

Modern Sailing Global Destinations is Proud to Present



SAIL ITALY & THE AMALFI COAST

Leg 1: September 5 to September 15, 2020 (10 nights)

Leg 2: September 16 to September 26, 2020 (10 nights)



Modern Sailing School and Club



Sail Italy & the Amalfi Coast

By popular demand, Modern Sailing Global Destinations heads for enchanting, picturesque Italy for two 10-night legs along its spectacular central coast and the Gulf of Naples. Join us as we explore the colorful playground enjoyed for centuries by emperors, royalty and celebrities.

Fly into Naples and ferry to Procida Base to board. From Procida, we'll set sail for Capri, Cetara and the Amalfi Coast. On layover day, explore the local culture and flavors of Sorrento with day tours of the Pompeii Museum, wineries and markets. Sailing over the blue waters of the Tyrrhenian Sea, we'll visit Ischia Island to experience therapeutic thermal baths. A western heading will bring us to Ventotene Island, one of the Pontine Islands, long favored by Italians and frequented through the ages by Etruscans, Greeks and Romans.

Septembers on the Italian coast are ideal to avoid the crowds and still enjoy the tail end of the summer sun. A destination unlike any other, this region offers a rich mix of culture and history with a wide variety of quintessential tourist activities. Escape the ordinary for the Gulf of Naples and the Amalfi Coast's perfect blend of sun, sea, and sand.



THE BOATS—Sunsail 51



Length overall 14.43 m / 47'4"

Hull length 13.65 m / 44'9"

Hull beam. 4.49 m / 14'8"

Standard keel draught 2.24 m / 7'4"

Fuel capacity 240 l / 63 US gal

Water capacity 615 l / 162 US gal

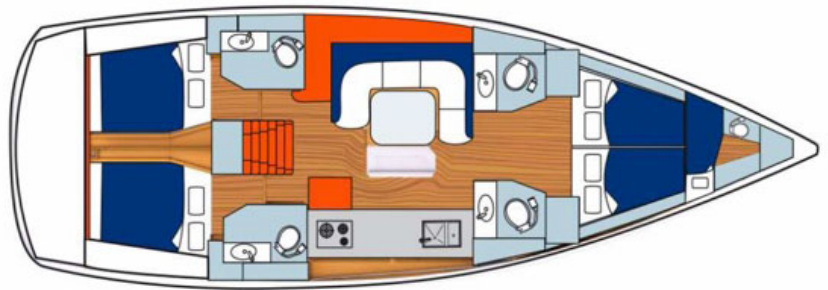
Engines Yanmar 80 HP / 40 KW

Description of the Boat

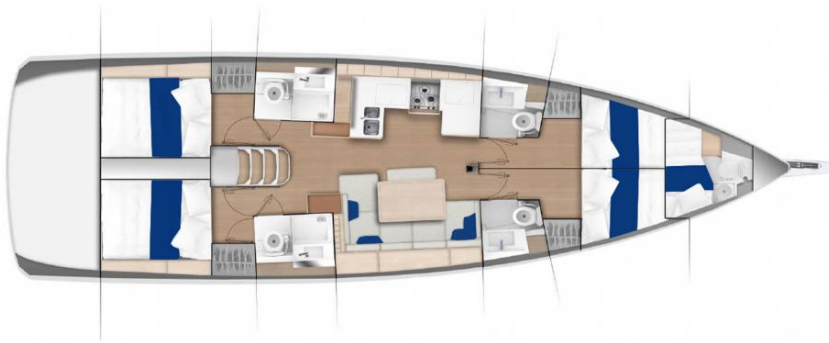
- Large cockpit table with storage compartments
- Double helm, each equipped with a steering compass
- 6'4" headroom in galley and salon
- 4 cabins with hanging lockers and storage; each with en-suite head
- European AC power outlets and USB charging outlets in each cabin.
- LED lighting throughout
- Outdoor shower on transom swim steps
- A Yanmar 57hp engine with 3 blade fixed prop and 63 gallon fuel capacity
- Raymarine Instruments: TriData (wind, speed, depth), VHF, autopilot, chartplotter in cockpit
- Bow thruster

Sleeping Accommodations

- Wall-mounted fan
- Hanging locker, shelves and storage
- LED Reading Lamps and LED lighting
- 6'1 to 6'5 Maximum Head Room
- Bed linens and pillows included



THE BOATS—Sun Odyssey 490



Length overall 14.42 m / 47'4"

Hull beam 4.49 m / 14'6"

Standard keel draught 2.24 m / 7'4"

Fuel capacity 240 l / 63 US gal

Water capacity 640 l / 1698 US gal

Engines Yanmar 80 HP

Description of the Boat

- 4 cabins/4 en-suite heads; each cabin has opening hatch for ventilation
- Large cockpit table with storage compartments
- Dining area main salon; galley has double sink, freezer and icebox
- Double helm, each equipped with a steering compass
- 6'4" headroom in galley and salon
- 4 cabins with hanging lockers and storage cabinets
- European AC power outlets and USB charging outlets in each cabin
- LED lighting throughout
- Outdoor shower on transom swim steps
- Raymarine Instruments: TriData (wind, speed, depth), VHF, autopilot, chartplotter in cockpit
- Bow thruster

Sleeping Accommodations

- Wall-mounted fan
- Hanging locker, shelves and storage
- LED Reading Lamps and LED lighting
- 6'1 to 6'5 Maximum Head Room
- Bed linens and pillows included



THE BOATS—Sunsail 47



Length overall 14.05 m / 46'1"

LWL 12.54 m / 41'1"

Hull beam 4.5 m / 14'8"

Standard keel draught 1.65 m / 5'5"

Fuel capacity 240 l / 63 US gal

Water capacity 635 l / 168 US gal

Engines Yanmar 54 HP

Description of the Boat

- 4 cabins/4 en-suite heads; each cabin has opening hatch for ventilation
- Large cockpit table with storage compartments
- Dining area main salon; galley has double sink, freezer and icebox
- Double helm, each equipped with a steering compass
- 6'4" headroom in galley and salon
- 4 cabins with hanging lockers and storage cabinets
- European AC power outlets and USB charging outlets in each cabin
- LED lighting throughout
- Outdoor shower on transom swim steps
- Raymarine Instruments: TriData (wind, speed, depth), VHF, autopilot, chartplotter in cockpit
- Bow thruster

Sleeping Accommodations

- Wall-mounted fan
- Hanging locker, shelves and storage
- LED Reading Lamps and LED lighting
- 6'1 to 6'5 Maximum Head Room
- Bed linens and pillows included



TRAVEL ARRANGEMENTS

You are responsible for booking your own airfare and ferry transit (from Naples to SunSail/Sail-Italia base in Procida). Air fare will likely be about \$1500 to \$1800 per person. If you would like to use a travel agent to book your flights, we suggest Bob Entwisle at E&E Travel, (415) 819-5665. If you plan on arriving early, there are hotels in Naples and Procida. Several ferries go from Naples to Procida. Plan for 30-60 minutes ride, \$50-\$85.

WHAT TO BRING

Luggage

We suggest traveling light. Your gear should fit in a medium duffel bag and small carry-on bag. Your carry-on should be less than 15 pounds – we recommend using a dry bag or backpack. Both bags should be collapsible for easy storage on the boat in a small space. Please do not bring bags with hard frames or rolling wheels as they are difficult to stow.

Gear

We have found that people often only use about half of what they bring. A great way to bring only what you use is to lay all your items out and reduce it by 50%. Lay them out again and then reduce again.

Gear weight depends on weather conditions of course, but lightweight clothing that is layered and wicks well to dry fast is essential. Avoid cotton. Your total gear weight should be less than 55lbs including carry-on.

Sun conditions can be very different than in San Francisco Bay. You should consider lightweight clothes that cover exposed areas without adding bulk or weight. There are a variety of lightweight pants/slacks and shirts/blouses that are UV-protected. Sunscreen and hats are essential.

Suggested Packing List

| <u>Clothing</u> | <u>Non-Clothing</u> |
|--|--|
| <ul style="list-style-type: none">• Quick-dry T-shirts, sun shirt• Shorts w/zipper pocket• Swim suits• Sweater or fleece jacket• Deck shoes, water shoes, reef shoes, or sandals (they will get wet)• Hiking shoes for exploring ashore• Long-sleeved shirt for snorkeling• Rain gear for boat & ashore• Sailing gloves• Extra towel (microfiber quick dry)• Long pants• One 'casual nice' outfit for evenings ashore | <ul style="list-style-type: none">• Passport (copies)• Cash• Sunscreen• Insect repellent• Sunglasses (2 pairs)• Camera• Personal hygiene items• Medications with prescriptions• Special dietary items• Flashlight/Batteries• Dry bag & backpack• ZipLock bags• Salt water soap/shampoo• Electronics with chargers• European & 12 volt adapters |

What Not to Bring

Different states and countries have different travel rules, regulations, and considerations. If you have specific questions about an item, ask us. Some general items you should **not** bring are illegal drugs, weapons, hair dryers, expensive jewelry, pets, rigid suitcases, surfboards (it has happened), fireworks and dive tanks.

Linens, towels, and pillows are provided on the boat.

Considerations

There are lifejackets on board the boat, however, you are more than welcome to bring your own. Inflatable PFD can be problematic at TSA checkpoints.

The charter base will have a variety of snorkel gear and equipment to choose from. These items are included in the cost of the trip. You are more than welcome to bring your own. Keep in mind that these items tend to be bulky and heavy. A reasonable compromise may be to bring your own mask and snorkel and use the fins provided on board.

WEATHER

September is the best time to visit. Crowds are diminished and weather is very pleasant, characterized by temperatures in the 70s°F high to lows in 60s°F, some chance of rain begins in late September.

During September days are mostly clear and warm. Relative humidity typically ranges from 65% (mildly humid) to 75% (humid). Temperatures away from the water can climb into the 90's. Average sea water temperature is from 72°F to 75°F. Visibility is 5-6 miles.

WIND and TIDE CONDITIONS

Expect winds 5-15kt, with some days having no wind. Italian weather is very diverse and can be divided into several sailing regions. The regions are based mainly on geography and each of them has its own prevailing winds.

Tramontana winter wind blows in the north of Italy, descending from the Alps, strongest before sunrise.

Scirocco wind blows in the south and brings humid weather in summer, as well as red dust from the Sahara. **Libeccio** affects Sardinia and the Tuscan coast, blowing from the south-west. **Maestrale** wind comes from the north-west and blows on the west coast of Sardinia. Northern Adriatic is affected by the rather strong **Bora** wind.



Weather forecasts are broadcast on VHF Channel 21 and 68.

Tidal range is 1 to 2 feet, with minimal current effect.

PROVISIONING AND GALLEY



Provisioning will be discussed at the Crew Pre-Planning meeting and initial menus will be made. Pre-provisioning for basics will be done in advance by Global Destinations. This includes the lions' share of breakfasts and lunches, galley supplies, and condiments. Dinners and additional meals are purchased along the way by crew members. Everyone contributes to a cash 'kitty' that pays for group expenses. The crew will complete final provisioning once they arrive in Procida. There will be opportunities

to re-provision en-route at small stores at various stops.

The crew will decide on how many meals they plan on eating ashore and provision accordingly. Costs of eating ashore can vary but breakfast, lunch, and snacks usually average between \$35 and \$60 per person per day.

Global Destinations recognizes that people have different experiences and tastes in personal beverages and alcohol. Each crew member is responsible for his own wine, beer or alcohol purchases.

Upon arrival, one or two crew members are assigned to stow the provisions. This does not mean they will have galley duty the whole trip, but it helps guide others in finding stowed items. Cooking and cleaning duties are shared equally.

Meal Planning, Special Dietary Needs and Health Issues

Each Skipper will work with the crew to select items for individual tastes on board. Pre-trip planning will include discussion of food preferences with a pre-provision plan drawn up for each boat. Please let us know if you have specific dietary needs or restrictions. We can plan ahead to accommodate you. If there are unique items you desire, you can bring them with you or you can purchase them during a trip to the market. Additionally, if you have any health issues, please inform us in advance so we can accommodate.

Breakfast

Breakfast will generally occur around 8:00 to 9:00 based on each day's schedule, group and individual desires. We have enjoyed full course breakfasts, complete with bacon, eggs, et cetera. We have also enjoyed granola, yogurt and fruit, depending on the crew preference and daily schedule.

Lunches

Lunches are very casual with no set schedule. Sandwiches, veggie sticks, or local fare are among a variety of lunch options. Charcuterie (cheese, meat and bread), for example, is very popular. Lunch is often served under way. Conditions may dictate when it is prepared and what is served. If the schedule permits, we may stop at a nice lunch anchorage to dinghy ashore to a tavern or a picnic on the beach.

Snacks

Snacks are always a very personal thing and whatever the crew desires. Sometimes they can be chips and salsa, or cheese and crackers. Fresh fruit and nuts are always good (and delicious) as they are easy snacks and help maintain energy.

Dinners

Dinners provide the most flexibility. We can choose to relax on board, cook and watch the sunset, or go ashore and sample the local culture and cuisine. Most stops along the way will have a variety of restaurants. Italy, as you know, is famous for its food and wine.

Dinner Ashore

If we choose to go ashore in the evening, meal costs will be the responsibility of each person. Usually most establishments will not be willing to split checks. We'll divide checks by boat and sort out costs later. Be sure to bring cash with you as small family businesses are sometimes cash only. As the itinerary is finalized we will have better idea of how many meals will be on shore or aboard. Expect 3-4 dinners aboard.



Perishables

We will stock up on fresh produce to start the trip and we'll and we'll restock en-route at local fish and vegetable markets.

Important Travel Considerations

Communication

Typical of sailing destinations, Internet service may be spotty in some locales. There are Internet cafes or wi-fi available in many ports, but connection may be slow and unreliable. International calling plans are available from most major carriers and text messaging is fairly reliable. WhatsApp is an easy to make calls via internet to other WhatsApp users.

You should bring a European adaptor for electronic plugs and also a 12-volt charger. The boats are equipped with AC when connected to shore power and will have a 12-volt adapter at the nav station and sometimes in cabins. The time difference is UTC + 2 hours. The time difference between the California and Italy is eight hours during the summer with Daylight Savings Time.

Customs and Passports

Make sure your passport is up to date. Passports must be valid for 3 months beyond the date of departure and are required for American, Australian, English, and Canadian travelers. If your passport is due to expire within 6 months of your travel dates, we recommend that you renew it now. No visa is required for stays under 90 days for Australian, Canadian and US citizens, but you must have a return ticket in possession upon entering Italy. Italy allows EU nationals to enter the country with a valid national identity card (no passport or visa

required). Make sure you purchase your plane tickets and have your travel papers lined up well in advance. Talk to us to make sure you have the correct documents before you travel.

Transportation

There is an extensive bus network on the mainland. On the islands, local buses with published schedules are usually available. Bicycles and scooters are available for rental in most ports. Hiring a private car for a fixed fee is often an option. Hotels and restaurants can also arrange transportation. Taxis are expensive with fixed fares. Communicate with drivers or concierges in advance to ensure you understand the fees. Roads are well marked, mostly in good condition, and the layout is easy to navigate.

Money and Banking

Italy uses the Euro. Current exchange rate: \$1.00 = €0.898. There will be exchange places in airports and there will be ATM's at banks and larger resorts. Most restaurants will prefer cash and while they will usually accept Visa or American Express there will probably be a service fee. Travelers cheques can be difficult to exchange.

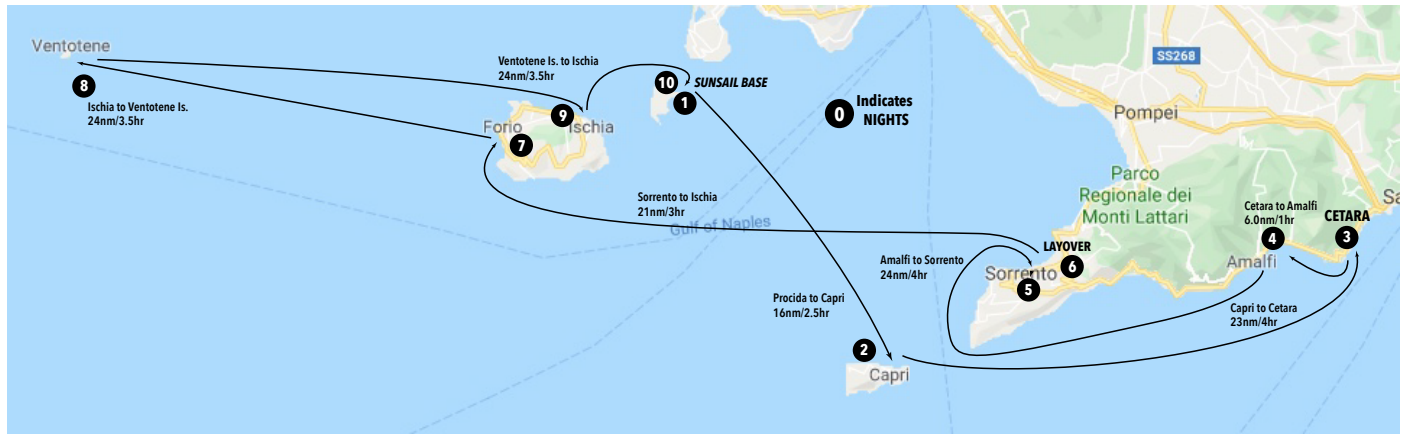
Trip Insurance

It is highly recommended that you obtain trip insurance in the event you may have to cancel the trip. There are a variety of carriers that provide trip insurance and you should select one that fits your level of comfort and coverage you desire. There are a variety of options and you may have options within existing accounts for example; with your credit card company, insurance, auto clubs, or financial institutions you may belong.

While MSC does not recommend which carrier you choose several past participants skippers have chosen from one of the following carriers:

- CSA Travel Insurance - csatravelprotection.com
- Geico Insurance - geico.com/travel-insurance
- Travelex Insurance Services - travelexinsurance.com
- Travel Guard Insurance (AIG) - travelguard.com
- Allianz Global Assistance - allianztravelinsurance.com
- Travel Safe Insurance – travelsafe.com
- Generali Global Assistance – generalitravelinsurance.com

For additional information about the area we suggest Lonely Planet or Trip Advisor. Sunsail provides a useful [link](#) for extensive travel information about Italy. [Moorings Cruising Guide](#) provides more specific information.



PROPOSED ITINERARY*

Two Legs, 10 Nights Each (5 September and 16 September departures)

**Itineraries are subject to change based on sea/weather conditions, marina/mooring availability.*

NIGHT 1: Board boat at Procida SunSail base at 6:00 p.m. Eat ashore in PROCIDA, spend night aboard.

Procida is the quintessential Mediterranean paradise, an absolute vision of colorful harborside homes and picturesque piazzas. Lose yourself in colorful Terra Murata, a walled medieval town that's perched staunchly on a hill. There you'll find the 15th-century Palazzo D'Avalos and Abbazia di San Michele, an 11th-century Benedictine abbey. After your tour, scoot down the steps to charming Corricella, then unwind with a poolside cocktail at the magical Maresia Solarium.

NIGHT 2: 16 nm to Marina Grande, CAPRI

The island of Capri has been a much-loved resort since Roman times and continues to attract well-heeled holidaymakers today. Stay at the upscale Marina Grande or anchored at Marina Piccola on Capri's southern side. Capri's cliffs, caves and grottos make for spectacular scenery and good hiking with fine views over the Tyrrhenian. Visit the ruined Roman villa of Vill Jovis, located on a high cliff face offering spectacular views and fascinating antiquities.

NIGHT 3: 23 nm to Cetara Marina

Cetara is a cozy fishermen's village nestled along the Amalfi Coast among verdant citrus groves. The picturesque white architecture, along with its marvelous secluded beach make Cetara one of the jewels of the Amalfi Coast. Among the small sugar-cube houses you'll find the church of Saint Peter with a noteworthy glazed dome and the thirteenth-century bell tower with double lancet windows.



NIGHT 4: 6 nm to Marina Coppola, AMALFI

The town of Amalfi is located in the heart of the glamorous Amalfi Coast. Sail a stretch of coastline renowned as one of the most breathtaking on Earth before mooring at Marina Coppola in the company of speedboats and superyachts. Amalfi is home to a sparkling bay backed by gently curving beaches, narrow alleyways brimming with local produce and picturesque homes built into the craggy cliff face. You'll want to stay in this beautiful town for good.

NIGHT 5: 25 nm to Sorrento / Marina Piccola or Marina Di Cassano

NIGHT 6: LAYOVER DAY / SORRENTO

Sorrento is the gateway to the Amalfi coast, a place where lemon groves, towering cliffs and magnificent vistas converge. Overlooking the Bay of Naples, it comes as no surprise that this brochure-worthy coastal town has attracted famous artists for decades. Enjoy sweeping water views and delicious lunches in the bustling café-lined square of Piazza Tasso. Or head to Marina Grande, a small fisherman's village where pastel-colored houses meet fresh local seafood. Numerous tours are available—farm or wine tours include Limoncello and pizza making. Pompeii Museum tours are a short hop away. Hike or rent a bike or scooter to explore nearby Positano or simply while away the day browsing the markets.



NIGHT 7: 21 nm to Marina Forio, ISCHIA west side)

The busiest resort town on Ischia, Forio is located on the western shore of the island, under the slopes of Monte Epomeo. The neighboring countryside is green and fertile, well-known for its wine production. Forio has been a popular destination since the 1950s. It attracts a wide range of visitors who appreciate the atmosphere, the beaches and the spas. One of Forio's prime attractions is the beautiful beach of Citara, alongside one of the island's largest spa complexes, the Giardini di Poseidon. Forio's historical center is better-preserved than other Ischian towns, and there are pleasant streets where you can see traces of the medieval and Baroque eras.

NIGHT 8: 22 nm to Porto Romano or Pontile Galleggiante, VENTOTENE

The eastern and western coasts of small, volcanic Ventotene feature sandy beaches where you can swim and sunbathe in the gorgeous Mediterranean climate. Settled since Roman times, Ventotene's ancient port has a timeless charm. Visit the *Museo del Mare* (Museum of the Sea) to see treasures recovered from Roman vessels sunk off the island's coast.

NIGHT 9: 24 nm to Porto D'Ischia, ISCHIA (north side)

Ischia is the principal town of the island of Ischia, located on the northeastern coast of the island. The town is divided into two distinct settlements, Ischia Ponte and Ischia Porto. The island's circular port was once a volcanic crater which filled up with water to become a lake. It was opened up to the sea in 1853. Enjoy a drink or meal at one of the many restaurants and bars alongside the harbor. At night the area is one of Ischia's busiest, with various piano bars offering evening entertainment.



NIGHT 10: 5 mi Return to Procida Base NEXT DAY: Off the boat by 9:00 a.m.

For additional questions contact Stephen Spoja at 415-847-6707, or sspoja@modernsailing.com