



Calendar of Activities

All activities must be booked in advance
with our concierge as places are limited.
Outdoor activities are subject to weather conditions.

FOR CONCIERGE DIAL 123

Monday

PILATES

7:00AM

Our program is designed for all levels. If practiced with consistency it improves flexibility, balance and core strength in the whole body. Come prepared to sweat!

Activity time: 45 minutes

Meeting point: The SPA

WALK TO NOCELLE

8:00AM

The ultimate scenic workout. You will climb 1865 steps to the perched village of Nocelle, ascending through olives trees and wildflowers to one of the Amalfi Coast's most breathtaking views. Please wear suitable trainers or trekking shoes. This tough, continuous climb is not recommended for guests with a heart condition.

Duration: ≈ 90 minutes

Meeting point: The SPA

HOTEL FLOWER TOUR

9:00AM

Le Sirenuse boasts an incredible array of plants and flowers, tiered on all the terraces and halls of our iconic property. Our master gardener will take you on a tour that threads its way inside and out, all the while dispensing advice and information about the hotel's rare and traditional varieties, how they are cared for and where they come from!

Duration: 1 hour

Meeting point: The Lobby

OLIVE OIL TASTING

6:00PM

Our Maître d'hôtel is delighted to introduce you to some of the finest olive oils in the world. Italy has over 2000 different species of olive and this ingredient is the foundation of our cuisine. Come and see why it is so special.

Duration: 1 hour

Meeting point: La Sponda Restaurant

Tuesday

PILATES

7:00AM

Our program is designed for all levels. If practiced with consistency it improves flexibility, balance and core strength in the whole body. Come prepared to sweat!

Activity time: 45 minutes

Meeting point: The SPA

MEGAFORMER

8:30AM

Megaformer workouts are especially great for building core strength. Not only does a strong core help you feel confident and powerful in your body, it also helps you move more efficiently, maintain proper posture, and can help prevent injuries. The first class is free of charge.

Activity time: 40 minutes

Meeting point: The SPA

EXCURSION ON THE SANT'ANTONIO

10:30AM

All aboard the Sant'Antonio! This glorious, immaculately restored old fishing boat belonged to uncle Aldo, one of the four siblings who founded Le Sirenuse. This is the perfect way to enjoy views of the unspoiled coastline before taking a dip in the clean, cool Mediterranean. Complimentary drinks are served on board.

Duration: ≈ 2 hours

Meeting point: The wooden dock at the center of the beach

BOAT TRIP TO NERANO

12:30PM

Nerano boasts some of the best restaurants on the coast. Please ask our concierge for advice and reservations. On the way there, stop for a quick swim at the iconic "Cathedral", one of the coast's characteristic sea grottoes. On arrival in Nerano, we'll drop you off in your individual parties at your chosen restaurants for an epic meal. After lunch, the boat will bring you back to Positano, so you can begin preparing for your evening!

Duration: ≈ 5 hours

Meeting point: The wooden dock at the center of the beach

Cost: Lunch will be individually paid to the restaurants

Departs Nerano: 4.00 pm

WINE TASTING

6:00PM

Join Christian, our beloved Sommelier, who will lead you on a tasting of wines from the surrounding Campania region, widely regarded as one of Italy's hot new enological frontiers. It's educational, interactive, fun and sociable, but most importantly centered around great wine.

Duration: 1 hour

Meeting point: La Sponda Restaurant

Wednesday

PILATES

7:00AM

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Duration: 45 minutes

Meeting point: The SPA

DISCOVER POSITANO

8:00AM

Explore Positano's network of staircases, small piazzas and neighborhood chapels. This invigorating stroll leads from the beach to Positano's highest quartieri, where sweeping views await. Please wear suitable trainers or trekking shoes. Not recommended for guests with a heart condition.

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Departs Nerano: 4.00 pm

SUNSET CRUISE

6:15PM

(time will vary according to time of year, please enquire with the concierge)

Get the be-all, end-all view of Positano from far out at sea, on board the Sant'Antonio. This glorious, immaculately restored old fishing boat belonged to uncle Aldo, one of the four siblings who founded Le Sirenuse in 1951. Drink Prosecco, eat some light bites and watch the incredible sunset, as the village lights up slowly on your late evening arrival.

Activity time: 2 hours, 15 minutes

Meeting point: The wooden dock at the center of the beach

Thursday

STAIRWAY TO MONTEPERTUSO

8:00AM

This enchanting walk up the ancient stepped footpaths to Positano's laid-back mountain cousin Montepertuso (and back) includes a 30-minute parkour-style workout at an incredible viewpoint along the way. Please wear suitable trainers or trekking shoes. The first part is a tough, continuous climb, so we don't recommend it for guests with a heart condition.

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COCKTAIL CREATION

5:30PM

Join our head Barman for a relaxed and fun mixology class during which you'll not only learn the basics, but get the chance to create your own signature cocktail!

Duration: 45 minutes

Meeting point: Aldo's Bar on the 4th floor

Maximum number of participants: 8 persons

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Duration: 1 hour

Meeting point: The Lobby

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Via Cristoforo Colombo, 30 – 84017 Positano (SA) - Italia
Tel. +39 089 875066 – Fax +39 089 811798
info@sirenuse.it – www.sirenuse.it

