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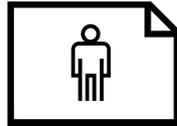
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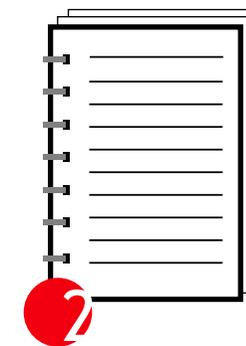
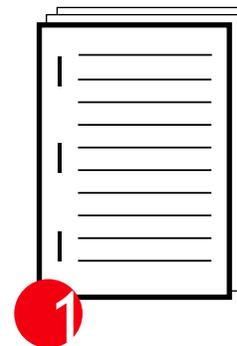
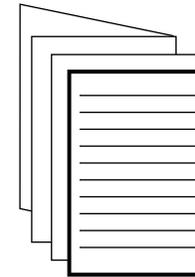
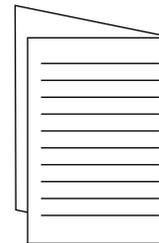
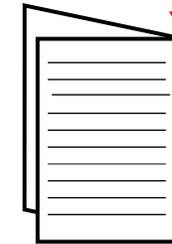
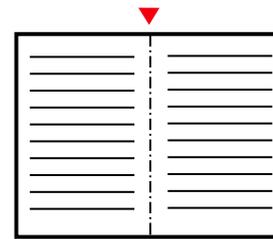
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# assembling the guide



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).

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# THE SORRENTO & AMALFI CITY GUIDE





# Summary



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## History and culture



Sorrento & Amalfi: Torquato Tasso

### Sorrento

The earliest evidence of human settlement in the Sorrento Peninsula indicates Greek and Phoenician activity, however, this fertile land was soon taken over as a Roman colony, until the final collapse of the Empire. In the Middle Ages (c. 9th century AD), Sorrento managed to release herself from outside control, including Naples, and thus the Duchy of Sorrento was born. The **Duchy of Sorrento** covered the whole of the peninsula, and was soon to become a prosperous economy based on ship chandlery, and the sale and production of citrus fruits and wine. The Duchy later (1100) relinquished its independence to become a protectorate of Normandy, with the advantage of receiving protection against attacks from pirates and the Lombards. 1544 is an important date in Italian and European culture, for it is the year that the poet **Torquato Tasso**, was born in Sorrento, renowned author of "Jerusalem Delivered" and other poems. In 1558 Sorrento underwent a violent invasion by the Turks. The city was sacked and the population

suffered severe losses. At around the start of the 18th century, after a period of bitter struggles between the peasant population and rich landowners, Sorrento began to emerge as a popular tourist resort, much loved by visitors from all over the world for its mild climate and flourishing countryside. By 1800, Sorrento's economy was based primarily on tourism and the wood inlay industry, which gradually took over from the production of silk textiles. Over the years Sorrento has been the favorite destination of such luminaries of European culture as Lord Byron, Keats, Goethe, Dickens, Wagner, Ibsen and Nietzsche. At the start of the 20th century, **agriculture** was given a second wind, thanks to intensive cultivation of citrus fruits, which were exported throughout the Italian peninsula and overseas.

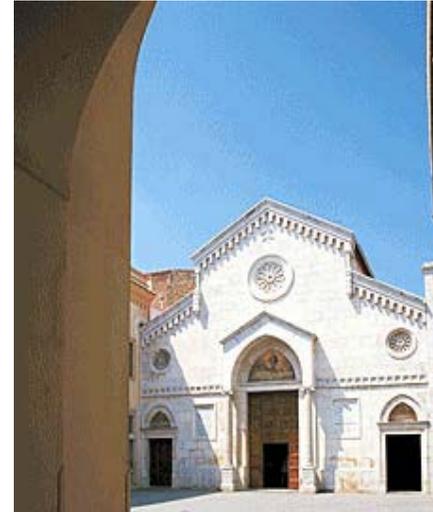
### Amalfi

Amalfi was originally a Roman colony, which gained more and more importance over the centuries, and after the fall of the empire it became a diocese (596 AD).

Later, the whole coastline, along with Amalfi, became property of the Duchy of Naples, until 839, when the city declared its independence and became an autonomous republic. The **Maritime Republic of Amalfi** was soon to become an important maritime commercial center, trading with the whole of the Italian peninsula, North Africa, the Middle East and the Byzantine Empire. The Republic bought spices, precious stones, carpets and fabrics from the Arabs, and sold them throughout Italy.

Soon, Amalfi's wealth not only attracted the attention of pirates, who were promptly driven back by the city's army, it also became the target of neighboring states. In 1131, after a long succession of attacks, Amalfi was annexed to the Kingdom of Sicily, although still retaining a certain degree of autonomy in the management of maritime commercial affairs. Gradually, commercial relations with

## Churches, Palaces and Monuments



Sorrento & Amalfi: Sorrento Cathedral

All the churches, museums and palazzi you need to see, to get a full picture of the history and culture of the Sorrento Peninsula and the Amalfi Coast...

### Basilica di San Antonino - Sorrento

This basilica was built around the 10th century in honor of Saint Anthony, patron saint of navigators, and in c.1300 it became the home of the "Confraternita dei Battenti", an heretical confraternity originating from Naples. It was splendidly restored in the C17th by the Theatine Fathers. The crypt holds the tomb of Saint Anthony, where thousands of votive offerings have been made by sailors.

### Sorrento Cathedral

Built around the 11th century, Sorrento Cathedral houses some marvelous frescoes by Neapolitan painters. The bell tower is home to an ancient ceramic clock.

### Saint Francis Cloisters - Sorrento

The Saint Francis Cloisters have been

restored on numerous occasions over the centuries and hence display a distinctive array of architectural styles that range from late gothic to renaissance, while the refectory retains its original fourteenth century structure.

### Correale di Terranova Museum - Sorrento

In this fascinating museum you can find paintings by 18th century artists, inlaid furniture, Capodimonte majolica and porcelain ware, lacework. The palazzo which houses the museum is surrounded by green and looks out over the Gulf of Naples.

### Sedil Dominova - Sorrento

A unique testimony to the ancient "sedile", which was the building in which the city fathers gathered to make laws and decide on economic and administrative matters. A magnificent majolica-tiled dome covers the arcaded loggia of the Sedil Dominova.

### Amalfi Cathedral

Amalfi's cathedral was built in the 9th century and partly reconstructed at a later date in Arabian-Sicilian style. A number of its original ancient features remain, such as the bell tower, the bronze posts on the main door and the Chapel of the Crucifix. The Cathedral leads directly to the fascinating Chiostro di Paradiso, the Paradise Cloisters.

### Paper Museum - Amalfi

Housed inside an old paper mill, the museum exhibits ancient machinery for production of "Bambagina" paper, which is still in working order.

### Civic Museum - Amalfi

On display in the museum is a seventeenth century paper copy of the Tabula Amalphi, a precious maritime manuscript, dating back to the 11th century, containing some surprising information about the Maritime Republic.

### Ancient Arsenals of the Amalfi Republic

Dating back to the 9th century, the Ancient

Arsenals are a precious testimony to the glorious maritime past of Amalfi. Of the 22 pointed-arch arcades that used to open out towards the sea, only 12 remain today.

#### Raito Provincial Museum of Ceramics - Vietri

This fascinating museum is housed inside Villa Guariglia, where magnificent artifacts narrate the history of traditional ceramics craftsmanship in Vietri.

## Eating and Drinking



Sorrento & Amalfi: Gnocchi alla sorrentina

Sorrento and Amalfi cuisine is strongly linked to the produce that grows in this fertile land. The wonderful climate is perfect for the cultivation of **citrus fruits**, oranges and lemons, **olives** and **vines**, which together paint a characteristic landscape.

Even the sea, which washes the coast of the peninsula, is particularly generous. Fish and crustaceans are the star attractions, and are used by local chefs to prepare delicious dishes: **lobster** boiled on its own or cooked with tomatoes, octopus casserole, **shrimp** sautéed or fried lightly in breadcrumbs, **spider crab** soup. Let's not forget the famous **gnocchi alla sorrentina**, made with tomato sauce, basil and mouth-watering **fiordilatte mozzarella**, which, in Sorrento, is braided. All dishes are neatly finished off with a dash of the characteristically sweet-tasting **extra virgin olive oil**, produced from olives grown in this area.

In **Sorrento restaurants** and in **Amalfi Coast restaurants** you will find fine wines ranging from **rosso Sorrento** to **Gagnano**, all of which are produced from vines cultivated in the

many terraced vineyards of the region. One of the gastronomical symbols of Sorrento is **limoncello**, a delicious digestive liqueur made from the infusion of Sorrento lemon peel in pure alcohol. Another typical liqueur is **nocino**, made from **Sorrento walnuts** and coffee beans.

## Shopping



Sorrento & Amalfi: wood inlayers

Traditional crafts in the Sorrento Peninsula and the Amalfi Coast are a great source of shopping opportunities, including wooden ornaments, ceramics and gastronomical products. Sorrento's main shopping street, where you can find most stores and fashion boutiques, is **Via San Cesareo**.

If you're planning a trip to Sorrento, make sure you go to some of the many workshops of the **wood inlayers**. This ancient technique originated right here in this town, and later spread throughout the whole region. The process is quite complex: small pieces of different types of wood (walnut, olive, orange, holly) are arranged into exquisite patterns or pictures. If you are looking for a special gift, you'll be spoilt for choice, from furniture to tiny ornamental boxes.

When it comes to the region's gastronomical specialties, we suggest you pick up and take home some delicious limoncello, as well as a few lemons: just sprinkle a few slices with sugar and enjoy. Nocino is another of the region's typical liqueurs, which is certain to bring a smile to the faces of your friends

and relations. And why not take them a bag of excellent walnuts, which are plentiful in these parts. As well as these gastronomical specialties, in **Amalfi** you can also find scented candle sculptures, handmade **silver** jewelry, and **embroidered** cameos and tablecloths. To conclude this small shopping guide, **Vietri** has been renowned for centuries for its wonderful ceramic artists, while **Positano** is the ideal place to find a whole assortment of clothes, sandals, swimwear and other accessories.

## Hotels and lodgings

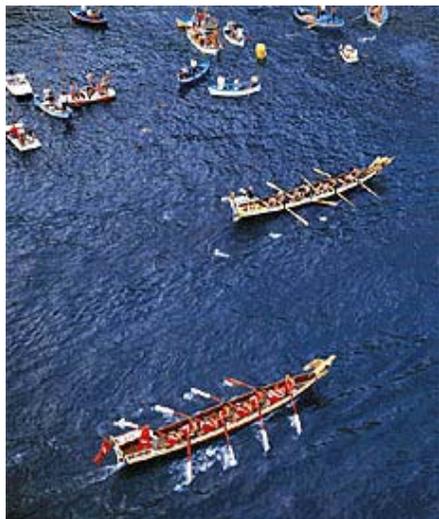


Sorrento & Amalfi: Sorrento

If you're planning a vacation in the Sorrento Peninsula and the Amalfi Coast, you'll have a wide range of accommodation possibilities to choose from. You can stay in one of the Sorrento Hotels, Amalfi hotels or Positano hotels, and use it as a base from which to take daily excursions to explore the magnificent surroundings. You can choose any category to suit your budget, from five stars to bed & breakfast. Sorrento and Amalfi have a lot to offer in terms of tourist accommodation.

If, on the other hand, you'd rather be close to nature, you may decide to opt for one of the farmhouses on the Amalfi Coast, and use the opportunity to take a first-hand look at the region's extraordinary gastronomical culture. If your budget is low, you might like to try out one of the **campsites on the Amalfi Coast** or around Sorrento.

## Events



Sorrento & Amalfi: Historical Regatta in Amalfi

Sorrento and the Amalfi Coast regularly play host to a wealth of cultural events, particularly in the spring and summer seasons.

Fabulous international musical events alternate with religious festivals, historical re-enactments and fêtes.

If you are planning to come here for a particular event, we advise you to book a Sorrento hotel well in advance, or choose from among the many Amalfi hotels or Positano hotels.

**Sorrento Summer of Music** - *from July to September* - Sorrento

The "Sorrento Summer of Music" Festival takes place every year in the cloisters of the monastery of Saint Francis in Sorrento, and its honorary President is the famous cellist Uto Ughi. Against the attractive backdrop of the Saint Francis cloisters, great names from the international music scene perform alongside emerging talent throughout the summer. Plenty of classical music and chamber music, but also jazz and other genres.

**Incontri Internazionali del Cinema di Sorrento** - *December* - Sorrento  
Sorrento's International Cinema Festival first began in 1963, and every year awards are presented to the best of Italian and foreign features and shorts.

**Wagner Music Festival** - *from June to September* - Ravello

This extraordinary musical festival dedicated to Richard Wagner first debuted in 1953, presenting a series of symphony and chamber concerts every year, along with opera, ballet, cinema and theater: an assortment of artistic representations held together by the common denominator of the "dream", which was one of the German composer's favorite themes.

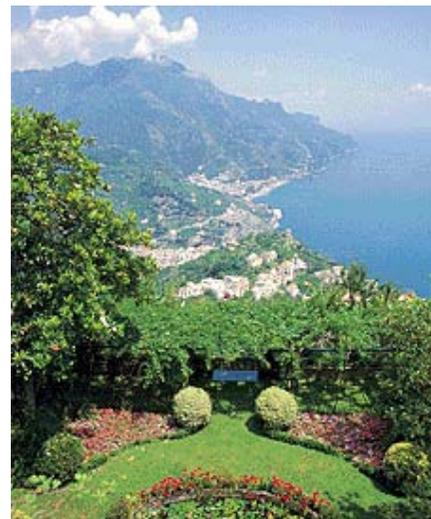
**Festa di Sant'Andrea** - *November, January and June* - Amalfi

Amalfi's patron saint is celebrated on two separate occasions: On November 30 (birthday celebration) a statue of the saint is taken from the Cathedral and carried in a procession through the streets and squares of the city. June 27 is the commemoration of the miracle that saved the city from the pirate Barbarossa (1544). The statue is carried to the sea, where a festival of music and fireworks awaits the procession.

**Regatta of the Ancient Maritime Republics** - *May/June* - Amalfi

Every year in springtime, Amalfi celebrates her glorious past as a Maritime Republic with an Historical Regatta, including perfectly recreated period costumes and sea vessels, representing the four ancient Maritime Republics: Amalfi, Pisa, Genoa and Venice.

## La Dolce Vita



Sorrento & Amalfi: view of Ravello

Sorrento and the Amalfi Coast are full of life and opportunities to have fun. There are plenty of open-air cafés, local trattorias, nightclubs and concerts held in the gardens of villas.

In Sorrento an aperitif in **Piazza Tasso** in the heart of the city is a must, followed by a romantic dinner of one of the local specialties in one of the many Sorrento restaurants, to the soothing tones of live traditional music. After dinner and a glass of limoncello, take a walk around the **stores** in Via San Cesareo, which are open late. After that, there are numerous possibilities to continue the evening, from elegant wine bars with lounge music, glamorous nightspots popular with celebrities, and classical music concerts in the charming Cloisters of Saint Francis.

Nightlife and entertainment in Amalfi and all along the coast, is popular with tourists and Neapolitans alike. One of the liveliest and most bustling places is without a doubt, **Positano**, with its famous open-air cafés and restaurants overlooking the sea. **Ravello** is the city of music, where you can still feel the

spirit of the Dolce Vita, which, in the 1960s, drew the attention of the rest of the world to this wonderful part of Campania.

## Beaches, marinas and nature reserves



Sorrento & Amalfi: Punta Campanella

A fascinating itinerary on the trail of the natural beauty and maritime splendor of the Sorrento Peninsula and the Amalfi Coast. Sandy beaches, crystal-clear seawater, rocky coastlines and charming marinas: take time to discover these extraordinary places that seem timeless and ultramodern at the same time. Our advice is to choose one of the many Sorrento hotels, Amalfi hotels or Positano hotels and use it as a base from which to take daily excursions around the area. For enthusiasts of marine life, diving centers operate in all seasons, with snorkeling and scuba equipment.

### Punta Campanella Marine Reserve

Punta Campanella is a protected area stretching for 30km and includes several municipalities from Massa Lubrense to Vico Equense. The Marine Reserve unfolds along the coast of the Sorrento Peninsula, taking in lush headland and rocky inlets. Places to visit include the Bay of Ieranto, with its tiny islets and Li Galli, where mermaids tried to entice Ulysses with their song. This is a

great place for diving and for discovering the natural marine habitat of the "land of the mermaids".

### Vietri sul mare

This town is just 3km from Salerno, the provincial capital. Overlooking the Gulf of Salerno, Vietri sul mare is a kind of terrace at the center of which rises San Liberatore mountain. Marina di Vietri, with its wide beaches and clear blue sea, stretches out at the feet of Vietri. Don't miss the 17th century Saint John the Baptist Cathedral, with its great majolica-tiled dome.

### The Emerald Grotto

It is one of the natural marvels of the coast. The Emerald Grotto is not far from Amalfi in the municipality of Conca dei Marini. The water's distinctive emerald color is caused by water from the Tyrrhenian Sea, entering and partly filling the grotto, through a crevice linked to a 12m channel leading straight into the sea. A showcase of stalactites and stalagmites of all sizes can be seen in the grotto.

### Marina Grande Beach

Pastel-colored houses which contrast with the bright blue of the sky, and the deep blue of the sea; beach lined neatly with brightly colored cabins. Marina Grande is bursting with vitality. It is the ideal place to relax and have fun for hours on end.

### Bagni di Regina Giovanna (Queen Joan's Baths)

This part of the coast is in the cape of Sorrento, a few kilometers from Sorrento itself. According to legend, the Bagni di Regina Giovanna take their name from Queen Joan II of Anjou (15th century), who loved bathing in this stretch of blue sea. Not far from the baths you can see the remains of an aristocratic Villa overlooking the sea, which dates back to the 1st century AD.

## Positano, Ravello, Vietri and other places not to be missed



Sorrento & Amalfi: Villa Rufolo Gardens

This itinerary is a kind of tour of the Sorrento Peninsula and the Amalfi Coast, with stops in the most interesting historical and artistic localities.

It will take a few days to complete by car, or using the numerous buses that connect the towns and villages of this wonderful part of Campania.

You can start in the Sorrento peninsula and make your way to Amalfi, or choose one or two towns as your home base and make daily excursions of discovery to the surrounding areas, returning in the evenings to one of the Positano hotels or Ravello hotels that you have chosen.

### Vico Equense

This ancient town is located on a rocky spur overlooking the Gulf of Naples, protected on its other side by lush hills, and watched by the towering Mount Faito. (1400m). This delightful scenery makes Vico Equense one of the best destinations for all those looking for a relaxing retreat, full of art, history and natural beauty.

### Massa Lubrense

This pretty town has one of the best views in the whole of the peninsula, a great many ancient farmhouses to visit, and typical Mediterranean vegetation. Massa Lubrense is the ideal place for a vacation: permanent spring weather, breathtaking views and an enchanting historical center. At the heart of the town is Largo Vescovado, a charming balcony overlooking the sea, where you can admire the 16th century Santa Maria delle Grazie Church.

### Positano

Enticing and charming, with white houses climbing up the rock face, overlooking the blue sea, Positano is one of the most romantic towns along the coast. Since 1800, the magic of the town has fascinated writers and artists from all over the world, such as Goethe, Steinbeck, Picasso and Diaghilev. Even the world of cinema was seduced by its beauty: Rome's legendary Dolce Vita found its home from home right here in Positano. After a relaxing stroll through the streets of the town center, why not take a visit to the Collegiata di Santa Maria Assunta, a church that dates back to the 1200s, which is home to a wonderful Byzantine icon called "Madonna di Positano".

### Furore

This ancient town has Roman origins, and is situated inside a fjord of the same name, overlooking the blue Tyrrhenian and protected by the Lattari Mountains. A unique, breathtaking view that must not be missed, if you are in the Amalfi area.

### Ravello

350m above sea level, Ravello is one of the most fascinating places along the Amalfi Coast with a rich history. Its wonderful view has fascinated and inspired writers such as Gore Vidal (who has lived here for years), actors such as Greta Garbo and composers such as Richard Wagner, who composed his Parsifal

here. Do not miss the magnificent **Villa Rufolo**, whose gardens host the Wagnerian concerts every summer, Villa Cimbrone, with its wonderful view overlooking the whole of the coastline, and the Saint Panthaleon Cathedral, with its 13th century bell tower.

#### **Vietri sul mare**

This town is just 3km from Salerno, the provincial capital. Overlooking the Gulf of Salerno, Vietri sul mare is a kind of terrace at the center of which rises San Liberatore mountain. Marina di Vietri, with its wide beaches and clear blue sea, stretches out at the feet of Vietri. Don't miss the 17th century Saint John the Baptist Cathedral, with its great majolica-tiled dome.

#### **Praiano**

At the time of the Maritime Republic of Amalfi Praiano was the summer residence of the Doges. Situated between Positano and Amalfi, this town is still charming today. It is between 80 and 180m above sea level and has a wonderful view and enviable climate. In the higher part of town, visit the Church of Saint Luke the Evangelist, patron saint of the town. The lower part gently leads down into Marina di Praia, a pretty seaside resort, protected by a medieval Sea Tower.



### Sorrento & Amalfi web sites

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