



Naples Area Site Seeing Information

Staying and Playing In and Around Carney Park

Welcome to Admiral Robert B. Carney Park! Here at the Navy Outdoor Recreation Center, we want you to have the best experience while staying and playing in the park. Carney Park can serve as a great home base to tour Naples and the beautiful Campania region. We would like to provide you with site seeing information of Naples and the surrounding area. More extensive area information is available at the NOR Center resource lounge. We hope you have a wonderful stay at Carney Park!

Thank you
NOR Center Staff

We hope that all of you have a safe and enjoyable stay in Naples. A few things to keep in mind while site seeing in the area:

Naples is the third largest city in Italy and like any large city, it is always best to keep your surroundings in mind. Use a little more caution in crowded places such as train and metro stations. With some common sense and basic precautions, you can have a wonderful time in Naples.

We encourage you to register your stay in Naples with the U.S. State Department
http://www.travel.state.gov/travel/tips/registration/registration_1186.html

CARNEY PARK INFORMATION

**Address: Via Campiglione 1
Pozzuoli, Italy 80078**

GPS Coordinates: 40.8439732, 14.1171283

Front Desk Phone #: 39 081.526.1579

Web Site: www.cnrc.navy.mil/Naples/Recreation/CarneyPark

Email: carneypark@gmail.com

GETTING FROM BASE TO BASE

CARNEY PARK TO GRICIGNANO SUPPORT SITE (NEX and Commissary)

GPS- 40.988677, 14.24253

Approx. travel time from Carney Park- 36 Min.

Leaving Carney Park, drive down the hill and turn left. Go through the tunnel. At the fork go to the left toward Monterusciello. Make a quick right toward SS7/Tangenziale. Follow the signs for SS7 ROMA and head north. Continue on the SS7 for approximately 17 Km. Take the exit towards Villa Literno. Stay on the highway for approximately 20 Km. Follow the signs for Gricignano di Aversa. Exit Gricignano di Aversa and turn left. Go over the overpass and take the roundabout second exit.

CARNEY PARK TO CAPODICHINO NAVAL SUPPORT ACTIVITY

GPS- 40.872742, 14.282055

Approx. travel time from Carney Park- 20 Min.

Leaving Carney Park, drive down the hill and turn right. Go to the roundabout and take the second exit to the right toward the Tangenziale. Take the Tangenziale toward Napoli for approximately 17 Km. Pay the toll of .75 Euro (payable by cash or credit card) Take the Secondigliano/Capodichino exit immediately after the toll plaza. Make a U turn, follow the signs for the Aeroporto to the right. Take the roundabout first exit to the right.

CARNEY PARK TO JOINT FORCES COMMAND NATO BASE

GPS-40.819948, 14.163823

Approx. travel time from Carney Park- 12 Min.

Leaving Carney Park, drive down the hill and turn right. Go to the roundabout and take the second exit toward the Tangenziale. Take the Tangenziale toward Napoli for approximately 5 Km. Exit Agnano. Pay the toll of .75 Euro (payable by cash or credit card) Take the roundabout second exit to the left toward Agnano/Bagnoli. Keep straight for approximately 1.2 Km, past 2 stoplights. At the third stoplight turn right. Keep straight for 80 meters.

GETTING DOWNTOWN

Downtown Naples is accessible through a variety of modes of transportation.

Renting a car

Car rentals are available at the Capodichino International Airport, Gricignano Support Site, and the Joint Forces Command NATO Base in Angnano.

www.europcar.it

081.568.5298 – Capodichino

081.811.4162- Gricignano

Metro from Joint Forces Command (JFC)

Trenitalia runs a metro line from Pozzuoli to Stazione di Napoli Centrale (Piazza Garibaldi). Tickets are available for purchase at newspaper stands near the metro stations. A 90 minute ticket is 1.10 Euro and a 24 hour ticket is 3.10 Euro. From

JFC walk out of the base take the first right and walk down the hill, pass under the overpass and turn left up a short flight of steps, the metro station is 100 meters down the street. Most museums are around the Montesanto stop, the Archeologico museum is at the Cavour stop and the train station is at Piazza Garibaldi.

www.trenitalia.it

Ali Bus from Capodichino International Airport

The Company Unico Campania offers different solutions for traveling around the city and the region. Tickets are available for purchase for 3 Euro from the bus driver when you board the bus. The bus leaves every 30 minutes from 6:30am-11:30. The stop that takes you to downtown Naples departs from the front of the commercial airport. The bus then stops at the train station- Stazione di Napoli Centrale (Piazza Garibaldi) and the port- Stazione Marittima (Piazza Municipio). Park your car at the Capodichino Navy Base; ample parking is available in parking structures and overnight parking is available in the basement. Then walk to the traffic circle and take a right to the commercial airport. The Ali bus stop is in front of the airport.

<http://www.unicocampania.it/ita/alibus.htm>

081.551.3109

PARKING DOWNTOWN-

Meter parking is available on most downtown streets. There are a few public parking lots available as well, some are attended and some are not. This parking lot is in the heart of Naples and most downtown attractions will be walking distance from it.

Parcheggio Brin

GPS- 40.8400969, 14.2516357

Via Brin/Via Volta

Attended lot

Open 24 hours

Fees- 1-4 Hours, 1.30 Euro

24 Hours, 7.20 Euro

NOR Center Tip: Please obey all parking signs. Please do NOT park in front of driveways or trash cans, this is a sure way to get a ticket or get towed. It is advisable not to leave anything of value in your car.

DOWN TOWN NAPLES-

City Sightseeing Napoli

City Sightseeing Bus offers many tourist itineraries on double-decker busses, leaving from the terminus in Largo Castello.

Approx. travel time from Carney Park- 24 Min.

GPS- 40.8400969, 14.2516357

081.551.7279

www.napoli.city-sightseeing.it

One ticket valid for all trips for 1 full day

Price- Adults 22 Euro, Children 11 Euro, Family 66 Euro

Tourist map available at- <http://mappery.com/fullsize-name/Naples-Tourist-Map>

DOWN TOWN NAPLES

MUSEUMS/ CHURCHES/ CASTLES/ PALACES-

Museo Archeologico Nazionale

It is the oldest archaeology museum in Europe. It holds thousands of statues, frescoes, mosaics, utensils and vases found in the ruins of Pompeii, Herculaneum, Stabiae, Cumae and in Puglia.

Approx. travel time from Carney Park- 22 Min.

GPS- 40.853159, 14.2509212

Piazza Museo, 19

081.442.2111

www.archeona.arti.beniculturali.it

Closed Tuesday

Wed-Mon 9am-7:30pm

Price: 6.50 Euro, 18 and under free

Castel Sant'Elmo

Cultural exhibitions and events. Splendid view over the city.

Approx. travel time from Carney Park- 20 Min.

GPS- 40.8452212, 14.2383058

Via Tito Angelini, 20

081.229.4401

www.beniculturali.it

Closed Wednesday

Thu-Tues 9am-6:30pm

Price: 3 Euro, 18 and under free

Castel Capuano

This fortress, built during the Normans' domination, was the first royal residence in Naples. Frederick II of Hohenstaufen lived there and, in 1220, he started the works in order to transform the fortress into a castle. In recent times it hosted the civil court of Naples.

Approx. travel time from Carney Park- 24 Min.

GPS- 40.8400969, 14.2516357

Via Muzy

Mon-Fri 9am-6:30pm

Price Free

Castel dell'Ovo

This castle rises on the small island of Megaride where the first Greek nucleus of this city was founded. The legendary tomb of the mermaid Parthenope, visited by Virgil when the Villa Lucillo was situated there.

Approx. travel time from Carney Park- 20 Min.

GPS- 40.8283333, 14.2483333

Borg Marinari

081.240.0055

Mon-Sat 8am-6pm

Sun 8am-2pm

Price Free

Museo Civico Di Castel Nuovo

Angevin and Aragonese Rooms. Armor Room, Picture Gallery and Palatine Chapel with Giotto frescoes

Approx. travel time from Carney Park- 24 Min.

GPS- 40.8400161, 14.2517828

Maschio Angioino Piazza Municipio

081.420.1241

Closed Sunday

Mon-Sat 9am-7pm

Price 5 Euro, 18 and under Free

NOR Center Tip: Be sure to take lots of pictures from the top floor of the panoramic view of the bay of Naples and Mount Vesuvius

Cappella Sansevero

Built by the alchemist Prince Raymond de Sangro di Sansevero. A stupendous “Veiled Christ” by the sculptor Sammartino, evidence of the activity of the Prince.

Approx. travel time from Carney Park- 24 Min.

GPS- 40.849163, 14.2547806

Via Francesco De Sanctis, 19

081.551.8470

www.museosansevero.it

Closed Tuesday

Mon-Sat 10am-5:40pm

Sun. and Holidays 10am-1:10pm

Price 6 Euro

Stazione Zoologica

Founded in the second half of the 19th century by the German naturalist, Anton Dorhn, it is the oldest Aquarium in Europe, and you may observe the Ichthyic fauna of the Gulf of Naples.

Approx. travel time from Carney Park- 19 Min.

GPS- 40.833, 14.2322222

Villa Comunale

081.583.3263

Closed Monday

Tue-Sat 9am-4:30pm

Sunday 9pm-1:30pm

Price 1.50 Euro

Teatro di San Carlo

This is one of the most important opera houses in Europe. It was built at the request and will of the Bourbon, Charles III and is annexed to the Royal Palace.

Approx. travel time from Carney Park- 26 Min.

GPS- 40.8380355, 14.25011

Via San Carlo

081.553.4565

www.sirioservices.com

Guided Tours only by Appointment

Thur-Mon 9am-5:30pm
Price 5 Euro

Catacombe di San Gennaro

Dating back to the second century and of particular importance for the Paleo-Christian painting that decorate it.

Approx. travel time from Carney Park- 17 Min.

GPS- 40.8653018, 14.2469408

Via Capodimonte, 13

081.744.3714

Closed Monday

Guided Tours every hour

Tue-Sat 9, 10, 11, 12, 1, 2, 3

Sun 9, 10, 11, 12

Price 5 Euro

DOWNTOWN NAPLES SHOPPING DISTRICTS-

Shoe Alley

Shoe Alley is a wonderful place to purchase a wide variety of Italian made shoes and material.

Approx. travel time from Carney Park- 23 Min.

GPS- 40.8636497, 14.2891114

Via Marino di Caramanico

Open: Normal shopping hours

Gold Alley

Gold Alley sells Gold and Silver jewelry in all shapes and sizes. They also sell Cameos which are hand made in the area.

Approx. travel time from Carney Park- 25 Min.

GPS- 40.8493819, 14.2581997

Via San Biagio dei Librai

Open: Normal shopping hours

Christmas Alley

Christmas Alley mainly sells traditional Crèches (manger scenes) and figurines; which are often very elaborate. Naples is famous for these items.

Approx. travel time from Carney Park- 25 Min.

GPS- 40.8493819, 14.2581997

Via San Biagio dei Librai

Open: Normal shopping hours until Christmas, extended to later at night and Sundays as Christmas gets closer.

PROVINCE OF NAPLES AND SURROUNDING AREAS

PROVINCE OF NAPLES AND SURROUNDING AREAS FLEA, ANTIQUE, AND FRESH FOOD MARKETS-

The Mercato dei Fiori (Flower Market)

This atmospheric daily market starts every morning at sunrise with many stalls full of fresh flowers and small plants.

Approx. travel time from Carney Park- 27 Min.

GPS- 40.8384067, 14.2524686

Castel Nuovo, Naples, Italy

Pignasecca Market

With fresh fruit, vegetables, seafood and many tasty delicacies, this market is open daily and provides a great place to buy inexpensive food.

Approx. travel time from Carney Park- 22 Min.

GPS- 40.8456384, 14.2481072

Via Pignasecca, Naples, Italy

Bidonville

Full of interesting second-hand goods, interesting objects and general bric-a-brac, this market takes place twice a year in the pavilions of the 'Mostra d'Oltremare'. With good parking, anyone is welcome, whether you are selling, buying or simply browsing.

Approx. travel time from Carney Park- 11 Min.

GPS- 40.8239408, 14.1928384

Piazzale Tecchio 52, 80125, Naples, Italy

081.725. 8311

Open: mid-March and mid-July

NOR Center Tip: The Mostra d'Oltremare pavilions at Piazzale Tecchio are directly behind the Campi Flegrei metro stop. The metro might be the best way to reach this destination.

Casa in Fiera

Full of furnishings, handicrafts, antiques, ceramics and works of art for the house and garden, this popular, seasonal market is held in the exhibition complex of 'Mostra d'Oltremare di Napoli'. Parking is available nearby.

Approx. travel time from Carney Park- 11 Min.

GPS- 40.8239408, 14.1928384

Piazzale Tecchio 52, 8025, Naples, Italy

081.725. 8311

Open: early December

NOR Center Tip: The Mostra d'Oltremare pavilions at Piazzale Tecchio are directly behind the Campi Flegrei metro stop. The metro might be the best way to reach this destination.

Cosmed

Held in the 'Mostra d'Oltremare' pavilions, this makeup and perfume fair attracts great interest in Naples. There are usually many international brands and products on sale, together with demonstrations by leading makeup artists and hairdressers.

Approx. travel time from Carney Park- 11 Min.

GPS- 40.8239408, 14.1928384

Piazzale Tecchio 52, 80125, Naples, Italy

081.725. 8311

Open: early October

NOR Center Tip: The Mostra d'Oltremare pavilions at Piazzale Tecchio are directly behind the Campi Flegrei metro stop. The metro might be the best way to reach this destination.

Fiera della Casa

With everything that can be used in the home, this summer market in Naples is held at the 'Mostra d'Oltremare di Napoli' complex, both inside and outside.

Approx. travel time from Carney Park- 11 Min.

GPS- 40.8239408, 14.1928384

Piazzale Tecchio 52, 80125, Naples, Italy

081.725. 8311

Open: mid-June to early July

NOR Center Tip: The Mostra d'Oltremare pavilions at Piazzale Tecchio are directly behind the Campi Flegrei metro stop. The metro might be the best way to reach this destination.

Mercatino Antignano

This open-air market sells a wide range of goods, including fresh food and also clothing items. Prices tend to be cheap and this market is popular with the locals in Naples.

Approx. travel time from Carney Park- 15 Min.

GPS- 40.8475675, 14.2278472

Piazza Antignano, 80127, Naples, Italy

Open: Monday to Saturday - 08:30 to 13:30

Mercatino di Posillipo

Situated in a picturesque street lined with trees, this open-air market is full of clothes and general household goods. There is an enormous amount to choose from, including many genuine bargains. Parking is available nearby.

Approx. travel time from Carney Park- 22 Min.

GPS- 40.802336, 14.1846259

Viale Virgilio, 80132, Naples, Italy

Open: Thursday - 08:30 to 13:00

Mercatino di Via Imbriani

This small market specializes in items of clothing, including underwear, swimming costumes and some designer goods - all at low prices. Parking facilities are available.

Approx. travel time from Carney Park- 21 Min.

GPS- 40.8542228, 14.2421605

Via Imbriani, 80121, Naples, Italy

Open: Monday to Saturday - 08:30 to 14:00

Napolipizzafest

This pizza festival / market is held every year in September and long-established pizza makers in Naples sell many traditional and modern pizzas. There are also demonstrations and stands selling kitchen equipment and giving tips one why Naples is known for its wonderful pizzas.

Approx. travel time from Carney Park- 11 Min.

GPS- 40.8239408, 14.1928384

Piazzale Tecchio, 52, Napoli, 80125

081.725. 8311

Open: early September

NOR Center Tip: The Mostra d'Oltremare pavilions at Piazzale Tecchio are directly behind the Campi Flegrei metro stop. The metro might be the best way to reach this destination.

PROVINCE OF NAPLES AND SURROUNDING AREAS MUSEUMS/ PALACES/ ARCHEOLOGICAL SITES-

Baia-Museo Archeologico

Situated inside the Aragonese Castle in Baia, the museum holds chalk cast from the roman period, and marble stones found in the sepulchral chapel of the Miseno Augustali.

Approx. travel time from Carney Park- 16 Min.

GPS- 40.8104267, 14.0776397

Via Castello, 45

081.837.1401

Closed Monday

Tue-Sun 9am-3:45pm

Price 4 Euro, 18 and under Free

Baia- Zona Archeologica

Favored by the Romans for their holiday period, the remains of luxurious thermal installations and imperial villas are to be found, they are a splendid example of the life style of this period.

Approx. travel time from Carney Park- 13 Min.

GPS- 40.8184392, 14.0688968

Via Fusaro 37, Bacoli

081.868.7592

Closed Monday

Tue-Sun 9am-1 hour before sunset

Price 4 Euro, 18 and under Free

Cuma- Scavi Archeologici

“The Sybil’s Cave”, as far back as ancient times, has been the most famous and mysterious place in the Campi Flegrei.

Approx. travel time from Carney Park- 16 Min.

GPS- 40.8555269, 14.0612989
Via Licola
081.854.3060

Open Daily
9am-1 hour before sunset
Price 4 Euro

Ercolano- Scavi

The eruption of Vesuvius in 79 AD covered Herculaneum with a sea of mud and volcanic debris, which created a tuff bed some 8-10 meters thick that preserved the upper parts of the houses and also organic remains, offering a unique vision of the private life of those times.

Approx. travel time from Carney Park- 35 Min.

GPS- 40.8037714, 14.3513092

Corso Resina

081.857.5347

www.pompeisites.org

Mon-Sun 8:30am-6pm, April-September

Mon-Sun 8:30am-3:30pm, October-March

Price 11 Euro, 18 and under Free

NOR Center Tip: Ercolano can be toured in about 1 and half to 2 hours. This might be a better choice over Pompeii if you are short on time.

Pompeii- Scavi Archeologici

The eruption of Vesuvius in 79 AD covered Pompeii in a blanket of ash and lapillus which preserved perfectly intact the buildings of the city, giving back the image of the Roman city in its entirety.

Approx. travel time from Carney Park- 49 Min.

GPS- 40.7509091, 14.4799941

Via Villa dei Misteri, 2

081.857.5347

www.pompeisites.org

Mon-Sun 8:30am-6pm, April-September

Mon-Sun 8:30am-3:30pm, October-March

Price 11 Euro, 18 and under Free

NOR Center Tip: It is best to devote a full day to tour Pompeii. There is a lot of walking involved. The tour might be intensive for small children and it is difficult to navigate the streets with strollers.

Pozzuoli- Amphitheater Flavio e Serapeo

This is the third most important arena of the Roman civilization, testimonial of the extraordinary technical achievements of ancient engineering. The subterranean area shows the complex organization of the services needed for the functioning of a performance.

Approx. travel time from Carney Park- 4 Min.

GPS- 40.8266607, 14.1239947

Via Terracciano, 75

081.526.6007

Closed Tuesday

Mon-Sun 9am-1 hour before sunset

Price 4 Euro, 18 and under Free

NOR Center Tip: The Pozzuoli Anfiteatro is very close to Carney Park and should not be missed.

Caserta- La Reggia

The Royal Palace of Caserta, with its gardens, represents one of the most joyous projects by Vanvitelli. The different environments, finely decorated, still preserve the Bourbon furnishings and give us an 18th century royal residence. Its parkland is divided into three areas: a large lawn behind the palace which includes the old wood, the Briano hill- which leads to the foot of the fountain, and the English garden. Parts of Star Wars Episode 1 and 2 were filmed at the Palace.

Approx. travel time from Carney Park- 43 Min.

GPS- 41.0758742, 14.331308

Corso Pietro Giannone, 1

082.344.8084

Closed Tuesday

Mon-Sun 8:30am-6pm

Price 6 Euro, 18 and under Free

NOR Center Tip: Bicycles are available to rent for 1 Euro. This is a very nice way to see the gardens of the Palace. It is near impossible to see the whole palace and its gardens on foot.

DAY TRIPS FROM NAPLES-

Hydrofoil/Ferries from the Port of Pozzuoli (GPS- 40.8232277, 14.1178607) and the Port of Napoli Beverello (GPS- 40.8377101, 14.2573356)

Tickets are available at ticket booths at the port. Schedules and prices vary; please contact the company to confirm.

SNAV-

www.snav.it

Alilauro-

www.alilauro.it

CareMar-

www.caremar.it

MedMar-

www.medmarnavi.it

ISCHIA

Approx. travel time from Carney Park- 1 Hour 30 Min. (By Ferry)

Ischia, the largest of the Neapolitan islands, with its volcanic origins and its thermal spas, some of the largest in the world: 67 fumaroles, 103 springs and 29 thermal spas that can help to cure illnesses, tone up your body and spirit or simply help you relax.

In this charming place, travelers will be pleased with the climate and the fantastic landscape, the hospitality and the strong perfumes you can smell all round the island.

Many hydrofoils and ferries leave from Naples to three ports in Ischia; some make a stop at the island of Procida. In Naples there are two ports for departures: from Beverello Wharf depart the ferries and hydrofoils to Ischia Porto, Forio and Casamicciola and from Naples Mergellina hydrofoils leave for Ischia Porto and Forio. Companies in charge of providing these services are: Caremar, Alilauro and Snav.

- **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.

NOR Center Tip: There is a very efficient bus system in Ischia. 90 minute bus tickets are available for 1.20 Euro and 24 hour tickets are 4.48 Euro. There is a very good, inexpensive restaurant on the way up Mount Epomeo which specialized in Rabbit Ischiana, a local delicacy.

CAPRI

Approx. travel time from Carney Park- 1 Hour 40 Min. (By Ferry)

The island was made famous as the vacation hideaway of Roman emperors Augustus and Tiberius, is today a world-class tourist trap where gawky tourists search for the rich and famous but find only their prices. A quick boat ride from Sorrento, this four-mile-by-two-mile "Island of Dreams" is a zoo in July and August. Other times of year it provides a relaxing and scenic break from the cultural gauntlet of Italy. While Capri has some Roman ruins and an interesting

14th-century Carthusian monastery, its chief attraction is its famous Blue Grotto and its best activity is a scenic hike.

- **The Blue Grotto**
This is a spectacular marine grotto of over 50 meters long and 30 meters wide, where the water takes on a beautiful deep blue color because of the unique reflections and plays of light created by the sunlight that filters through the mouth of the cave.
- **The Faraglioni**
Capri's three world famous Faraglioni rise up, majestic and solitary, from the sea to the south-east of the island. The largest rock, connected to the coast by a thin isthmus of land, is known as "Stella" (star) and is 109 meters high, while the other two, "Faraglione di mezzo" (middle stack) and "Scopolo" (rock), are 81 and 104 meters high respectively. The only inhabitants of the Faraglioni are a colony of blue lizards, an extremely rare variety of blue reptiles.
- **The Natural Arch**
This natural arch-shaped attraction was once a cave. Its original structure changed over the centuries due to telluric movements and wind and rain erosion. The Natural Arch is 200 meters high and stands to the east of the island, not far from the coast and its caves.
- **Punta Carena**
This spot is located at the westernmost tip of the island and is home to a lighthouse, the second most important lighthouse in Italy after that in Genoa. The jagged rocks overhanging the sea, the luxuriant Mediterranean vegetation and the lighthouse itself make Carena Point one of the most beautiful spots on the island.
- **The Piazzetta**
The scene of 1950s and 1960s Dolce Vita and a setting for love affairs, betrayal, scandals and Hollywood scoops, Piazza Umberto I still maintains its role as the very heart of society life on the island today. Sitting at one of the open air cafe tables beneath the Clock Tower is a ritual that no visitor should miss out on.

NOR Center Tip: Capri tends to be a little more tourist priced. To cut down on costs try to choose restaurants and lodging away from main tourist areas. Capri has a very efficient, fairly inexpensive bus system. Scooters are a wonderful way to tour the island and available to rent for around 50 Euro per day. A popular thing to do is rent convertible taxis to take you around the island, this is fun, but can run about 200 to 300 Euro for the day.

SORRENTO

Approx. travel time from Carney Park- 1 Hour 20 Min.

GPS- 40.6263211, 14.3757383

Sorrento, wedged on a ledge between the mountains and the Mediterranean, is an attractive resort of 20,000 residents and — in the summer — as many tourists. It's as well-located for regional sightseeing as it is a pleasant place to stay and stroll.

The Sorrentines have gone out of their way to create a completely safe and relaxed place for tourists to spend money. Everyone seems to speak fluent English and work for the Chamber of Commerce. Spritzed by lemon and olive groves, this gateway to the Amalfi Coast has an unspoiled old quarter, a lively main shopping street, a spectacular cliffside setting, and easy public transportation.

AMALFI COAST

Approx. travel time from Carney Park- 1 Hour 30 Min.

GPS- 40.6343624, 14.6025718

The Amalfi Coast offers one of the world's great car rides: The coastal trip from Sorrento to Salerno will leave your mouth open and your film exposed. You'll gain respect for the Italian engineers who built the road — and even more respect for the bus drivers who drive it. As you hyperventilate, notice how the Mediterranean, a sheer 500-foot drop below, twinkles. Cantilevered garages, hotels, and villas cling to the vertical terrain. Beautiful sandy coves tease from far below and out of reach. Gasp from the right side of the bus as you head toward Salerno, and the left on the way back to Sorrento. Traffic is so heavy that in the summer local cars are allowed to drive only every other day: even-numbered license plates one day, odd the next. (tourists are exempt from this system)

POSITANO

Approx. travel time from Carney Park- 1 Hour 33 Min.

GPS- 40.6298703, 14.4862777

If you need a destination, consider **Positano**, an easy day trip from Sorrento. Specializing in scenery and sand, the town of Positano hangs halfway between Sorrento and Amalfi town on the most spectacular stretch of the coast. A three-star sight from a distance, Positano is a pleasant (if expensive) gathering of women's clothing stores and cafés, with a good but pebbly beach. There's little to do here but enjoy the beach and views and window-shop.

PAESTUM

Approx. travel time from Carney Park- 1 Hour 53 Min.

GPS- 40.4186665, 15.0050805

Paestum is one of the best collections of Greek temples anywhere — and certainly the most accessible to Western Europe. Serenely situated, it's surrounded by fields and wildflowers and a modest commercial strip. Founded by the Greeks in the sixth century B.C., it was a key stop on an important trade route. It was conquered first by Romans in the third century B.C. and later by malaria-carrying mosquitoes that kept the site wonderfully desolate for nearly a thousand years.

Rediscovered in the 18th century, Paestum today offers the only well-preserved Greek ruins north of Sicily.

SPERLONGA

Approx. travel time from Carney Park- 1 Hour 43 Min.

GPS- 41.259029, 13.434074

Sperlonga is a beautiful seaside town to the south of Rome, accessible by public transport. Whitewashed houses are clustered together on a steep headland, the streets warren-like stairways that bring you to unexpected terraces above the sea. The old town is compact and charming, and a pleasure to explore.

TRAVELING IN ITALY

Many other wonderful cities and attractions can be reached by car or train. More tourist information about Rome, Florence, Venice, Pisa and much more is available at the NOR Center resource lounge.

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