GUIDE

DOUBLE LINE

PONZA + PALMAROLA

The complete excursion to discover two islands in one day

Departure:	11:00 AM - Molo Musco (under the orange lighthouse)
Itinerary:	Ponza west coast + Palmarola circumnavigation + Ponza north coast
Stop:	Palmarola Beach
Organization:	Cooperativa Barcaioli Ponzesi

COOPERATIVA BARCAIOLI PONZESI

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Safety Tips On Board

Welcome aboard! Today we will spend an entire day together discovering the wonders of Ponza and Palmarola. Before we begin, here are some important guidelines to ensure your safety and comfort during the excursion.

Rules to follow on board

1. Once on board, please go barefoot; flip-flops can only be used to go to the bathroom.

2. You can use the bathroom at any time during the day, except when we are stopped for swimming.

3. The onboard bathroom is not like the one at home: do not throw any objects (e.g., sanitary pads) or paper into the toilet. Everything goes in the bin. To flush, hold down the button for about 15 seconds. **The sink water is NOT DRINKABLE.**

4. For those with children: always keep them under supervision.

5. To go to the upper deck, go barefoot; we are not responsible for any injuries.

6. When leaving and entering the port and while sailing, hands, legs and objects must stay inside the boat.

7. Diving from the upper deck is not allowed.

8. During navigation, please remain seated to avoid losing your balance.

9. When boarding from Palmarola beach: board barefoot with rinsed feet (free of pebbles).

10. Palmarola beach has no waste collection service: bring everything back on board for disposal upon return.

NOTE: Make sure to take the right boat by checking the flag matching the color of your ticket.

The Double Line Excursion

The **Double Line** is the most complete excursion offered by the Cooperativa Barcaioli Ponzesi. In a single day you will be able to admire the beauty of **two islands**: the western coast of Ponza, the entire island of Palmarola with a beach stop, and finally the northern coast of Ponza during the return.

Phase	Route	Points of interest
1. Ponza West	From port heading south	Pilate Caves, Guardia Lighthouse, Chiaia di Luna
2. Palmarola	Complete circumnavigation	Cala Brigantina, Grottelle, Cathedrals, Forcina
3. Stop	Palmarola Port	Beach, swimming, refreshments
4. Ponza North	Return via north coast	Lucia Rosa, Natural Pools, Natural Arch

Part One: Western Coast of Ponza

The excursion begins from the Bourbon port of Ponza, heading towards the western coast of the island to admire the main historical monuments and the most spectacular natural formations.

The Bourbon Port

Leaving the port, on the right, just after the cliff, you can see the **Hotel Torre dei Borboni**. Until the end of the 1800s it was a penitentiary. Subsequently, in the Bourbon era, it became a **defense tower** together with the orange lighthouse from which we depart.

Bourbon Port of Ponza

Pontius Pilate Caves

The **Pontius Pilate Caves** are a complex of pools and tunnels connected to each other, both above and below sea level. The Romans raised fish there, particularly **moray eels**, from which it takes the name "il murenaio".

The caves are named after Pontius Pilate because they were built during the Roman period of the prefecture of Judea, under **Emperor Tiberius**.

Pontius Pilate Caves

The Madonna Sea Stacks

Leaving the caves, in front of us stands the first group of sea stacks: the **Madonna Sea Stacks**. Circumnavigating these rocks opens up a large bay called "**La Parata**".

La Parata and Calzone Muto

Continuing we arrive at the "**Calzone Muto**" sea stacks, so called because of the particular shape of the rock. A little further on, on the right, opens a small inlet called "**Il Bagno Vecchio**". On the rock above we can see caves that house one of the two necropolises on the island.

The Guardia Lighthouse

Going further, on the right we see a colored rock due to various magmatic sediments that occurred in the Neolithic era. **Red, yellow, brown and green** dominate the landscape. Among the rocks you can glimpse a mule track.

In front of us stands the majestic **Guardia Lighthouse**, one of the most important lighthouses nationally. From here the routes of aircraft and ships are traced.

Chiaia di Luna and Capo Bianco

Continuing we find **Punta Fieno** and behind it opens a large bay: **Chiaia di Luna**, one of the most beautiful beaches on the island with its characteristic semicircular white cliff.

Continuing the navigation we reach **Capo Bianco** and in front of it opens the view of Palmarola, our next destination.

Palmarola seen from Chiaia di Luna

Part Two: Palmarola

Navigation to Palmarola

We head to **Palmarola** with **20-30 minutes of navigation**. The island, almost completely uninhabited, is considered one of the most precious pearls of the Pontine Archipelago.

Cala Brigantina and Midday Sea Stacks

As soon as we arrive at Palmarola, the first cove we encounter is **Cala Brigantina**, with turquoise waters. Immediately after we admire the **Midday Sea Stacks**, so called because they are exposed to the sun for most of the day.

The Grottelle and San Silverio

Continuing the circumnavigation of the island we pass through the "**Grottelle**", a system of small sea caves, and the **San Silverio Sea Stack**, dedicated to the patron saint of Ponza.

Stop at Palmarola Beach

We arrive at the **Palmarola port** where we make the **beach stop**. It's time to relax, swim in the crystal clear waters and enjoy lunch at the small restaurant.

Palmarola beach from above

NOTE: Remember that Palmarola beach has no waste collection service: everything must be brought back on board. Get back on the boat with rinsed feet.

The Cathedrals and La Forcina

Once back on board we continue the excursion passing through "**Le Galere**" and then arriving at the **Cathedrals**. This bay has an intense blue color due to the **posidonia** on the seabed.

We coast along the Cathedrals, the **Vricci** and finally **La Forcina**, a characteristic arch-shaped rock formation that ideally concludes the circumnavigation of Palmarola.

Cala Vricci from above

Zannone and Ponza seen from Palmarola

Part Three: Return along Northern Ponza

After completing the circumnavigation of Palmarola, we head back to Ponza. The return is along the **northern coast** of the island, allowing you to admire different places from those seen on the way there.

Cala Lucia Rosa

Arriving at Ponza, the first stop is **Lucia Rosa Bay**, with its characteristic green waters. The sea stacks rising from the sea are dedicated to the legend of a girl who threw herself into the sea for love.

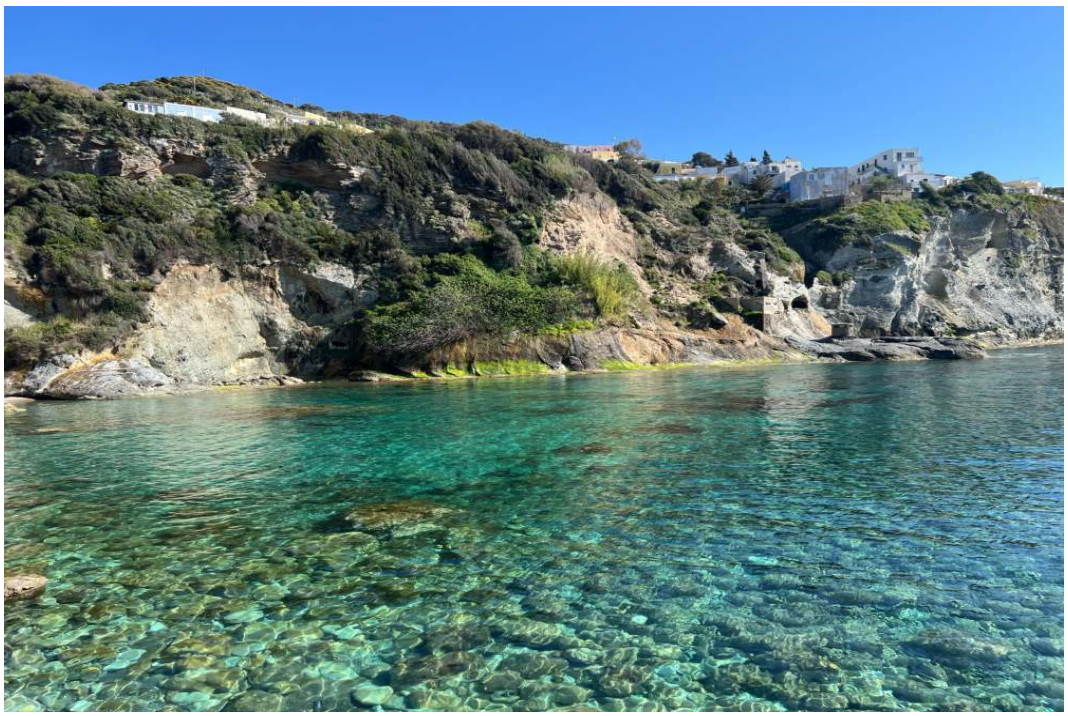
Palmarola seen from Cala Lucia Rosa

Cala Feola and the Natural Pools

Continuing north we arrive at **Cala Feola**, famous for its **Natural Pools**: large natural pools carved into the rock where seawater creates spectacular pools for swimming.

Cala dell'Acqua and Cala Felci

We continue admiring **Cala dell'Acqua**, important in Roman times for a freshwater spring, and **Cala Felci**, where among the vegetation were the remains of a Cistercian monastery.



Cala dell'Acqua inlet

Cala Felci

From Gavi to the Port

Continuing we arrive at the tip of the island, passing between **Ponza** and the **island of Gavi** (private islet not accessible). Turning left we admire **Cala Gaetano**, the **Natural Arch** (also called "spaccapolpo"), and **Heart Beach**, so called for the shape visible in the rock.

Cala del Cuore inlet

Finally we pass in front of **Frontone Beach** and then end the trip with arrival at the **port of Ponza**.

Useful Information

Service	Details
Departure	11:00 AM from Molo Musco (under the orange lighthouse)
Duration	Full day
Beach stop	Palmarola Port (time for swimming and lunch)
Refreshments	Small restaurant on Palmarola beach
Return	Late afternoon (check time with the Cooperative)

Island	Point of interest	Features
Ponza	Pontius Pilate Caves	Roman murena pool, imperial era
Ponza	Guardia Lighthouse	Important national lighthouse
Ponza	Chiaia di Luna	Beach with white cliff
Palmarola	Cala Brigantina	Turquoise waters
Palmarola	The Cathedrals	Spectacular rock formations
Palmarola	La Forcina	Natural arch
Ponza	Natural Pools	Natural pools for swimming
Ponza	Natural Arch	Called "spaccapolpo"
Ponza	Heart Beach	Heart shape in the rock

Contacts

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