A trip in Campania Region through the hellenic tradition of

Four Elements

Naples, where AIR, FIRE, EARTH and WATER coexist harmonically
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/index.jsp?idProgetto=5&idLinguaSito=2

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://www.ov.ingv.it/index_en.html

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


THE PHLEGRAEAN FIELDS
The Phlegreaen 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.

http://www.infocampiflegrei.it/Filmato352a_eng.html
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 picnic in the great park around the museum and visit the Royal Palace and Painting Exhibitions.

http://www.museo-capodimonte.it/

HOT-AIR BALLOON

Original and magic the international balloon rally meeting in Fragneto, a little town of Benevento

http://www.mongolfiereafragneto.it/portale/fotogallery.html

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://en.wikipedia.org/wiki/Teatro_di_San_Carlo
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

http://www.teatrostabilenapoli.it/info/teatri/teatro-san-ferdinando-1
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.


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

http://www.tunnelborbonico.info/

Another trip, another excursions to discover the underground and the mysteries of city:

http://www.lanapolisotterranea.it/home_ing.htm

http://www.celanapoli.it/index.php

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.

http://www.metro.na.it/metro/index.php?option=com_frontpage&Itemid=1
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

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