

# how to print and assemble the guide

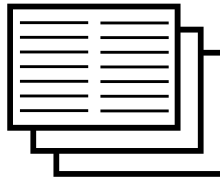
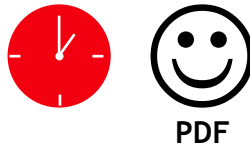
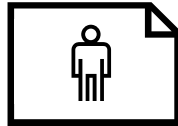
Starting with the printer set-up:  
select A4 format  
and change  
the direction of the paper  
from vertical to horizontal.

We can start to  
print your guide,  
in the new and fast pdf format

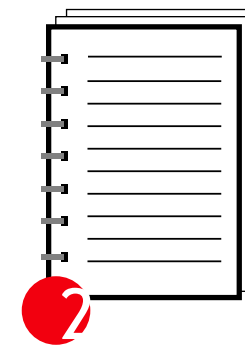
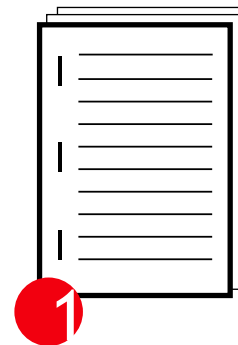
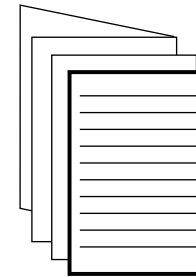
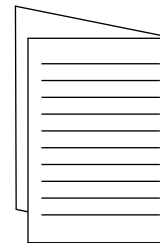
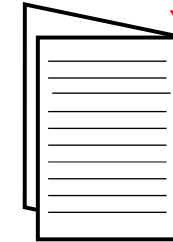
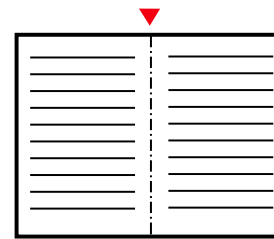
Now you will have  
printed the whole document

## Suggestions

When folding the sheet, we would suggest placing pressure with your fingers on the side to be folded, so that it might open up, but if you want to permanently remedy this problem, it is enough to apply a very small amount of glue.



# assembling the guide



Fold the sheet exactly in the centre, along an imaginary line, keeping the printed side to the outside, repeat this operation for all pages.

Now you will have a mountain of flapping sheets in front of you, do not worry, we are almost there, the only thing left to do, is to re-bind the whole guide by the edges of the longest sides of the sheets, with a normal stapler (1) or, for a more aesthetic result, referring the work to a bookbinder asking for spiral binding(2).

Congratulations, you are now "EXPERT PUBLISHERS".



# THE ISCHIA CITY GUIDE





# Summary



## THINGS TO KNOW

3 History and culture



## THINGS TO SEE

4 Churches, Palaces and Monuments  
5 Places and charm



## THINGS TO TRY

6 Eating and Drinking  
7 Shopping  
8 Hotels and lodgings



## THINGS TO EXPERIENCE

9 Events  
10 La Dolce Vita



## ITINERARIES

11 A tour around the island villages  
13 Ischia's best beaches

## History and culture



Ischia: Aragonese Castle

The first human settlements on the island date back to VIII B.C., when the Greeks landed on the island and founded the colony of **Pithecusae** (today known as Lacco Ameno), on Monte Vico. The colony soon became an important commercial center for the Etruscans, the Phoenicians and the Egyptians who came to purchase goods in ceramics, bronze, iron and other metals that were worked on the island.

After about 5 centuries, the island came under the control of the Romans, who were the first to discover the benefits of the thermal spas.

From the few remaining accounts of the Medieval period, we have learned that Ischia was attacked by the Goths, the Lombards and the Normans and was finally conquered by the Swabians who stayed in power for 100 years. A difficult history and not just from a political

point of view: Until 1301, the island was hit several times by the eruption of the Epomeo, the last one in 1301. Once the Swabians had left the island, the French and Spanish fought to rule the island.

Over the next few centuries, the population increased slowly, concentrating their dwellings along the coast. The island was divided into six boroughs: **Ischia**, with the largest population, **Casamicciola**, partly destroyed by the 1881 earthquake, **Lacco Ameno**, **Forio**, **Barano** and **Serrara Fontana**.

The island economy was based on agriculture until the 19th century, which was not intensive but which aimed to provide a living for the people. The exceptions were the lemon groves, the vineyards and fishing.

The economic boom started in the Sixties, when island's tourist potential first became apparent: artists, poets and actors fell in love with the splendid climate, the crystal clear sea, the luxurious vegetation and the thermal spas that spilled out in many areas of the island.

## Churches, Palaces and Monuments



Ischia: Church of Soccorso

The island's artistic and architectural heritage: Mediterranean churches and fortified castles...

### Church of Soccorso

This tiny white-washed church is located in a truly spectacular position: in the square on the Punta del Soccorso in Forio, that looks out onto the crystal clear sea. A typically Mediterranean site of astounding beauty.

### Sanctuary of Santa Restituita

The original structure of the church in Lacco Ameno dates back to the Paleo-Christian era (4-5th century A.D.): The current basilica was built around the year 1000 on top of the remains of the first building. Over the years it has undergone some changes. The wooden statues of Santa Restituita, dating back to 1500, that is kept in the church together with some of the saint's remains, is worthy of note.

### The Archaeological Museum of Pithecusae

This interesting museum is housed in the

wonderful Villa Arbusto in the borough of Lacco Ameno. It is the home of archeological findings that bear witness to the island's history from prehistoric times to the Roman era. The most important object is the famous Coppa di Nestore (Nestore's Cup) that is mentioned in some verses of Homer's Iliad.

### The Sea Museum (Museo del Mare)

This museum is in Ischia Ponte and is housed in Palazzo dell'Orologio. It is the home for an important collection of old nautical instruments and fishing equipment, and also models of boats, sailing ships and fishing boats that sailed from the island's ports.

### The Farmer's Museum (Museo del Contadino)

This interesting museum is in Panza surrounding Forio, housed in the D'Ambrà wines factory. You can relive the real farmer's life on the island by looking at the objects in the museum: from original equipment that the farmers used on the land to the wine amphora (terracotta containers) of all sizes.

### Castello Aragonese

Castello Aragonese is one of the most striking monuments on the island. It stands on a small island near Ischia Ponte. The castle can be reached over a stone bridge. The small island is about 113 meters high and the climb can be made on an old mule track or by using a modern elevator that was installed in the seventies. The castle was built in 1441 by Alfonso D'Aragona on top of the ruins of an old fort that dated back to 474 B.C. This fortified castle was used to protect Ischia's population from pirate attacks. In the 16th century, almost 1900 families lived in the castle, as well as some religious orders who lived in the 13 churches inside the fortress. The charming place inspired Ariosto to write the poem about Orlando Furioso.

## Places and charm



Ischia: the "Fungo" (Mushroom) at Lacco Ameno

From Mount Epomeo to the thermal spas: Ischia is full of nature oases...

### The Thermal Spas

Ischia's thermal spas tradition goes back a long way: some bas-relief works are kept in the National Archeological Museum in Lacco Ameno that date back to the Roman Empire, which are proof of the fact that the water spilling from the island's springs was used to cure various illnesses at that time too.

If you want to get psychologically-physically fit again, we recommend you take a dip in one of the thermal spa pools in the Ischia hotels and then choose personalized treatments depending on your needs: thermal mud packs, massages or inhaling thermal vapors - these are all perfect cures for respiratory problems. If instead you are searching for direct contact with nature, you can try one of the island's natural spas, where you can swim in thermal water mixed with sea water.

### The "Fungo" (Mushroom) at Lacco Ameno

In the thermal spa resort of Lacco Ameno,

which is the smallest one on the island, there is an interesting geological phenomenon that is joined to the mainland by a narrow strip of land. It is a block of tufa rock 10 meters high that has taken on the shape of a mushroom through years and years of being eroded away by the water that laps against it.

### The Botanical Park in the Mortella Gardens

This wonderful park is located at Forio d'Ischia and was originally the property of the English composer William Walton, who lived in the Villa next door with his wife. When the composer arrived on the island in 1946, he immediately called a botanical expert from England to lay out the garden, planting wonderful tropical and Mediterranean plants, some of which have now reached amazing proportions.

### Faiano Pine Forest

The island's largest pine forest is located in the borough of Barano, an ideal place for an afternoon trip amidst nature. This fresh, regenerating oasis allows you to walk in the shade of the pine trees, the chestnut trees and oak trees that are interspersed with the characteristic Mediterranean perfumed trees and masses of lava rock that make the whole scene a magical, mysterious one.

### Mount Epomeo

This is the island's highest mountain. It was once an active volcano, that shook quiet Ischia life several times with its violent eruptions. Luxurious vines and fruit trees now grow on its fertile soil. If you want to climb Epomeo, you can go up to a certain point in your car on an asphalt road, and then continue on foot for about 3 km. You will realize it was worth it when you reach the top: The view is amazing and you can see the church of San Nicola built into the mountain's green tufa rock as well as the panorama spread out before you.

## Eating and Drinking



Ischia: Ischia's cuisine

Ischia's cuisine is full of special dishes that are prepared with typical regional and island products. Before the boom in the 1960s, Ischia was a rather poor island, with an economy that was based on fishing and agriculture. The island's older inhabitants remember eating bread and onions in this period, or "**o ppane sotto 'e fasule**", stale bread softened with the sauce made from cooking beans. Another typical characteristic dish that we can still find in the restaurants of Ischia, is **pesce all'acqua pazza**, which was once prepared with the leftovers of fish that were stuck to the hook and cooked with garlic, chili pepper and parsley, and which is now prepared with the better parts of anchovies, sardines and mackerel. However, the island's most famous typical dish is **coniglio all'ischitana**, cooked with a ditch rabbit, i.e. a rabbit that is bred in a ditch by the farmers until it is full size and that is then cooked in white wine, garlic, cherry tomatoes and chili pepper and served on Sundays. This tasty recipe is so popular that the ancient technique of breeding the rabbits has been maintained to guarantee

the high quality of the meat. Travelers with a love for food who visit Ischia will not be disappointed by the "autarchic" cuisine where the dishes are full of fresh, genuine and strictly local ingredients.

The island's fertile soil has also produced high quality wines for centuries, mainly from around Mount Epomeo, where the famous wines of Ischia are produced: from the white wines of **Forastera** and **Biancolella**, to the red wines, **Piedirosso** and **Guarnaccia**. Another of the island's specialties is honey, especially from the borough of Forio. It is made with the aroma of citrus fruits or **millefiori** essence and is made by hand by the island's bee-keepers.

## Shopping



Ischia: shopping in Ischia

Shopping in Ischia can be classed into two categories: local products and luxury accessories. The latter is not much different from other towns: in fact, the island has several famous name boutiques filled with Italian and international fashions, mostly concentrated in the trendy streets of Ischia Porto: Via Roma and Corso Vittorio Colonna. Those interested in handcrafted objects can buy baskets, lampshades, hats and other items made from **plaited straw** following an antique island tradition that has been passed down the female generations. The use of terracotta is also an antique island tradition: there are still craft shops today that sell handmade items such as vases, cups and other ornaments.

**Food and wines** to purchase can instead be found in the several food and wine shops where you can try the island's traditional tastes and buy souvenirs to take home, such as the delicious citrus fruit or *millefiori honey* or a few bottles of **white Ischia wine** such as Forastera and Biancolella.

## Hotels and lodgings



Ischia: view of Ischia sea

There are many kinds of accommodation available on the island of Ischia, for all budgets and needs. If you want to stay in a place where you can spend time dedicated to your well-being, you can choose from one of the several hotel in Ischia that have thermal pools and beauty farms.

They are spread around the island, but are mostly concentrated in the six boroughs and in particular in Ischia, Casamicciola and Forio.

There is no end of choice in the range of categories of accommodation: the island has hotels from one-star to five-star classification. If you are on a tighter budget, but you don't want to go without comfort, you have two alternatives: **bed & breakfast on Ischia**, or room renting.

If you a planning a medium-long term stay with all the family, the best thing to do is rent one of the splendid **villas of Ischia**.

There is also the possibility to stay in rural country houses for food lovers: specialized farms or wine-growing firms and breeders of ditch rabbits that have also set up

accommodation for tourists visiting the island.

The younger, more adventurous travelers can choose one of the campsite near the beach, so that they can enjoy a holiday amidst nature.

## Events



Ischia: Festa della "Ndrezzata"

In spring and summer, the various villages on Ischia organize several events: most of them are linked to religious festivals, that are an important part of the island's tradition and cultural identity. If you are planning to spend a few days on the island in the period of one of the events below, we recommend you book your hotel in Ischia well in advance, at least one month before.

### Vinischia - July

An event that is entirely dedicated to food and wine and Campania regional crafts. It has been organized each summer since 1999 at Torre Guevara at Ischia Ponte. Shows, concerts and dances are organized around the exhibitions and the food and wine tasting.

### Settembre sul Sagarato - August and September

A village festival has been organized every year since 1988 in Ischia, that is held in Piazzale Battistessa, opposite the Church of San Pietro. The festival lasts for two weeks and is filled with painting exhibitions,

parades of traditional costumes, wine tasting, "fagiolate" (bean stew tasting), concerts and shows.

### Festa della "Ndrezzata" - Easter Monday

The "Festa della "Ndrezzata" is held in the village of Buonopane, near Barano every Easter Monday. The "Ndrezzata", is a typical dance from the island. It is a kind of rhythmic, violent and picturesque fight where the dancers are dressed in traditional island costumes and fight each other with wooden swords.

### Festa di Sant'Anna - 26 July

The Festa di Sant'Anna is held on July 26th each year in the borough of Ischia.

On that occasion, there is a sea parade of figurative boats from the island's various boroughs and also from Procida, under the Castello Aragonese. The parade ends with a prize-giving ceremony and fireworks.

The festival is watched by an enthusiastic public.

### ForeignFilmFestival - June

A cinema festival with premieres and retrospective themes dedicated to films located in Europe, especially Italy. Ischia, for example, was one of the favorite locations for films made in Italy from the 1950s onwards. Some of the films made here are "Vacanze a Ischia" with Vittorio De Sica, the colossal "Cleopatra" with Richard Burton and Liz Taylor and the more recent film "The Talent of Mr Ripley" with Matt Damon and Jude Law.

## La Dolce Vita



Ischia: Ischia Porto

If we speak of the "Dolce Vita" and think of Ischia, it immediately sends us back in time, to the beginning of the 1960s, when the island was discovered by an elite class of tourists, thanks to **Angelo Rizzoli**, editor and film producer who first realized the island's huge potential. Many films financed by his production company were sent on location to Ischia and many stars arrived on the island, for work or for enjoyment: Liz Taylor and Richard Burton, Sofia Loren, Kirk Douglas, Ava Gardner, Burt Lancaster. Today, forty years later, Ischia is still just as lively: Forio and Ischia are places with the most famous clubs on the island, but quieter, more intimate places such as **Sant'Angelo**, a tiny village where it is only possible to travel round on foot and which is nicknamed the "Positano d'Ischia" with its charming small square overlooking the sea, is also becoming very famous. The place with the largest social scene is **Ischia Porto**: as soon as the sun sets, the right-hand side of the port, known as the "Rive Droite", fills up with people flocking to the restaurants, trattorias, wine bars

and night clubs, all first stops for a lively Ischia night out. The "piazzetta dei pini", surrounded by shops and lounge bars is the place to be for younger people.



## A tour around the island villages



Ischia: Sant'Angelo

The island of Ischia has a total surface area of 46.5 square kilometers including the boroughs of: Ischia, the largest, Barano, Serrara Fontana, Forio, Lacco Ameno and Casamicciola Terme, all standing on the island's wonderful coastline.

If you decide to stay on Ischia for a few days, we advise you to follow this itinerary so that you can discover the history and culture of the island, together with its never-ending natural beauty.

There are several means of transport you can choose from: you can reach the island with your car, taking the **ferry** from the port of Naples, or you can hire a car once you get there (or a scooter).

Another choice is to move around using the efficient public transport service on the island.

### Ischia

Ischia is the largest town on the island and is divided into Ischia Ponte, the older part, and Ischia Porto. Choose from among the **hotels on Ischia** that best suit your needs and take at

least two days to visit the town, discovering its artistic beauty and walking along the beautiful beaches nearby. Some of Ischia's greatest attractions are Castello Aragonese, Torre Guevara and the Sant'Anna cliffs.

### Barano

Barano is in the south-west of the island and includes many villages that have a strong, independent cultural identity, such as, for example, Buonopane and Piedimonte.

A traditionally farming community, Barano is known for the fertility of its soil and for the many fumaroles and hot water springs nearby, like the one in the wonderful location of Marina dei Maronti.

If you have a little time available, we recommend you make a trip to visit the village of Buonopane, famous for its bread-making as well as its "**Ndrezzata**". The fragrance of the bread can be smelt every morning in the streets and squares.

### Serrara Fontana

This Borough spreads from the sea to the top of Mount Epomeo, a height of 789 meters. It has several areas, including **Sant'Angelo**. This pedestrian village is at the top of Sant'Angelo and has typically colorful houses and narrow streets reaching out over the sea.

### Forio

Many people think Forio is the prettiest town on the island. It is very characteristic and enjoys a superb view. Winding lanes, tiny white houses, a large Tower looking out onto the sea and many interesting churches. One of these is **Santa Maria Visitapoveri**, the ancient cathedral of San Vito and the **Church of Soccorso** that stands on the point with the same name.

### Lacco Ameno

Lacco Ameno lies at the foot of Mount Vico, near to Baia di San Montano. It is the smallest borough on the island. The Aragon Tower, built in the 15th century to defend the

town from the Saracens, and the Sanctuary of Santa Restituta are two of the more interesting monuments.

### Casamicciola Terme

This town is in the north of the island and was known in Roman times as a thermal spa resort. It is still one of the most popular tourist resorts today for this very reason. Many famous people have stayed in Casamicciola to cure their aches and pains, including Giuseppe Garibaldi, Benedetto Croce, Henrik Ibsen who wrote "Peer Gynt" here and Alphonse Lamartine. Around Casamicciola you can relax on the beach or go on nature trips, discovering the beautiful pine forest known as the Bosco della Maddalena.

## Ischia's best beaches



Ischia: Citara beach - Forio

Our **Ischia guide** has prepared a tour of the best beaches for you that allows you to travel right around the island starting from the borough of Ischia. We recommend you choose two or three of our stop-off points and stay in one of the several hotels on Ischia to enjoy the sun and the sea with no rush. It would be best if you traveled by car: from Naples you can take a ferry to the island, or you can hire a car when you get to Ischia. You could also hire a scooter or a motorbike, so you have no parking problems.

### Lido di Ischia

This is just a short walk from the center and has several sandy beaches divided by rocks and pine forests. the most famous beach is the "Spiaggia dei Pescatori" that stretches out from Ischia Porto to Ischia Ponte.

### Cartaromana beach - Ischia

This beach is between the Castello Aragonese and the Sant'Anna cliffs. The beautiful beach also offers one of the best views of the island. Cartaromana is well-known for its natural hot

thermal water springs that spill out on the shore, allowing tourists to swim in the sea in winter too.

### Marina dei Maronti - Barano

The beach at Maronti is 3 km long and can be reached by taking a charming panoramic road that starts in Barano and descends towards the sea. Another great way to reach the beach is to use a water taxi from the picturesque port of Sant'Angelo. The beach at Maronti is the largest on the island; it is full of thermal springs, natural spas and fumaroles.

### Citara beach - Forio

This beach is at the foot of Epomeo, and is one of the most popular on the island. the crystal-clear water that laps the beach mixes with the thermal water spas in several points, allowing you to bathe in the sea and reap the benefit of thermal water at the same time.

### Baia di San Montano - Lacco Ameno

This unusual beach, closed in between Mount Vico and Mount Zaro, has unique characteristics compared to the island's other beaches. The clear sea water is very hot and the water is extremely shallow.



### Ischia web sites

#### Hotels & Lodging

[2 Two Stars Hotels](#) - [3 Three Stars Hotels...](#)

#### Beauty & Health

[Thermal Baths...](#)

#### Entertainment

[Pubs...](#)

#### Institutions

[Tourism...](#)

#### Shops & Company Stores

[Food Firms...](#)

#### Art & Culture

[Museums & Collections...](#)

#### Eating & Drinking

[Restaurants...](#)

#### Fairs & Events

[Cultural Events...](#)

#### Internet

[Tourist Portals...](#)

#### Top destinations

[Beaches...](#)

### Servizi per le aziende

Acquista la tua visibilità su Travel Plan

- Aggiungi il tuo sito.
- Inserzioni pubblicitarie
- Quick Info.
- Prime posizioni
- Pubbliredazionale
- Offerte Speciali
- Live help
- Siti web - Netplan



Top destinations | Regions guides | Cities guides

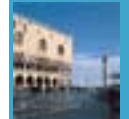
**Italy Hotels**

Reserve Italy hotels: save up to 70% on rooms! Compare offers & book on line at hotels web sites.

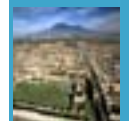
**About Italy**



**FRANCIACORTA OUTLET VILLAGE**  
Brescia  
A new way of doing shopping has arisen among the Franciacorta vineyards: name-brand merchandise sold at the great discount prices, from 30% to 70%....



**Discover Venice with us!**  
The Hotel Torino is situated in the heart of Venice, near the luxurious boutiques of Calle XXII Marzo and just a one minute's walk from the spectacular St. Mark's Square...



**Pompeii: In search of a lost civilization**  
The city of Pompeii was established in the XII century B.C. and enjoyed great prosperity from the

**Italy Guide**

You're going to love this Italian portal, because it's just like having a guidebook at hand, free and always up to date. That's why over 100,000 travelers like yourself log on every month and discover a passion for our country, along with absolutely everything needed to visit it. Because there's only one way to see Italy: with those who really know it.

**Travel Plan Italy Guide by Top Destinations:**

- [Art Cities](#)
- [Beaches](#)
- [Lakes](#)
- [Mountains](#)
- [Thermae](#)

**Travel Plan Italy Guide by Region:**

- [Abruzzo & Molise](#)
- [Alto Adige](#)
- [Apulia](#)
- [Basilicata & Calabria](#)
- [Campania](#)
- [Emilia Romagna](#)
- [Friuli Venezia Giulia](#)
- [Lazio](#)
- [Liguria](#)
- [Lombardy](#)
- [Marche](#)
- [Piedmont](#)
- [Sardinia](#)
- [Sicily](#)
- [Trentino](#)
- [Tuscany](#)
- [Umbria](#)
- [Valle d'Aosta](#)
- [Veneto](#)

**Travel Plan Italy Guide by Cities:**

- [Aosta](#)
- [Asiago & 7 comuni](#)
- [Asolo](#)
- [Assisi](#)
- [Belluno & Dolomiti Venete](#)
- [Bolzano](#)
- [Bressanone](#)
- [Caorle & Bibione](#)
- [Capri](#)
- [Catania](#)
- [Cervia & Cesenatico's Beaches](#)
- [Chianti, Valdelsa, Valdarno](#)
- [Comacchio's Beaches](#)
- [Como Lake & Lecco](#)
- [Cortina d'Ampezzo](#)
- [Courmayeur Monte Bianco](#)
- [Elba & Capraia](#)
- [Florence](#)
- [Garda Lake - Eastern Side](#)
- [Ischia](#)
- [Jesolo & Fraclea](#)
- [Lucca & Garfagnana](#)
- [Madonna di Campiglio, Pinzolo, Val Rendena](#)
- [Merano](#)
- [Milan](#)
- [Monte Cervino](#)
- [Montecatini Terme](#)
- [Naples](#)
- [Padua](#)
- [Palermo](#)
- [Portofino & Golfo del Tigullio](#)
- [Ragusa](#)
- [Ravenna's Beaches](#)
- [Ravenna City](#)
- [Rimini, Riccione, Cattolica](#)
- [Riviera del Fiori: Sanremo & Imperia](#)
- [Riviera del Brenta](#)
- [Rome](#)
- [Rovereto - Vallagarina](#)
- [Rovigo & Delta del Po](#)
- [Siena](#)
- [San Martino di Castrozza, Primiero, Val Venoi](#)
- [Siracusa](#)
- [Sorrento & Amalfi](#)
- [Taormina](#)
- [Terme & Colli Euganei](#)
- [Trento](#)
- [Treviso](#)
- [Turin](#)
- [Val di Fassa](#)
- [Val di Fiemme](#)
- [Venice](#)
- [Verona](#)
- [Versilia & Viareggio](#)
- [Vicenza](#)

**Travel Plan directory** Sites organized by subject

- [Hotels & Lodging...](#)
- [Beauty & Health...](#)
- [Education...](#)
- [Fairs & Events...](#)
- [Internet...](#)
- [Magazines & Books...](#)
- [Sports & Fun...](#)
- [Art & Culture...](#)
- [Eating & Drinking...](#)
- [Entertainment...](#)
- [Institutions...](#)
- [Itineraries...](#)
- [Shops & Company Stores...](#)
- [Transportation...](#)

**Servizi per le aziende** Acquista la tua visibilità su Travel Plan

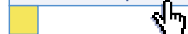


Italians do it better.



Done by Netplan, done by Italians.

www.travelplan.it



You're going to love the Italian portal **Travelplan.it** because it's just like having a guidebook at hand, free and always up to date. That's why over 100,000 travelers like yourself log on every month and discover a passion for our country, along with absolutely everything needed to visit it. Because there's only one way to see Italy: with those who really know it.