

# Procida

Vanilla home port. This particular island where time really stood still, despite the fact that the island is wedged between such major tourist destinations such as Capri / Sorrento and Ischia tourism's impact has been minimal. With its winding way to narrow lava-paved streets, three harbours, its small nice restaurants and shops, the island is truly genuine. It is called a movie island and is very proud of the fact that the film "Il Postino" has been recorded on the island.



# Ischia

Ischia is one of the larger volcanic islands with several craters. Ischia, despite its proximity to Procida, has a completely different type of housing and culture and is more visited. Good quality of white wine is grown and produced here as well as sweet giant lemons. There are plenty of hotels and hot baths heated from underground sources. Depending on how you feel, those who want, will have the opportunity to visit and enjoy these baths. A little anecdote is that Henrik Ibsen lived summer of 1867 on Ischia and wrote Peer Gynt.



# Ventotene

The island where the emperor Augustus banished his daughter Julia after she, in his opinion, had been too kind to the men on the mainland. Incidentally, the same island during World War II became the base for a 115 men large German garrison which could defend a radar station. These were smartly supplanted by a small group of American parachute soldiers without a shot fired. Just east of Ventotene is the island of Santo Stefano. At Santo Stefano there is a big building, a prison, which was in use from 1795 to 1965. The main livelihood of the people on Ventotene was to run and operate the prison. The prison had the same escape rate as Alcatraz = 0. The small picturesque Ventotene, with their funny small shops and nice restaurants, has been inhabited since ancient days. Some of them are located inside the cavities in the rock. Unique for Ventotene is the ancient port that has a very special design, including a 90 degree turn when entering.



# Ponza

The largest of the major Ponte Niska Islands. Ponza is very special and beautiful with its eroded and spectacular coastlines. Approach to the harbor is spectacular with small islands that stand up like towers and frames the harbor bay. Depending on the weather, we can choose whether we want to be in one of the many marinas or anchor in the normally well-protected bay.

# Capri

Mythical island of Capri. Gigantic tourist magnet. For many, a must to visit during their lifetime. Anacapri, a small village perched on the island, can be reached through the winding narrow streets. Here you will find Axel Munthe's famous Villa San Michele, wonderful located with fantastic view. The house is open to the public. The rooms where Munthe entertained the Swedish Queen Victoria .... For those of you who have a burning need to shop there are numerous shops in Capri and lots of restaurants. Around the island there are caves like the blue and the green cave. Outside of those waiting rowboats rowing visitors to enjoy the very special color effects. These are created by mirror effects of the sun through the water and the narrow opening into the cave.



# Sorrento / Pompei

Sorrento, a famous royal holiday spot, beautifully located city on the north side of the Amalfi peninsula next to the volcano Vesuvio (1277möh) which had its last eruption in 1944 but still considered active. In 79 e.kr city of Pompeii was destroyed by an eruption of Vesuvius. 1748, however, the city was digged out and is now on open to visit and well worth seeing. This wonderfully preserved Roman city is located on bus distance from Sorrento. It is recommended to hire a guide to learn how the Romans lived during the time of our era, we visit their homes, squares and streets and admire the preserved mosaic floors and frescoes.



## Amalfi/Positano

What more to say than these are fantastic beautiful places that climbs along the south side of the Amalfi peninsula. Positano is free from traffic and the small streets have sunscreen in the form of ceilings with purple bougainvillea. Lemons are everywhere and in everything! Amalfi has a wonderfully beautiful cathedral. In short magically beautiful places extraordinary situated.



## Lipari/ Stromboli

Just north of the northern Sicily are the Aeolian Islands. A longer sailing route from Procida. Best known is Stromboli the same name as Ingrid Bergman and Roberto Rossolini's movie. Stromboli is also called the world's oldest lighthouse to the volcano which still today outbreaks with 20 - 30 min intervals. Lipari is located a little further south and is a unique beautiful island with nice small towns and lovely atmosphere.



Distance in Nm (1Nm=1852m),

we can assume that we are sailing with 6knop = Nm / h, ie 36 Nm takes 6 hours to sail

	procida	ponza	ventotene	ischia	Capri	Sorento	Amalfi	Lipari
procida	-	49	23	6	16	17	32	146
ponza	49	-	23	44	62	65	80	
ventotene	23	23	-	22	39	44	58	
Ischia	6	44	22	-	19	22	36	
Capri	16	62	39	19	-	5	17	135
sorento	17	65	44	22	5	-	18	
Amalfi	32	80	58	36	17	18	-	130
Lipari	146				135		130	-



seaPro Cells (20) IT50083C | ~ 1:236000 | Metres | x0.0 | datum WGS84 | 107 nm | Port of Miseno (Harbour) (Route: FIRST, Log: FIRST) - [Cells (20) IT50083C | ]

Chart Wpt Route Log Tide Weather AIS/Radar Sailing Setup Window Help

Cur 41 11.018N 13 10.014E

Show vessel track

Options

Navigator

Lat	
Lng	
COG	
SOG	30
ROT	
Hd T	
DBK	
UTC	15:08:58 (17:09)

Actual

WPT	
Disk	
BrT	
XTE	
TTG	
ETA	
DTR (nm)	
ETR	
Depth	

Wpt+ Wpt- Show Plan

GPS

SV

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