

Jetset Journals

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NAPLES

5 Days

Citytrip



a travel guide

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INTRO

Naples—the southern Italian city at the foot of Mount Vesuvius, known for its good weather, numerous excursion destinations, and fantastic food—is an ideal destination for a city break.

A long weekend (3–5 days) offers enough time to experience the most important highlights of Naples and to get a good impression of the city. Naples is served by several European airports and the flight time is approximately 2 hours. From the airport, the Alibus shuttle bus takes you to the city center in just under 30 minutes.

Naples is easy to explore on foot. There are numerous destinations for a (Half-)day trip -

such as the island of Capri, the ruins of Pompeii, the beautiful Amalfi Coast, or Mount Vesuvius.

The best time to visit is in April/May and September/October, when it is warm and dry but not too hot. Safety concerns related to the mafia are unfounded, and as a tourist you will generally not come into contact with them. We also found Naples to be very safe at all times of the day and night.

The city scores points for its neighborhoods, its vibe, and the excursion destinations in the surrounding area, rather than for classic sightseeing spots.

HIGHLIGHTS



01.

Old Town

The old town of Naples has a very special charm—everything looks a little messy and dirty, clotheslines are stretched from one side of the street to the other, and flags hang from the balconies.

Particularly worth seeing here are the Church of Gesù Nuovo and Via San Gregorio Armeno with its countless nativity figures. The old town is also home to the best restaurants, cafés, and bars.



02.

Quartieri Spagnoli

Another neighborhood worth visiting is the Quartieri Spagnoli. This colorful and lively neighborhood translates as “Spanish Quarter” and is located south of the old town. Here, too, the bars and restaurants invite you to enjoy an aperitif followed by dinner in the evening hours. The neighborhood did not have the best reputation in the past, but today it is very hip and full with Maradona posters.



03.

Pompeii

Pompeii is one of the destinations mentioned. Founded in the 8th century by Greek settlers, the city was completely buried by a huge volcanic eruption. The approximately 20,000 inhabitants of the city were completely surprised by the lava from Vesuvius and were unable to flee. From Naples, you can reach the ruins of the city in 30 minutes by train, and tickets can be purchased online in advance.



04.

Castel Sant'Elmo

One of Naples' castles is Castel Sant'Elmo. It is located on the Vomero hill and can be reached by the Montesanto funicular railway. From up here, you have a great view of the city and the surrounding area, including Mount Vesuvius.

05.

Catacombs

In and underneath Naples, there are still catacombs that can be visited today, such as the Catacombe di San Gennaro and the Catacombe di San Gaudioso. In the past, they served as burial sites for noble families.

06.

Piazza del Plebiscito

Piazza del Plebiscito, the city's largest square, was built at the beginning of the 19th century at the behest of the king and is surrounded by the Church of San Francesco di Paolo and the Royal Palace.

07.

Food Scene

If there's one place where food deserves a place among the highlights, it's Naples. Not only is this the birthplace of Neapolitan pizza, but there's much more to it than that.



08.

Amalfi Coast

The Amalfi Coast is also a great day trip destination from Naples. You can book full-day tours online, with stops in Positano, Amalfi, and Ravello.

The boat trip along the beautiful coastline is also a real highlight.



09.

Capri

The island of Capri can be reached several times a day by ferry from Naples. The boat trip takes about 1 hour, and on the island you can swim in beautiful bays, stroll through charming alleys, and enjoy excellent food.



10.

Vesuvius

Vesuvius is omnipresent in this area. With a height of approx. 1,300 m, it can be seen from afar and is one of the few active volcanoes in Europe. Guided tours to Vesuvius can also be booked online in advance from Naples (also in combination with Pompeii). They are often sold out at the box office.



DAY TO DAY

Day 1 - After arriving, head to lunch, for example at *La Lazzara Trattoria e Pizzeria*. Then get an overview of the city, stroll to *Via Toledo* and through the *Quartieri Spagnoli*. Near *Piazza del Plebiscito*, you can enjoy an ice cream from *Il Gelato Mennella*. In the evening, continue towards the old town for dinner at *Gino Sorbillo*.

Day 2 - On the second day, you just grab a croissant and coffee to go and then take the train to the buried city of *Pompeii*. After exploring the remains of the city, we took the bus to *Mount Vesuvius* and then back to *Naples* the same way.

Here you can enjoy delicious pasta for dinner at *Vasceria Locanda Popolare*.

Day 3 - Day 3 starts with breakfast at *Gran Caffè Gambrinus*. Then visit the underground *catacombs* and grab a little lunch at *Antica Pizzeria di Matteo*.

Then take the train to *Castel Sant'Elmo* to enjoy the view of the city, *Vesuvius*, and the sea. For dinner, head back to the *old town* and *L'Antica Pizzeria da Michele*.

Day 4 - The fourth day is used for another day trip—either to the island of *Capri* or to the beautiful *Amalfi Coast*. Depending on when you return, you can grab a small calzone at *Antica Pizza Fritta da Zia Esterina Sorbillo*.

Day 5 - Depending on your departure time, you can grab a coffee at *Ventimetriquadri* and browse the shops on *Via Toledo*. If there's still time for lunch, pick up some fried seafood from *o cuop sapurit friggitoria* and head to the *airport*.

WHERE TO EAT

Restaurants:

- **L'Antica Pizzeria da Michele**

Huge traditional pizza, cheap
Via Cesare Sersale, 1, 80139 Napoli

- **Vasceria Locanda Popolare**

Neapolitan meals, good pasta
Via Speranzella, 141, 80134 Napoli

- **La Locanda Gesù Vecchio**

Very authentic & local meals
Via Giovanni Paladino, 26, 80138 Napoli



- **Signora Bettola**

Great meat & pasta dishes
Via Medina, 72, 80133 Napoli

- **o cuop sapurit friggitoria**

Fried seafood, also to-go
Via Emanuele de Deo, 25, 80134 Napoli

- ★ **Pizzeria Gino e Toto Sorbillo**

Amazing neapolitan pizza, in old town
Via dei Tribunali, 32, 80138 Napoli



Cafés & Streetfood:

- ★ **Antica Pizzeria Di Matteo**

Good & cheap pizza slices and Arancini
Via dei Tribunali, 94, 80138 Napoli

- **Ventimetricquadri - Specialty**

Good coffee, also to go
Via Gian Lorenzo Bernini, 64a, 80129 Napoli

- **The Florist**

Good breakfast spot with great coffee
Via Michele Tenore, 8, 80100 Napoli

- **Gran Caffè Gambrinus**

Also nice and central breakfast-spot
Via Chiaia, 1, 80132 Napoli

- **Il Gelato Mennella**

Very delicious ice, handmade waffles
Via Toledo, 110, 80134 Napoli

- **Pizza Fritta - Esterina Sorbillo**

Good calzone, also to-go
Piazzetta Nilo, 14, 80134 Napoli

- **Alimentari Coscia**

Very good sandwiches
Piazza Luigi Miraglia, 382, 80138 Napoli

WHERE TO SLEEP

We stayed at a hotel that we cannot recommend at all because the owners were actually fraudulent, but you will definitely find something suitable on the usual booking sites—e.g., the **Gallery Experience Napoli**.

Thanks for reading! You can find more details on my website or Instagram & TikTok!



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