

The best MARCO POLO Insider Tips

Our top 15 Insider Tips

INSIDER TIP ▶ The best espresso in Naples

At the Caffè del Professore on the Piazza Trento e Trieste there are dozens of delicious coffees to choose from in the cafés. Why not try a *caffè alla nocciola* (hazelnut coffee) or a *caffè al cioccolato* (chocolate coffee)! → p. 41

INSIDER TIP ▶ Leafy meeting place under the trees

Stroll around the Piazza Bellini in Naples and absorb the atmosphere – it is always lively until late into the night with a variety of cafés including the literary café, Intra Moenia, Caffè Arabo, a vegetarian restaurant and even the first women's bookstore in Naples → p. 43

INSIDER TIP ▶ Explore the culinary side of Campania

Mario Avallone, *padrone* of the Stanza del Gusto restaurant, is a creative genius, who keeps uncovering the long forgotten culinary traditions of Campania → p. 42

INSIDER TIP ▶ Baroque music at the source

Celebrated on international stages, at home in Naples (and for visitors at really affordable prices!): the Pietà de' Turchini Ensemble → p. 43

INSIDER TIP ▶ Colourfully illustrated biblical scenes

The magnificent frescos in the Basilica Sant'Angelo in Formis are beautifully preserved. Keep an eye out for the unusual square halo in the apse! → p. 47

INSIDER TIP ▶ Ancient mothers

Poignant, but rarely visited: the collection of votive statues in volcanic stone from the Campanian fertility cult Mater Matuta in the shrine in Capua → p. 47

INSIDER TIP ▶ An oasis for the senses

The Negombo thermal park in Ischia may no longer be a secret – but its excellent terrace restaurant still is → p. 64

INSIDER TIP ▶ A fishing village as a film set

First the backdrop for the famous film, 'The Talented Mr Ripley', now the setting for your holiday: Corricella on the island of Procida – lemon groves, colourful houses and blue fishing boats → p. 65

INSIDER TIP ▶ Ideal gifts

For the past 600 years fine paper has been made – in the Cartiera Amatruda paper factory in Amalfi – according to traditional Arabic methods → p. 69

INSIDER TIP ▶ Magical town

As pretty as Amalfi, just not as crowded: Atrani. The best approach is the short pathway from Amalfi → p. 72

INSIDER TIP ▶ A social cooperative

You will get an insight into Naples' underworld with the non-profit cultural initiative La Paranza: explore catacombs, and then come up again to meet locals living in the deprived Sanità district (photo below) → p. 76

INSIDER TIP ▶ A fragrant lemon grove

A visit to the oldest lemon grove of Sorrento is an intoxicating feast for the senses → p. 82

INSIDER TIP ▶ Mozzarella – the traditional way

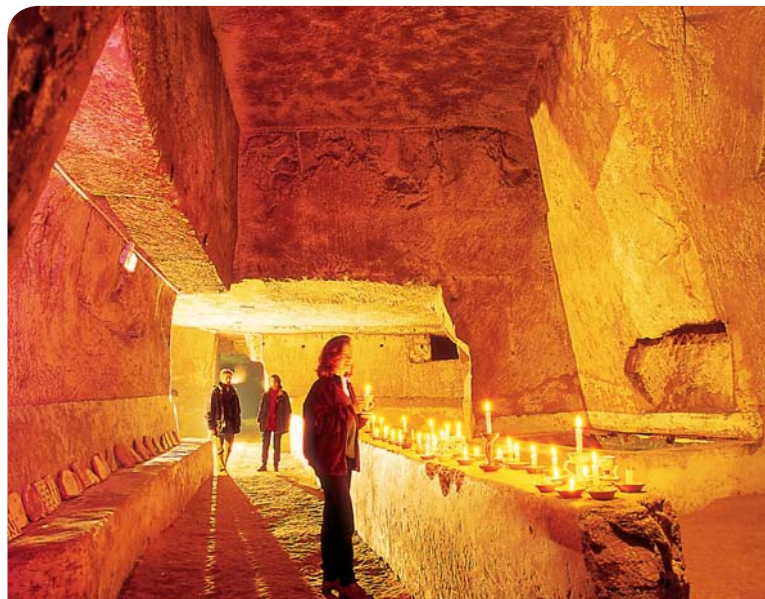
At the Fattoria del Casaro in Paestum guests can indulge in fresh mozzarella, buffalo ricotta and spicy *cacciocavallo* cheese (photo left) → p. 93

INSIDER TIP ▶ Royal silk

Wonderful silk from San Leucio – the silk hamlet of the Bourbon kings – where fine fabrics are still being woven on old, hand-operated weaving looms in the Antico Opificio Serico De Negri factory → p. 101

INSIDER TIP ▶ The white pilgrims of the Madonna dell'Arco

From fervent devotion to pounding *tammurriata* rhythms: the pilgrimage on Easter Sunday to the Sant'Anastasia church at the foot of the Vesuvius → p. 112



BEST OF ...

GREAT PLACES FOR FREE

Discover new places and save money

FOR FREE

● Spas for free

More than 100 thermal springs bubble forth on Ischia and thermal parks set in lush subtropical gardens guarantee spa and bathing pleasures. Enjoy the hot thermal waters that bubble up in the sea at *Sorgeto Bay* entirely for free → p. 65

● Caravaggio's gift to you

In the heart of Naples is Caravaggio's famous *altarpiece* – still in the place for which it was originally intended – in the Chiesa Pio Monte della Misericordia and naturally there is no charge to view it → p. 39

● New Year's party at the Piazza Plebiscito

The expansive *Piazza Plebiscito* – the city's popular gathering spot – transforms during New Year into an outdoor stage with the hippest bands and at midnight there is a massive fireworks display → p. 39

● Wacky art

Internationally renowned artists and architects have designed the *Metro line 1* stations in Naples, and sometimes even the nearby squares. Get art for free when you buy your Metro ticket! → p. 47

● Oasis of calm

In the Via San Gregorio Armeno lies the entrance to one of the most peaceful places in the *centro storico*: the *San Gregorio Armeno* cloister. You need only ring the bell to be let in (photo) → p. 47

● A view for millionaires

Where the ancient Romans built their villas – overlooking the sea in Sorrento – today there are luxury hotels. You can enjoy the same (free) panorama from the *Villa Comunale* public park → p. 79

● Travel back in time in Cilento

Roscigno Vecchia had to be evacuated in the beginning of the 20th century due to a landslide. The ghost town is now a free open air museum and a '19th century Pompeii' that is an interesting excursion → p. 102

●●● Dots in guidebook refer to 'Best of ...' tips

ONLY IN CAMPANIA

Unique experiences

● Pizza Nazionale

Real pizza, *la vera pizza*, is only available at its place of origin, right here in Napoli. For connoisseurs, only the original *Marinara* (tomatoes, garlic, oregano) and *Margherita* in the national colours (red, white, green: tomatoes, mozzarella, basil) count – and that is exactly what *Da Michele* serves → p. 41

● Gelato al Limone

This area is famed for its lemons and tempts with its *Limoncello* (photo), freshly squeezed lemonade *spremuta di limone* or the creamy *delizia al limone* dessert. Enjoy the refreshing and delicious *gelato al limone* in the eponymous ice cream parlour in Capri! → p. 61



● Endless views

Panoramic views are always worth the effort. On the high hiking trail *Sentiero degli Dei* you are rewarded with magnificent views all the way from Capri to Cilento → p. 71

● Pastry poetry

Naples' most famous pastry is the *sfogliatella*: crisp puff pastry on the outside and inside a warm, fragrant *ricotta* flavoured with candied orange peel. Especially good at *Scaturchio* → p. 41

● Musica Napoletana

Naples is music. Be it the sound of Homer's sirens, lyric villanelles that have been around since 16th century, traditional *Canzone Napoletana* (such as 'O sole mio'), the blues by Pino Daniele, jazz à la James Senese or reggae rhythms by Almamegretta. Always and everywhere, thanks to the *Radio Partenope* app → p. 114

● Heat beneath your feet

The Gulf of Naples is a volcanically active region, and Mount Vesuvius is only lying dormant. You can get very close (and still stay safe) to earth's mighty forces at the *Solfatara* crater in Pozzuoli → p. 45

● Hip hostels

You can find good accommodation on the Gulf of Naples even on a tight budget. There are a number of inexpensive and trendy hostels such as the *Fabric Hostel & Club* in Portici at Ercolano (Herculaneum). Also a hot nightlife tip! → p. 53

ONLY IN

THE PERFECT ROUTE

GET AWAY FROM IT ALL

1 **Naples** → p. 32 and surroundings are best discovered by public transport. After
2 **Pozzuoli** → p. 45 you can change to the suburban Cumana line or the Metro. Fresh
fish straight from the fishing boats is available every morning (except Mon) at the
harbour market. The short ferry trip to the charming island of 3 **Procida** → p. 64
(photo left) is a mini-cruise at a budget price. This is where the Neapolitans
escape to when they want to avoid the Capri and Ischia tourists.



VIEW FROM THE VOLCANO

Take the ferry back to Naples and then drive south along the Via
Reggia di Portici, make a stop in at the ancient Roman town of
4 **Herculaneum** → p. 50. The site is a lot less visited than Pompeii
and far better preserved, it is practically set in stone from the lava
flow from 5 **Mount Vesuvius** → p. 56. The scenic road to the
volcano goes up 1000m/3280ft; continue on foot to the rim of the
crater where there is a panoramic view of the Gulf. You hardly
ever get a chance to view it alone – so don't get your hopes up.

DIVINE COAST

The SS145 motorway that leads from Castellammare di Stabia
to 6 **Sorrento** → p. 79 winds along the coast and has
lovely sea views. The road snakes its way past lemon and olive
groves via Massa Lubrense to Termini. Hikers will enjoy the
marine sanctuary, 7 **Punta Campanella** → p. 82 with the
best views of Capri. A road ends at the Marina del Cantone –
a picturesque seaside resort that seems straight from the
1950s. It is an adventure for both drivers and photographers
to wind along the stunning SS163 Amalfi coastal
road to 8 **Sant'Agata sui due Golfi** → p. 83. A photo
stop just before 9 **Positano** → p. 73 (photo right) is a
must. Praiano, Amalfi, Atrani and Cetara – each coastal
town more beautiful than the next but unfortunately
parking is scarce everywhere. The 30km/18mi long Costa
Divina road ends in 10 **Vietri sul Mare** → p. 72, a good place
to take a stroll and shop for ceramics.



THE FUTURE AND THE PAST

The neighbouring town of 11 **Salerno** → p. 78 is on the upswing and
the well-preserved historic old town which dates to the Middle Ages sits
comfortably in the 21st century. If you are already missing the Amalfitana, you
can head back but for everyone else, it is on the Strada Litoranea to the Cilento nature

Experience the diverse facets of Campania
from the north to the south – with detours to
the island of Procida and to Mount Vesuvius



reserve where you can visit the remains of 12 **Paestum** → p. 92, with its Greek temples.
A great place to take a break and to enjoy some of the best buffalo mozzarella!

BETWEEN THE MOUNTAINS AND THE SEA

South of Agropoli the olive grove hills stretch all the way to the sea, interrupted by
sandy coves, such as at 13 **Santa Maria di Castellabate** → p. 86. The drive along
the coastal road goes via Acciaroli, Pioppi, Ascea to 14 **Pisciotta** → p. 97 and
Facilla Commy. But paradise can also be found east of 15 **Marina di Camerota** → p. 90:
the wildly romantic Costa degli Infreschi is best explored twice – once on foot and
once by boat and don't forget to have a swim!

Afterwards the route snakes up to Lentiscosa and further along the foot of the
Monte Bulgheria. Just before San Giovanni a Piro it is worth taking a detour
by car to Ciolandrea belvedere with its panoramic views, you may want to go for
a hike around here, before the perfect route ends later in style at the seaside
hamlet of 16 **Scario** → p. 91.



352km/219mi driving time approx.
9 hours. Recommended travel time:
3–4 days. Detailed map of the route
in the road atlas, the pull-out map
and on the back cover