

Wednesday 12: Island Excursion

Lacco Ameno occupies the north-westerly corner of the island of Ischia. Up to the unification of Italy it was named only Lacco and since 1863 it was added the attribute of Ameno (Pleasant) to emphasize its delightful location and the natural beauty of the spot.

The symbol of Lacco Ameno is the famous Fungo (Fungus), a tufa crag 10 meters high on the sea surface which is at a distance of 50 meters from the shore with the characteristic shape of mushroom, maybe the result of an ancient explosive eruption of Mount Epomeo and rolled down to the seashore. The religious symbol is instead the patroness Santa Restituta.

Forio is the second major town of Ischia according to population number and importance. It stretches between two promontories, Punta Caruso (at Zaro) and Punta Imperatore, between the considered most beautiful beaches on the island and into the metallic green of the vineyards which cover the slopes of Mount Epomeo, descending into a scene of incomparable beauty.

It is the only town which has preserved its entire historical centre with its tiny streets, churches, sighting towers and monuments - all of which are unaltered from their original construction.

The main monuments are: The main monuments are: the **Church of Soccorso** dedicated to Santa Maria della Neve, the Torrione (big tower), the Church of San Francesco da Paola, the Church of Arciconfraternita' of Santa Maria delle Grazie known as Visitapoveri, the Basilica Pontificia S. Maria di Loreto, the Church of San Vito, the parish Church of S Leonardo Abate, S. Maria al Monte. You should visit the exotic garden of villa Gancia, the garden of Lady Walton.

Dinner at "Cava dell'Isola" at restaurant "La Capanna" sponsored by GGF.

Sunday 16: Boat trip

The boat will sail around the Island of Ischia and during the trip you will have the chance to view the following places of interest. The boat will also stop to visit a couple of places.

- Castello Aragonese
- Punta S. Pan Crazio (Scarrupata)
- Maronti
- Punta S. Angelo
- Sorgeto
- * Cava dell'Isola
- * Punta Del Soccorso
- * San Montano

Wednesday 19: Giardini Poseidon

With reference to its volcanic origins, the hydrothermal heritage of the island of Ischia is, as is well known, one of the richest in the world. The thermo-mineral island springs with their clearly evident "hyperthermability" captured the attention of the ancients right from the beginning. It is therefore hardly surprising that the thermal cures of Ischia actually date back to the VIII Century A.D., when the first Greek colonies, originating from Euboea, settled on the island.

The curative tradition of Ischia's springs did not pause throughout time: they passed from the Greek to the Roman period and so on, through the darkest Medieval centuries to the Renaissance period and up to a first rational approach of 18th Century medical science to today.

Among the areas creating most interest, the zone of Citara, in the municipality of Forio, is undoubtedly the most important and, indeed, in the bay of Citara the famous Thermal Poseidon Gardens were established.

22 pools (Thermal, Kneipp, ocean-water) have been installed according to latest technical and medical knowledge. The water - temperature vary from 28° C to 40° C (82° F to 104° F) and the abundance of water means that it is constantly renewed - a totally unique procedure. A Roman Sauna and a large private beach is equipped with deck-chairs and beach - umbrellas, various restaurants of which one is situated in a beautiful grotto of local tuff-stones and a boutique with a newspaper-kiosk complete this extraordinary establishment.

Visitors of the Poseidon Gardens will find a haven of peace and tranquility in a setting of 60.000 square meters of ecologically intact gardens and can enjoy an ideal combination of medical cure and relaxing holidays by the sea.



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