



SAILING ROUTE
ITALY



INTRODUCTION

Hello sailors,

Welcome to Italy! Ahead of you is a fantastic sailing week that will show you the Amalfi coast.

Italians like their country so much that most of them tend to holiday at home, and who can blame them. The food is excellent, the people are social and romantic. With all that Italy has to offer in the way of dreamy landscapes and a sense of rich and vibrant history, it is no wonder that a sailing vacation in Italy is perfect to “Free Your Inner Captain”.

In this document you’ll find some extra information to help you on your way this sailing trip.

Addio!

- Barqo

GENERAL INFORMATION

Welcome to Italy! Follow the suggested route to see some of the most beautiful places that the Amalfi coast has to offer.

WEATHER

The Amalfi coast comes with a Mediterranean climate, which means hot, dry summers. Daytime summer temperatures hover around the 30°C (86°F). The average sea temperature is 25°C (77°F), so prepare yourself for some quality time in the water.

TIME ZONE

Central European Summer Time (GMT+2.00).

CURRENCY

Euro - €

LANGUAGE

Italian



1 Salerno

6 Ogliastro Bay

2 Acciaroli

Buondormire Bay

3

4

Scario

5

Camerota

SAILING ROUTE

DAY 1: SALERNO - ACCIAROLI
32 Nautical Miles

DAY 2: ACCIAROLI - PALINURO
15 Nautical Miles

DAY 3: PALINURO - SCARIO
12 Nautical Miles

DAY 4: SCARIO - INFRESCHI BAY - CAMEROTA
5 & 4 Nautical Miles

DAY 5: CAMEROTA - OGLIASTRO MARINA
25 Nautical Miles

DAY 6: OGLIASTRO BAY - SALERNO
28 Nautical Miles

TOTAL SAILING DISTANCE

121 Nautical Miles

PROVISIONS

As you sail and need more provisions, there are markets in most stopping points, but the best places are: Salerno, Acciaroli, Scario & Camerota.

GENERAL TIPS

- Weather forecast: VHF Channel 68
- Emergencies: VHF Channel 16
- Sunrise will be approximately 5:30 AM and sunset will be approximately 20.45 PM.





SALERNO

Salerno may initially seem like a bland big city, but the place has a charming, if gritty, individuality, especially around its vibrant centro storico, where medieval churches share space with neighbourhood trattorias and neon-lit wine bars.

The city recently invested in various urban-regeneration programs centred on this historic neighbourhood, which features a dramatic new ferry terminal designed by Zaha Hadid and a tree-lined seafront promenade widely considered to be one of the most beautiful in Europe.

Originally an Etruscan and later a Roman colony, Salerno flourished with the arrival of the Normans in the 11th century. Robert Guiscard made it the capital of his dukedom in 1076 and, under his patronage, the Scuola Medica Salernitana was renowned as one of medieval Europe's greatest medical institutes.

Much later, the city was tragically left in tatters by the heavy fighting that followed the 1943 landings of the American Fifth Army. Part of the historic centre was miraculously spared, but the somewhat featureless wide boulevards elsewhere are a result of postwar reconstruction.

RESTAURANT TIP

Osteria Terracena

Piazza Francesco Cerenza 9 | 84100 Salerno

ACCIAROLI

The small and still very authentic fishing village of Acciaroli has become famous due to Hemingway's visit in 1953.

Here, the author experienced an encounter with his own 'creation'.

Exhausted from the work on his novel "The Old Man and the Sea", he met "his" old man in the person of the fisherman Antonio Masarone:

"Everything about him was old except his eyes, and they were the same color as the sea and were cheerful and undefeated."

Almost every day, Antonio Masarone and Ernest Hemingway went fishing at sea.

With its historic center and narrow alleys, Acciaroli today still spreads the austere charm of times long gone.

You are comfortably seated in one of the café-bars along the picturesque seaside promenade.

The lovely church and the imposing Saracen tower at the harbor seem to jut out into the sea. And still fishing plays an important role.

RESTAURANT TIP

Ristorantino al Bivio
via Piantieri 56 | 84068 Acciaroli





PALINURO

Despite being hailed as the Cilento coast's main resort, Palinuro remains relatively low-key (and low-rise), with a tangible fishing-village feel.

Located in a picturesque bay sheltered by a promontory, and with superb beaches, it gets crowded with Italian holidaymakers in August.

Note that the majority of hotels and restaurants are seasonal and are only open from Easter to October.

Be sure to visit Buondormire bay. The sand of this beach is white and fine, under a high cliff of rocks, a real paradise for swimmers and divers.

At the Buondormire bay you'll find a bar for a restoring break.

RESTAURANT TIP

Osteria U' Brigante

contrada Isca delle donne, snc | 84051 Salerno

SCARIO

The dreamy coastal village of Scario is the jewel at the southern-most end of the Cilento.

The ancient Greeks were already drawn to Scario by its unique site and the mild climate.

The authentic fishing village touches the maritime wildlife park Infreschi – which reaches up to Marina di Camerota – on the one side.

You will enjoy the amazing panoramic view into the wide bay of the Gulf and towards the mountains of Basilicata and Calabria, which seem to rise directly from the sea.

On days of clear visibility you are even able to see the famous statue of Christ in Maratea.

RESTAURANT TIP

La Tipiteca

Lungomare Marconi 2 | 84070 Scario





CAMEROTA

Marina di Camerota, 6 km below the medieval mountain village of Camerota, has always been a lively Italian fishing village.

Those who spend a holiday at Marina di Camerota today, meet with an Italy of times long gone. The bars are still the meeting point of half of the village population, at the “panificio’s” people chat about anything and everything and exchange the latest news. In the evenings, they stroll along the well-tended promenade of the harbor or sit together playing a lively game of cards.

RESTAURANT TIP

Ristorante Brera
Via San Alfonso 29 | 84059 Marina di Camerota

OGLIASTRO MARINA

Not far from the charming promontory of Punta Licosa (Castellabate), lies the uncontaminated beauty of Ogliastro Marina.

Ogliastro is part of the Cilento National Park, renowned for its mild climate and pure sea water. This is the legendary site of the Siren Leucosia, turned into rock after throwing herself from a cliff for unrequited love.

The rocky sea floors are rich in fauna, with interminable meadows of *Posidonia Oceanica* (species of seagrass that is endemic to the Mediterranean Sea).

Ogliastro Marina offers a great coastline, while the verdant pine-wood anatura reserve called Ripe Rosse – typical example of Mediterranean maquis and *Pinus halepensis* expanse – has a path leading to the point of Punta Licosa, where there is an abbey and the charming island that holds the lighthouse.

RESTAURANT TIP

Villa Gio

Via Fabrizio Quattrocchi 2 | 84048 Ogliastro Marina





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