

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

Best For: Swimming · Sea caves · Snorkelling

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

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 arches that resemble the naves...
- 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 scenery — plus sea stacks...
- Cliff Walk & Island Viewpoints** — A rough footpath from Cala del Porto climbs the eastern ridge — passing near the San Silverio shrine — to elevated viewpoints over the Tyrrhenian Sea...
- 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 with clams, and local white wine.

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, wild capers, and rosemary — toward...

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)

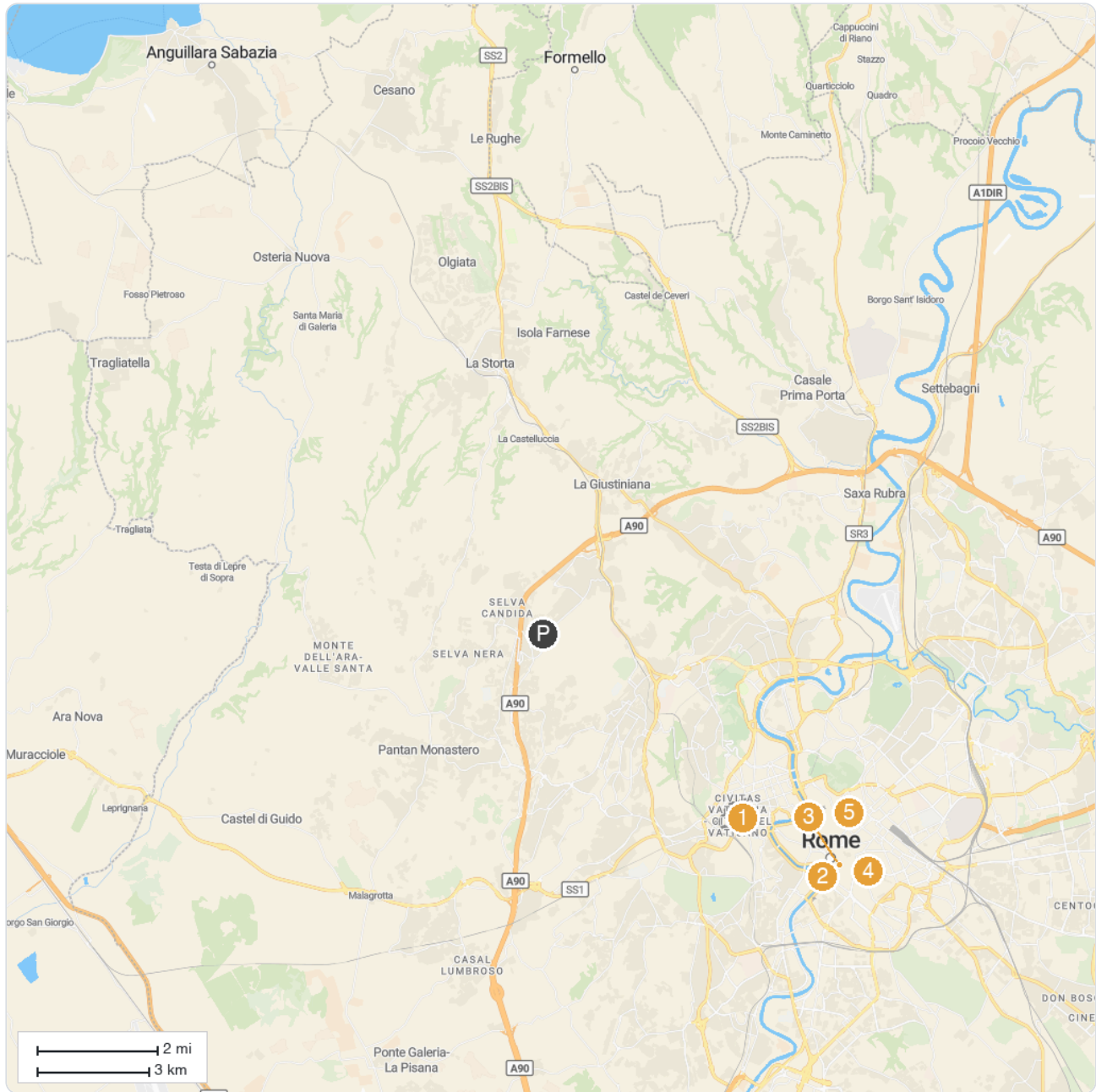
KNOW BEFORE YOU GO

- 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 from the ship or from your last port.
- Sun exposure is intense. There is almost no shade on Palmarola outside the grottos. Sunscreen, a hat, and a cover-up are essential — the pale volcanic rock and water reflect even more UV.
- Tender timing matters. With no pier, tendering can be slow, especially in swell. Keep a close eye on the last tender time — monitor ship announcements and don't cut it close.
- This is a protected nature reserve. Do not collect shells, rocks, or marine life. Anchoring private boats in protected zones is restricted. Leave it as you found it.

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.



1

The Last Judgment

Michelangelo's iconic fresco in the Sistine Chapel.

3

Temple of Castor and Pollux Three towering columns of an ancient Roman temple.

5

Fountain of the Bees Baroque fountain by Bernini, featuring three bees.

2

Cloaca Maxima Ancient Rome's impressive sewer system.

4

Ludus Magnus Ruins of ancient Rome's gladiatorial training school.

P

Cruise port / terminal