



Social activities by AMP Punta Campanella (<http://www.puntacampanella.org/>)  
 on 18<sup>th</sup> April 2015

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**Scuba diving - Marine Protected Area of “Punta Campanella”**

The MPA is comprised in a very high biodiversity landscape, an area that has always attracted scientists from all over the world. The whole area has very particular environmental characteristics, influencing the typology of benthic communities in strict correlation with the geomorphological and hydrological framework. The coastal geomorphology of the Sorrento - Amalfi peninsula is extremely peculiar and different from the remaining part of the Gulf of Naples and Salerno. It is characterized by extremely steep calcareous cliffs, extending into the sea down to over 50 meters depth where the big muddy plain starts.

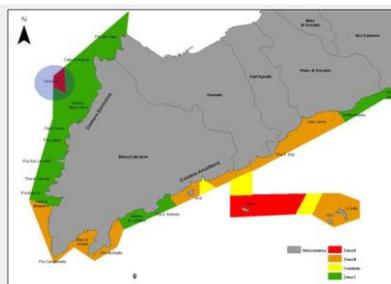
The MPA has the aim to preserve one of the most beautiful and interesting traits of the Italian coast both for its terrestrial characteristics and for the marine peculiarities.

DIVES for certified divers	
1 Dive (without equipment)	40 €
1 Dive (all equipment included)	65 €
2 Dives (half day, without equipment)	75 €
2 Dives (half day, all equipment included)	100 €
2 Dives (full day with snack on board, without equipment, min 6 pax)	90 €

Dive leader - Boat - PROTECTED AREA pass - tanks and weights are included.

**Dive proposal: Scoglio del Vervece**

Zone	A
Depth	-36
Difficulty	low
Typology	cliff
Visibility	excellent



Description

Vervece's rock is part of the Marine Protected Area Reserve; the dives start from a little platform at 12m where there is a bronze statue of the Virgin Mary, the protector of divers. The dominant element is now represented by sessile animals such as Sponges, both erect and encrusting, Hydroids, Bryozoans, Anthozoans (actinia, sea anemones, madreporarians, gorgonians) and Annelida Serpulida. Infact the amazing and biologically important species are *Astroides calycularis*, *Cladocora caespitosa* and more rarely *Leptosammia pruvoti* and *Parazoanthus axinellae*. It is possible to find spectacular walls with white gorgonians (*Eunicella singularis*), yellow gorgonians (*Eunicella cavolinii*) and red gorgonians (*Paramuricea clavata*) ; around the rock live groupers, rockfish, octopuses, breams and more.

For more information and other dives: <http://www.puntacampanella.org/immersione-a-punta-campanella.asp>

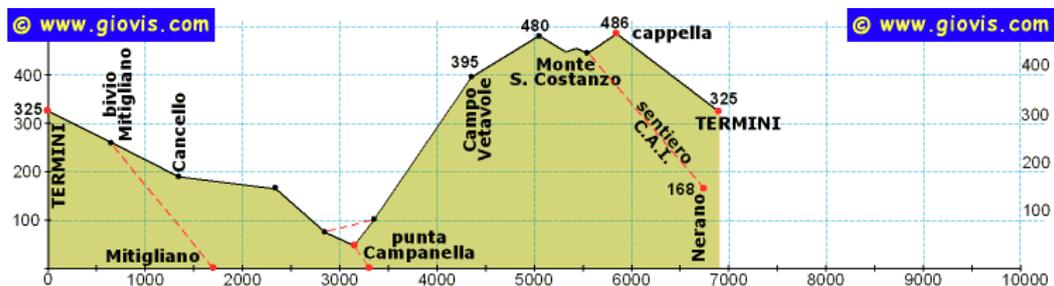


## Hiking

The Sorrento-Amalfi Peninsula forms a rocky promontory developing from E-NE to W-SW, in between two vast structural depressions: on the North the Gulf of Naples – Piana Campana, and on the South the Gulf of Salerno – Piana del Sele. It makes a ridge perpendicular to the Appennine chain and is formed by mesozoic carbonate deposits and, on the top of them, miocenic terrigenous covers and pyroclastites from the volcanic activity of Somma-Vesuvius and Campi Flegrei.

The promontory includes the ridge from Punta Campanella to Monte San Costanzo, the two bays of Jeranto and of Mitigliano and the peninsula of Montalto. The calcareous promontory is high about 500m and has an undulated morphology with very high and steep cliffs. Very pitoresque are the protruding rocks towards the sea (Punta del Cavallo) and the small islands (Islands of Vetara and Li Galli) on the Southern side.

### Hike proposal: Punta Campanella and Monte San Costanzo



#### Description

Leave the square in Termini following the signs, and after 200m turn right off the road leading up to San Costanzo. It is virtually impossible to get lost: follow the minor road which, after a while, becomes a rough path. You'll pass Via Cercito (on the left) and then Via Mitigliano on the right. After the latter junction, continue walking downhill as far as Cancellò, a passage between the cliff and a rocky pinnacle. Before passing this "gate", if it is between January and March you may see the beautiful electric blue flowers of the *Lithodora rosmarinifolia*, a plant endemic to the Sorrento Peninsula and Capri. The road continues on a level for a few hundred meters through olive groves and then on your right there is a lay-by. From there you'll have a great view of the XVI Century watchtower of Fossa di Papa and the island of Capri. From now on the road is uneven and even narrower as it approaches the final descent to Punta

della Campanella. After about 300 m from the outlook you'll reach a fork. On your left a path leads up to the ridge that will later be our guideline towards Monte San Costanzo. If you continue straight down the main path you will come to a widening at the end of the road overlooking the watchtower of Punta Campanella (Torre Minerva). Whichever path you choose will take you to the sharp bend of the easy path where the High Trail of Lattari Mountains (white/red) starts going steeply up along a much rougher track. From the bend you'll enjoy fantastic views of both Capri and the Bay of Jeranto. At about 400m of altitude you'll finally reach an extensive natural terrace with many dry stone-walls, some cypress trees and a couple of unusual stone shelters (*pagliaruli*). From there go up to the Cappella di San Costanzo (485m) where you can enjoy a view of all the surrounding hills as far as Monte Faito. Then go back to Termini down the steps of the old mule track that cuts across the asphalt road.

For more information and other excursion: <http://www.giovis.com/Egiovis.htm>  
<http://www.puntacampanella.org/escursioni-nei-territori-del-parco-marino-di-punta-campanella.asp>



The activity is free and the expert hike leader is included (M.P.A. Staff). The bus fare is about € 5,0

### Boat excursion

This tour will allow you to fully experience the Sorrento/Amalfi coast, paradise included in the Marine Protected Area "Punta Campanella", a SPAMIs (Specially Protected Areas of Mediterranean Importance) since 2003. Extreme point of the *Sorrento peninsula* with its high coasts, meets the sea between the Gulf of Naples and the Gulf of Salerno. A splendid view over Capri with its *Faraglioni* and the bay of *Jeranto*.

Starting from the *Piano di Sorrento*, we sail in the waters of the marine protected "Punta Campanella" were admiring the Rock of the Vervex (red zone the MPA) and the beautiful bay of Romantic Garden, Mitigliano, Jeranto, Marina del Cantone and Crapolla (marine village): after we will go to the "*Li Galli islands*" in addition to discover the most hidden places of the Amalfi coast that can be seen only by sea.

The activity price, which included the boats, is about € 20.00, but it depends on the number of people. The expert tourist guide is free (M.P.A. Staff).



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