

THE GULF OF NAPLES AND ITS PEARLS

THE ISLANDS OF PROCIDA, ISCHIA AND CAPRI



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Discover the marvels of the Gulf of Naples and its enchanting islands: Ischia, called the green island and famous for its thermal parks, Procida, the island of fishermen and lemon trees, the natural wonders and the luxury lifestyle of Capri.

Visited since Roman times by wealthy families of the Empire, the Gulf of Naples is worldwide famous for its scenic beauty and for the volcanic mountains that surround it; immerse yourself in a superb mix of natural wonders, from astonishing sceneries to lush botanical gardens, a pleasant mild climate all year long, mouth watering cuisine and enchanting local traditions.



ISCHIA

The volcanic outcrop of Ischia is the most developed and largest of the islands in the Bay of Naples. An early colony of Magna Graecia, first settled in the 8th century BC, Ischia today is famed for being relaxed and seductive, home to over 100 thermal springs that have countless healing properties and make it a popular wellness destination for the lucky few in the know. That, combined with its stunning selection of sandy beaches and dramatic historic sites make it the perfect place to reset your mind, body and soul. You'll feel as though you've found yourself a slice of undiscovered paradise.

- Privately visit to the Garden Museum of Lady Walton in Ischia, commonly known as La Mortella, is a garden created by Susan Walton, wife of the English composer William Walton; an unexpectedly lush botanical garden on what was at first little more than a dry cliff face. The garden spreads over 2 hectares and is home to more than 3,000 species of plants, some of them very rare, streams and ponds, fountains, pools and waterways for aquatic plants such as papyrus, lotus and tropical water lilies.
- Enter the Aragonese Castle in Ischia, a fortification originally dating the 5th century BC, a fascinating and mysterious castle, as it stands out of the sea, detached from the rest of the island; most of the events, the battles and courtly life took place here, on top of this cliff in the middle of the sea; the austere aspect of the outside gives way to a citadel made up of sunny gardens and small tracks that always lead to incredible views. Accompanied by your expert Historian Guide, embark on an exploration of this impregnable fortress after closing hours and discover its hidden rooms and the secrets behind closed doors. Listen to tales of the various invaders and dynasties that made this Castle one of Italy's main fortresses for centuries.
- Ischia is known for its curative thermal waters, get access to Negombo thermal gardens for a rejuvenating session: therapeutic massages, aerosols, inhalations, thermal pools with hydro-massage jets, here you can find everything to regenerate your body. Negombo is a park immersed in a lush botanical garden, that has sea-water thermal swimming pools, a spa center, steam baths and an antique therapy cave, a bar and a restaurant.



ISCHIA

- With an expert geologist who will lead you through canyons, around ravines, pinnacles and other bizarre geological formations formed over the millennia, learn about the volcanic origins of Ischia and the many benefits of its geothermal waters. Along the hike, look for and collect aromatic wild herbs which will be used in the preparation of your lunch cooked using the heat of a Volcano.
- With a specialized instructor enjoy a yoga class in a very energetic spot. To be in a territory characterized by active volcanoes means feeling the strength and the breath of Mother Earth in all its vitality. Where those forces are concentrated, nature shows its best and it is rich in vivid colours and life manifestations.
- Enter privately the cellars of Casa D'ambra, producer of Frassitelli wine, a special grape poised to excellent quality; starting from the slopes of Mount Epomeo reach the cellars via a funicular track and enjoy a unique tasting of wines and local delicacies while admiring the breathtaking views of the gulf.
- Paired with expert science and the magic of a night cruise, discover the wonder of bioluminescence, the mesmerizing phenomenon belonging to several species of humble bacteria and algae that emit light thanks to specific chemical reactions inside their bodies. You get to appreciate it while sailing in a glass-bottomed boat or snorkelling in the fluorescent green waters. In a professional lab, with the help of a marine biologist, understand the dynamics of bioluminescence and its manifestations in nature. Take to the sea in a glass-bottom boat to relax and observe the waters beginning to glow with fluorescing sparkles, as you reach a pristine bay ready for night time snorkelling.
- Immerse yourself in the traditions of the Gulf of Naples, from cuisine to folk music, interacting with local people in an exclusive evening tailored for you. Reach a private cottage immersed in the woods of Ischia, the local landlord family will show you how to build a perfect pizza from scratch, using their farm products; during your tasting a group of minstrels will perform for you traditional Neapolitan songs.



PROCIDA

Procida is the smallest island of the Gulf of Naples; it is rich in attractions and archaeology. As well, the small island of Vivara, linked to Procida by a bridge, has archaeological excavations. The architecture of Procida has a Greek origin. In fact, the history of Procida is concentrated first of all on the medieval village “Terra Murata” and on “Corricella”, the fishing settlement. Procida is the most genuine isle of the Gulf of Naples, made of narrow streets, nets hanging out in the sun, fishermen who are deep in repairing fishing tackles, scents of fried fish that come out from the balconies of the huddled houses; traditions, beliefs, religiosity, smiles.

- Visit the Terra Murata, the fortified center built on the highest point of the island, a place of great beauty, the oldest and only safe refuge for the islanders during centuries of political uncertainty. Walk in its medieval atmosphere, the narrow streets and typical pastel colours housing built with balconies, terraces and external staircases; visit the Abbey dating back the 11th century, its works of art and a library containing 8,000 books and manuscripts. Continue the visit of the island among the picturesque fishermen’s houses, from the port to the Marina della Corricella, a set of palaces, loggias and colorful domes perched on the sea.
- At Marina Corricella, the most picturesque and charming spot on the island, walk along the thin waterfront and get invited to a fisherman’s house in perfect Procida style. Behind a long fishing harbour, houses were built on and into the rock in a kind of pretty vertical muddle. Get to know first-hand the centuries old traditions linked to fishing, the main income source for the inhabitants, the legends, the families and their stories; assist to a show cooking with freshly products from the sea and their garden, enjoy a lazy lunch with the water lapping nearby.
- Exclusively join an ‘old sea dog’ for an unforgettable day on his typical Mediterranean boat, set sail and enjoy the beauty of emerald waters, secluded bays and the wildest parts of the island of Procida. The special guide will explain the geological features and the beauty of the landscapes where history, architecture and folklore seem to be intertwined; listen to anecdotes and curiosities of the local seamen folklore.
- Adventure in an underwater experience to admire different animal species, volcanic craters, and bubble emissions of volcanic gas. An expert dive master will teach you all the main information relating to the peculiar characteristics of the dive, before reaching the diving places by a private boat.



CAPRI

Capri, known in Greek mythology as the isle of the sirens, was a favored resort of the Roman emperors, a celebrated beauty spot and coastal resort since the ancient times until now. Since the second half of the 19th century, Capri has gradually become one of the most popular resorts in southern Italy, famous for its magnificent scenery and the mild climate in which vegetation flourishes. It has jaw-dropping natural beauty, delicious cuisine and world-class shopping. It's also a place to see and be seen – there's a reason why so many celebrities anchor their yachts in Marina Grande.

- With your private boat cruise round the isle of Capri, the legendary island best seen from the clear waters that lap its rocky shores. The isle of Capri is full of legends, the Ancient Greeks spoke of Capri in the story of Ulysses, its majestic peaks and rocky terrain contrast with the bluest sea you ever saw. Visit its city center and the glamorous Piazzetta, enjoy some shopping in its narrow alleys, the playground of the world's rich and famous.
- Explore in Capri the Gardens of Augustus, rising in a series of flowered terraces, they lead to a lookout point offering breathtaking views over to the surroundings. Established by the German industrialist F. Krupp in the early twentieth century to build his mansion in Capri, the gardens, designed in terraces overlooking the sea, can be considered a testament to the rich flora of the island of Capri, with various ornamental plants and flowers such as geraniums, dahlias and brooms.
- Get access to Villa San Michele in Anacapri, the life's work of the Swedish physician and author Axel Munthe (1857–1949). It is surrounded by an impressive garden, which recently won the price as Italy's most beautiful private park. Behind it is the Barbarossa mountain, that Axel Munthe turned into a sanctuary for migratory birds. San Michele's gardens are adorned with many relics and works of art dating from ancient Egypt and other periods of classical antiquity.



CAPRI

- On a fishing boat, together with a local fisherman, sail towards a unique morning shrimps fishing adventure in the water around the isle of Capri. The sea around the island is particularly deep, the limestone cliffs are very steep, jagged and rich of caves. Once arrived on the ideal spot for a fishing session, you will learn the basic aspects of traditional fishing. The shrimps fishing is carried out with creels that are lowered in the depth of the sea the day before and then pulled out with the following day. Your fisherman will share with you everything about the art of fishing, how to read what the wind and the currents write on the sea surface and how to turn these forces in your favour when fishing.
- Get invited to a private villa, a few steps away from the famous Piazzetta, offering a breathtaking view of the gulf. Together with its owner discover the Neapolitan cuisine in an exclusive dinner, comfortably sitting in one of the best terraces of the island.
- Get your creativity at work by painting “your Capri” together with the precious advice of a local artist. In a spectacular location, with the paint master you will choose the theme, use your imagination, being inspired by the view and by the suggestions you will receive from the master.
- Reach the Monte Solaro and Valletta di Cetrella, the hermitage of Santa Maria a Cetrella, built on a precipice overhanging Marina Piccola, dates back to the fifteenth century and is protected by a wall with pointed glass splinters. Beyond the church it is possible to admire the bell tower, the sacristy, the kitchen and some cells where Franciscan and Dominican friars lived, finding in these places peace and longed serenity. The place was dear especially to the sailors of the Isle of Capri who used to go on pilgrimage to the church of Cetrella before the dangerous expeditions for the collection of coral.





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