

campania



the sea



REGIONE CAMPANIA

Assessorato al Turismo  
e ai Beni Culturali



Campania

## how to get here

**by air:** direct flights link all the major Italian and European cities with Naples Capodichino airport ([www.gesac.it](http://www.gesac.it), tel. 848 888777). Long haul flights land at Rome Fiumicino (tel. 06 65951), from where you can continue to Naples by plane, train or bus

**by train:** the Italian railway network (Ferrovie dello Stato) links the whole of Italy with the station of Napoli Centrale ([www.trenitalia.it](http://www.trenitalia.it), tel. 892021)

**by coach:** the coach company SITA runs services between Naples and many Italian cities and also Germany ([www.sitabus.it](http://www.sitabus.it))

**by car:** Campania is reached by the motorways A1 from central and northern Italy, A3 and A16 from the south

**by ship:** Molo Angioino in the port of Naples (tel. 081 2283302 - 081 2445111) is served by Italian and international cruise lines

## how to use this guide

### the series

this booklet is one in a series of themed guides designed to help tourists planning a trip to Campania. The five separate booklets illustrate the wealth of attractions to be found in this region

### colour scheme

each guide is identified by a specific colour

### themed itineraries

each guide is organized in itineraries with the indication "not to be missed", featuring the absolute 'musts'



curiosities, in-depth treatments, useful information

### coloured insets

the text of presentation is accompanied by a series of coloured insets: recommendations of things to do if you are staying just 1 or 3 days and hints on what to buy, where to go with children and what's on ("shopping", "outings with children" and "events")

### themed insets

every itinerary features certain themed insets which, in addition to the specific topic, highlight the most important things to see and do in that particular area. The colours used refer to the respective guides in the series, where the places and topics featured in the insets are presented more fully

### abbreviations

the abbreviations Doc, Docg and Dop indicate official EU recognition of quality products. The Doc (Denominated origin controlled) and Docg (Denominated origin controlled and guaranteed) labels refer to wines, Dop (Denominated origin protected) to local gastronomic specialities

### symbols



aquarium



hotels, guest houses, agri-tourism, bed & breakfast



archaeology



protected marine area



art



sport activities



cafés, bars



camp sites



seabed



ports



restaurants, wine bars



beaches



bathing establishments



spas



nature and parks

regione campania  
theme guides  
**the sea**



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Rocky cliffs rising sheer out of the sea, underwater caves, beguiling bays and inlets, spits of land jutting out into the deep...

The coastline of Campania has all sorts of surprises in store, whether you explore it by boat and linger in each cove or admire it from one of the jetfoils and ferries that ply between the city and the islands.

Or again, you might prefer to set off on foot and make for beauty spots which are still quite intact. But speaking of the sea in Campania also involves beaches and bathing establishments which offer visitors the full range of facilities. No two of them are alike because nature here is so varied, constantly offering new, breath-taking vistas. Then again there are beaches with free access, within easy reach. So you can plunge into the depths, choose between sand beaches and flat rocks, enjoy the full flavours of seafood, find *hotels de charme* and little *pensioni* in the pastel colours of the

Mediterranean: in Campania each and every tourist is sure to find just what she or he is looking for.

The coastline offers dramatic seascapes, immortalised by film directors, artists, photographers, poets and musicians. The precipices of the Amalfi Coast and the Sorrentine Peninsula, the volcanic beaches on Ischia and Procida, the limestone cliffs of Capri, the underwater caves and long sandy beaches of Cilento and the Domitian coast, the Bay of Pozzuoli with its unrivalled archaeological remains, the ancient watchtowers standing guard along the coastline...

Naples itself, with the bathing establishments along Posillipo has plenty to discover. And to get a panoramic view of the coastline, why not board a boat or ferry or the *Metrò del mare* and take a trip across the most famous Bay in the world?



# The sea that bathes **Naples**

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## NOT TO BE MISSED

### Borgo Marinari



### Seafront



### Aquarium in the 'Anton Dohrn' Research Station



### Mergellina



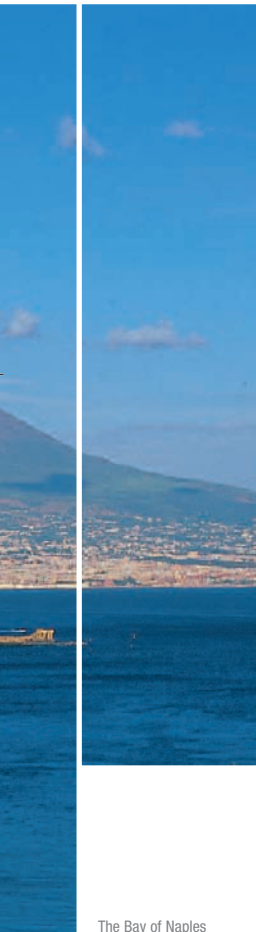
### Marechiaro



### Underwater park of la Gaiola







The Bay of Naples

**Naples** and the sea: truly an inseparable combination, and not just in picture postcards. Surely when you think of Naples it is the Bay that springs to mind, dominated by the strangely reassuring profile of Vesuvius, and Castel dell'Ovo occupying a spit of land stretching out into the sea. Whenever Naples is mentioned thoughts turn to the sea: the vast expanse at your feet when you are up on the high ground surrounding the city, the briny air you breathe in as you promenade along Via Caracciolo, the depths you can plumb if you go swimming at Posillipo.

Naples *is* the sea, just as its food has the tang of brine: spaghetti with clams, pizza with anchovies, "maruzze" (sea snails), and a dish of "paranza" (small fry) or fried prawns and squid. The sea features in so many Neapolitan songs: *Maruzzella*, *'O Marenariello*, *Piscatore 'e Pusillepo*.

Even the street names link Naples with the sea: Via Marittima, Borgo Marinari, Marechiaro... If you arrive by sea, your first taste of the city will be the **port**. **Molo Angioino** is the berth for cruise ships and the ferries that link Naples with Sicily, Sardinia, Corsica, Morocco and Tunisia, as well as the jetfoils and catamarans which in summer sail back and forth to the Egade, Aeolian and Pontine islands. To take a jetfoil or ferry to the main tourist attractions – Sorrento, Positano, Capri, Ischia and Procida – you embark at **Molo Beverello**, and this is also the point of departure for the excursions of Ascultur Campania (tel. 081 665532), boat trips which allow you to enjoy all the beauty of the Bay.



**Ente Provinciale per il Turismo di Napoli**  
piazza dei Martiri 58  
tel. 081 4107211  
[www.eptnapoli.info](http://www.eptnapoli.info)

**Azienda Autonoma di Cura Soggiorno e Turismo di Napoli**  
piazza Plebiscito  
Royal Palace  
tel. 081 2525711  
[www.inaples.it](http://www.inaples.it)

*Information office:*  
piazza del Gesù  
tel. 081 5512701

**City sightseeing**  
A tourist bus allowing you to hop on and hop off (using the same ticket) with a multilingual audio guide. Four routes: Linea A "Venues of Art", Linea B "Views of the Bay", Linea C "San Martino" and Linea R "Donnaregina" all leaving from Piazza Municipio. The ticket lasts for 24 hours and can be purchased on the bus or from travel agencies  
tel. 081 5517279  
[www.napoli.city-sightseeing.it](http://www.napoli.city-sightseeing.it)

## Castel dell'Ovo and Borgo Marinari

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In the famous district of Santa Lucia you come across Naples's most characteristic monument: **Castel dell'Ovo**. It broods over the tiny island of Megaride, the original settlement of the Greek colonists, and was the residence for the Norman Kings of Naples. It is open to the public during exhibitions and cultural events, but you are free to go up onto the marvellous terrace at any time to enjoy the fine view out over the whole of the Bay.

The **Borgo Marinari**, built in the second half of the 19th century as a fisherman's village, spreads around the base of the castle.

Today the Borgo teems with restaurants and caf  bars, a delightful place for a coffee or a meal. By night the whole area is very lively. Since 1893 the premises of the Reale Yacht Club Canottieri Savoia are opposite, on the Santa Lucia waterfront. The club has given the world many nautical sports champions; next to it there is the equally famous Circolo Italia del Remo e della Vela (rowing and sailing club).

## The world's most celebrated seafront

From Castel dell'Ovo you can walk along **Via Partenope** next to the sea, with the whole impressive sweep of the Bay in front of you. This is the location of the city's most prestigious hotels, and the seafront has numerous bars and restaurants. Via Partenope ends in Piazza Vittoria, on the threshold of the Chiaia district. This esplanade is called **Via Francesco Caracciolo**, after the Neapolitan admiral who figured as hero and martyr in the Parthenopean Republic in 1799.

**Villa Comunale** is a long narrow park running alongside this road for over a kilometre. On the third weekend of each month it is the venue for the Fiera Antiquaria Napoletana, an open-air market where bargain hunters can strike lucky. The park also contains the "**Anton Dohrn**" **Zoological Research Station**, with the oldest aquarium in Europe, featuring over 200 species of fish and plantlife from the Bay of Naples.

### naples in 1 day

Certosa of San Martino  
Archaeological Museum  
Metr   dell'arte  
'Spaccanapoli'  
Royal Palace  
and Piazza del Plebiscito  
Borgo Marinari  
and seafront

### naples in 3 days

Certosa and Museum  
of San Martino  
Archaeological Museum  
Metr   dell'arte  
'Spaccanapoli'  
and Historical centre  
Museum  
of Capodimonte

Royal Palace  
and Piazza del Plebiscito  
Castel dell'Ovo  
and Borgo Marinari  
Seafront and Mergellina  
Posillipo  
PAN (Palazzo delle Arti  
Napoli) and Chiaia district

## art and archaeology

Castel Nuovo  
Castel Sant'Elmo  
Historical centre  
and "Napoli sotterranea"  
(Naples underground)

Certosa and Museum  
of San Martino  
Archaeological Museum  
Museum of Capodimonte  
Duca di Martina Museum  
Royal Palace

## nature and parks

Gardens of the Royal Palace  
Botanical gardens  
Park of Capodimonte  
Parco Virgiliano  
Villa Comunale  
Villa Floridiana



A view  
of the Villa Comunale



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## the legacy of Virgil the wizard

Legend has it that somewhere in the deepest recesses of Castel dell'Ovo, Virgil (known in Naples as a wizard) deposited a little cage with inside it a flagon containing an egg: hence the name, Castle of the Egg, a stronghold that "will last for as long as the egg remains intact".

## for young people

Bagnoli beach (in summer)  
Borgo Marinari  
Piazza Bellini  
and Historical centre  
Piazza dei Martiri  
and precincts  
Piazza Vanvitelli  
and precincts

## specialities

Babà  
Coffee  
Mozzarella Dop  
Pizza margherita Dop  
Salame Napoli  
Sfogliatella shortcrust  
or crinkly pastries  
Spaghetti with clams

## Spas and fitness

Beauty centres  
in the major hotels

## Mergellina, port for fishermen and yachts

## Posillipo, where nature and history meet

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If you take the esplanade in the direction of Posillipo, you come to **Mergellina**, where you see the vocation of the city for the sea at its most vital. Beside the **small marina** fishermen display their catch just as they have done from time immemorial, with all sorts of fish, seafood and shellfish. Mergellina is also the place to set out on trips across the Bay: jefoils leave from here for Capri, Ischia, Procida and in summer for the Aeolian Islands.

At the height of the season eight routes of the **Metrò del mare** (tel. 199 600700, [www.metrodelmare.com](http://www.metrodelmare.com)) link Mergellina with all the chief resorts in Campania. Prices are very competitive thanks to the integrated ticket for travel on land and sea “Unico Terra&Mare”.

Famous throughout the world for the beauty of its landscapes, the headland of **Posillipo** was the resort of emperors and aristocrats back in Roman times. It offers a number of private bathing establishments, with swimming pools and ample facilities, set in magnificent natural surroundings. You will find some at the beginning of Via Posillipo, alongside the 17th century Palazzo Donn'Anna, and others further up in **Marechiaro**. If you go down Via Marechiaro you come across the **church of Santa Maria del Faro**, whose name alludes to the lighthouse which was originally at the heart of this fishing community. Although nowadays the haunt of fashionable restaurants, you cannot fail to sense the traditional vocation of sea-faring. If you take a boat out, you can explore the coastline of **Capo Posillipo**, dotted with Roman remains, as far as the **bay of Trentaremi** with its towering cliff faces in the volcanic rock tuff. The headland takes its name from *Pausilypon* (in Greek “respite from pain”), a luxury villa overlooking the sea belonging to the wealthy Roman Publius Vedius Pollius. The villa was situated between Marechiaro and Nisida, today



Panorama  
from Posillipo



### palazzo Donn'Anna, history and legend

Like some antediluvian reptile emerging from the sea, the portentous bulk of Palazzo Donn'Anna stands out on the lower reaches of Posillipo. The palace, begun in 1642 by Cosimo Fanzago for Anna Carafa di Stigliano, remained unfinished. Legend tells of the all-consuming jealousy of Anna on seeing her lover, Gaetano di Casapenna, bestowing a rather too ardent kiss on Mercede de las Torres during an evening at the theatre. No more was seen of Donna Mercede, leaving Gaetano to search for her until his death while Anna, abandoned by her husband Filippo di Guzman, Viceroy of Naples, spent the rest of her days in the throes of madness.

the site of the **Pausilypon Archaeological Park** and the **Gaiola Underwater Park** (marine nature reserve). You reach the site through the monumental **tunnel of Seiano**, running 770 metres through the tuff hillside, with access from Discesa Coroglio.

The best vantage point for viewing the whole site is the terrace in **Parco Virgiliano**, a park with 96.000 m<sup>2</sup> of vegetation providing spectacular views out across the Bays of Naples and Pozzuoli.



## Nisida and Bagnoli, the future is here

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The small island of **Nisida**, which separates the Bay of Naples from that of Pozzuoli, offers one of the most impressive panoramas anywhere in the city. You get there by going over Capo Posillipo and down Discesa Coroglio, bringing you to a **small marina** where you can buy fresh fish and hire a boat. The rest of the island is not accessible on account of the juvenile prison and military headquarters. Treat yourself to a meal at one of the restaurants overlooking the port, enjoying excellent seafood with a truly remarkable panorama.

Behind Nisida there is the district of **Bagnoli**. As the dismantling of the Italsider steelworks progresses, the area is gradually taking on a new lease of life thanks to the plans to improve and develop the territory. At **Città della Scienza**, youngsters can enjoy the interactive museum which introduces them to the most significant scientific phenomena. Just beyond this there is the Arenile beach of Bagnoli. It has become a must for sun worshippers and families during the day, and later on offering sundowners plus lounge music, themed evenings, a disco on the beach, open-air cinema and concerts. Not far from here, in the Fuorigrotta district, children can enjoy all the fun of the fair at **Edenlandia**.

### shopping

Coral and cameo ware

Antignano market

(Vomero)

Casale market (Posillipo)

Pignasecca food market  
(Montesanto)

Porta Nolana fish market  
(historical centre)

Porcelain ware

of Capodimonte

Cribs and crib figures  
at San Gregorio Armeno



Nisida with  
Capo Miseno,  
Procida  
and Ischia in the  
background

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### outings with children

Aquarium of the 'Anton  
Dohrn' Research Station

Castel dell'Ovo

Città della Scienza  
(Science Centre)

Archaeological Museum  
(educational trail  
for children)

Edenlandia funfair



### famous travellers

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I am leaving. I shall not forget Via Toledo  
or any of the districts in Naples; to my mind  
it is, beyond compare, the most beautiful  
city in the universe.

*Stendhal, 1817*









Posillipo.  
Palazzo  
Donn'Anna



In the **Phlegrean Fields**, realm of volcanic beaches and submerged Roman remains

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## NOT TO BE MISSED

### Pozzuoli



### Baia



### Bacoli



### Miseno





View of the Phlegrean  
Fields

In the **Phlegrean Fields** nature, history and myth are inextricably entwined. The name, from the Greek *phlegraios*, “burning”, evokes the volcanic activity which so intimidated the first settlers to find their way here from the Aegean. Ancient ruins standing in the open air, caverns associated with myth, craters... While the archaeological remains testify to a bygone epoch, nature as we still see it explains what induced the ancients to settle here. No amount of human tampering has been able to ruin the fascination of the **Bay of Pozzuoli**: whether you look down on the sea and the volcanic lakes from a lofty vantage point, venture out into the Bay in a boat, or simply stretch out on a beach or in a spa complex, you will constantly be discovering new facets of paradise.



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piazza dei Martiri 58  
tel. 081 4107211  
[www.eptnapoli.info](http://www.eptnapoli.info)

**Azienda Autonoma  
di Cura Soggiorno  
e Turismo di Pozzuoli**  
piazza Matteotti, 1/A  
tel. 081 5266639  
[www.infocampiflegrei.it](http://www.infocampiflegrei.it)

## Resorts fit for a Roman Emperor

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The best way to get to **Pozzuoli** without losing sight of the sea is to take the coast road that starts from Bagnoli. It is very panoramic, and much loved by joggers. Small unspoilt coves alternate with bathing establishments providing sunbeds and beach umbrellas, and in the evenings the nightlife is a must for local youngsters. You can enjoy a stroll on the **seafront in Pozzuoli** all the year round; the climate is particularly mild and over the last few years urban planners have created a very pleasant atmosphere. You see runners, roller skaters and people playing football and basketball (on designated playing surfaces). Facing onto the sea there is a colourful array of residential architecture, bars and restaurants, making for plenty of animation. From the **port** of Pozzuoli, jetties and ferries leave for Ischia and Procida, the two enchanting Phlegrean islands.

Not far from the port, where numerous restaurants serve up excellent seafood, stands the monument known as the **Temple of Serapis** or *Macellum*. This was in fact the food market of the Roman city, and down the

centuries its marble columns have stood as a 'thermometer' for the fluctuations in sea level produced by bradyseism: one can clearly see the holes bored by limpets when the columns were under water.

Pozzuoli also contains one of the largest amphitheatres to have come down from Roman times. The **Flavian Amphitheatre's** vast underground vaults are the best conserved of any such monuments. Finally you should not fail to visit **Rione Terra**, the city's ancient heart. Evacuated following the episode of bradyseism in 1970 and currently undergoing a massive renovation, it contains remarkable remains of the ancient Roman city.

Nearby you can visit the **Solfatara**, one of the few active volcanoes with visitor access: the crater with its lunar landscape, fumaroles and boiling mud conjures up an awe-inspiring atmosphere.

Going beyond Pozzuoli and the lakes of Averno and Lucrino, you come to **Baia**, whose name derives from the companion of Ulysses, Baios, reputed to have been buried here. Baia was the

### famous travellers

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A boat trip round to Pozzuoli, brief outings in a carriage, merry jaunts through the most marvellous region in the world. Beneath the purest sky, through the most insidious terrain....

*Johann Wolfgang Goethe, 1787*

## the phlegrean fields in 1 day

Pozzuoli

Baia

Cuma

## the phlegrean fields in 3 days

Pozzuoli

Solfatara

Lakes of Averno and Lucrino

Baia

Bacoli

Cuma



Baia. The underwater archaeological park



## a castle overlooking the sea

The castle of Baia, built in 1495 on the orders of King Alfonso II of Aragona as part of the coastal defences, dominates the Bay from an outcrop of tuff rock rising sheer from the sea. Enlarged during the 16<sup>th</sup> century by the Viceroy Don Pedro de Toledo, it continued to serve as a military stronghold under the Spaniards, the Austrians and the Bourbons. In the 19<sup>th</sup> century it became the Royal Military Orphanage, while today it houses the Archaeological Museum of the Phlegrean Fields. Here you will find, among other treasures, the Sacellum of the Augustals and precious artefacts discovered recently in Rione Terra.



Baia.  
The Castle

most fashionable spa resort in the Roman imperial era. Many of its features, including villas, statues and everyday objects, now lie 5-6 metres beneath the sea. This has been designated a protected marine area, the **Baia Underwater Park** featuring archaeology and the environment. Local diving centres are authorised to give tourists guided tours in the underwater park, with scuba diving or boat trips during which you can glimpse the marvels of Roman civilisation in the depths (Alilauro tel. 081 7611004; Associazione Culturale Ulixes tel. 349 4974183; Calypso Diving Centre tel. 081 8040314).

The underwater archaeological site ends at Punta della Lanterna. This spur of land is surmounted by Baia's most characteristic monument, the **Aragonese Castle**, which houses the **Archaeological Museum of the Phlegrean Fields**.

From the Castle, you get a fine view over the Bay. Not far away is the **Archaeological Park**,

where you can view the ruins of a grandiose Roman complex, and the **Monumental Park** with the remains of a villa which may well have been that of Julius Caesar.

If you are looking to relax, the **Stufe di Nerone**, a thermal park with lawns and terraces constantly in flower, is the place for you.

Ten kilometres further on you come to **Bacoli**, built over the Roman city *Bauli*, of which some remains are still visible. There are several bathing establishments, although the sea is not Bacoli's only asset. It is famed for the **Centro Camerelle**, a large scale system of ancient watertanks, and the **Piscina Mirabilis**, a colossal reservoir which ensured the water supply for the naval base in Miseno. In addition, a slender coastal strip divides the sea from the lagoon of Miliscola; with the saline **lake of Fusaro**, it is an exceptional ecosystem where first class fish and shellfish are farmed. On a small island in the lake stands the **Casino Reale**, originally a royal hunting lodge (built by Carlo Vanvitelli).

#### art and archaeology

Amphitheatre of Pozzuoli  
The Sybil's Cave (Cuma)  
Casino Reale (lake of Fusaro)  
Archaeological Museum of the Phlegrean Fields (Bacoli)  
Archaeological Park of Baia  
Archaeological Park of Cuma  
Rione Terra (Pozzuoli)

#### nature and parks

Baia Underwater Park (archaeology-environment)  
Regional Park of the Phlegrean Fields  
Nature Reserve Cratere degli Astroni

#### for young people

Bacoli  
Seafront in Pozzuoli  
Miseno  
Stufe di Nerone

#### specialities

Mussels from Miseno  
Mozzarella Dop  
Mackerel and anchovies  
*wines*  
Campi Flegrei Doc

## The port of Ancient Rome

Leaving Bacoli on your left, you come to **Miseno**, an important bathing resort whose broad expanse of sand and shallow water is particularly suitable for children. The name Miseno, also shrouded in myth, marks the promontory which was the headquarters of the Roman navy in the Imperial era. It was flanked on one side by the Bay and on the other by the **lake of Miseno** (also known as “Mar Morto” because it was so shallow), actually a coastal lagoon linked to the harbour by a delta and to the sea by a channel which crosses the **beach of Miliscola**, served by numerous bathing establishments. With sunbeds and beach umbrellas, little restaurants specialising in seafood, plus a splendid view across to Procida and Ischia, this is a veritable paradise for young and old alike. If you want to sail round the point and explore the coast, dotted with coves and inlets, you can hire a boat in the **port of Miseno**. The most prestigious monument to have survived from ancient *Misenum* is the **Sacellum of the Augustals**, a temple from the 2nd century AD dedicated to the cult of the Emperor. It had sunk on account of bradyseism, and was recuperated and reconstructed in the Archaeological Museum of the Phlegrean Fields.

### spas and fitness

Stufe di Nerone (Baia)  
Agnano spa centre  
Pozzuoli spa centre

### shopping

Ceramic and terracotta  
ware  
Wines

### outings with children

Amphitheatre of Pozzuoli  
The Sybil's Cave (Cuma)  
Solfatara

Sacello  
degli Augustali







## Island hopping: Procida and Ischia

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### NOT TO BE MISSED

#### PROCIDA

Marina Grande



Marina di Corricella  
Marina di Chiaiolella



#### ISCHIA

Ischia Porto



Lacco Ameno  
Forio d'Ischia



Sant'Angelo



Maronti beach





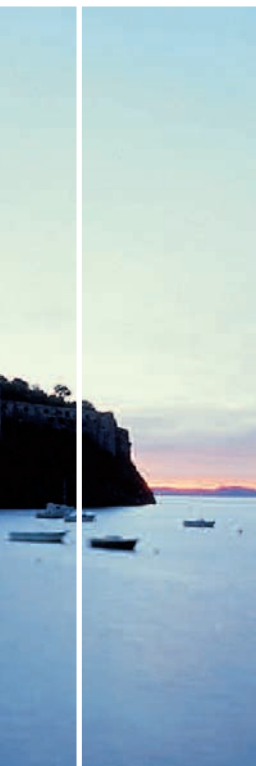


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[www.eptnapoli.info](http://www.eptnapoli.info)

**Azienda Autonoma  
di Cura, Soggiorno  
e Turismo di Ischia  
e Procida**  
via Sogliuzzo 72  
Ischia  
tel. 081 5074211  
[www.infoischiaprocida.it](http://www.infoischiaprocida.it)

**Procida Visitors' Office**  
via V. Emanuele 168  
Procida  
tel. 081 8101968

So near and yet so different: **Procida** and **Ischia**, with **Vivara** in between, constitute a small archipelago which is a sort of extension of the Phlegrean Fields. Simply for its size, Procida (eleven times smaller than Ischia) immediately conjures up the feeling of an island existence (but one which is not necessarily 'isolated'). With the sea on all sides, it is as if its inhabitants had been forgotten by the world outside, but not by Mother Nature, who provides views which are a solace to mind and heart. The sea at Procida is like the natural environment: not crowded, transparent, and still firmly attached to the traditions of sea-farers. Ischia, on the other hand, is a paradise for *bons viveurs*: high society is perfectly at home in "the green isle", not least at the sea. Its beaches are places to see and be seen, and the seafront in Ischia Porto attracts strollers and gastronomes both by day and by night. However, if you get away from the crowded hotspots by boat, for example, or head off into the interior, you can find places which are quite unspoilt, and above all recover that sensation of "extra-territoriality" afforded by living on an island.



Ischia,  
the Aragonese Castle

## Procida, for a quiet life

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A surface area of barely 4 km<sup>2</sup> and some 16 km of coastline make **Procida** the ideal place for whoever wishes to discover the true dimension of living by the sea. The island offers beaches of sand and stones, readily accessible both by land and by sea. What is more, its houses conserve all the charm of traditional Mediterranean architecture.

It is no exaggeration to say that the sea is everything for Procida. It accounts for the character of its inhabitants, mostly fishermen or sailors; provides its chief resource, fishing, still carried out using traditional methods; and also represents its main asset for the future, because this island has managed to safeguard its natural environment. There are harbours on three sides of Procida: **Marina Grande**, the port, to the

north, with the beach of il Cannone nearby; the fishing village of **Marina di Corricella** to the east, with its houses in a whole range of pastel colours; and **Marina di Chiaiolella** to the south, providing moorings for pleasure craft. There is no doubt that a trip round the coast characterised by rugged tuff cliffs is the best way to get to know its coves, outcrops and crystal-clear sea (you can hire a boat at the port or through any of the travel agencies). But there are also large expanses of sand, easily accessible for families and young people. The beaches at Chiaiolella are the most popular, with sunbeds and beach umbrellas as well as numerous restaurants and bars where you can enjoy seafood and limoncello, the liqueur made from Procida's celebrated lemons.



Here we were at Procida, the ferry edging into the port, and an endless façade of arches and semi-arches in colours... reds, yellows and pink prevailed, and it was all so surprising, moving even. At the north end of this parade of arches a massive gap-toothed wall with Byzantine crenellations let the sky through each of its arches... One's thoughts went for a moment to Venice. A Venice chopped up into pieces, or turned into a slice of water melon.

*Toti Scialoja, 1957*

Procida.  
Marina  
della Corricella



## Ischia, for the high life

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Universally known as “the green isle” on account of its lush vegetation, Ischia attracts tourists from all over the world for its sea and its remarkable spa resources. The beaches are easy to reach and the mild climate means you can bathe during much of the year. It is certainly the sea which has been the key to the island's transformation from a fishing community to a centre of international tourism, offering an ample and diversified range of accommodation...

The many bathing establishments along the shore between **Ischia Porto** and **Ischia Ponte** maintain the island's tradition as a resort. They stand on wooden stilts, each occupying its own stretch of beach, and rent out deckchairs and beach umbrellas. Close at hand for the centre of Ischia Porto, they are ideal for families with small children. Other popular swimming spots in this part of the island are the beaches called

### procida in 1 day

Marina Grande

Terra Murata

Marina di Corricella

Marina di Chiaiolella

### ischia in 1 day

Ischia Porto

Ischia Ponte

(Aragonese Castle)

Lacco Ameno

Forio d'Ischia

Sant'Angelo

degli Inglesi, dei Pescatori and Cartaromana, where you can bathe in front of the Aragonese Castle. From the port it is easy to get round the island by public transport to reach all the other beaches. There are too many to list them all, but we can at least mention the magnificent beach of Maronti, with 2 km of fine sand and inland the mineral springs of Olmitello and Nitrodi; **Sant'Angelo** and Grado at Punta Sant'Angelo; Citara and Cava dell'Isola at **Forio** (both offering extensive facilities including bars, restaurants and water sports); San Montano, with its enchanting bay, spacious beach and frequent buses to and from **Lacco Ameno** and its fashionable hotels; and finally **Casamicciola**. If you have your own boat a trip right round the island is perfectly feasible, for there is plenty of choice for berthing, and if you are not so fortunate you can still explore the island's alluring coastline in a hired boat.

Lacco Ameno.  
Spiaggetta delle monache



Ischia Ponte  
Seen from the  
Aragonese Castle



## art and archaeology

### *Procida*

Terra Murata

### *Ischia*

Aragonese Castle  
(Ischia Ponte)

Archaeological Museum of  
Pithecusae (Lacco Ameno)  
Church of the Madonna  
del Soccorso (Folio)

Sanctuary of Santa Restituta  
(Lacco Ameno)

## nature and parks

### *Procida*

Oasis of Vivara

### *Ischia*

La Mortella Gardens (Folio)  
Monte Epomeo



Forio d'Ischia.  
Chiesa  
del Soccorso



## Museum of the Sea

This museum is housed in the ancient Torre dell'Orologio at Ischia Ponte. Its display of old photographs, postcards, shipbuilders' tools, models of sailing ships and old navigational instruments takes visitors back to the early 20<sup>th</sup> century when seafaring was still a matter of traditions handed down from one generation to the next.

## for young people

### *Procida*

Marina di Chiaiolella

### *Ischia*

'Rive Droite' at Ischia Porto  
Sant'Angelo

## specialities

### *Procida*

Lemons of Procida

### *Ischia*

Rabbit alla ischitana  
wines  
Ischia Doc

## spas and fitness

### *Ischia*

Establishments  
and thermal parks, beauty  
centres in the major hotels

## shopping

Procida

Limoncello

Ischia

Artistic ceramic ware

Natural cosmetics (Forio)

Wines

In addition to the bathing possibilities, Ischia has abundant resources in terms of culture, nature (Monte Epomeo is much loved by ramblers) and above all spas. There are no less than **eight zones of mineral springs** scattered over the island, not to mention innumerable individual springs, stufas and fumaroles. The Latin author Strabo referred to this diversity as “a gold mine”, and nowadays it is enhanced by modern **treatment centres** set in appealing natural settings. In the famous thermal parks hot swimming pools, saunas, jacuzzis, Japanese and Turkish baths, facilities for beauty and medical care, restaurants and snack bars are immersed in beautifully tended gardens with luxuriant vegetation, with your own deckchair and umbrella at your disposal on the seashore. Nor should we forget the areas dedicated to fitness and well-being, not only in the leading hotels but also in many of the smaller, family-run establishments. Indeed, anyone who comes to Ischia intent on recharging body and mind has only too much to choose from! And if you've had your fill of the sea, there are plenty of things to visit, starting from the

island's most characteristic monument, the **Aragonese Castle** at Ischia Ponte. Built on an islet of volcanic rock reached by a road laid out by King Alfonso I of Aragona in 1438, the Castle is in reality a citadel, with streets, churches, a gaol and even a small, out of the way hotel. There is a magnificent panorama from the terraces suspended high over the sea. At Lacco Ameno you should visit the **sanctuary of Santa Restituta**. The crypt gives access to the remains of a palaeochristian basilica with finds which narrate the island's history from the Greeks to the early Christians. In the **Archaeological Museum of Pithecusae** close by, vases and jewels are evidence of the extensive network of trading carried on by the *Pithecusans*, Ischia's first inhabitants. Finally there is the **Church of the Soccorso** at Forio d'Ischia, where sailors came to give thanks for delivery from danger on the seas. Situated on a west-facing promontory, the church's simple white façade stands out boldly against the blue of the surrounding sea. What more romantic setting could there be for a stroll at sunset?

## famous travellers

Ischia at last... The coast is enchanting; it rises up smoothly and culminates in a large hill, covered with greenery, gardens and vines.

*Guy de Maupassant, 1885*

## outings with children

### *Procida*

Marina di Chiaiolella

Terra Murata

### *Ischia*

Aragonese Castle

(Ischia Ponte)

Farming Museum of Ischia

(Panza)

Museum of the Sea

(Ischia Ponte)

Sant'Angelo



### **Cava Scura: a plunge into the past**

To imagine how Ischia must have been millions of years ago, the place to go is Cava Scura. From the beach of Maronti take the path that leads away from the sea and winds through the rocky hinterland until you come to a hot spring

that issues from the mountain at a temperature of 90°C. Here, cut out of the rock, you find grottoes, boiling hot waterfalls, natural saunas and mud pools which constitute a veritable open-air spa amidst the broom, sweet chestnuts, oaks, vines and moss.

Ischia.  
Lacco Ameno



Sant'Angelo





On the **Domitian coast**, amidst herons, pine woods and sandy promontories

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## NOT TO BE MISSED

### Licola



### Marina di Varcaturò



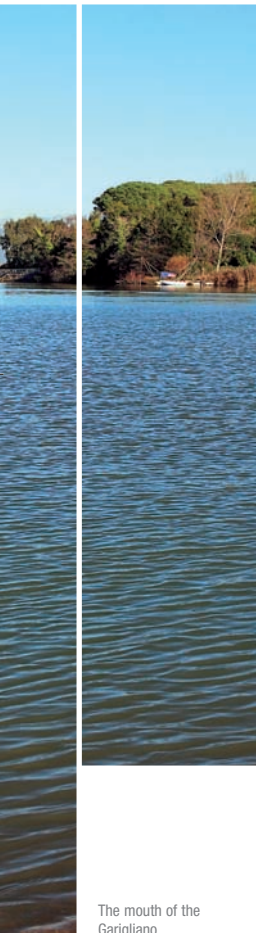
### Mondragone



### Baia Domizia







The mouth of the  
Garigliano

The Domitian coast is famous for its kilometres of golden beaches. The landscape of fine white sand and dark green pine woods runs alongside the Roman road built by the Emperor Domitian in the 1<sup>st</sup> century AD in order to cut the journey time from the capital to the aristocrats' favourite pleasure resorts, Baia above all.

The whole area, which has much to offer for tourists, is well provided with hotels, resorts, guest houses and camp sites. It is very busy in summer, being popular with families with children and young people, but it is also very pleasant outside the peak period, when roads are less crowded. There is plenty of space and a whole range of resources: a calm sea, protected nature (the **Regional Nature Reserve Foce Volturno e Costa di Licola** and **Regional Park Roccamonfina-Foce del Garigliano**) as well as an outstanding **wine, Falerno**, on record as having met with the approval of Virgil, Horace and Pliny. You should certainly also visit one of the many dairies located in the district of Mondragone, Castel Volturno and Cellole, to see how true **mozzarella** is produced using buffalo milk, a traditional craft which goes on providing a great delicacy.



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## Northwards along the coast, from Licola to Baia Domizia

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The first place you come to on the Domitian coast as you approach from the Phlegrean Fields is **Licola**, well known above all for its large tranquil beaches. Set in a verdant pine wood which stretches away from the shore, there are hotels, holiday homes, camp sites and sports facilities. Further up the coast you come to **Marina di Varcaturò**, one of the favourite resorts among young people. The bathing establishments, including the famous *Varca d'Oro*, offer well equipped large beaches with swimming pools and jacuzzis, gyms, and a variety of sports including beach volley. Or, if you prefer, you can simply take it easy.

Accommodation is available close to the beach in hotels, residences and camp sites set amidst the pine trees.

Just a few kilometres further on you see **Lago Patria** on your right. Near the lake there once

stood the ancient city of *Liternum*, remains of which can still be seen. The main road links the many resorts along the coast: **Marina di Lago Patria**, **Ischitella Lido**, **Villaggio Coppola**.

The whole area has everything holidaymakers can want, and attracts thousands of visitors every year. A little further on the coastline is interrupted by the mouth of the River Volturno, beyond which stretch more beaches. There are two things you must not miss: the mozzarella of **Castel Volturno** (indeed from here to Cellole the buffalo reigns supreme) and a 9-hole golf course for golf enthusiasts.

As you go on along the Via Domiziana you come to **Mondragone** and its resort, which was already popular in Roman times for its hot mineral springs. The name Sinuessa lives on in a modern spa establishment, while you can see

Domitian coast



## the Domitian coast in 1 day

Licola

Regional Nature Reserve

Foce Volturno e Costa

di Licola

Marina di Varcaturò



## the Domitian coast in 3 days

Licola

Regional Nature Reserve

Foce Volturno e Costa

di Licola

Lago Patria

Marina di Varcaturò

Baia Domizia

Regional Park

Roccamonfina-Foce

del Garigliano



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## a walk amongst dunes and pine woods

The Domitian coast also has much to offer those with an interest in the natural sciences. There is a remarkable diversity of biological species, including the very rare marine lily with its heady scent. The Regional Nature Reserve Foce Volturno e Costa di Licola includes the Oasis of Variconi, featuring saline ponds which are home to rare fish, amphibians and reptiles, and the stilt plover which frequently over-winters here. This is a real treat for children.

Castel Volturno

## art and archaeology

Ruins of *Liternum*

## nature and parks

Regional Nature Reserve  
Foce Volturno e Costa  
di Licola  
Regional Park  
Roccamonfina-Foce  
del Garigliano

## for young people

Baia Domizia  
Marina di Varcaturato

## specialities

Campania buffalo meat  
Roccamonfina chestnuts  
Mozzarella Dop

*wines*

Falerno del Massico Doc

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ruins of the ancient settlement. Here the tourist will find hotels, restaurants, camp sites and above all sandy beaches with all the facilities. Inland the countryside is chequered with olive groves and vineyards. This is the area of **Falerno doc**, a wine which was prized by the Romans and now enjoys an international reputation thanks to the painstaking commitment of local producers. At the heart of the Bay of Gaeta, not far from the mouth of the Garigliano which marks the border between Campania and Lazio, there is **Baia Domizia**, the most famous resort on this coast

on account of its holiday clubs, set in greenery and close to the sea. By day you can do a whole range of sports, including aerobics, windsurf, canoeing and aquagym, and then you can dance the night away in one of the many discotheques. The clubs always take care of children, with personnel to organize games and activities catering for every age group. There is no doubt that Baia Domizia is an ideal holiday destination for families and for young people, as well as anyone in search of relaxation.

## famous travellers

You can make out nothing, but you are still struck by the wealth of this terrain. There before you is a vast cereal crop, in spring... There is no movement caused by the wind, as there would be in such fields in our parts. Not a contrast, no patch of dark or light, just pure green. Campania felix fading away into the far distance.

*André Maurel, 1911*



## shopping

Wines and local products

## outings with children

Marina di Varcaturò  
Regional Nature Reserve  
Foce Volturno e Costa  
di Licola



## fishing with the experts

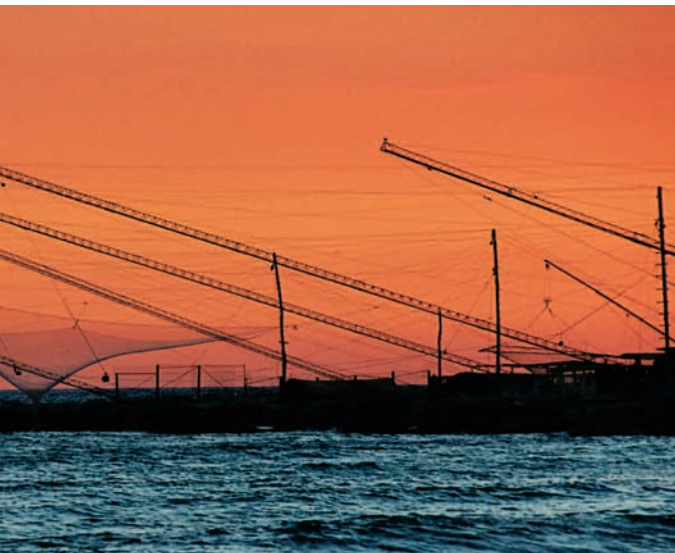
Tourism for fishing is one of the most innovative aspects of what Campania has to offer its visitors. You are able to take part in authentic fishing trips, seeing how the route is planned and helping the crew with manoeuvres, setting and bringing in the

nets. This gives you a flavour of deep sea fishing, far removed from the standard tourist track.

To end the trip you sit down to a meal with the fishermen, and learn how to prepare the delicious traditional local fish dishes. This initiative is available in many fishing communities

from the north to the south of the region: Castel Volturno, Bacoli, Pozzuoli, Ischia, Procida, Naples, Sorrento, Salerno, Marina di Pisciotta. To find out more, contact the tourist office in any of the above-mentioned resorts.

Fishing nets at the mouth of the River Volturno





# Lemons, olives and enchanting coves: the **Sorrentine Peninsula**

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## NOT TO BE MISSED

### Vico Equense



### Sorrento



### Massa Lubrese



### Bay of Ieranto



### Marine Park of Punta Campanella







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Celebrated throughout the world, the **Sorrentine Peninsula**, with its views and perfumes, has made its mark on illustrious visitors ever since the 17th century. Then it was the *Grand Tour* which brought young noblemen, intellectuals and artists from Northern Europe to Italy and these parts. Many centuries previously, the balmy climate and enchanting landscape had conquered the Romans, who built sumptuous villas along this coast in the Augustan age. And today, as Lucio Dalla recalls in "Caruso" (the song he composed in Sorrento to commemorate the town's world-famous tenor), this is still the place "where the sea glistens and the wind blows fiercely". In many places the coastline of the Peninsula is rugged and harsh, plunging into the deeps with breathtaking views. At the same time there is plenty of choice for those wanting to swim, with beaches and coves which are easily accessible and crystal-clear water.



Sorrento

## Touring the Peninsula

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**Castellammare di Stabia**, which takes its name from a medieval castle built overlooking the sea (*Castrum ad mare*), is the starting point for a tour of the Peninsula (but make sure you sample the local biscuits first!). The town is known for the remains of two Roman residences from the Imperial era, the spa complex and the ship building yards. As you drive out along the coast road, you are soon greeted by sparkling vistas. After a few kilometres you come to **lo Scrajo**, a spa establishment famous for its sea water pools at different temperatures. Just beyond it, **Vico Equense** is a lively resort with beaches offering all facilities; and shortly afterwards you come to **Seiano**, with beneath it **Marina di Equa**, a small beach surrounded by high cliffs. You must not forget that this whole area is famous for exquisite cheeses and dairy products...

The road continues through the vivacious communities of **Meta**, **Piano di Sorrento** and **Sant'Agnello**, and soon brings you to **Sorrento**. Arriving here by boat is truly spectacular, for from the sea you can appreciate the rugged beauty of the coastline with its towering cliffs in volcanic tuff. There are bathing establishments near the **port**, while others are reached from the road leading to Massa Lubrense. Whoever chooses to make Sorrento their base for a seaside holiday (and you can do so for most of the year thanks to its mild climate) can be sure of beautiful landscapes and first-rate artistic and gastronomic attractions, as well as fine hotels, charming guest houses and fully equipped camp sites. If you are set on immersing yourself in nature, archaeology and legend, the **Baths of**

The port  
of Massa Lubrense





### the Sorrentine Peninsula in 1 day

Vico Equense  
Sorrento  
Massa Lubrense  
Bay of Ieranto

### the Sorrentine Peninsula in 3 days

Castellammare di Stabia  
Vico Equense  
Sorrento  
Baths of Queen Joan

Massa Lubrense  
Bay of Ieranto  
Nerano  
Agerola



Lemons  
from the Sorrentine  
Peninsula



### a museum between citrus groves and the sea

Small but delightful, the Correale di Terranova Museum occupies an 18th century villa, set in a citrus grove, overlooking the sea. Inside you find a variety of *objets d'art*: masterpieces of the local speciality of inlaid wood, paintings, furnishings, old clocks, oriental porcelain, and both Italian and foreign majolica ware.

### art and archaeology

Antiquarium Stabiano  
(Castellammare di Stabia)  
Correale di Terranova  
Museum (Sorrento)  
Museum of inlaid wood  
(Sorrento)  
Villa di Arianna  
(Castellammare di Stabia)

### nature and parks

Regional Park of Monti  
Lattari  
Marine Nature Reserve  
of Punta Campanella

### for young people

Nerano  
Sorrento  
Vico Equense

## specialities

Biscuits of Castellammare  
Shrimps from the creel  
(Nerano)  
Dairy products of Agerola  
Sorrento lemons  
Sorrento walnuts

Sorrentine Peninsula  
extravirgin olive oil Dop  
Pasta of Gragnano  
Pizza 'a metro'  
(Vico Equense)

Provolone del monaco cheese  
(Vico Equense and district)  
Spaghetti with courgettes  
(Nerano)  
Fiordilatte plait (Massa  
Lubrense and district)

wines  
Sorrentine Peninsula Doc

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**Queen Joan** are the place for you, with a natural rock arch enclosing a pool of sea water. The waterside ruins are thought to be those of the villa of Vedius Pollio, a rich Roman aristocrat, but legend has it that it was here that Joan, Queen of Anjou gave trysts to her lovers.

The coast road beyond Sorrento winds through citrus and olive groves, with scintillating views. After 7 km you come to **Massa Lubrense**, one of the most popular resorts along the Peninsula for its combination of discretion and high society. It has several bathing establishments, some open to the public (like the rocks round the **little marina** and the Fontanelle outcrop) and others which are private. It is also easy to get from here to **Nerano** and **Marina del Cantone**, where the shingle beaches have all bathers need. This stretch of the coast, round past Punta Campanella, is particularly impressive, with bays, creeks and grottoes overlooking an

expanse of sea which is particularly rich in marine life and multicoloured seaweed. Why not hire a boat to explore it for yourself? The Fishing Cooperative in Massa Lubrense rents out fishing and motor boats, manned if you wish.

One of the most enchanting places on the coast is the **Bay of Ieranto**, directly opposite the Faraglioni of Capri. You can reach it along a path that winds through olive trees and the maquis, and you will feel your walk has been worthwhile when you see the bay beneath you in all its discreet beauty. After all, if legend is to be believed, this was siren land...

**Punta Campanella** is also an area of outstanding value in terms of wildlife and landscape, which since 1997 has been safeguarded as a Marine Park extending to other comunes on the Peninsula. Another fine walk takes you in a gradual descent all the way to the point.

Capri seen  
from Punta  
Campanella



## spas and fitness

Beauty centres  
in the major hotels  
Scrajo spa centre  
Stabia spa centre



## shopping

Cheese and dairy products  
Limoncello of Sorrento  
Furniture and objects  
in inlaid wood

## outings with children

Cable car up Monte Faito  
Campano Mineralogical  
Museum (Vico Equense)  
Beaches of Vico Equense

## shrimps from the creel

The Sorrentine Peninsula is one of only four places in Italy (together with Portofino, Fillicudi and Argentario) where you still find a particular species of pink shrimp known as *parapandalò*.

These tasty crustaceans live in clusters at the entrance to underwater caves, but are difficult to gather. The age-old tradition still in use around Massa Lubrense, and in particular at Nerano, involves using creels, round wickerwork

baskets with a special opening which allows the shrimp to enter but not to get out again. These baskets are woven by hand during the winter, and making one involves tying no less than 5000 knots!



A little beach on the Sorrentine Peninsula



## Capri, the 'azure isle'

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### NOT TO BE MISSED

#### Marina Grande



#### Baths of Tiberius



#### Marina Piccola



#### Natural Arch



#### Faraglioni



#### The Blue Grotto





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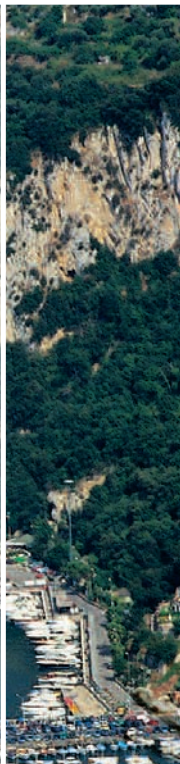
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Marina Grande  
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via Giuseppe Orlandi  
Anacapri  
tel. 081 8371524

**Capri** is one of the most enchanting islands in the world, and a "must" on the international tourist circuit. A natural adjunct to the Sorrentine Peninsula, for centuries writers, poets, musicians and painters have fallen under its spell. Any number of directors have chosen it as the setting for their films, and of course all sorts of famous people have congregated at the café tables in the celebrated *piazetta*. One of the island's first adepts was the Roman emperor Tiberius, who spent the last years of his life here. Certainly the "cocktail" of nature, art, culture and high society that Capri can offer has few equivalents in the world, but what is it about the island that really makes its mark on visitors? Surely it is the sea, or rather the colours of the sea and the environment: the intense blue of the deep water, the crystalline turquoise in the inlets, the white of the rocks in the blazing sun and the grey of the clifftops which fade into the azure above, or again the dense green of the Mediterranean maquis, the yellow of the flowering broom...



Capri

## Capri and Anacapri

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Capri is popular all the year round, particularly at weekends. If you are lucky enough to visit it in spring or autumn, when the mild climate is still favourable for swimming and the island is not crowded, you really will feel you are spending a few days in paradise. You disembark at **Marina Grande** and take the bus or funicular up to **Capri** itself, the main centre which is off limits for private vehicles. As you move away from Piazza Umberto I, which is indeed a society hotspot in the open air and universally known as "la piazzetta", you feel as though you are entering a world of enchantment. You catch sight of the sea wherever you turn, with scintillating views: from the belvedere of **Punta Tragara**, for example, at the end of Capri's most famous walk, or from the lane that leads to the **Natural Arch**, a rock formation produced by erosion. Or again from each bend in the breath-taking Via Krupp, which takes you down to **Marina Piccola** with its bathing establishments looking across to the **Fraglioni**, that unmistakable icon of the Capri landscape.

### art and archaeology

Baths of Tiberius  
Casa Rossa (Anacapri)  
Monastery of San Giacomo  
Church of Santo Stefano  
Archaeological Museum  
"I. Cerio"  
Villa Jovis  
Villa Malaparte  
Villa San Michele  
(Anacapri)

### nature and parks

Monte Solaro (Anacapri)  
Oasis of Monte Barbarossa  
(Anacapri)  
Parco Augusto

### capri in 1 day

Marina Grande and Baths of Tiberius	Monastery of San Giacomo Via Krupp
The Blue Grotto	Marina Piccola
Piazza Umberto I (la 'Piazzetta')	Punta Tragara with the Faraglioni

From **Anacapri**, the island's other urban centre, you can arrive at the ruins of Villa Damecuta, perched overlooking the sea, and above all at the place where boats cross to the famous **Blue Grotto**. Together with the Faraglioni, this could well claim to be the trademark of Capri. In 1826 it was 'discovered' (even though it had been known to the people of Capri since ancient times) by the German poet August Kopisch, and has never ceased to lure visitors. Accessible only from the sea, it owes its name to the remarkable play of colours that meets your eyes inside. A phenomenon of refraction creates a magical iridescence which illuminates the sides of the grotto through the water to a considerable depth. In fact the real beauty of the sea at Capri can only be fully appreciated by hiring a dinghy or small motor boat and setting off to explore the creeks, bays and especially the many grottoes hollowed out of the rock. We can begin a brief introduction to the places where you can swim with all the appropriate facilities with the popular establishments at Marina Grande, next to the port. This is also

### for young people

Anacapri  
La 'Piazzetta'  
Via Camerelle

### specialities

Insalata caprese  
(tomato and mozzarella)  
Limoncello di Capri  
Ravioli capresi  
Torta caprese  
(chocolate and almonds)  
Zuppa di cicerchie (chickling  
pea soup) (Anacapri)  
wines  
Capri Doc



## capri in 3 days

Marina Grande  
and Baths of Tiberius  
The Blue Grotto  
Piazza Umberto I  
(la 'Piazzetta')

Villa Jovis and Tiberius's  
"leap"  
Monastery of San Giacomo  
Via Krupp  
Marina Piccola

Punta Tragara  
with the Faraglioni  
Villa San Michele  
(Anacapri)  
Monte Solaro (Anacapri)



The Blue  
Grotto

## famous travellers

I suddenly found myself in an extraordinary cave (the Blue Grotto) and uttered an involuntary exclamation of astonishment. In front of me, all around, above and behind me I was confronted with things too extraordinary to narrate. Imagine a cave which is azure through and through, as if God had amused himself building a tent with a fragment of sky.

*Alexandre Dumas, 1835*





A bathing establishment

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where you can take a boat to the **Baths of Tiberius**, a shingle beach at the foot of “palazzo a mare”, one of the twelve villas which the emperor had built on the island.

At Marina Piccola you find a historic bathing venue, la **Canzone del mare**.

It was created in 1936 when the film director Monty Banks set out to turn the residence of Emil von Behring, the discoverer of the diphtheria antidote, into a tourist complex. Ever since it is where society icons have come to bathe. But there are plenty of other establishments at Marina Piccola, built on stilts and providing deckchairs and beach umbrellas pitched on the shingle. You will also find properly equipped bathing places opposite the Faraglioni rocks and, at Anacapri, at Punta Carena, near the lighthouse, and not far from the Blue Grotto. If you arrive in Capri by boat, Marina Grande is a fully equipped harbour. At

least once a year this is the venue for international sailing regattas.

Of course the sea is not the island's only attraction, for there are museums, archaeological sites and historical residences. At Capri you can visit the **Ignazio Cerio Museum**, which narrates the island's history; the majestic ruins of **Villa Jovis**, which give a real feeling of the grandeur of the imperial residences; and the **monastery of San Giacomo**, combining fine works of art with marvellous panoramas. At Anacapri you should visit the **church of San Michele**, with its extraordinary majolica flooring, and Villa San Michele, built by the Swedish doctor Axel Munthe, who immortalised his passion for Capri in a famous book. If you take the chair lift you can go to the top of **Monte Solaro**, which provides uninterrupted viewing across the bays of both Naples and Salerno.



## spas and fitness

Beauty centres  
in the major hotels



## the Phoenician steps

The towering limestone cliff that separates Capri from Anacapri is bisected by a very ancient route which starts from Marina Grande and climbs almost vertically to the outcrop where Villa San Michele stands. This is a walk with truly

## shopping

Limoncello of Capri  
Capri fashion  
Perfumes from Capri  
Sandals  
Wines

## outings with children

Baths of Tiberius  
Monte Solaro chair lift  
The Blue Grotto  
Via Krupp

unforgettable views; needless to say, it is advisable to negotiate the 800 steps going down!



Via Krupp

Capri  
Marina Piccola





## Between sea and sky: the **Amalfi Coast**

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### NOT TO BE MISSED

#### Amalfi



#### Ravello



#### Furore fjord



#### Positano





Ravello, Villa Cimbrone

This is the land of the sirens, the wooers of Ulysses, where the nature is still on the wild side, the sea an emerald green, and the architecture features houses clinging to the rockface and churches with majolica domes. Amalfi, Ravello, Positano, Furore... every settlement along the **Amalfi coast** is a foretaste of paradise, every view remains imprinted in visitors' hearts and minds, and every place is full of attractions, whether natural or cultural. In short, you won't want to miss anything, and everywhere will give you the urge to come back.



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per il Turismo di Salerno**  
via Velia, 15  
tel. 089 230411  
[www.eptsalerno.it](http://www.eptsalerno.it)

**Azienda Autonoma  
di Soggiorno  
e Turismo di Amalfi**  
via delle Repubbliche  
Marinare  
tel. 089 871107  
[www.amalfitouristoffice.it](http://www.amalfitouristoffice.it)

**Azienda Autonoma  
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e Turismo di Maiori**  
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tel. 089 877452  
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di Soggiorno  
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via del Saracino 4  
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[www.aziendaturismo-positano.it](http://www.aziendaturismo-positano.it)

**Azienda Autonoma  
di Soggiorno  
e Turismo di Ravello**  
via Roma 18 bis  
tel. 089 857096  
[www.ravellotime.it](http://www.ravellotime.it)

## From Vietri sul mare to Sant'Agata sui due Golfi

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You discover the 'divine' Amalfi Coast along a road built in 1840, the SS 163, which has breath-taking views of the steep rugged coastline at every bend. Coming from Salerno, the first resort you encounter is **Vietri sul Mare**. Just a kilometre from the centre is the popular beach of **Marina di Vietri**, with the Torre Crestarella, whose park gives access to another little beach. Vietri is famous not only for its beaches but also for its very colourful ceramic ware, a tradition dating back to the 15<sup>th</sup> century. Going on past the rock formations in the sea known as the Due Fratelli and the Punta di Fuenti, where the remains of a Roman quay lie below the surface, you come to the **beach of Cetara**, an ancient Saracen stronghold, its name deriving from the Latin word *cetariae* ("tunny fisheries"). Further on there is the beach of **Marina di Erchie**, with the tower of the same name, and **Capo d'Orso**, a black rock mass rearing up like a bear. This brings you to **Maiori**, at the head of the valley of Tramonti, a modern resort with the

largest beach along the Amalfi coast, making this locality particularly popular with families. Just beyond it comes the charming little town of **Minori**. The main road goes on to **Atrani**, an ancient settlement where the nobility of the Maritime Republic of Amalfi had their residences and where the doges were crowned and buried.

At this point a detour is obligatory to take in **Ravello**, with its magical atmosphere, far removed from the coastal bustle. The gardens of **Villa Rufolo** inspired Richard Wagner while he was composing *Parsifal*, and the famous belvedere of **Villa Cimbrone** offers the most romantic panorama anywhere along the Amalfi Coast.

Rejoining the coast road, about one kilometre from Atrani you come to **Amalfi**. The names of its numerous bathing establishments do justice to the beauty of the scene: Lido Azzurro, Lido delle Sirene, lo Smeraldino, Marina Grande, Stella Maris...

### art and archaeology

Amalfi cathedral  
Ravello cathedral  
Museum of paper making (Amalfi)  
Museum of ceramics (Vietri sul Mare)  
Villa Cimbrone (Ravello)  
Villa Rufolo (Ravello)

### nature and parks

Regional Park of Monti Lattari  
Regional Park and Oasis of Decimare  
Marine Nature Reserve of Punta Campanella  
State Nature Reserve Valle delle Ferriere

### for young people

Amalfi  
Maiori  
Positano  
Praiano

### specialities

Anchovy conserve (Cetara)  
Amalfi lemons  
Red tuna of Cetara  
  
wines  
Costa d'Amalfi Doc



## the amalfi coast in 1 day

Ravello

Amalfi

Positano

## the amalfi coast in 3 days

Vietri sul mare

Ravello

Amalfi

Furore fjord

The Emerald Grotto

Positano

Li Galli islands

Sant'Agata sui due Golfi



Amalfi

## spas and fitness

Beauty centres  
of the major hotels

## shopping

Ceramic ware  
from Vietri sul Mare  
Limoncello of Amalfi  
Positano fashion  
Wines

## outings with children

Museum of paper making  
(Amalfi)  
Positano  
State Nature Reserve  
Valle delle Ferriere  
Beach of Maiori



## For music lovers

Each summer the famous Ravello Festival offers music and other events in places of outstanding beauty in an incomparable setting. Notable is the brand new Oscar Niemeyer Auditorium, which increases Ravello's already exceptional music scene.



The Emerald Grotto

Amalfi is the oldest of the four Maritime Republics, and still conserves all its age-old charm: wedged between mountains and sea, traversed by narrow winding alleyways, it features a wealth of medieval architecture with a clear Moorish influence and art treasures such as the **Cathedral** and the “**cloister of Paradise**” with its interlacing arches. The tradition of its glorious past is kept very much alive: since 1954 the annual regatta of the ancient Maritime Republics is held in rotation here and in Pisa, Genoa and Venice, with historic vessels complete with turreted stern and gilt figurehead, eight oarsmen and steersman.

If you wish to immerse yourself in greenery for a change, the natural balconies of **Agerola**, at the heart of the Monti Lattari, are ideal vantage points for taking in the full splendour of the Amalfi coast.

In summer the festivals held here allow visitors to savour the exquisite local specialities, primarily cheese and dairy products.

Driving out of Amalfi, you soon come to the turning to **Furore**, and after 6 km of hairpin bends you reach the summit of this old village spreadeagled on the foothills of the Monti Lattari. The landscape has a rugged dolomitic beauty, and from here the sea can be reached down a long flight of steps built in the days of the Maritime Republic (alternatively there is easy access to the creek of Furore from the coast road). As you go on you come to **Conca dei Marini**, once an important trading centre, and just beyond it a forecourt from where a lift takes you down to the impressive **Emerald Grotto**, with its emerald hues reflecting off the underwater rock faces. The grotto, which can also be approached from the sea, is rich in stalactites and stalagmites. Further on you

## famous travellers

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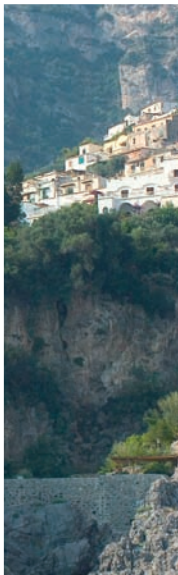
Positano bites deep. It is a dream place that isn't quite real when you are there and becomes beckoningly real after you have gone. Its houses climb a hill so steep it would be a cliff except that stairs are cut in it... The small curving bay of unbelievably blue and green water lips gently on a beach of small pebbles.

*John Steinbeck, 1975*





Praiano



### Amalfi paper

The paper made in Amalfi is considered to be of particularly high quality (it is used in the Vatican), and is the product of a centuries old tradition. The existence of paper was discovered by local merchants who traded with the Arab world at the time of the Maritime Republic, and involved techniques brought all the way from China. After mastering the craft, the local inhabitants began to produce paper exploiting the waterfalls in the Valle dei Mulini to power the mills. This glorious tradition is upheld today by the firm *Amatruđa*, the oldest paper manufacturer in Europe. The Museum of paper making features original machinery and a library of 300 volumes.



The islands  
of Li Galli

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come to **Praiano**, with the delightful beach of **Marina di Praia**, reached along a road hewn out of the rock, and **Vettica Maggiore**, famed for its crystal clear water.

Just a few more kilometres and you arrive at **Positano**, one of the 'gems' of seaside tourism in the Mediterranean, with clusters of houses in pastel hues standing out against the luxuriant vegetation. Its streets are crammed with boutiques which have made 'Positano style' famous all over the world.

Nonetheless you will still find here the charm of a simple fishing community, combined with justly renowned hotels. There are various

beaches, including **Spiaggia grande**, a place not just for swimming and sunbathing but to see and be seen. **Fornillo** is another delightful beach, taking its name from the bakers' ovens in use here in Roman times. Just off the coast are **Li Galli** islands, three little islands set in the azure sea: il Gallo lungo, la Rotonda and il Castelluccio, the home of the sirens who wooed Ulysses.

The coast road ends at **Sant'Agata sui due Golfi**, marking the boundary between the Amalfi Coast and the Sorrentine Peninsula. From here you can gaze out over the Bays of Naples and Salerno, a truly inspiring vista.

Positano





### holidays for V. I. Ps

Extravagant, alluring, snobbish: this is Positano, the place where the Shah of Persia, Reza Pahlevi, chose to spend his honeymoon and where the film director Franco Zeffirelli has lived for many years. Its narrow streets have hosted stars of Hollywood (Anthony Quinn, Liza

Minnelli, Elizabeth Taylor, Roman Polanski, Mel Brooks, Matt Dillon...); fashion gurus (Jean Paul Gaultier, Nicola Trussardi, Moschino...); and famous names of the art world (Tennessee Williams, Leonard Bernstein, Eduardo De Filippo, Mick Jagger...).



Amalfi Coast





# Cilento:

the uncontaminated waters  
of legend

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## NOT TO BE MISSED

### Marina di Pollica



### Ascea



### Punta Licosa



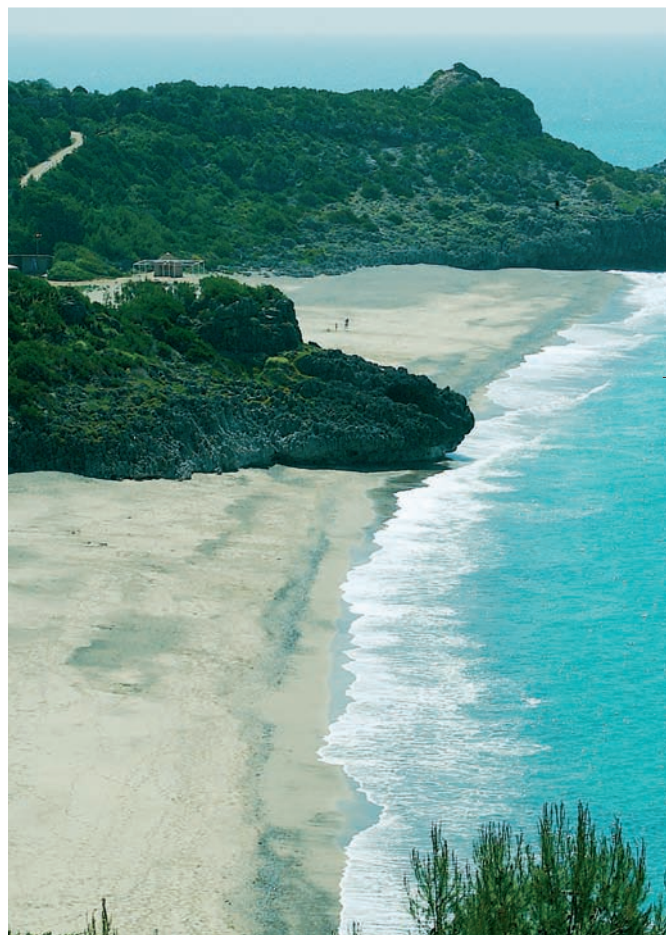
### Palinuro and Marina di Camerota



### Cala degli Infreschi



### Scario





Marina di Camerota  
Cala d'Arconte

Magnificent, seemingly never-ending beaches greet the visitor who drives south from Salerno heading for **Cilento**, where crystalline waters lap the jagged coastline, interspersed with long sand spits thrusting out amidst the rocks. This coast boasts a whole string of “blue flags”, Legambiente’s award for clean seas: Agropoli, Castellabate, Punta Licosa, Pollica, Ascea, Pisciotta, Palinuro, Marina di Camerota, Sapri... Here the copious waters of the **River Sele** finally reach the sea, and the river mouth is part of the protected area of the **Nature Reserve of Foce Sele-Tanagro**. Nearby you can visit the ruins of the **sanctuary of Hera Argiva** in flowering water meadows. The discovery of this site – one of the archaeological landmarks of last century – is narrated in the Living Museum. Nonetheless the most remarkable archaeological site in the region (and one of the most important in the world) is Paestum, with its majestic Doric temples. Inland too there is plenty to discover: the **Certosa of Padula**, a Unesco World Heritage site; the spa waters of **Contursi Terme** and **Montesano sulla Marcellana**, providing for health and well-being; delightful ancient settlements such as **Teggiano**; pristine natural environments like the **Park of Cilento e Vallo di Diano**, Italy’s second largest national park taking in mountains, valleys, woods, rivers, waterfalls and a plethora of fauna, from the golden eagle to the otter, which was adopted as the Park’s logo. Not to be missed is a visit to the spectacular **Grottoes of Pertosa/Auletta**.



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## In the footsteps of Aeneas

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If the numbers of tourists visiting Cilento are constantly on the increase, the reason lies in the crystal clear sea combined with such outstanding archaeological sites as **Paestum**, where the serene harmony of the Doric temples perfectly embodies the Greek concept of 'the classic'. On summer nights the whole archaeological area is lit up to great effect, and music accompanies visitors on a journey back in time. Not far away, **Agropoli** is a popular resort with a well conserved historical centre and a splendid beach called Spiaggia del Lago on account of the placid water of the lagoon. The whole area has all the facilities for bathing and several camp sites on the seashore.

The road now runs inland, rejoining the sea near **Castellabate**, named after the castle built in 1123 at the behest of the Abbot of Cava. Back on the coast you come to **Santa Maria di Castellabate**, which still has all the charm of a seaside village, and **San Marco di Castellabate**, a resort with a small harbour, sports facilities and a fine beach. Further on comes the promontory of **Punta Licosa**, with a single unmade road running through pine woods giving views of a crystalline sea, heaven on earth for scuba divers.

The coast road goes on to **Acciaroli**, beloved by Hemingway and popular nowadays with families. **Pioppi**, which has an interesting Museum of the Sea, and **Marina di Casalvelino** both have good facilities for



The islet of Licosa

### art and archaeology

Certosa of Padula

Paestum

Sanctuary of Hera Argiva

Velia

### nature and parks

Grottoes of Castelcivita  
and Pertosa/Auletta

National Park of Cilento  
and Vallo di Diano

### cilentò in 1 day

Paestum

Punta Licosa

Palinuro

### cilentò in 3 days

Paestum

Punta Licosa

Archaeological site of Vella

Beaches of Palinuro

and Marina di Camerota

National Park of Cilento  
and Vallo di Diano

Grottoes of Castelcivita

and Pertosa/Auletta

Certosa of Padula

Teggiano



### for young people

Agropoli

Marina di Camerota

Palinuro

Scario

### specialities

Anchovies (Pisciotta)

Lobster from the Bay

of Salerno

Artichokes from Paestum

Campania buffalo meat

(Paestum and district)

Beans from Controne

Mozzarella Dop (Paestum

and district)

Extravirgin olive oil Colline

Salernitane Dop

Extravirgin olive oil

Cilento

wines

Castel San Lorenzo Doc

Cilento Doc



### Palinuro and Camerota betwixt myth and legend

The name Capo Palinuro derives from the helmsman of Aeneas. According to Virgil's account in the Aeneid, Palinuro was at the helm as the hero sailed towards the coast of Italy. Overcome by sleep, he fell into the sea and drowned. Legend has it, however, that Palinuro jumped into the sea in pursuit of Kamaratòn, his unrequited love who earned the ire of Venus for her cruelty and was turned into the crag of Camerota. The symbol of Capo Palinuro is the Natural Arch, a large rock hollowed out by the elements.



## spas and fitness

Contursi Terme

Montesano sulla  
Marcellana

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tourism. Across the River Alento you come to the **site of Velia**, the ancient Greek city of *Elea*. Returning to the coast, you arrive at **Pollica**, famous for its beaches of fine golden sand, and **Marina di Ascea**, a modern resort with an excellent beach. Beyond there is **Marina di Pisciotta**, some 5 km from Pisciotta, with one of the best preserved historical centres in the whole area.

After **Caprioli**, coasting along through placid sand spits and rocky inlets, you get to **Palinuro**, the major resort in Cilento, with delightful beaches, a coastline full of creeks and inlets, a fine range of hotel accommodation and a well equipped **marina**. You can hire a boat to visit the numerous caves in the region, from the Grotta Azzurra to the Grotta delle Ossa, which yielded up some prehistoric remains. The intense colour of the sea at Palinuro is sure to

leave you speechless. There are marvellous sights in store for scuba divers, with a profusion of marine vegetation and fish including stone bass, rock salmon and lobsters.

Having crossed the River Mingardo, which meets the sea near the **Natural Arch**, and driving along beside long sand spits, you come to **Marina di Camerota**, a well known resort with a harbour and several fine beaches. Here too it is worth going on a boat trip to explore the caves above and below water, and of course to swim in the crystal clear water of **Cala degli Infreschi**, a large, perfectly crescent-shaped bay. Situated well off the road, it is best reached from the sea: the two hour walk is tough going, but you are well rewarded with splendid panoramas.

Other uncontaminated little bays, like Cala Luna and Cala Bianca, can only be reached by boat.



## shopping

Chestnut wickerwork baskets

Articles in copper and wrought iron

Wine and local products

## outings with children

Living Museum of Hera Argiva

National Park of Cilento and Vallo di Diano

Night time visits to the temples of Paestum

Beaches from Palinuro to Marina di Camerota



## the caves of Camerota

The infiltration of water has created caves and grottoes above and below sea level all along the coast of Cilento. Near Marina di Camerota in particular the formation has in some cases continued until quite recently, while elsewhere no water has filtered through for centuries.

The cave of Cala Bianca is fossilised and filled with rock debris, but the grottoes were kept free of debris by the action of the sea. In some of these alcoves (della Cala, del Poggio, della Serratura) finds of prehistoric settlements have been found.

Capo Palinuro

Marina di Camerota.  
Cala degli Infreschi

This is in fact one of the most pristine stretches of the entire Tyrrhenian coast. The whole area stretching from Palinuro to Marina di Camerota is an ideal choice for a holiday combining nature and relaxation. There is plenty to choose from in the way of accommodation: hotels, guest houses, holiday villages, houses to rent, camp sites, agritourism, bed & breakfasts. For old and young, in families or single, intent on rest and quiet or out for the night life, this part of the coast is sure to satisfy, and indeed seduce, even the most demanding customers. From Marina di Camerota the road climbs inland, to emerge once again on the **Bay of**

**Policastro**, an extensive sweep with striking headlands, grottoes and secret coves. The first resort you come to is **Scario**, its picturesque seafront adorned with palm trees and oleanders, offering fine beaches and a particularly well equipped **port**. Beyond **Policastro Bussentino**, which gives its name to this whole Bay, you arrive at **Sapri**, a modern tourist resort with a good harbour.

In 1857 this was the landing place for the hapless expedition led by Carlo Pisacane against the Bourbons, celebrated each summer in a full costume re-enactment.

A view of Cala degli Infreschi



## famous travellers

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Two stalwart fishermen whisked us away from the village and the baron's tower and took us out on the waters of Punta di Licosa... which is upwards of a league from Castellabate; and passing in front of a small rocky islet, now known as Licosa, traditionally associated with the Sirens, we returned to land.

*Arthur John Strutt, 1842*



Palinuro.  
Natural arch



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# the sea



## theme guides

art and archaeology

the sea

places of devotion

spas and fitness

specialities

on the cover  
Capri, the Faraglioni



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