

Aqua Travel by



AMALFI COAST

16-23 September 2024

Day 1 – The Arrival



- ◆ Midday transfer Naples – Marina di Praia, Praiano
 - ◆ Reconnaissance swim & explore
 - ◆ TONIGHT – Welcome drinks & dinner*

Following the breathtaking coastal drive, something special awaits...

A stunning seaside enclave nestled between towering cliffs...

This coveted location is just a swim away from the Amalfi's, famed Fiordo de Furore & so much more.

Day 2 – Full Day Private Boat Tour (west)



- ◆ Full day tour west of Praiano
 - ◆ Many swimming opportunities incl. island circumnavigation
- ◆ Li Galli, Nerano, historic landmarks, sea grottoes, picnic lunch* in secluded cove
- ◆ Preview of the "Big Swim" course, Positano – Praiano

The ultimate way to access the coast's hidden secrets AND the very best swimming locations.

Opulent villas & ancient towers adorn dramatic terrain above, while an equally magical world awaits your discovery below the waterline...

Day 3 – Ravello & Amalfi



- ◆ Optional early morning swim
- ◆ Water taxi to Amalfi & option of hike or bus to Ravello
 - ◆ Exploring Ravello with options, time in Amalfi
 - ◆ Water taxi back to Marina di Praia

No visit to this region is complete without seeing Ravello! Perched high above the Tyrrhenian Sea with the most astounding views, it is rich in medieval charm & beauty, truly another world...

Day 4 – Beach Club Day



- ◆ Optional early morning swim
- ◆ Water taxi to iconic Positano beach club
 - ◆ Pre-lunch swim trek for swimmers
- ◆ Delicious lunch featuring fresh seafood & other local delights
- ◆ Option of free time in Positano, Group returns to base independently

A chill-out day to experience Italian beach culture... hang out all afternoon with new buddies or enjoy some "couple time" in Positano with your partner.

Day 5 – The BIG Swim



- ◆ Early morning water taxi to Positano
- ◆ Adventure swim Positano to Praiano (with support boat)
 - ◆ Non-swimmers land-based options in Positano for morning
- ◆ Group comes together at Marina di Praia for waterside lunch
 - ◆ Afternoon - free time

Our favourite part of this event is seeing swimmers exceed their own expectations, swim distances they thought unachievable, experience incredible wonders along the way that even many of the locals don't know about!

Day 6 – Full Day Private Boat Tour (east)



- ◆ Exploring the coast east of Praiano with plentiful swimming stops at fjords, grottoes & other natural wonders
- ◆ Waterside lunch at beautiful Conca di Marini
- ◆ Visit to village of Minori

Taking to the water again we seek out yet more swimming delights, coastal wonders, discover the unique charm of one of the smaller villages, check out an ancient Roman villa & indulge in arguably one of the best lunches on the coast – A day to remember!

Day 7 – Free Day



- ◆ Optional early morning swim
- ◆ Today is yours to enjoy as you please: Hike the Path of the Gods, take a tour to Capri or simply relax & make the most of beautiful Praiano
- ◆ TONIGHT- Farewell drinks & dinner*

Your turn to write the script, a day to re-visit a favourite spot or discover something new - we are here to help should you need it...

Tonight, we feast under the stars, raise a glass with new friends & celebrate a shared experience never to be forgotten.

Day 8 – The Departure



- ◆ Sadly, the story ends here...
- ◆ Optional sunrise swim before your transfer back to Naples

Your last sunrise swim, that final espresso with a view, Arrivederci, until next time...

Inclusions

- Private return transfer Praiano/Naples & water taxi transport where indicated
- 7 nights' accommodation & daily breakfast at Hotel La Conchiglia
- Welcome drinks and dinner – Day 1
- Picnic lunch – Day 2
- 2 x full day boat tour (days 2 & 6)
- Escorted swims, day 5 support boat, video stroke analysis & coaching on request
- Farewell dinner and drinks on our final evening

Not Included

- Travel Insurance, meals & drinks (with the exception of those stipulated on days 1, 2 & 7) are at your own expense, as is public transportation, entrance to Villa Cimbrone & any additional entrance fees.
- 5 of the 7 evenings you will be free to explore your own dining options. There are a number of great choices at Marina di Praia to suit most tastes, and many notable options in the town of Praiano.
- You may even consider stocking up on delicious local delicacies from the alimentari and dine on your balcony under the stars after a big day out.
- We encourage you to discover your own perfect version of this magical coast.

Accommodation Note

- Our accommodation this year is at Hotel La Conchiglia, a charming family owned & operated establishment, perfectly located steps from the beach. The rooms are tastefully decorated in the local style, mostly with balconies & sea views.



* Indicates meal included in the tour cost

** Please note, itinerary is subject to change due to weather conditions

While we hope for consistently calm waters so the itinerary can run to plan, swims & boat excursions in particular are weather-conditional and reorganising the itinerary sequence & content may be necessary.