

ITINERARY 2 from PORTOROSA

Aeolian islands



1 week



about 139 nm

Portorosa - Panarea	30 nm
Panarea - Stromboli - Panarea	23 nm
Panarea - Salina	10 nm
Salina - Filicudi	12 nm
Filicudi - Alicudi - Lipari	40 nm
Lipari - Vulcano - Portorosa	24 nm





DAY 1 • PORTOROSA - PANAREA

Panarea is the smallest of the Aeolian Islands but it is truly unique. For a bit of history, visit the archaeological museum. You will reach one of the most beautiful beaches: Cala Junco. A UNESCO World Heritage Site, this beach features an amphitheatre shape, surrounded by rock formations. These, together with the backdrops give the sea beautiful shades from deep blue to emerald green. Framed by: Basiluzzo, Dattilo, Bottaro, Lisca bianca, Lisca nera, Formiche, Panarelli and Stromboli. To land in Panarea, you can moor at S. Pietro which offers two buoys fields right in front of the village, with boat-taxi service, in active season also at night. If it is good weather and no wind blows from E, you can also anchor at San Pietro, at least 500 meters away from the ferry maneuver area. In Panarea there are two beautiful places to stop at: Cala Zimmari and Cala Junco, their conformation is so protected from winds and storms, as to be defined a natural port. From Cala Zimmari you can walk to the prehistoric village going up along a beautiful panoramic path (15 minutes).



DAY 2 • PANAREA - STROMBOLI - PANAREA

Starting the day early, set sail from Panarea heading for the islets southeast of the island. First stop **Lisca Bianca** and Lisca Nera, famous for their submerged fumaroles. Here you can snorkel in water bubbling with volcanic bubbles-it's like diving into a natural jacuzzi! Then move on to **Basiluzzo**, the largest of the islets. Its white tuff cliffs and Mediterranean vegetation make it a magical place. Dive into the incredibly clear waters, and if the sea permits, explore small caves and hollows along the coast. After lunch head to Stromboli, which looms on the horizon with its smoking volcanic cone.

At **Stromboli**, you can choose to stop at Ginostra, a picturesque village accessible only by sea, or at the island's main port. A walk through Stromboli's narrow streets is a must: the white of the houses contrasts with the black of the volcanic sand. Before the sun goes down, you can take one last dip at the black beach of Ficogrande, or explore the coast toward the Sciara del Fuoco. At sunset move off the Sciara del Fuoco. Here the volcano gives an extraordinary spectacle: jets of lava and lapilli illuminate the darkness of the evening, accompanied by a dark, deep noise. It is a magical moment, to be experienced in silence, with the calm sea reflecting the explosions. If you still have energy, we recommend returning toward Panarea for the evening; alternatively, you can stay at anchor in Stromboli.

DAY 3 • PANAREA - SALINA

Direction: **Salina**, the second largest island in the archipelago. It is made up of six ancient volcanoes, including Monte Fossa. Stop at the beautiful bay of Pollara for a swim. The beach, made up of large stones between the rocks, is unique, and is also the place where some scenes from the Italian film 'Il Postino' were filmed. Not far from Pollara beach are Le Balate, ancient warehouses and shelters for fishermen's boats, ravines carved into the rock that are still used today and are one of the area's must-sees. Beautiful to see is the shoal of Punta Perciato, consisting of several large rocks and extremely jagged walls. For dinner, also takeaway, we recommend the 'Alfredo' restaurant, where you can taste the famous Pane Cunzato or 'seasoned bread'. This simple dish encapsulates the taste of Sicily: in fact, the seasoning is based on anchovies, cherry tomatoes, primo sale, extra virgin olive oil and oregano. The homemade granitas are also good. The night can be spent at anchor in Lingua or Santa Marina di Salina. The village of Santa Maria is adjacent to the harbour, you can moor at the Porto delle Eolie tourist port and wander through the streets of the village, among palm trees and maritime pines. To disembark in the village of Rinella, you can moor at the buoy field: there is a small beach next to the typical Mediterranean houses.



DAY 4 • SALINA - FILICUDI

You can move on to **Filicudi**, characterised by its clear, unspoiled sea, rich in coves and inlets with small beaches that can be reached by boat. We recommend a visit to the Grotta del Bue Marino (Sea Ox Cave), a magnificent and evocative cave about 30 metres wide, known for the plays of light that are created inside it and for the sound of the sea that, inside the cave, seems to imitate the mooing of an ox. This 'magic island', as many call it, can be toured entirely on foot. A stop at the small port of Pecorini Mare is a must, where you can dine at the seaside restaurant that serves fish and traditional dishes with special care.





DAY 5 • FILICUDI - ALICUDI - LIPARI

Direction: **Alicudi**. This island still retains its natural charm and is the ideal destination for those seeking relaxation and tranquillity. Alicudi's beaches are located within narrow granite inlets and are mainly accessible by sea, the only one accessible on foot being the one near the harbour. There are no discos, pubs, banks or ATMs, only a small restaurant with a unique atmosphere and a lot of tranquillity. Then reach the island of **Lipari**, one of the largest of the Aeolian Islands. The island has white expanses of pumice stone and dark flows from the latest eruptions of Monte Sant'Angelo. Sail around the Faraglioni: two rock giants that emerge from the sea in the southern part of the island towards the channel separating Lipari from Vulcano. Visit the town of the same name, topped by a splendid castle and surrounded by the districts of Marina Corta and Marina Grande. Also worth a visit is the Contrada Diana Archaeological Park, which encompasses the entire history of this archipelago. You can also visit the Museo Eoliano (located in the Lipari Castle) and the Terme di San Calogero, a hot sulphurous water spring known and used since Roman times. Those who enjoy nightlife can attend concerts, folk festivals and theatre performances on summer evenings, drink in the characteristic open-air bars or dance in the discos. The island has a marina, floating docks and numerous anchorages. On Lipari, it is possible to stop and do your shopping in supermarkets (with home delivery service). Most of the landing places are on the eastern side of the island: Marina Lunga, Marina Corta and Pignataro.



DAY 6 • LIPARI - VULCANO - PORTOROSA

Move on to the 20 km² island of **Vulcano**, home to a still active volcano. The climb is quick and accessible, and at the top there is a breathtaking view! We recommend a visit to the Grotta del Cavallo (Horse Cave) and the Piscina di Venere (Venus' Pool), with its tuff and basalt pools and shallow crystal-clear waters. Excursion lovers can reach the volcanic crater of Fossa in about an hour's walk, following a path that leads from the harbour to 400 m above sea level. There is also a nice stop at Vulcanello, the small peninsula-appendix of the island of Vulcano, famous for the Valle dei Mostri (Valley of Monsters), an evocative place populated by monstrous lava figures. The town of Vulcano is definitely worth a visit: mooring is at the Porto di Levante. The floating docks of the marina provide electricity, water and dead-body mooring services, while the public quay offers no services. The Porto di Levante is exposed to the undertow of ships and hydrofoils, so care must be taken when mooring. There is also a large buoy field in the bay of the Porto di Levante. In this corner of the city there are restaurants and bars, bike and motorbike hire. The waterfront promenade leads directly to the Mud Pool, a natural thermal pool where bubbles of volcanic gas emerge. This natural mud and hot springs have a beneficial effect on health. Return to Portorosa at the scheduled time.

DAY 11 • CASTELLAMMARE DEL GOLFO - CAPO ZAFFERANO

We recommend as a first stop **Isola delle Femmine**, a fascinating destination for its natural beauty, historical value and the mystery surrounding its name. The waters around the island are incredibly clear and deep turquoise, ideal for swimming, snorkelling or diving as it is surrounded by an underwater environment rich in life, making it a paradise for nature lovers. Continue on to the nature reserve of **Capo Zafferano**, a spectacular promontory overlooking the sea. Along the way you will come across Baia dei Francesi, a small rocky inlet famous for its turquoise waters. Continue to Caletta Sant'Elia, from where you can enjoy a beautiful panorama and crystal-clear sea with changing colours from blue to emerald green. You can spend the night at anchor or at the dock of San Nicola l'Arena.

DAY 12 • CAPO ZAFFERANO - CEFALU'

Direction: **Cefalu'**. We move to the northern coast of Sicily to one of the most fascinating locations in the region. If you want to relax, you can stop at the Spiaggia di Cefalù (Cefalù Beach), with its golden sand and crystal-clear waters, located just below the historic centre. The town is also worth a visit and the main sights are: the historical centre with narrow cobbled streets offering handicraft shops, characteristic cafés and restaurants; Cefalù Cathedral, a Norman masterpiece built in the 12th century and a UNESCO heritage site; the Rocca di Cefalù, an imposing hill that dominates the town, climbing to the top you can visit the remains of the Temple of Diana and enjoy a breathtaking panoramic view of the coast. Cefalu' is also quite lively in the evenings with boutiques open until late. Try typical Sicilian dishes such as pasta with sardines, sarde a beccafico, or fish couscous in seafront restaurants such as Bastione & Costanza or La Brace and after dinner Maljk Beach Club for a more glamorous atmosphere and live music, or the Lounge Bar Al Faro for a quiet drink overlooking the sea.

GIORNO 13 • CEFALU' - PORTOROSA

Return to Portorosa within the scheduled time. You can spend your last evening in Portorosa relaxing and enjoying good food. Try the restaurants and trattorias in the port, many of which offer views of the boats and the sea. Specialities not to be missed are - fresh fish: grilled fish or seafood appetisers; - Sicilian cuisine: arancine, swordfish rolls or pasta alla norma; local wines: accompany your meal with a glass of Malvasia delle Lipari or an Etna Rosso. Recommended restaurants: La Plaza or other options available along the harbour.

