saturday start:

April 30

May 7*, 14*, 21*, 28*

June 4, 11, 18, 25

August 27

September 3, 10*, 17*, 24*

October 1, 8, 15

*- Both boats available these dates

2016 TOUR PRICE

€1,305.00 per person sharing cabin

Single cabin - on request, subject to availability:

+€755.00 single cabin supplement

A limited number of E-bikes are available at a supplement of +€70

WHAT THE TOUR PRICE INCLUDES

- 7 nights on a ship in a standard double cabin with shower/toilet
- Catering as mentioned in itinerary (7 x breakfast & 6 warm dinners on board plus picnic lunches)
- Guided or individual cycling tours as described in itinerary
- Bed linen and towels
- 21-gear hybrid bicycle incl. pannier
- Overview-maps for the daily tours (on board)
- English and Italian speaking tour guide

Not included in the tour price:

- Journey to/from start and finish points
- One dinner in Amalfi
- Drinks onboard (Tally sheet to be paid to the captain).
- Insurance against theft and damage of the rental 21-speed hybrid bike €10 / per week or rental E-bike €20 / week (not insured deliberate damages)
- Tips for tour guides and crew
- Entrance fees for sights not included in the tour price
- 1 night in port (Fees if in port €20-50 per person)

THE BOATS – Caique Deriya Deniz

Tour dates: April 30, May 7, May 21, and October 8

Deriya Deniz is a 24 meters long and 6.6 meters wide caique, with a solid structure and finished with precious mahogany woods. The great care in the interiors and external spaces provide big charm and extreme comfort, in order to enjoy a wonderful holiday. The caique gathers 5 cabins (1 will be used by the guide): 3 double cabins and 2 twin cabins, and can accommodate up to 10 people.

All cabins are equipped with private services with hot and cold water, shower box with ¼ bathtub, hairdryer. They all have air conditioning, LCD TV and Hi-Fi, a little wardrobe, enough space to place bags and luggage (please exclude rigid luggage), a safe and portholes that can be opened. The ship is furnished with style, it boasts prestigious wood furnishings and fittings, as well as comfortable inner spaces, such as the spacious dinette with bar. The guests can also take advantage of a large solarium and lie down on comfortable beach mattresses enjoying the sounds of the sea. The back deck is covered and has a table for breakfasts and dinners. Last but not least, the crew and the cook do their best to provide to guests on board the typical fresh Italian food: seafood, vegetables, pasta, and meat, everything scented with the herbs of the Mediterranean scrubs.



Caicco Mariagiovanna Ship

Tour dates: May 7, 14, 21, 28, September 3, 10, 17, 24

Mariagiovanna is a caique, a traditional Turkish vessel built with mahogany wood, which will make you live an unforgettable and relaxing holiday joining together the antique charm of an “ ancient vessel” with the functionality of a modern boat. The stern and the bow are provided with large and soft cushions which are ideal for our guests who wish to enjoy very relaxing moments just looking at the amazing landscapes in the glittering sunlight caressed by the sea breeze, or simply to sunbathe. All the services that Mariagiovanna can offer, together with an accurate and discreet hospitality will really make your stay on it a very magic holiday. Comfortable cabins, air conditioning and private services and WC on board, provide the clients the maximum comfort (max 10 participants). Last but not least, the crew and the cook do their best to provide to guests on board the typical fresh Italian food: seafood, vegetables, pasta, meat, everything scented with the herbs of the Mediterranean scrubs.



BIKE & FITNESS



Bike hire is included in the tour package.

- **Frames** - Our aluminium framed bicycles are available in different sizes; ladies (from 160cms (5 ft. 3 in.), and above that) and men's (up to 6 ft., and above) to cater for all body heights.
- **Wheels** - Very stable 28 inch hollow chamber rims with Touring tyre (easy turning and solid).
- **Gear change** - 21-gear derailleur,
- **Further Equipment** - brakes with strong "bite", carrier, stable chainstays stand, comfortable touring saddle, safety mudguards, 1 large pannier bag, and 1 front road book holder pouch.
- **Please Note:** You can bring your own saddle (without the post) or your own click pedals, and the tour guide will attach them to your rental bicycle.

The cycle tours require a basic level of fitness from participants, which they should have acquired from steady cycling. The daily tours from 9 - 31 mi. /15 to 50 km lead you through hilly and some mountainous terrain and will be completed without any time-constraints. Participants also need to master steep climbing's. Streets are mostly asphalted and less traffic occurs during the off seasons. You are free to set aside a half or full day to swim or spend on board the boat, instead of taking a planned cycle-tour. Each day you can either decide to cycle alone, using the information and maps provided, or join the tour guides.

Helmets use is mandatory in Italy. You are strongly encouraged to bring your own well-fitted helmet. Rental helmets are available on board in limited number (on request).

WHAT TO BRING

Specialised cycle clothing may be handy but not strictly necessary. What you do need (among other things) is the following:

- shorts/ long trousers/ track suit/ leggings
- shirts/ sweater/ rain clothing
- good shoes
- sunglasses/ cap/ swimming costume
- extra towel for swimming
- soap/ insect repellent/ sunscreen
- own helmet

GROUP, GUIDE AND BACK-UP SERVICE

On this tour there will be a guide cycling with the group.

Our tour guides will inform you beforehand of the nature and difficulty of the tour so you are able to decide if you want to cycle with or rather relax on board. If you would like to cycle on your own, the guide will provide you with maps and tips for routes.

GENERAL INFORMATION

Meals

The cook that travels along is a member of the crew and prepares breakfast and two warm dishes a day which take into account the requirements of active cyclists. The ample breakfast comprises bread, butter, jam, cheese, sausages, coffee, and tea as well as some extras. Please let us know beforehand if there are any foods you may or will not eat, and we will do our best to accommodate your wishes and to provide alternatives.

Electricity, water and telephone on the ship

Electricity and water are available on board, of course, but within limits. All ships have a generator for 220V, which will however not work around the clock, e.g. to ensure your night's rest it will be switched off overnight.

The plugs are ordinary flat European plugs with two round pins of 4.8 mm in diameter.

The water tanks are large enough to provide sufficient cold and warm water for washing and showering for everyone, if it is used with consideration, i.e. if you turn it off while soaping, and do not leave it on unneeded.

All countries have access to a local GSM 900 mobile telephone network that you can log into if your phone is GSM compatible.

Arrival to tour start

- It is possible to fly to Naples Capodichino airport, are a taxi ride to your port of embarkation. From the airport you can take a taxi to the ship.

Check-in on board starts at 6pm. Please make sure to be on the boat by 6pm as around 6pm the ship leaves the Harbour.