

7-DAY PREMIUM GUIDE

NAPLES

Italy, Europe

Pizza, Pompeii & the raw energy of southern Italy

Day-by-Day Itinerary

Top Hotels

Best Restaurants

Insider Tips

Welcome to Naples

Naples is Italy at its most visceral — chaotic, beautiful, loud, and deeply human. The city that gave the world pizza is also home to one of Europe's greatest archaeological museums, some of Italy's finest street food, and the gateway to Pompeii, Vesuvius, and the Phlegraean Fields. Naples rewards the curious traveler who leans in rather than backs away. This 7-day guide takes you through the real Napoli — warts, wonder, and all.

BEST TIME TO VISIT April–June & Sept–Oct	TYPICAL BUDGET \$100–\$170/day (excellent value)
COUNTRY Italy, Europe	GUIDE LENGTH 7 Days

7-Day Overview

- 1 Arrival & Spaccanapoli
- 2 Archaeological Museum & Underground
- 3 Pompeii Day Trip
- 4 Vesuvius & Ercolano
- 5 Castel dell'Ovo & Posillipo
- 6 Capodimonte & Royal Palace
- 7 Campi Flegrei & Departure

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Days 1 & 2

DAY 1	Arrival & Spaccanapoli	DAY 2	Archaeological Museum & Underground
● Arrive Naples Centrale, check in ● Walk Spaccanapoli — the ancient street ● San Gregorio Armeno (Christmas alley) ● Piazza del Gesù Nuovo ● Pizza at Da Michele or Sorbillo TIP: Naples is best explored on foot in the centro storico — it's dense, historic, and		● National Archaeological Museum (Pompeii artifacts) ● Secret Cabinet (erotic art collection) ● Napoli Sotterranea — underground tunnels tour ● Quartieri Spagnoli street art ● Aperitivo at Piazza Bellini TIP: The National Archaeological Museum is world-class — budget a full morning for it.	

Days 3 & 4

DAY 3	Pompeii Day Trip	DAY 4	Vesuvius & Ercolano
● Train to Pompeii (35 min from Naples Centrale) ● Pompeii ruins — at least 3 hours ● House of the Faun & Lupanar ● Optional: continue to Herculaneum (better preserved) ● Return Naples for pizza dinner TIP: Bring a hat, water, and wear comfortable shoes — Pompeii is very exposed ar		● Morning ascent of Mount Vesuvius (guided tour) ● Views across the Bay of Naples from the crater ● Herculaneum ruins (afternoon) ● Fishing village of Torre del Greco ● Seafood dinner in Mergellina TIP: Vesuvius hikes start from 1,000m — take the shuttle bus from the car park to save your le	

Days 5, 6 & 7

DAY 5 Castel dell'Ovo & Posillipo

- Castel dell'Ovo on the seafront
- Borgo Marinari fishing harbor
- Posillipo coastal drive or boat trip
- Pozzuoli & Solfatara volcanic crater
- Sunset from Posillipo hill

TIP: The Solfatara volcanic crater at Pozzuoli is one of the best preserved in the world.

DAY 6 Capodimonte & Royal Palace

- Capodimonte Museum & park (Caravaggio's Boy with a Dog)
- Panoramic views of the city
- Royal Palace of Naples
- Galleria Umberto I
- Final pizza pilgrimage — try Concettina ai Tre Santi

TIP: Concettina ai Tre Santi in the Sanità quarter serves some of the best pizza in Naples.

DAY 7 Campi Flegrei & Departure

- Cumae — oldest Greek colony in Italy
- Averno volcanic lake
- Rione Sanità — street art & catacombs
- Last espresso & sfogliatella pastry
- Transfer to Naples airport or train

TIP: Naples airport (NAP) is 7km from city centre — allow 45 mins for transfer.

Where to Stay in Naples

Grand Hotel Parker's ★★★★★ Corso Vittorio Emanuele \$280–\$480/night Historic 19th-century hotel with rooftop restaurant and panoramic Naples bay views.	Hotel Piazza Bellini ★★★★ Centro Storico \$130–\$200/night Stylish boutique in the heart of Naples' historic centre, on a lively piazza.
Decumani Hotel ★★★★ Spaccanapoli \$100–\$160/night Former Cardinal's palace turned boutique hotel — historic atmosphere at good value.	B&B Hotel Napoli ★★★ Near Centrale \$65–\$95/night Budget-friendly modern hotel, well run and convenient to the main train station.

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Where to Eat in Naples

Pizzeria Da Michele Neapolitan Pizza Legend	Must order: Margherita or Marinara — the only two options
Pizzeria Sorbillo Modern Neapolitan Pizza	Must order: Fior di latte margherita & creative specials
Trattoria da Nennella Old Naples Trattoria	Must order: Pasta e fagioli & fried zucchini — cash only
Concettina ai Tre Santi Creative Neapolitan Pizza	Must order: Montanara frita & innovative toppings
Osteria della Mattonella Local Trattoria	Must order: Genovese (slow-cooked onion beef ragu)
Antiche Delizie Pasticceria	Must order: Sfogliatella riccia & pastiera napoletana
Di Matteo Frittura Street Stall	Must order: Pizza frita — deep-fried pizza, the original fast food

Tips & Logistics

Getting There:	Naples Centrale station (high-speed trains from Rome in 1hr 10min). Airport NAP.
Getting Around:	Walk the centro storico. Metro Line 1 (art stations) and Line 2 cover outer areas.
Safety:	Naples is safe for tourists. Use normal big-city awareness — keep bags close in crowds.
Street Food Trail:	Spaccanapoli is packed with frittura (fried food shops) — pizza frita, cuoppo, and more.
Pompeii Tickets:	Buy Pompeii tickets online to skip the queue. Combo with Herculaneum saves money.
Language:	More Neapolitan dialect spoken here than in Rome — but English is understood at hotels.
Espresso:	Neapolitan espresso is the best in Italy — always standing at the bar, never to go.

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