



The Tirrenian Sea - Cilento Coast and Basilicata

A cruise along the mythological route of the sirens and the sea. An active journey alternating between the relaxation of sailing with cycling tours, allowing you to admire the amazing bay of Trentova, Punta Licosa, Capo Palinuro, Baia degli Infreschi, Golfo di Policastro and the medieval atmosphere of Maratea. You will also discover medieval villages like the fortresses of Castellabate, Pollica and Pisciotta and the tour visits the wonderful sea villages of Acciaroli, Palinuro, Marina di Camerota, Scario and Sapri. This is also a cultural tour, with visits to the archeological sites of Paestum and Velia with their museums and monuments, with the chance to buy handmade products from locals.

Guided tour with English and Italian speaking guide (international groups).

Duration and departure dates: 8 days, 7 nights with departure on Saturdays

Overnight : Agropoli (port), Acciaroli, Marina di Casalvelino ; Palinuro; Marina di Camerota; Sapri (roadstead); Maratea (port).

The Boat

Caique North Star

4 double cabins with private facilities (shower and WC)

8 places

The caique North Star was built at the end of the 80's and was one of the first caiques in the Mediterranean sea. It has a robust structure and good interior finish. All 4 cabins are comfortable and furnished with a cabin bed for a total of 8 guests. The cabins have private facilities with shower, hot and cold water, and a porthole. There is an internal dinette seating 8 guests, with wide windows and a furnished kitchen. On the back deck there is a table seating 12 guests for breakfast and dinners of cold meats, cheese, meat, fish, pasta and vegetables, mostly of local produce. The owners of the ship are third generation hoteliers and have transferred the wonderful care of their guests from hotel to boat. Add to this the choice and careful preparation of the onboard food and you have a very memorable tour.

Day 1 - Individual arrival. Embarkation at 17.00 at the port of Agropoli (Salerno). Welcome drink and presentation of the program. Visit the archeological site of Paestum from 17.45 until 20.00 before dinner.

Continued overleaf...

Dates for 2011:

Departures every week from 23/04 until 16/07 and from 03/09 until 22/10.

Ride info:

Every trip is between 25 and 40 km

Difference in level: between 50 and 300m per day.

The daily stage is 25/40 km.

Level:

Medium/easy



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Day 2 - Agropoli – Castellabate – Acciaroli 38 km. Cycle from Agropoli along the coast and around Trentova bay and Punta Tresino. Continue to Castellabate, “Pearl of the Cilento”, an important political centre in the medieval age. The old centre has characteristic labyrinthine alleys, the papal basilica, and the castel Abate, from which there are spectacular views of the Gulf of Salerno and Capri. Continue south through the coastal villages of San Marco and Agnone until you reach the pretty harbour of Acciaroli where you reboard the boat. Dinner and overnight stay in roadstead (a place outside a harbour where a ship can lie at anchor. It is an enclosed area with an opening to the sea).

Day 3 - Acciaroli – Scavi di Velia – Marina di Casalvelino 20 km. Leave Acciaroli and cycle to the little fishing village of Pioppi, where the American nutritionist Ancel Keys did the first study of the Mediterranean diet. Visit the Museo del Mare (“Museum of the Sea”) where large aquariums reproduce the marine ecosystem of the Cilento coast. Continue cycling to Velia, one of the most important archeological sites of the Greek period and home of the famous Eleatic School of the philosophers Parmenide and Zenone. Today’s ride ends when you meet up with the North Star at the port of Casalvelino Marina. Dinner on board and overnight stay in the roadstead.

Day 4 - Casalvelino Marina - Capo Palinuro 40km. Today you cycle across the plain of Velia and then uphill to the village of Ascea from where there are spectacular views of the Alento valley. Looking north-west you will see Mount Stella dotted with medieval villages and to the west is the sea. Continue riding to the pretty village of Pisciotta, perched above the sea. Pisciotta is famous for imposing olive trees, “pisciottani” and for the ancient and rare Menaica anchovy fishing (“alici”). The tour ends on the beautiful Capo Palinuro. Meet up with the caique in Palinuro (supposedly derived from Palinurus, the helmsman in Virgil’s *Aeneid*.) Dinner and overnight stay in the roadstead in Palinuro.

Day 5 - Palinuro - San Severino di Centola - Marina di Camerota 25 km. Ride from Palinuro along the river Mingardo until you reach the abandoned medieval village of San Severino di Centola. Continue towards Licusati, renowned for its olive oil, and then to Camerota Alta to see local people handcrafting stone and terracotta. Cycle into the town of Marina di Camerota with its port and return onboard the North Star for dinner and an overnight stay in the roadstead.

Day 6 - Marina di Camerota – Sapri 35 km. The scenery today is one of the most evocative of the area. From Marina di Camerota you cycle to San Giovanni a Piro where you

visit the historical centre. You continue cycling down to the fishing village of Scario and then along the coast to Policastro. Soon you will reach Sapri, renowned for its ice creams and where Carlo Pisacane and his 300 landed to try to unify Italy (before Garibaldi.) Here you return to the caique for dinner and an overnight in the roadstead.

Day 7 - Sapri – Maratea 30 km. From Sapri you cycle along the old road 18 that follows the coast. The trip continues to the Canale of Mezzanotte (the border between Basilicata and Campania) entering Lucana. Soon you reach the coastal town of Acquafredda, whose name comes from the 7 springs of sweet water. You then travel over Cersuta to Fiumicello Santa Venere and then on to the historical centre of Maratea, with its medieval atmosphere and 44 churches. If you’re feeling really good you can climb along a panoramic street (a height of 400m) to the statue of the Redentore with views over the Gulf of Policastro. In good weather you can see the Eolie islands from here. Return to Maratea and the boat. Dinner and overnight stay in the port of Maratea.

Day 8 - Maratea: departure. Disembarkation at 9.00.

The direction of the tour could be in the reverse way from Maratea to Agropoli.

Price:

Price per person: **£1,170.00** sharing a cabin

Price per person in single cabin: **£2,050.00**

The price includes:

- Accommodation in double cabin with private facilities
- Full board from the dinner of day 1 to the breakfast of day 8 (including picnic lunches)
- Bike hire
- Italian/English speaking guide
- Sheets and towels (1 change per week)
- Overnights in port on night 1 and night 7 (2 nights).

The price does not include: Journey to/from the embarkation harbour, drinks, entrance fees (museums, parks, monuments), overnights stop in ports (except night 1 and 7), tips, extras, and everything not included in “the price includes”.

It is possible to charter the boat for the week.

Price £10,000.00

The captain and the guide reserve the right to make alterations to the itinerary, depending on wind, sea and weather conditions or organizational requirements.

Embarkation/Disembarkation:

Agropoli (Salerno)/Maratea (Potenza).

Details on how to reach the embarkation point will be provided upon booking or on request.