



Guided walking tour (GNAP)

Naples & Campi Flegrei

Napoli, Cuma, Pozzuoli, Baia & Bacoli

exploring one of the world's most fascinating areas



TRIP NOTES

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INTRODUCTION

The Bay of Naples is one of the most spectacular areas on Earth, with a tremendous wealth of both natural and cultural treasures. It presents beautiful diverse landscapes and an amazing amount of history. The blue waters of the Mediterranean are dominated here by the world's most famous volcano, Mount Vesuvius (in Italian: Vesuvio), the only volcano on the European mainland to have erupted within the last hundred years. Vesuvius is best known for its eruption in AD 79 that led to the destruction of the Roman cities of Pompeii and Herculaneum, a must-see for history buffs – and fascinating for everyone else regardless!

The biggest volcano in the area however, is not 'Vesuvio', but the stunning area west of Naples – the Campi Flegrei, listed among the world's 'super volcanoes'. This area features a series of volcanoes, some of which are still active. But it is not just an area of great natural interest – its main attraction is arguably the enormous amount of Greek and Roman remains: one of Italy's biggest amphitheatres, the Greek city of Cuma, with its famous 'oracle', the Roman military harbours (partly underground), villas and thermal baths (among which is the favourite spa of Emperor Nero - still in use today!) Much of the antique artefacts are displayed in a stunning medieval castle, which is in fact one of the world's most important archaeological museums - and without the crowds.

Add to this a number of beautiful little lakes (one of which was believed to be the entrance to hell!), rolling vineyards and a stunning coastline, and you will have enough to fill an amazing short holiday.

The premises where you'll be staying during this tour are all very special, and full of historical interest. The standard of the tour is 3 stars. Both upgrades and cheaper versions are available.



DAY-TO-DAY PROGRAMME

Day 1

Arrival in Naples. You head towards the harbour by shuttle bus, for the short crossing to the picturesque island of Procida, probably the least known of the 3 main islands in the Bay of Naples. You are picked up from the harbour and settle in at your hotel. Perhaps you have some time for a first stroll already, before going for dinner in one of the great (fish) restaurants of the island.

Accommodation: Hotel * - Procida**

Day 2

After breakfast you start a beautiful roundwalk to discover this most authentic island in the Bay of Naples, with its colourful houses and idyllic fishing harbours. Procida is only a small island, and therefore it's possible to 'do' the whole island in one day. You first pass through the narrow streets and walk up to the historical heart of the island, the 'Terra Murata', or 'walled land', dominated by its castle, where you'll enjoy marvellous views. Then you are brought to one of the most picturesque spots in Italy: the small fishing harbour of Corricella. Its unique setting and coloured houses were used as the movie set for "Il Postino" ("The Postman"). Here you will need some time to look around and take pictures. You then continue the walk along the south-eastern coast through the wooded headlands of Pizzico and Solchiaro. The walk ends at the charming little harbour of Chiaiolella, where you have time for a swim on the large sandy beach, or a drink on one of its terraces, before returning to your hotel. Those who still have some energy can extend the walk and explore the small island of Vivara, linked to Procida by a small (pedestrian) bridge. This island, the ridge of an old volcano, is now a nature reserve and one of the last bits of unspoilt nature in the area. Walk through a timeless Mediterranean landscape with green forests and the blue sea all around you. In the evening you can dine on some local fish specialty in the colourful harbour of Corricella or opt for a dinner in the garden of your hotel.

Accommodation: Hotel * - Procida**

Distance: 7-10 km. Approx. 3- 4,5 h. walking

Day 3

This morning you'll have some more time to discover the northern side of the island, or, in case you didn't have the time yesterday, visit the small island of Vivara. Or you could just take a final stroll and have a drink at the colourful harbour! Then you are brought to the harbour to take the boat for the short crossing to the island of Ischia, known as the 'Green Island', the biggest island in the Bay of Naples. A taxi transfer to your hotel is organised for you, but we suggest you leave just your luggage with the taxi driver and wander around for a bit in Ischia Porto, before doing the short walk from the harbour to the castle where you'll be staying, through the pretty streets of the old town centre. The last short stretch on the fortified island itself is very scenic and has beautiful viewpoints of the town centre. You sleep in a beautiful hotel inside the old medieval castle of Ischia, built on a rocky island off-shore, which certainly deserves to be explored as well. In the evening you can dine on some local fish specialty in the colourful harbour of Ischia or opt for a great dinner, with spectacular views, on the terrace of your hotel.

Accommodation: Hotel 'Il Monastero' *- Ischia**

Distance: 5 km. Approx. 2,5 h. walking

Day 4

From your hotel in the castle you walk down through the intriguing alleys of the fortified rock to the bridge which links the castle to the old town centre. From here you start a linear walk along the beautiful southern coast of the island, through a spectacular landscape of terraced vineyards and fantastic lava sculptures, with unforgettable views over the Bay of Naples and Capri. The first part of the walk goes over the cliffs, through vineyards sculpted like



Asian paddy fields, and small hamlets. Then you pass the small hamlet of Testaccio, where you descend to the large sandy beach of *Marina dei Maronti*. Just behind the beach there are several narrow canyons with thermal springs, known about since Roman times. If you have time you can go for a dip! You then walk along the beach to the charming fishing village of Sant'Angelo, where you take the bus back to the hotel.

Accommodation: Hotel * - Ischia**

Distance: 8-15 km. Approx. 3-5 h. walking

Day 5

Today you'll discover the island's mountains, a chain of extinct volcanoes which occupy the whole central part of the island. First you gain some height by bus; your walk starts in either the hamlet of Fiaiano or the small village of Fontana (several longer/shorter options possible), where you have time for a coffee. From here you walk up to Monte Epomeo, the highest mountain on the island, and then to *Capo dell'Uomo*, Ischia's second largest mountain. All this is along easy, comfortable paths. Through forested areas and vineyards, past monks' and hermits' rock dwellings, and always with incredible views over the sea, you walk down to Ischia's westernmost village, Forio. After a stroll through its pleasant town centre, you take the bus along the northern coast back to Ischia Porto. If you still have some energy left you can make a short walk to one of the most interesting volcanoes on the island, the Fondo dell'Oglio.

Accommodation: Hotel * - Ischia**

Distance: 7-10 km. Approx. 3,5-5 h. walking

Day 6

In the morning your taxi brings you to the harbour, where you take the boat to the rightly famous island of Capri, the island which the Roman emperors used to like to visit as tourists many centuries ago, and has never since lost its fame (off-season you travel through Naples). You settle in at your hotel in the less touristy Anacapri, more rural and mountainous. By chairlift (*funicolare*) you then travel up to the highest mountain on the island, Monte Solaro, where you can enjoy marvellous views over the island, the Bay of Naples, the Bay of Salerno and the Amalfi Coast. Descending along the ridge you slowly walk down to the lighthouse at the westernmost point of the island, where you can perhaps enjoy the clear seawater. The walk then continues along the coast, passing a series of fortresses, partly built by the English troops to defend the island from Napoleon's fleet, and only recently restored. The walk ends at the world-famous '*Grotta Azzurra*' ('Blue Grotto'), from where you travel back by bus to your hotel (optional walk possible). In the evening you'll have the choice of many romantic restaurants.

Accommodation: Hotel * - Capri.**

Distance: 9 km. Approx. 4 h. walking

Day 7

The last walking day is dedicated to the more famous side of the island of Capri, to see the places that have inspired so many over the centuries and have always attracted the global jet set. Of course you don't just see the 'touristy' highlights, you also make a beautiful roundwalk along the almost pristine south coast. First you pass the '*Piazzetta*' and the charming backstreets of Capri, with their clear Moresque influence. Then you walk up to the ruins of one of the most impressive Roman villas in the area, Villa Iovis, in an exceptional location with world-class views. On your way up you also pass the stunning Villa Lysis, rather unknown, but one of the best spots in Capri! Heading down towards the untouched coastline of the southern part of the island, you come across the Arco Naturale (a natural bridge), many grottos and, finally, the famous Faraglioni, three uninhabited little islands, just off the south coast. Through the Gardens of Augustus and the impressive Via Krupp, perhaps the world's most beautiful pedestrian way, you descend to the charming Marina Piccola, where you travel back by local bus to your hotel. This walk can be



extended or shortened in a number of ways, depending on how much time you want to dedicate to walking, relaxing or shopping.

Accommodation: Hotel * - Capri**

Distance: 10 km. Approx. 4-5 h. walking

Day 8

After breakfast you return by boat to Naples and by shuttle bus to the airport. Extra nights can be booked in a hotel in the city centre or in other locations (on request).

Options for extra days

Extra days can also be booked in any of the accommodations 'en route'. Route notes for extra options will be provided!!!

Extension 1: Campi Flegrei. Two days in one of the world's most interesting areas, from both an archaeological and naturalistic point of view. Can also be easily visited from Procida (half hour by boat).

Extension 2: For those who want to include Naples and/or haven't already visited Pompeii (and/or Vesuvius), there is the option for one or more extra days in Naples, where Pompeii/Vesuvius is only 20-30 minutes away by local train.

Extension 3: A few days on the famed Sorrento peninsula, with a stunning walk to the area's "Land's End", Punta Campanella. Pompeii/Vesuvius is only 20-30 minutes away from Sorrento as well.

EXAMPLE EXTRA OPTION 'CAMPI FLEGREI' ('Burning Fields')

Day 6

In the morning you take the boat to Pozzuoli, the main village of the 'Campi Flegrei', a volcanic area full of Greek and Roman history. Here you are met by a taxi which takes your luggage on to the hotel. Through the old centre, and past the large Roman amphitheatre, you walk to the Solfatara, a still-active volcano, and probably the best place in mainland Europe to see volcanic activity close up! Then you travel to the Lago d'Averno, which the Romans believed to be the entrance of hell, and finally to Cuma, the first Greek settlement in the area and the home of one of the most famous 'oracles' in the ancient world. You make a beautiful walk through the archaeological site and the dunes around it. You sleep in a hotel on the archaeological site of Baia.

Accommodation: Hotel* - Baia/Naples.**

Day 7

The territory of Baia and Bacoli, the western part of the Campi Flegrei, is an area extremely rich in archaeological findings. This walk, which partly goes through urban areas, links together a few of the most interesting Roman heritage sites in the area: the Castle of Baia, the *Piscina Mirabilis* and the *Cento Camerelle*, as well as the most interesting parts of the historical town centre of Bacoli. Directly from your hotel you walk into the so-called 'Fondi di Baia', extinct volcanoes where the traditional agricultural landscape still survives. Then you walk up to the Castle of Baia, which is now one of the foremost archaeological museums in Italy, yet not very crowded! Next you walk through the village of Bacoli, where of course you'll have to visit the *Piscina Mirabilis* and the *Cento Camerelle*. The walk will then bring you on to the promontory of Capo Miseno, through agricultural land and forest. Views from this headland are among the most extraordinary the area has to offer! By local bus you return to your hotel in Baia.

Accommodation: Hotel* - Baia/Naples.**





Day 8

= day 6 of the regular programme: travel to Capri. Or take the extra option Naples (below).

EXAMPLE EXTRA OPTION NAPLES:

Day 8

Today you travel to Naples and settle in at your hotel right in the heart of the city. From here you make a rewarding roundwalk, covering the most interesting 'highlights' of course, such as the Royal Palace, the royal theatre, the beautiful 'Galleria' and the medieval castles, but also through unknown, lively (but safe!) neighbourhoods, with their unbelievable history, where you can find Greek, Roman and medieval buildings in the space of a few square metres. The walk also brings you through quiet parks and along the shore, to relax from the hectic street life in Naples with a rewarding view of the Bay of Naples; of course you can also pay a visit to the world-famous archaeological museum, where all the artefacts from Pompeii and Herculaneum are displayed. Tonight you sleep in a 16th-century palace.

*Accommodation: Hotel *** - Naples.*

Day 9

In the morning you take the small local train (or taxi) to Herculaneum, where you can pay an (optional) visit to the excavations. After the visit to the archaeological site you drive up to Vesuvius and make a walk around the impressive volcanic phenomena to be seen around the crater: lava flows, pumice fields and grottos, culminating in a walk to the top, a walk completely different from the standard visit to Vesuvius (and normally closed to the public), which makes you feel like you're in a completely different world! There are several walking options, depending on your interests and fitness levels. You return to Naples by local train.

*Accommodation: Hotel *** - Naples.*

Day 10

= day 6 of the regular programme: travel to Capri. Or take the extra option Sorrento (below).

EXAMPLE EXTRA OPTION SORRENTO:

Day 11

Today you can walk to the 'Land's End' of the Sorrento peninsula, Punta Campanella. You pass through charming villages and the beautifully located church of San Costanzo, where you enjoy marvellous views over the Bay of Naples with the island of Capri, and the Bay of Salerno and the Amalfi Coast! Then you walk down along a pristine Mediterranean coast, now a marine reserve, where you can perhaps drop down to the sea for a refreshing dive. You end up at the lighthouse, from which you walk back along the Greek 'Via Minerva', past the remains of Roman villas. From the village of Termini you can take the bus back to the hotel, or opt for a nice panoramic walk through the hilly countryside. If you don't feel like walking today you can also visit Pompeii, the world's most intriguing Roman excavations.

*Accommodation: Hotel*** - Sorrento*

Day 12

= day 6 of the regular programme: travel to Capri.





TOUR DETAILS

ACCOMMODATION & MEALS

Accommodation is mainly on a bed and breakfast basis (on one day an evening meal is included – see inclusions) in very good 3-star hotels. All rooms have en-suite facilities.

When dinners are not included you will be free to organise your meal. You can either eat at the premises of the hotel (recommended in Ischia!) or choose from the wide choice of restaurants in the area. Your accommodation holder can give you good tips.

No picnic lunches are included in the tour price, but these can be prepared for you by the accommodation holders, or materials for picnics can be purchased in the villages where you'll be staying.

Nights 1 & 2: The first two nights you stay on the idyllic island of Procida, in either a nice 3-star hotel with a big garden, or a beautiful 4-star hotel in the historical centre, depending on your choice.

Night 3, 4 & 5: You stay in an exclusive hotel in the ancient monastery of Ischia, located on the 'Rocca', a small rocky island linked to the main island by a bridge. A wonderful and quiet setting, yet at walking distance from the town centre with its many bars and restaurants, and attached to the Aragonese castle.

Night 6 & 7: The last two nights are spent in a beautiful and comfortable 3-star hotel. It is located in a stunning botanical setting of various exotic plants and trees such as palms, pines, mangroves and ficus trees, with a sunny exposure and gentle sea breeze!

LEVEL OF DIFFICULTY

Moderately easy (2): Mostly easy walks, though some include walking uphill, sometimes on paths with rough surfaces. On some days some stretches are difficult for those suffering from vertigo (but NOT dangerous!). On these days alternative options are available. Extensions or shortcuts are also possible on many days.

Fitness: High standard of fitness is not necessary but you should be able to walk for up to 5 hours a day in hot sun on dusty or stony tracks.

FOOTPATHS & WAYMARKING

Most paths are well maintained, but during the season some paths can get overgrown (*we are in continuous contact with local authorities to keep the paths clean – please help us by providing your feedback on the quality of the paths*). Both on Procida and on Capri, many parts of the route that you follow are paved (pedestrian) alleyways.

Waymarking: Only a small part of the route is waymarked; elsewhere you have to follow the route descriptions provided together with the maps. With these you will always be able to find your route. In case you don't feel confident a local guide can be provided for some trails.





INCLUSIONS :

- 2 nights Hotel in Procida *** - BB
- 3 nights Hotel in Ischia *** - BB
- 2 nights Hotel in Capri *** - BB
- 1 Dinner in Procida
- 2 Transfers from Procida harbour to the Hotel (day 1 - 3)
- 2 Luggage Transfer Ischia porto - Hotel (day 3 - 6)
- 2 Luggage Transfer Capri (day 6 – 8)
- Extensive route notes, with description of the route & tourist information
- Maps at 1 : 25.000 scale (or better)
- 24/7 assistance

ARRIVAL & DEPARTURE

Arrival: The tour starts in PROCIDA; a pick-up service (included) is arranged from the harbour. Procida can be reached by ferry or hydrofoil from Naples, the nearest city with an international airport /train station. The boat journey takes about half an hour.

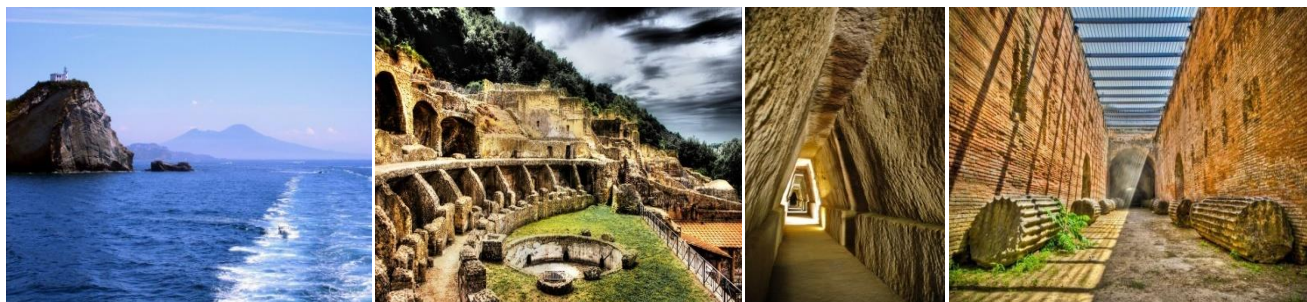
Departure: The tour ends after breakfast in CAPRI on day 8. A short transfer brings you to the harbour (included), from where you travel back by boat to Naples (or in case you extend your holiday to Sorrento or Salerno).

EXTRA NIGHTS

It is possible to include extra nights in any of the accommodations en route. It is also possible to extend your tour with a few days in Sorrento, Salerno, Naples, or along the Amalfi Coast. Details and prices on request.

UPGRADE

It is possible to book an upgrade in some of the places en route. Details and prices on request.



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