

AMALFI COAST, ITALY

SwimWell's Aqua Travel Escape 2018

ITINERARY 15th - 22nd September



Day 1 (Saturday September 15)

Around midday you will be met in Naples and transported to the beautiful Hotel Onda Verde & Villa Corallium in Praiano, Positano's nearest neighbour. The hotel is a collection of villas which cascade down the mountain that presides over Marina di Praia (OKA La Praia),

one of the coast's most precious jewels and our base for the week.

No doubt the swim-junkies amongst us will be keen to hit the water so you can accompany Peter on a relaxed swim and get acquainted with your surroundings. After getting settled, the rest of you may like to join Pam to check out your home for the week, get the lowdown on how to get around, (the buses, water taxis etc) and enjoy some quality time at the beach or by the pool.

At 6 we will get together for a 'welcome' drink and a chance to chat about the week ahead. For dinner tonight we'll head in to the hills high above Positano to a traditional trattoria where you'll sample the delicious local cuisine and get to know the group.



Day 2 (Sunday September 16)

To fully appreciate the Amalfi Coast, it must be seen from the water, so today we explore by boat. Setting off from the marina early after breakfast, first stop will be li Galli, the 3 small islands closest to Positano. The islands are privately owned, the largest most notably was once home to dancer Rudolph Nureyev. We'll drop anchor and enjoy this little slice of heaven like the many famous visitors before us, with optional swimming in the crystalline waters of this stunning marine park. Serious swimmers can earn bragging rights and join Peter in a circumnavigation of one of the Islands.

Next we make our way along the coast, passing by ancient Saracen watch towers and palatial villas which appear to cling to the vertiginous terrain, discovering secluded coves, stunning grottos and other natural wonders. There will be further swimming opportunities so you can fully immerse yourself in this magical aquatic playground and a lunch stop at one of the seafront restaurants accessible only from the water.

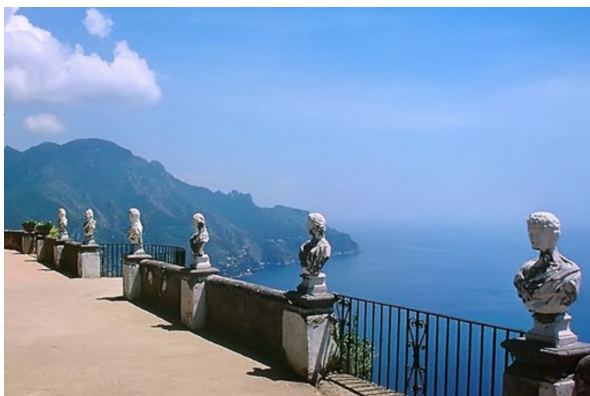
After lunch we'll drop anchor further along the coast at the tiny village of Minori where we visit one of the region's best preserved Roman ruins (& best kept secrets) - once the seaside home of a Roman nobleman. We will also pop into Minori's world famous patisserie for some treats to enjoy with prosecco back on board the boat. Time permitting we'll have one more swim stop before returning to La Praia.



Day 3 - (Monday September 17)

Today swimmers will have the option of an early morning swim - setting off around 7ish. We all come together for breakfast before being transported to the stunning mountain top village of Ravello. Be charmed as we meander cobbled streets and make our way to the enchanting Villa Cimbrone. As you wander the gardens of this stunning Villa (which dates back to the 11th century), you'll be spoilt for photo opportunitiesspectacular panoramic views over the Mediterranean at every turn, a simply unforgettable location. Having worked up an appetite exploring, we'll enjoy a relaxing al fresco lunch at the beautiful Hotel Villa Maria - fabulous food with views to match. A stroll back through the charming village, past the many enticing little shops will complete our time here before returning back down to Amalfi. Provided the traffic back down the mountain isn't too bad (it can be diabolical), we'll be able to check out the town and visit the beautiful Duomo, perhaps even indulge in some gelato before returning to La Praia.

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

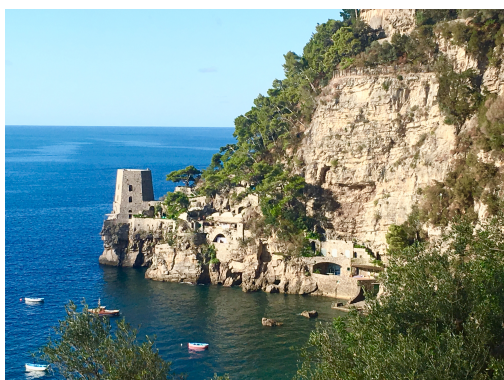


Day 4 - Tuesday September 18th

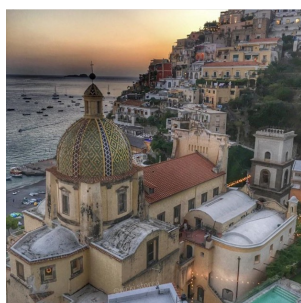
After a fairly action packed few days, today we'll slow the pace. A leisurely breakfast and a little time before we set off bound for one of Positano's favourite beach clubs at Fornillo - a quintessential Amalfi Coast experience. Fabulous seafood & other local specialties feature on the menu - and needless to say, a unique swim course for our swimmers.

Spend time post lunch basking on a sun lounge, sipping Aperol Spritz, enjoying the water & the people-watching or if you're if that's not your scene it's a scenic 10 minute stroll back into Positano where you can wander boutiques & galleries, seek out the best coffee, or just find your own special corner to take it all in. You may like to linger long enough to do sunset drinks or grab dinner here - since we will all return to Praiano independently, the choice is yours.

*There will be the option for swimmers to book in for video stroke analysis after breakfast this morning in preparation for tomorrow's big swim, or late in the day by arrangement with Peter.



Day 5 - Wednesday September 19th



Big day for swimmers today - an adventure swim from Positano to La Praia - around 7.5km. Join the very select number of people who have completed this iconic swim and impress even the locals. 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 caves - 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 commence their epic adventure. Non-H2O devotees have time to explore Positano at their leisure before a late morning meet up and return trip by road. We make a little detour to visit one of Praiano's famous artists at his very unique studio before meeting up with the swimmers for a waterside lunch at Il Pirata . Once nourished and refreshed you have the remainder of the day to spend as you wish.

Day 6 - Thursday September 20th

After Wednesday's legendary effort an optional early morning recovery swim is on offer today, while energetic non-swimmers may like to join Pam for a pre-breakfast walk into Praiano. And if a sleep-in sounds preferable to you, that's fine too.

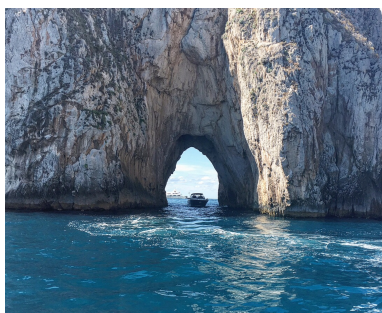
Otherwise today is a free day for you to enjoy exactly as you choose..... Make the most of our beautiful location and simply relax by the beach/pool, take the bus to Positano or Amalfi to trawl the galleries & boutiques, tackle the Walk of Gods, or explore further afield should you be inspired we'll leave it entirely up to you (but we are very happy to provide advice if you'd like it)

Day 7- Friday September 21st

(To be confirmed - Itinerary may be subject to change due to weather conditions etc. Please see notes in the inclusions section)

Today we head back onto the water - destination: the beautiful island of Capri. After a stop en route for a morning dip at one the Amalfi Coast's lesser known and very lovely bays we continue to Capri. The focus: the Island's amazing grottos, picturesque coves and alluring swimming spots accessible only by boat. You'll have the choice of a casual waterside lunch & time to enjoy one of Capri's famous beaches or some time to explore a small portion of the island. A leisurely late afternoon journey back to La Praia completes a perfect day out.

For our final evening we come together to enjoy a sumptuous feast in an amazing location high on the mountain above Positano - regional produce in a unique setting and the opportunity to reflect on our adventures with new friends.



Saturday September 22nd

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:

- Transfers to & from Positano/Naples
- 7 nights accomodation, daily breakfast
- Welcome drinks and dinner on day one
- 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. Over a 7 day period we can confidently promise the first boat day, reorganising the itinerary sequence if conditions make it necessary. However, in this instance, there may not be time for the Capri boat trip to proceed. For this reason the cost of the Capri excursion is not included in the tour price. (The cost is approximately €65 per person, payable in cash on the day of sailing).

* All insurances, 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 lovely 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 !