

Palmarola Island, Pontine Islands, Italy

A near-deserted volcanic island in the Tyrrhenian Sea — tender into glassy coves, swim through sea grottos, and find a rare corner of the Mediterranean that genuinely feels undiscovered.

 Tender port (no pier infrastructure)

 Typical call: 4–7 hrs

 Euro (EUR)

 Italian

🚢 MY DAY IN PORT

Ship/Date: _____

Arrive: _____

All aboard: _____

Excursion: _____

Notes: _____

GETTING ASHORE

Docking: Tender to Cala del Porto or anchor bay

Walk to center: No town — a handful of seasonal fishermen's huts

Best For: Swimming · Sea caves · Snorkelling

Don't Miss: La Cattedrale basalt sea cliffs

 Getting around:  **Rideshare** ❌ not available

TOP THINGS TO DO

- **La Cattedrale & Sea Cave Circuit** — The island's most famous feature is La Cattedrale (The Cathedral) — soaring basalt cliffs sculpted into fissures and...
 - **Swimming & Snorkelling at Cala del Porto** — The cove where tenders land has exceptionally clear water — visibility of 15–20 metres is common.
 - **Circumnavigation by Kayak or RIB** — A full circuit of Palmarola by kayak or rigid inflatable reveals the rugged
- western cliffs — the island's most dramatic...

 - **Cliff Walk & Island Viewpoints** — A rough footpath from Cala del Porto climbs the eastern ridge — passing near the San Silverio shrine — to elevated...
 - **Lunch at a Seasonal Beach Restaurant** — A handful of seasonal trattorie operate on the island in summer, serving grilled fish caught the same morning, pasta...

BEST WALKS

- **Cala del Porto to the Eastern Ridge** ~1.5 km return · 45–60 min · moderate (rocky terrain) — From the tender landing at Cala del Porto, a marked but rough path climbs the eastern hillside through Mediterranean scrub — maquis...

WEATHER · DAYLIGHT · MONEY

 **CLIMATE (AVG °F · RAINY DAYS)**

Mon	High	Low	Rain
Apr	66°	48°	10d
Jun	83°	64°	6d
Aug	89°	69°	5d
Sep	80°	63°	9d
Oct	72°	56°	11d

 **DAYLIGHT &  MONEY**

Apr 6:30AM–7:51PM · Jun 5:34AM–8:47PM · Aug 6:18AM–8:10PM · Sep 6:50AM–7:19PM · Oct 7:23AM–6:28PM

Euro (EUR)

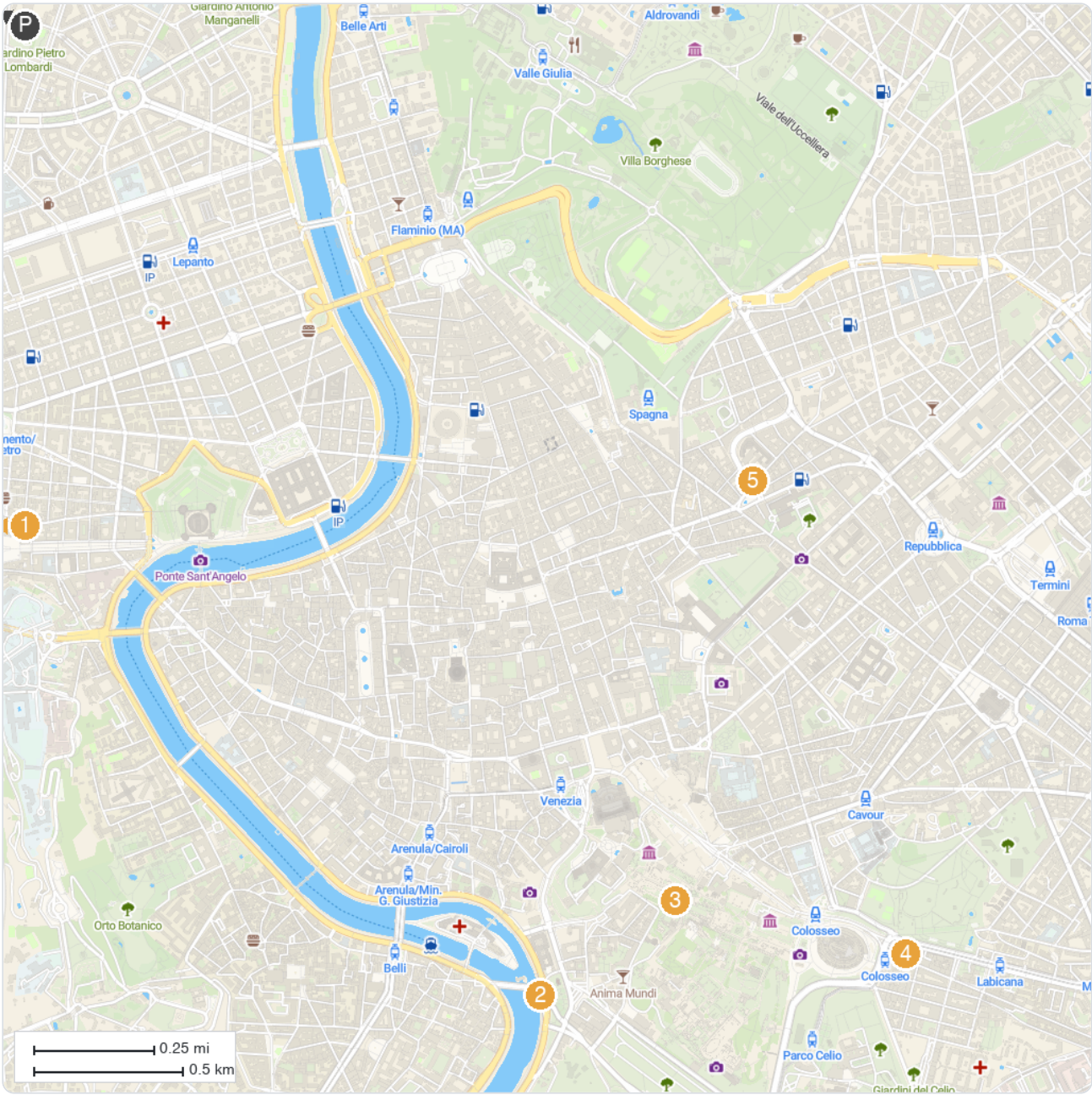
KNOW BEFORE YOU GO

- Leave the flip-flops on the ship. The tender landing is rocky and the walking paths are rough. Water shoes for swimming and closed-toe shoes for the trail are the right call.
- Bring your own snorkel gear. Rental equipment is available in summer but not guaranteed. The water clarity here is exceptional — don't miss it.
- Cash only. The seasonal beach bars and boat operators work exclusively with cash. There are no ATMs on the island. Bring euros

Palmarola Island, Pontine Islands, Italy — Port Map

cruiseports.org

Red = walkable sights · Amber = excursions farther out · P = cruise terminal. Numbers match the order you'd typically visit.



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|--------------------------------------|---|---------------------------------|---|
| 1 The Last Judgment | Michelangelo's iconic fresco in the Sistine Chapel. | 2 Cloaca Maxima | Ancient Rome's impressive sewer system. |
| 3 Temple of Castor and Pollux | Three towering columns of an ancient Roman temple. | 4 Ludus Magnus | Ruins of ancient Rome's gladiatorial training school. |
| 5 Fountain of the Bees | Baroque fountain by Bernini, featuring three bees. | P Cruise port / terminal | |