


INTRODUCING NAPLES & THE AMALFI COAST

**INTENSELY BEAUTIFUL AND
BEAUTIFULLY INTENSE, NAPLES
AND THE AMALFI COAST IS THE
ITALY OF YOUR WILDEST AND
MOST LINGERING DREAMS.**

 Volcanic, voluptuous and irrepressibly vivacious, few regions cast a spell like this one. From the hissing Campi Flegrei and the ruins of Pompeii to the cliff-gripping chic of Positano, drama defines the details.

It's a land of legends, miracles and scandals; one of ancient Greek temples in flower-speckled fields, of decadent Roman frescoes in Bourbon palaces, of Hollywood divas on dazzling VIP islands and of liquefying blood in jewel-box cathedrals.

At its heart is thumping, bombastic Naples, a heady maze of crumbling baroque *palazzi*, mighty museums, Arabesque streetlife and a Unesco-lauded historical core. Not bad for a city more renowned for bling-clad Mafiosi.

Naples' fabled bay is a treasure chest of island gems, from bewitching Capri, with its electric blue grotto, to steamy Ischia and artistic, windswept Procida. Beyond the bay awaits the dreamy Amalfi Coast, with its creamy seas, enchanting trails and tumbling towns, and beyond it still, the wild, rugged beauty of the Parco Nazionale del Cilento.

To it all, add a pinch of gastronomic brilliance, a splash of Mediterranean passion, and you have Italy at its red-blooded best.

TOP The dramatic cliffs of Positano (p178) **BOTTOM LEFT** Views of the ocean from Ravello (p192) **BOTTOM RIGHT** The smouldering Mt Vesuvius (p108) at dusk



POSITANO



RAVELLO



MARTIN WOODS



MT VESUVIUS



CAPRI



KARI BLACKWELL

NAPLES



GREG ELMS

DAVID TOMLINSON



PROCIDA

TOP LEFT Sweeping views of Capri (p116) from Belvedere di Tragara **TOP RIGHT** The bustling Marina Corricella (p153), Procida **BOTTOM LEFT** The impressive Piazza del Plebiscito (p60), Naples **BOTTOM CENTRE** The extraordinary Grotta di Castelcivita (p212), Parco Nazionale del Cilento e Vallo di Diano **BOTTOM RIGHT** The eerie streets of Pompeii (p103)

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GREG ELMS



POMPEII

PARCO NAZIONALE DEL
CILENTO E VALLO DI DIANO

GETTING STARTED

NAPLES
& THE AMALFI COAST

WHAT'S NEW?

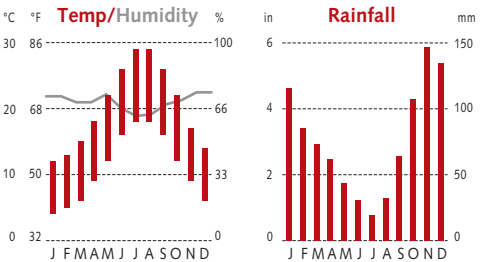
- ★ An art museum inside the Chiesa Santa Maria Donnaregina Nuova (p51)
- ★ Controversial culture at the new Museo Nitsch (p57)
- ★ A freshly restored Teatro San Carlo (p61)
- ★ An international theatre festival in Naples (p10)
- ★ A cacti-garden-cum-cultural-centre on Ischia (p145)
- ★ A stylish new fine-art gallery in Positano (p181)



DALLAS STRIMLEY

CLIMATE: NAPLES

Average
Max/Min



PRICE GUIDE

	BUDGET	MIDRANGE	TOP END
SLEEPING	<€100	€100-200	>€200
MEALS	<€20	€20-45	>€45
PARKING	€1.10	€7.20	€20



TOP LEFT Life at Marina Grande (p152), Procida **LEFT** Waterfront shopping at Marina Grande (p152), Procida **BOTTOM RIGHT** Night at the opera, Teatro San Carlo (p61), Naples **FAR RIGHT** Sorrento (p159) at dusk

DALLAS STRIMLEY

ORIG CLAMS

ACCOMMODATION

From frescoed *palazzi* to converted convents, accommodation in Naples spans all predilections and prices. Top-end hotels are classically styled, with a new design hotel to shake things up. Midrange spans personable hotels to chic B&Bs, while budget includes some fab hostels. On the islands and Amalfi Coast, hotels steer towards luxe, although budget options and B&Bs are emerging. *Agriturismi* (farm-stay accommodation) await in the Parco Nazionale del Cilento, while on the coast here, accommodation is mainly three star. For more, see p263.

MAIN POINTS OF ENTRY

STAZIONE CENTRALE (Map pp42-3; ☎ 081 554 31 88) In Naples; serves regional, national and international routes.

STAZIONE CIRCUMVESUVIANA (☎ 081 772 24 44; www.vesuviana.it; Corso Giuseppe Garibaldi, Naples) Has trains to Ercolano, Pompeii and Sorrento.

CAPODICHINO AIRPORT (NAP; ☎ 081 789 62 59; www.gesac.it) Naples' airport is the main airport for the region, serving major airlines and budget carriers.

STAZIONE MARITTIMA Naples' main port terminal.

THINGS TO TAKE

- ★ Comfortable shoes to combat cobbles
- ★ A jacket or large scarf to cover shoulders in churches
- ★ A healthy appetite to tackle Campania's culinary brilliance
- ★ A sense of humour and a healthy dose of patience
- ★ Swimwear, towel and flip-flops (thongs) for spa treatments and summertime beachside lounging



DINO ELIA

WEBLINKS

NAPLES (www.inaples.it) Naples' tourist board website.

CAMPANIA TRASPORTI (www.campaniatrasporti.it) Comprehensive transport website with route planner.

PORTANAPOLI (www.portanapoli.com) Regional culture, cuisine, listings and inspiration.

CAPRI (www.capri.net) Information-rich website dedicated to Capri.

TRENITALIA (www.trenitalia.com) Italy's national railways website.

FESTIVALS & EVENTS

NAPLES & THE AMALFI COAST

FEBRUARY

CARNEVALE

During the period before Ash Wednesday, kids don fancy costumes and throw *coriandoli* (coloured confetti), while everyone indulges one last time before Lent.

FESTA DI SANT'ANTONINO

SORRENTO

Sorrento's patron saint is celebrated on 14 February with fireworks and musical processions through the historic centre.

MARCH/APRIL

SETTIMANA SANTA

Processions and Passion plays mark Easter Holy Week in Naples. Most famous are the processions of Procida and Sorrento.

SETTIMANA PER LA CULTURA

A week-long initiative celebrating Italy's heritage, where publicly owned galleries and museums are free. (www.beneculturali.it)

MAY

FESTA DI SAN GENNARO

DUOMO, NAPLES

Thousands gather in the Duomo on the Saturday before the first Sunday

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of the month to see the saint's blood liquefy.

MAGGIO DEI MONUMENTI

NAPLES

A mammoth month-long program of exhibitions, concerts, performances and tours. (☎ 081 247 11 23)

JUNE

NAPOLI TEATRO FESTIVAL ITALIA

NAPLES

Over three weeks of international theatre in the city. (www.teatrofestivalitalia.it)

RAVELLO FESTIVAL

RAVELLO

The Amalfi Coast's top cultural event features world-class musicians from June to September in the gardens of Villa Rufolo. (www.ravellofestival.com)

JULY/AUGUST

FESTA DI SANT'ANNA

ISCHIA

St Anne's feast day on 26 July sees the allegorical 'burning of the Castello Aragonese', a boat procession and fireworks.

MADONNA DEL CARMINE

PIAZZA DEL CARMINE, NAPLES

Held in Piazza del Carmine on 16 July, the celebration of the Madonna del Carmine culminates in spectacular fireworks.

SAGRA DEL TONNO

CETARA

Held over four days at the end of July, Cetara's tuna festival has free tastings, as well as traditional music and dance. (☎ 089 26 14 74; www.prolococetara.it)

NEAPOLIS FESTIVAL

NAPLES

Southern Italy's largest contemporary music fest is held in July. Past acts include Prodigy and Juliette Lewis. (www.neapolis.it)

FERRAGOSTO

The busiest day of the beach year, the Feast of the Assumption heralds concerts and local events on 15 August.

SEPTEMBER

FESTA DI SAN GENNARO

DUOMO, NAPLES

Repeat performance of San Gennaro's powder-to-blood miracle on 19 September.

PIZZAFEST

NAPLES

Pizza makers from all over Italy head to various pizza-based events. (www.pizzafest.info)

DECEMBER

FESTA DI SAN GENNARO

DUOMO, NAPLES

Third running of San Gennaro's miracle on 16 December.

NATALE

Church concerts, exhibitions and a shopping frenzy for *presepi* (nativity scenes) in Naples' Via San Gregorio Armeno.

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CULTURE

NAPLES & THE AMALFI COAST

BOOKS

CAPRI AND NO LONGER CAPRI (Raffaele La Capria)
La Capria goes beyond the island's decadent reputation to present his slightly melancholic vision of modern Capri.

FALLING PALACE: A ROMANCE OF NAPLES (Dan Hofstadler)
Naples' electric streets are brought to life in this evocative love story.

NAPLES'44: AN INTELLIGENCE OFFICER IN THE ITALIAN LABYRINTH (Norman Lewis)
An engrossing account of postwar Naples.

THE ANCIENT SHORE: DISPATCHES FROM NAPLES (Shirley Hazzard & Francis Steegmuller)
Eloquent musings on Neapolitan life and history.

THE BOURBONS OF NAPLES (Harold Acton)
All the politics, intrigue and idiosyncrasies of Naples' former royal rulers.



JORDEN LANS

MUSICAL SCORE

Ask for a stereotypical Italian tune and chances are you'll get Giovanni Capurro's 1898 hit 'O Sole Mio'. This Neapolitan classic is just one of the many that early-20th-century Italian immigrants took to the corners of the world. The defining moment for *la canzone napoletana* (Neapolitan song) was in 1839 with 'Te Voglio Bene Assaje' (I Love You Loads). Written by Raffaele Sacco and composed by Donizetti, it became a sensation, selling over 180,000 copies of the song's lyrics and causing pandemonium. The genre's success was based on a combo of catchy melodies, Neapolitan lyrics, and themes of love, passion and longing. Kept alive by the likes of Roberto Murolo (1912–2003) and Sergio Bruni (1921–), it has since been given a pop makeover by, among others, Nino D'Angelo (1957–) and Gigi Alessio (1967–). For more on Neapolitan music, see p233.



JEAN-BERNARD CAMILLET

TOP LEFT Shopping, Via Toledo (p95), Naples **LEFT** Palazzo Reale di Capodimonte (p71), Naples **CENTRE** **RIGHT** Chiesa del Gesù Nuovo (p44), Naples **FAR RIGHT** Art, Museo Nazionale di San Martino (p67), Naples

TOP EXTRAVAGANT INTERIORS

CERTOSA DI SAN MARTINO A who's who of baroque superstars decorated this monastery's jaw-dropping church (p67).

CHIESA DEL GESÙ NUOVO A Jesuit jewel with Fanzago-chiselled sculptures (p44).

CHIESA E CHIOSTRO DI SAN GREGORIO ARMENO A glorious coffered ceiling and obscenely lavish chancels (p47).

PALAZZO DELLO SPAGNUOLO A tucked-away staircase with diva appeal (p74).

PALAZZO REALE Caserta's look-at-me palace outdoes Versailles (p60).



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DON'T MISS EXPERIENCES

- ★ Piazza posing – Make certain you join the *bella gente* (beautiful people) for a predinner drop (p120)
- ★ Subterranean snooping – Head below Naples' streets for an out-of-the-ordinary history lesson (p49)
- ★ Alfresco concerts – Tap your feet under the stars (p193)
- ★ Shopping for fashion bargains – Completely revamp your image with plenty of change to spare (p96)
- ★ Buying artisan crafts – Purchase hand-crafted cameos, *presepi* and inlaid wooden treasures (p94, p170)
- ★ Ancient wonders – Travel back in time in the shadow of Vesuvius (p103)

DANIELE'S PLAYLIST

'A67 lead vocalist Daniele Sanzone's top recommendations:

MARCELLO COLASURDO (www.marcellocolasurdo.it) Folk music legend with an intense voice.

ENZO AVITABILE (www.enzoavitabile.it) Funk/world artist capturing 'real' Neapolitan culture.

JAMES SENESE (www.last.fm/music/James+Senese) Jazz legend whose sax is Naples.

99 POSSE (www.novenove.it) Rap-dub-trip-hop band and an Italian alt-scene great.

LETTI SFATTI (www.myspace.com/lettisfatti) Raw, popular rock meets singer-songwriter.

CULTURE

NAPLES & THE AMALFI COAST

FILMS

GOMORRA (Matteo Garrone)
Award-winning Camorra
exposé.

LE MANI SULLA CITTÀ
(Francesco Rosi) A condemna-
tion of postwar corruption.

L'ORO DI NAPOLI (Vittorio
de Sica) A Neapolitan classic.

**NO GRAZIE, IL CAFFÈ MI
RENDE NERVOSO** (Ludovico
Gasparini) Retro-schlock mur-
der mystery.

LA LUNA ROSSA (Antonio
Capuano) Camorra meets
Greek tragedy.



GREGG LANS

LOCAL LORE

Nnapulitano (Neapolitan dialect) proverbs:

**‘A LÉNGUA NUN TÈNE ÒSSO MA RÒMPE
LL'ÒSSA'** (The tongue has no bone but it breaks
bones)

**‘A MUGHIERA ‘E LL'ÀTE É SÈMPE CCHIÙ
BBÒNA'** (Other people's wives are always more
beautiful)

**‘ÒGNE SCARRAFÓNE È BBÈLLO ‘A MÀMMA
SÓIA'** (Even a beetle is beautiful to its mother)

**‘E PARIÉNTE SO CÒMME ‘E SCÀRPE:
CCHIÙ SO STRITTE E CCHIÙ TE FÀNNO
MÀLE'** (Relatives are like shoes: the tighter they
are the more they hurt)

**‘L'AMICO È COME L'OMBRELLO, QUANDO
PIOVE NON LO TROVI MAI'** (The friend is like
the umbrella: when it's raining, you never find it)

THE NEAPOLITAN MINDSET

Consummate performers and as *furbo* (cunning) as they come, Neapolitans are famous for their ingenuity. Only in Naples will you hear of vendors flogging T-shirts printed with seat-belt designs to fool short-sighted cops. Tough times have forced Neapolitans to become who they are today. For much of its history, the city was fought over, occupied and invaded by foreign powers that saw the locals as little more than taxable plebs. Consequently the Neapolitans learned early to fend for themselves and to get by on what they had – a situation still all too common. For more on the Neapolitan psyche, see p233.

TOP Shopping in Sorrento (p170) **RIGHT** Amalfi's busy Piazza del Duomo, with Cattedrale di Sant'Andrea (p187) in the background

A BAROQUE METROPOLIS

The baroque burst onto the Neapolitan scene in the mid-17th century. An emotional style (matched to the locals' sensibilities), it provided the architectural and decorative vehicle for the city's Spanish-inspired facelift, begun under the 17th-century viceroys and continued in the 18th century under the Bourbon monarchs. But more than the Spanish authorities it was the Catholic Church that set Naples' baroque bandwagon in motion. Determined to reaffirm authority in the wake of the Protestant Reformation, it employed baroque art and architecture to conquer the hearts of the masses. The result was an ecclesiastical building boom – up to 900 churches were built between 1585 and 1650 – and the revamp of some of Naples' showcase churches. For more, see p249.

DOS & DON'TS

- ★ Learn a few Neapolitan words. It's the quickest way to win the locals' hearts.
- ★ Cover up when visiting churches and religious sites. Singlets and shorts are forbidden.
- ★ Steer clear of chrysanthemums when buying flowers for a local. In Italy they're only used to decorate graves.
- ★ Focus on the positives. Although Neapolitans regularly lament their city's shortcomings, a foreigner's jibes can cause offence.
- ★ Never admit supporting the Lega Nord (Northern League), a northern Italian separatist party loathed in the south.



FOOD & DRINK

NAPLES
& THE AMALFI COAST

BOOKS

DAVID RUGGERIO'S ITALIAN KITCHEN: FAMILY RECIPES FROM THE OLD COUNTRY (David Ruggerio) Filled with the secrets of a Neapolitan kitchen.

GUILIANO BUGIALLI'S FOOD OF NAPLES AND CAMPANIA (Guiliano Bugialli) A culinary journey through the region led by a prolific Italian-cookery writer.

LA PIZZA: THE TRUE STORY FROM NAPLES (Nikko Amandonico and Natalia Borri) Sumptuously illustrated history of pizza, set in Naples' kaleidoscopic streets.

NAPLES AT TABLE: COOKING IN CAMPANIA (Arthur Schwartz) Local food trivia and 250 recipes.

THE FOOD LOVER'S COMPANION TO NAPLES AND THE CAMPANIA (Carla Capalbo) An encyclopedic guide to Campania's food producers and nosh spots.



GREG ELMAS

THE CULT OF CAFFÈ

Neapolitans will proudly tell you that their coffee is the country's best. They may have a point. While bars and cafes use the same machines deployed across Italy, the espresso that drips out of the Neapolitan models seems darker and richer. It's because of the water, they'll tell you, or the air. *Caffè* (coffee) is the city's great social lubricant, cutting through all social barriers. Camorra bosses drink it, just as do judges and police officers. Elsewhere you might be asked out for a beer or for lunch; in Naples you're invited to meet for coffee. And your host will know just where to take you. Every verified coffee aficionado, and there are about a million in Naples, has a favourite bar where '*fanno un buon caffè*' (they make a good coffee). Curious about the caffeine scene? Turn to p255.



NICCOLI MONTICINO

TOP LEFT Vegetable stall at a busy market **LEFT** Limoncello **CENTRE RIGHT** Pizza maker hard at work **FAR RIGHT** Fresh anchovies for sale

TOP PLACES TO SPOIL YOUR APPETITE

ATTANASIO Greet and eat a sublime *sfogliatella* (p84).

DOLCERÍA DELL' ANTÍCO PORTICO Sumptuous *sfogliatelle* in the form of a traditional *trullo* (p189).

FANTASIA GELATI Crème de la crème of Naples' gelato vendors (p87).

GAY-ODIN Lustfully good chocolate treats in a variety of combos (p85).

RAFFAELE BUONACORE Succumb to the feather-light *caprilu al limone* (p128).

JEAN-BERNARD CALLETT



ALAN BENSON



DON'T MISS EXPERIENCES

- ★ Building up an appetite at a Neapolitan street market (p57)
- ★ A boisterous, salt-of-the-earth slap up in the electric Quartieri Spagnoli (p87)
- ★ Languid, romantic dining by the Tyrrhenian Sea (p91)
- ★ Vino sipping and grazing on the stylish streets of Chiaia (p92)
- ★ Hearty feasting at an ecofriendly *agriturismo* in the Parco Nazionale del Cilento (p288)
- ★ A cappuccino session on Amalfi's Piazza del Duomo within confessional distance of the stunning cathedral (p187)
- ★ Digging into a giant, bubbling pizza at Pizzeria Gino Sorbillo (p86)

CAMPANIAN STAPLES

- ★ Pizza, both wood-fired and *fritta* (fried)
- ★ *Pane casareccio* (a rustic, thick-crust bread)
- ★ *Spaghetti alle vongole* (spaghetti with clams)
- ★ Vegetables like tomatoes, *friarielli* (a local broccoli), eggplants, artichokes and zuchinis
- ★ *Limoncello*, the Bay of Naples' trademark lemon liqueur, served in an icy glass
- ★ Espresso, served scalding hot and wham-bam strong

FOOD & DRINK

NAPLES
& THE AMALFI COAST

ONLINE RESOURCES

ITINERARIO GUSTO (www.itinerariogusto.it) Create your own foodie-centric road trip.

GAMBERO ROSSO (www.gamberorosso.it, in Italian) Reviews and news from Italy's gastro-nomic guru.

MOZZARELLA ONLINE (www.mozzarellaonline.eu) The low-down on Campania's best-loved cheese.

TASTE OF SORRENTO (www.tasteofsorrento.sorrentoinfo.com) Recipes and local products.

CHOWHOUND (www.chowhound.com) Tips and reviews from global food fanatics.



WAYNE WALTON

TOP FESTIVE TREATS

CASATIELLO Savoury Easter bread made with lard, salami, *pecorino* cheese and eggs.

PASTIERA An Easter latticed tart, filled with ricotta, cream, candied fruit and cereals flavoured with orange-blossom water.

ROCOCÒ Crunchy, spicy, almondy Yuletide *biscotti* (biscuits).

TORRONE DEI MORTI A hard nougat loaf made with cocoa, hazelnuts, candied fruits and coffee and baked for All Souls' Day in November.

ZEPPOLE Custard-filled, cherry-topped doughnuts for the feast of San Giuseppe in March.

PASTE REALI Dainty fruit and vegetable miniatures, these sweets are made from almond paste and sugar (*marzipan*) and gobbled up at Christmas.

REGIONAL FLAVOURS

One of the greatest pleasures of travelling through Campania is taste testing its gastronomic diversity. Each corner of the region boasts its own traditions and specialities, from Ischia's *coniglio all'ischitana* (Ischian-style rabbit) to neighbouring Procida's *insalata al limone* (lemon salad). Campania's legendary *mozzarella di bufala* (buffalo mozzarella) is produced north of Naples in the Caserta region, as well as south in the Salerno area. Further south, the rugged Cilento area is also famed for its cheeses, among them the intense goat's milk *caciocotta di capra* and the sweet cow's milk *caciocavallo podolico*. For more on Campania's local treats, turn to p255.

TOP Alfresco dining in trendy Capri (p126) **RIGHT** Tuck into a plate of *spaghetti alle vongole*

FAST FOOD, NAPLES STYLE

Few cities cater to peckish grazers like Naples. It's a buffet of cheap fast-food treats begging to be devoured. And we're not talking the Western glut of burgers and hot dogs. We're talking about tried-and-tested morsels that any self-respecting *nonna* (grand-mother) would approve of – deep-fried eggplant and zucchini flowers, golden *arancini* (rice balls stuffed with meat sauce), *crocchè* (fried mashed-potato balls filled with mozzarella), *pizza fritta* (deep-fried pizza stuffed with ham, mozzarella or seaweed) and *frittatine di pasta* (deep-fried pasta balls stuffed with minced pork, béchamel sauce and peas). The best place to sample it all is at the old-school *friggitorie* – marble-clad takeaway outlets specialised in the art of frying. Still hungry? See p255.

DOS & DON'TS

- ★ Do make eye contact when toasting and never clink using plastic cups; it's bad luck!
- ★ Pasta is eaten with a fork only
- ★ Bread is not eaten with pasta – unless you're cleaning up the sauce afterwards
- ★ It's fine to eat pizza with your hands
- ★ If in doubt, dress smart
- ★ If invited to someone's home, take a tray of *dolci* (sweets) from a *pasticceria* (pastry shop)



JOAN BERNARD CARLETT

THE OUTDOORS

NAPLES
& THE AMALFI COAST

SWIMMING SPOTS

BAIA DE LERANTO

A spectacular beach at the tip of the Punta Penna peninsula (p176).

GROTTA AZZURRA Dive into startling blue sea beside Capri's glittering Blue Grotto (p125).

SPIAGGIA MARMELLI

Retreat to a lush, soothing cove (p220).

MARINA DI PRAIA

An enticing inlet boasting crystal-clear water (p185).

SANTA MARIA DI

CASTELLABATE Luxuriate in velvet-soft sand and powder-blue sea at this picturesque resort (p217).

SPIAGGIA DEL CASTELLO

Catch a boat to a petite beach set beneath a looming castle (see the boxed text, p82).

BAGNI REGINA GIOVANNA

Take a dip where ancient ruins meet the sea (p167).



GREG ELMAS

WORLD HERITAGE SITES

A Unesco World Heritage Site and Italy's second-largest national park, Parco Nazionale del Cilento e Valle di Diano (National Park of the Cilento and the Valley of Diana) is one of Italy's natural marvels – think pristine Mediterranean waters, spectacular grottoes, silent mountains and veteran stone villages. In the days of the grand tour, the rugged, bandit-laced landscape thrilled adventure-seeking scribes like 19th-century Craufurd Tait Ramage, who documented his southern Italian sojourn in *The Nooks and By-ways of Italy: Wanderings in Search of its Ancient Remains and Modern Superstitions*. The bandits have long since gone, but the ruins remain, among them the mesmerising Greek temples at Paestum. Equally glorious are the gastronomic perks, from artichokes and olive oil to luscious white figs. For more on the Cilento's bounty, see p209.

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TOP LEFT La Mortella gardens (p145), Ischia **LEFT** Grotta Azzurra (p125), Capri **CENTRE RIGHT** Castello Aragonese (p143), Ischia **FAR RIGHT** Spooky underground Naples (p244)

TOP KNOCKOUT VIEWS

MONTE ALBURNO Scale this mighty mountain for a rugged panorama (p214).

MONTE SOLARO Yachts, aquamarine seas and circling gulls from Capri's highest peak (p119).

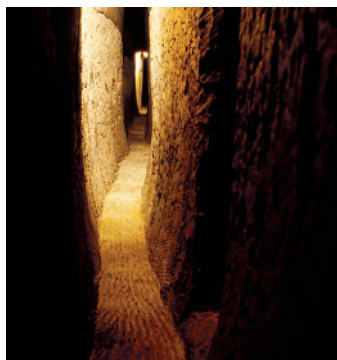
MT VESUVIUS Crater-side views of city, bay and mountains (p108).

PARCO VIRGILIANO Two bays for the price of none (p76).

SENTIERO DEGLI DEI Hit the 'Walk of the Gods' for amazing Amalfi Coast landscapes (p180).



GREG ELMS



JEAN-BERNARD CAULLET

DON'T MISS EXPERIENCES

- ★ Solfatara Crater – Hissing, sulphurous spewings and an otherworldly vibe (p80)
- ★ Island-hopping – Celebrities, spas and low-key local hideaways (p116)
- ★ Glittering coastal grottoes – Glide into Campania's magical, watery caves (p125)
- ★ A bubbling beach – Catch a water taxi for a dip at steamy Il Sorgeto (p146)
- ★ Hiring a boat – Seek your own secluded piece of paradise (p188)
- ★ Santa Maria di Castellabate – Snorkel or scuba dive in crystal-clear waters (p217)
- ★ Grotta di Castelcivita – Dramatic geology and fabulous hues in Europe's oldest settlement (p212)

PARKS & GARDENS

PALAZZO REALE

Grand royal pathways, classic cascades and a gorgeous English Garden (p46).

VILLA FLORIDIANA

A Neapolitan nook with middle-class manners and romantic sea views (p66).

LA MORTELLA

Moorish inspiration, exotic residents and a tranquil island setting (p145).

VILLA RUFOLO Fall for the gardens that once wowed Wagner (p192).

GIARDINA RAVINO

A fascinating 6000 sq metres of cacti and succulents (p145).

THE OUTDOORS

NAPLES & THE AMALFI COAST

LOCAL FLORA

STONE PINE The 'umbrella pine' frames many a postcard vista.

RED VALERIAN Known for a purplish-red, late-spring flower.

HOLY OAK An evergreen tree with leathery leaves and a blackish bark.

BROOM Its sweetly perfumed yellow flower blooms in June.

ORCHID Some 70 varieties bloom in spring in the Cilento's Valley of the Orchids.

STRAWBERRY TREE Gorgeous bright-red drupes but, ironically, no strawberries.



MARTIN MOOS

RESOURCES

Many useful websites and publications on Campania's fauna, flora and hiking options are in Italian only. Helpful resources (some in English) include the following:

NATIONAL PARKS (www.parks.it) Italy's national parks website, including Parco Nazionale del Cilento.

VESUVIUS NATIONAL PARK (www.vesuviopark.it, mostly in Italian) Facts about, and walks around, Naples' volcano.

CAMPI FLEGREI (www.parcodeicampiflegrei.it, in Italian) Walking trails in the Campi Flegrei.

WALKING IN ITALY (www.lonelyplanet.com) A dedicated guidebook, with trails throughout Campania.

THERMAL TREATS

Unsurprisingly, in a region dominated by the volcanic presence of Mt Vesuvius, the Bay of Naples has been famed for its thermal waters for thousands of years. The island of Ischia (p139) bubbles with some 56 natural springs and 150 spa operators, while Capri's (p116) more modest number of steamy options tends towards luxe self-pampering. Closer to Naples, the Campi Flegrei (p76) is home to both ancient and modern thermal retreats.

TAKE A HIKE

Away from Naples' big city clamour, this region is great for stretching the calf muscles. Whether you fancy a gentle amble surrounded by vine groves or a more-serious workout trudging up mountains, there's plenty of scope. The Parco Nazionale del Cilento offers some challenging hikes with well-marked trails, reliable guides and excellent maps (p214). More surprisingly, the high-profile, high-octane island of Capri (p118) offers some of the best hiking in the Bay of Naples, while the Amalfi Coast's lyrically named Walk of the Gods (p180) is suitably divine, with a meandering trail passing through a sumptuous landscape of ancient vineyards, craggy cliff faces and verdant valleys, plus some of the most spectacular views this side of heaven.

DOS & DON'TS

- ★ Invest in comfortable lace-up walking shoes or sturdy boots
- ★ Pack a small daypack with an extra layer of clothing should temperatures drop
- ★ Depending on the season, don't forget sunscreen, sunglasses and a hat
- ★ Pack a compass that works!
- ★ Take plenty of water, as well as some energy-stoking snacks
- ★ Invest in a good map with trails marked, particularly in the Parco Nazionale del Cilento



JEAN-BERNARD CARLETT

FAMILY TRAVEL

NAPLES & THE AMALFI COAST

TOP RESOURCES

BODIES FROM THE ASH: LIFE AND DEATH IN ANCIENT POMPEII (James M Deem) Fascinating facts and illustrations for kids visiting Pompeii.

PIZZA FOR THE QUEEN (Nancy F Castaldo) A charming picture book about the history of Naples' legendary margherita.

TRAVEL WITH CHILDREN (Brigitte Barta et al) A comprehensive, in-the-know guide to hitting the road with kids.



DON'T MISS EXPERIENCES

NAPOLI SOTTERRANEA Snoop around below the streets of Naples (p49).

SOLFATARA CRATER Sidle up to a geological freak show (p80).

MAV Take a virtual step into ancient times (p103).

AMALFI COAST BEACHES Splash and swim on Italy's most fabled coast (p163).

MT VESUVIUS Peer into the crater of a sleeping monster (p108).

ANFITEATRO FLAVIO Imagine gory battles in Pozzuoli's ancient arena (p78).

EDENLANDIA Enough fun-park rides to thrill the kids and the kid within (p84).

TRAVEL WITH CHILDREN

Children are adored in Campania and welcomed almost anywhere. Encounters with hissing fissures, a dormant volcano or ancient skeletons should pique the interest of most young minds, though it's worth investing in a few children's history books to help their imagination along. On the downside, Naples' breathless pace, Pompeii's stroller-challenging cobblestones and the Amalfi Coast's twisting coastal road can be challenging. Always ask tourist-office staff about any family activities and child-friendly hotels. Most car-hire firms offer children's safety seats at a nominal cost, but should be booked ahead. The same goes for high chairs and cots (cribs): they're available in most restaurants and hotels, but numbers are limited. Click onto www.travelwithyourkids.com and www.familytravelnetwork.com for useful family holiday tips.

TOP Time for some serious beach fun at Positano (p178)

THE BEST OF NAPLES & THE AMALFI COAST

Whether you are falling for the figures in a Caravaggio masterpiece, savouring silky cozze (mussels) to the sound of lapping sea, or stumbling across a secret ancient marvel, Naples and its fabled bay rarely fail to seduce. Get set to fall head over Gucci heels for this impressively cultured, lip-lickingly delicious and scandalously good-looking region.



ABOVE Explore the ruined treasures of the Anfiteatro Flavio (p78) at Campi Flegrei



THE BEST MUSEUMS

1 MUSEO ARCHEOLOGICO NAZIONALE // NAPLES

A world historical heavyweight, the National Archaeological Museum (p54) is an engrossing time machine. Featuring precious artefacts from Pompeii, Herculaneum, Rome and beyond, it documents all facets of ancient life.

2 PALAZZO REALE DI CAPODIMONTE // NAPLES

A one-time residence of Joseph Bonaparte and Joachim Murat, the Royal Palace of Capodimonte (p71) is one of Europe's finest art repositories. Travel from medieval to modern with names like Botticelli, Titian, de Ribera and Merz.



FABRIZIO CARLIT



JEAN-BERNARD CAULLET

3 CERTOSA DI SAN MARTINO // NAPLES

Naples' most visible building (p67) since the 14th-century was home to Carthusian monks. Avid hoarders with a weakness for lavish interiors, the monks filled their lofty abode heaves with cultural treasures.

4 MUSEO ARCHEOLOGICO DI PITHECUSAE // ISCHIA

The antithesis of a stuffy academic museum, the location of this archaeological treasure trove (p144) has a location that's as evocative as the collection.

5 MUSEO DELLA CARTA // AMALFI

Dig out that fountain pen, this museum (p188) will tempt you to ditch the emails for good. Learn the history of paper making from animal-hide parchment to exquisite handmade paper with beautiful watermarks and ragged edges.

JEAN-BERNARD CAULLET



2

TOP LEFT The magnificent Certosa di San Martino **BOTTOM LEFT** The striking exterior of the Museo Archeologico Nazionale **BOTTOM RIGHT** One of the many rooms at Palazzo Reale di Capodimonte



THE BEST RESTAURANTS

1 DORA // NAPLES

When it comes to Dora (p89), the word 'institution' is no hyperbole. Here, frozen seafood is a foreign concept and only flawless produce makes it to the table. And despite the enviable reputation and famous fans, Dora keeps it real with its corner TV and crooning matriarch.

2 LA STANZA DEL GUSTO // NAPLES

Thick-rimmed black glasses and an intellectual air give Mario Avallone that 'film critic' look. He's actually a former accountant, self-taught cook and the man behind this whimsical foodie hot spot (p86), which boasts rare cheeses, twisted local classics and a thrilling wine list.



JAN BERNARD CARLIT

3 **DA CICCOTTO** // MARECHIARO, NAPLES

Ferries slide across the bay beyond the terrace. Old-school waiters present you with just-caught fish and a healthy serve of Latin charm. Tucked away just beyond the city chaos, this tiny trattoria (p91) has a way of making you feel that life is perfect.

4 **DA COSTANTINO** // POSITANO

This family-run restaurant (p182) has some of the best lofty dining views of Positano and the coast in the region. The food is also up there with the best, with home-made pasta dishes, superb pizzas and charcoal-grilled speciality entrees.

5 **LA PERGOLA** // CAPRI

The epitome of Capri dining (p127), with a terrace surrounded by lemon groves overlooking a lush green landscape and the Bay of Naples twinkling tantalisingly on the horizon.



TOP LEFT *Insalata caprese* (salad of tomato, basil and mozzarella, bathed in olive oil) **BOTTOM LEFT** Octopus salad **BOTTOM RIGHT** *Spaghetti alle vongole* (spaghetti with clams)

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THE BEST WALKS

1 VIA TRIBUNALI // NAPLES

The ancient city's *decumanus maior* (high street; p40) is urban intoxication; a hearty *ragù* of raucous pizzerias, old-school delis and *enoteche* (wine bars), crumbling churches and loud, scooter-riding teens. Grab a *pizza fritta* (fried pizza) from one of the street stalls and dive in.

2 LUNGOMARE // NAPLES

Start from the Giardini Pubblici below Palazzo Reale and follow the sea past neo-classical *palazzi*, a muscle-bound castle and the palm-fringed gardens of Villa Comunale. Those who make it to the Lungomare's western end (p65) are rewarded with ice-cream chalets and romantic kitsch.



GLENN REYNOLDS

3 PARCO NAZIONALE DEL CILENTO E VALLO DI DIANO // CILENTO

This largely unknown park (p214) is superb for walking enthusiasts. The landscape is enticingly untamed and diverse with forests of silver birch and oak, vivid green valleys, craggy mountains and magical flora and fauna.

4 SENTIERO DEI FORTINI // CAPRI

Away from the high-octane glamour of Capri's town centre lies an island that has remained unchanged for centuries. Snaking around the little-known western coast, the Sentiero dei Fortini (Path of the Small Forts; p119) passes secluded coves and three ruined forts.

5 RAVELLO TO MINORI // RAVELLO

High in the mountains, picturesque Ravello makes a great base camp for hikes (p194). For scenery and the relief of a steady descent, head for coastal Minori.



TOP LEFT Coastline scenery on the Sentiero dei Fortini walk **BOTTOM LEFT** Rural hamlet near Minori
BOTTOM RIGHT You'll see the striking Castel dell'Ovo on the Lungomare walk

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3

TOP The breathtaking Certosa di San Lorenzo

RIGHT Soak away the pain at Parco Termale

Aphrodite Appollon, near Terme Cavascuro

THE BEST HIDDEN TREASURES

1 PISCINA MIRABILIS // CAMPI FLEGREI, NAPLES

Only in Naples do you need to track down an apron-strung pensioner to access one of the world's archeological wonders. Find her and she'll lead you down the street, swing open a gate, and let you into a Roman cistern (p83) so vast and impressive that the ancients dubbed it the 'Marvellous Pool'.

2 TERME CAVASCURO // ISCHIA

There is something evocative about bathing in a spa (p146) that has been a favourite bubbling spot since Roman times. As well as the grottoes, waterfalls and warm thermal waters, there's a natural sauna here.



3 CERTOSA DI SAN LORENZO // PADULA

This extraordinary middle-of-nowhere monastery (p213) will blow your mind with its lavish monumental proportions; the cloisters extend over an area that is only a grass blade short of Rome's Colosseum.

4 GROTTA DI CASTELCIVITA // PARCO NAZIONALE DEL CILENTO

This extraordinary series of caverns (p212) is a movie-set wonderland of colours, shapes and atmosphere. Inhabited since the Palaeolithic era, the gap-toothed chambers are punctuated by shapely stalactite and stalagmite formations, and some pure-crystal accretions.

THE AUTHORS



CRISTIAN BONETTO

Coordinating Author, Naples

Much to the chagrin of his northern Italian relatives, Cristian's loyalties lie with Naples. Such affection seems only natural for a writer of farce and soap with a penchant for running red lights. Based in Melbourne, Australia, Cristian makes regular trips to Italy, and his musings on its food, people and culture appear in print from Sydney to London. His Naples-based play *Il Cortile* toured Italy in 2003, and he is also the author of Lonely Planet's *Rome Encounter* guide.



JOSEPHINE QUINTERO

The Islands, the Amalfi Coast, Salerno & the Cilento

Born in England, Josephine started travelling with a backpack and guitar in the late '60s, stopping off in a kibbutz in Israel for a year. Further travels took her to Kuwait, where she was editor of the *Kuwaiti Digest* and was held hostage during the Iraqi invasion. Shortly thereafter she moved to the relaxed shores of Andalusia, Spain, from where she makes frequent trips to Italy to visit family and deepen her appreciation of the finer things in life.

LONELY PLANET AUTHORS

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ITINERARIES

NAPLES CITY BREAK

ONE WEEK // NAPLES ROUND TRIP

Spend a couple of days at the **centro storico** (historical centre; p41) wandering frescoed churches and munching at **Mangia e Bevi** (p86). Spend a morning at **Mercato di Porta Nolana** (p52) and another tackling the **Museo Archeologico Nazionale** (p54). Clear



the mind with an evening saunter on **Via Chiaia** (p65) or the **Lungomare** (p65), followed by harbourside noshing at **La Scialuppa** (p89). Next day, head up to the **Certosa di San Martino** (p67), then underground with **Napoli Sotterranea** (p49). Dedicate a day to **Pompeii** (p103) and **Mt Vesuvius** (p108), and another celebrity-spotting on **Capri** (p116). For less-trampled ruins, explore **Campi Flegrei** (p76), lunching at **Da Giona** (p91). Cap your Neapolitan sojourn at the lavish **Parco e Palazzo Reale di Capodimonte** (p71).

ISLAND HOP THE BAY

4 DAYS // CAPRI TO ISCHIA TO PROCIDA // 40KM

Each Bay of Naples' island has a distinctive feel and appeal. From **Sorrento** (p159) hop on a ferry to glamorous **Capri Town** (p119) and visit the spectacular **Grotta Azzurra** (p115). Walk to sumptuous **Villa Jovis** (p122) and hop on a bus to **Anacapri** (p123), for delicious pizza at **Il Solitario** (p128) before soaring up the **Monte Solaro** (p123) chairlift for heady coastal views. Next stop is **Ischia** (p139), and the exotic **La Mortella** gardens (p145). Lunch at **La Brocca** (p148), then collapse at the beach across the way. Stay overnight (p270) and take it easy with a self-pampering spa day (p144). Next day, take a ferry to **Procida** (p152), explore the *centro storico*, have lunch in picturesque **Marina Corricella** (p153) and hire a boat for an afternoon of leisurely beach-hopping (p154).



THE COASTAL AFFAIR

10 DAYS // NAPLES TO SALERNO // 110KM

Start with two electrifying days in **Naples** (p33) before heading to **Pompeii** (p103). You'll need the best part of a morning to investigate the ancient streets, fossilised by ash from nearby **Mt Vesuvius** (p108). Stay overnight in buzzing **Sorrento** (p159), before pushing on to picture-perfect **Positano** (p178), where you can hire your own boat (p181) or a trek along the heavenly **Sentiero degli Dei** (p180). Follow the coastal road to **Amalfi** (p186). Dive into its historic streets and Museo della Carta, then spend a night in lofty **Ravello** (p192) to soak up its aristocratic air and superlative coastal views. Fall in love with the gardens of **Villa Rufolo** (p192) and **Villa Cimbrone** (p192) before heading on to busy **Salerno** (p199) and its appealing medieval core.



THE CILENTO COASTAL TRAIL

FOUR TO FIVE DAYS // AGROPOLI TO PALINURO // 43KM

Explore the historic quarter of **Agropoli** (p215). Lunch at panoramic **U'Sghiz** (p217) then walk off the carbs on the promenade. Drive to **Santa Maria di Castellabate** (p203) for a



beachfront dinner at **Arlecchino** (p219). On day two, head up to medieval **Castellabate** (p203). Continue the scenic coastal strip until **Acciaroli** (p218) with its biscuit-coloured houses and cafe-huddling harbour. After lunch continue to ancient **Pioppi** (p218) for gelato in Piazza de Millenario. Beach bums will love **Marina de Casal Velino's** (p203) blissfully long sandy stretch. Stay one night (or two) at **Agriturismo i Moresani** (p288) and go horse riding or hiking. Continue to the **Velia** (p218) excavations and hit the brakes at delightful **Palinuro** (p220), famous for its blue grotto, beautiful beaches and bustling holiday atmosphere.

HOLLYWOOD ON THE MED

ONE WEEK // RAVELLO TO CASERTA // 120KM

Start posing in **Ravello** (p192) and **Atrani** (p186), setting for John Huston's 1953 crime caper *Beat The Devil*. While **Amalfi** (p186) provides a backdrop to Mike Barker's 2004 A



Good Woman, featuring Scarlett Johansson, **Positano** (p178) was a deceptive location for the 2003 *Under the Tuscan Sun*. Relive 1999's *The Talented Mr Ripley* at Teatro San Carlo in **Naples** (p37), Ischia Ponte on **Ischia** (p139) and Marina Grande on **Procida** (p152). Still on Procida, Michael Radford's 1994 hit, *Il Postino* (The Postman) showcased Marina Corricella and Pozzo Vecchio beach. *Star Wars* fans shouldn't miss Palazzo Reale (aka Reggia) in **Caserta** (p46), whose interiors featured as Queen Amidala's residence in *Star Wars Episode 1: The Phantom Menace* (1999) and *Star Wars Episode 2: Attack of the Clones* (2002).

SOUTHERN LARDER

SEVEN DAYS // NAPLES TO CILENTO // 145KM

In Naples, pamper the pantry at **La Pignasecca** (p57) and chow down pizza at **Da Michele** (p85). Offshore on Ischia, sample local rabbit at **Il Focolare** (p148), then try *torta caprese* (chocolate and almond cake) on **Capri** (p116). A short sail away, it's *limoncello* in **Sorrento** (p159) before a detour for pizza-by-the-metre at its birthplace, **Pizzeria da Gigino** (p177). It was in **Conca dei Marini** (p188) that the ricotta-filled *sfogliatella* was invented in the 18th century, while another sweet treat, *zeppole* (fried doughnuts with custard cream) is a famously irresistible Positano speciality. Further east, pick up some *colatura di alici* (anchovy seasoning) in **Cetara** (p196), then push south to the **Cilento** (p215) region, home to heavenly mozzarella and moreish ricotta and pear tart.



ANCIENT ODYSSEY

EIGHT DAYS // NAPLES TO ASCEA // 96KM

Begin your time travel in Naples, delving into ancient booty at the **Museo Archeologico Nazionale** (p54) and spending a day in the **Campi Flegrei** (p76) to eye-up the **Anfiteatro Flavio** (p78) and **Piscina Mirabilis** (p83). Next, take the train to Ercolano for virtual time travel at **MAV** (p103) and a wander through the evocative **Ruins of Herculaneum** (p100). Next stop is Torre Annunziata for fabulous ancient frescoes at **Oplontis** (p107). Just down the road, Europe's most evocative ruins await at **Pompeii** (p103), while further south, the two villas at Castellammare di Stabia are the only visible remains of ancient **Stabiae** (p107). Continue down the coast for remarkable Greek temples at **Paestum** (p207) and the Hellenic ruins of Velia at **Ascea** (p219).



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