

Amalfi Coast

14-21 September 2025

Day 1 - The Arrival



- ◆ Midday transfer Naples > Praiano
- ◆ Reconnaissance swim & explore
- ◆ TONIGHT - Welcome drinks & dinner *

*After a breathtaking coastal drive something special awaits....
A stunning seaside enclave nestled between towering cliffs -
Welcome to Marina di Praia*

Day 2 - Full Day Private Boat Tour (west)



- ◆ Full day tour from Praiano
- ◆ Multiple swim 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 & very best swimming locations.
Opulent villas & ancient towers cling to the dramatic terrain while an equally magical
world awaits discovery below the waterline.*

Day 3 - Ravello & Amalfi (full day)



- ◆ Optional early morning swim
- ◆ Water taxi to Amalfi & uphill hike to Ravello
- ◆ Explore the medieval village, visit the famous Villa Cimbrone, optional return hike & time in Amalfi
- ◆ Water taxi back to Praiano

No visit to the region is complete without seeing Ravello.. Perched high above the Tyrrhenian Sea with a spectacular panorama, this gem is steeped in history, medieval charm & has long been revered for its sheer beauty

Day 4 - Lido Day



- ◆ Optional early morning swim
- ◆ Water taxi to iconic Positano beach club
- ◆ Delicious lunch featuring fresh seafood & other local specialties
- ◆ Option of free time in Positano.

Experience quintessential Italian beach culture..... hang out all afternoon with new friends at this coveted beach or take the opportunity to explore nearby Positano..

Day 5 - The BIG Swim 7.5km



- ◆ Early morning water taxi to Positano
- ◆ Adventure swim Positano–Praiano (with support boat)
- ◆ Non–swimmers land–based options in Positano before coming together at Marina di Praia for waterfront lunch
- ◆ Afternoon – Free time .

Our favourite part of this event is seeing swimmers exceed their own expectations, swim distances they thought unattainable while experiencing 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 fjord, 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 best lunches on the Amalfi 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 & enjoy beautiful Praiano
- ◆ TONIGHT - Farewell drinks & dinner *

Your turn to write the script, a day to revisit a favourite spot or discover something new - we are here to help should you need it. Tonight we feast under the star, raise a glass to 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 (departure time permitting)

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

Inclusions

- Private return transfers Naples/Praiano & water taxi transport where indicated
- 7 nights accomodation & daily breakfast
- Welcome drinks & dinner day 1
- Picnic lunch day 2
- 2 x full day private boat tour (days 2 & 6)
- Escorted swims, Day 5 support boat, video stroke analysis & coaching on request
- Farewell dinner & drinks on 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 fee to Villa Cimbrone & any additional entrance fees
- 5 of the 7 evenings you will be free to explore your own dining options. There are some great choices at Marina di Praia, just steps from our hotel and many notable options in the town of Praiano. You may even like to stock 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 perfect version of this magical place & make it your own.

Accommodation Note

Our accommodation is at Hotel La Conchiglia, a charming family-owned & operated establishment, ideally located steps from the beach. Rooms are tastefully decorated in the local traditional style, most 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 all can run to plan, swims & boat excursions in particular are weather-conditional and consequently change to itinerary sequence & content may be necessary.

