



Naples, Pompeii & the Amalfi Coast



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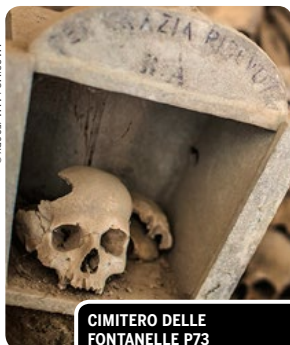
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Itineraries



Blockbuster Highlights

Campania's 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 with two days in **Naples**, spending one day exploring its World Heritage-listed historic centre and another in nearby **Pompeii**. On day three, catch a morning ferry to **Capri**, giving yourself two 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 bucolic walking trails. On day five, catch a ferry to **Sorrento**, from where buses and seasonal ferries continue to **Positano**. Base yourself here for your last nights, slipping on your Prada sandals and sauntering through its chic, labyrinthine 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 (Path of the Gods). From Positano, **Amalfi** is an easy day trip, the deeply historic town famed for its eclectic, centuries-old cathedral and cloisters. From Amalfi, buses lead up to sky-high **Ravello**, whose world-famous panoramic gardens make for a breathtaking epilogue.



14
DAYS

Palaces, 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.

Base yourself in action-packed **Naples** for five days, savouring its World Heritage-status pizza and visceral street life. Make time for top-tier antiquities at the Museo Archeologico Nazionale and astounding 18th-century sculptures in the Capella Sansevero. Just leave time for a kayaking tour of the city's coastline, peppered with ancient ruins and anecdote-sparking villas.

Dedicate two days to day trips from the city. Options include **Caserta**, home to an epic, Unesco-lauded baroque palace that upstages Versailles, or **Ercolano**, home to the remarkably well-preserved ruins of Herculaneum. Another option is the underrated **Campi Flegrei**, a scattering of Graeco-Roman ruins and volcanic landscapes. Snoop around Italy's third-largest Roman amphitheatre in **Pozzuoli**, see where emperors soaked in **Baia**, or seek out the chamber inhabited by Aeneid's oracle at the ruins in **Cuma**. Alternatively, slip on a bathing suit and soak like the Romans in **Lucrino**.

Come day six, catch a ferry from Naples across to pastel-coloured **Procida** and spend a couple of days relaxing in stuck-in-time fishing villages and on secret beaches. From here, it's a short ferry ride across to the lush, verdant sprawl of **Ischia** on day eight. Take three days to explore the island's thermal springs, gardens, wineries and historic sites, among them a commanding Aragonese castle and an archaeological museum filled with local Hellenic finds.

From Ischia, high-season ferries offer direct connections to **Capri**. Outside this period, you will need to head back to Naples to catch a Capri-bound service. Either way, treat yourself to three days on the region's most fabled island. It's here that you'll find the scandal-riddled former retreats of Roman Emperor Tiberius and French poet Jacques d'Adelswärd-Fersen, not to mention some of Europe's most arresting coastal landscapes.



Top: Sea urchin dish

Bottom: Medieval festival, Teggiano (p196)



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**, home to one of Italy's most captivating medieval cathedrals. 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, Vallo di Diano e Alburni**, Italy's second-largest national park and a Unesco World Heritage site. Base yourself at one of the park's *agriturismi* and explore the area's famous grottoes, namely the Grotte di Castelcivita and Grotte di Pertosa-Auletta.

Make sure you spend a morning or afternoon in **Padula**, famous for its mammoth Carthusian monastery, the 14th-century 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. Allow a few hours to explore the shamelessly charming medieval village of **Teggiano** and make a stop at **Roscigno Vecchia**. A veritable ghost town abandoned early last century, it's one of the national park's more curious sites.

Continue west towards the coast on day five 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).

Off the Beaten Track

PISCINA MIRABILIS

You'll need to call ahead to access the Piscina Mirabilis, a cathedral-like cistern and marvel of ancient Roman engineering, hidden away in a Bacoli backstreet. (p101)

ORTO BOTANICO DI NAPOLI

If you need a break from Naples' inexhaustible energy, find solace in this historic botanic garden, bursting with flora from as far afield as Australia. (p76)

MONTE EPOMEIO & THE HINTERLAND

Beyond Ischia's beaches and spas is a rugged, lofty interior made for inspiring, contemplative hikes that reward with sensational vistas and natural beauty. (p140)

VINTAGE VILLAS

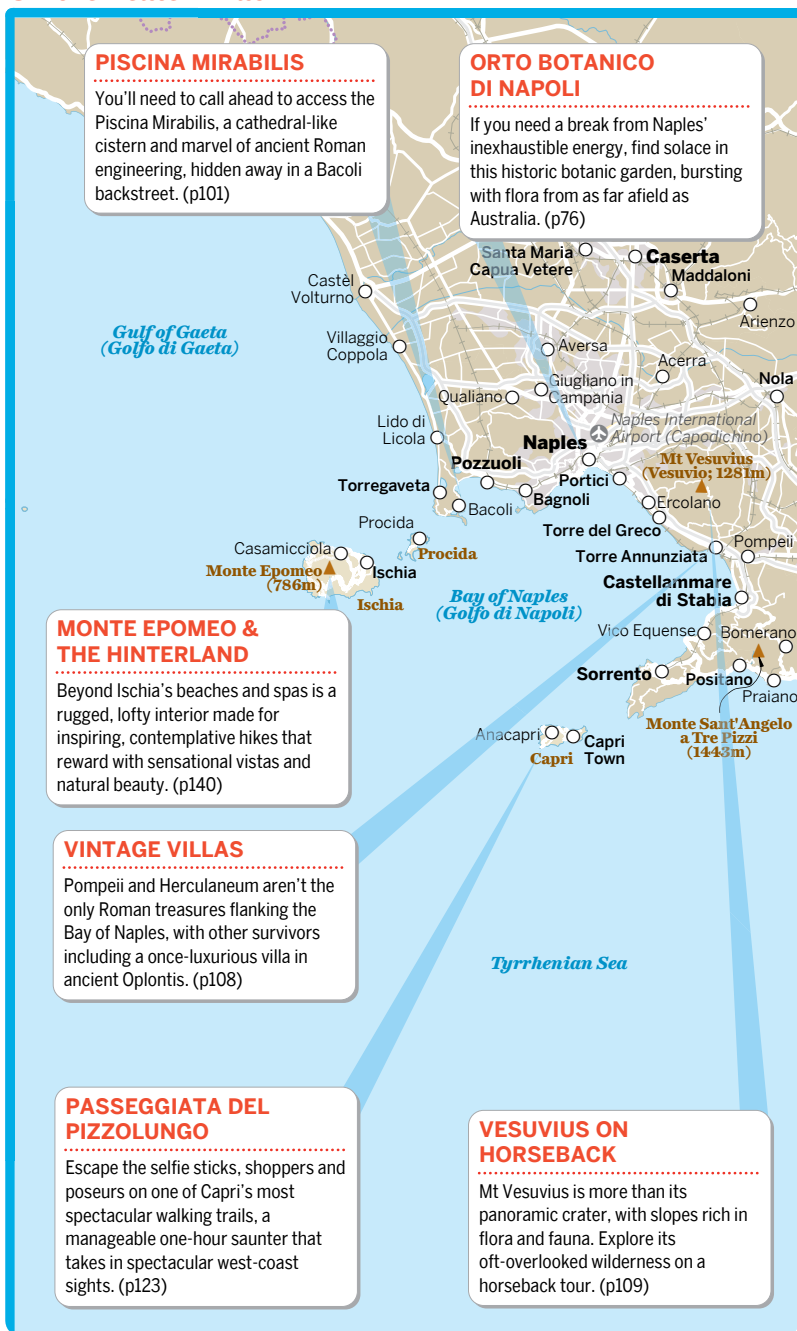
Pompeii and Herculaneum aren't the only Roman treasures flanking the Bay of Naples, with other survivors including a once-luxurious villa in ancient Oplontis. (p108)

PASSEGGIATA DEL PIZZOLUNGO

Escape the selfie sticks, shoppers and poseurs on one of Capri's most spectacular walking trails, a manageable one-hour saunter that takes in spectacular west-coast sights. (p123)

VESUVIUS ON HORSEBACK

Mt Vesuvius is more than its panoramic crater, with slopes rich in flora and fauna. Explore its oft-overlooked wilderness on a horseback tour. (p109)





RAVELLO RAMBLES

Right above the Amalfi Coast is a tranquil wonderland of olive groves, atmospheric village streets and hypnotic vistas, all accessible on foot. Go on, escape! (p177)

HIKING IN THE CILENTO

Tie up your hiking boots and explore a Campania of arresting mountain landscapes, soaring golden eagles and, in season, colourful carpets of wild flowers. (p197)

*Gulf of Salerno
(Golfo di Salerno)*

ATRANI

Amalfi town's humbler sibling offers understated charm, lower prices and an authentic vibe that feels much more local than its more famous coastal rivals. (p176)



Behind the Scenes

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Brendan Sainsbury

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THIS BOOK

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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
- Hut/Shelter

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, Dublin, 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'.

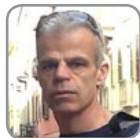
OUR WRITERS



Cristian Bonetto

Naples, Pompeii & Around

Cristian has contributed to over 30 Lonely Planet guides to date, including *New York City, Italy, Venice & the Veneto, Denmark, Copenhagen, Sweden and Singapore*. Lonely Planet work aside, his musings on travel, food, culture and design appear in numerous publications around the world, including *The Telegraph* (UK) and *Corriere del Mezzogiorno* (Italy). When not on the road, you'll find the reformed playwright and TV scriptwriter slurping espresso in his beloved hometown, Melbourne. Instagram: rexcat75. Cristian also wrote Plan Your Trip and Understand.



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