

Marina di Camerota to Sapri

A short day along the Costa degli Infreschi, a protected coast of caves and coves reached only by sea, with a swim stop at the Infreschi cove, then across the Gulf of Policastro to Sapri.

DATE	Sunday 27 June 2027
DISTANCE	13.2 nm, 5 legs
TIME	5 h 13 min, including 2 h stopped
DEPART	10:00 CEST from Marina di Camerota. Mid-morning.
ARRIVE	About 15:13 CEST at Sapri. In the mid-afternoon, after the Infreschi stop, with about 5 hours 15 minutes of daylight in hand (sunset 20:30 CEST).
TIDES	Range about 0.3 m: no practical effect
WIND	Light; sea breezes
BOAT	35 to 38 ft sailing yacht, 1.9 m draught, 6 kn under sail, 5.5 kn under engine
CREW	Skipper and 3 crew, 2 watches of 2. The Infreschi buoy needs booking: see Hazards



Track and waypoints 1 to 4, with ports of refuge as squares.

Go or no-go

Decide at 09:00 CEST. Go only if all of these hold:

- ☐ No wind above force 5.
- ☐ Sapri berth confirmed.
- ☐ For the stop only: an Infreschi buoy booked, and no swell from the south-west.

If the weather is wrong, stay at Marina di Camerota. The leg is 15 nm and can be done in any reasonable weather.

Route and waypoints

Waypoints are planning positions in open water, checked against a 1:10m coastline to be at least 0.3 nm off land except at the harbour ends. Distances and courses are calculated from them. Plot every one on the current chart before use. Courses are true.

#	WAYPOINT	LATITUDE	LONGITUDE	COURSE	LEG NM	TOTAL NM	ETA	NOTES
0	Marina di Camerota	40°00.0'N	015°22.7'E				10:00 CEST	Depart.
1	Camerota approach	39°59.8'N	015°22.5'E	217°T	0.3	0.3	10:04 CEST	Out of the harbour
2	Infreschi cove	39°59.6'N	015°25.3'E	095°T	2.2	2.4	10:47 CEST to 12:47	Swim stop on 6, up to 15 m). CHECK ON
3	Off Scario	40°02.5'N	015°29.5'E	048°T	4.3	6.7	13:34 CEST	1 nm off.
4	Sapri approach	40°03.6'N	015°37.3'E	080°T	6.1	12.8	15:05 CEST	South-west of
5	Sapri	40°03.8'N	015°37.7'E	050°T	0.4	13.2	15:13 CEST	Position from

Tides and time

MARINA DI CAMEROTA · SUN 27 JUN · CEST (UTC+2)

HW	03:15	0.3 m
LW	09:48	0.1 m
HW	15:47	0.2 m
LW	21:34	0.1 m

From the Palinuro station.

SAPRI · SUN 27 JUN · CEST (UTC+2)

HW	03:15	0.3 m
LW	09:48	0.1 m
HW	15:47	0.2 m
LW	21:34	0.1 m

From the Palinuro station.

Sunday 27 June 2027. **Tides.** The range here is 0.1 to 0.3 m: tides make no practical difference. Wind and air pressure move the sea level more than the tide does.

Both ends use the Palinuro station.

Tide times are predictions made for this plan from the TICON-4 harmonic constants (DGFI-TUM) with the Neaps tide predictor, because the official 2027 tables were not yet published when it was written. Tested against the official APDL table for Leixões on 23 July 2026, the predicted times were within 8 minutes and the heights 0.1 to 0.2 m lower. Heights are above lowest astronomical tide. Check every time against the official 2027 table before sailing.

Daylight. Sunrise at Marina di Camerota 05:32 CEST. Sunset at Sapri 20:30 CEST.

Weather

- **Sheltered.** The Gulf of Policastro is sheltered from the north and west.
- **Swell** from the south-west reaches the Infreschi coast.

FORECASTS TO CHECK

- Italian forecasts: Aeronautica Militare Meteomar and gale warnings (avviso di burrasca), meteoam.it. Forecast area Tirreno centrale, then Tirreno meridionale. Zone names and issue times: [CHECK THE PILOT BOOK](#)
- NAVTEX Roma: 518 kHz, station R. Cagliari: station T. Augusta: station V, further south. Check the times on the receiver.
- Italian coast radio VHF weather broadcasts: [CHECK THE PILOT BOOK](#)

Hazards

- **Costa degli Infreschi e della Masseta marine protected area.** Buoy fields at Infreschi (buoys 5 and 6 take boats up to 15 m) and Cala Bianca (V4), about €70 per day in July. Book ahead. Anchoring limits in the zones could not be checked against the chart. [CHECK ON THE CHART](#)
- **Sapri approach.** Depths and berths for visitors could not be checked. [CHECK THE PILOT BOOK](#)

Ports of refuge

PORT	FROM THE ROUTE	USE IT WHEN	NOTES
Marina di Camerota	Start	Within the first hour	Harbour.
Scario	Waypoint 3	Weather turns	CHECK THE PILOT BOOK

PORT	FROM THE ROUTE	USE IT WHEN	NOTES
Sapri	Destination	First choice	VHF 16, +39 0973 033472.

Pilotage

LEAVING MARINA DI CAMEROTA

1. Leave the harbour and head east along the coast to the Infreschi cove.

ENTERING SAPRI

1. Approach from the south-west across the gulf.
2. Call the harbour on VHF 16 (+39 0973 033472). Capitaneria di Sapri +39 0973 604001.

LIGHTS ON THE WAY

Capo Palinuro	Fl(3) 15s, 206 m, 25 M
Scario	Fl(4) 12s
Sapri, Punta del Fortino	Fl(2) 7s

Communications

Sapri harbour	VHF 16 · +39 0973 033472
Capitaneria di Sapri	+39 0973 604001
Emergency at sea, Italy (Guardia Costiera)	VHF 16, DSC 70 · 1530
Emergency on land	112

Contingencies

- **No buoy at Infreschi.** Look from 300 m off and carry on.
- **Person overboard.** Shout, point, throw the danger buoy, press MOB, DSC distress alert, Mayday on 16.

Before leaving

- ☐ Forecasts read and logged before the go or no-go time
- ☐ Italian notices to mariners (Avvisi ai naviganti) checked for the route
- ☐ Waypoints entered and checked against the chart
- ☐ Ship's log started in UTC

- ☐ Crew briefing: route, watches, safety gear, MOB, fog
 - ☐ Sapri berth booked
 - ☐ Infreschi buoy booked
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- ☐ Fuel for 4 hours under engine, plus a reserve
 - ☐ Water, food and hot drinks for 6 hours
 - ☐ Lifejackets with crotch straps, jackstays rigged, harnesses
 - ☐ Liferaft, grab bag, flares in date, handheld VHF
 - ☐ Radar, AIS and navigation lights tested
 - ☐ Passports, boat papers and insurance aboard

Sources

- Castellabate and Costa degli Infreschi e della Masseta: Parco Nazionale del Cilento (zoning, buoy fields, tariffs).
- Sapri harbour: portodisapri.it.
- Lights in Italy: Wikipedia, List of lighthouses in Italy (characteristics, heights, ranges); check against the Italian Navy list of lights (Elenco dei fari).
- NAVTEX: NGA Pub 117, chapter 3.
- Pelagos Sanctuary: pelagos-sanctuary.org; islepark.it.
- Italian harbour ordinances (Capitanerie di porto) could not be read for this plan: guardiacostiera.gov.it was unreachable. [CHECK THE PILOT BOOK](#)
- Tides: predictions from TICON-4 harmonic constants (Hart-Davis, Dettmering and Seitz, DGFI-TUM, 2025, doi 10.17882/109129) with Neaps (openwaters.io). Check against the Instituto Hidrográfico 2027 tables.
- Sunrise and sunset: calculated (NOAA method).
- Lights: The Lighthouse Directory (Rowlett), ibiblio.org/lighthouse, Portugal pages revised August 2024. Cross-check with the IH List of Lights, volume I.
- Pilot: RCC Pilotage Foundation, Atlantic Spain and Portugal, 9th edition (2025).

A planning exercise to RYA Yachtmaster standard. Not for navigation: use current official charts, the pilot book and the forecasts on the day.