

PLAN YOUR TRIP

YOUR PLANNING TOOL KIT

Photos, itineraries, lists and suggestions
to help you put together your perfect trip

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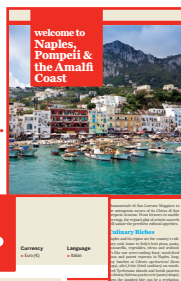
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UNDERSTAND NAPLES, POMPEII & THE AMALFI COAST

GET MORE FROM YOUR TRIP

Learn about the big picture, so you
can make sense of what you see

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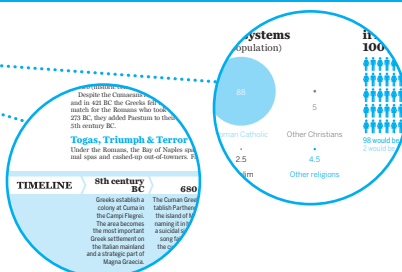
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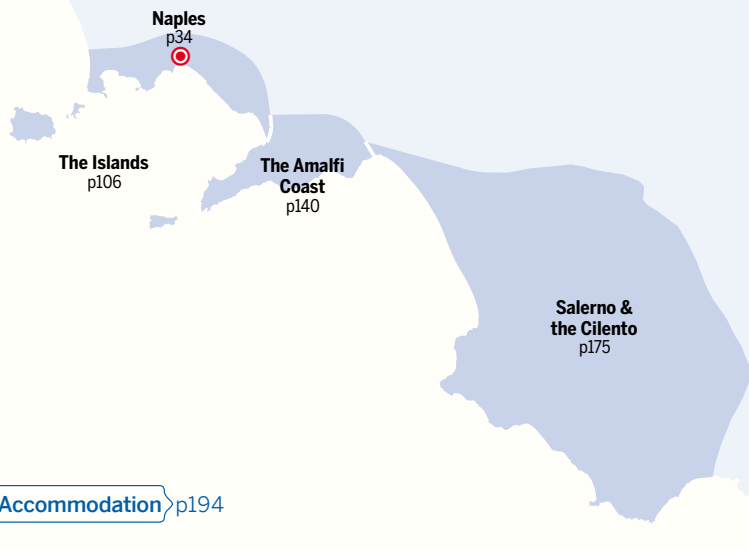
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THIS EDITION WRITTEN AND RESEARCHED BY

Cristian Bonetto
Josephine Quintero

➤ **Every listing is recommended by our authors, and their favourite places are listed first**

➤ **Look out for these icons:**



Our author's top recommendation



A green or sustainable option



No payment required

On the Road

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› Naples, Pompeii & the Amalfi Coast

Naples
Superlative food, art
& architecture (p34)

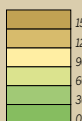
*Gulf of Gaeta
(Golfo di Gaeta)*

Ischia
Mt Epomeo
(786m)

Procida
A soothing,
citrus-scented island (p134)

Capri
Be dazzled by the fabled
Grotta Azzurra (p118)

ELEVATION



Capri
Mt Solaro
(589m)

Positano
One of Italy's
Mediterranean jewels (p156)

Tyrrhenian Sea

*Bay of Naples
(Golfo di Napoli)*

*Gulf of Salerno
(Golfo di Salerno)*



Mt Vesuvius
Climb a slumbering menace (p102)

Pompeii
Step back in time in ghostly Pompeii (p93)

Ravello
Heavenly views and a summer arts festival (p168)

Avellino
Cava
Salerno
Montella
Bagnoli
Acerno
Montecorvino
Eboli
Battipaglia
Paestum
Postiglione
Altavilla Silentina
Controne
Castelcivita
Capaccio
Roccadaspide
Ogliastro
Cilento
Santa Maria di Castellabate
San Marco di Castellabate
Marina di Casal Velino
Acciaroli
Velia
Ascea
Pisciotta
Palinuro
Camerota
Marina di Camerota
Sicignano degli Alburni
Petina
Polla
Sant'Angelo a Fasanelle
Teggiano
Sala Consilina
Sanza
Ceraso
San Giovanni a Piro



OUR STORY

A beat-up old car, a few dollars in the pocket and a sense of adventure. In 1972 that's all Tony and Maureen Wheeler needed for the trip of a lifetime – across Europe and Asia overland to Australia. It took several months, and at the end – broke but inspired – they sat at their kitchen table writing and stapling together their first travel guide, *Across Asia on the Cheap*. Within a week they'd sold 1500 copies. Lonely Planet was born.

Today, Lonely Planet has offices in Melbourne, London and Oakland, with more than 600 staff and writers. We share Tony's belief that 'a great guidebook should do three things: inform, educate and amuse'.

OUR WRITERS



Cristian Bonetto

Coordinating Author, Naples As an ex-writer of farce and TV soap, it's not surprising that Cristian clicks with Campania. The Italo-Australian scribe has been hooked on the region for years, returning regularly to compromise his waistline and take his favourite ride in the world – the chairlift from Anacapri to Monte Solaro. According to Cristian, few cities are as richly layered as Naples, and his musings on the city's complexities have appeared in print

(and on screen) from London to Sydney. His Naples-based play *Il Cortile* (The Courtyard) toured a number of Italian cities in 2003 with the support of the prestigious Australia Council. To date, Cristian has contributed to over a dozen Lonely Planet guides, including *Italy*, *New York City*, *Denmark* and *Singapore*.

Read more about Cristian at:
lonelyplanet.com/members/cristianbonetto



Josephine Quintero

The Islands, the Amalfi Coast, Salerno & the Cilento Originally from England and a UC Berkeley graduate, Josephine's first encounters with Italy were visiting her daughter who lived and worked there for several years. The country continues to impress and inspire and she has contributed to several *Italy* guidebooks, including two editions of *Naples & the Amalfi Coast*. Josephine considers this a job made in heaven, such is the beauty, culture and, of course, the cuisine

in this deservedly famous region. Highlights during this trip included discovering a Roman villa concealed under an Amalfi ceramics shop and managing to perfect her *limoncello* (lemon liqueur) recipe – with plenty of tasting opportunities along the way.

Read more about Josephine at:
lonelyplanet.com/members/josephinequintero

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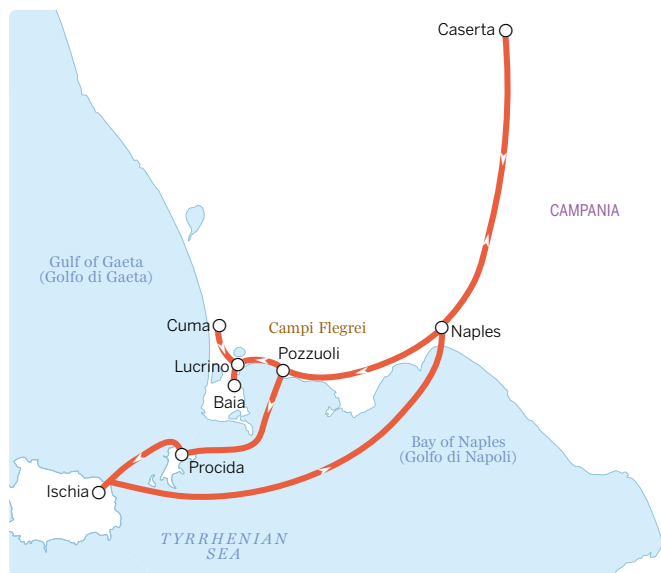
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itineraries

Whatever your time frame, these itineraries provide a starting point for the trip of a lifetime. Want more inspiration? Head online to www.lonelyplanet.com/thorntree to chat with other travellers.



Twelve Days

Palazzi, Ruins & Islands

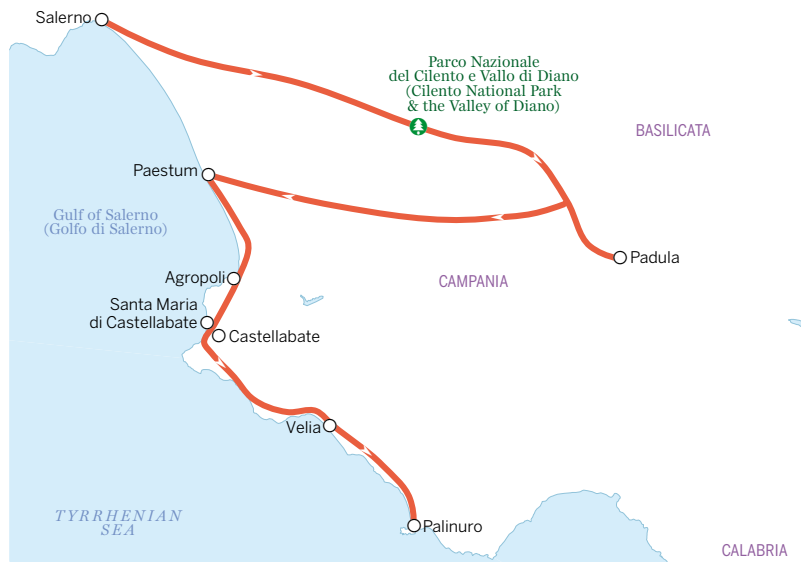
Start with four action-packed days in **Naples**, taste-testing its famous pizza and espresso and swooning over its frescoed churches and *palazzi* (large buildings). On one of these days, consider a day trip to **Caserta**, home to a Unesco-lauded palace that upstages Versailles. From Naples, head west for two days in the Campi Flegrei, home to some of Italy's finest Graeco-Roman sights. In **Pozzuoli**, check out Italy's third-largest Roman amphitheatre, ancient market ruins, and the geological freakshow better known as the Solfatara Crater. Bathe like the Romans in **Lucrino**, see where Roman emperors soaked in **Baia**, and snoop around ancient Greek ruins in **Cuma**. On day seven, slow down the pace by catching a ferry across to **Procida**, where you can lose yourself in its stuck-in-time fishing villages, sleepy backstreets and secret beaches. Day nine sees you catching a ferry across to **Ischia**, the largest island in the Bay of Naples. Give yourself three days to explore its archaeology, botanical gardens, castle and wineries, and treat yourself at one of its thermal spas. Refreshed and restored, it's an easy ferry ride back to Naples on day 12.



Two Weeks A Coastal Affair

Start your sojourn with three days in **Naples**, indulging in its artistic, architectural and culinary riches. Make time for at least two of the city's impressive museums, explore its markets and catacombs, swoon over the *Christo velato* (Veiled Christ) sculpture in the Cappella Sansevero, and catch an aria at the majestic Teatro San Carlo. Spend day four turning back time at **Pompeii**, before evening cocktails in laid-back **Sorrento**. Spend the next day ambling Sorrento's streets, getting a crash course in craftsmanship at the Museo Correale and Museo Bottega della Tarsia Ligne, and finding peace in the cloisters of the Chiesa di San Francesco. Crank up the magic on day six by sailing across to **Capri**, giving yourself three days to fall madly in love with this fabled island. Glide into the dazzling Grotta Azzurra (Blue Grotto), ride up to Monte Solaro, and lose the hordes on side streets and bucolic walking trails.

On day nine, sail back to Sorrento and hit the hairpin turns and heavenly vistas of the Amalfi Coast. First stop: **Positano**. Check in for three nights, slipping on your Prada sandals and getting lost in its labyrinth of chic laneways. Sup on fresh seafood, hire your own boat, or tie up your hiking boots and get a natural high on the *Sentiero degli Dei* (Walk of the Gods). Spend day 12 in deeply historic **Amalfi**, exploring its sublime cathedral and cloisters before continuing to lofty **Ravello**, a long-time favourite haunt for composers, writers and Hollywood stars. Stay the night to soak up the town's understated elegance, and spend the following day swooning over its villas and uber-romantic gardens. If you can pull yourself away, continue east to upbeat Salerno, your final stop. On the way, drop into **Cetara** to sample its famous tuna and anchovies and into **Vietri sul Mare** to shop for local ceramics. Spend a full day in **Salerno**, diving into its medieval core to savour the city's fabulous seafood, pastries and street life. Come evening, join the locals for a spot of bar-hopping bonhomie – the *perfetto* end to your coastal affair.



Nine Days The Cilento Trail

Start your adventure in the underrated city of **Salerno**. Its cathedral is widely lauded as Italy's most beautiful medieval church, and its engrossing multimedia Scuola Medica Salernitana Museo Virtuale tells the story of the city's medieval medical school, once one of Europe's most important. Head up to the Castello di Arechi for sweeping views, and to the revamped waterfront for a late-afternoon *passeggiata* (stroll). After dark, join the locals in the city's vibrant medieval heart for a little bar-hopping and *movida* (partying). On day two, bid Salerno *arrivederci* and head inland for three days in the rugged beauty of the **Parco Nazionale del Cilento e Vallo di Diano**, Italy's second largest national park and a Unesco World Heritage site. Base yourself at one of the park's *agriturismi* (farm stays) and explore the area's famous grottoes, namely the Grotta di Castelcivita and Grotta dell'Angelo. Make sure to spend a few hours in the medieval town of Postiglione – home to an 11th-century Norman castle – and a morning or afternoon in **Padula**, famous for its mammoth Carthusian monastery, the Certosa di San Lorenzo. Not far from the Certosa is the fabled Valle delle Orchidee (Valley of the Orchids), whose 70-plus varieties of springtime orchids create a spectacular blaze of colour. One of the national park's more curious sites is Roscigno Vecchia, a veritable ghost town abandoned early last century.

On day five, head back towards the coast to gasp at the mighty Greek temples of **Paestum**, the oldest of which dates back to the 6th century BC. Spend the evening and the following morning in **Agropoli**, wandering its atmospheric *centro storico* (historic centre) before heading south to **Santa Maria di Castellabate** for superlative seafood noshing. On day seven, head up to the beautiful medieval town of **Castellabate** and lose yourself in its shamelessly charming laneways, then spend the afternoon exploring the ancient ruins of **Velia**. End your Cilento adventure with a couple of lazy beach days in **Palinuro**, which, like Capri, lays claim to a dazzling Grotta Azzurra (Blue Grotto).

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