

# Latitude Vacations Itinerary



## ITALY: Gulf of Naples Agropoli

Agropoli, pearl of Cilento, land of myth and nature. The geographic position of Agropoli is barycentre between Capo Campanella (Sorrento) and Capo Palinuro. It is an ideal starting point for sailing tours towards the various landing places and islands strewn in the Gulf of Napoli and along the Costiera Cilentan, famous for its unpolluted natural beauties and its important archaeological and historical vestiges.

Sailing along these coasts means to follow the footsteps of Ulisse, the Homeric hero, who resisted the song of Siren Leucosia, who was transformed, then, into a rock (Punta Licosa) and of Enea, in return from burning Troy, who lost here his loyal helmsman Palinuro.

### Gulf of Naples: 14 Day Itinerary

Departure: Agropoli  
Total Distance: 362 nautical miles approximately

- Day One:** Embarkation
- Day Two:** Agropoli – Marina di Camerota (30nm)
- Day Three:** Marina di Camerota – Cetraro (43nm)
- Day Four:** Cetraro – Tropea (50nm)
- Day Five:** Tropea – Lipari (45nm)
- Day Six:** Lipari – Vulcano (4nm)
- Day Seven:** Vulcano – Filicudi (16nm)
- Day Eight:** Filicudi – Salina (14nm)
- Day Nine:** Salina – Panarea (13nm)
- Day Ten:** Panarea – Stromboli (13nm)
- Day Eleven:** Stromboli – Cetraro (52nm)
- Day Twelve:** Cetraro – Maratea (31nm)
- Day Thirteen:** Maratea – Palinuro (22nm)
- Day Fourteen:** Palinuro – Agropoli (30nm)

**Day Fifteen:** Disembarkation

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