## Trip suggestion from Castellammare di Stabia Route 3



Destination from:	to:
Castellammare di Stabia	Ventotene
Ventotene	Ponza
Ponza	Ischia
Ischia	Castellammare di Stabia

# Location descriptions

#### Ventotene

Ventotene is an island in the Pontine archipelago: rich in history and uncontaminated land and sea landscapes, it was known to the Greeks as ,pandataria', (i.e. dispenser of every good). Today Ventotene is a small oasis halfway between Ischia and Ponza.

Quiet, wild and far from mass tourism, the island of Ventotene is frequented by yachtsmen and tourists passing through, in search of a relaxing, timeless holiday. Until 1965, in fact, the nearby island of Santo Stefano was the site of a penal colony. This is perhaps why Ventotene and Santo Stefano have not undergone the tourist development of the neighbouring islands and offer a unique and unspoilt landscape, a true paradise for lovers of the sea, diving and excursions.

Like the neighbouring islands, Ventotene was also colonised by the Romans. The remains of Roman architecture are scattered all over the island. One of the best preserved remains is certainly the Roman Port, the remains of which are visible today in the area of the current port, which is also the centre of the island.

#### Ponza

The harbour area is the first you see when you arrive at Ponza. The view is not bad at all, but do not be satisfied. Continuing beyond the tourist harbour and the historic centre you come to the Borgo di Santa Maria, where there is a small port and the island is already a little less touristy. Le Forna is the wildest and highest part of the island. Despite its limited surface area, Ponza is rich in interesting tourist sites. There are seven archaeological sites from the Roman era with villas and necropolises. The Tunnel for Chiaia di Luna, dating from the Augustan period and dug into the tufa, connects Ponza Porto to the Chiaia di Luna beach. Monuments include churches and the Palazzo Tagliamonte. What fascinates most about the island of Ponza is the sea and its coastline; another important point is the harbour, a small landing place that materializes in front of the town in a dimension suspended in time.

### Ischia

Ischia is a volcanic island in the Gulf of Naples in Italy. The thermal springs gush out at Maronti beach, located to the south. To the east, Roman remains can be found on the seabed at Cartaromana beach. The beach overlooks the medieval Aragonese Castle, connected to Ischia by a stone bridge.

If you like to visit archaeological sites, you cannot miss the Roman settlements of Ischia. You must absolutely visit the suggestive Aragonese Castle, the port and the ancient Villa de' Bagni. But Ischia is above all sea, beaches and beautiful bays; from the fine sand of the Spiaggia dei Pescatori (Fishermen's beach) to the Spiaggia degli Inglesi (English beach), just a short walk from the port of Ischia.

Only in Ischia you can find ancient thermal springs and natural pools that flow directly from the beach where sea water mixes with thermal water.

Please note that this is just a possible trip suggestion. Italy offers a a lot of bathing stops and sailing opportunities. Please adapt your individual route to the given wind and weather conditions.



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