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*A trip in Campania Region through the hellenic tradition of*

## Four Elements



*Naples, where **AIR**, **FIRE**, **EARTH** and **WATER** coexist harmonically*



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## **FIRE**

*fire to destroy, fire to enchant*

### **POMPEII**

The Unesco World Heritage Site, is one of the most interesting Italy's attractions and can be considered the only archaeological site which give the real image of roman city. The preservation state of its buildings is caused by the eruption of the Vesuvius in 79 AD.

<http://www.pompeisites.org>

### **MOUNT VESUVIUS**

Mount Vesuvius is a stratovolcano on the Bay of Naples. The area around Vesuvius is a national park . The summit of Vesuvius is open to visitors and there is a small network of paths around the mountain. There is a spiral walkway around the mountain from the road to the crater and the Naples'view from there is breathtaking.

[http://en.wikipedia.org/wiki/Mount\\_Vesuvius](http://en.wikipedia.org/wiki/Mount_Vesuvius)

### **SOLFATARA OF POZZUOLI**

Solfatara of Pozzuoli is without a doubt the most interesting volcano of the Phlegraean Fields, an area north of Naples made up by approx. 40 ancient volcanoes

<http://www.vulcanosolfatara.it/en/>

### **THE PHLEGRAEAN FIELDS**

The Phlegraean Fields, also known as Campi Flegrei, is a large 13 kilometres wide caldera situated to the west of Naples. It was declared a regional park in 2003. Lying mostly underwater, the area comprises 24 craters and volcanic edifices. Hydrothermal activity can be observed at Lucrino, Agnano and the town of Pozzuoli. There are also effusive gaseous manifestations in the Solfatara crater, which is known as the mythological home of the Roman god of fire, Vulcan. The area also features bradyseismic phenomena, which are most evident at the temple of Serapis in Pozzuoli.

[https://en.wikipedia.org/wiki/Phlegraean\\_Fields](https://en.wikipedia.org/wiki/Phlegraean_Fields)





## AIR

*The air is breath of life, cosmic space,  
a veil that covers the city*

### ASTRONOMICAL OBSERVATORY of CAPODIMONTE

Looking and discovering Naples Stars, the Astronomic Center is in Capodimonte, an enviable position at about 150m above sea level, overlooking the splendid panorama of the city and the Bay of Naples

<http://www.oacn.inaf.it/>

### ROYAL PALACE OF CAPODIMONTE

Near the Astronomic center is possible diving into the culture of Capodimonte Museum where you could organize a fun pic nic in the great park around the museum and visit the Royal Palace and Painting Exhibitions.

<http://www.museocapodimonte.beniculturali.it/>

### SAN CARLO THEATRE

Theatre of San Carlo was built in 1737 by King Charles of Bourbon who wished to give his city a new theatre to symbolize the royal power.

Now carefully restored to its former splendour, the San Carlo is the oldest working theatre in Europe (41 years older than Milano's Scala and 51 years older than Venice's Fenice) its regular seasons having only been interrupted once, in 1874 and 1875 - due to a lack of funds.

<http://www.teatrosancarlo.it/en.html>

### SAN FERDINANDO THEATRE

Built in late eighteenth century, the theatre also welcomed the masterpieces of Eduardo De Filippo and Eduardo Scarpetta

[https://en.wikipedia.org/wiki/Teatro\\_San\\_Ferdinando](https://en.wikipedia.org/wiki/Teatro_San_Ferdinando)



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## **EARTH**

***Earth as symbol of the other face of the inner part of Naples,  
a trip into the bowels of the city***

Fourty meters below the characteristic and lively streets of the Historic Center of Naples, you find a different world, unexplored, isolated by time, but deeply connected with the world above. It's the heart of Naples, and the place from which the city was born. To visit it is to travel to the past, a world 2400 years old.

<http://www.napolisotterranea.org/en/naples-underground/>

Every week end and holiday a unique path in the wombs of historic center.

<http://www.galleriaborbonica.com/en/home/>

Another way to discover the underground is using the rail transportation system, including an integrated system of metropolitan subterranean trains, cable railways, moving walkways, escalators, lifts.

The Art Stations originated from a project formulated by the city government with a view to making the urban area's public transport centres more attractive and giving everyone a chance to get an up-close look at prime examples of contemporary art. The implementation of these same stations, delegated to the expertise of internationally-recognised architects, represents an important turning point in the renewal of numerous areas of the urban fabric.

[https://en.wikipedia.org/wiki/Art\\_Stations\\_of\\_the\\_Naples\\_Metro](https://en.wikipedia.org/wiki/Art_Stations_of_the_Naples_Metro)





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# WATER

*Blue as water, Blue as Naples' colour*

## CASTEL DELL'OVO

stands on the islet of Megaride, surrounded by the Mediterranean Sea. According to one of the most fanciful Neapolitan legends, the name of this castle derives from the egg that the Latin poet Virgil apparently hid in a cage placed in the dungeons of the castle.

<http://www.comune.napoli.it/flex/cm/pages/ServeBLOB.php/L/EN/IDPagina/1433>

## THE ISLANDS OF BAY OF NAPLES

**CAPRI:** seductive and romantic, during the day the light dips the island into different colour and enchant the viewer.

<http://www.capri.com/>

**ISCHIA:** the "green island" . Famous also for nice beaches, Biancolella white wine and the thermal activity

[http://www.ischia.it/portaleischia\\_uk/ischia/html/home.php](http://www.ischia.it/portaleischia_uk/ischia/html/home.php)

**PROCIDA:** the charming island, the smallest one, of Procida lies an undiscovered garden next to its vibrant sister islands Ischia and Capri

<http://www.procida.it/index1.html>

## HEALING AND RELAXING WITH WATER:

Naples: <http://www.termediagnano.it/>

Naples: <http://www.termedistabia.com/>

Naples: <http://www.terrestufedinerone.it/en/home-page.html>

Ischia: <http://terme.ischia.it/uk/>

## AMALFI COAST:

<http://www.amalficoast.com/>

Cilento Coast:

<http://www.parks.it/parco.nazionale.cilento/Eindex.php>

