



The Islands

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Best Places to Stay

- » Hotel Villa Eva (p200)
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- » Hotel La Vigna (p203)

Why Go?

Tossed like so many colourful dice into this beautiful velvet-blue bay, the islands here are justifiably famous and sought out. They are tantalisingly different as well. Procida, Ischia and Capri vary not just in ambience and landscape, but also in their sights, activities and size. Picturesque Procida is the smallest island of the trio: tiny, tranquil and unspoiled, and possible to explore in just a few hours. The fashionable flip-side is Capri, with its celebrity circuit of experiences, sights and shops; plan your day (and your footwear!) with care, especially if you're hoping to hike. Ischia is the largest island, so get your priorities straight beforehand: natural spas, botanical gardens, hidden coves and exceptional dining are a taster of what's on offer. If that all sounds too challenging, make a bee line for the beaches – they are the Bay of Naples' best.

Road Distance (KM)

Procida	47				
Ischia	33	09			
Sorrento	18	68	51		
Pozzuoli	32	12	20	32	
Naples	33	25	32	28	20
	Capri	Procida	Ischia	Sorrento	Pozzuoli

Getting Around

Unless you travel by helicopter, ferries are the only way to go if you are visiting the islands Procida, Ischia and Capri in the Bay of Naples. Note that ferries departing from Positano and Amalfi operate solely from Easter to September. At other times of the year, you will have to catch the ferry or hydrofoil from Naples or Sorrento. All three islands have an excellent public transport infrastructure and also provide scope for hiking and cycling.

THREE PERFECT DAYS

Day 1: Simple pleasures on Procida

Escape the clamour and crowds of Naples and enjoy a day of tranquillity a short ferry hop away on this picturesque, unspoilt island. After a gentle stroll in the *centro storico* (historic centre), pull up a chair at lovely Marina Corricella for a simple meal of fresh seafood overlooking the fishing boats. Take an afternoon boat trip around the island's evocative hidden coves.

Day 2: Ischia's gardens, shops & spas

Plan on an early arrival in Ischia, then head for the botanical gardens of La Mortella for a wander along the shady cool pathways surrounded by exotic plants. Lunch should be spent near the beach at scenic Sant'Angelo. In the afternoon, catch a water taxi to Terme Cavasuro, the island's oldest natural spa, for an afternoon of restorative self-pampering. Round off the day poking around the eclectic mix of shops on Via Roma, within walking distance of the ferry pier.

Day 3: Capri's natural beauty & glamour

Turn up before the day trippers descend and join the local who's who brigade at the emblematic square La Piazzetta. Leave the surrounding sophisticated strut of shops behind as you head towards the nearby Giardini di Augusto terraced gardens and some of the best views in Capri. Pick a terraced restaurant overlooking the water then enjoy the beauty of the island's trails with either a country amble or a more demanding hike.

Accommodation

In Capri you can stay in celeb-style luxury, a stylish B&B or somewhere comfortable, modern and in the midrange bracket. Ischia and Procida have a wider price range, but all three are firmly seasonal, with most hotels closed from around November to Easter. For more information, see the Accommodation chapter.

DON'T MISS

Getting away from the tourists, particularly on Ischia and Capri, and particularly in mid-summer. Duck down side streets, hike the interior, hire a boat, rent a bike...just go and explore.

Best Views

- » Monte Solaro (Capri; p111)
- » Villa Jovis (Capri; p110)
- » Marina Corricella (Procida; p135)
- » Monte Epomeo (Ischia; p129)

Best Swimming Spots

- » Punta Carena (Capri; p113)
- » Spiaggia di Chiaia (Procida; p136)
- » Punta Caruso (Ischia; p130)
- » Grotta Azzurra (Capri; p118)

Resources

- » **Capri Online** (www.caprionline.it) Has information about all aspects of Capri.
- » **Ischia Online** (www.ischiaonline.it) A good all-round website.
- » **Isola di Procida** (www.isoladiprocida.it) Includes an accommodation booking service.
- » **Anacapri Life** (www.anacapri-life.com) Has news and information about Anacapri.
- » **Ischia and Procida Islands Tourist Office** (www.infoischiaprocida.it) The local tourist office website.