

ENGLISH VERSION / 2023



# Sorrento



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# Sorrento

## Bucket List Experiences on Sorrento.

This isn't a ranking, so choose whatever experience delights and inspires!



Admire the view from the Villa Comunale



Look down into the Vallone dei Mulini



Take a trip as far as Punta Campanella



Visit the beautiful Bay of Ischitella



Walk through the streets of the historic center



Visit the Amalfi Coast by bus or ferry



Take a day trip to the Island of Capri



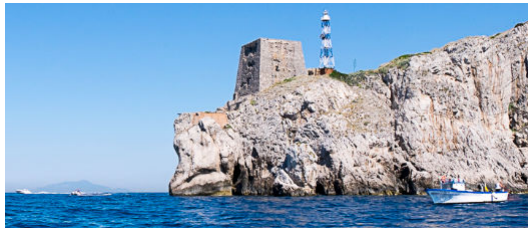
Hike up Mount Vesuvius



Visit the ruins of Pompeii and Herculaneum



Reach the peak of Mount Faito



Take a boat trip along the coast



Visit the Correale Museum in Sorrento



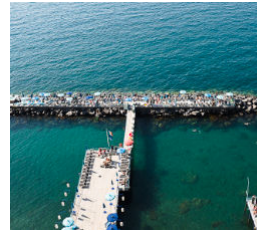
**Tour the Cloister of Saint Francis (San Francesco)**



**Go down into the crypt in the Basilica di Sant'Antonino**



**Admire the frescoed vaults of the Sedile Dominova**



**Sunbathe on the pier in Marina Piccola**



**Relax for the day at a beach club in Massa Lubrese**



**Swim into the secret pool of Regina Giovanna**



**Aperitivo at sunset on the terrace at Marinella in Sant'Agata**



**Sample gnocchi alla Sorrentina**



**Sit down for an authentic pizza**



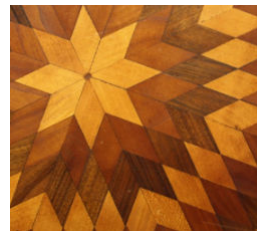
**Have a Michelin-starred dinner in Sant'Agata**



**Eat spaghetti alle vongole in a fishing village**



**Stock up on limoncello and souvenirs in the shops in the historic center**



**Discover the traditional Sorrento inlaid wood**



**Have an espresso and people-watch in Piazza Tasso**



**Mix with the tourists in an English pub**



**Take an evening walk along Corso Italia**



**Stay out until the wee hours in a night club**

# Sorrento

The beating heart of the Sorrentine and Amalfi Coasts, this resort town is vibrant with locals and visitors, is open for business all year round, and is also well-connected for day trips and excursions to all the area sights.

Sorrento and the nearby villages along the **Sorrentine Peninsula (Sant'Agnetto, Piano and Meta)** are all perched on a tufa-stone clifftop hundreds of meters above sea level, created by volcanic activity. Only the two small areas of **Marina Grande** and **Marina Piccola** are located at sea level. The rolling countryside begins right outside the center of town.

Info: [Sorrento](#)

## Center

The center of Sorrento is laid out in a grid pattern that centers around **Piazza Tasso**, the city's main square, which is lined with cafès and restaurants along all four sides. The main thoroughfare is **Corso Italia**, in particular the stretch between **Piazza Angelina Lauro** and the hospital. The town's most fashionable stores and boutiques are all clustered here, but parallel to Corso Italia the picturesque lanes of the historic center are crowded with artisanal workshops and charming local restaurants and cafès. If you take these narrow streets in the direction of the sea, you will reach the Villa Comunale gardens overlooking the sea.

## Marina Grande

Marina Grande was once the **fisherman's wharf**, and today is home to some of the best seafood restaurants in the city. You can easily reach this stretch of waterfront on foot, but there is also a bus line which runs from the center of Sorrento above to Marina Grande below.

### Private transfer

A private transfer is the best way to reach **Sorrento** if arriving at **Naples Capodichino** airport in the evening (or departing in the early morning) or if you are arriving at Napoli Centrale railway station with numerous bags (there is no luggage storage on the Circumvesuviana local train). The cost of a private transfer between Naples and Sorrento is around €100.

More info:

[www.sorrentoinsider.com](http://www.sorrentoinsider.com)





## Marina Piccola

This is where Sorrento's port is located, from where ferries to **Capri** and **Naples** depart. There are a few small beach clubs next to the port built on platforms above the water. You can reach **Marina Piccola** with the public elevator from the **Villa Comunale**, by bus, or by the stairs which lead down from **Piazza Tasso**.

## Countryside

Casarlano, Priora, Colli, and Sant'Agata sui Due Golfi are the hilltowns just outside Sorrento's center, and all can be reached by local bus.

## Sant'Agnello

This town adjacent to Sorrento is quieter and less touristy than Sorrento, and has lovely sea views.



## Where to stay in Sorrento

### Central location

Choose a hotel within 100 meters of **Piazza Tasso**. From here, you can easily reach all the sights, the port, and the station.

### Sea view

The city's historic hotels are all located on the cliff's edge directly above the water. Some also offer private access to the beach or cliffs below. These are all luxury hotels, so if you are looking for a more affordable solution that offers sea views, you can opt for a hotel located in the surrounding hills. Most of these accommodations offer shuttle services to the center of Sorrento.

### Strategic base

The neighborhood surrounding **Piazza Angelina Lauro** is just a few minutes from the train station, bus terminal, and port.

### Beach access

Sorrento does not have a sand or pebble beach, but has a number of platforms with beach clubs on the water's edge. If you have your heart set on a beach vacation, you may want to opt to stay in **Massa Lubrense** or **Positano**, which have proper beaches.

### Budget options

There has been an explosion of B&Bs, private rooms, and holiday apartments in Sorrento that are clean, comfortable, and even stylish. You can also stay in other towns on the Sorrento Peninsula, like **Sant'Agello**.

[www.sorrentoinsider.com/hotels](http://www.sorrentoinsider.com/hotels)



## Getting to Sorrento

Sorrento is located 50 km south of Naples and can be reached by train, bus, car, or ferry. It takes about an hour to travel between Naples and Sorrento.

### From the Naples Capodichino Airport

The Curreri bus departs from the **Naples Capodichino airport terminal** and arrives in **Sorrento** in a little over an hour. You can purchase your ticket on board for €10. The bus stop is opposite the airport arrivals gate; buses arrive about ten minutes before every scheduled departure and there is ample space for luggage on board. **Sit on the right side to enjoy the beautiful views of the Sorrentine peninsula along the way.** Check bus schedules here: [www.curreriviaggi.it](http://www.curreriviaggi.it)

### From Rome to Sorrento by Bus

If you are travelling to Sorrento from **Rome**, you can also opt to take the **Marozzi bus**. The trip takes about 4 hours, but you are guaranteed a seat, there is space for storing luggage, and you don't have to change. Buses depart each day from the **Roma Tiburtina** train station at 7am and 3pm.

#### **My flight comes in late. How can I get to Sorrento at night?**

The last bus from the **Naples airport** to **Sorrento** departs at 9:30pm in the summer, and at 7:30pm in the winter. If your flight arrives after that time, your only alternative is to reach Sorrento by private transfer or taxi. The average fare for a taxi ride from Naples to Sorrento is €80-100.

**We recommend booking a transfer rather than taking a taxi**, as you will have a driver waiting to meet you when your flight lands.

### From the Naples Train Station

High speed trains from **Milan**, **Florence**, and **Rome** arrive at **Napoli Centrale** railway station. **The Circumvesuviana station** is downstairs. This line runs from **Naples** to **Sorrento**, and tickets cost less than €4. The ride lasts about 1 hour and 10 minutes, with a number of stops along the way. Sorrento is the last stop along the line. The **Circumvesuviana** can get very crowded and you may not find seating. Trains are not air-conditioned.

[Book a private transfer](#)



## By car

Getting to **Sorrento** by car is easy... **the traffic is the hard part!** From **Highway A3 Napoli - Pompei - Sorrento, exit at Castellammare di Stabia** and continue straight following the signs to "**Sorrento**". After passing through three tunnels and a few kilometers of curvy, scenic road, you'll pass through the towns of **Meta, Piano, and Sant'Agello** and arrive in **Sorrento**.

## Traffic

**One of Sorrento's chronic problems is the traffic that can back up along the highway SS 145 from Castellammare to Sorrento.** Days and times in which you will probably run into heavy traffic are the weekends, summer months, and holidays like Easter, 25 April, and 1 May.

## Parking

**There is no free parking in Sorrento.** The only parking available is in paid parking lots that cost around €2/hour or €25/day. The largest and most convenient parking lot is **Il Correale**, behind **Piazza Lauro**. For those who are travelling to Capri, there is a parking lot at **Sorrento's port**. From **Easter** to the **beginning of November, Corso Italia** is closed to traffic between 7:30pm and midnight.

## Arriving by sea

One of the most scenic and relaxing ways to reach Sorrento is **by ferry from Naples**. The Naples - Sorrento line is active all year long, and the routes depart from the **Molo Beverello pier**. You can reach the Naples port via the **Alibus bus route** which leaves from the **Naples' Capodichino Airport**. The high-speed ferry takes 40 minutes and tickets cost around €12, plus a baggage fee of €2 per bag. Routes may be suspended if seas are rough.

To get from the port of Sorrento to the center of town, you need to climb a switchback road or about 100 steps. There are buses and taxis that will take you uphill from the port. The taxis are very expensive (€15 from the port to **Piazza Tasso**).





Sorrento Port - Marina Piccola



Marina Grande



Sorrento Center



Marina Grande



## Getting around Sorrento

Sorrento is often used as a base to visit the nearby Amalfi Coast, Pompeii, and Capri... so it's important to know how to get around. The center of Sorrento is quite small and can be easily explored on foot. The areas around Marina Piccola and Marina Grande are located downhill from the center, so it's more convenient to take a bus to get up the hillside.

### Scooter rentals

If you have a bit of experience driving a scooter, we strongly suggest you consider renting one to travel the coast. With a scooter, you won't have problems with traffic and parking, and you'll be able to reach the most beautiful beaches and explore the whole of the Amalfi Coast independently.

**Rentals cost about €30-40 per day**, and you can drive a scooter up to 125cc without a special license.

### Car

Driving is an excellent way to explore many areas of Italy's **Amalfi Coast** and **Sorrento Peninsula** that are not well-served by public transportation, including the rolling countryside. You can also easily drive to **Positano** (there is rarely traffic along the road between Sorrento and Positano), as long as you are willing to pay €4/hour for parking. We do not recommend driving to **Pompeii** or **Naples**, however, as it is much faster to go by train.

### Ferry

Ferries depart from **Sorrento** for **Capri** and **Naples** all year long. During the summer, there are also routes for **Ischia** and the **Amalfi Coast**. Travelling by ferry is by far the most comfortable and convenient way to visit the area surrounding Sorrento, with the only drawback being the relatively high ticket prices. There are also a number of ferry companies that organize boat tours and mini-cruises.

More info: [www.sorrentoinsider.com](http://www.sorrentoinsider.com)

## Public transport

**EAV** buses run between **Sorrento** and **Meta**, **Piano**, **Sant’Agnello**, and **Massa Lubrense**. Tickets cost €1.20 and can be purchased in tabacchi shops or at the Circumvesuviana station. Buses run **every 20 minutes**, but schedules vary depending on traffic:

- **Linea A:** Meta - Massa Lubrense
- **Linea B:** Sorrento - port of Sorrento - Sant’Agnello
- **Linea C:** Sorrento - port of Sorrento - Piano
- **Linea D:** Sorrento - Marina Grande
- **Linea E:** Sorrento - upper part of Sorrento

## Circumvesuviana Trains

**The Circumvesuviana is the local rail line that links various towns in the province of Naples.** It is a commuter line, much like a subway in a large city, except it is above ground. There is limited seating and you can’t reserve a seat.

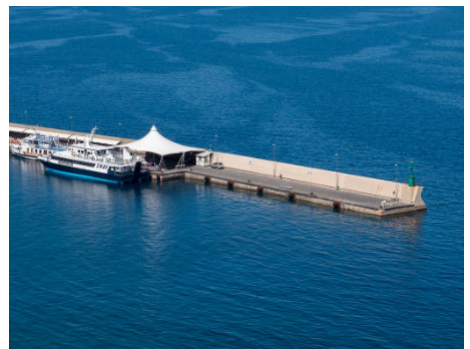
More info: [www.sorrentoinsider.com](http://www.sorrentoinsider.com)

**Circumvesuviana** trains generally run on time and this is the best way to get to **Pompeii** from **Sorrento**. Since there is no traffic, the journey takes less than 30 minutes, and the **Pompei Villa dei Misteri** stop is directly across from the entrance to **Pompeii**.

## Sita bus

Sita buses link **Sorrento** to **Positano**, **Amalfi**, and the other towns along the Amalfi Coast. The terminal for **Sita buses** is located at the **Circumvesuviana station** in Sorrento. If possible, it’s best to board the bus here since it will be easier to find a seat, especially near the window. There is a ticket booth for purchasing bus tickets. You can purchase either a single ride or a daily pass. The ride between **Sorrento** and **Amalfi** is quite long (over an hour) and the road is very curvy. In summer, the bus can be crowded and there can be heavy traffic along the road. Keep this in mind if you suffer from motion sickness!

Sit on the right side of the bus for the best views of the coast along the route.





Piazza Tasso



The old town

## A day in Sorrento

A walking-tour itinerary for the center of Sorrento, perfect for a day trip or your first visit to the city. The center of Sorrento is quite small and takes less than an hour to cross on foot!

Regardless of whether you arrive by car or train, your starting point will probably be the modern **Piazza Lauro**. From here, walk down **Corso Italia to Piazza Tasso**, Sorrento's main piazza. Take a few minutes to walk a few meters up **Viale Enrico Caruso**, and take in the view over the railing down to the dramatic "**Valley of the Mills**" in the gorge below.

### Piazza Tasso

This square is young! It was built less than a century ago above one of the many "valloni", or small gorges, which have been carved out over time by streams rushing down from the hills behind Sorrento down to the Mediterranean Sea. At the very bottom of the gorge, you can still see the ruins of one of the many water-powered mills (mulini) that once lined these gorges, with a lumberyard adjacent. Unfortunately, **Vallone dei Mulini** is not open to the public.

**Piazza Tasso** is the perfect place to stop for an espresso or cocktail. Grab an outdoor table at one of the many cafés that line the square and spend some time people-watching.

### Via della Pietà

From **Piazza Tasso**, instead of taking **Corso Italia**, walk behind the statue of **Torquato Tasso** and take **Via della Pietà**. This road is part of the historic grid-pattern layout of **Sorrento** and is lined with a number of medieval buildings such as **Palazzo Correale** and the adjacent **Church of Santa Maria della Pietà**. Further on is **Palazzo Veniero** and the loggia of **Vico Galantario**.

### Corso Italia

At the end of **Via della Pietà**, you will be opposite the city's Baroque Cathedral, with a nativity scene dating from the 1700s. Continue along **Corso Italia**, the most fashionable shopping street in town, until you reach **Villa Fiorentino**, headquarters of the **Fondazione Sorrento** where there are often public exhibitions. Over the years, these have included works by **Dali**, **Picasso**, and **Pomodoro**.

## The old town

At the end of **Corso Italia**, turn right and right again onto **Via San Cesareo**, one of the most charming streets in Sorrento, lined with artisan shops. Stop to admire the frescoed interior of the **Sedile Dominova**, once the gathering place for Sorrento's high society, and later headquarters of the **Società di Mutuo Soccorso**. A traditional Neapolitan nativity scene is set up here each Christmas, and the rest of the year the space is used by local pensioners to play cards. From here, take **Via Reginaldo Giuliani** down to the entrance to the **Villa Comunale** park.

## The Villa Comunale and Cloister of Saint Francis

Sorrento's **Villa Comunale** has a huge panoramic terrace overlooking the **Bay of Naples**. Directly below, you can see the beach clubs in **Marina Piccola** and the port; you can take the public elevator down to sea level from this park to access the beach and port. Don't miss the lovely adjacent cloisters, dating from the 1300s and one of the most picturesque spots in town for weddings. Upstairs, there are often art and photography exhibitions. From here, you can return to Piazza Tasso passing through **Piazza Sant'Antonino**; stop here to visit the crypt under the church where there are a number of relics, including a rib bone from the whale that supposedly swallowed the saint.

## Marina Grande

From **Villa Comunale**, walk past **Hotel Tramontano** to **Piazza della Vittoria**, where there is another lovely view. Continue along the road to the entrance to the **Bellevue Syrene** and walk down to **Marina Grande** by passing beneath the historic city gate. **Marina Grande** is Sorrento's historic fishing wharf, and a favorite spot for lunch or dinner by the water's edge. There are numerous waterfront restaurants here, specialized in local cuisine featuring fresh fish and seafood. If you don't feel like walking back up the cliffside to Sorrento above after lunch (though, to be honest, it's not that long of a walk), you can take a bus back up to the center of town.

## Three Days in Sorrento

We suggest planning a maximum of two day trips so you have time to explore Sorrento and relax in its lively atmosphere.

### Day 1

Discover the **town of Sorrento** by following our one-day itinerary.

### Day 2

If you are spending a few days in Sorrento, a day trip to **Capri** is a must. See [Day trip to Capri from Sorrento](#). If you are visiting by ferry, you can take the afternoon ferry from Capri to **Positano** to stroll through the town and have a cocktail. To return to Sorrento, take the bus (check to make sure you don't miss the last bus!); **taxis from Positano to Sorrento are expensive!**

### Day 3

Spend the morning exploring the ruins in Pompeii. See [Visiting Pompeii and Herculaneum](#).

If you still have some energy in the afternoon, head to the **Capo di Sorrento** and the **Regina Giovanna** beach (don't forget your swimsuit!). The beach is only accessible by walking trail.

## Restaurants in Sorrento

If there's one thing we know for sure, it's that you won't go hungry in Sorrento. It's hard to walk more than a few steps in this resort town along Italy's coast without passing a restaurant... not to mention the cafés, pubs, wine bars, and gelato shops.

### Information

Lunch is served from 12:30pm to 3:00pm and dinner from 7:30pm to 11pm (or even later in the summer). That said, there are many restaurants which serve meals all day long, so you can have a late lunch or an early dinner. It's a good idea to reserve a table beforehand, especially for dinner. There are no ethnic restaurants in Sorrento... the most "international" you can get is a couple of kebab stands and sushi restaurants. There is one vegetarian/vegan restaurant: **Mondo Bio**, an organic shop which has a small restaurant.

### Traditional dishes in Sorrento

#### Gnocchi alla sorrentina

Fresh potato dumplings tossed with tomato sauce and melted mozzarella.

#### Citrus

Sorrento is famous for its lemons and oranges, grown in local groves covered in traditional shades known as "pagliarelle". Local lemons are used to make "limoncello", a traditional sweet liqueur served after meals.

#### Provolone del Monaco

A local soft cheese aged from 6 to 18 months, slightly sharp.

#### Walnuts from Sorrento

Used to make "nocino", an after-dinner liqueur.

### Sorrento center

#### Ristorante Tasso €€

**+39 081 878 5809**

Just behind the piazza of the same name, this restaurant is a local landmark, with large, airy dining rooms good for groups, excellent cuisine, and a variety of dishes on the menu, including pizza.

#### Accénto €€ **+39 081 878 5216**

This small eatery on Corso Italia has just opened recently, but was immediately a success due to the creative takes on traditional dishes.

#### Zi Ntonio €€ **+39 081 878 1623**

Landmark restaurant in the historic center plating traditional dishes made with fresh local ingredients. Friendly staff. Must try: the Risotto Special con Crostacei (min 2 people) with fresh seafood.

#### Fuoro51 €€ **+39 081 878 3691**

If you are looking to relax over a glass of wine and some light snacks, search out this wine bar in the narrow lanes of the historic center. It offers a vast wine list and a variety of cheese and charcuterie plates.

#### O' Parrucchiano €€ **+39 081 878 1321**

If you would like to sample classic Sorrentine cuisine, this is the place for you. O' Parrucchiano - La Favorita has been famous for over 100 years for their cannelloni, invented here in 1870. There is a beautiful internal garden and covered patio for outdoor dining.

#### La Cantinaccia del Popolo €€

**366 101 5497**

Just outside the crowded area of Sorrento popular with tourists, this trattoria is a favorite among locals for its genuine cuisine, excellent steaks, and quality meat. Affordable prices.

#### Ristorante Museo Caruso €€

**+39 081 807 3156**

This restaurant is dedicated to the famous tenor, Caruso, who spent his final years in the nearby Hotel Excelsior Vittoria. Walls are covered in memorabilia and the atmosphere is welcoming.

### Marina Grande

#### Da Emilia €€ **+39 081 807 2720**

This is the oldest restaurant in the tiny fishing village of Marina Grande, and the atmosphere is very traditional. A few scenes from Sophia Loren's film "Scandal in Sorrento" were shot here. The restaurant does not take reservations, so diners simply sit at the first available table. Try the seafood gnocchi. Generous portions for affordable prices.

#### Bagni Sant'Anna €€ **+39 081 8074178**

The beach club restaurant serves lunch and dinner on platforms directly over the water. The menu is a bit creative, and the view over the Sorrentine coast is stunning.

#### Soul and Fish €€ **+39 081 878 2170**

The youngest generation of a historic local family of restaurateurs has completely renovated the family restaurant, giving the dining room a modern look while maintaining the traditional quality. Fish and seafood presented with elegance.

### Outside of town

#### Don Alfonso 1890 €€€

**+39 081 878 0026**

This gourmet restaurant is one of the best in southern Italy, with two Michelin stars and a name that is famous the world over. Dishes are created using local ingredients, including the family's farm on Punta Campanella. Located in Sant'Agata sui Due Golfi.

#### Lo Stuzzichino €€ **+39 081 5330010**

This modern eatery is also located in Sant'Agata sui Due Golfi. It began as a simple deli but over time has become known for its high quality ingredients and impeccable preparations of traditional specialties and today is a Slow Food destination.

**L'Antico Casale** €€ +39 081 808 3462

Set midway between Positano and Sorrento in the San Pietro hills, this farm owned by the hospitable Persico family is a gem. Nonna Luisa rules the kitchen of the farm restaurant, and also gives cooking lessons. Lunch and dinner are served al fresco on the patio and feature traditional dishes made with local ingredients. There is a free shuttle service from Sorrento and Positano.

**Romantic restaurants****Il Buco** €€€ +39 081 878 2354

The best spot to sample traditional cuisine in the center of Sorrento, featuring local specialties researched and interpreted by Chef Peppe Aversa. Choose from the tasting menus and enjoy the memorable décor: dining rooms cut from the tufa stone cliff and design touches. There is no view, as the restaurant is inside a wine cellar, but in the summer diners can sit outside under one of the city's historic gates.

**Terrazza Bosquet** €€€

+39 081 877 7111

This is the Michelin-starred restaurant in the landmark Grand Hotel Excelsior Vittoria. The location is unforgettable on the historic terrace overlooking the Bay of Sorrento, made famous by Italian singer Lucio Dalla in his song "Caruso". The cuisine is fine dining, with elegant interpretations of traditional dishes.

**L'Antica Trattoria** €€€

+39 081 807 1082

This informal eatery in the historic center doesn't have a view, but the internal garden is a romantic hideaway where couples can sample classic local dishes. This is one of the most historic restaurants in town, founded in 1930.

**Antico Franceschiello** €€€

+39 081 533 9780

Another historic restaurant in Sorrento located just beyond the Cape of Sorrento, with a beautiful terrace facing the island of Capri. Classic cuisine featuring traditional favorites and seasonal specialties.

**Pizzerias**

A good option for an inexpensive dinner is pizza, and there are a number of excellent traditional pizzerias in Sorrento. Here are some of the most well-known.

**Pizzeria Ahum** €/€€

+39 081 1917 2783

This is the pizzeria owned by Antonino Esposito, a celebrity pizzaiolo who often appears on Italian television. The pizzeria is located inside the bowling alley on Via Sant'Antonino. Try "la frusta sorrentina", his signature dish.

**Da Franco** €/€€ +39 081 877 2066

Just a few steps from Piazza Angelina Lauro, this pizzeria makes "pizza by the meter", perfect if you are dining with a group of family or friends. The waiter will ask how many servings you want and your favorite toppings, and you will be served one long pizza cut into slices divided by topping. There are 16 slices of pizza per meter, which is enough for about 4 hungry people. The atmosphere is casual, with plastic tableware, shared tables, and fast service.

**Bougainvillea** €/€€

+39 081 878 1364

This spot began as a simple gelateria, but has added a pizzeria in its historic location at the beginning of Corso Italia. They serve Neapolitan-style pizza with a number of unique and gourmet toppings. Highly recommended!

**Pizza by the meter**

This type of pizza was invented in **Vico Equense** and today can be found across the peninsula.

Pizza by the meter is perfect if you are dining with a group. The waiter will ask how many servings you want and your favorite toppings, and you will be served one long pizza cut into slices divided by topping. There are 16 slices of pizza per meter, enough for about 4 people. You can also order less than a meter.

**Pizza a Metro da Gigino** €/€€

+39 081 879 8309

The capital of "pizza a metro" is the small town of Vico Equense, which is easy to reach by Circumvesuviana train from Sorrento. The famous "Università della Pizza", otherwise known as "Da Gigino - Pizza a Metro", is located here, considered the best pizza by the meter around.

**Our favorite bars**

In Sorrento, the streets and squares are lined with "bars" - as cafés are commonly called in Italy - where you can stop for a drink, chat, and people-watch any time day or night.

The most popular cafés in Sorrento are those located in **Piazza Tasso**; if you'd like your drink served with a view, you should stop in a café in **Marina Grande**, **Marina Piccola**, or a hotel terrace overlooking the sea.

The prices in Sorrento's various cafés are more or less the same, so you can stop at any one that looks good!

**Suggestions**

Cocktails:

**Syrenuse or Bar del Carmine**

People-watching:

**Fauno Bar**

American coffee:

**We love Puro**

English breakfast:

**English Inn**





## Shopping in Sorrento

It's hard to keep your inner shopaholic under wraps while in Sorrento! The center is chock full of great artisan and souvenir shops. If you are looking for something local and traditional, here are our suggestions for the perfect souvenir.

### "Intarsio Sorrentino", or Inlaid Wood

Sorrento's intricate local inlaid wood furniture and art has been famous since the European nobility began visiting this stretch of coast as part of the Grand Tour in the 19th century. Still today, there are a number of workshops and galleries that show and sell everything from small inlaid boxes to breathtaking pieces of furniture. A jewelry box can be purchased at a reasonable price and is a perfect souvenir, decorated with classical floral designs or pastoral scenes, or you can opt for a more contemporary geometric pattern. Take a look at: **Gargiulo & Jannuzzi, Museo Bottega della Tarsia Ligna, Notturmo, and Cuomo's Lucky Store.**

### Sandals

The most famous sandals in southern Italy are those made on the island of **Capri**, but there are a number of artisan workshops in Sorrento where traditional shoemakers handcraft sandals to measure. You can choose the leather, decorations, and heel height, and the artisan will craft a pair of one-of-a-kind sandals in your size (which, by the way, will cost you much less than those made in Positano or on Capri). Take a look at: **Sandali Siniscalchi.**

### Lace

The Sorrentine Peninsula has a long tradition of lace-making and needlework, though it is going out of fashion. There are a few shops in the center of Sorrento that still sell tablecloths and other household linens that are finished by hand.

### Il limoncello

It's easy to believe that the fountains of Sorrento gush fragrant limoncello instead of water when visiting Sorrento: this sweet, thick **lemon liqueur** is ubiquitous in the workshops, restaurants, and

cafés of the city. Stop in one of the artisan shops for a limoncello tasting and choose which secret recipe you like best! There are a number of lesser famous, but still delicious, citrus liqueurs also produced artisanally in Sorrento's shops.

## Cheese

There are two prestigious cheeses made on the **Sorrentine Peninsula**: **fiordilatte** and **provolone del Monaco**. In the region of **Campania**, **mozzarella** is either **fiordilatte** or **mozzarella di bufala**; fiordilatte uses milk from **Agerolina** cows on the **Lattari Mountains** that must be used while very fresh. You can taste this cheese at **Caseificio Apreda**, on **Via del Mare**, famous for its mozzarella braids and other local specialties like provola, tomatoes, and taralli. You can sample their offerings at the outdoor tables or have sandwiches made to take away. You can also buy cheese in a travel box where it will stay fresh for 2 to 3 days.

**Provolone del monaco** is also made from milk from Agerola cows, but is an aged cheese. This is the perfect gourmet souvenir, as it stays fresh for more than 6 months. You can buy an entire wheel or a slice, but be sure to purchase provolone del monaco DOP. Check the label for **DOP** written in red, the producer, the branding mark, and a serial number. You can find this cheese in the supermarket in **Sorrento**, but it's better to go to **Vico Equense** where provolone is made. At **De Gennaro**, you can purchase their family's artisan cheese, or at the **Da Gabriele dairy**, you can sample an entire cheese platter or fresh gelato. A side trip to **Vico Equense** is the perfect moment to sample "pizza by the meter" at **Gigino, l'Università della Pizza**.



### Visit a limoncello workshop

After sampling limoncello, if you're curious to see how this famous lemon liqueur from Sorrento is made, plan a visit to the open workshop where Limoncello di Capri is produced. **Halfway between Meta and Vico Equense along the winding and panoramic Strada Statale 145**, the open workshop has a 60-meter-long walkway along which you can observe the entire production process of limoncello from behind glass, ending with a tasting. The tour is free.

In the same building as the limoncello workshop, you can visit the **Sorrento Excellence store**. With 250 square meters dedicated to some of the area's best artisanal products, including liqueurs, chocolates, olive oil, pasta, candies and confections, leather bags, watches, jewelry, and perfume... there is a bit of something for everyone and every budget. There are even free liqueur and chocolate tastings for customers.

If you have booked a day trip or transfer with a private driver, ask to stop for a few minutes to shop for souvenirs. There is also a café with a breathtaking view over the bay that alone is worth the stop!

**Open daily, free parking.**

**Sorrento Excellence: +39 081 808 7490**  
[www.sorrentoexcellence.com](http://www.sorrentoexcellence.com)



Provolone del Monaco



Sandals



Inlaid wood

## Beaches on the Sorrentine Peninsula

To enjoy the most beautiful beaches lapped by crystalline waters, you'll have to leave the center of Sorrento, but the pristine coves and lack of crowds make it worth the effort!

### Vico Equense

The beach at Vico Equense can be reached with the **Circumvesuviana Napoli - Sorrento** rail line. From the Vesuviana stop, walk down to the water's edge or take the public bus (which we recommend for the return trip, as the road back up is a steep climb). The small public beach is sand, but we suggest taking the shuttle boat that will take you to the **Spiaggia della Tartaruga** beach, so called because of its turtle-shaped boulder. Entry costs €3/person and it's crowded, but it's accessible with public transportation, the water is lovely, and you can rent a sun lounge and umbrella if you wish. Crowded.

### Seiano

**Marina di Aequa** or **Seiano** is a small hamlet on the shore near Vico Equense. You can reach the beach by taking the staircase down from the center of Vico Equense opposite the church of **San Ciro**, or by driving down the road opposite the **Circumvesuviana train station**. There is a wide stretch of sand-and-pebble beach that is free to the public known as **Le Calcare**, but it is often very crowded. You can also rent a sun lounge and umbrella here. Accessible by public transportation.

### Meta

Meta beach can also be reached with the **Circumvesuviana**, then by foot or bus. One side of the beach is pebble and the other is sand, and there are a number of small free public areas between the beach clubs. We only recommend this beach in the off season, because it is always very crowded in the summer months.

This beach faces west, so has a mild micro-climate all year round and many visitors swim here even in the winter season. Accessible by public transportation.

### Piano & Sant'Agnello

There are small volcanic (or black sand) beaches here, which are not particularly pleasant for swimming. The best option is **Caterina beach in Marina di Cassano** (you can reach it from **Piano di Sorrento**, though it is technically located in the town of **Sant'Agnello**). To reach the beach, you can use the elevator on **Via Ripa di Cassano** opposite **Villa Fondi**, which can also be used for come back up to town.



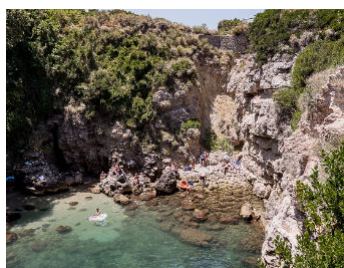
### Marina Grande

Marina Grande is Sorrento's fishing village, and has a small volcanic sand beach. Walk from **Piazza Vittoria** or take the local bus.



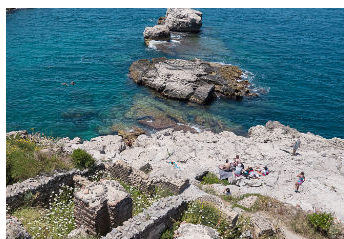
## Marina Piccola

**Beneath Sorrento's Villa Comunale** and next to the port, there is a small strip of volcanic sand occupied by a number of beach clubs and a stretch of public beach. Most of the beach clubs have a small area of the waterfront and sundeck over the water, and also offer restaurants and/or snack bars. From the **Villa Comunale**, take **the elevator** down (you'll find it near the **Church of San Francesco**). Otherwise, it's an easy walk from **Piazza Tasso**.



## Bagni della Regina Giovanna

**Regina Giovanna** is what locals call the small tongue of land which juts out into the sea where the **Roman ruins of Pollius Felix Villa** still stand (also known as the **Capo di Sorrento**). Through the ancient walls, you'll find a flight of stairs down to a small lagoon joined to the sea by an arch. This tiny private pool is where **Queen Giovanna d'Angiò** loved to bathe, hence the colloquial name of this stretch of coastline. It's the only place along the shore with easy access to the water, but it is in shade all day. If you continue along the pathway to the left, you'll reach an area known as Solara, with flat-topped rocks where you can sunbathe and with easier access to the water. There is also a private beach club here that rents sun loungers. Take the bus (**route A, Capo di Sorrento stop**) or walk the 3 km from the center of Sorrento. There is also a parking lot nearby.



## Puolo

Locals from Sorrento particularly love **Puolo**, divided into two sections: the free public beach that includes the area known as **Pignatella** (with a rocky shore) and the sandy Puolo beach, which also has cafes, restaurants, and sunlounger and umbrella rentals.

The private beach is run by the **Blumare Beach Club**, and access is through the white gate. Here there is both a stretch of beach and a sundeck. You can only reach Puolo by car or scooter.

## Marina della Lobra

This small fishermen's quarter in the center of **Massa Lubrense** has a long stretch of rocky coast and a couple of beach clubs.

## La Conca Azzurra

La **Conca Azzurra** is a private beach club just outside of **Massa Lubrense**. It includes three pools (including two kiddie pools), large sundecks, and a small rocky beach. Accessible by car or scooter.



## Marciano

If you pass Massa Lubrense and continue on towards **Termini**, you'll reach the small village of **Marciano** with two waterfront areas: **Capitan Cook**, a private rocky beach with an excellent restaurant; and **Baia delle Sirene**; a private beach club with a beach, sundecks, and a restaurant.

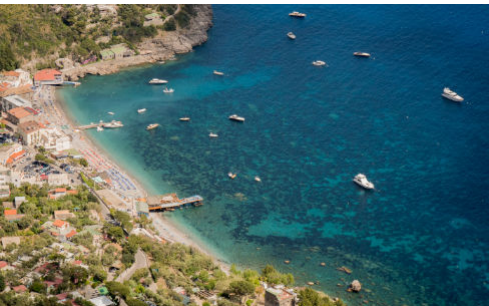
## Cala di Mitigliano

If you are looking for a beach that is truly off the beaten path, head to **Cala di Mitigliano**. Once you reach **Termini**, follow the signs for **Punta Campanella**. If you have a car, you will have to park in town; scooters can continue on. Just after the beginning of **Via Campanella**, there is a gate to the right with a dirt path to Cala. It's a private path, so you will have to pay a fee to continue down with your scooter. Park it in the lowest lot and continue on by foot along the dirt path, which leads to a beach with boulders, rocks, and pebbles overlooking crystalline waters with a breathtaking view of **Capri**. Bring drinking water and any other supplies you need, as there are no beach clubs or cafès here. Long trail to access.



## Ieranto

The walking path to the **Bay of Ieranto** begins in **Nerano**, the fishing village located at the tip of the Sorrentine Peninsula. The path begins about 100 meters below the village's main square, and the beach faces **Capri**. [Bay of Ieranto](#)



## Nerano

Locals love Marina del Cantone (near Nerano) for its pebble beach, crystalline water, and excellent restaurants serving the local specialty: "**spaghetti alla Nerano**", made with **zucchini** and **provone del Monaco** cheese. [Nerano](#)

## Scrajo

**Scrajo beach** is part of a thermal spa complex, with curative sulfur water that bubbles up through springs below sea level. Beach access also includes access to one of the thermal pools. You can book treatments and massages at the spa, and the restaurant is excellent. The baths are between **Castellammare di Stabia** and **Vico Equense** and there is a shuttle service from the **Circumvesuviana station** in **Vico**.



## The Bay of Ieranto



Sorrento is often called “Land of the Sirens”, and it is said that here on the furthest point of the Sorrentine Peninsula these enchanting creatures once sang sailors to their doom. The legendary Bay of Ieranto is part of a promontory that juts out into the Mediterranean Sea from the fishing village of Nerano, almost touching the island of Capri.

Ieranto is now owned by **FAI, Italy’s National Heritage Trust**, which often organizes guided tours and walks, and the bay is always open to the public.

### Getting to Ieranto

The walking path to the **Bay of Ieranto** begins in **Nerano**, the fishing village located on the tip of the **Sorrentine Peninsula**. You can reach Nerano by bus from Sorrento, getting off at the stop in the center of Nerano (not the **Marina del Cantone** stop near the beach). You can ask the driver to tell you when you’ve reached your stop. You can also reach Nerano by car or scooter, and there are a number of parking areas. The path begins about 100 meters below the village’s main square, and is well-marked.

### The Bay of Ieranto

The trail begins with a level stretch past a pink villa that was the Sorrentine residence of **Norman Douglas**, the British writer who penned “**Siren Land**”.

Once you’ve reached a rocky outcropping overlooking the beach of Nerano – once said to be the launching pad for local witches – the trail begins to descend, skirting a Mediterranean wood which grows wilder as the trail advances.

The view suddenly opens up for a breathtaking look over the Faraglioni sea stacks off the island of Capri and a valley lined with olive groves. The **FAI center** is located here if you need to take a break. You can reach the beach either from the building or from the crossroads immediately before the FAI center. Otherwise, the trail leads up to **Mont’Alto** and **Punta Penna** in the other direction.

## The Ieranto Beach

The final stretch of the trail is the **"miners' stairs"**, a flight of stairs that local miners built at the beginning of the 1900s to reach the limestone quarry located at sea level. Today it is used instead by vacationers headed to the small beach below with a view of the **Faraglioni of Capri**.

If you would like to spend the day at the beach here, be sure to bring everything you need as there is no beach club renting chairs and umbrellas. The most crystalline waters along the coast are here, as it is a **protected coastline, and no motorized vehicles are allowed**.



- **Departure and arrival location:** Nerano
- **Length of trail:** 6 km
- **Duration of walk:** 3 hours (round trip)
- **Difficulty:** medium
- **Services:** there are public restrooms in the FAI center. There are no restaurants or cafés, so bring food and water if you will be staying the entire day.

### To plan your visit

Check the **FAI** website [www.fondoambiente.it](http://www.fondoambiente.it) for events and visits scheduled during your visit, as they are always interesting and well-organized.

Wear comfortable footwear and carry a backpack rather than a bag, as the trail is a mountain hiking trail. Plan to climb back up in late afternoon, when the sun is not at its hottest.





## Mount Faito



Towering over the surrounding countryside at 1400 meters above sea level, Faito is one of the Lattari peaks at the base of the Sorrento Peninsula and is a popular destination in summer, when the slopes are an escape from the heat and humidity along the coastline.

### Getting to Mount Faito

The easiest way to reach Mount Faito is by taking the funicular, which departs from the **Circumvesuviana train station in Castellammare di Stabia**. The funicular is closed in winter. You can also take the bus to the top, which departs from the **Circumvesuviana train station in Vico Equense**, or drive to the top (the road is quite well-maintained).

As soon as you begin to climb the slopes of Mount Faito the views open up, stretching into the distance across the woods and mountain landscape to the deep blue **Bay of Naples** on the horizon. On one side, you can see the **Sorrentine Peninsula** and the island of **Capri** and **Faraglioni**; on the opposite side, the outline of **Mount Vesuvius** and **Naples** hugging the gulf. Enjoy the panorama from both the road as well as the many walking and hiking paths that wind their way uphill through the woods. There are also a number of restaurants and cafès on the peak of Mount Faito, in addition to sports facilities with a playground for children and a swimming pool.

### Walking and Hiking Trails on Mount Faito

From the **Funicular to the Monastery of San Michele**: this trail passes through shaded woods and is quite easy. Known as "**Il Sentiero dell'Angelo**", the route begins near the funicular and ends at the chapel of San Michele. It is called the "**trail of the angel**" because it traces the route taken by the saints **Catello** and **Antonino**. **Duration: about 2 hours.**

**Mount San Michele** or **Il Molare**: this is the highest peak on the mountaintop, and is shaped like a molar (hence the name). The route begins at the **Sanctuary of San Michele** at the end of the paved road, and is marked by **CAI hiking club number 330**. The trail passes by the **Conocchia Cross** and the **Acqua Santa Spring**, and ends overlooking the **Gulf of Salerno** and the **Amalfi Coast**. **Duration: about 1.5 hours.**

These are just two of the numerous hiking and walking trails which crisscross the woods covering the slopes of Mount Faito.







## Punta Campanella



Punta Campanella is at the tip of the Sorrentine Peninsula, and looks out over the sea and the island of Capri. This stretch of coast has been considered sacred since ancient times. It is said that Ulysses met the Sirens here and had a temple erected to the goddess Minerva as a sign of his gratitude for her divine protection during his long odyssey.

### Getting to Punta Campanella

The walking path to Punta Campanella begins in **Termini**, the last hamlet on the western coast of the **Sorrentine Peninsula**. You can reach Termini by bus, taking one of the routes that run to **Sant'Agata sui Due Golfi** from Sorrento. From the hamlet's main square facing **Capri**, follow the signage directing you to the trailhead. The trail to the point is easy and along level ground, and runs through countryside with small gardens, olive groves, and the coast with views of the sea. For a more challenging trail, follow the signage to the peak of "**Monte San Costanzo**", where you can see the remains of a historic hermitage. Otherwise, continue your walk to Punta Campanella where you can visit the remains of a **Saracen** tower built in the 1300s on the spot where there was once a statue of the goddess **Athena**.

### Detour on Mount San Costanzo

To hike to the peak of the mountain, follow the signage painted on the field stones in red and white (**Path 00, alta via dei Monti Lattari**) to 485 meters above sea level. From the remains of the historic hermitage, the view stretches over the whole of the peninsula with the Monti Lattari in the distance. From here, you can hike back down to **Termini**.

## History and Legends

According to legend, the temple was built on the far point of the peninsula by **Ulysses** as a sign of his gratitude to the goddess **Minerva** for her protection and help in escaping the Sirens (whom he met on the **Li Galli islets**, just off the coast of the peninsula). Along this rocky coast, an engraving in **Oscan** (an ancient language dating to before the **Romans**) was found at sea level, which pointed out where ships could moor when they wanted to stop and honor the goddess. In the 1300s, one of the **Saracen towers** used to guard the coast from pirates was built on this spot. Legend holds that a Saracen pirate ship lost the bell that they had stolen from the **Basilica of Sant'Antonino** in Sorrento in these waters off the coast, and every 14th of February on the feast day of the city's patron saint the bell can be heard ringing from the sea floor. This is also why the point is called "**Punta Campanella**", or **Bell Point**.



- **Trailhead:** Termini (hamlet near Massa Lubrense)
- **Arrival:** Termini
- **Duration:** 2 hours (roundtrip)
- **Length:** 4 km
- **Difficulty:** easy
- More info [www.sorrentoinsider.com](http://www.sorrentoinsider.com)



Bay of Ieranto



Saracen Tower - Punta Campanella



San Costanzo Hermitage



Mount San Costanzo



Bay of Ieranto

# Day trips nearby

Sorrento is often used as a base for exploring the surrounding area. The town and environs are connected by Circumvesuviana train, EAV and Sita buses, Cooperativa Tasso minibuses, and a number of ferry companies. The train station and port are in the city center.

## Getting from Sorrento to:

- **Pompeii:** Circumvesuviana train (20 minutes)
- **Herculaneum:** Circumvesuviana train (40 minutes)
- **Amalfi Coast:** Sita bus (40 minutes to Positano) or ferry (40 minutes)
- **Capri:** ferry (30 minutes)
- **Naples:** Circumvesuviana train or ferry (1 hour)



Pompeii and Herculaneum



Mount Vesuvius



Day trip to Capri from Sorrento



Day trip to the Amalfi Coast



Day trip to Naples



Day trip to the Royal Palace in Caserta



Paestum



Ischia and Procida



## Should I visit Pompeii or Herculaneum?

The biggest difference between Pompeii and Herculaneum is size: the ruins of Pompeii cover about 44 square hectares, while Herculaneum covers just 4.

**Pompeii was an important city and trade center**, while Herculaneum was a small resort town without the large public buildings (forum, amphitheater, theaters, gym) found in Pompeii. **However, Herculaneum is in a much better state of preservation** due to the deep layer of ash and dust that covered the site, filling the buildings without damaging them. Pompeii was heavily battered by falling rocks and hot air that knocked down upper floors of buildings and incinerated wood, both of which are still intact at Herculaneum.

All things considered, **if you only have time to see one site, choose Pompeii**. Herculaneum is a good alternative if you don't want to do too much walking or if the temperatures are particularly scorching, as it has more shade than Pompeii. **We do not recommend visiting Pompeii and Herculaneum in one day, as it is simply too tiring.**

### Hours for Pompeii and Herculaneum

**April through October:** 9am - 7:30pm (last entry at 6pm)

**November through March:** 9am - 5pm (last entry at 3:30pm)

**Closed:** 1 January, 25 December

Tickets can be purchased at the ticket offices at the entrance to each site or through the online ticket office. **Do not purchase tours or tickets from street vendors** who may approach you at the Circumvesuviana train station!

[Skip-the-line Tickets for Pompeii](#)

[Skip-the-line Tickets for Herculaneum](#)

### Prices

**Pompeii ruins daily ticket:** Full price € 16; discounted € 2

**Herculaneum ruins daily ticket:** Full price € 13; discounted € 2. Mastercard and Visa are accepted. Entrance is free to all EU citizens under 18. EU citizens under 24 have a special discount.

**Luggage deposit:** Next to the ticket office at the entrance, there is a free baggage check. Bags or backpacks larger than 30x30x15 cm cannot be brought into either Herculaneum or Pompeii.



## The Pompeii and Herculaneum Archaeological Sites Compared



### Pompeii

#### Recommended because:

- It's a unique example of a perfectly preserved Roman city with temples, theaters, homes, restaurants, and public buildings.
- More sites open to the public and a greater variety of architectural styles.
- You can experience first-hand the majesty of a Roman forum, theater, and amphitheater.

#### Not recommended if:

- You only have an hour or two, as it takes a significant amount of time and energy to visit.
- It's a particularly hot day, as there is little shade.

### Herculaneum

#### Recommended because:

- It's a small town that was a resort destination in ancient times, and can be visited in less than two hours.
- There are multi-story houses, wooden furnishings and decorations, and perfectly preserved mosaic and sculptures to admire.

#### Not recommended if:

- You only have time to visit either Pompeii or Herculaneum; we do not recommend attempting both in one day.
- You want to explore it all, as many of the houses and buildings are not open to the public.



Capri's Faraglioni



The Piazzetta on Capri

## Day trip to Capri from Sorrento

If you are visiting Sorrento during your vacation in Italy, you shouldn't skip a day trip to the island of Capri. Though there are a number of agencies which offer organized "all-inclusive" tours, you can easily organize an excursion to Capri on your own.

### Getting from Sorrento to Capri

Getting to **Capri** from **Sorrento** is easy! Simply take one of the ferries which depart daily for Capri from **Sorrento's port**. Ferries run frequently from April through October, but can be quite crowded with other day trippers. **We suggest you buy a round-trip ticket and reserve online ahead of time to avoid the long lines, especially during the month of August.**

Tickets for the **funicular (cable-car)** and the **buses on Capri** can be purchased at the tabacco shop ("tabaccheria") at the **port of Sorrento**. We recommend purchasing them here so you won't have to wait in line at the ticket office once on Capri. **At Capri's Marina Grande pier**, there are ticket offices for the boat tour companies that offer tours of the island by sea and boat transfers to the **Blue Grotto**. For more information, see the chapter on **Capri**.

### Capri: What to See and Do

At the **Marina Grande** port, there are always crowds of tourists during the summer months, so it's better to have an itinerary for visiting the island in mind when you disembark so you can quickly get away from the chaos around the pier.

### Boat tours

An excellent alternative to visiting the island independently is joining a semi-private boat tour **from Sorrento to Capri**. These tours depart from Sorrento on boats for 10-12 passengers, stop near **Punta Campanella** for a swim, and then continue on to Capri. Once at **Marina Piccola**, passengers disembark for a few hours of free time to visit the center of Capri town or have lunch in a seaside restaurant. Afterwards, the tour circles the island before returning to Sorrento.

**Tours of this type cost around €80/person.**

Boat tours are great in the summer to escape the heat and crowds. [www.capri.com/tours](http://www.capri.com/tours)



Positano

## Day trip to the Amalfi Coast from Sorrento

All the options for a day trip from Sorrento to the Amalfi Coast

### Sita bus

Sita buses depart from **Sorrento** directly for **Positano** and **Amalfi** all day. The terminal is opposite the **Circumvesuviana station in Sorrento** and you can purchase your tickets there. The bus stops first in **Positano** and then in **Amalfi**. To take the bus further south or visit **Ravello**, you will have to transfer to a different route in **Amalfi**.

**Pros:** tickets are quite inexpensive (less than €3) and buses run relatively frequently. On the right side of the bus, there are great views along the route.

**Cons:** buses are always crowded and there is not always seating for all passengers, especially if you board along the route.

**The ride takes over an hour and follows the notoriously curvy coastal road**, so is not recommended for those who suffer from motion sickness.

### Coast-to-Coast

Coast-to-coast coaches are operated by **Cityseeing**, a bus tour company with double-decker, open-air coaches that follow the same route as the public bus company, stopping in **Positano** and **Amalfi**. A day pass (with hop-on-hop-off access) costs about €15.

**Pros:** less crowded than the Sita bus, open-air upper deck for views, audio guide.

**Cons:** more expensive, and not recommended for those who suffer from motion sickness.

### Ferry

This is an excellent option, both convenient and fun! Public ferries from **Sorrento** to the **Amalfi Coast** depart from the port and stop at the ports of **Positano** and **Amalfi**. Both ports are right near the center of town, making them convenient starting points for starting your visit. Tickets €16.



**Pros:** a pleasant and scenic ride, far from the coast's notorious traffic.

**Cons:** high-speed ferries only run from April to mid-October, and routes are cancelled during rough seas.

## Boat tours

A number of different boat tour companies depart on organized group tours from the **Sorrento port**, offering **mini-cruises** to the Amalfi Coast. You can choose between large tour boats or smaller crafts for a maximum of 10-12 passengers. Lunch on board is often included, and almost all tours stop for a bit at **Positano** and **Amalfi** to give passengers a chance to explore. You can also hire a private boat, with or without a skipper.

**Pros:** this is by far the best option on hot summer days, especially if you hire a private boat or book a tour on a smaller craft with less than 10 passengers, which will stop for a swim along the route.

**Cons:** more expensive, and tours do not depart on days when sea conditions are rough.

## Scooter

There are number of scooter-rental agencies in Sorrento that offer rentals for one or more days. **We recommend renting a scooter only if you have had a bit of experience driving on two wheels**, as the winding and steep roads along the coast are not the best place to learn! Rental costs around €30-40/day.

**Pros:** complete freedom to explore, and no issues with parking.

**Cons:** only recommended for those with some experience driving a motorcycle or scooter.

## Private driving tour

A car with driver is definitely the most comfortable way to tour the Amalfi Coast, with a **customized itinerary and stops along the way**.

Driving times from Sorrento: Positano 40 min; Amalfi 80 min, Ravello 90 min.

**Pros:** customized itinerary, complete comfort and safety, perfect in any season.

**Cons:** relatively expensive. A day tour begins at €400 for 2-4 passengers.

See our recommended private tours: [www.positano.com](http://www.positano.com)



Ravello



Amalfi



Cetara



Piazza del Plebiscito

## A day trip to Naples

Two itineraries to discover the city of Naples.

Naples, the cultural **capital of southern Italy**, is a sprawling city. It boasts nearly three millennia of history, with architecture influenced by waves of invaders from Spain, France, Rome, Arabia, and Greece. The city has a whopping 8,200 pizzerias and more than 450 churches in the historic center. It has a maze of narrow alleys rich in history and folklore, as well as some of the most important museums in Italy. It would be impossible to see all the city's treasures in a single day, so here are **two walking itineraries** to help you discover some of the highlights.

The beginning point for both is **Via Toledo**, a main thoroughfare lined with shops and restaurants running from the royal quarter of Naples to the city's old town. If you are arriving with the **Circumvesuviana train** at the **Napoli Centrale station**, follow the signs for the **Metro Linea 1**, and take it towards **Piscinola**. Get off at the **Toledo station**, considered **one of the most beautiful subway stations in Europe**. If you are arriving by ferry, walk up towards **Piazza Municipio** until you reach La Galleria and the beginning of **Via Toledo**.

### From 3 to 6 Hours: Royal Naples (V. Toledo, Royal Palace, Castle)

Walk along **Via Toledo** until you arrive at one of the entrances to **Galleria Umberto I**; walk through to reach the **San Carlo Theater**, which connects to the **Naples Royal Palace** with adjoining gardens. From here, there is a nice view of the **Maschio Angioino**, the iconic castle that looms over the city's port (if you arrive in the city through the port, it is part of your first majestic view of the city).



If you want to begin sampling Naples' famous cuisine right away, stop at the "**La Sfogliatella Mary**" **pastry shop** at the entrance to the **Galleria Umberto I** from **Via Toledo** and order a traditional **sfogliatella** or **babà**.  
**La Sfogliatella Mary** **+39 081 402218**

## Piazza del Plebiscito

Now continue to the sweeping **Piazza del Plebiscito**, which stretches across 25,000 square meters and is one of the largest squares in Italy. On one side, the square is lined by the **Royal Palace**, and on the other by **Piazza Trieste e Trento** and the stunning **Church of San Francesco di Paola**. In front of the church, the equestrian statues of the **Bourbon Kings Charles III and Ferdinand I** by **Antonio Canova** dominate the square. Traditionally, visitors try to cross this immense space with their eyes covered, passing between these two equestrian statues. If you try too, you'll find it is almost impossible to do.

## Where should I have lunch?

There are unlimited street-food options in this area. We recommend la pizza frita at **Zia Esterina** (on the corner between **Piazza Trieste e Trento** and **Via Nardones**), followed by a gelato from **Mennella** and an espresso from **Gambrinus**.

If you prefer lunch with a sea view, continue along **Via Santa Lucia** to **Via Partenope**. Here, you can stroll through the historic **Borgo Marinaro fishermen's quarter** for a fish and seafood lunch, or stop in one of the waterfront pizzerias. We recommend **Sorbillo Lievito Madre** €/€€ on the corner of **Piazza Vittoria**. From Piazza Vittoria, walk back up **Via Calabritto** to **Piazza dei Martiri**, the elegant heart of the city. From here, continue along **Via Chiaia** back to **Piazza Plebiscito**, where you can take the subway to the train station or return to the port.

## From 5 to 8 hours: Old Naples

### Piazza del Gesù Nuovo and Chiostro di Santa Chiara.

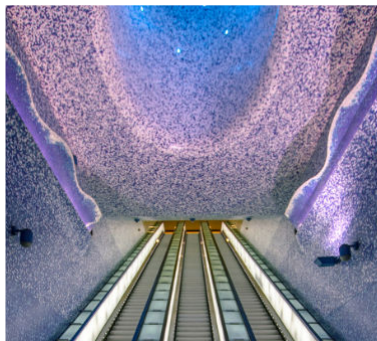
Walk along **Via Toledo** in the opposite direction of **Piazza del Plebiscito** to **Piazza Dante**, take a look around the square, then double back to **Via Cisterna dell'Olio** and take it to **Piazza del Gesù**. In this square, you will immediately notice the marble "**Guglia dell'Immacolata**" and the lovely facade of the **Chiesa del Gesù Nuovo**, made with a unique decorative diamond-shaped bugnato motif in volcanic rock. Nearby, don't miss the **Santa Chiara Monastery**, an important example of **Neapolitan Gothic architecture** with a beautiful ceramic-tiled cloister.

### San Domenico Maggiore and San Severo Chapel

From the **Santa Chiara Monastery**, continue along the Decumano Inferiore (also known as **Spaccanapoli**), the historic Roman road **that divides the city of Naples in two**.



The treasure of San Gennaro



Toledo metro stop



Galleria Umberto I

This is the most vibrant street in the historic center, and just steps from the monastery. Around the corner of **Vico San Domenico Maggiore**, the **San Severo Chapel** is a deconsecrated church that once belonged to the **Principi di San Severo**. It is full of Masonic symbols and known primarily for its artistic masterpieces, including the “**Veiled Christ**” by **Giuseppe Sanmartino**. Be sure to stop here and admire this important monument and its treasures!

## A Sweet or Savory Snack

There are a number of traditional “friggitorie” in this neighborhood that prepare freshly fried seafood sold in “**cuoppi**” paper cones. If you are craving sugar, try a sfogliatella pastry from **Scaturchio** in **Piazza San Domenico Maggiore**.

## Piazzetta Nilo and San Gregorio Armeno

After visiting the **San Severo Chapel**, go back to **Piazza San Domenico Maggiore** and continue straight to **Piazzetta Nilo**. Here you must stop at **Bar Nilo** and take a snapshot of the display holding a lock of footballer **Maradona’s hair**: an almost spiritual experience for fans from Naples and across the globe!

After your espresso break, continue along **San Biagio dei Librai** until you reach one of the most characteristic lanes in Naples, **San Gregorio Armeno**. Turn left and admire its artisanal workshops famous for making traditional **Nativity scenes**. Tiny figurines and **Christmas decorations** that are both holy and whimsical are sold all year long, though around Christmas the lane becomes so crowded that it’s hard to walk.

## Where to Have Lunch

The end of **Via San Gregorio Armeno** runs into the beginning of **Via dei Tribunali**, where a number of **the most famous pizzerias in Naples** are located. Stop in **Gino Sorbillo** €/€€. for the best pizza in Naples, matched only by the pizza at **Michele a Forcella** €/€€ (but note that lines can stretch up to 2 hours). If that’s too long to wait, there are a variety of great alternatives, including **Di Matteo** €/€€ or **Al Presidente** €/€€. If you would prefer pasta over pizza, sample traditional Neapolitan dishes at the **Trattoria La Campagnola** €/€€.

## Via dei Tribunali and Napoli Underground

After lunch, purchase tickets for **Napoli Sotterranea (Naples Underground)**, a tour through a warren of tunnels dug out of the tufo bedrock below city. It ends with a hidden treasure: the **Greco-Roman theater of Neapolis** dating from the 1st century BC, where the **Emperor Nero** performed with his lyre, accessible only through a trapdoor located in the bedroom of a private home!

After your tour, continue walking down **Via dei Tribunali** to **Via Duomo**, where you can visit the **city’s cathedral**.

## The Duomo

With its blend of **Gothic** elements from the 14th century and Neogothic from the 1800’s, the **Cathedral of Santa Maria Assunta** (more commonly known as the **Duomo of Naples**) is the most important religious site in Naples. This is where the phials containing the blood of **the city’s patron saint San Gennaro** are carefully guarded. Three times a year, the city’s faithful gather to watch as the blood is miraculously liquified, which is said to be a sign of good fortune for the city.

After visiting the Duomo, stop in the adjacent **Museo del Tesoro di San Gennaro**, where gems rivalling those of the **British Crown Jewels** are on display.

Your tour of Naples' treasures ends here: continue along **Via Duomo** towards **Corso Umberto I**, take a snapshot of the famous work by Jorit that depicts **the young San Gennaro** covering an entire wall, and head out of the city along the **"Rettifilo"** (a local nickname for **Corso Umberto I**). Both the central train station and the port are an easy 15-20 minute walk from here.

More info: [www.naplesinsider.com](http://www.naplesinsider.com)



The Veiled Christ



Maschio Angioino Castle



San Gregorio Armeno



Cloister of Santa Chiara



Naples Underground



The Historic Center



The Duomo



## The Royal Palace of Caserta

The Royal Palace of Caserta was declared a UNESCO World Heritage Site and was the setting for a number of scenes in the Star Wars films.

The **Royal Palace of Caserta** is located in the city of the same name, 30 kilometers north of Naples. Construction of this sumptuous palace began in 1752, when the **Bourbon King Charles III** of Naples commissioned the **architect Vanvitelli** to build a palace larger than the famous French estate in **Versailles**. The architect was up to the challenge, and built the largest 18th-century palace in Europe and the largest royal residence in the world by volume. The **"Reggia"** covers **47,000 square meters**, including **1,200 rooms**, 34 staircases, and three square kilometers of surrounding park and gardens.

Because of the size of the **Royal Palace**, it takes an entire day to tour the palace and its gardens. You can rent individual or tandem bikes to explore the grounds, or opt for a romantic carriage ride. There is also a shuttle bus service inside the estate.

### Getting there

From **Sorrento**, you need to take the **Circumvesuviana** (1 hour) to **Naples Central Station**, then transfer to another train for Caserta (40 min.).

### Where to Stop for Lunch

For a quick pizza before or after your visit to the Royal Palace, try **Pizzeria I Masanielli** by **Sasà Martucci** €/€, famous for its **"pizza a canotto"**, given the high, soft crust that forms a canoe-shaped pie. For a more gourmet meal, book a table at **Le Colonne di Rosanna Marziale** €/€, run by a young chef known for dishes highlighting local buffalo mozzarella.

To make the most of your visit, we suggest purchasing tickets online in advance to avoid the long lines at the palace entrance. More info: [www.sorrentoinsider.com](http://www.sorrentoinsider.com)

### The Royal Palace of Caserta

**Hours:** from 8:30am to 7:30pm

**Closed:** Tuesdays; 1 January; 25 December

**Tickets:** €14; Free under 18

[Guided Tour & Skip the Line](#)

**+39 0823 448 084**



## Paestum

Paestum, about 70 kilometers south of Sorrento, was founded by ancient Greeks in the 7th century BC and is famous still today for the perfectly preserved Greek temples, which have recently been declared a UNESCO World Heritage Site.

The trip from **Sorrento** to **Paestum** is rather long, so **the best option is to book a private driver for a car tour or rent a car and drive yourself**. To reach **Paestum** by public transportation, you will need to travel to **Naples** and take the train from there; the archaeological ruins are about a 15-minute walk from the train station.

### The history of Paestum

The temples at Paestum were built the ancient **Greeks** during the period of the **Magna Grecia**. The city was once called "**Poseidonia**" in honor of the god of the sea. It reached its glory around 500 BC, but by the 4th century BC the area had begun to experience flooding caused by sediment at the mouth of the river **Salso** becoming marshland. Over the centuries, residents gradually left until the city was abandoned completely between 800 and 900 AD. This abandonment was a stroke of luck for the temples, which were left intact over the millennia. They were rediscovered beginning in the 1700s by travellers on the **Grand Tour**, and in 1907 the first archaeological digs began, which lasted into the 1970s.

After entering through the main gate, you will first come upon the "**Temple of Ceres**", once dedicated to the **Goddess of Athens**. Continue south, passing the forum, a group of houses, and the amphitheater, all of which offer a view into daily life during **Roman times**. The **Temple of Neptune** (or **Poseidon** in Greek times) is located to the south, and is almost perfectly preserved. The adjacent Temple of Hera once was even transformed into a **Catholic basilica**. Take time to visit **the site's archaeological museum**, where the objects unearthed during excavations are displayed, including the famous fresco found in the **Tomb of the Diver**.

### Paestum Archaeological Park

**Hours:** from 8:30am to 7:30pm. **Closed:** 1 January, 1 May, 25 December

**Tickets:** €12; Free under 18

[www.museopaestum.beniculturali.it](http://www.museopaestum.beniculturali.it) **+39 0828 81 10 23**



#### A gourmet side trip

If you are travelling by car, don't miss the opportunity to stop at one of the many artisan cheesemakers along the road, specialized in making the area's famous **mozzarella di bufala**, or buffalo mozzarella. We suggest visiting Vannulo, which offers tours of the buffalo farm, a farm shop with a variety of artisan cheeses, a farm restaurant featuring dishes based on farm products, and a gelateria specialized in buffalo milk gelato.

**Tenuta Vannulo Az. Agricola** **+39 0828 724 765**



Castello Aragonese (Ischia)

## Day trips to Ischia and Procida

Ischia is a large island with six separate towns, so you won't be able to visit the entire island in a single day. That said, there are a number of fun and interesting sights and activities that can be included in a day trip from Sorrento.

### Thermal Baths and Spas

The most famous attractions on Ischia are the island's historic thermal baths. There are a number of outdoor spas with mineral spring pools in a range of temperatures, as well as saunas, steam baths, and massage treatments. The most famous are **Poseidon** and **Negombo**, both of which also have large private beaches. From the port of Ischia, you can reach these two spas by bus: **Line 2 for Poseidon** (Citara Poseidon stop), and **Lines 1,2, CS, and CD for Negombo** (**Lacco Ameno** stop, which is about a ten-minute walk from the spa). **Spa entrance costs around €40-60.**

### Tour of the Island by Scooter or Boat

Another fun way to experience Ischia is by renting a scooter so you can explore the island at your own pace. This allows you to stop at the prettiest towns and beaches, including the lovely **Cartaromana Beach**, known for its hot-water pools and volcanic mud that visitors apply to their faces and bodies for a free spa treatment! **There are a number of scooter rental companies at the port.** You can also opt to tour the island by sea. Join one of the many group tours, or book a private tour by chartering a boat with skipper.

### A Walk to the Castle

If you would like to stretch your legs a bit, once you disembark on the island you can take a stroll through **Ischia Porto** to nearby **Ischia Ponte**, which is a pleasant walk through the most lively city center on the island, to the famous **Castello Aragonese**.

**Open daily from 9am until sunset, and from 9am to 4pm in winter. Tickets: €12.**

More info [www.ischiainsider.com](http://www.ischiainsider.com)





Marina Corricella (Procida)

## Day trip to Procida, Italy's 2022 Cultural Capital!

**Procida is the smallest and least-visited island in the Bay of Naples.** It's pleasant to explore on foot and easy to reach for a quiet day trip far from the crowds on the mainland.

Your stroll on the island begins in **Marina Grande**, the island's charming port. Wander through the maze of quiet lanes that climb up to the **Abbey of San Michele Arcangelo**, built in the 11th century.

From the scenic **Piazza dei Martiri**, you can climb uphill to the **medieval village of Terra Murata**, with its picturesque houses and fortified buildings perched directly over the sea.

After visiting **Palazzo d'Avalos**, a historic fortified citadel, you can walk back downhill to **Marina di Corricella**, a postcard-perfect fishing village of pastel houses along the waterfront.

There are a number of excellent restaurants along the water's edge; we recommend **Caracalè** €€/€€, **La Lampara** €€/€€, and **La Gorgonia** €€/€€.

You may recognize the village as the setting of the famous film starring the Italian actor and comic **Massimo Troisi, "Il Postino" (The Postman)**.

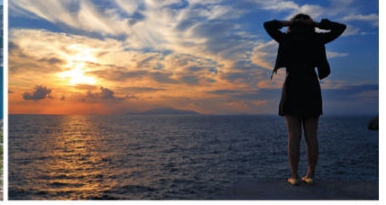
If you would like to take a relaxing dip, head to **Marina di Chiaiolella**, where there are rental boats and water taxis that can take you to the beach.

### Getting to Ischia and Procida

**Ischia and Procida** are linked by ferry to **Naples** via the ports of **Calata di Massa (Caremar** and **Medmar** ferries take about an hour) and **Molo Beverello** (high-speed ferries take about 45 min.). Ferries also run from **Pozzuoli** (around 40 min.). Some routes stop at both Procida and Ischia.



From April to October, there are also ferries to Ischia from **Sorrento, Positano, and Capri**. In high season, we recommend booking ferry tickets online in advance to avoid long waits. More info [www.procidainsider.com](http://www.procidainsider.com)





We wanted to end this guide with a few personal snapshots taken while we were personally vetting all the experiences included here.

We hope you have as much fun following these tips as we have had creating them.

We hope to see you soon on the coast!

*The Caprionline team*

#### **Sorrento**

eBook edition - March 2023

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