



Naples, Pompeii & the Amalfi Coast



THIS EDITION WRITTEN AND RESEARCHED BY

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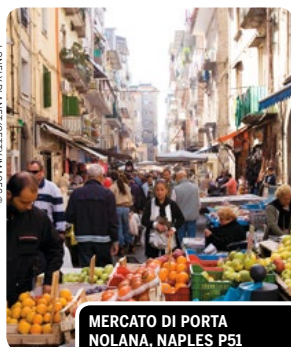
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Itineraries



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DAYS

Palazzi, Ruins & Islands

The greater Naples area is home to some of Italy's oldest and most impressive human achievements, not to mention some of its most outstanding natural scenery. Follow this route for an intoxicating mix of archaeology, artistry and soul-stirring beauty.

Start with three action-packed days in **Naples**, taste-testing its famous pizza and swooning over its frescoed churches. On day four, consider a day trip to **Caserta**, home to a Unesco-lauded palace that upstages Versailles. Alternatively, shoot southeast to **Ercolano** to roam the extraordinary Roman ruins of Herculaneum. On day five, head west from Naples for a day in the Campi Flegrei, home to some of Italy's finest Graeco-Roman remnants. In **Pozzuoli**, check out Italy's third-largest Roman amphitheatre and the geologically freaky Solfatara Crater. Bathe like the Romans in **Lucrino**, see where emperors soaked in **Baia** or roam Greek ruins in **Cuma**. Come day six, catch a ferry across to **Procida** and spend a couple of days relaxing in stuck-in-time fishing villages and on secret beaches. Head to verdant **Ischia** on day eight, taking three days to explore its archaeology, gardens, castle and wineries, and treating yourself at one of its thermal spas. Refreshed and restored, sail back to Naples on day 10.



A Coastal Affair

Campania's fabled coastline is one of the world's most beautiful, inspiring countless artists, romantics and bon vivants. This itinerary takes in its most seductive highlights.

Start your sojourn with a trio of 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, marvel at the *Cristo velato* (Veiled Christ) sculpture in the Cappella Sansevero, and (in season) 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 romance 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 sauntering through the town's 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 architecturally eclectic cathedral and cloisters before continuing to sky-high **Ravello**, long-time haunt of composers, writers and Hollywood stars. Stay the night to soak up the town's understated elegance, and spend the following day taking in its villas and uber-romantic gardens. Continue east to the upbeat regional city of 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 colourful local ceramics. Spend a 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.



The Cilento Trail

While the lure of Naples, Capri and the Amalfi Coast are irresistible, Campania heaves with lesser-known marvels. From Hellenic temples and cave-studded mountains to one of Italy's largest monasteries, this route leads down less-trodden paths.

Start your adventure in the underrated city of **Salerno**. Its cathedral is widely considered to be Italy's most beautiful medieval church, while its engrossing multimedia Museo Virtuale della Scuola Medica Salernitana 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 *salernitani* (Salerno 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 Grotte di Castelcivita and Grotte di Pertosa. 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 orchid create a spectacular blaze of springtime 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 wander its shamelessly charming laneways, then spend the afternoon exploring the ancient ruins of **Velia**. End your Cilento travels with a couple of lazy beach days in **Palinuro**, which, like Capri, lays claim to a dazzling Grotta Azzurra (Blue Grotto).

Map Legend

Sights

- Beach
- Bird Sanctuary
- Buddhist
- Castle/Palace
- Christian
- Confucian
- Hindu
- Islamic
- Jain
- Jewish
- Monument
- Museum/Gallery/Historic Building
- Ruin
- Shinto
- Sikh
- Taoist
- Winery/Vineyard
- Zoo/Wildlife Sanctuary
- Other Sight

Activities, Courses & Tours

- Bodysurfing
- Diving
- Canoeing/Kayaking
- Course/Tour
- Sento Hot Baths/Onsen
- Skiing
- Snorkelling
- Surfing
- Swimming/Pool
- Walking
- Windsurfing
- Other Activity

Sleeping

- Sleeping
- Camping

Eating

- Eating

Drinking & Nightlife

- Drinking & Nightlife
- Cafe

Entertainment

- Entertainment

Shopping

- Shopping

Information

- Bank
- Embassy/Consulate
- Hospital/Medical
- Internet
- Police
- Post Office
- Telephone
- Toilet
- Tourist Information
- Other Information

Geographic

- Beach
- Gate
- Hut/Shelter
- Lighthouse
- Lookout
- Mountain/Volcano
- Oasis
- Park
- Pass
- Picnic Area
- Waterfall

Population

- Capital (National)
- Capital (State/Province)
- City/Large Town
- Town/Village

Transport

- Airport
- Border crossing
- Bus
- Cable car/Funicular
- Cycling
- Ferry
- Metro station
- Monorail
- Parking
- Petrol station
- S-Bahn/Subway station
- Taxi
- T-bane/Tunnelbana station
- Train station/Railway
- Tram
- Tube station
- U-Bahn/Underground station
- Other Transport

Routes

- Tollway
- Freeway
- Primary
- Secondary
- Tertiary
- Lane
- Unsealed road
- Road under construction
- Plaza/Mall
- Steps
- Tunnel
- Pedestrian overpass
- Walking Tour
- Walking Tour detour
- Path/Walking Trail

Boundaries

- International
- State/Province
- Disputed
- Regional/Suburb
- Marine Park
- Cliff
- Wall

Hydrography

- River, Creek
- Intermittent River
- Canal
- Water
- Dry/Salt/Intermittent Lake
- Reef

Areas

- Airport/Runway
- Beach/Desert
- Cemetery (Christian)
- Cemetery (Other)
- Glacier
- Mudflat
- Park/Forest
- Sight (Building)
- Sportsground
- Swamp/Mangrove

Note: Not all symbols displayed above appear on the maps in this book



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 Franklin, London, Melbourne, Oakland, Beijing and Delhi, 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

[Naples, Pompeii & Around](#), [Plan Your Trip & Understand](#) chapters Despite being the son of northern Italians, Cristian has an enduring weakness for Naples and Campania. It took one visit as a young backpacker to get him hooked, and the Australian-born writer has been covering the region's food, culture and lifestyle for over a decade. According to Cristian, no Italian city quite matches Naples' complexity and intrigue, and its ability to constantly surprise and contradict

makes it a thrill to write about. The writer's musings have appeared in publications across the globe, and his Naples-based play *Il Cortile* (The Courtyard) has toured numerous Italian cities. Cristian has contributed to over 30 Lonely Planet guides, including *Venice & The Veneto*, *New York City*, *Denmark*, and *Singapore*. You can follow Cristian's adventures on Twitter (@Cristian Bonetto) and on Instagram (rexcat75). Cristian also contributed to the Accommodation chapter.



Helena Smith

[The Islands](#), [The Amalfi Coast](#), [Salerno & the Cilento](#), [Outdoor Activities](#), [Survival Guide](#) Helena Smith has been visiting Italy since she was five years old. At that time chocolate spread on toast was the main draw – now she goes back for the food, the warmth, the art and the atmosphere. Researching this edition took her from mountain walks with sea views to the stunning Greek temples of Paestum. Helena also contributed to the Accommodation chapter.

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