

DESTINATION FLOTILLA

Amalfi Coast

15 – 22 May 2027 · 7 days · ~115 nautical miles

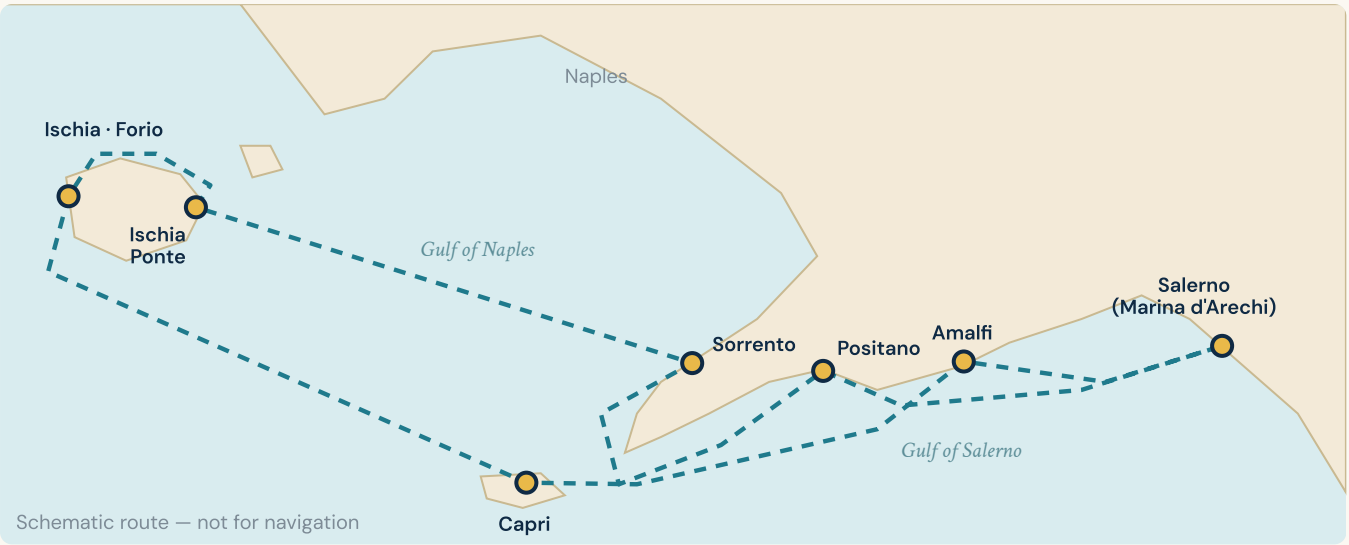
Salerno · Amalfi · Capri · Ischia · Sorrento · Positano · Salerno

AFTERGUARD SAILING ACADEMY

PROPOSED ITINERARY

A week on the sun-drenched Amalfi Coast

A loop from Salerno through the islands and back along the cliffs: medieval Amalfi, the Faraglioni of Capri, Ischia's volcanic hot springs, clifftop Sorrento and pastel-hued Positano.



1	Sat 15 May	**Salerno → Amalfi**	10 NM · 2–3 h
2	Sun 16 May	**Amalfi → Capri**	~20 NM · min 2.5–3.5 h sail
3	Mon 17 May	**Capri → Ischia (west side)**	~20 NM · min 2.5–3.5 h sail
4	Tue 18 May	**Ischia (east side)**	~10 NM · min 1.5–2 h sail
5	Wed 19 May	**Ischia → Sorrento**	~20 NM · min 3–4 h sail
6	Thu 20 May	**Sorrento → Positano**	~15 NM · min 2–3 h sail
7	Fri 21 May	**Positano → Salerno**	~17 NM · min 3–4 h sail
8	Sat 22 May	**Check-out**	08:00

~115 NM
total distance

2–4 h
minimum daily sail

7
harbours & islands

Sailing times shown are the minimum needed to cover the distance between stops. We can always sail longer on any day ;)

DAY 1 Sat 15 May

Salerno → Amalfi

10 NM · 2–3 h



Meet the fleet at Marina d'Arechi, a modern, well-sheltered marina just east of Salerno. Provision, stow, safety briefing, and — if time allows — a short evening hop to Amalfi.

- **Check-in:** the standard charter agreement says **18:00**. Earlier boarding sometimes happens but isn't guaranteed.
- **Plan B:** if check-in runs late we spend the night in Salerno and sail to Amalfi early Sunday morning. The marina has restaurants, bars and a laundry on site.

Marina d'Arechi ↗

DAY 1–2 Sat–Sun

Amalfi

Overnight / morning ashore



Once the seat of a powerful medieval maritime republic, Amalfi is packed into a ravine, so nearly everything is a short walk from Piazza Duomo.

- **Duomo di Sant'Andrea** and its **Cloister of Paradise**, built 1266–68 with Moorish arches.
- **Museo della Carta**: a working medieval paper mill on Via delle Cartiere. Amalfi was one of Europe's first paper-makers.
- **Valle delle Ferriere**: a shady hike into a nature reserve with waterfalls and ruined ironworks.
- **Ravello**: about a 30-minute SITA bus ride up the hill to the gardens of Villa Rufolo and Villa Cimbrone's *Terrace of Infinity*.

Ravello — visitor info ↗ Amalfi — Wikivoyage ↗

DAY 2 Sun 16 May

Amalfi → Capri

~20 NM · min 2.5–3.5 h sail



The classic leg: round Punta Campanella and cross to Capri. Seeing the Faraglioni sea stacks from your own deck is one of the highlights of the trip.

- **Faraglioni & sea caves** from the water: the Green Grotto, the White Grotto and the Natural Arch.
- **Blue Grotto**: tickets are bought at the entrance. It closes in rough seas or strong wind, so treat it as a bonus.
- From Marina Grande, the **funicular** runs up to the Piazzetta. Walk on to the **Giardini di Augusto** for the postcard view over the Faraglioni.
- **Anacapri & Monte Solaro**: a 12-minute chairlift to the island's 589 m summit.
- **Villa Jovis**: the ruins of Emperor Tiberius's clifftop palace.

Capri sights ↗ Capri boat tours & Blue Grotto info ↗

DAY 3 Mon 17 May

Capri → Ischia (west side)

~20 NM · min 2.5–3.5 h sail



Ischia is a volcanic island with hot springs everywhere. The west coast around Forio is where you'll find its famous thermal gardens and its best sunsets.

- **Thermal baths: Giardini Poseidon** on Citara bay is the island's largest thermal park, with about 20 pools from 16 °C to 40 °C. It's open April to October.
- **Negombo** on San Montano bay at Lacco Ameno: thermal pools and gardens above one of Ischia's best swimming beaches.
- **Baia di Sorgeto**: natural hot springs bubbling into rock pools in the sea. It's easiest to reach by boat.
- **Sunset** over Forio and Sant'Angelo.

Poseidon Gardens — italia.it ↗ Negombo ↗

DAY 4 — Tue 18 May

Ischia (east side)

~10 NM · min 1.5–2 h sail



A slower day on the island's east side, centred on Ischia's most famous landmark.

- **Castello Aragonese**: a fortress on its own islet, reached by a stone causeway from Ischia Ponte. The visitor route is almost 2 km with plenty of steps. Allow 2–3 h and go early or late, since most of it is in the open. Full ticket €15.
- **Cartaromana bay**, just below the castle: hot springs that warm the sea, with good snorkeling over seagrass meadows.
- Wander the old fishing quarter of **Ischia Ponte** (the medieval Borgo di Celsa).
- These waters are part of the **Regno di Nettuno** marine protected area, Campania's largest.

Castello Aragonese — plan your visit ↗

DAY 5 — Wed 19 May

Ischia → Sorrento

~20 NM · min 3–4 h sail



Cross the Gulf of Naples with Vesuvius on the horizon to Sorrento, perched on cliffs above two small harbours.

- **Marina Grande**: the old fishing village, with family-run seafood trattorie right on the water.
- **Bagni della Regina Giovanna**: a natural seawater pool inside a rock arch beside Roman ruins. You can kayak or SUP there from Marina Grande.
- **Villa Comunale** gardens for sunset over the bay, then the evening *passeggiata* around Piazza Tasso.
- Dive centres here run trips into the **Punta Campanella** marine reserve.

Sorrento — Wikivoyage ↗

DAY 6 — Thu 20 May

Sorrento → Positano

~15 NM · min 2–3 h sail



Probably the most scenic sail of the week. Round the tip of the peninsula through the Punta Campanella reserve and arrive at Positano's stacked pastel houses.

- **Swim stop en route:** the Bay of Ieranto, a WWF reserve facing Capri with famously clear water.
- **Li Galli**: the islets of the Sirens' legend, about 2.5 NM off Positano. Mooring buoys and great snorkeling.
- **Spiaggia Grande & Fornillo** beaches, and boutique-lined lanes climbing up from the water.
- **Path of the Gods**: the coast's most famous walk, starting from Nocelle above Positano.

Positano — Wikivoyage ↗

DAY 7 — Fri 21 May

Positano → Salerno

~17 NM · min 3–4 h sail



One last coastal run past Praiano, the Furore fjord, Amalfi, Minori, Maiori and the ceramics town of Vietri sul Mare, back into Marina d'Arechi.

- **Refuel** before returning the boats to their home port by **16:00**.
- Popular charter marinas can have a **wait for dock access** on Friday afternoon while charters return, so we'll plan the timing.
- **Overnight at the dock** and a farewell dinner together.
- **Day 8 · Sat 22 May:** boats are checked out at **8:00**. Plan onward travel from then on.

GOOD TO KNOW

Notes & next steps

This is our proposed itinerary

We'd love your input. Let us know if there are particular places you'd like to include, or any of the proposed stops you'd like to skip. Bear in mind that weather and sea conditions always have the final say, so we'll confirm or adjust the plan day by day.

Logistics

Boat provisioning. The shopping for the week needs to be done before check-in. Sometimes the charter company can provide this service; if it isn't available at this location, we'll tackle it ourselves.

Boarding. Each boat first completes a walk-through with the skipper and a representative of the charter company. Once the orientation is done, the crew can board and get settled. Boats come equipped with bedding, towels and galley ware.

Shared costs per boat: provisioning, mooring and docking fees, fuel.

Individual costs: meals ashore, water-sports gear and services, entrance tickets (parks, monuments, thermal baths, etc.), accommodation ashore before or after the trip, and flights.

Extras from the charter company: SUP €150, snorkeling kit €20 per person, beach towel €10.

SUP, snorkeling or scuba?

Tell us if you're interested. The best areas for snorkeling and diving on this route are **Capri, Ischia, Sorrento, Positano and Amalfi**, including the Punta Campanella and Regno di Nettuno marine protected areas and the Li Galli islets.

The sea is still fresh in May, around 18 °C (64 °F), so a shorty or a full wetsuit makes snorkeling much more comfortable.

Get comfortable aboard before you go

We recommend everyone spends some time on the water before the trip. Being familiar with sailing and life aboard makes the whole adventure much more enjoyable. If you're in the area, we're happy to arrange sailing lessons or practice sessions.

Stay in touch

We set up a WhatsApp group to share updates and answer questions as they come up. If you're new to Afterguard, send us your contact info so we can add you to the group. You can also reach us by email at info@afterguard.net or by phone: **510-275-5858** (Ani) or **510-523-7366** (Kevin).

Opening times, ticket prices and access to sites like the Blue Grotto change and depend on sea conditions, so check them closer to the date.

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