

AMALFI COAST, ITALY

SwimWell's Aqua Travel Escape 2020

ITINERARY 12th-19th September

What sets SwimWell Aqua Travel 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 (Saturday September 12) - Arrival

The adventure begins around 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 mountain that presides over Marina di Praia (OKA La Praia), one of the coast's most coveted

locations and our base for the week.

We suspect the swimmers will be keen to hit the water so you can accompany Peter on a reconnaissance swim and get acquainted with your surroundings. Non-swimmers may like to join Pam to check out our home for the week, get the lowdown on how to get around, (the buses, water taxis etc) and 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 dinner at a nearby restaurant where you'll feast on the delicious local cuisine and get to know the group.



Day 2 (Sunday September 13) - Private boat tour (west)

To fully appreciate the Amalfi Coast, it must be seen from the water, so today we head out on a luxurious private boat to explore in style. Heading west we'll pass ancient Saracen watch towers and palatial villas that seem cling to the vertiginous terrain before stunning Positano comes into view.

Our first stop is Li Galli, the archipelago not far off shore from Positano. Once known as "Le Sirenuse" after the legendary sirens in Greek mythology, these 3 islands have a rich history. Previous inhabitants

include the Romans, Saracens, and more recently dancer Rudolph Nureyev, in addition to a host of illustrious guests. The islands are privately owned whilst the surrounding crystalline waters are part of the Punta della Campanella Marine Park. We'll drop anchor and enjoy this little slice of heaven like the many glamorous visitors who've come before us. Serious swimmers can join Peter in a circumnavigation of one of the Islands while the rest of the group enjoy a relaxing dip or snorkel in the protected interior of the archipelago.



Leaving Li Galli behind we continue west along the Sorrentine 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 more crowded resorts of the Amalfi Coast. Renowned not just for its natural beauty, Nerano is famous for its cuisine (boasting several Michelin starred restaurants) and it is a popular destination for long leisurely lunches.

We will explore locations accessible only from the water (or via remote hiking trails), making for some sublime swimming to please our open water fans as well as those who prefer a quick dip off the back of the boat. We'll head into shore for a casual lunch at one of the many beachside establishments and the chance to check out the waterfront village.

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 opportunity to experience a few of the highlights .

Day 3 - (Monday September 14) - Ravello & Amalfi

Today swimmers will have the option of an early morning swim before the group meets up for our next adventure. Water taxi will spirit us to the port of Amalfi from



where we make our way up, 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 enjoy the village's medieval charm and a visit to the enchanting Villa Cimbrone is a must.

Spectacular panoramic views over the Mediterranean greet you at every turn as you wander the gardens of this stunning villa, a simply unforgettable location. After a morning of exploring, those who'd like to can enjoy a relaxing al fresco lunch at the beautiful Hotel Villa Maria - fabulous food with views to die for. Or if you'd prefer to indulge in some retail therapy, enticing little perfumeries, luxury boutiques and exquisite ceramic workshops await you.

We will come together to make the return trip to Amalfi and provided the traffic down the mountain isn't too bad (it can be diabolical), we'll have time to check out the town and visit Amalfi's beautiful Duomo, perhaps even indulge in some gelato before taking a water taxi back to La Praia.



*If time permits there may be an opportunity to book Peter for a video stroke analysis session back at the hotel.

Day 4 - Tuesday September 15th - Beach Club

After a fairly action packed few days, today we slow things down. Following a leisurely breakfast we set off by water taxi, bound for Positano and a quintessential Amalfi Coast experience, the beach club! A bar/restaurant right on the beach, complete with music, comfy sun beds & umbrellas. There will be a pre-lunch swim trek for our open water enthusiasts and a coastal walk from Positano for the non-swimmers. Lunch is an informal affair, wet togs no problem. Great seafood & other 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 style, take a scenic 10 minute stroll back into 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.

*There will be the option for swimmers to book in for video stroke analysis with Peter back at the hotel in preparation for tomorrow's big swim..



Day 5 - Wednesday September 16th - The Big Swim

Big day for swimmers today - The adventure swim from Positano to La Praia - around 7.5km. Join the *very* select number of people who have completed this iconic swim 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 scenery, take photos, 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 will have time to indulge in a little shopping before the crowds descend or take a fascinating tour of the recently opened archeological site beneath the duomo. Making the trip back to La Praia by road, we'll visit a unique artist's studio

before meeting up with the intrepid swimmers for a waterside lunch. You have the remainder of the day to spend as you wish.



Day 6 - Thursday September 17th - (Free Day)

After the swimmers' legendary effort yesterday, an optional early morning recovery swim is on offer, but if a sleep-in sounds preferable to you, that's fine too.

Otherwise today is a free day for you to enjoy exactly as you choose..... Simply make the most of our beautiful location and relax by the beach/pool, OR for the energetic, tackle the Walk of Gods, or explore further afield should you be inspired we'll leave it entirely up to you (but we are very happy to provide advice & assistance as needed)

Day 7- Friday September 18th - Private boat tour (west)

Please note, Itinerary may be subject to change due to weather conditions

Our luxury boat arrives to whisk us away once more, departing the marina early after breakfast and heading east along the coast. We discover secluded coves, dramatic fjords, luminous grottos and other natural wonders, taking full advantage of every swimming opportunity along the way. Be captivated by amazing scenery, spot lemon groves, vineyards, crumbling weather-worn towers, and impossibly glamorous villas that adorn the mountainside . 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 patisserie 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 one last swim for the day before enjoying a late afternoon prosecco as we set sail back to La Praia.

For our final evening we come together for a farewell dinner - we'll dine alfresco, enjoying wonderful local produce and reflect on our adventures with new friends.



Saturday September 19th

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.

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
- 2 x full day boat tour of Amalfi Coast & li Galli islands
- Ravello excursion
- Escorted swims, day 5 support boat, video stroke analysis & coaching on request
- Farewell dinner and drinks on our final evening

*Please note: While we hope for consistently calm waters so the itinerary can run to plan, boat excursions are weather-conditional and reorganising the itinerary sequence may be necessary.

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

* Five of the seven evenings you will be free to dine exactly as you please. There are a number of great choices at Marina di Praia, some notable options in the town of Praiano and of course endless possibilities in Positano. You may even like to stock up on delicious local produce from the deli and dine on your terrace under the stars one night it's entirely up to you. This is YOUR holiday and we hope you will discover your own perfect version of the Amalfi Coast. SEE YOU IN ITALY!