

EXCURSION TO HERCULANEUM

(half day or full day if combined with Vesuvius or Pompeii)

To reach Herculaneum - Public road (SS 373) - Provincial road 2B (Chiunzi Pass) - Motorway A3 entrance Anghi - direction Napoli - exit Herculaneum - 1hour by car approx. 60 kms.

WORTH SEEING:

- **Archeological ruins** - In Herculaneum the organic materials (wood, papyrus and vegetable fibres) are in an excellent state of preservation. The streets are narrow and often with a portico line; the houses are sumptuously decorated.
Visiting times: 8.30 am (opening) - 6.00 pm (last entrance) - 7.30 pm (closing)
- **Villa Campioto** - It is one of the most beautiful villas in Herculaneum of 17th century, was built as Dukes of Casacalenda magnificent residence and it is proudly part of noble palaces along the "Miglio d'Oro" (Golden Mile), which also includes other 30 sites among historical residences, monuments and places of environmental interest. *Visiting times: 10.00 am - 1.00 pm - Monday closed.*

TYPICAL TRATTORIAS

- **Viva lo Re** - Corso Resina, 261 - Sunday at dinner and Monday closed - Summer holidays: 7th to 28th August closed - Tel. 081 739 02 07

EXCURSION TO VESUVIUS

(half day or full day if combined with Herculaneum or Pompeii)

To reach Vesuvius - Public road (SS 373) - Provincial road 2B (Chiunzi Pass) - Motorway A3 entrance Anghi - direction Napoli - exit Torre del Greco, turn right and start going up following indications to Vesuvio until 1000 meters level - 1hour by car approx. 60 kms.

Car parking area at 1000 meters level.

Excursion walking time: 1,30 h
Difference of level: 150 mtrs up; 150 mtrs down.
Difficulty: low
Visiting time: all days from 9.00 a.m. to 4.00 p.m.

Climb up till the crater leaded by alpine guides!

The volcano is 1281 metres high and it came into the volcanology history after the eruption of 79 B. C. which destroyed many cities together with Pompeii and Herculaneum.

Before starting their ascent, visitors can call at one of the Vesuvius National Park Infopoints for information on the protected area. After the entrance, the climb to the Cone follows a very wide path that wends up over a series of hairpin turns with sweeping panoramic views. Looking down from the trail as you climb offers an even more spectacular panorama over Mount Somma that takes in the depression between the two volcanoes as well as the Giant's Valley, the western portion of which is known as the Atrio del Cavallo. The lava flow from the last eruption of 1944 is clearly visible, covered with the silver - grey lichen *Stereocaulon vesuvianum*.

Continuing up along the twisting trail, the panorama opens up more and more over the Gulf of Naples, the pinewoods of Tirone Alto Vesuvio Nature Reserve and Colle Umberto.

A small building (the Casetta) containing the ticket office is located at 1118 metres from where visitors can set off on a guided walk. From the ticket office, the trail continues along a fairly wide path with a succession of viewing points facing the crater of Vesuvius and the upper rim. The latter is only open to researchers/vulcanologists. The cabin, or Capannuccia, at 1170 mtrs is the short walk arrival point.

EXCURSION TO NAPLES

To reach Naples - Public road (SS 373) - Provincial road 2 B (Chiunzi Pass) to Angri - Motorway A3 entrance Angri - direction Napoli - exit Naples downtown/port 75 minutes by car approx. 65 kms.

Car parking area after leaving motorway A3 - Parcheggio Brin (open 24 h no stop - multilevel) Via Brin / Via Nuova Marina.

Neapolis, whose name stems from the Greek *nea* and *polis*, meaning new city, was first established at the base of the Vesuvius by colonial settlers from Magna Grecia in the 5th century B. C. - Greater Greece was an enormously important territory for Hellenic civilisation from the point of view of Economics, Commerce and Culture. In this area there was already a town called Parthenope, settled by Rhodians who, dedicated to the cult of the sirens, named the town after the most beautiful of these creatures, whose body, the story says, was found on the shore of the Neapolitan coast.

WORTH SEEING:

- **Museo Archeologico Nazionale** - piazza Museo, 19
It is the oldest and most important archaeological museum in Europe, its rooms containing precious testimonies of the past. The archaeological material recovered from the Vesuvian areas is of inestimable value; however, other items are also of excellent prestige: statues, bronzes, ancient coins, mosaics, the etruscan and Egyptian collections, sarcophagi, household items, golden items, mirrors, and the rooms of the Prehistoric area. The museum has an itinerary for children entitled "Permanent Story".
Visiting times: 9.00 am - 7.30 pm - Tuesday closed.
- **Museo Nazionale di Capodimonte** - Via Miano, 2
The Capodimonte Royal Palace was constructed in 1738 under the reign of Charles of Bourbon to house the Farnese family's art collection.
Visiting times: 8.30 am - 7.30 pm - Wednesday closed.
- **Cloister and Church of Santa Chiara** - Via Santa Chiara, 49/c
The Santa Chiara Complex is situated in the historic centre near Piazza del Gesù and is not far from the Church of San Domenico Maggiore. The complex unfolds within the walls of the Franciscan citadel and includes the Museum of Works, the archaeological area, the Majolica cloister and the 18th century Nativity Scene room.
Visiting times: (week days) 9.30 am - 6.30 pm - Sunday and bank holidays: 9.30 am - 2.30 pm
- **Cappella Sansevero** - Via F. de Sanctis, 19
The chapel was founded by Prince G. F. De Sangro in the garden of his estate for veneration of the Madonna della Pietà. The chapel we see today took form thanks to Raimondo De Sangro, Prince of Sansevero in 1742, best known as an alchemist. The chapel has a reminder of his experiments: two corpses in which their circulatory systems are perfectly visible.
*Visiting times: week days: 10.00 am - 5.40 pm - Sunday and bank holidays: 10.00 am - 1.10 pm
Tuesday closed*
- **Teatro San Carlo** - via San Carlo
It is one of the most important opera houses in Europe. Built in 1737 by Charles of Bourbon, it was destroyed by fire in 1816 and then rebuilt, six months later, by Antonio Nicolini. The Association Itinera organizes guided tours to the theatre every day; meeting point in the foyer.
Visiting times: Monday to Friday : 9.00 am - 6.30 pm - Saturday and Sunday: 9.00 am - 6.00 pm
- **The Maschio Angioino** - Piazza Municipio
Is the landmark of Piazza Municipio, the large square facing the port. It was built by the Angevin dynasty in the 13th century, but was then completely rebuilt by order of the Aragonese kings and restructured over the years. Its most noteworthy features are: The Palatine Chapel, also called the Chapel of St. Barbara, and the Halls of the Barons where the meetings of the City Council of Naples are held. On the three floors in the South Wing paintings, silver and bronze objects from the 15th to 20th century are on display. The magnificent Arch at the entrance to the castle was built to commemorate the triumphal arrival of Alfonso I of Aragon in Naples on February 26th 1443.
Visiting times: all days 9.00 am - 7.00 pm - Sunday closed

HOTEL
CARUSO
RAVELLO

- **The Royal palace Museum and Royal apartments** - Piazza Plebiscito.
The magnificently decorated halls and rooms contain the original Bourbon furnishings, paintings, statues and porcelain.
Visiting times: all days: 9.00 am - 7.00 pm - Wednesday closed
- **Botanical Garden** - Via Foria, 223
Near Piazza Carlo III a large, high wall with rectangular rustication surrounds of the Botanical Gardens. Founded in 1807 upon a decree by Joseph Bonaparte it is part of the Science Faculty of the University of Naples and has a splendid plant collection, including aquatic plants.

RESTAURANTS

- **La Sacrestia** - Via Orazio, 116 - Monday closed
Summer holiday: 14th to 21st August - Tel. 081 761 10 51
- **La Stanza del Gusto** - Vicoletto S. Arpino, 21 - Sunday and Monday closed
Summer holidays: 1st to 31st August - Tel. 081 401 578
- **Zi' Teresa** - Borgo Marinari, 1 - Sunday at dinner and Monday
Summer holidays: 16th to 30th August - Tel. 081 764 25 65
- **Ciro a Mergellina** - Via Mergellina, 21 - Monday closed - Tel. 081681 780
- **La Cantinella** - Via Nazario Sauro, 42 - Sunday closed
Summer holidays: 8th to 22nd August - Tel. 081 552 75 58

TYPICAL TRATTORIAS

- **Da Dora** - Via Palasciano, 30 - Sunday closed
Summer holidays: 14th to 28th - Tel. 081680 519
- **Taverna dell'Arte** - Rampe San Giovanni Maggiore, 2 - Monday closed
Summer holidays: 1st to 31st August - Tel. 081 552 75 58

PIZZERIAS

- **Trianon** - via P. Colletta, 46 - Never closed - Tel. 081 553 94 26
- **Da Ettore** - via Santa Lucia, 56 - Sunday closed
Summer holidays: 1st to 31st August - Tel. 081 764 04 98
- **Brandi** - Salita Sant' Anna di Palazzo, 1 - Never closed - Tel. 081 416 928

WINE BARS

- **La Barrique** - Piazzetta Ascensione a Chiaia, 9 - Monday closed
Summer holidays: 1st to 31st August - Tel. 081 66272
- **La Cantina di Triunfo** - Via Riviera di Chiaia, 64 - Sunday closed
Summer holidays: 1st to 31st August - Tel. 081 668 101
- **Vinarium** - via Cappella Vecchia, 7 - Sunday closed
Summer holidays: 1st to 31st August - Tel. 081 764 41 14

EXCURSION TO PAESTUM (half day tour)

To reach Paestum - Take the main road to Vietri sul Mare (SS 163) - main road to Salerno follow the indications Autostrade (motorways) - Motorway A3 entrance Salerno - direction Reggio Calabria - exit Battipaglia - follow main road SS 18, direction South till exit Paestum.

85 minutes by car approx. 55 kms. Car parking area near the main entrance

WORTH SEEING:

- **Archaeology** - The Greek grandeur of Posidonia is in the beauty of her monuments. Two temples testify her Doric splendour. The most important is the ancient temple, absolutely the most beautiful of all Greek and Colonial art of the period dating back to VI century BC. With the Heraion of Olympia, of which only few columns remain, Hera's Temple also known as Basilica, is the best preserved. It is a peripteral temple with 9 columns on the frontone and 18 on the sides, with tapered columns at the height of the capitals "with charming and sometimes sublime moulding" (B. Zevi). Bruno Zevi in describing the temple is overwhelmed, "the basilica", he writes, "delights in the plains that surround it". It is rooted in the landscape of Pesto".

"It is democratic, open to all from all sides". "There abides in this column a tremulous value, a vague sense of instability, a formal poetic anxiety, only to be cancelled by the doctrinarian rigour of the V century" to which, standing at its side in all its beauty, the temple of Posidonia belongs, a document of the time well preserved, imposing and decorous, pure Doric.

At Paestum in 1968, an encased tomb was discovered (now at the local National Archaeological Museum) whose frescoed slabs representing scenes of the symposium and of a diver gliding into the water (hence its name Tomb of the Diver), are at the moment the only original examples of Greek mural painting dating back to the years (470-480 BC) actually in our possession.

Visiting times: entrance from 9.00 am till two hours before the sunset.

- **National Archaeological Museum** - The foundation of the museum is linked with the sensational discovery of the "Heraion" at the mouth of the Sele river, to expose precious metopes, capitals and further excavated material in it. In fact, the metopes are placed on a construction respecting the size of the ancient temple and representing the stylized reconstruction of it.

For a careful visit take notice of the rich archeological finds showing going from prehistory to the Middle Ages: from all the very important objects accompanying the dead, found in the "Necropoli di Gaudio", to the metopes of the "Heraion"; from the imported attic vases to those of local make; from the finds of the "sacello ipogeo" to the "Tomba del Tuffatore", the Diver's Tomb now famous all over the world; from the Lucanian tomb-frescos to the Roman material.

Visiting times: entrance from 9.00 am till 7.00 p.m. Closed the 1st and the 3rd Monday each month

- **Cathedral of Madonna del Granato** - The easy way, going from the plain to the hills, through the various Mediterranean maquis, leads to the cathedral "Madonna del Granato" with its statue sitting on the throne, which represents the continuation of the Greek non-Christian cult to the goddess Hera Argiva (because of their similar iconographical attributes).

Visiting times: entrance from 7.00 am to 12.30 p.m. / 3.00 pm to 6.00 pm

RESTAURANTS

- **Da Nonna Sceppa** - via Laura, 53 - All days open. From 1st October to Easter day. Thursday closed Tel. 0828 85 10 64
- **Le Trabe** - via Capodifiume, 1 - All days open. From 1st October to Easter day. Sunday evening and Monday closed - Tel. 0828 72 41 65

EXCURSION TO POMPEI (half day tour)

To reach Pompei - Public road (SS 373) - Provincial road 2B (Chiunzi Pass) to Angri - Motorway A3 entrance Angri - direction Napoli - exit Pompei 45 minutes by car approx. 35 kms.

Car parking area near the main entrance (access Porta Marina / Piazza Anfiteatro)

WORTH SEEING:

- **Archeological ruins** - This is the most famous archeological site in the world. Pompeii, which is an extension of 66 ha of which 45 ha have been excavated, represents an extraordinary wealth of architectures, sculptures, paintings and mosaics. The Vesuvius eruption of 79 A.D. buried the city with ash and rock, that allowed an exceptional preservation of the whole roman city.
Visiting times: 8.30 am (opening) - 6.00 pm (last entrance) - 7.30 pm (closing).
- **Pompeii by night** - A moonlight walk among the history of two thousand years ago. The excavations at Pompeii are also open after sunset, thanks to a fixed lighting system which allows a unique, fascinating visit of one of the most beautiful archaeological sites in the world. The area open to the public in the evening extends from the porta marina entrance over all of the forum. It will be possible to walk, admire and linger in the houses and temples open to the public.
Visiting times: 8.30 pm (opening) - 10.30 pm (last entrance) - 11.30 pm (closing) only Sunday, Monday and Tuesday.

Hour ticket office: 8.30 pm - 11.00 pm

Internal restaurant: 9.00 pm - 11.00 pm - Tel. 081 861 07 77 (We advice to reserve the table!!).

- **Emotional forum** - a show of lights and sounds, with the music of Ennio Morricone, under the directorship of Massimo Andrioli a journey into the life of the inhabitants of Pompeii before the tragic eruption. Everyday sounds, religious rites and those of leisure time, surround the audience, with a remarkable sequence of illumination of the sites and the final projection of images in a montage film and special effects. Groups of 100 people follow the route which leaves from the suburban thermal baths and winds its way through shops, houses and temples before reaching the Forum, for a duration of approximately 60 minutes.

In English: Thursday 9.30 pm - For information and bookings Tel. 081 861 64 05

In Italian: Thursday, Friday and Saturday 9.30 pm and 10.30 pm only Sunday, Monday and Tuesday

RESTAURANTS

- **Il Principe** - Piazza B. Longo, 8 - Sunday and Monday at dinner closed - Summer holidays: 1th to 21th August closed - Tel. 081 863 33 42.
- **La Locanda di Giulio Cesare** - via Colle S. Bartolomeo, 73 - Dinner only - Tuesday and Sunday at dinner closed - Summer holidays: 13 to 27 August. Tel. 081 850 49 16.
- **President** - Piazza Schettino, 35 - Monday closed - Summer holidays: 13 to 26 August closed Tel. 081 850 72 45.

EXCURSION TO SORRENTO (half day tour)

To reach Sorrento - Main road to Positano (SS 163), straight to Piano di Sorrento, then pass onto Corso Italia leading to Sorrento (SS 145) - 1 hour approximately 38 kms.

Car parking areas Piazza T.Tasso (car access to the old center is not allowed).

WORTH SEEING:

It is a town with a beautiful atmosphere and lovely weather, in particular it is famous thanks to the song "Torna a Surriento" which made it known all over the world. Its old centre is made by narrow and pretty lanes, noble mansions with elegant and imposing portals, little artisan's shops and restaurants offering not only traditional local recipes but also tasty fusion cuisine.

- **Museo Correale di Terranova** - where you can admire many precious drawings by Posillipo School.
Visiting times: 9.00 am - 2.00 pm Tuesday closed.
- **Museo della Tarsia Ligne**a - The only private museum where you can view some masterpieces such as the famous furniture hand-made with exotic and rare woods.
Visiting times: 10.00 am 1.00 pm / 3.00 pm - 6.00 pm Sunday closed.
- **Cathedral** - Built in the Romanesque style of the 15th century, also has architectural influences from the Renaissance period. It houses many famous 17th century pictures from the Neapolitan Painting School and visitors can also admire the archbishop's throne decorated with a variety of marbles and inlaid wood chorus, made at the beginning of 19th century by Sorrento's artisans.
- **Church and Cloister S. Francesco** - The origin of the monastery is referred to VIII century, the architecture of its enchanting cloister shows tufo stones crossed arches on two sides of the portico, style expression of late '300.
During the summer season it hosts music concerts of "Estate musicale Sorrentina".
- **Sedile Dominova** - The only one witness still remaining in Campania region of the ancient noble *sedili* (literary salon); it dates back to the 16th century and has a quadrilateral shape, with two *piperno* angle arches that reveal the inner side of the dome and the bottom walls decorated with frescoes dating back to 17th century. The dome is tiled with yellow and green majolicas.

RESTAURANTS

- **Caruso** - Via S. Antonino, 12 (Piazza Tasso) - Never closed - Tel. 081 807 31 56
- **Il Buco** - II Rampa Marina Piccola, 5 (Piazza S. Antonino) - Wednesday closed - Tel. 081 878 23
- **L' Antica Trattoria** - Via P. R. Giuliani, 45 - Never closed - Tel. 081 807 10 82

NEIGHBOURING RESTAURANTS

- **Don Alfonso 1890** - Corso S. Agata, 11 - S. Agata sui Due Golfi
Monday and Tuesday at lunch closed - Tel. 081 878 00 26
- **Quattro Passi** - Via Vespucci, 13 - Massa Lubrense at Nerano/Marina del Cantone.
Never closed - Tel. 081 808 28 00
- **Taverna del Capitano** - Piazza delle Sirene, 10/11 - Massa Lubrense at Nerano/Marina del Cantone
Never closed - Tel. 081 808 10 28
- **Torre del Saracino** - Via Torretta, 9 - Vico Equense at Marina di Seiano
Sunday at dinner and Monday closed - Tel. 081 802 85 55

THE “BAY OF JERANTO” AND “TOWER OF MONTALTO”



Few meters further up the “Piazzetta” of **Nerano**, turning on the right side through **Via Jeranto**, it is possible to reach the anonymous bay, heart of the natural “Marine Reserve of Punta Campanella”.

After about 60 metres ignore the steep path that climbs on the right side (look for road signal white/red Track 00 CAI to Monte S. Costanzo - Punta Campanella) and carry on the main nature trail.

Following the flat path, on the left side the main entrance of Villa Rosa while on the right a cavity rock contains a votive edicule. From this side of the path on the left side overlooking the “Baia del Cantone” and in meantime up

to the small islands of “Li Galli” and “Vetara” along the coast that goes towards Positano.

After 20 / 25 minutes walk, the path start descending amongst low stone walls that surround well cultivated vegetable gardens and oliveyard. Leaving on the back the “Baia del Cantone” within a short distance you distinguish the “Bay of Jeranto” and the “Tower of Montalto” up to “Punta Campanella” and “Capri”. You reach a crossroad: on the left side the “Tower of Montalto” and on the right a ruined stairway brings you directly to the “Jeranto Beach”.

We suggest you to follow towards the left side and reach the Tower and follow on through a track amongst oliveyard up to the little beach of “Jeranto” for a beautiful swim.

From this point to return to Nerano, you can follow the same itinerary or choose the path that slowly climbs the ruined stairway and joins Nerano.

Departure: Piazzetta di Nerano

Excursion walking time: 1.45 h

Total distance: 5780 mtrs.

Difference of level: 197 mtrs. down; 197 mtrs up

Maximum hight: 185 mtrs.

Best period: whole year, in summer avoid the hottest hours

Difficulty: medium

- No fountains or sources
- In the square in nerano it is possible to buy food and beverages

TORRE DELLO ZIRO (Ziro's Tower)



Pontone is between Ravello and Amalfi (5 min. by car or 20 min. walk along an easy and well-kept path). On the road going to Amalfi keep direction to Pontone. After approx. 900 mtrs (the road through two tunnels) keep on walking down to the left of the steps (a yellow sign indicates the start) which pass partly under the building of the S. Maria del Carmine church. At the end of the descent ignore the first down to the left (the path leads to **Atrani**). Go up a few steps and after about 20 mtrs take the left fork to the long flight of steps that zig-zags up to the entrance gate of the walled area of the castle and **Torre dello Ziro**. As soon as you come inside the walls, just a few steps further up, you'll get to the first lookout: up on the other side of the valley you can see Villa Cimbrone while

at your feet the brook Dragone flows towards **Atrani**.

There are several paths inside this walled area. We suggest this one. Take the steps down, ignore the first and second on the left and continue ahead along a level path in the direction of the sea. After 200 mtrs you will reach the higher belvedere on the Bay of Amalfi from a modern terrace with the column. From here, you can see the Ziro's Tower but if you wish reach to the tower come back on the same path and take the first on the right down along an easy zig-zag steps through the pine trees. After a few minutes you'll reach a fork, keep walking downhill on the right and follow this one until you will reach the Ziro's Tower. After a due pause around the Tower and the crenelated rampart on the left, walk back up to the fork (you have just walked down on the left) and there follow on your right. Follow the main path and the steps until you reach the modern construction; up to the left you can reach the top of the hill where you can still see some ruins and the old cisterns. Follow the main path between the cisterns (left) and the ruin (right) and walking down the mule-track (very high stone steps) around the hill you'll get to the clearing in the saddle.

To get out you have to follow the same route and if you are not going back to **Pontone** at the above mentioned fork turn to the right and walk down to **Atrani**. The path is just one and after you have crossed the brook keep going downhill along well-maintained paths on the left side of the valley. In a few minutes you'll get to the fascinating maze of narrow streets that is the centre of **Atrani**.

Departure: Pontone (266 mtrs.)

Excursion walking time: 1.15 h. approx.

Total distance: 2600 mtrs.

Difference of level: 100 mtrs. down; 100mtrs. up

Maximum height: 270 mtrs.

Best period: whole year

Difficulty: easy

- Fountain in the square San Giovanni in Pontone
- In the square San Giovanni in Pontone it is possible to buy food and beverages (Blue Bar or Antico Borgo Restaurant)