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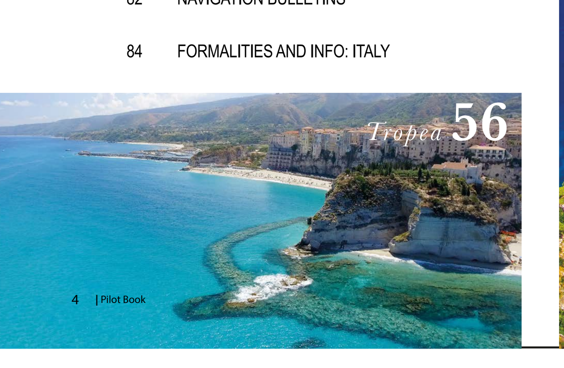

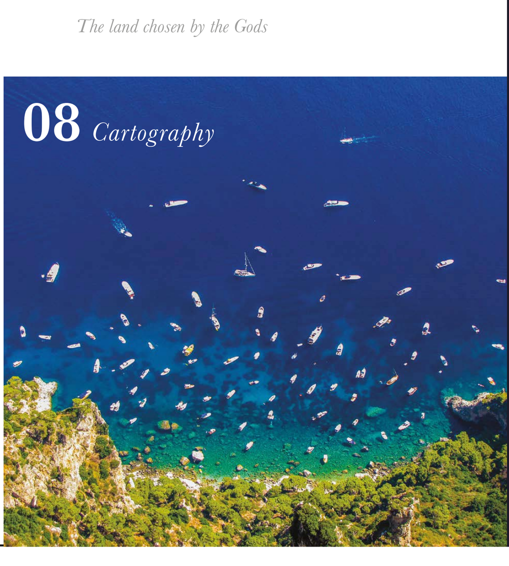

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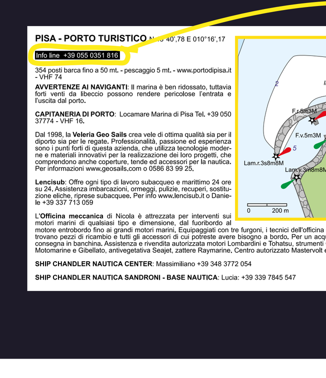
the difficulties that yachtsmen can face when looking for suitable mooring or anchoring options, in order to provide assistance before and during navigation.
Leafing through the 777 Pilot Book, you will find it within the cartography in each single box dedicated to ports, together with other useful information.
Use it.



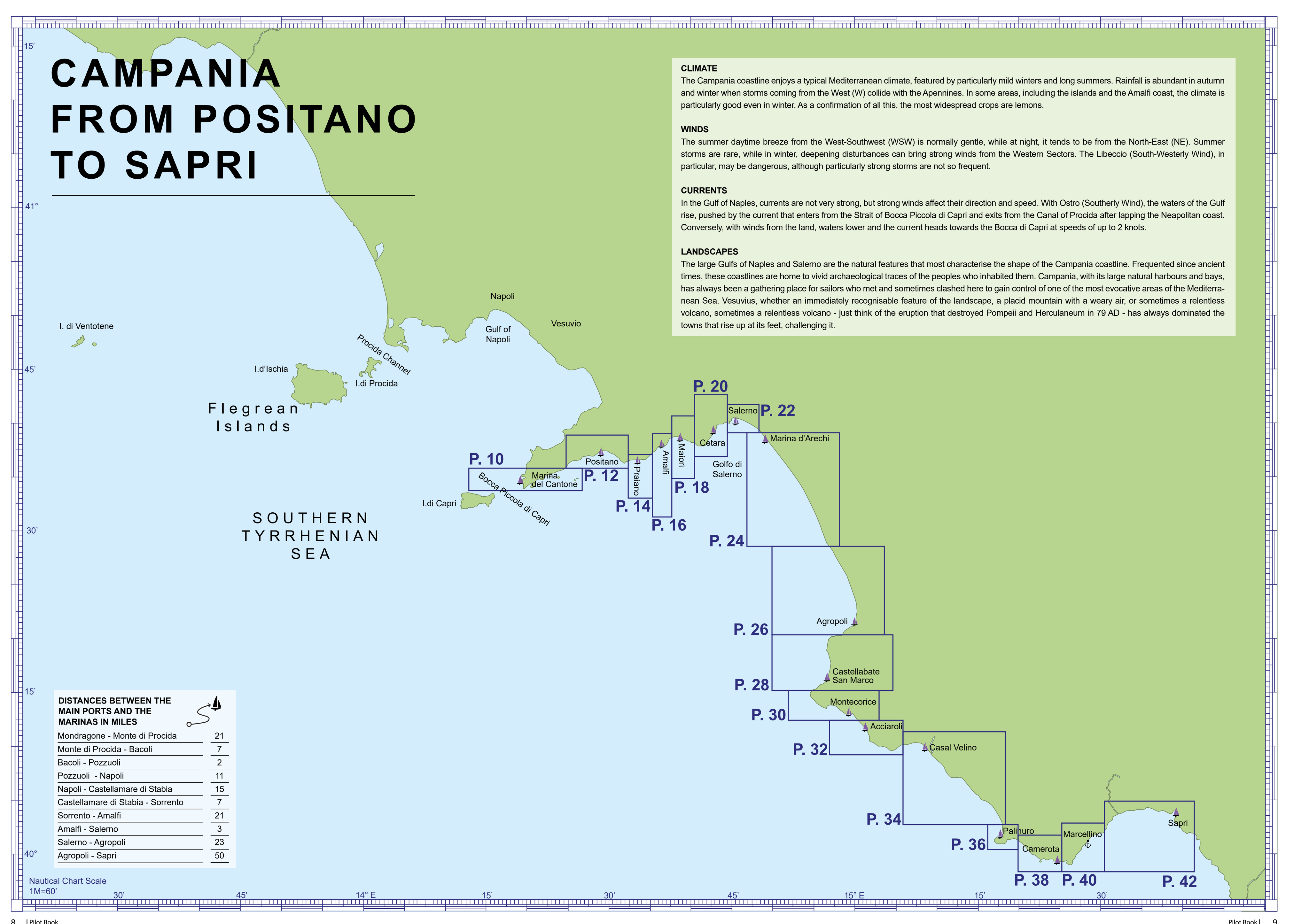
CAMPANIA FROM POSITANO TO SAPRI

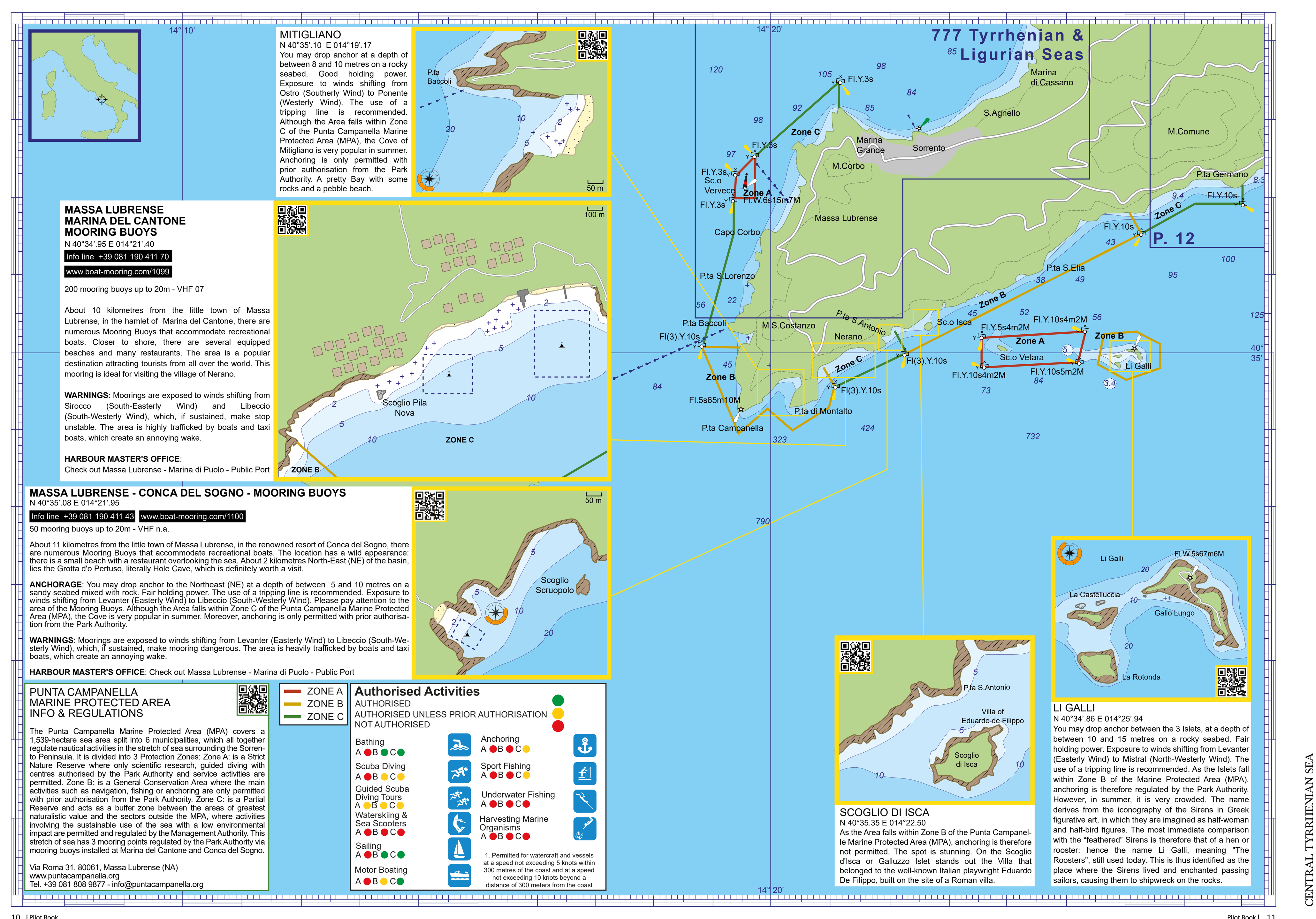
CLIMATE
The Campania coastline enjoys a typical Mediterranean climate, featured by particularly mild winters and long summers. Rainfall is abundant in autumn and winter when storms coming from the West (W) collide with the Apennines. In some areas, including the islands and the Amalfi coast, the climate is particularly good even in winter. As a confirmation of all this, the most widespread crops are lemons.

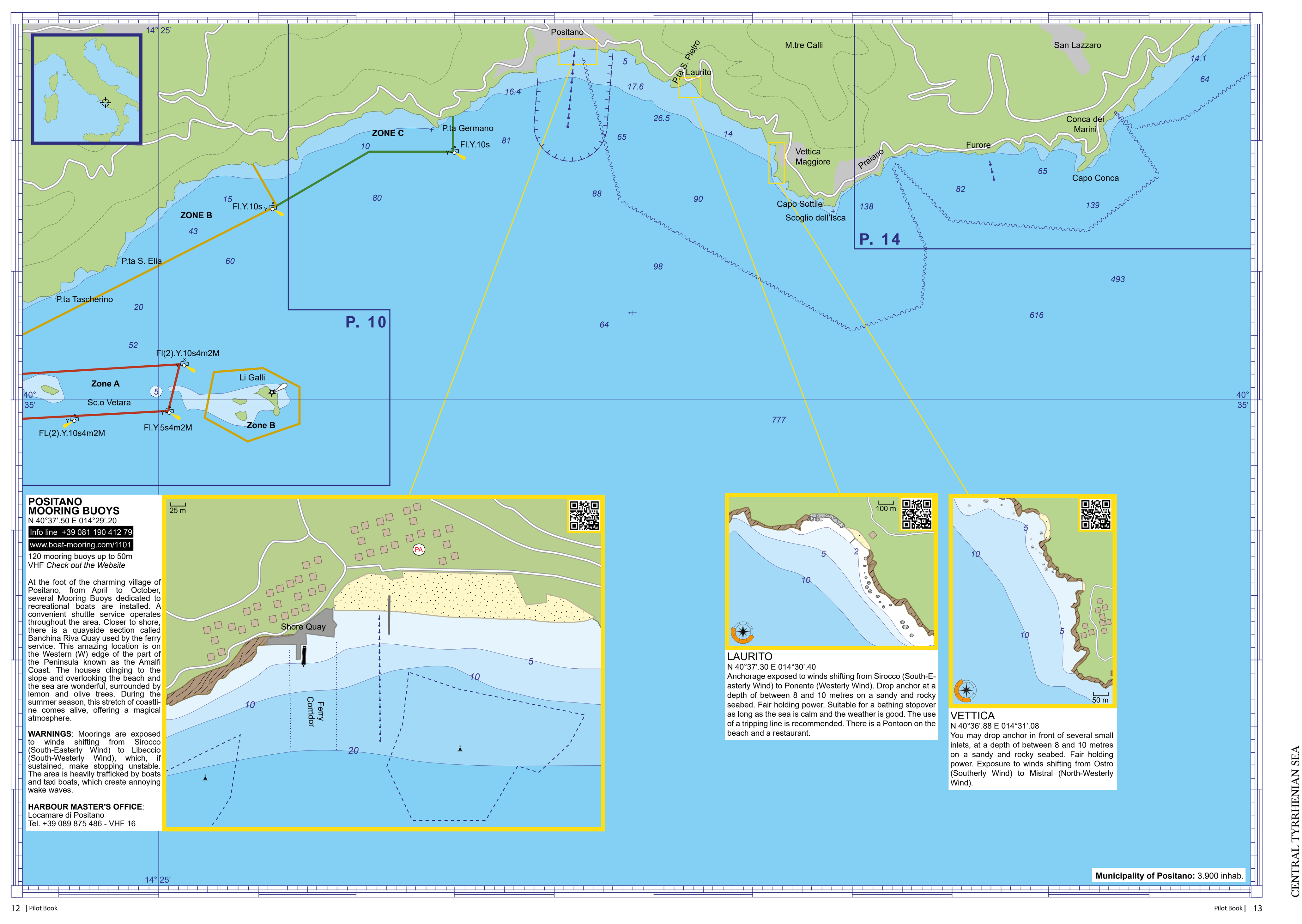
WINDS
The summer daytime breeze from the West-Southwest (WSW) is normally gentle, while at night, it tends to be from the North-East (NE). Summer storms are rare, while in winter, deepening disturbances can bring strong winds from the Western Sectors. The Libeccio (South-Westerly Wind), in particular, may be dangerous, although particularly strong storms are not so frequent.

CURRENTS
In the Gulf of Naples, currents are not very strong, but strong winds affect their direction and speed. With Ostro (Southerly Wind), the waters of the Gulf rise, pushed by the current that enters from the Strait of Bocca Piccola di Capri and exits from the Canal of Procida after lapping the Neapolitan coast. Conversely, with winds from the land, waters lower and the current heads towards the Bocca di Capri at speeds of up to 2 knots.

LANDSCAPES
The large Gulfs of Naples and Salerno are the natural features that most characterise the shape of the Campania coastline. Frequented since ancient times, these coastlines are home to vivid archaeological traces of the peoples who inhabited them. Campania, with its large natural harbours and bays, has always been a gathering place for sailors who met and sometimes clashed here to gain control of one of the most evocative areas of the Mediterranean Sea. Vesuvius, whether an immediately recognisable feature of the landscape, a placid mountain with a weary air, or sometimes a relentless volcano, sometimes a relentless volcano - just think of the eruption that destroyed Pompeii and Herculaneum in 79 AD - has always dominated the towns that rise up at its feet, challenging it.







Naples

1) THE TIMELESS BEAUTY OF PAESTUM

Located to the south-east of the stunning Gulf of Salerno, the Archaeological Park of Paestum is a Unesco World Heritage site and it constitutes a **treasure of priceless historic and cultural value**. Founded by the Greeks with the name of Poseidonia in the 7th Century B.C, Paestum was occupied initially by the Lucanians and then by the Romans, who renamed it and made it thrive. The city walls which surround it and the temples dating back to the Grecian epoch are still very well preserved: the **Temple of Hera**, the **Temple of Neptune** and the **Temple of Ceres** (turned into a church in the Middle Ages) create a scene of impressive beauty and charm, where you may abandon yourself to the memory of a glorious past.

2) THE HISTORY OF POMPEII, FROZEN IN TIME BY VESUVIUS

The archaeological site of Pompeii, designated a Unesco World Heritage area, provides an extraordinary and unparalleled historical record. While other more important sites from the past endured a degree of degeneracy after their earlier expansion, Pompeii **remained untouched in its Roman glory** due to the eruption of Vesuvius in 79 A.D. The eruption rapidly buried the entire city under several metres of ash. The excavation, which started at the end of C18th, brought to light a city where time had literally stopped. In addition to admiring the evocative historical remains of buildings, streets, outstanding paintings and mosaics, you can discover the life style of the Romans in Pompeii.

3) THE MAGNETIC CHARISMA OF NAPLES

"See Naples and die" is a quote by the writer Goethe, who was dazzled by its beauty and vitality. Anyone who has visited it cannot but agree. Naples is mesmerising and the amazement involves all of your senses. There is a **sparkling energy in a city that never sleeps**, where friendliness and good food are everywhere, as well as local handicrafts and beautiful architecture. Venture into the historic heart of the city, take a walk along the *Spaccanapoli* (lit: Naples splitter) and get in touch with the life of its people. Among the many attractions, do not miss the **Sansevero Chapel with the Veiled Christ**, the Royal Palace, underground Naples, **Plebiscito Square** and **Castel dell'Ovo** (lit: Egg Castle), overlooking the sea.

4) THE GRANDEUR OF THE PADULA CHARTERHOUSE

The San Lorenzo Charterhouse (*Certosa*) in Padula is the **largest monastery in Southern Italy** and a place of worship that is renowned throughout Europe. The construction of this majestic and intriguing complex started in 1306 at the instigation of Tommaso Sanseverino and continued with several extensions and restorations until the C19th. We therefore find traces of the architecture from the C16th, lavish Baroque interventions from the C17th and outstanding frescoes from the C18th. The Carthusians had to leave Padula in the C19th because of the French domination, during which most of the precious artistic heritage was destroyed. The Charterhouse is nonetheless still a place imbued with fascination and spirituality.

Royal Palace of Caserta

5) THE BREATH-TAKING BEAUTY OF THE "PATH OF THE GODS"

The name of the Path of the Gods (*Sentiero degli Dei*) is also its best description: a path of sacred beauty, stretching along a heavenly coast, where you'll enjoy a **deep connection with nature and the territory**. The path begins in Agerola, a small village along the extraordinary **Amalfi Coast** (*Costiera Amalfitana*) and continues until **Nocelle**, a village near Positano located at the foot of Mount Pertuso, among swathes of oak trees, broom, lemon groves and vineyards. Eight kilometres, including the beautiful **Capri**, whose panoramas will take your breath away. The walk is feasible in a few hours, but take your time to really enjoy everything along the Path of the Gods.

6) THE UNIQUE AMALFI

During your tour in the Campania region, the gorgeous Amalfi, Unesco World Heritage is without doubt one of the places not to be missed. This city boasts not only a **privileged position, overlooking the crystal-blue sea** and backed by the rocky Mount Lattari, but also a vast historic, cultural and artistic richness. Amalfi is the oldest of the Maritime Republics and it flourished over centuries while establishing trade relations across the Mediterranean Sea. Today, it is possible to see what remains of the Ancient Arsenals where the war vessels were built. Every corner of Amalfi deserves to be visited: let the **stunning Cathedral** charm you, as well as the atmospheric alleys and porticos; among the many attractions do not miss the **Paper Museum**, a testimony to the ancient tradition that contributes to the identity of this place.

7) DIVE INTO THE NATIONAL PARK OF CILENTO

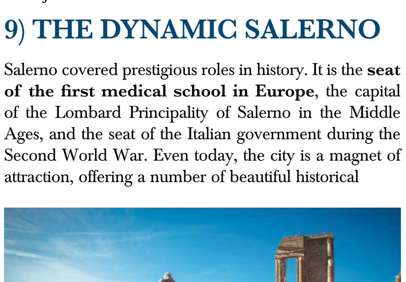
The Cilento and Vallo di Diano National Park extends from the Tyrrhenian coast to the foot of the Campano-Lucano Appenines and embodies a huge variety of different landscapes, **from the glorious coast to the mountain chains with rivers and creeks, forests and pastures**. As well as the flora, the fauna is widely diversified. A number of rare animal species live here, the peregrine falcon for example. Countless activities can be enjoyed in the Park, either related to sport and nature, such as trekking, rafting, canyoning, climbing, horse riding – to name but a few; or related to history and culture, like visiting the ruins of the Greek colonies Paestum and Elea-Velia or getting to know about the many legends of the Gods.

8) THE MAJESTY OF THE ROYAL PALACE OF CASERTA

The Royal Palace of Caserta is the largest royal residence in the world. It was built in the C18th in Baroque and Neoclassic style. The king of Naples, Charles of Bourbon wanted it to be **comparable to the Palace of Versailles**. The centre of the monumental complex is definitely the palace, among the greatest examples of Baroque pageantry and eccentricity, boasting 1200 very luxurious rooms. The Royal Park covers 120 hectares and displays themed gardens that are extremely well-presented in every detail, with fountains and precious statues and the stunning ponds created along an artificial river. A majestic work of art not to be missed.

9) THE DYNAMIC SALERNO

Salerno covered prestigious roles in history. It is the **seat of the first medical school in Europe**, the capital of the Lombard Principality of Salerno in the Middle Ages, and the seat of the Italian government during the Second World War. Even today, the city is a magnet of attraction, offering a number of beautiful historical


Pompei

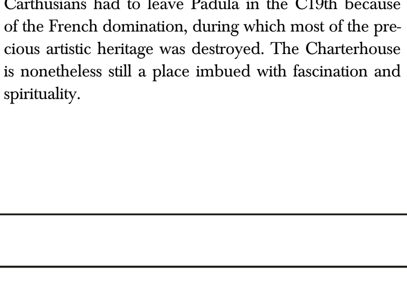
sites to visit, such as the **Medieval Aqueduct**, surrounded by several legends, and the **Medieval Castle of Arechi**, which offers a breath-taking view over the Gulf of Salerno. Among the many outstanding works of religious architecture, we find the stunning **Cathedral**, in Romanesque style, and the **Monumental Complex of Saint Sophia**. You should also visit the Garden of Minerva, which was the first garden in Europe to grow medicinal plants and herbs.

10) THE OUTSTANDING SORRENTO AND COAST

Many writers, poets and painters have visited the Sorrento Coast and tried to convey its magical essence and beauty with their works. This stretch of land overlooking the Gulf of Naples extends from **Sant'Agata sui Due Golfi** to **Castellamare di Stabia**. Its **jagged and irregular coastline** is very fascinating and its **colourful little houses** liven up the alleys of the villages. Do not miss the village of **Sorrento**, caught between the blue of the sea and the green of the hills. Venture in the old town to admire the Cathedral, the St Frances Basilica and the Sedil Dominova. Take a walk through Piazza Tasso, heart of the town, and enjoy the countless artisans and culinary shops.

A BITE AND A SIP IN CAMPANIA

Coalescing the essence of the Campania cuisine is not an easy mission. Its culinary traditions are so ancient and the variety so wide that it actually constitutes a **mosaic of flavours and perfumes**. The queen is doubtless


Pizza

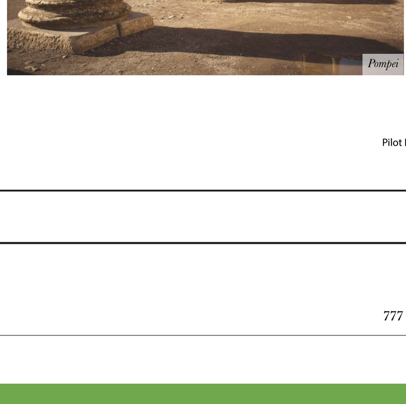
the **pizza**: born here and then extended throughout Italy, it became a national symbol all over the world. A similar story is that of the ***parmigiana alle melanzane***. Also worth mentioning is the ***tiella***, a sort of covered pizza stuffed with endives, olives from Gaeta, capers, pine nuts and raisins. In Campania, even a simple plate of spaghetti with tomato becomes something delectable. The secret lies in the ingredients: tomatoes and extra-virgin olive oil of the best quality. Other typical dishes are the **fried anchovies** and the ***maccheroni frittata***. The latter was born as a way to reuse the leftovers of pasta, but exists now also in a variation with bucatini pasta and béchamel and is served as street food together with ***panzerotti***, ***zeppole*** and ***mozzarella in carrozza***. Amongst the delicious fish dishes we should mention the *impepata di cozze* ("peppered mussels") and amongst vegetables the ***friarielli*** fried in a pan. Desserts include the ***babà*** – impossible not to mention it – that became famous here although born elsewhere. Campania, whose wine tradition is extremely rich, boasts 15 DOC wines and 4 DOCG ones: ***Aglianico del Taburno***, ***Fiano di Avellino***, ***Greco di Tufo*** and ***Taurasi***. ***Limoncello***, the famous lemon liqueur, originated in Campania.

Costiera Amalfitana

FAMILY FUN: ACTIVITIES FOR THE WHOLE FAMILY

For a day of relaxation and full of family fun, here are our suggestions:

LACENOLANDIA is located in Laceno, in the hinterland of the province of Avellino and it is a real paradise for nature lovers, especially for kids, who will enjoy a variety of games such as pathways, little trains, mini quads and much more.

JOLLY PARK is located in Dragoni in the province of Caserta and it offers five different pools with slides of all kind and for all ages, a football pitch and volleyball court as well as a picnic area. The grown-ups can relax in the thermal area equipped with a sauna, Turkish bath, "salt cave", "ice cave" and "emotional shower".

PARCO AVVENTURA MONTEVERGINE in Ospedaletto d'Alpinolo in the province of Avellino is a very beautiful park immersed in nature offering aerobatic paths through the trees, Tibetan bridges, gangways, zip lines and ropes. Fun guaranteed!