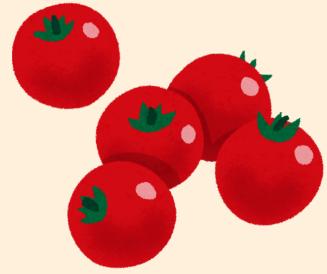


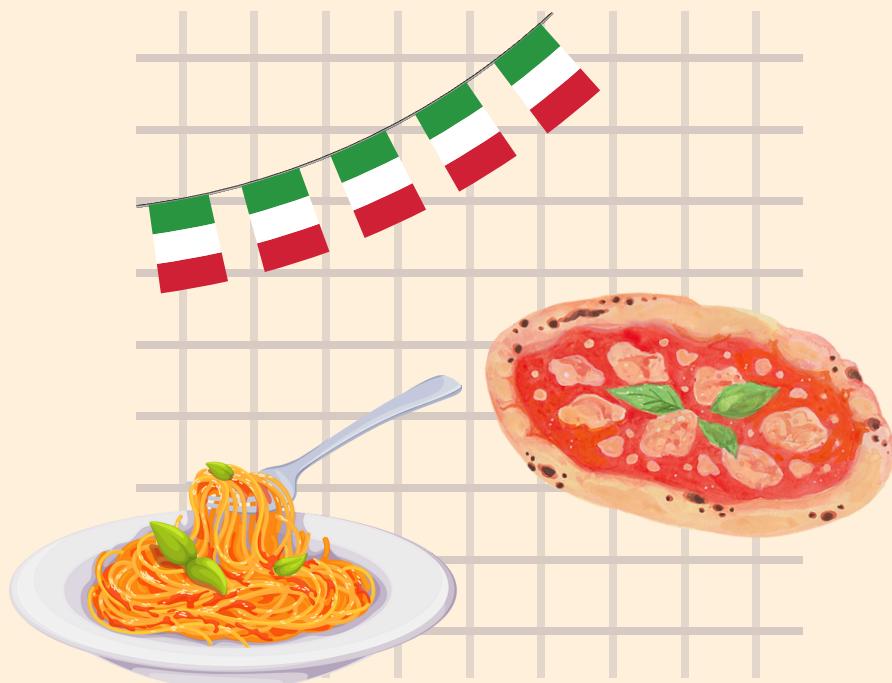
Survival Guide To **CAMPANIA**

By Bibi & Jon





Welcome to **CAMPANIA**



Welcome to Campania, a region in southwestern Italy known for its ancient ruins and dramatic coastline. It's the region of pizza, mozzarella, and much, much more! Some of Campania's most-known cities are Napoli, Sorrento, Amalfi, and Caserta.

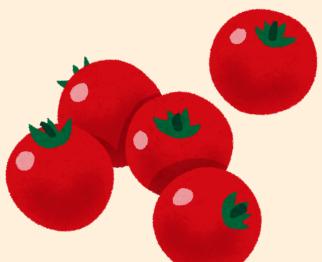


Table of **CONTENTS**

Highlights

Caserta

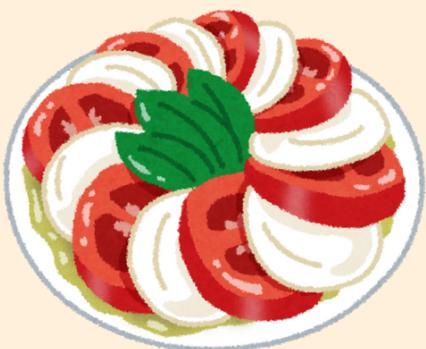
Napoli

Other destinations

How to move around

Culture

Food



Region **HIGHLIGHTS**



- We're in the South of Italy. The weather here is usually moderate to warm in Spring.
- Campania borders to the north the region of Lazio (where Rome is), and it faces the beautiful Tyrrhenian Sea.
- Napoli is the regional capital, and it hosts 2 of the 3 active volcanos of the region.





- Before the Italian unification (1861), Campania was the political core of the Kingdom of Two Sicilies, which covered the entire surface of Southern Italy and was ruled by the Spanish royal family of Borbone.
- The region has a variety of local dialects, the most common of which is “Neapolitan”. Even if you speak Italian, you might not be able to understand people who speak this dialect.



- People in Campania are almost as passionate about their coffee as they are about their pizza. Italians rarely drink espresso with meals but often prefer it as a standalone treat, especially after lunch or dinner, to aid digestion and linger over the flavors. Many Italians savor an espresso while standing at the bar.
- Campania hosts the current n.1 Best Pizzerias in the world. Tied as n.1 in the ranking are:
 - 10 Diego Vitagliano Pizzeria, Napoli
 - I Masanielli - Francesco Martucci, Caserta
- Other honorable mentions are:
 - Pepe in Grani, Caiazzo (you might have seen this one on “Chef’s Table” on Netflix)
 - L’Antica Pizzeria da Michele, Napoli (featured in the movie “Eat, Pray, Love”)
 - Gino Sorbillo, Napoli (has two locations: one in the historical city center, the other on the Lungomare, facing the sea)

Caserta HIGHLIGHTS

ROYAL PALACE



With its 1,200 rooms spread over more than 44,000 square meters and surrounded by vast gardens sprawling over 120 hectares, the Caserta Royal Palace is one of the biggest residencies in the world and a UNESCO World Heritage site. Exploring this Baroque complex is a day-long adventure, unraveling the secrets within the historic apartments, strolling through the expansive park, and marveling at the English gardens with their fascinating Bagno di Venere.



Fun fact: The Royal Palace of Caserta has been used as a location for the filming of two of the movies from the Star Wars series. Can you guess which ones?

Located on the hills about 4km from the train station, San Leucio is an area of Caserta that was transformed from a royal hunting lodge into a thriving silk factory by Ferdinando IV. The exquisite silks from Borgo San Leucio became famous across Europe, attracting orders from all the major courts of the time. Clients include Buckingham Palace and the White House! You can still visit the silk factory and enjoy the view from the San Leucio Belvedere just next to it.



LEUCIO SAN

CASERTA VECCCHIA



Casertavecchia (Old Caserta), is a medieval gem up in the hills, about 10 km from Caserta. It was once the thriving heart of Caserta, but its prominence declined after the construction of the Royal Palace. Today, Casertavecchia is a tranquil escape with panoramic views and enchanting cobblestone alleys filled with artisan shops and traditional eateries. Perched on the highest point of Casertavecchia, you can see the remains of a castle dating from 861.



Napoli HIGHLIGHTS

Napoli is an enchanting city of sea and culture kissed by the sea and the sun. Get there by train, step out in the historical city center, and roam around vibrant streets, ancient buildings, and enjoy spectacular views.



Vesuvio

You can visit Vesuvius National Park and hike to the top of this active volcano, symbol of the city, and look into its cone.



Castels

Napoli hosts seven castles within its boundaries, which historically provided powerful defense to the Gulf of Naples from naval attacks.



Piazza Plebiscito

The largest square in Napoli and the site of two significant monuments of the city: the Naples Royal Palace and the Church of San Francesco di Paola.



World's N.1 Pizza

Make sure to try at least one style of pizza when in Napoli. The best place to find your perfect pizza is the historical street Via dei Tribunali.





Churches

Napoli hosts over 500 different churches within the city, ranging in Christian, baroque, gothic, or neoclassical styles. The most famous is the Duomo.



Napoli Sotterranea

An underground, evocative guided tour that leads you below street level to explore Naples' ancient labyrinth of aqueducts, passages, and cisterns.



San Gregorio Armeno

A picturesque alley in the heart of Naples, Via San Gregorio Armeno is known for its artisan shops selling handcrafted pastori, or nativity figurines.



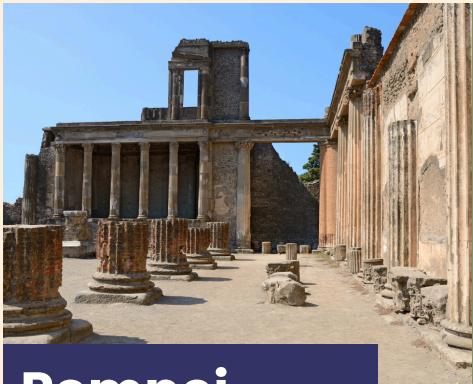
Superstition

Don't leave without the perfect souvenir: the Neapolitan red horn is the amulet on which Neapolitans rely most to fight bad luck, evil eye and negativity.

Tip: In many ways, Naples is the epitome of Italy – passionate and chaotic. To get a real taste of the city, it's nice to wander its colorful streets. But after a full day in the city center, an evening stroll along the beach promenade, with a gentle breeze and dozens of cozy restaurants, is a relaxing way to round out the day.



Other DESTINATIONS



Pompeii

When Vesuvius erupted in AD 79, it engulfed the flourishing Roman town of Pompeii. The area has been progressively excavated and made accessible to the public. The train is the best way to get to Pompeii. Get off at the Pompei Scavi/Villa dei Misteri stop, which is just a 5-minute walk from the heritage site. The train ride is around 45 minutes from Napoli.



Amalfi Coast

The Amalfi Coast is a 50-kilometer stretch of coastline along the southern edge of Italy's Sorrentine Peninsula. It's a popular holiday destination, with sheer cliffs and a rugged shoreline dotted with small beaches and pastel-colored fishing villages. This area lures many visitors to the hillside towns of Ravello, Positano, and Amalfi itself.

The car ride from Naples to Positano typically takes about 1.5 to 2 hours. Note: Driving on the Amalfi Coast can be challenging due to extremely narrow roads, tight curves, hairpin bends, and busy summer traffic. It's an adventure but requires confidence and attention.

Other DESTINATIONS



Ischia & Capri

Ischia is a volcanic island and is famous for its thermal spas. The beach has views of medieval Aragonese Castle, linked to Ischia by a stone bridge. Capri is a picture-perfect island known for its glitz and glamour, where high cliffs drop off into the depths of the sparkling blue sea. You can get to both Ischia and Capri by ferry from Naples.



Sorrento

Perched along the Sorrentine Peninsula coast, Sorrento is a sun-soaked paradise. Looking out towards the Bay of Naples, the town boasts dazzling views of the Gulf of Naples and Vesuvio in the distance. Away from the shoreline, its Old Town is a charming jumble of cobbled streets and historic buildings. From their signature “gnocchi alla sorrentina”, to the famous limoncello, made with lemons from the Sorrentine peninsula, Sorrento is also a foodie heaven.



How to MOVE AROUND.

Driving



To best explore Campania, renting a car is ideal for those comfortable with a more chaotic driving environment. In southern Italy, cars are the preferred mode of transportation, allowing you to visit scenic spots and hidden gems at your own pace.

While driving in Campania might be less regulated compared to other regions, it allows for greater autonomy and the convenience of traveling on your schedule. Whether navigating the vibrant streets of Naples or cruising along the Amalfi Coast, a car provides the flexibility to fully experience the beauty and culture of Campania.

The public transportation system of Naples and its surrounding areas is operated by different companies and includes trains, city buses, funicular lines, regional buses, Metro Lines 1, 2 and 6, Circumvesuviana, Circumflegrea and Cumana train lines.

You can travel with all of these within the city limit, using a "Unico" ticket or "TIC" ticket. Hourly, daily, weekly, and monthly tickets can be purchased at tobacco shops (tabaccheria) or newspaper stands. There are ticket machines at many of the railway, metro, and cable railway stations as well as at selected bus stops throughout the city.

Public Transportation



Campania's **CULTURE** *& Food*



Italian CULTURE

Language

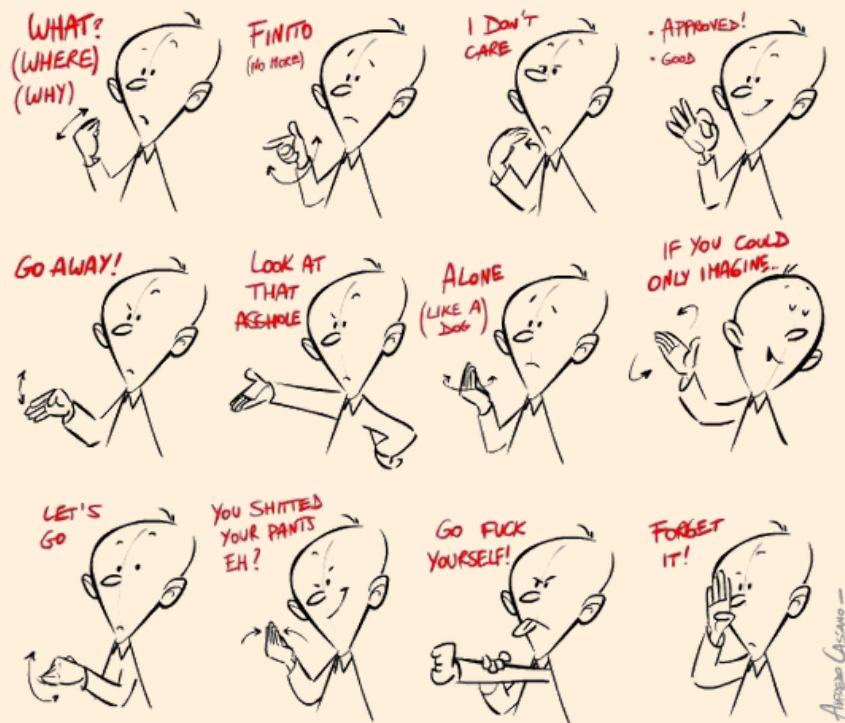


Not many Italians speak English, so it's appreciated when visitors attempt basic Italian phrases like: "buongiorno" (good morning), "grazie" (thank you), "prego" (you're welcome). Find some useful expression below:

Ciao! Hello!	Buongiorno! Good morning!
Arrivederci! Goodbye!	Mi scusi. Excuse me.
Come sta/stai? How are you?	Grazie. Thank you.
Ti voglio bene / Ti amo I love you.	Per favore. Please.
Mi dispiace. I'm sorry.	Piacere (di conoscerti/la). Nice to meet you.
Bene, grazie. Fine, thank you.	Grazie mille. Thank you very much.

Gestures

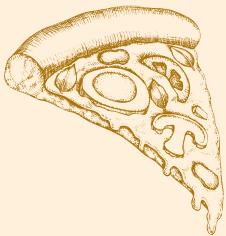
Italians are warm and friendly, often greeting with a kiss on each cheek among friends and family. They're also known for their expressive hand gestures, which can accompany speech to emphasize points or convey emotions. Here are some:



Enjoy the Pace



Italian culture celebrates the art of slow living. Take time to enjoy leisurely strolls, people-watching at outdoor cafes, and soaking in the beauty of your surroundings.



MOST POPULAR FOOD

Pizza

Pizza was invented in Naples in the late 1800's as food for the poor and named after the then-monarch Queen Margherita.

But did you know that there is not just one style of pizza in Campania? Here are the most common (and delicious) versions:

Pizza Napoletana: This classic pizza is larger than usual, with a thinner cornicione (crust). The dough ball is stretched all the way down, leaving more room for ingredients.

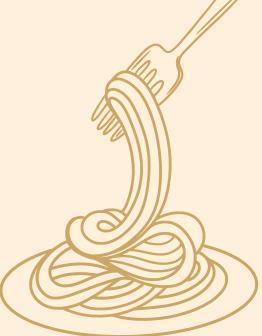


Pizza a portafoglio: the icon of street food in Naples. It's a pizza wrapped in straw or oven paper and folded twice on its sides. Perfect to eat on the go.



Calzone fritto: a must-try Neapolitan street food. It's a deep fried, half-moon shape folded pizza, usually filled with ricotta cheese, salami and mozzarella.





MOST POPULAR FOOD



Spaghetti alla Nerano

Dish invented in the Sorrento Peninsula, made with spaghetti, fried zucchinis, provolone del Monaco, Parmesan, extra virgin olive oil, black pepper, garlic, basil, and salt.



Mozzarella

Campania is renowned for its fresh, creamy buffalo mozzarella. Made from the milk of water buffaloes, this cheese boasts a delicate texture and a rich, milky flavor.



Parmigiana

Layers of fried eggplant, tomato sauce, basil, and Parmigiano-Reggiano cheese come together in this comforting dish, baked to crispy perfection, offering a taste of Italian comfort food at its finest.





MOST POPULAR FOOD



Limoncello

A refreshing liqueur made from lemon zest, alcohol, and syrup. Originating from the Amalfi Coast, its citrusy flavor and coolness make it a popular after-dinner drink



Sfogliatella

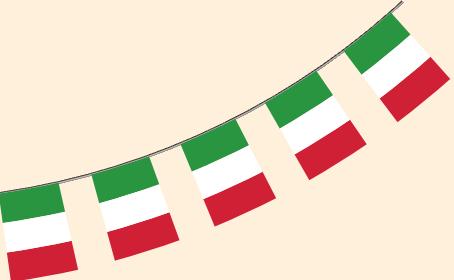
Known for its distinctive shell-like shape and multiple layers of crispy, flaky dough. Baked to a golden perfection with a sweet, creamy filling made from ricotta cheese, semolina, and candied citrus peel.



Babà

A small yeast cake soaked in a rich, rum-infused syrup, giving it a moist and airy texture. It is sometimes garnished with whipped cream or fresh fruit for an extra touch of sweetness.





*We hope
you have
A BLAST!*

If you need any assistance while in Italy, feel free to reach out to Jon or Bibi!

Enjoy the weather, the food, and the relaxed pace of South Italy!

