Centro Storico Wander

The centro storico is the loud, pounding heart of Naples, a dizzying rush of bellowing baristas, cultish shrines and operatic palazzi (mansions). Take a deep breath and dive in.

Start Port’Alba
Distance 1.8km
Duration 2 ½ hours

1 Begin at the old city gate of Port’Alba, inaugurated in 1625 by the Spanish viceroy of Naples, Antonio Álvarez.

2 Drop into erudite bookshop Colonnese (081 45 98 58; https://colonnese.it; 10am-7.30pm; Dante) to browse vintage Neapolitan prints and postcards.

3 Slip into the Chiesa di San Pietro a Maiella to admire Mattia Preti’s baroque paintings in the coffered wooden ceiling.

4 View Giuseppe Sanmartino’s inimitable Veiled Christ sculpture inside the Cappella Sansevero.

5 Adjoining a blissful cloister, the show-stopping Chiesa e Chiostro di San Gregorio Armeno is on Via San Gregorio Armeno.

6 The Gothic simplicity of the Basilica di San Lorenzo Maggiore is worth a peek before turning right into bustling Via San Gregorio Armeno.

7 At Via Duomo, turn left to reach Naples’ Duomo, home to spectacular baroque interiors and the oldest baptistry in Western Europe.

Take a break... Pizzeria Gino Sorbillo (081 44 66 43; www.sorbillo.it; noon-3.30pm & 7-11.30pm Mon-Sat; pizzas from €4; Dante), a cult-status pizzeria, is besieged by hungry hordes.