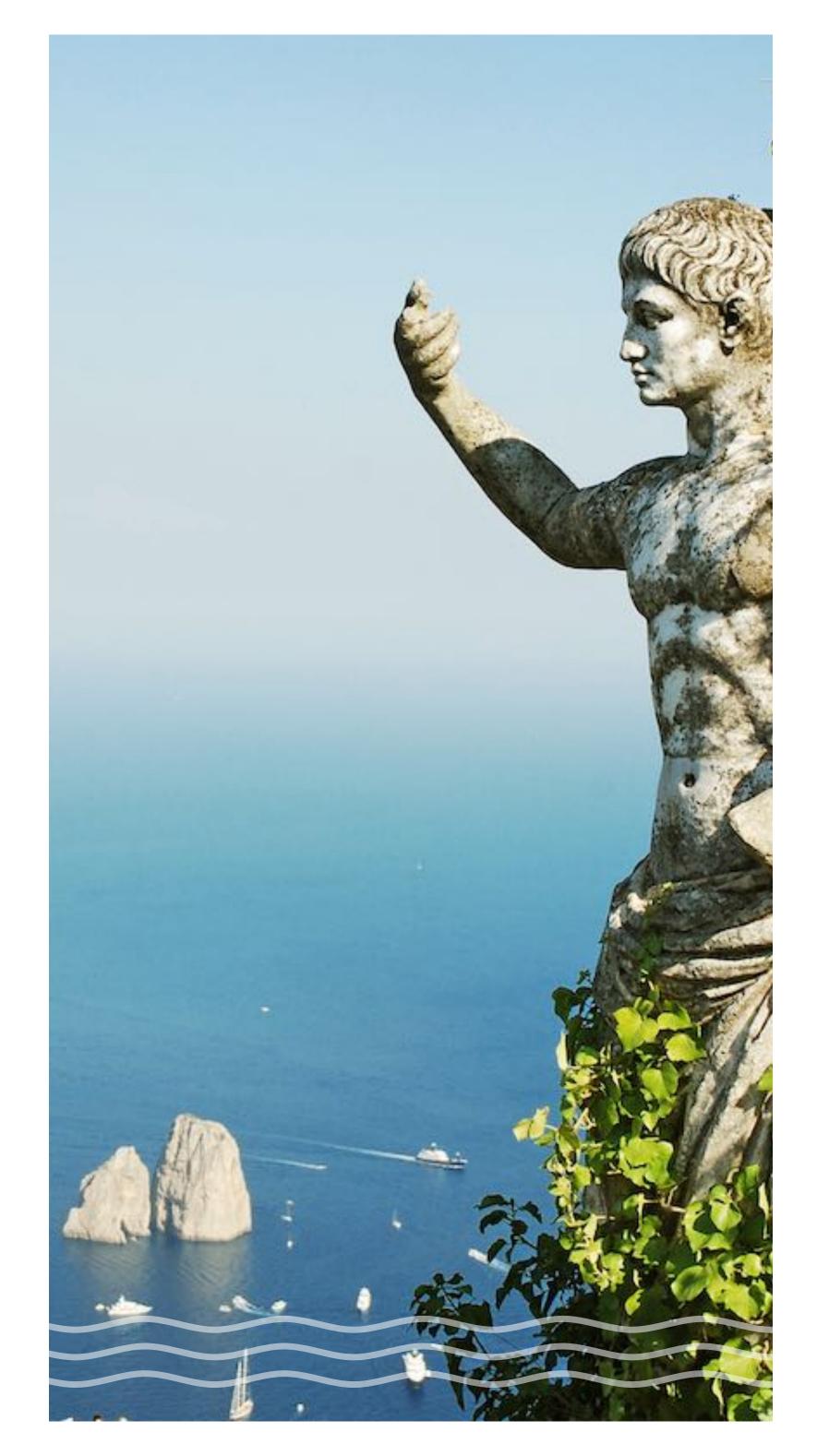




Day	Destination	Distance
1	Naples – Sorrento	14nm
2	Sorrento – Amalfi – Positano	50nm
3	Positano – Capri	14nm
4	Capri – Ischia	39nm
5	Ischia – Procida – Naples	25nm

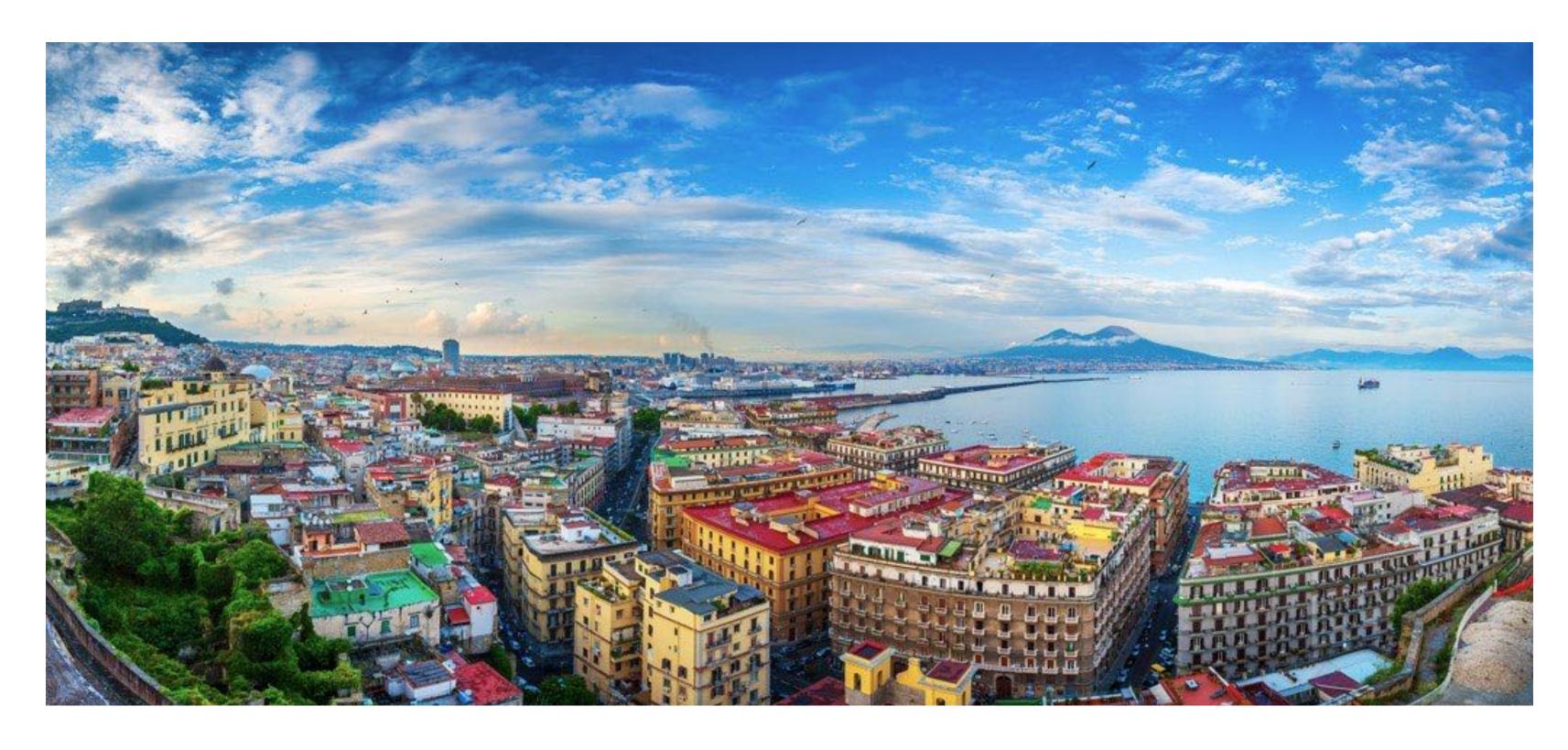














Naples

The biggest European active volcano Vesuvius, pizza, opera, football, picturesque bays, bubbling markets – Naples is quintessential Italy. Take pizza, for instance. This dish was originally invented here, in Naples. And while pizza is made in every nook and cranny of the world, here it is elevated to the form of art. No wonder UNESCO added Neapolitan pizza-making process to the intangible cultural heritage list. East of Naples you will find Pompeii and Herculaneum, Roman towns buried by Vesuvius eruption. No other place gives you a deeper insight into life and ways of Romans. The towns today look almost exactly the way they did in 79 A.D., before the eruption.

Sorrento

Sorrento is situated on a terrace 50 metres high, sloping steeply into the sea. This town is calm and tranquil, with only a handful of beautiful beaches. Main drawcard of Sorrento is its nature: landscapes, sea, lush greenery and salubrious air. It is ideal destination if you want to alternate the beach and water sports with enlightening tours and excursions. As for souvenirs and presents, Limoncello di Sorrento, a strong fragrant liqueur made of locally grown lemons, is probably the best option.









Amalfi

In 1997 Amalfi Coast was included in the list of UNESCO World Heritage sites. Amalfi, the town the coast was named after, is the largest community and the main administrative centre of the area. Amalfi is bursting with romance and charm. It is perched on a steep mountain slope; the buildings sit close to each other, with stairs carved in the face of rocks, orange, lemon and olive trees sprouting wherever there is a handful of soil in a crack between rocks. St. Andrew's Cathedral (Duomo di Sant'Andrea), Valle delle Ferriere waterfalls and Museo della Carta (the interactive Paper Museum) are some of Amalfi sights you would not want to miss.

Positano

A pearl of the Amalfi Coast, Positano is a wonderful town with colourful cascade of houses merrily descending from the mountains right onto the sea, where fancy yachts and boats are scattered in the picturesque bay.

Just 12 km away from Sorrento, Positano, according to the legend, was founded by Poseidon himself when he fell in love with a nymph. Li Galli islands, where, according to Homer, the mythical sirens lived, are a stone's throw away. The church of Santa Maria Assunta with an ornate dome made of majolica tiles and medieval watch towers, constructed to protect from Saracen pirates, are not to be missed.





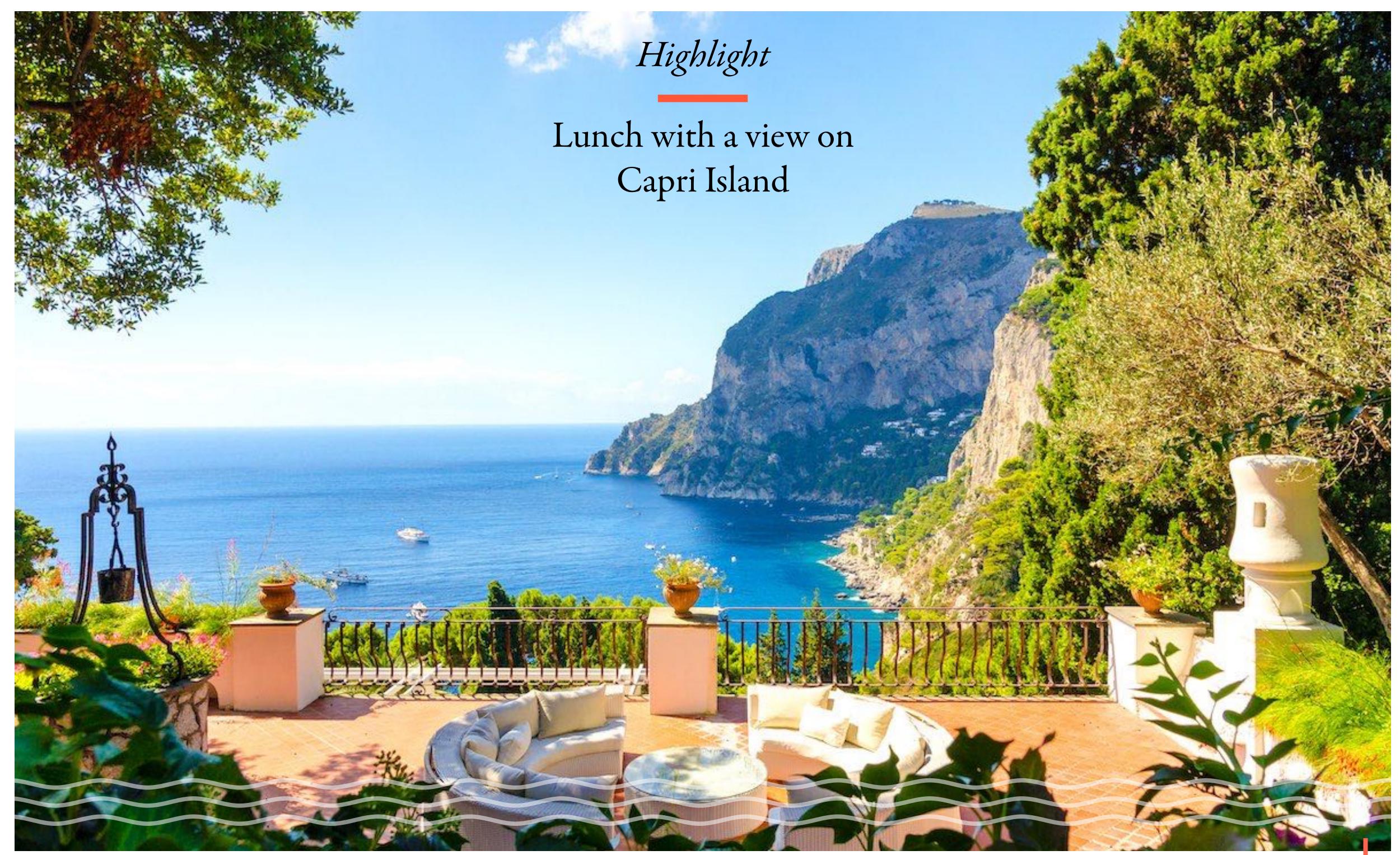


Capri

Capri is an undeniable tourist Mecca, with thousands of visitors from all over the world coming here every year, in spite of the fact that you won't find sandy beaches here, only pebbles and large slabs of rock.

Indented coastline, stupendous grottoes and caves (think White Grotto, Blue Grotto and Green Grotto, and the list is not exhaustive), the unbelievable Natural Arch (Arco Naturale), ancient ruins (Villa Jovis) never fail to impress visitors.

Water here is of unrivalled transparency, you can clearly see the bottom even where the sea is 10 metres deep. One of the Capri drawcards is I Faraglioni, imposing rocks rising vertically out of sapphire sea.



Ischia

Ischia is the biggest island in the Bay of Naples. It has been a renowned thermal springs and volcanic mud resort since antiquity, mentioned in the works of Roman authors. Hydrotherapy is a healthful and pleasant way of recreation, and many visitors come here exclusively for that. There are 29 groups of thermal springs in Ischia, with water containing sodium sulfate and chloride, radon in different proportions, bicarbonate of iron, potassium, calcium and magnesium as well as silica. DOC wines, Aragonese Castle, Ischia Film Festival, Mount Epomeo, chestnut forests, Gardens of La Mortella are just a few attractions of Ischia apart from thermal springs.

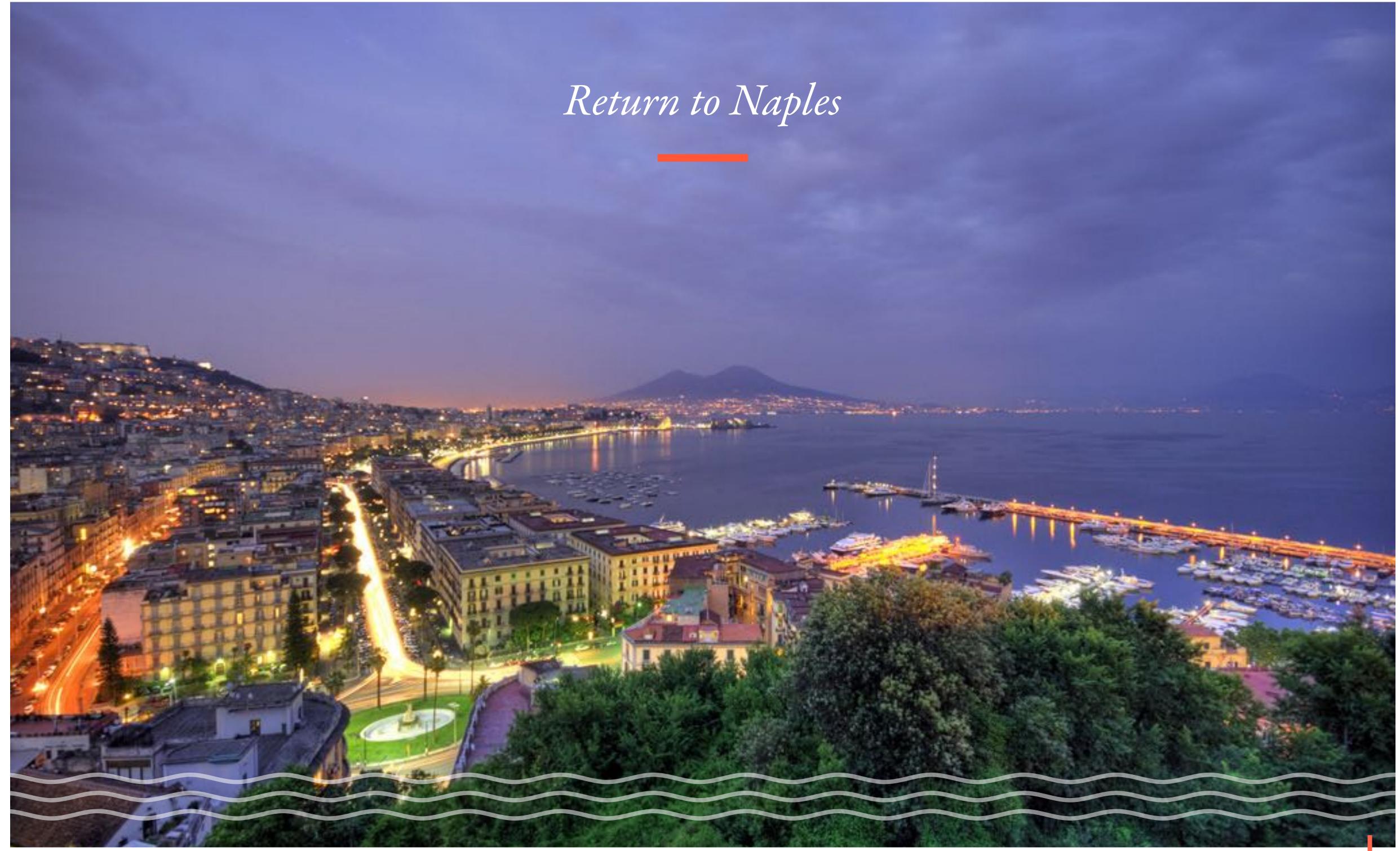




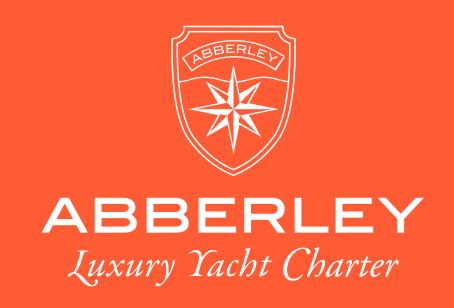


Procida

Procida is a very peculiar island; you can't help thinking that the time stopped here a few decades ago. In spite of its proximity to Naples and other celebrated neighbours, Procida is not a spoilt by mass tourism. But it is well worth a visit, with its medieval architecture, narrow cobbled streets, archways, Ababazia Santa Michele Arcangelo church and stunning landscapes. Photogenic beauty of Procida has always attracted artistic crowd, and a number of well-known movies, including The Talented Mr. Ripley, were filmed here.







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