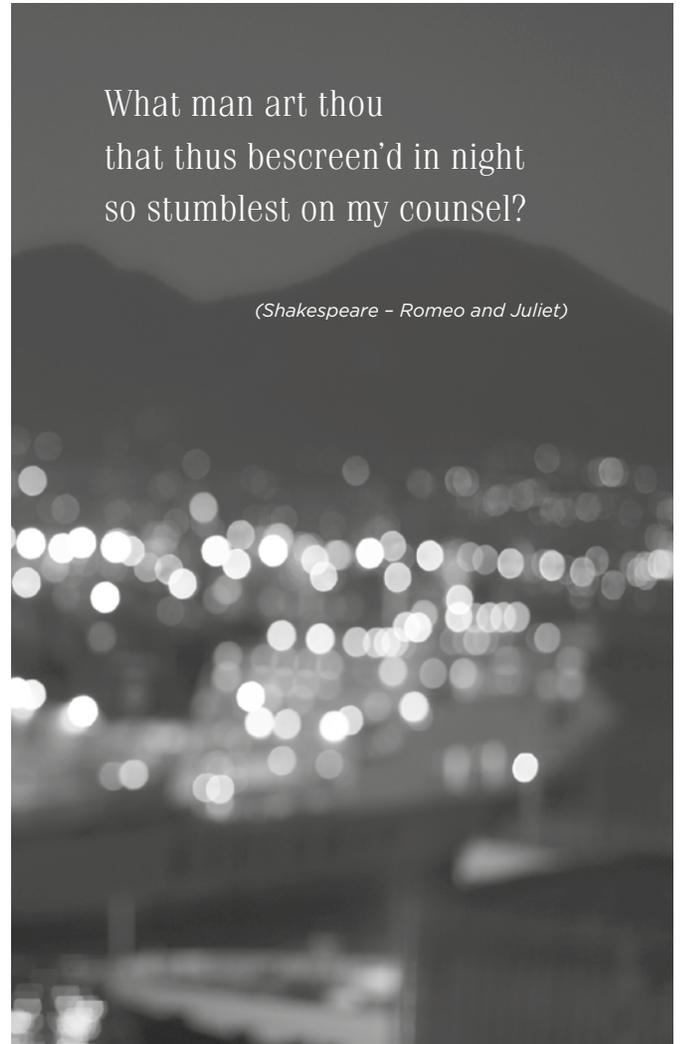
A blurred night view of a city with lights and mountains in the background. The lights are out of focus, creating a bokeh effect. The mountains are dark and silhouetted against the night sky. The overall scene is romantic and atmospheric.

Strolling Naples

ROMEO

What man art thou
that thus bescreen'd in night
so stumblest on my counsel?

(Shakespeare - Romeo and Juliet)





Wonder and charm

Question: is it true that in Naples there is nothing to do or nothing to see? Or instead, is it true that there is too much to see and explore whereby a lifetime isn't enough to truly get to know it? But if this latter statement were true thus it would almost be true the first one, hence it should be better not to venture oneself and just move on, using it only as a springboard to go to Capri, Pompei, Ischia, the Vesuvius, Sorrento, Positano and Amalfi.

Absolutely wrong!

With this guidebook suggested by the ROMEO to experience "Naples on foot" - or using a short taxi ride or some public transportation - we would like to prove that Naples is, instead well worth a break and that the more we fall in love with its mystery, the more we would need more time at our disposal. Because Naples is not one but a thousand and none at the same time. And only for this it's worth the trip, the stop and the wish to explore it.





Because is the youngest millenary city of the world.

Aren't you convinced? You will find out!

Let's start from the beginning. How many days would you need to explore a city, which is at least three thousand years old? From a vertical perspective, it's like a huge club sandwich or if you prefer an enormous layered cake that has

at its bottom the remains of the Paleolithic and Greek-roman city. Then, moving upwards we find the remains of the medieval city, the ones from the gold century of the French and Spanish viceroyalties up to the Reign of the Two Sicilies with its grand palaces. It can take a lifetime to experience all this, from the canopy bed of the last queen of the Borbone Dynasty, to the Christian catacombs, from the clay pits that are a city under the city, to the bedrock of the roman amphitheater that can be reached through a "basso"(a crawlspace) in the via Anticaglia, whereby pushing a bed aside you have access to some stairs leading back two thousand years?

But most importantly how long would it take to understand the most cosmopolitan Italian city with its DNA molded into the world's most ancient melting pot of italics, greeks, Phoenicians, Egyptians, Numids, Spanish, French, English, Jews, Arabs, Catholics, inquisition and witchcraft, wealth and misery in the same road, in the same building, on the same stoop? Not an easy effort, but definitely worth a try.

Here is why we thought of a mini-guidebook, to take you from the top to the bottom of the city, through the wonders of its hidden architectures, the scents and flavors of its streets, mixing with its multiracial ethnicities, colors and voices that crowd its sidewalks. Furthermore its artisans, brands and rituals.

Deep down this is what Naples really is, individuals, peoples, voices, infinite steps, souls. Only by appreciating these millenary crossroads, one can fully understand the true



essence of this infinitely generous, multi-faceted and welcoming city.

Pizza, mandolins, songs, sun and marine pines? Nope, Naples is something else: it's a volcano more than the Vesuvius itself. In its streets there is fire, energy, passion and elegance.

So where do we begin? How do we choose and decide where and how to go? How long for? This really depends on your time available and the possibility of extending your visit further as you open up to the great discovery of the ancient Parthenope, the city that opens the soul to the secret of time.

So let's go.

We leave from the ROMEO, whose strategic location by the main entrance of Naples' harbor is ideal as the start and end of our suggested short tours. This is our invitation to our readers to grasp the meaning of these strolls among the cities' simple things and the more exciting ones, in order to fully experience its most intimate soul, more properly Neapolitan.



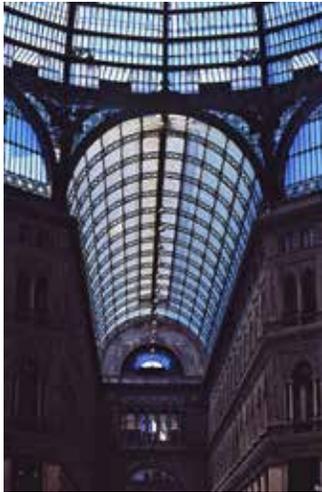
1

The aristocratic city center

Following a scrumptious breakfast from the buffet at the hotel, prepare to exit ROMEO. Turn right and reach the great Piazza del Municipio, where the metro station features a museum of archeological artifacts found during the excavations. Among these, some ancient transport and fishing vessels from the roman era found on the edge of what were the docks before they were built a thousand years after. The Castle that you have in front of you, is the so called the Castel Nuovo or Maschio Angioino.

The fortress is available for visits and a climb up on the stands is worth the effort. The view of the sea with the harbor on one side and the city at one's back that goes up towards the hill of Sant'Elmo on the other side, tells of the city's millenary welcoming culture.

Going back to the "Maschio" towards Piazza Trieste and Trento, you will walk past the Mercadante Theatre, important avant-garde venue, to find



on your left the Royal Palace (Palazzo Reale) and on your right the Umberto Gallery (Galleria Umberto), before coming out onto Piazza del Plebiscito with the majestic pillars of the San Francesco di Paola Cathedral.

This is a crossroad that truly expresses the “sense” of Naples; the intersection between the house of worship, with the one representing the authority and the other representing the worldliness.

Here you can admire the church commissioned by the King, the Palace with its glory and the enormous statues of the kings that lived there and the San Carlo theatre (among the most ancient 1737 and largest theatre in Europe).

Not far is the Gallery in Liberty style that was the hub of the cultural life and the avant-garde theatres, the trading point of roles and cultures. A visit is due to the extraordinary Coral Atelier of the Ascione brothers, the house of the coral manufacture. Not only items of rare beauty but a proper museum of the art of coral manufacture, with unique pieces that revisit a secular history that influenced kings, Zars, millionaires and myths of the star system: seeing is believing.

Not surprisingly, this crossroad marks the beginning of the historic Via Toledo, built by the viceroy of Spain, who named it. It was the largest street in Europe in 1536.

Leaving behind the landmarks we just mentioned, Via Toledo will lead you towards the historical centre

of Naples. On the left, it runs along the “Spanish Quarters” (Quartieri Spagnoli) obscure, popular and fascinating underbelly of a very old city still today. On the right instead there is a commercial and business downtown area with banks’ headquarters and the town hall.

On via Toledo poets, painters, journalists and intellectuals used to stroll, along with actors, women, soldiers and the Great Dukes of all the Dynasties that ruled in Naples. In the same square which Neapolitans still love to call San Ferdinando (instead of Trieste e Trento), the funeral of Totò was held. The crowd gathered for Totò’s farewell filled the entire via Toledo and the church’s square and the Plebiscito. And when its casket appeared, there came a wholehearted applause.

For the first time the crowd empathically bid farewell to his favorite. Nowadays this gets often emulated inappropriately, however that was really the applause for the “son of the city” born poor without a father, later acknowledged and remembered as he was born as the

prince Antonio Griffo Focas Flavio Angelo Ducas Comneno Porfirogenito Gagliardi De Curtis di Bisanzio Gagliardi Focas di Tertiveri. Totò was and is the symbol, the spirit and quintessence of what Naples



may be. You have probably walked a kilometer since you left the ROMEO and you took a rollercoaster ride in at least 7 centuries of history. You should be hungry by now, perhaps

thirsty, you need time to recover and take in the 1.5 million data that this city has propelled to your senses. It's time for coffee, with or without a 'sfogliatella' at the Gamberinus (the coffee shop where poets like Ferdinando Russo and Salvatore Di Giacomo used to sit) and whe-



re the author Maurizio De Giovanni had the initial intuition to create the character that gave him fame, the superintendent Ricciardi.

You could also stop at the "Caffè del Professore" with its endless whims of coffee, from the creamiest one to the one with ginger.

Alternatively, you could stretch out on Via Toledo just over to the Gallery where the 'babà', small, big, with or without cream, with whipped cream and strawberries, with or without icing, is served at one corner by the entrance.

Continue a bit further to reach the marble signage of the ancient bakery 'Pintauro', hot 'sfogliatelle' covered by a layer of icing sugar.

For lunch time there are endless taverns and restaurants where you could stop and take a break to try a traditional dish: rolled meat chops with dried raisin and pine nuts, eggplant 'parmigiana', rigatoni 'genovese' style, pizza with ricotta cheese, stir-fried broccoli, 'paccheri' with fresh tomato sauce and ricotta.

Furthermore Naples enjoys the most varied and delicious street food the world over.

Pizza in all its forms, a mix of fried

delicacies, dough yeast, panzerotini with ricotta cheese, macaroni omelet with peas, croquettes of potatoes, small rice balls (white or red), corn-meal of maize, zucchini blossoms, sliced breaded eggplant. Furthermore the infamous "per 'e musso" (boiled giblets, meat, corns and gristles of pork and of veal seasoned with salt, pepper and lemon).

A celebration of flavors and scents blended with the flavors of the cultural melting pot typical of this century: from the hot dog to the kebab, from the Greek salad to Sushi, served at every corner of the city as you explore it.

In this carnival of traditions, it is worth the ride to go to the Trattoria Nennella at Vico Lungo Teatro Nuovo, where you can enjoy the atmosphere, still popular today.

You could eat at a table with strangers, or you might sing with a waiter who tunes with a tenor voice, a piece of classic neapolitan song or you could lose yourself in the shouting and jokes that involve the customers.

But don't overeat. It's now time for



what we call in Naples "controra" (this term is used in the south to identify the afternoon break between 1 and 4 pm, in which everyone sleeps, if they have the chance). Perhaps you are stuffed from food, delicious but non dietary. You need to react and - after a short coffee in a hot cup (be careful not to burn your lips) you must decide where to go next. Nearby there's the cable railway in Piazzetta Augusteo that leads to Vomero for some shopping at reasonable prices.

However If this is your first day in



Naples, at ROMEO we suggest to go back to Piazza Plebiscito and walk towards the sea, the Castel dell'Ovo and the elegant downtown shops with all their international brands and those from the world renowned tailoring heritage of Naples. Stroll on the outer side of Piazza Plebiscito. Just 200 meters from there you can admire an amazing view of the gulf, with Capri and the Sorrento coast right in front of you.

From here, continue with the sea on your left towards what we believe to be one of the most beautiful walks in the world. Watch the city being soaked by the sea and the dramatic sunset behind the Posillipo hillside.

Walk slowly and breathe. Enter the Borgo dei Marinari - joyful and friendly - that surrounds Castel

dell'Ovo, perhaps the most ancient symbol of Partenope, with its legend of the hidden egg in the foundation to sustain the castle as well as the entire city. These popular mysteries can be sensed climbing up on the top of the fortress along the internal uphill conceived for the horses and leading to the battlements from where you will dominate the "wind" (ciato) of the sea.

We are now in Piazza Vittoria. From here you can walk up to piazza dei Martiri along via Calabritto. Here you are at the core of fashion and in the heart of the city's ancient middle-class. Within few hundred meters you will find international boutiques and those still creating and exporting neapolitan fashion in the world. You will see the unique outfits, designs, fabrics, shirts, ties and accessories of Marinella, Rubinacci, Lombardi, Ultrale, Sabino and Panico. An unparalleled tradition of the highest quality in the world. Within few steps you will also find the traditional clock-making Trucchi with his custom items, the jewellery of Paola and Giulia Grande, small jewelry shops at the side

road of via Cavallerizza, the tradition of leather production of the highest range of Tramontano. For those with a sweet tooth there's Gay Odin's "tailor-made" chocolate or the almond milk flavored ice cream at Mennella. An ongoing buzz that enhances the cultural complexity of the city, with its antique shops in via Morelli, the old print shop by Bowinkel, the modern art galleries (also) by Bowin-



kel and by Lia Rumma, Eduardo Cicelyn's CasaMadre, and the PAN museum (Naples's Palace of the Arts "Palazzo delle Arti Napoli").

In this same area, at ROMEO we sug-

gest not to miss visiting the old Bourbon Gallery (l'antica Galleria Borbonica), that can be accessed from the end of via Morelli. It's an enormous underground excavation that cuts the entire tuff-stone hill of Pizzo Falcone, connecting this area of the city to the Royal Palace. Thanks to the well preserved tuff quarries, ancient reservoirs and artifacts from the time it was used as shelters against air raids - one can appreciate the profound legacy between Naples and his people.

Time has flown by and as the evening approaches you shall return to the ROMEO for a drink after a shower and get ready for dinner, perhaps at the Beluga bistrot or upstairs at the Michelin Star "Il Comandante". The shortest way is up towards via Chiaia, leaving Piazza dei Martiri behind you, with the Sannazaro theatre on your left. Continue under the Chiaia bridge. Here, between a shop, a boutique and the many flavorful smells you will find Brandi, an historical pizzeria, birthplace of the pizza Margherita, created in honor and after the name of the queen of Italy where she once visited and ate a delightful meal.

2

The sea and the Posillipo hillside

Once you reach piazza Vittoria, rather than going up to via Calabritto, you may choose to proceed walking along the sea towards the Posillipo hillside. A pleasant two kilometers hike will take you to Mergellina, another historical sailors' and anglers' village. As you stroll along, you may consider a small detour to check out the indoor market of the Torretta. Here you will find historic shops selling bread, fish and fruit and can sit at the ancient diner "Cibi cotti da Nonna Anna", a place as old as time, where a casserole of octopus or fried anchovies can be enjoyed among the buzz of the many dealings and traders of the market.

As you walk on, either along the sea of Via Caracciolo or along the inner side of Viale Gramsci (that all Neapolitans still call viale Elena) you will find a wide choice of excellent dining solutions. Options go from the Pizzeria of Giuseppe Vesì "Pizza Gourmet" to 50 Kalo' in Piazza Sanazaro that has become very popu-



lar in London and also opened up an hamburger place in viale Elena, not to mention the traditional *Ciro* at Mergellina.

A feast for the gourmands who can also indulge on the traditional 'tarallo' with almonds, lard and pepper, or a hot "donut" from the stalls by the fish shops facing the beach and the street.

As it is rather difficult to resist Naples' tempting street food, our suggestion is to walk off the extra calories you may have gained starting from Via Posillipo and onwards for about four kilometres from Largo Sermoneta to the top of Posillipo. Although it is not an easy walk, with its narrow and often bumpy pavements, it is definitely worth hiking up on the hill to admire its ever-changing views over the sea.

The walk takes you among the century old bathing facilities, a Michelin Star Restaurant (Palazzo Petrucci) and the *Thermae* of Pausilia. This is also where the city's oldest and most beautiful villas are located featuring bold or classical architecture, with their landscaped walkways and Mediterranean gro-

ves descending towards the sea.

The sight begins with the Palazzo Donn'Anna all the way to Villa Barracco through to Villa Rosebery (which belonged to Lady Hamilton, mistress of Admiral Nelson) and today one of the Italian Republic's Presidential residences.

Continue through to the grandeur of Villa Pavoncelli, Villa Rivelli, Villa Cottrau, Villa Bracale, the house of Grotta Romana and Villa Matarazzo, up to the charming Riva Fiorita, Villa Gallotti and Villa Volpicelli.

Should time and weather allow, it is worth making the excursion by boat from the Mergellina harbour down to the Trentaremi, on the bay that unfolds under the Cape of Posillipo. This is a unique way for understanding the essence of the city by the sea. Another great outing especially for nature lovers is renting a canoe (via Kajak Napoli - with or without a guide) and paddling along, gliding over the tuff from which the city has risen.

By sea, in fact, every corner has a different charm, especially going through the small church of Marechiaro or bypassing the small isle of



the Gaiola with its tales of love and damnations and being blown away by the (Palace of Spirits) Palazzo degli Spiriti, what remains of the Nymph of Villa di Pollione.

The latter is a roman villa dating back first century b.c., featuring two amphitheatres that often host plays of unique beauty.

A thousand years old terrace overlooking the sea that can also be accessed by venturing (with a guide) through the ancient Grotta di Seiano, in front of the isthmus of the isle of Nisida, that leads to the Archaeological Park of Pausilypon via a kilometer long path through the

belly of the mountain.

This is where nature's beauty and power meet with Naples' legends, esoteric tales and secular secrets.

In this area, it is also possible to find good quality food.

Among all possible choices, it is definitely a treat to go down to Marechiaro to eat by the sea (either at 'Cicciotto', 'Vela' or at 'Faretto', or wherever you prefer) because of the absolute uniqueness of the place itself, regardless of the cuisine. Even better if you are lucky enough to experience this magical place on a full moon.

You will perhaps be tired by now.

At ROMEO we suggest you to call a taxi and return to the hotel, making sure to ask the driver to go via Via Petrarca and Via Orazio, in order to get a bird view of what you have seen so far walking around Via Posillipo, just as a seagull would.

On this regard, we wish to highlight a majolica plaque fixed to the wall by the house number 276 that reads, *"The ways of the lord are endless. Via Posillipo is the most beautiful"*.

3

The old city

You have just enjoyed your breakfast at ROMEO. Although you may still like to linger on watching the bustle of the harbor from the terrace of the 'Il Comandante', a long walk awaits you to discover the old city and its three thousand years of history.

Leave the hotel and turn left and left again at the first traffic light. Walk along until you get to Piazza Giovanni Bovio then turn right and continue for about 300 meters until you reach the junction with via Mezzocannone. You can't go wrong, at the corner you'll find the imposing silhouette of the main building of the University Federico II, one of the most ancient universities in the world (established in 1224), with its tremendous architectural and historical heritage. So, from here you begin to go up towards the ancient heart of the city.

Once you get to Piazza San Domenico Maggiore, you are half way through the lower part of the 'decumano' the ancient road system of



the roman settlement (the higher one is Via dei Tribunali). If you look on your left towards the hill of San Martino you can see its rolling extension called Spaccanapoli, while on your right the 'decumano' goes down towards the ancient courthouse of Castel Capuano. There are countless things to see in this intricate melting pot of ancient streets, three thousand years old alleys, artisans' shops, noble palaces and folkloristic expressions of



color. You may find all the historical references in a detailed guidebook. However, what we suggest is to not miss the ruins of the ancient Greek and Roman city below the Cathedral of San Lorenzo.

In case you have not reserved your tickets, stand in line to be amazed by the sight of the Veiled Christ of the Sansevero Chapel. Make sure to walk into house number 7 in Piazzetta Nilo, and up to the second floor of this 18th century Palazzo De Sangro di Vietri. Slip into the contemporary art gallery of Alfonso Artiaco, where the contrast between ancient and modern is erased by the millenary cosmopolitanism of Naples that has never raised physical walls nor conceptual barriers towards the new, the unknown or even itself.

A voyage of senses and culture that would be impossible elsewhere. An example is the huge labyrinth of San Domenico Maggiore, where "the cathedral of the second floor" amazes with its steps under the altar, leading to the entrance, overlooking the amazing architecture at the top of the homonymous square that can be accessed from a maje-

stic 'Piperno' staircase.

Sacred and profane are entangled to such extent that as you walk down the staircase you pass by the terrace of the pizzeria at Palazzo Petrucci. This may not be the best pizza in the world (although this is very subjective), nonetheless watching the Neapolitan 'movida' around the baroque obelisk of the square is truly unique.

Meanwhile down in the square, by the entrance hall of the wonderful San Severo palace you can visit the workshop of the artist Lello Esposito, who has revisited the myth of Pulcinella in a modern way, giving the mask of neapolitanism, wrath and sneer fit for the third millennium.

It has to be said, the amount of uniqueness that you'll find in that square kilometer going from Piazzetta del Gesù to Via Duomo, is staggering. A full day is not enough to visit the glowing baroque of the church of Gesù Nuovo, which almost faces the Romanic Monastery of Santa Chiara with its tiled cloister. And then the ancient caves and tanks of



"Naples Underground" with its true stories (like the anti-bombing shelters), and the legends like the "munaciello", a naughty character, never evil that would enter the homes and appear as a shadow between dream and reality to their inhabitants. Or, perhaps he was just one of those tiny tank cleaners who would climb up between a chimney and a well, showing up at night to poke around like a little ghost by the Neapolitans' nightstands.

On the other side of this 'decumano' called Via San Biagio dei Librai, going down to Piazzetta Nilo

towards the open space of San Marcellino, you will reach the Department of Natural Sciences of the University, where you can view an uncanny collection of biological artifacts kept in paraffin and alcohol. Not to mention the enormous skeleton of the Tyrannosaurus Rex rebuilt on this wonderful majolica pavement and farther, the cloister with its terraced gardens that look out onto the slope further down the city, the one that will take you towards Corso Umberto, so called "Rettifilo".

If you follow the 'decumano' towards the Duomo you will quickly reach the area of via San Gregorio Armeno. This is a "thistle" of the ancient roman camp that goes up towards via dei Tribunali (the decumanus above the ancient roman city) and there you'll find endless shops of artisans of the nativity scene and sacred art. Should you need a donkey, a Saint Joseph, or an episcopal mitre, you'll find it there. We also suggest that you don't miss visiting the Palace of Pio Monte della Misericordia. This is the ancient pawn shop with the art gallery that hosts the major Neapo-



litan masterpieces of 17th and 18th century including one of the most famous Caravaggio in the world (The Seven Works of Mercy) and several Luca Giordano and Stanzone, De Mura, along with other masters that stopped by Naples, the city of 4 castles and 500 domes. Many - and perhaps more - are the monumental churches of Naples.

The long walk certainly gets comforted by the many street food options, whether it's pizza, or fried

treats in foil, (from the dough yeast to "sciuri" of zucchini to potato croquettes...) or the tripe and the muzzle, the fruit and fish, the ragù and the sweets, the international salads and the caponata of tomatoes with the "crouton" (fresella). The only real effort, besides the choice, is the exercise of holding back in order to enjoy the menu of the ROMEO Beluga bistrot, which picks up on the great themes of the neapolitan cuisine, spurning them in a refined variety of delicious tastes without getting carried away.

The day could go on endlessly among these alleys, but the ROMEO advice is to continue until the end of via San Biagio or Via dei Tribunali, in order to come out on Via Duomo. Besides the cathedral - or rather in its vaults - you cannot miss the visit to the treasure of San Gennaro: an impressive collection of gold and jewellery like crowns, goblets, rosaries, votive offerings, miters and priestly suits encrusted with jems. A sight to remain blinded but also amazed for such wealth created through the donations of kings and Princes, but mostly of the poor people who thanked for a

mercy or who hoped to buy mercy and a "ticket" to heaven.

As a proof of the enormous power that the religious confraternities had in the Kingdom of the Two Sicilies, in front of the Duomo you must visit the monastery and the Cathedral of the Girolomini. And in particular the library of the monastery that is the most ancient in Italy (1586) after the one of the Malatesta at Cesena. But it's surely more imposing thanks to the



thousands of rare books it hosts. Such a blatant abundance, that no one had been realizing for years the stealing of hundreds of rare books that were later sold on the collectors' market. A scandalous smuggling that fortunately ceased on time, not without avoiding that precious books were lost in the intricacies of an international racket that moves millions of dollars. A controversial visit, which recounts well, although bitter to mention, the double identity of the city, caught between wonders and



neglect.

However, we did not lead you here to bore you with a dispute. Via Duomo, in fact, crossed towards the center of the city, towards Via Foria, leads to another part of the most ancient side of Naples.

But before coming out on via Foria, entering on the right via Settembrini you'll arrive at the Museo Madre (acronym of the Donnaregina Museum of Contemporary Art), which represents the umpteenth - but very successful - cross-contamination between ancient and modern. The 19th century palace (built on the facility of the ancient monastery Santa Maria Donnaregina by the Swabian in the XIII century) has been restored in accordance to its new mission on the project of Álvaro Siza. And since 2005 it hosts one of the most important contemporary art collections of Italy (from Paladino to Kosuth, from Fontana to Wharol) with an annual calendar of events, art exhibitions and top class culture.

Coming back on Via Duomo, take a few steps that will lead you to via Foria. Here you'll have 3 possible choices. On the left go



Foria until you reach the enchanted silence of the Botanical Garden and more over, the huge, surreal, labyrinth-like 'Real Albergo dei Poveri', a borbonic structure that is undergoing a renovation which impresses thanks to its grandeur.

On this very road you'll find some restaurants famous for their traditional cuisine made of octopus soup, spicy muscle soup, neapolitan caponata (crouton, octopus, olive and green salad). On the other hand if you get past the ex-hospice and you slip into via Sant'Eframo Vecchio, you can experience one of the oldest tripe taverns of Naples, 'O Russ, and relive the spirit of the common people who found the cow's giblets and the pork's gristle, the only protein accessible for their poor pockets.

The third choice, depending on the time available, is what we want to suggest you: go through via Foria and enter the labyrinth of the Quartiere Sanità. It's one of the most unchanged corners of Naples compared to the popular tradition, of the "tale" that one always tells about Naples. Yet still here, in the soft womb of the city wonderful

back 3/400 meters and you'll find yourself on the right the archeological museum full of unique oddities starting from the artifacts of the pompeian excavations and the extraordinary sculpture of Ercole Farnese: an Hellenistic marble sculpture 317 cm tall of Glicone of Athens dating back the III century b.C., copy of the original bronze created by Lisippo in the IV century b.C. Below the rock, under the club, it's visible the signature of the copier Glicone, Athenian sculpture of the II century a.C.

Turning on the right, instead, you can go in the hustle and bustle of via

changes happen and you can, at the same time, visit “the high and the low” part of the ancient capital of the South.

Are you hungry for something “rustic”? Stop at the pizzeria “Concettina i Tre Santi”. The trick is to eat the pizza “folded like a napkin” while standing, in order to avoid waiting in a long line for a table. If you are hungry for something sweet, go to ‘Poppella, the bakery that has invented the snowflake “fiocco di neve”, a small pastry with fresh whipped cream served



express. A treat just like the name ‘Poppella’, that is the merge of the two founders’ names (back in 1920) Papele (Raffaele) and Puppinnella (Giuseppina). It is now the family’s third generation looking after the ancient bakery that has become synonym with sweet delicacies and an absolute ‘must’ for those visiting the neighborhood.

There is a harsh side to the city, even here sacred and profane, noble and miserable light and heavy mix in the unmistakable moods of Partenope.

As you enter the so called Palazzo dello Spagnuolo (build since 1738), the project was assigned to Ferdinando Sanfelice and it included the construction of the monumental staircase with double flights of stairs, like two “hawk’s wings”. This area was imagined as a sort of meeting point, where the social life happened. The monumental staircase became a movie set for countless famous scenes like *Il Giudizio Universale*, *Piedone lo Sbirro*, *La Pelle*, *Mi manda Picone*, *Passione* and recently the Italian TV



series “*I Bastardi di Pizzofalcone*”. King Charles III was also frequently a guest of the palazzo and he was used to replacing the horses with oxen as they were better suited to tow the chariot along the steep slope of the Vergini up to the Reggia of Capodimonte.

City-theatre by definition, it is not a coincidence that nearby the Palazzo of the Spagnuolo you could visit the native house of Totò in via Santa Maria Antesaecula. Don’t worry, if you can’t find the official directions as residents of the neighborhood have attached self-made signs to show you the correct way. Moving on, the Church of San Se-

vero at the Sanità deserves a special visit. The church hosts the passionate music courses held by the Young Orchestra “Sanitansamble”, born to give the youngsters of the neighborhood - often snatched by the criminal organizations - the chance to experience a different world and way of thinking. An educative and cultural journey that has developed and continues to train the youngsters who have also performed for the Pope (Papa Francesco), for the President of the Italian Republic, and have had a resounding recognition and success in a TV-show called Casa-Mika.

That’s not all. In this maze-like neighborhood, you will reach the Cemetery of the Fontanelle (this too has been a movie set for a memorable scene in the Rossellini movie “*Viaggio in Italia*” with Ingrid Bergman). Halfway between hell and paradise, with hundreds of skulls amassed through the centuries, which are subject of worship and devotion by many locals attached to the ancient pagan rituals.

Depending on the time of the day, should you feel like something to

eat, we suggest you to try (not only for the cooking - that is very "wild" - but also to experience the place itself) the Osteria del Gallo. It's located near a staircase that goes up on the hillside of Materdei, but mainly it is by the entrance of a large tuff quarry excavated under the mountain. It is used as a parking lot, but by exploring it, it will give you the Dantesque idea of Naples, where you do not quite understand if it's hell, purgatory or heaven.

If you happen to try the Osteria del Gallo in winter time, they will offer you a charcoal fire pit (from the pizza oven), that gets positioned under the table in order to dry the humidity from the shoes and the bones. A tradition that comes from the past.

Easy to imagine that you'll be exhausted by now. Going back to ROMEO on foot is perhaps unwise, however maybe you should not walk all the way. With the expectation of a nice drink and a restorative dinner at the Beluga bistrot on the 9th floor, you could walk your way back to via Foria and there cut through Porta San Gennaro, and

from there, along Via Maria Longo, reaching the old hospital complex of the Incurabili. Here you can visit the fantastic Pharmacy of the Incurabili: an enchanted place of wood and tiles with hundreds of glazed vases made to contain the rarest medicinal herbs.

Alternatively you can arrive at the Museo and go down along Pessina and then Via Toledo, if you wish until Piazza Carità or Piazza Trieste and Trento and from there go down towards the sea and finally to the hotel. Even with this route, the destinations are charming. Especially the one that goes from piazza Dante, going through Port'Alba that will lead you towards the street of the books' fest sold on the stands (a sort of neapolitan Rive Gauche) and mostly to the Conservatory of San Pietro a Majella. A magical place, in a building dating back 13th century, where famous characters have studied, taught and written sublime music from Scarlatti to Bellini, from Leoncavallo to Mercadante, De Simone and Muti.

One of the most prestigious music schools of the world, cornerstone



of the European music culture over the centuries. And near here you can visit the ancient lutes shops with the magic of their instruments (guitars, violins, violas and mandolins) still built with the ancient secret of the ancestors, (Anema e Corde at via di Port'Alba) or the master Gaetano Pucino at Piazza San Domenico Maggiore, and the, father and son, in vico San Domenico Maggiore. Aromas of wooden essences, resins, lacquer and glue: the scent of unaltered time.

As an alternative to this route, from the Archeological Museum, you can catch the subway to reach the stop "Materdei" and walk towards Salita San Raffaele, where you find the

umpteenth cultural challenge of Peppe Morra: Casa Morra, the marvelous Palace of Cassano Ayerbo D'Aragona, that hosts the private modern art museum of the art dealer Peppe Morra. A place open to the public that in his inspirer's view, it wants to become the propelling center of the transformation of the entire neighborhood in a cultural cluster.

Not surprisingly, coherent with the vision of Morra, the Palace is the umpteenth expression on the territory of this art journey as a cultural laboratory close by, tangible, open. The gallery installed for years in the Palazzo dello Spagnuolo, and then at the Museum in the not so far Vico Lungo Pontecorvo and at the Vineyard of San Martino. Here 7 hectares of land has been taken away from the construction's speculation and brought back to the former glory of farming in the center of the city below the Certosa of San Martino, where we will reach the hillside itinerary of this guide.

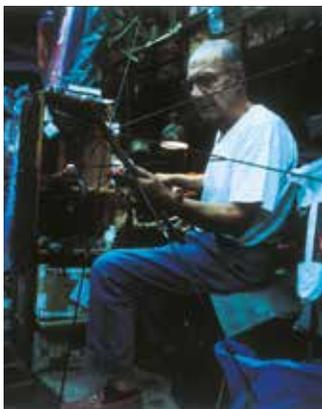
Not far away from the house of Morra, in via Materdei, for lovers of the genre, it deserves a visit the centenary pizzeria Starita, a Neapolitan classic. Try it for yourself.

4

The hillside of Naples

The strolls around Naples from the ROMEO proceed. Now we will go up the hills, towards a fun shopping tour, a stunning scenery, parks of tall trees, mansions and castles. By now you can find your way around and so in order to reach the very heart of the Vomero neighborhood, from the ROMEO you can either choose to hop on the subway at piazza del Municipio and arrive at Piazza Vanvitelli. We suggest two options, either walk up to Piazzetta Augusteo at the start of Via Toledo, in front of the Galleria Umberto and from there take the central cable railway. Alternatively walk through Via Toledo and reach Piazza della Carità and from there delve into the old alleys of the Pignasecca market until you reach the cable railway of Montesanto. Your choice of route depends on your daily plans and how much time you have at your disposal. Also along the way, on your left, at Vico Due Porte you may want to visit Mario Talarico's umbrellas shop, where you can select woods, cloths and ornaments for a handmade umbrella, as long as you're patient and wait for your turn





in the queue of the orders that come from all over the world.

Walking along you reach Pignasecca, which represents the living reflection of a city that hasn't changed. The grocery shops, the fish shops, the ancient bakeries that make the "tortani" (pizzas bread stuffed with bits of cold cuts, lard and pepper). The "neapolitan paninis" (made with sweet pastry) and taralli with almonds, lard and pepper". This is a crispy and enjoyable typically Neapolitan specialty, the most delicious in the world are within just few meters,

along with newspaper vendors, books and comic books that can make the collectors' day. The 'Acquafrescai' will offer you lemonade with a bit of baking soda to help you digest and within few steps stands the oldest tripe shop of the city, and then music, songs, shouting and never ending colors even around the Vecchio Pellegrini Hospital which is the point of maximum emergency for everything that happens in the middle of the city. A place where the high level of professionalism of the medical staff is complemented by the constant flow of life and colorful humanity, even while in pain. A throbbing heart of Naples where it's also possible to still trace artisans of lost professions, from the leather sewers to the knife sharpeners and from the glassmakers to the cobblers.

Once you reach the bottom of Pignasecca, it is time to ride on the cable railway. These trains on cable connect Naples from the sea level to the hillside area, with 3 or 4 stops in between. It is quite unusual and picturesque to rise to the top with the cable railway of Montesanto, between steps and tuff walls, gar-

dens and old palaces, fragments of town built in unthinkable places and excerpts of lights that cut shadows of figs and jasmine, in the veins of the most remote places of the city. Built in 1891, the station in Liberty style is a national monument and the facility goes up around 900 meters towards the higher part until it reaches via Morghen which is the strategic point for this walk. If you turn right, in fact, you'll soon arrive at Castel Sant'Elmo and at the Certosa of San Martino. Those are the highest and most ruling battlements of the city.

The six-pointed star shaped Castle is a partly built into the yellow tuff. Going up on its inward staircase designed to move troops by armed horses and donkeys, means taking a trip in the middle of a movie of hoods and swords. The view from the terrace is spectacular, a 360 degree scenario of the city, the isles and the Vesuvius. Inside you'll find the 'Museum of 20th century in Naples' with a beautiful modern and contemporary art collection. The artworks exhibited are by Neapolitan artists or somehow linked to the city between 1910 and 1980.

Should you be in town around a specific time, make sure not to miss the cultural events taking place seasonally on the battlements, whether it be concerts, cinema or exhibitions, we suggest you take advantage of the opportunity.

Coming out of the main gate of the fort and going down a few steps towards the open space of San Martino, you'll arrive at the Certosa. It's a monument of spectacular beauty whose construction has begun under the reign of the house of the D'Angiò in 1336. With over 100 rooms and



baroque halls, cloisters, terraced gardens, dungeons and chapels at each side, the Certosa showcases harmonious beauty throughout, mixing the Romanic and Baroque with unique architectural effects. Furthermore it hosts art collections that tell the story of Naples from the



Borbone era to the post-unification time. The hall of carriages, the naval section, the collection Orilia, the picture gallery, the extraordinary section dedicated to the Neapolitan nativity scene with works of beauty

and preciousness like no other. The museum of the Opera, the section of the memoirs and images of the city, the one of the decorative and theatrical arts, the Rotondo collection and the cabinet of prints and drawings, really offer an important overview of the history of Naples. It is definitely worth the climb.

If you are already tired, just right off the forecourt of San Martino you can take the stairs and go down from the via Pedamentina with its 414 steps that will take you to Corso Vittorio Emanuele. Not far from the top entrance of Via Spaccanapoli, which we mentioned at the start of the booklet regarding the lower 'decumano'. The Pedamentina is one of the most famous of over 200 "paths of staircases" that have linked for over a thousand years the high parts of the city with the intermediate area and down to the sea. They are all beautiful, all suggestive and particular, they offer glimpses of the countryside at times like a nativity scene, even if located downtown. The one of the Pietraio of Via Palizzi and the one of Calata San Francesco from Via Belvedere, not far from where



you are now, are both beautiful. It is just about walking.

If you remain at the Pedamentina of San Martino, it will only take you less than an hour walk downhill to the ROMEO, going through a part of the Quartieri Spagnoli until you come out, through a shorter route, at Piazza del Plebiscito, in front of the Palazzo Reale.

However, if you don't want to retire so soon, then walk backwards from San Martino until you reach the cable railway station where you have previously been, from there descend the stairs to via Morghen until you

reach Piazza Vanvitelli. You are in the middle of the pedestrian and shopping area of Naples with shops, ateliers, pubs, restaurants and pizzerias for everyone and for every budget. Walking on a tree-lined avenue can be a good solution to give that sense of greater lightness and playful participation to the city's visit.

Not far from here, you will find the gates of Villa Floridiana opened. A city park that has been the residence of the morganatic wife of Ferdinando the IV King of Naples. The park overlooks a cascade of vegetation over Naples' Chiaia neighborhood and over the lights of Mergellina and Posillipo. In the ancient Villa which hosted Lucia Migliaccio Duchess of Florida (hence villa Floridiana) is housed a wondrous museum of ceramic that in Naples has had an ancient and prestigious tradition for centuries in all the Courts of Europe.

From here the return to the ROMEO for a refreshing drink can be made on foot going down to the Petraio, or by taking the cable railway of Chiaia that will take you to piazza Amedeo. Check out the shops along via dei Mille, Via Filangieri and if you like

Via Chiaia or Via Caracciolo, where you already walked on the opposite side at the start of the booklet. You will be back to your suite at the ROMEO to get refreshed by its welcoming embrace, after so much strolling through the city's emotions.



It would of course be disappointing if we didn't give you directions to reach the Reggia di Capodimonte. The huge palace wanted by Carlo of Borbone when he became King of the Independent Reign of Naples,

was built in 1738. The King wanted the building to be a "hunting place", but also a palace with spaces and galleries capable of hosting the vast art collection of the Farnese started by Pope Paolo the third in the XVI century and inherited by the mother Elisabetta Farnese. He planned to build it in the middle of the forest, covering 124 acres and was also a reserve of royal hunting. The museum of the Reggia di Capodimonte hosts works of extraordinary art, in particular one of the most important art galleries of Europe, gathering Masters of the XVI-XVII-XVIII and XIX century in a fascinating notion of masterpieces. Not to mention sculptures and tapestries, porcelains, archeological artifacts in a successful mixture with works of modern arts.

Nevertheless, how to get to Capodimonte, as it is out of the way? Our suggestion is to take a taxi or the public transportation that will drive over the bridge of Sanità that overlooks the neighborhood, where you have already been in one of our previous strolls. Once you arrive at the grove and at the Reggia and after visiting the place, you can go

on foot and see another wonder of the history of Naples: The Astronomic Observatory, initially sought by Giuseppe Bonaparte and then by the King Gioacchino Murat, during the Napoleonic Reign. Since 1807, the Observatory is an advanced center of observation and research, and it hosts a museum of objects and the study of the astrophysics research which helps understand how much man's curiosity has evolved to be satisfied in front of the mystery of the universe.

Among the most impressive heirlooms there is the first edition of Copernicus' volume *de Revolutionibus Orbium Coelestium* of 1543. Many cultural events take place in the extensive halls of the building - concerts or contemporary art exhibitions - which would be worth visiting, should your trip coincide with the events' calendar.

From the Observatory, you can walk down on foot through the quarter called Miradois, towards the neighborhood of the Miracoli, that is situated above the hill of the Sanità and that walking through popular and very welcoming roads,



it will lead you to Via Foria which you already know, right up to via Duomo. If you walk through Via Foria to the sea, on your right it will take you less than a kilometer away from the entrance of the ROMEO.

This is where you can finally rest your tired limbs, and also from your table at Il Comandante restaurant on the terrace, you can enjoy the night lights of Naples' harbor. We trust you have thoroughly revealed in this adventure and possibly dream to comeback swiftly to our hospitality...

See you soon

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1 - Ascione Coralli

Angiporto Galleria Umberto I - 80132 Napoli
Tel. 081 421111 - www.museodelcorallo.it

2 - Gran Caffè Gambrinus

Via Chiaia, 1 - 80132 Napoli
Tel. 081 417582 - www.grancaffegambrinus.com

3 - Il Vero Bar del Professore

Piazza Trieste e Trento, 46 - 80132 Napoli
Tel. 081 403041 - www.ilverobardelprofessore.com

4 - Pintauro

Via Toledo, 275 - 80132 Napoli
www.pintauro.it

5 - Trattoria da Nennella

Vico Lungo Teatro Nuovo, 103/104/105 - 80134 Napoli
Tel. 081 414338 - www.trattoriadanennella.it

6 - E. Marinella

Riviera di Chiaia, 287 - 80122 Napoli
Tel. 081 7644214 - www.emarinella.com

7 - Ulturale cravatte

Via Carlo Poerio, 115 - 80121 Napoli
Tel. 081 2481151 - www.ulturale.com

8 - Mariano Rubinacci

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Tel. 081 415793 - www.marianorubinacci.it

9 - Trucchi orologeria

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Via Bisignano, 7 - 80121 Napoli
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11 - Idem Pelletteria Tramontano

Via Giuseppe Ferrigni, 32 - 80121 Napoli
Tel. 081 2471169 - www.idembags.it

12 - Sartoria Panico

Via Carducci, 29 - 80121 Napoli
Tel. 081 415804 - www.sartoriapanico.it

13 - Gay-Odin Cioccolato Foresta

Via Giosuè Carducci, 29 - 80121 Napoli
Tel. 081 0105555 - www.gay-odin.it

14 - Gelateria Mennella

Via Giosuè Carducci, 45 - 80121 Napoli
Tel. 081 426026 - www.pasticceriamennella.it

15 - Galleria d'arte Bowinkel

Via Calabritto, 1 - 80121 Napoli
Tel. 081 7648230 - www.bowinkel.it

16 - Galleria Lia Rumma

Via Vannella Gaetani, 12 - 80121 Napoli
Tel. 081 19812354 - www.liarumma.it

17 - Casamadre Arte Contemporanea

Piazza dei Martiri, 58 - 80121 Napoli
Tel. 081 19360591 - www.lacasamadre.it

18 - Palazzo delle Arti Napoli (PAN)

Via dei Mille, 60 - 80121 Napoli
Tel. 081 7958604 - www.comune.napoli.it

19 - Galleria borbonica

Via Domenico Morelli, 61 - 80121 Napoli
Tel. 081 7645808 - www.galleriaborbonica.com

20 - Antica Pizzeria Brandi

Salita S. Anna di Palazzo, 1/2 - 80132 Napoli
Tel. 081 416928 - www.brandi.it





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Piazza S. Gaetano - 80138 Napoli
Tel. 081 2110860 - www.sanlorenzomaggiore.na.it

2 - Museo Cappella Sansevero

Via Francesco de Sanctis, 19/21 - 80134 Napoli
Tel. 081 5518470 - www.museosansevero.it

3 - Galleria Alfonso Artiaco

Piazzetta Nilo, 7 - 80134 Napoli
Tel. 081 4976072 - www.alfonsoartiaco.com

4 - Chiesa di San Domenico Maggiore

Piazza S. Domenico Maggiore, 8A - 80134 Napoli
Tel. 081 459188 - www.museosandomenicomaggiore.it

5 - Palazzo Petrucci Pizzeria

Piazza S. Domenico Maggiore, 5/6/7 - 80134 Napoli
Tel. 081 5512460 - www.palazzopetruccipizzeria.it

6 - Atelier di Lello Esposito

Piazza San Domenico Maggiore - 80134 Napoli
Tel. 081 5514171 - www.lelloesposito.com

7 - Chiesa del Gesù Nuovo

Piazza del Gesù Nuovo, 2 - 80134 Napoli
Tel. 081 5578151 - www.gesunuovo.it

8 - Complesso Monumentale di Santa Chiara

Via Santa Chiara, 49 - 80134 Napoli
Tel. 081 0145942 - monasterodisantachiarait

9 - Napoli Sotterranea

Piazza San Gaetano, 68 - 80138 Napoli
Tel. 081 0190933 - napolisotterranea.org

10 - Museo di Paleontologia

Largo S. Marcellino, 10 - 80134 Napoli
Tel. 081 2537516 - www.cmsnf.it

11 - Pio Monte della Misericordia

Via dei Tribunali, 253 - 80139 Napoli
Tel. 081 446944 - www.piomontedellamisericordia.it

12 - Cattedrale di San Gennaro (Duomo)

Via Duomo, 147 - 80138 Napoli
Tel. 081 449097 - www.chiesadinapoli.it

13 - Museo del Tesoro di San Gennaro

Via Duomo, 149 - 80138 Napoli
Tel. 081 294980 - www.museosangenaro.it

14 - Complesso dei Girolamini

Via Duomo, 142 - 80138 Napoli
Tel. 081 2294571 - www.beniculturali.it

15 - Museo Madre

Via Luigi Settembrini, 79 - 80139 Napoli
Tel. 081 19737254 - www.madrenapoli.it

16 - Museo Archeologico Nazionale di Napoli - MANN

Piazza Museo, 19 - 80135 Napoli
Tel. 081 4422149 - www.museoarcheologiconapoli.it

17 - Orto Botanico di Napoli

Via Foria, 223 - 80137 Napoli
Tel. 081 2533937 - www.ortobotanico.unina.it

18 - Real Albergo dei Poveri

Piazza Carlo III, 1 - 80137 Napoli - Tel. 081 7951111

19 - Tripperia O'Russ Napoli

Via S. Eframo Vecchio, 68 - 80137 Napoli
Tel. 081 5991701

20 - Pizzeria Concettina ai Tre Santi

Via Arena della Sanità, 7 Bis - 80137 Napoli
Tel. 081 290037 - www.pizzeriaoliva.it

21 - Pasticceria Poppella

Via Arena della Sanità, 29 - 80137 Napoli
Tel. 081 455309 - www.pasticceriaopoppella.com

22 - Casa natale di Totò

Via Santa Maria Antesaecula, 110 - 80137 Napoli

23 - Chiesa di San Severo fuori le mura alla Sanità

Piazzetta San Severo a Capodimonte, 15 - 80136 Napoli
Tel. 081 7443714 - www.catacombedinapoli.it

24 - Cimitero Delle Fontanelle

Via Fontanelle, 80 - 80136 Napoli
Tel. 081 7956160 - www.cimiterofontanelle.com

25 - Osteria del Gallo

Via Alessandro Telesino, 21 - 80136 Napoli
Tel. 081 5441521 - www.cantinadelgallo.com

26 - Farmacia Degli Incurabili

Via Maria Longo, 50 - 80138 Napoli
Tel. 081 440647 - www.museoartisanitarie.it

27 - Conservatorio di Musica di San Pietro a Majella

Via San Pietro a Majella, 35 - 80138 Napoli
Tel. 081 5449255 - www.sanpietroamajella.it

28 - Liuteria Raffaele Calace & Figlio

Vico San Domenico Maggiore, 9 - 80134 Napoli
Tel. 081 5528906 - www.calace.it

29 - Liutaio Gaetano Puccino

Vico San Domenico Maggiore, 9 - 80134 Napoli

30 - Liuteria Anema e corde

Via Port'Alba, 30 - 80134 Napoli
Tel. 389 5141352 - www.anemaecorde.weebly.com

31 - Casa Morra

Salita S. Raffaele, 20C - 80136 Napoli
Tel. 081 564 1655 - www.fondazionemorra.org

32 - Museo Hermann Nitsch

Vico Lungo Pontecorvo, 29/d - 80135 Napoli
Tel. 081 564 1655 - www.museonitsch.org

33 - Pizzeria Starita

Via Materdei, 27/28 - 80136 Napoli
Tel. 081 557 3682 - www.pizzeriestarita.it





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