

ITALIAN ISLANDS

JUNE 2024
& 2025

INFORMATION SEMINAR

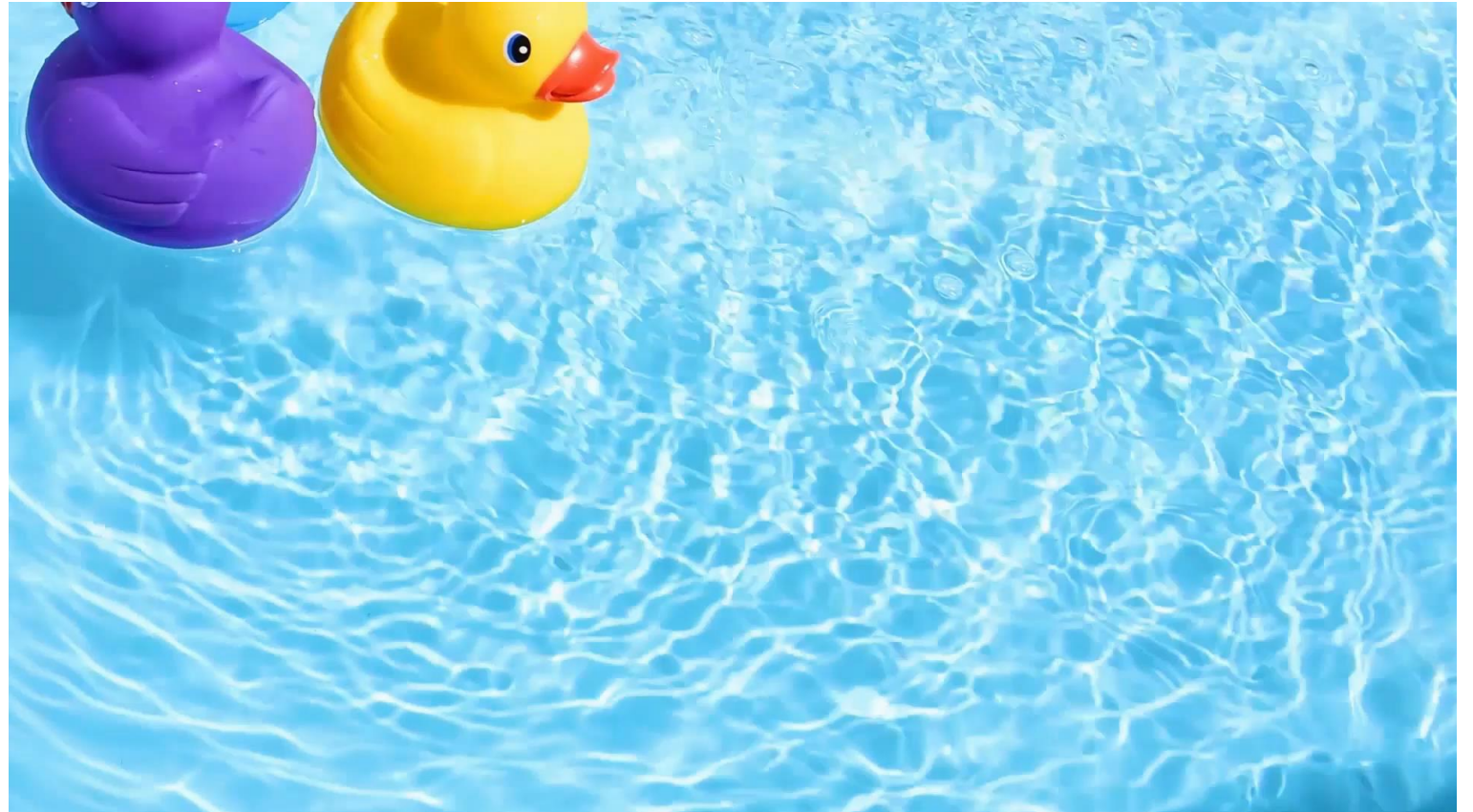
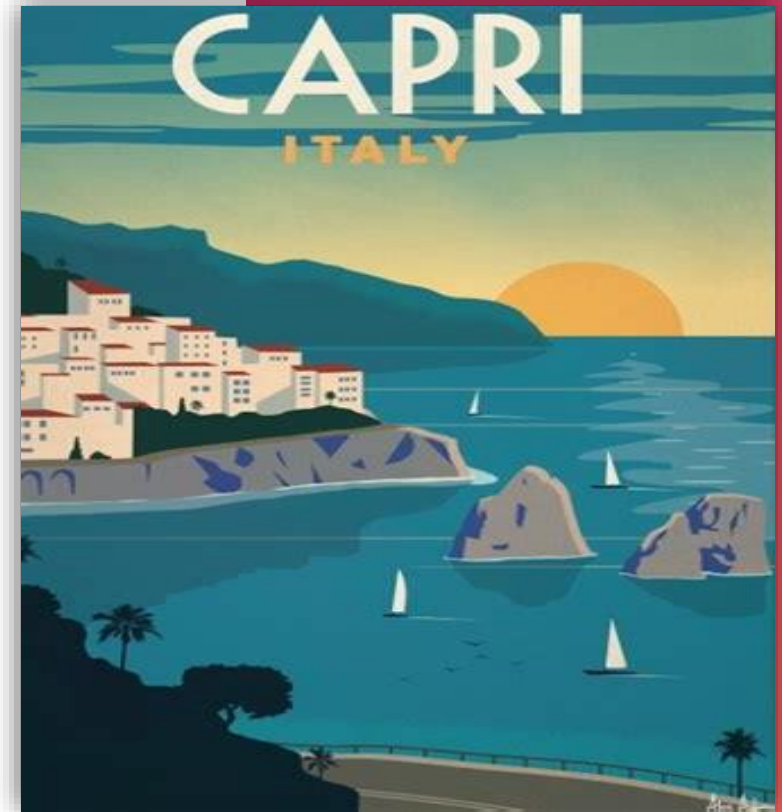


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INTRODUCTION TO PHLEGRAEAN ISLANDS



Introduction to Phlegraean Islands

It consists of the islands of Ischia, Procida, Vivara, and Nisida. They are part of the Campanian volcanic arc and Campanian Archipelago (Neapolitan Archipelago), off the coast of Naples in the Tyrrhenian Sea. The archipelago is within the Metropolitan City of Naples. The island of Capri is usually excluded, as it does not belong to the same geologic formations. In the classical epoch, some Phlegraean Islands were called Pithecussae, the Greek Pithekousai (Πιθηκοῦσαι, 'islands of monkeys'). A Greek myth tells of two brigands, the Cercopes of Ephesus, who played pranks on Zeus, who then punished them by turning them into monkeys and exiling them to the islands of Aenaria (Ischia) and Prochyta (Procida). Legend had the monster Typhon buried under Ischia, and the Giant Mimas buried under Procida. Such stories might be significant as a clue to how the ancient Greeks attempted to account for the volcanism of the whole area. The resulting changes in the topography of the islands were due to the frequent intervention of deities.

Source: Wikipedia.org



Destinations

Day #1 (11 miles from Naples Airport)

Board on our sailboat in Pozzuoli at 6:00 p.m. You try the Margherita as Naples is the birthplace of pizza.

Day #2: Destination #1 (19.2 nm 3 hours)

Head to Marina di Stabia after breakfast, tour in the ruins of Pompeii and Mount Vesuvius all day. Docking overnight.

Day #3: Destination #2 (6.9 nm 1 hour)

Make for Sorrento, tour in Town of Sorrento. Docking overnight.

Day #4: Destination #3 (19.4 nm 3 hours)

Set Sail to Positano and Amalfi. To visit in Positano in the morning and Amalfi in the afternoon. Docking overnight.

Day #5: Destination #4 (17.3 nm 3 hours)

After breakfast, make for Capri, visit the town of Capri, Villa Jovis, and tour in Blue Grotto. Anchoring overnight if weather permits.

Day #6: Destination #5 (23 nm 4 hours)

Set sail to Porto d'Ischia for shopping, restaurants and tour at Castle of Ischia. Docking overnight.

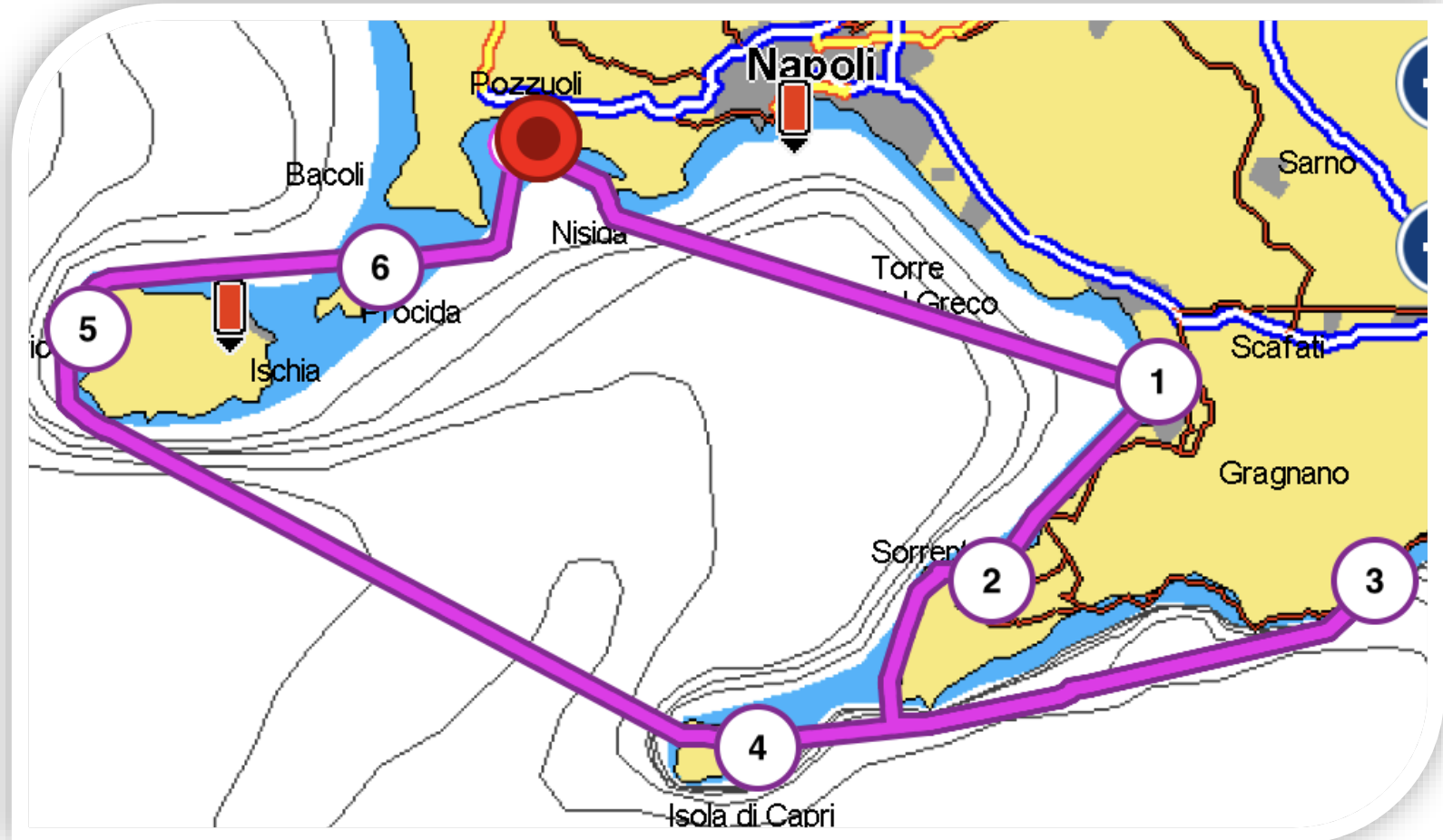
Day #7: Destination #6 (9 nm 1.5 hours)

Sail to Procida after breakfast, all day tour in the town and return to Pozzuoli before 5:00 p.m. Docking overnight.

Day #8

After breakfast onboard, take group pictures, wave farewell and disembark before 9:00 a.m.

PHLEGRAEAN ISLANDS



Itinerary and time are subject to change due to weather conditions.

POZZUOLI

- ★ The old name of Pozzuoli was Puteoli. It was a harbor city located on the north side of the Gulf of Naples, about five miles west of Naples. Pozzuoli is a city and the part of the Metropolitan Naples, in the Italian region of Campania. It is the main city of the Phlegrean Peninsula.
- ★ After the death of Jesus Christ, the Apostle Paul landed in Pozzuoli and he spent seven days there (Holy Bible: Acts 28:13, 14). Paul began his journey with his companions on the Appian Way to Rome.
- ★ Rione Terra is a historic quarter in Pozzuoli, in the west of Naples. The ancient fortress originally served as the acropolis for the Greek colony of Dicearkia before being occupied by Romans as the Roman port city of Puteoli. Today, Pozzuoli is a popular tourist attraction for boating.



MARINA DI STABIA (POMPEII)

- ★ The port of Marina di Stabia is known as the one of the largest tourist ports in Europe. It is located near the ruins of Pompeii and Mount Vesuvius and in the center of the Gulf of Naples. The city of Stabia has been called by the locals, "The city of two ports".
- ★ The ancient Roman city of Pompeii was destroyed by super heat ashes erupting from the volcano of Mount Vesuvius in the summer of 79 AD. About 2,000 Pompeians died in the city, but the eruption in total killed up to 16,000 people in Pompeii, Herculaneum and other towns.
- ★ Everything from the ancient Roman life, you will see displaying in Pompeii is preserved very well for 2,000 years. The archaeological park of Pompeii is open to the public.

<http://pompeisites.org/en/archaeological-park-of-pompeii/>



SORRENTO

- ★ Sorrento is a coastal town in southwestern Italy, facing the Bay of Naples on the Sorrentine Peninsula. Perched atop cliffs that separate the town from its busy marinas, it's known for sweeping water views and Piazza Tasso, a cafe-lined square.
- ★ Walk through Piazza Sant' Antonino, where you will find his statue. Make your way onto Corso Italia Street. This is the main shopping street in Sorrento. You can find everything from food, pharmacies, and clothing stores.
- ★ On either side, you will see orange trees and charming street-lights giving you all the feels of Italy! Also located on this street is Duomo di Sorrento with a beautiful bell tower and Gelateria Primavera for some delicious Gelato!
(<https://findloveandtravel.com/4-days-in-sorrento/>)



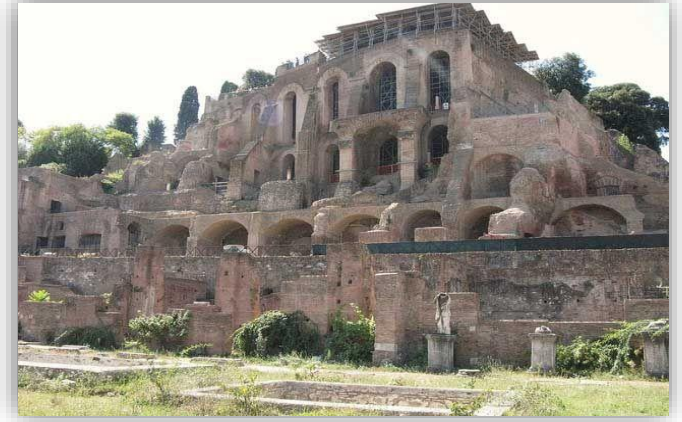
POSITANO & AMALFI

- ★ Positano and Amalfi are two towns in the province of Salerno, in the region of Campania, Italy, on the Gulf of Salerno. The stretch of the coastline is named after Town of Amalfi.
- ★ The Amalfi Coast is a popular attraction for the upper-class Europeans since the 18th century. It was listed as a UNESCO World Heritage Site in 1997.
- ★ The natural beauty and the breathtaking scenic landscapes of the Amalfi Coast have made it one of the most popular destinations of the world's jet set, earning it the nickname of "Divine Coast" (Divina costiera).
- ★ The Amalfi Coast was filmed for some scenes of Federico Fellini's 1972 movie called, "Roma" and for the 2017 American marvel comic movie called "Wonder Woman". In this film, the Amalfi Coast was depicted as the Amazon island of Themyscira.



CAPRI

★ Villa Jovis, the ancient Roman palace, was built by the second Roman emperor Tiberius. It was completed in 27 AD. Tiberius left Rome for Capri. He feared for his life from possible assassination. At his heavily guarded palace, Tiberius ruled a whole Roman Empire from the island of Capri for 10 years until his death.



★ The name of Capri is so famous for the Capri pants. The scenes of the rocky island of Capri and Gulf of Naples are breathtaking. There are many fancy villas found on the stretch of the rocky coastline. This popular island is known place for the celebrities and jet-setters. You can find many attractions that appeal to every kind of traveler.



★ Blue Grotto is a major tourist attraction. At the port of Capri, there are plenty of boats available for hire. You can ride on the rowing boat inside the blue grotto cave or group boat through the big rock in the sea.



ISCHIA

- ★ Isola d'Ischia is the largest of the islands in Gulf of Naples. It has many craters and ancient lava flows. They are hard to spot because they are now covered by thick semi-tropical vegetation.
- ★ In the 5th century BC, there were many earth-quakes and volcanic eruptions causing the Greek colony to evacuate it. The last eruption was reported in AD 1301. There are many hot water springs, many of them with bathing establishments showing that there is still subterranean activity.
- ★ Mount Epomeo on island of Ischia is very tall (788m / 2,586 ft. high).
- ★ Isola d'Ischia has many marine restrictions therefore the authorization is required before visiting. It is very popular island with many tourists visiting and growing permanent foreign population.



PROCIDA

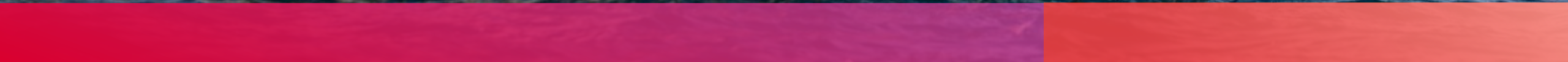
- ★ Isola di Procida is a small low-lying island (115 m/377 ft. high). It is close to north-western end of Gulf of Naples.
- ★ The island has a less tourism than other tourist-crowded islands such as Ischia and Capri. It retains a noisy and colorful Procidan character.
- ★ The small town of Procida on the Northern coast has an oriental air about it: flat-roofed cubic houses in white, pink and cream rising to the Castello on the hill.
- ★ During Neolithic Period, this island was inhabited and used by the Romans as a hunting reserve. Later it was raided by Turks and Barbarossa in 1544.
- ★ This island is peaceful and quiet without being complicated from the outside the island. It has less tourism and it is very beautiful island.



OUR SAILBOAT

530

530



BOAT SPECIFICATIONS

- Our boat selection will be Dufour 530. Its hull type is monohull. This has LOA of 53 ft. long and its beam of 16 ft. wide. The draft is 6.4 feet deep.
- It can carry up to 12 persons as max limit. but it is recommended up to 10 persons for more space and comfortable. There are 12 lifejackets stored on this sailboat.
- There are 6 double-bed cabins and 1 single-bed cabin plus 3 heads with hot showers units. This boat has Roller Main Sail and Roller Genoa.

Two Steering Wheels	190 Gallon Water Tank
119 Gallon Fuel Tank	75 HP Motor Engine
Air Conditioning	Hot water
Generator	Inverter
Bow Thruster	Convertible Table



GPS Chart Plotter
Windlass
Autopilot
Dinghy with Outboard Engine
Refrigerator
220 V Socket
Dodger

Electric Anchor
Wind Instruments
VHF Radio
Swimming Ladder
220 V Socket
Bimini



EXTERIORS



EXTERIORS



Starboard Steering Wheel



Cockpit



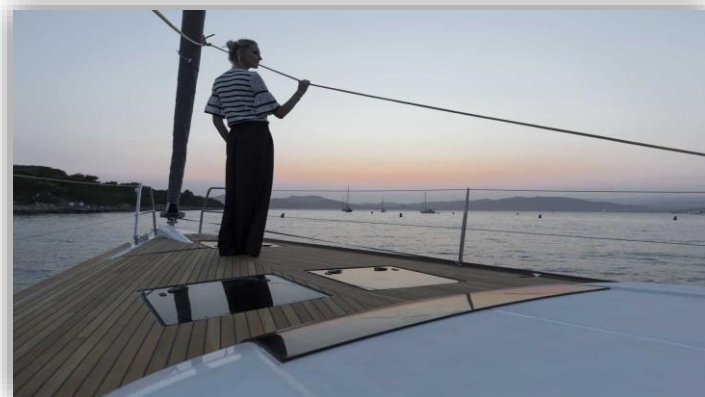
Port Steering Wheel



Cabin Top and Deck



BBQ set



Bow

CABINS AND HEADS



2 Bow Cabins



Forward Head



Aft Head



Port Quarter Cabin



Starboard Bow Cabin



Double Bunk Cabin

MAIN GALLEY & SALOON



Main Galley



Saloon



YOUR CAPTAIN AND FIRST MATE

YOUR CAPTAIN



Captain Troy Stilwell

SAILING CERTIFICATIONS

- ASA 101: Basic Keel
- ASA 103: Coastal Cruising
- ASA 104: Bareboat Chartering
- ASA 105: Coastal Navigation
- ASA 106: Advanced Coastal Cruising
- ASA 107: Celestial Navigation
- ASA 114: Cruising Catamaran
- ASA 119: Marine Weather Endorsement
- ASA 120: Radar Endorsement
- USCG Affiliated Captain Diploma
- International Proficiency Certificate
- Boater Safety Certificate
- CPR, AED & First Aid Certificate

“Near the border of Maine, USA, I was born in Saint John, New Brunswick, Canada. When I was 3 years old, my parents and I sailed on Northumberland Strait for lobster fishing with his friends. I grew up and I knew nothing about sailing. I obtained the sailing certifications from American Sailing Association (ASA) in November 2010. Every summer, I work and volunteer at the sailing club for disabled sailors. I also teach sailing lessons to the Deaf/Hard of Hearing people. For more than 10 years, I chartered different sailboats in California, New England and France. I mostly teach online ASL classes at my college in Toronto, Canada.”

YOUR FIRST MATE



First Mate Brian Mehan

SAILING CERTIFICATIONS

- ASA 101: Basic Keel
- ASA 103: Coastal Cruising
- ASA 104: Bareboat Chartering
- ASA 114: Cruising Catamaran
- International Proficiency Certificate
- Boater Safety Certificate

“**F**or my whole life, I grew up on the small islands of Avalon and Stone Harbor, New Jersey USA. I always love the ocean. When I was 10 years old, my parents sent me to the Avalon Yacht Club for learning how to sail on the small sailboat known as Sunfish with my two brothers. Even without access to ASL interpreter, I was very good at learning the sailing lessons from my instructor who had very good body language and gestures. Also, I was very grateful to have my great instructor who had a lot of patience with me. I fell in love with sailing sports for a first time in my life. When I was 12 years old, I was a volunteer working at the windsurf shop in my home neighborhood. For my first time, I spotted a huge beautiful catamaran in Florida back in the 1990s and I fell in love with it! Many years later, I decided to take ASA coastal cruising and bareboat chartering courses with Troy. He is Deaf sailing instructor. We sailed to Catalina Island from Los Angeles. I learned a lot from him. In May 2019, my wife and I went to the South of France for sailing with Troy. I have earned good sailing experience and sailing skills. Now I permanently live in Ocean City, Maryland USA. Currently, I'm retired from my work and my goal is now to be involved in sailing with the sailor “gangs” and sail where the sun guides us to go for my opportunity to learn a lot of techniques with windsurfing at the bay. My parents bought a sunfish sailboat and windsurf for me so I'd play around at the bay behind my home. I am planning to buy and own my sailboat and I will sail around the world. “

**WHERE, HOW
AND WHAT TIME
WILL WE MEET?**



Where, how and what time will we meet?

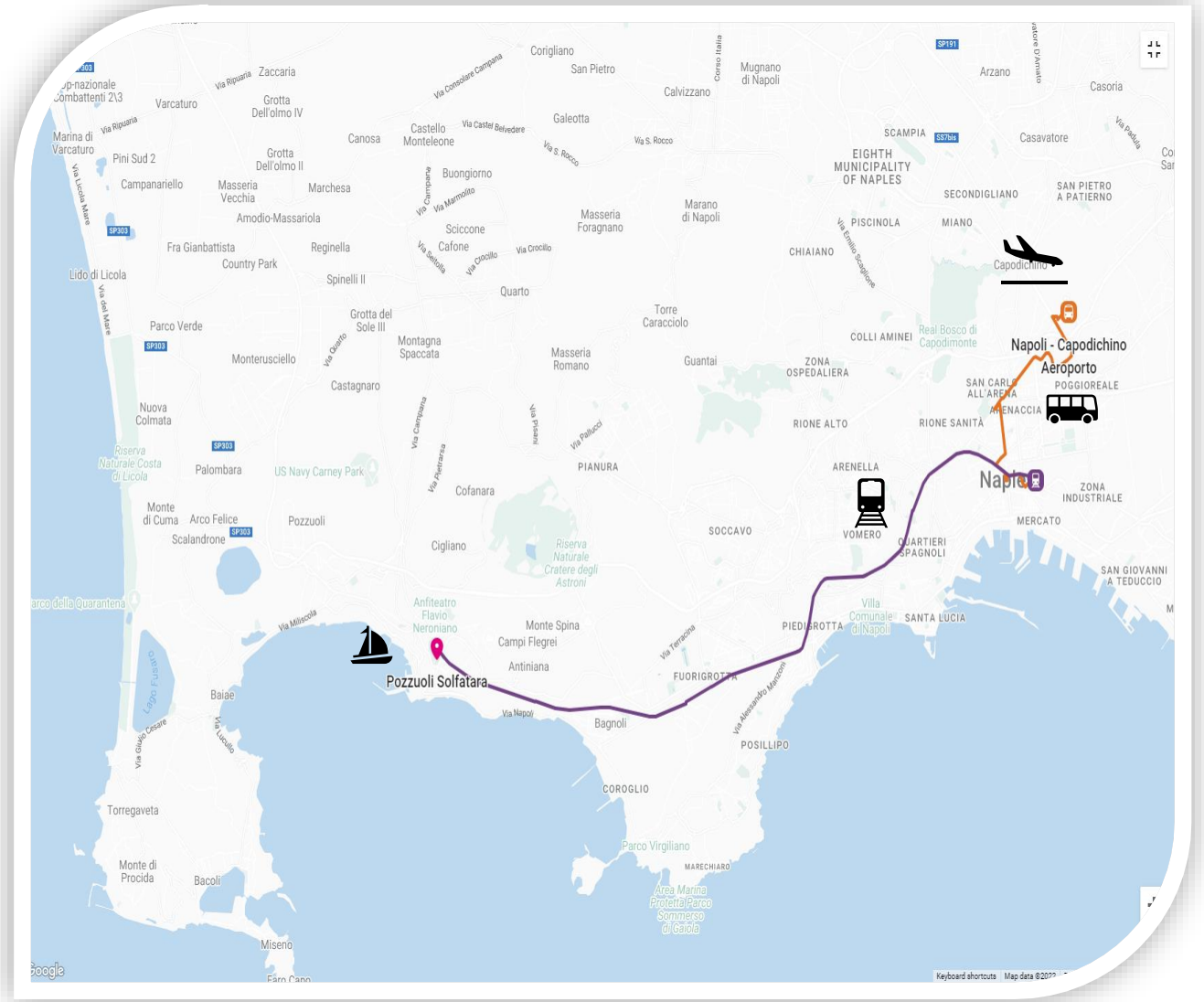
From Naples Airport, you can take bus and train to Pozzuoli. When arrived in Pozzuoli, you can take Uber or any taxi to the port where our sailboat will be found. Our sailboat will be ready for boarding at 6:00 p.m.

1. **ROUTE: Napoli – Capodichino Aeroporto (Bus stop) to Naples Metropark (Bus Stop)**
BUS NAME: Air Campania S.r.l.
TIME SCHEDULE: Every hour
5 minutes ride \$1-\$3 USD



Change / Transfer (Walk)

2. **ROUTE: Napoli Piazza Garibaldi (Station) to Pozzuoli Solfatara (station)**
TRAIN NAME: Trenitalia
TIME SCHEDULE: Every 20 minutes
40 minutes ride \$1-\$4 USD



An aerial photograph of a coastal town, likely Positano in Italy, at dusk. The town is built on a steep cliffside, with buildings illuminated by warm interior lights. The sea is visible in the background, with a few boats and a small island in the distance. In the foreground, the top of a church dome with a colorful mosaic pattern is visible. The text "MEDICAL EMERGENCY & SAFETY RULES" is overlaid on the left side of the image.

MEDICAL EMERGENCY & SAFETY RULES

YOUR SAFETY IS OUR MAIN RESPONSIBILITY ON OUR SAILBOAT

- 3 B-I Fire Extinguishers (small) or 2 B-II fire extinguishers (big)
- Fire blanket for stove
- First Aid Kit / thermal blanket
- Disinfectant wet wipes
- PDF lifejackets
- Light/smoke Flares
- Spot Satellite Messenger
- Sail Plan
- Mobile phones / DCS - VHF radio
- Marine Weather
- Dinghy with outboard engine
- Automatic/manual Bilge Pumps
- Wood cones
- Emergency tiller
- Emergency anchor (backup)



SOME
DIFFERENT
SOURCES ARE
AVAILABLE
WHERE YOU
CAN GET MORE
UPDATE
INFORMATION
ABOUT COVID
TRAVEL
RESTRICTIONS.

KAYAK

[HTTPS://WWW.KAYAK.COM/TRAVEL-RESTRICTIONS](https://www.kayak.com/travel-restrictions)

CDC

[HTTPS://WWW.CDC.GOV/CORONAVIRUS/2019-NCOV/TRAVELERS/MAP-AND-TRAVEL-NOTICES.HTML](https://www.cdc.gov/coronavirus/2019-ncov/travelers/map-and-travel-notice.html)

ITALIAN GOVERNMENT

<https://www.salute.gov.it/travellers>

Will you sign a liability waiver?

Like any kind of a transportation, there is always risk involved. You will be requested to sign our liability waiver form after boarding on the first day. This is for you to be responsible and acknowledge your own risks. Be assured that we are trained professionally and experienced to ensure the safety of you, our guests, and our sailboat. Unfortunately, there is always unforeseen risk which we have no control over of being sudden ill, injured or killed by accident, disease, natural disaster, terrorism, war and crime.

Travel Medical Emergency Insurance

Please be encouraged to buy your Travel Medical Emergency Insurance Policy! It will help protecting you from a financial trouble if you seek urgent medical care overseas. Some insurance companies are not covering the costs of Covid-19 medical emergencies. Some of them will charge you very high for adding covid-19 medical emergency insurance. Please double check with your travel medical insurance company before buying the travel medical emergency insurance policy. The U.S. Medicare may offer the insurance but please check with The U.S. Medicare office at first before you will fly.



YOUR CONFIDENTIALITY WILL BE RESPECTED AND PROTECTED

- If you have any health condition and you don't wish to share it with us, your privacy will be respected. The copies of our medical forms and envelopes will be distributed to you and the guests. You can fill out the medical form and put it in the envelope and seal it. Keep it in your cabin or give it to your partner.
- If you are unconscious, we will give your sealed envelope to the doctor or EMS paramedic.
- We urge you to share your information with us if you have any food allergies. For your safety, we (including our guests) must know immediately. Please bring your extra Epi-pen if possible.



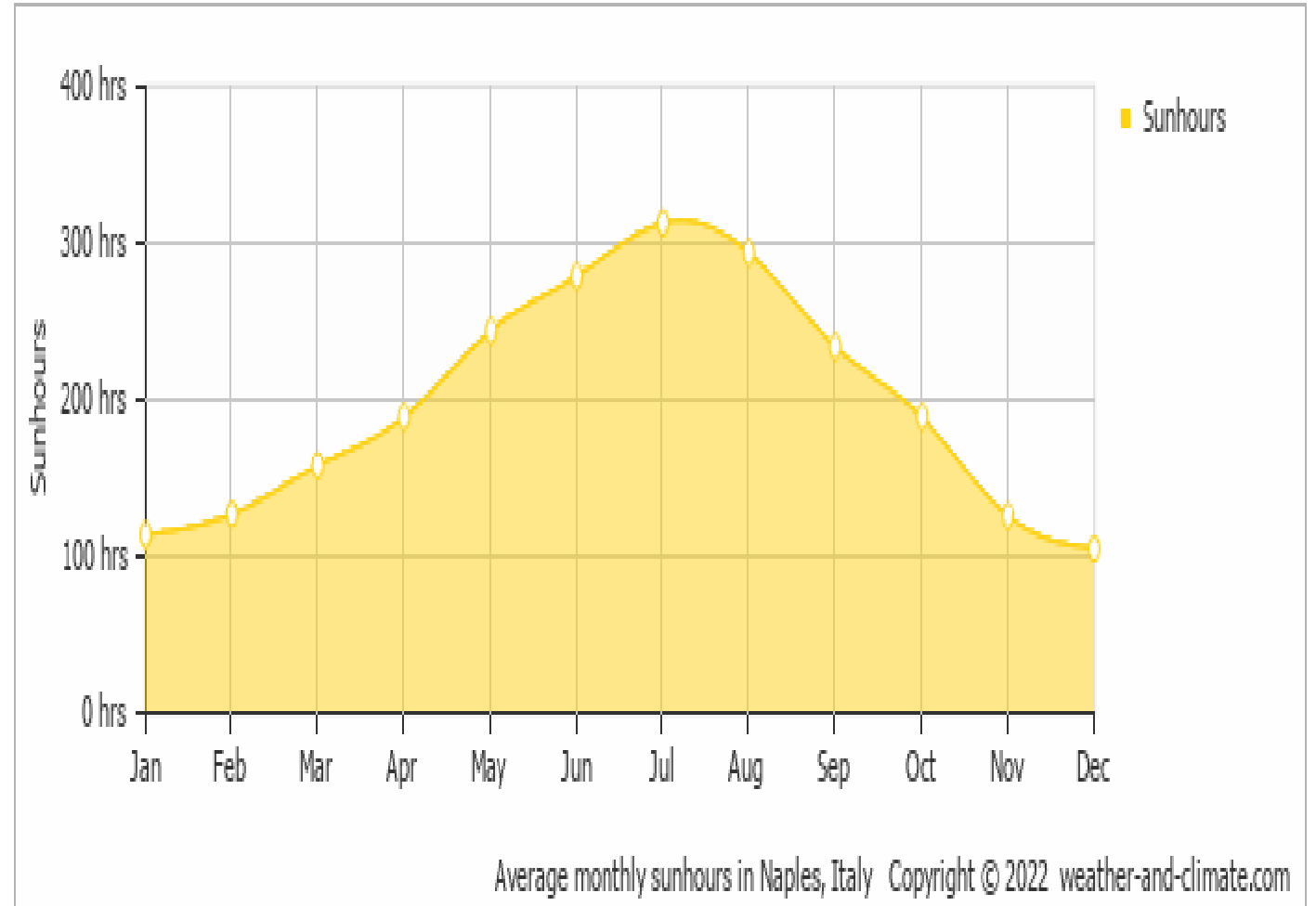
An open suitcase is shown from a top-down perspective, lying flat. The left side of the suitcase contains a red bag, a pair of pink sneakers, a pair of red sneakers, a white power strip, and a book titled 'EMONY, SHICKEY! BATHING' with the subtitle 'Should You Go to School?'. The right side contains a dark blue t-shirt, a blue t-shirt, a pair of blue jeans, a black and white zebra-print shirt, and a pair of sandals. The text 'WHAT THINGS WILL YOU NEED TO BRING?' is overlaid in white, bold, sans-serif font across the center of the image.

**WHAT THINGS WILL YOU NEED
TO BRING?**

THE WEATHER IN SOUTH OF ITALY

Climate in Italy in June

If May was warm, then June is hot; and if May was hot, June will be a scorcher. Average temperatures range from 12°C to 28°C (54°F to 82°F) and it climbs into the low 30s (90°F) at the coasts and inland sometimes. The sea is as hot as May was and at 23°C (73°F) in the summer sun, a fresh breeze is always welcome at the beach. Summer at the coast can be wet, but nowhere near as wet as winter and there are light infrequent showers at worse; unfortunately, this often means high levels of humidity. There have been heat waves in northern Italy in recent years and, when this happens, the south is scorching, so be prepared for some near unbearably hot days.



WHAT TO PACK FOR A HOLIDAY IN ITALY IN JUNE?

It's best to travel light in June because lugging heavy bags down cobbled streets in the heat isn't holiday fun. It might be trendy to don a three-piece suit in Milan, but it sure won't be ideal for the near 30°C heat (86°F). So, blend in with the sharp Italian style and take some loose long-sleeved shirts, T-shirts, comfortable and decent shorts, one or two light tops for the evenings and a light raincoat, especially for the south. Swim shorts, speedos and bikinis are great for beaches, but its best to bring a sarong or light covering for sun protection. Sunhats, sunglasses and, especially, sunscreen is essential. While it is summer, churches, monasteries and some establishments may require conservative clothing. (<http://www.climateandweather.com/weather-in-italy-in-June>)

What to wear for sailing in June?

Wind jacket

Sweater

Pants

Flashlight or headlamp

Deck shoes

Sun lotion

T-shirts

Shorts

Sunglasses

Sunhat





PROVISIONING PLAN

ENJOY MEALS AND DRINKS ONBOARD

- In the month of March before sailing, we will send out copies of the provisioning forms to all of you to fill out. We will collect them from you by deadline date and we will follow what you wish to eat and drink onboard. After that, we will give you a week schedule for different meals.
- We will provide fresh water, milk, coffee cream, sugar, natural sweeteners, American coffee, regular tea, soft drinks and fruit juices.
- If you wish to go out to eat onshore, please let me know. This is for saving the food from wasting.
- Please bring your own snacks.
- We will not be responsible for providing alcohol beverages. You are more than welcome to bring them on your own. Please be responsible drinker and respect for other passengers too.



FOOD MENU FROM OUR CRUISE ON FRENCH RIVIERA LAST MAY 2022



Cinnamon Toast Quinoa



Lentil Soup & Garlic Bread



Zucchini Pasta



Dal



Margarita Pizza



Cheese Blintze



Baguette & Jam



Chicken Pesto Sandwich

DO YOU HAVE ANY QUESTIONS?