



Naples, Italy
HISTORIC TRAIL



FIELD GUIDE

How to Use This Guide

This Field Guide contains information on the Naples Historical Trail designed as an Eagle Scout service project by Abigail Smith, members of Troop 007, with unique insights from the local community. The guide is intended to be a starting point in your endeavor to learn about the history of the sites on the trail. Remember, this may be the only time your Scouts visit Naples in their life, so make it a great time!

While TAC tries to update these Field Guides when possible, it may be several years before the next revision. If you have comments or suggestions, please send them to Admin@tac-bsa.org or post them on the TAC Nation Facebook Group Page at <https://www.facebook.com/groups/27951084309/>

This guide can be printed as a 5 ½ x 4 ¼ inch pamphlet or read on a tablet or smartphone



Front Cover Inset: Mount Vesuvius
Front Cover: The Bay of Naples



NAPLES, ITALY
HISTORICAL TRAIL

Table of Contents

Getting Prepared.....	4
What is the Historic Trail.....	5
Where and How to Start.....	6
Naples Historic Trail Route.....	7 - 25
Optional Checkpoints Route.....	26 - 35
Naples Trail Maps.....	36 - 38
Optional Checkpoint Location Maps.....	39
Neapolitan Words, Phrases & Quiz.....	40
Quiz.....	41
B.S.A. Requirements.....	42 - 43
Notes.....	44 - 47



Getting Prepared

All scouting activities begin by **being prepared**. In order to be prepared for a historical trail hike a scout needs to:

1. Review this Field Guide in detail.
2. Check local conditions and weather.
3. Study and Practice with the map and compass.
4. Pack rain gear and other weather appropriate gear.
5. Take plenty of water.
6. Make sure socks and hiking shoes or boots fit correctly and are broken in.
7. Pack a first aid kit, "just in case."
8. Discuss the day's activities, so there are no surprises; discuss safe hiking.
9. Ensure Two-Deep Leadership at all times.
10. Check the Quick Quiz and keep it with you on the trail.



What is the Historic Trail?

Most people do not know that Naples is one of Italy's oldest continually inhabited cities with a history that spans over 2,800 years. The ancient Greeks first established colonies on the island of Ischia off the coast of Naples as early as the 2nd millennium BCE, while the first Greek settlement on mainland Italy was founded in Cumae in around the 8th century BCE. Before the city was called Naples, it was known as Parthenope, who according to Greek mythology was a mermaid that drowned in the Gulf of Naples. You will still find mermaid paintings and collectibles all around the city as a remembrance of this colorful past. As Parthenope expanded, it was re-established in 470 BCE as Neapolis, the "new city" in Greek. Neapolis became one of Ancient Greece's most powerful colonies because it had a large port for trade and was a cultural center where Greek culture mixed with Roman society.

One of the most notable events that occurred in Naples was in 79 CE. Mount Vesuvius erupted, destroying the nearby cities of Pompeii and Herculaneum. The volcanic soils have always made Naples a perfect location for farming, vineyards, and livestock.

From the fall of the Roman Empire onward, Naples has seen numerous invading armies including Napoleon's. In 1860 the people of Naples voted to join in the unification of the country, and the Kingdom of Italy that we recognize today was founded in 1861.

Prepare to hike over, under, and through 28 centuries of history. We hope you enjoy the trail!



Naples Historic Trail

Naples Historic Trail: Where and How to Start

The trail begins downtown Naples at the historic Piazza Garibaldi. This is the main transportation hub that has regular service via bus and train with easily manageable connections to the Naples airport. The trail heads to the west, winding through the oldest parts of the city and ends near a metro station for a well-deserved ride back to where you started.

Distance and Time

The Inner Naples Historic Trail stretches just over 6 km for the primary route. For hikers interested in extending their adventure, there are 3 Optional Checkpoints (numbers 1-3) adding an additional 6 km extending the total hike to around 12 km. Experienced hikers may complete the trail in around three hours, with brief stops at the points of interest. However, for less experienced hikers, younger children, or those who prefer a slower pace to fully explore the area, the hike may take half a day or longer. For units with more time, the optional outer Naples Historic Trail (Optional Checkpoints 4-10) features 7 significant cultural areas in the vicinity of Naples but has no set route. Each of the outer sites can be reached by local train service or private transportation. Completion of the outer trail is not required for earning the Naples trail patch. No matter which sites on the outer trail you choose, expect the visit to encompass an entire day because of the distance and time involved. Entrance to some locations could be affected by local weather or seasonal conditions. Also note that some sites on both trails require an entrance fee and are marked with an asterisk (*) by the name of the location. The current entrance fee (in Euros) is included in the checkpoint summary. Units can decide which sites they wish to enter.



START

Arrive at Napoli Centrale (Bus service from the Naples-Capodichino Airport)

Checkpoint #1 – Piazza Garibaldi

40°51'09.8"N 14°16'20.7"E – Piazza Giuseppe Garibaldi

Starting at the main transportation hub of the historic city, take a few moments to look at the Piazza dedicated to General Giuseppe Maria Garibaldi. Garibaldi was a prominent Italian general, patriot and republican that played a crucial role in the Italian unification and the establishment of the Kingdom of Italy. He is considered one of the greatest generals of modern times and one of Italy's fathers of the fatherland. He became a supporter of Italian unification under a democratic republican government. As you head for the next checkpoint, be sure to stop and examine the statue dedicated to General Garibaldi at the west side of the Piazza.

Exit the Piazza to the west on Via Alessandro Poerio and make a left on Piazza Enrico de Nicola. Make a right on Via dei Tribunali to arrive at our next checkpoint.

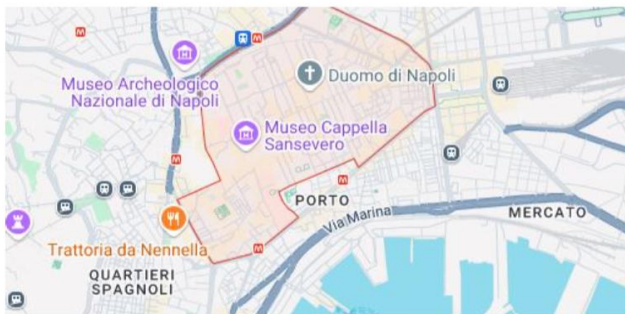


Naples Historic Trail

Checkpoint #2 – Centro Storico District (Historic Center) 40°51'10.6"N 14°15'47.7"E – Via Dei Tribunali

Begin your hike by heading west through Piazza Garibaldi as you enter the 'Centro Storico' – the historic center of Naples. This area represents the first historical city which dates back almost three millennia of history and is now a UNESCO World Heritage Site. The center of Naples illustrates the remarkable evolution of the city over the centuries. The original Greek settlements along the coastline moved over time, and the city was re-established inland, forming the ancient center (Centro Storico). In the Centro Storico you can see remnants of Greek, Roman, Byzantine, Norman, Angevin (French), and Spanish architecture as the city transformed under each empire, making Naples one of the most unique and historically rich cities in Italy.

Continue through the Centro Storico on to the historic Via dei Tribunali and make a right on Via Duomo to arrive at our next checkpoint.



Naples Historic Trail

Checkpoint #3 – Duomo di Napoli (free admission)

40°51'09.1"N 14°15'33.3"E – Via Duomo, 147

<http://www.chiesadinapoli.it>

The Duomo di Napoli, officially known as the Cattedrale di Santa Maria Assunta, is a prominent Roman Catholic cathedral located in the heart of Naples, Italy. The cathedral is dedicated to the Assumption of the Virgin Mary and is the seat of the Archbishop of Naples. Its history dates back to the 13th century, with the current structure built atop an earlier church. The Duomo blends Gothic, Baroque, and Neoclassical architectural styles, reflecting the city's rich cultural and religious heritage. One of its most notable features is the Chapel of San Gennaro. The cathedral is renowned for the miracle of the liquefaction of San Gennaro's blood, which occurs several times a year and is a significant religious event for the city. Inside, visitors can admire stunning artworks, sculptures, and the impressive stained-glass windows, making the Duomo di Napoli both a spiritual and artistic landmark in Naples.

Continue south on Via Duomo and make a right on Via dei Tribunali to arrive at our next checkpoint.



Naples Historic Trail

Checkpoint #4 – Via dei Tribunali

The most prominent decumanus, or east-west street, in ancient Naples was Via dei Tribunali. To this day it remains one of the most important avenues in the city, connecting numerous cultural and religious sites. Over twenty churches are located along the historical street, including Naples Cathedral, the San Lorenzo Maggiore Basilica, and the San Lorenzo Maggiore Monumental Complex, where you can find the ruins of an ancient marketplace can be explored. The street itself is narrow, paved by varying types of cobblestones and lined with shops. Walking down Via dei Tribunali offers you the experience of strolling down an ancient road, because little has changed over the centuries. At first glance the Via dei Tribunali appears to be a pedestrian area, but be advised it is a functional road, so please pay attention to cyclists, scooters and cars.

Continue on to the historic Via dei Tribunali and you will arrive at our next checkpoint.



Checkpoint #5 –**Piazza San Gaetano and the Monumento a San Gaetano**

40°51'03.8"N 14°15'26.5"E – Piazza San Gaetano

The square was the geographical center of the historic Naples during Greco-Roman era. While standing in this piazza you can easily imagine what city life would be like during ancient times. You see tall buildings built on narrow roads with traffic flowing in all directions. Shops are bustling with activity, and the sounds of the city will echo all around you. This is where the past comes alive, allowing you to experience the vibrant energy of the ancient city.

The next checkpoint is at the south end of the Piazza.



Naples Historic Trail

Checkpoint #6 – * Complesso Monumentale San Lorenzo Maggiore
40°51'02.6"N 14°15'27.2"E – Piazza San Gaetano, 316 (€9 entrance fee)

<https://www.laneapolissotterrata.it/>

San Lorenzo Maggiore Basilica is one of the oldest churches in Naples located in the heart of the historical city. The Gothic architecture, frescoes, paintings, and religious artifacts make it one of the most notable medieval buildings in Naples. However, what lies beneath its floor is why most people visit the Basilica. Below the church, you will find what remains of an ancient two-story Greco-Roman macellum, or marketplace. Here you can find millennia-old bakeries, wine shops and laundries below the bustling streets of modern Naples. Do not confuse these ruins under the basilica with Napoli Sotterranea, the Bourbon Tunnels, or the Naples Underground. Naples is a city built upon earlier cities, with each layer adding to the rich history of the area, making it a truly unique experience.

The next checkpoint is on the Northwest side of the Piazza.



Naples Historic Trail

Checkpoint #7 – * Napoli Sotterranea / Naples Underground
40°51'03.8"N 14°15'24.6"E – Piazza San Gaetano, 69 (€15 entrance fee)
<https://www.napolisotterranea.org/>

Beneath the streets of the modern-day Naples is where you find the Napoli Sotterranea. This extensive network of tunnels was originally excavated by the Greeks to source building materials for ancient Neapolis. When the Romans arrived, they adapted it to serve as aqueducts supplying water to the ancient city. The tunnel network stretches for around 280 miles (450 km) under the modern city of Naples. In modern times it was used during WWII as air-raid shelters; these tunnels saved the lives of over 200,000 people. Naples Sotterranea is a fascinating site to visit, but if you are even the slightest bit claustrophobic you may want to wait topside, because this activity could be distressing. Many of the tunnels are very narrow with minimal lighting. In one section people hold a small candle to light their way as you walk giving you an immersive experience. For many people, visiting the Sotterranea is an unforgettable experience, but the confined space and lack of lighting can be disturbing for some people.

As you leave the underground on Vicoletto San Paolo, take a right on Via San Paolo, Then take a left on Via Pisanelli which continues into Via Sapienza. Make a right on Via Santa Maria di Costantinopoli and you will arrive at the next checkpoint in Piazza Museo.



Naples Historic Trail

Checkpoint #8 – * Museo Archeologico Nazionale di Napoli 40°51'11.9"N 14°15'02.1"E – Piazza Museo, 19 (€20 entrance fee)

<https://mann-napoli.it/>

Museo Archeologico Nazionale di Napoli or National Archaeological Museum of Naples got its start from Charles of Bourbon who was king of the Kingdom of Naples in 1734. He promoted the excavations of the cities Pompeii and Herculaneum that were buried in the Vesuvius eruption of 79 C.E. This would become the first collection of the future museum, and the items from Pompeii and Herculaneum are still one of its biggest attractions today. The museum now includes prehistoric and Egyptian items plus a vast collection of Italian antiquities from Rome to southern Italy. Here you can find the largest collection of Egyptian artifacts in all of Italy. The National Archaeological Museum plays an important role in understanding the archaeological heritage of Naples and Italy as a whole. With its diverse exhibitions, it offers visitors a deeper understanding of the evolution of ancient civilizations and their influence on modern day life. This is a must visit for anyone interested in the history of the region.

Continue south on Via Santa Maria di Costantinopoli and make a right on Via Port'alba to arrive at our next checkpoint.



Naples Historic Trail

Checkpoint #9 – Antica Pizzeria Port'Alba (est.1738, Believed to be the world's first pizzeria) 40°50'57.9"N 14°15'06.3"E – Via Port'Alba, 18

PIZZA TIME!

This is the perfect opportunity to rest your feet and enjoy an authentic Neapolitan pizza. Port Alba was established in 1738, and is considered to be the world's first pizzeria. It originally began as an open-air stand, where vendors made pies in wood-fired ovens and then carried them into the street in small stoves to keep their pies warm. By 1830 the stand grew into a full restaurant, allowing patrons to sit down and relax while enjoying their pizzas. Naples is the birthplace of pizza, and in 2017, UNESCO declared the Neapolitan art of pizza-making a piece of world intangible cultural heritage. While pizza and pasta are icons of Italian cuisine, Naples' location makes it renowned for its incredible seafood, as well as delicious fruit and vegetables grown in the volcanic soils around Vesuvius.

Head east on Via Port'alba continuing to Via San Pietro a Maiella and then to Piazza Luigi Miraglia. Turn right on Via Raimondo de Sangro di Sansevero to arrive at our next checkpoint.



Checkpoint #10 – * Cappella Sansevero Sansevero Chapel Museum
40°50'57.2"N 14°15'17.8"E – Via Francesco de Sanctis, 19/21
(€10 entrance fee)

<https://www.museosansevero.it/>

The Cappella Sansevero (also known as the Cappella Sansevero de'Sangri or Pietatella) is a chapel located on Via Francesco de Sanctis 19, just northwest of the church of San Domenico Maggiore, in the historic center of Naples. The chapel is more properly named the Chapel of Santa Maria della Pietà. It contains works of Rococo art by some of the leading Italian artists of the 18th century. This is the site of the Veiled Christ, a truly amazing marble sculpture of Jesus Christ laying down after he was crucified, with a veil covering his body. The detail of this piece is incredible. There are 6 or 7 other notable pieces of art, all sculptures, in this chapel. In the crypt, or lower level of this church, visitors will find the Anatomical Machines exhibition. This exhibition highlights a man and a woman with a visible highly detailed circulatory system. While this is a model is made from wax, silk, and metal wire, it can be disturbing to young children.

There are **no photographs allowed** inside the chapel, so be sure to buy postcards!! Also, numbers of visitor are limited, so to see this you must buy tickets online - usually weeks in advance. **Plan ahead!**

As you leave Sansevero, head west then take a left on Vico San Domenico Maggiore and make a right on Via Benedetto Croce. Continue west on the historic Spaccanapoli to arrive at our next checkpoint.



Naples Historic Trail

Checkpoint #11 – Spaccanapoli / Naples Splitter

As you continue the hike, you'll find yourself walking along a straight and narrow main street that cuts through the historic center of the city of Naples. The name of this area is Spaccanapoli which translates to "Naples splitter". This group of streets are Via Benedetto Croce, Via San Biagio dei Librai and Via Vicaria Vecchia that all form Spaccanapoli, cutting Naples in half from east to west.

Spaccanapoli began as a single street during the Greek era and enlarged during the Roman era, eventually evolving into what we have today during the Spanish reign when they created the Spanish quarter.

At first glance, there doesn't seem to be anything memorable about Spaccanapoli, but its historical importance is profound. It was one of the three main roads, also known as known as decumani, that traversed ancient Neapolis in 580 BC.

Head west on the Spaccanapoli which continues through Piazza Gesu Nuovo to Via Domenico Capittelli. Turn left on Via Toledo and then turn left on Via San Giacomo to arrive at our next checkpoint.



Naples Historic Trail

Checkpoint #12 – Fontana del Nettuno / Fountain of Neptune 40°50'24.3"N 14°15'04.7"E – Piazza Municipio

This landmark fountain, built in 1600, is a stunning example of Baroque artistry and features intricate carvings of Neptune, sea monsters, nymphs, and lions. Over the centuries, the fountain has been relocated several times around the city, yet it remains a significant symbol of Naples' rich artistic and cultural heritage. The elaborate design and historical importance of the fountain make it a must-see for anyone exploring the city's landmarks.

The next checkpoint is at the southeast corner of Piazza Municipio.



Naples Historic Trail

Checkpoint #13 – * Castel Nuovo / New Castle

40°50'18.5"N 14°15'10.5"E – Via Vittorio Emanuele III (€6 entrance fee)

<https://www.comune.napoli.it/maschioangioino>

Castel Nuovo, also known as the “New Castle,” is one of the most iconic landmarks in Naples, Italy. Built in 1279 by the Angevin King Charles I of Anjou, the castle was initially designed as a royal residence and military fortress. Its strategic location on the waterfront was intended to provide both defense and control over the Gulf of Naples. Over the centuries, the castle has undergone various expansions and renovations, blending Gothic, Renaissance, and Medieval architectural styles. The castle’s most striking feature is its massive, imposing structure, which includes a fortified wall, a series of watchtowers, and the grand Arco Trionfale (Triumphal Arch), which serves as the main entrance. The arch is adorned with intricate reliefs depicting the victories of the Angevins, reflecting the castle’s role in the power and prestige of the ruling family. Castel Nuovo was not only a military stronghold but also the seat of the royal court for centuries. It became a center of culture and art during the reign of the Angevins and later the Aragonese, who took control of Naples in the 15th century. The castle housed numerous royal events, banquets, and cultural activities. Notably, it was at Castel Nuovo that the famous artist Sandro Botticelli worked on the decorations of the court’s chambers. During its long history, the castle was also used as a prison and underwent various transformations, including its role as a symbol of resistance during the numerous sieges and invasions that Naples faced. Today, Castel Nuovo is home to the Museo Civico (Civic Museum), where visitors can explore its rich history, art collections, and medieval artifacts, all while enjoying spectacular views of the city and sea. Castel Nuovo remains a testament to Naples’ tumultuous yet fascinating history, from medieval fortifications to Renaissance splendor. It is a must-see historical site for anyone interested in the city’s past and architectural heritage.

After leaving the castle, head west on Via Vittorio Emanuele III to arrive at our next checkpoint.



Naples Historic Trail

Checkpoint #14 – Galleria Umberto I

40°50'18.7"N 14°14'58.4"E – Via Santa Brigida, 68

The Galleria Umberto I is a stunning 19th century shopping area located in the historic center of Naples. Opened in 1891, the Galleria is a symbol of Naples' architectural and cultural evolution during the era of modernization. Designed by the architect, engineer Emmanuele Rocco, the Galleria was named in honor of King Umberto I of Italy, who reigned from 1878 to 1900. The Galleria's most striking feature is its vast glass and iron dome, which spans nearly 56 meters in diameter, making it one of the largest of its kind in Europe. The structure is supported by four wings, each lined with luxurious shops, cafes, and theaters. Historically, the Galleria was part of a larger project aimed at modernizing the city of Naples, which also included the construction of nearby roads and public spaces. Its location near the San Carlo Theater and the Royal Palace made it an ideal meeting point for Naples' elite, and it became a symbol of the city's progress and social life in the late 19th century. During World War II, the Galleria suffered some damage from bombings but was later restored to its former glory.

Over the decades, it has maintained its importance as both a cultural landmark and a commercial center. Visitors can admire the grand mosaics that decorate its floors, featuring intricate designs inspired by Italian Renaissance art, and the elegant archways that offer views of the bustling streets outside. Today, Galleria Umberto I remains a thriving cultural and shopping destination, where history and modernity continue to blend seamlessly.

Exit the Galleria to the south to arrive at our next checkpoint.



Naples Historic Trail

Checkpoint #15 – * Teatro di San Carlo / San Carlo Theater
40°50'15.8"N 14°14'58.0"E – Via San Carlo, 98 (€9 entrance fee)

<https://www.teatrosancarlo.it/>

Opened in 1737, the Teatro di San Carlo was originally built as a royal theater in a stunning Neoclassical building. It holds the distinction of being the oldest continuously running public opera house in the world, with a seating capacity of nearly 1,400 people. In 1816, a devastating fire caused significant damage to the theater, requiring extensive restoration. When it was rebuilt, the auditorium was redesigned in the traditional horseshoe shape, adorned with frescoes and updated with red and gold decor, creating a luxurious atmosphere.

Today, after substantial restoration efforts following World War II bombing and the effects of aging, the Teatro di San Carlo continues to host events. Recognized as a UNESCO World Heritage Site, it is one of the most striking and important theaters in Europe, leaving visitors in awe of its grandeur and cultural significance.

Continue west on Via Vittorio Emanuele III to arrive at our next checkpoint.



Naples Historic Trail

Checkpoint #16 – Gambrinus Café
40°50'12.4"N 14°14'54.6"E – Via Chiaia, 1
<http://grancaffegambrinus.com/>

BREAK TIME! This is a great time and perfect location for a break. Grab a traditional café, pastry, or gelato (ice cream). In 1860 the history of the Gran Café Gambrinus began. As time went on it became famous for having the best confectioners, ice cream makers, and bartenders from all over Europe.

As you exit the café, turn right into Piazza del Plebiscito to arrive at the next checkpoint.



Naples Historic Trail

Checkpoint #17 – * Palazzo Reale di Napoli Royal Palace of Naples
40°50'10.3"N 14°14'57.8"E – Piazza del Plebiscito, 1 (€15 entrance fee)
<https://palazzorealedinapoli.org/>

This is the Palazzo Reale in Naples. It's one of the palaces of the reigning Bourbon Kings. The construction was started in 1600 and was continued into the 1700s. It was the main residence of the Kings of Naples and the Two Sicilies for over 100 years. Tickets can be purchased online or at the palace. You can also get an audio guide.

Continue to explore the wide open expanse of Piazza del Plebiscito for final checkpoint.



Naples Historic Trail

Checkpoint #18 – Piazza del Plebiscito

40°50'09.0"N 14°14'55.2"E

Piazza del Plebiscito is one of the most elegant spots in Naples and plays host to a large number of the city's cultural events. Named after the 1860 plebiscite that brought Naples into the unified Kingdom of Italy, it was built in the first half of the 19th century out of volcanic rock from Mount Vesuvius.

On one side of the piazza is the Royal Palace and directly across is the San Francesco di Paola Basilica. It's said if you walk blindfolded from the palace, you'll enter the doors of the basilica!

You have now completed the Naples Historical Trail! Be sure to enjoy the view from the southeast corner of the Piazza where you can line up the Appian Way tree, the Bay of Naples, and Mount Vesuvius in the distance.



FINISH: RETURN TO NAPOLI CENTRALE

Exit Piazza del Plebiscito to the north and head east for 10 minutes (800 meters) on Via Vittorio Emanuele III to arrive at the Municipio Metro station.

40°50'23.9"N 14°15'07.0"E - Piazza Municipio

Take Municipio Metro Station Line 1 direct to Piazza Garibaldi / Napoli Centrale. From there, you can return to Piazza Garibaldi and Napoli Centrale to reach the outer trail locations.

40°51'09.8"N 14°16'20.7"E – Piazza Giuseppe Garibaldi

If you still have the energy for a few more sites, continue on up the hill to Castel Sant'Elmo for an elevated view of the Neapolitan coastline, then explore more of the underground in the Bourbon Tunnel, and head down to the water's edge at Castel dell'Ovo.



Naples Historic Trail

Optional Checkpoint #1 – * Castel Sant’Elmo Castle of Saint Elmo

40°50'37.2"N 14°14'24.7"E – Via Tito Angelini, 20/A (€5 entrance fee)

<https://www.beniculturali.it/luogo/castel-sant-elmo-e-museo-del-novecento-a-napoli>

Castel Sant’ Elmo was initially erected as a church dedicated to Sant Erasmus in 1349. Over the centuries, it was fortified and expanded into a castle, taking on the unique shape of a star in order to protect Naples and surrounding areas. In the seventeenth century, the area around the castle continued to transform with residential villas being built taking advantage of the stunning views. During the French revolution it was used to imprison royalists. Eventually it became the museum and art gallery we see today.

While the castle’s rich history is fascinating, most visitors come for the stunning views it offers of the city, Vesuvius, and the bay of Naples. This is a must-see spot for a panoramic view of Naples.



Naples Historic Trail

Optional Checkpoint #2 – * Galleria Borbonica/The Bourbon Tunnel
€12 admission fee and two different entrances:

40°49'58.1"N 14°14'35.6"E – Via Domenico Morelli, 61c

40°50'07.9"N 14°14'46.7"E – Vico del Grottone, 3

<https://www.lanapolisotterranea.it>

The Bourbon Tunnel is an ancient underground passage, constructed for military purposes to connect the Royal Palace to military barracks in Naples. As mesmerizing as Naples is above ground, the ancient city is also home of a mysterious warren of tunnels carved into 16th century aqueducts, 100 feet below ground. And what makes these tunnels all the more intriguing is that they were built by a king, became littered with discarded motorbikes, rusting vintage cars and water tanks in the 1950s, and were then long forgotten. In the early 2000s locals re-discovered and transformed the passageways into a quirky tourist attraction. Access is via an 18th century staircase not far from the Piazza del Plebiscito in central Naples. While this is a fabulous place to see, it's not wheelchair accessible! And if you have asthma, bring your inhaler. It's damp!



Naples Historic Trail

Optional Checkpoint #3 – Castel dell’Ovo / Egg Castle

40°49'42.2"N 14°14'51.3"E – Via Eldorado, 3

<http://www.comune.napoli.it/casteldellovo/>

Castel dell’Ovo or Castle of the Egg is built on the ancient Islet of Megaride. It got its name from a legend about the poet Virgil, who had hidden a magical egg in a secret room below the castle. As long as the egg remains intact then so will the castle and Naples, but if the egg is ever broken, disaster will fall on both. The castle is the oldest in Naples and is considered the historic protector of Naples, but the site itself holds great historical significance too. It is the site from the *Odyssey* where the siren Parthenope’s body washes ashore and where the first Greek colonist landed and made camp in the 6th century B.C.E.. The land went on to host Roman villas and a monastery before the Castel dell’Ovo was built by Normans in the 12th century C.E.. After Castel Nuovo was built in the 13th century C.E., the royal court moved there. Castel dell’Ovo then became a prison for people of royal birth.

Currently, the Egg castle is used for events and temporary exhibitions. It is still a unique place to walk through, offering a beautiful view looking up at the city of Naples.



Naples Historic Trail

Optional Checkpoint #4 – * Parco Archeologico di Pompei Archaeological Park of Pompeii

40°44'53.7"N 14°29'24.4"E – 80045 Pompei (€18 entrance fee)

<https://pompeisites.org/>

By Train: Piazza Garibaldi Train Station to Pompeii Scavi / Villa Dei Misteri / Line 1 (Sorrento) 28 minutes (3 stops) / 2 minute walk / 100 meters to the Archeological Park

Pompeii was an ancient Roman city destroyed by the eruption of Mount Vesuvius in 79 AD. Before that event, Pompeii was a thriving colony of the Roman Empire that was home to a population of up to 20,000 people. The city and its inhabitants were buried alive under more than 20 feet (6 meters) of volcanic ash. For over 1700 years Pompeii remained hidden, until the ancient city was re-discovered in the mid-18th century by an architect building a canal. Since then, excavations have uncovered an incredibly well-preserved snapshot into Greco-Roman life.

Archaeological work is ongoing as the 100+ acres have not fully been excavated. New discoveries are made as the park continues to expand allowing archeologists to grow our knowledge of ancient life. No matter when you visit, there is more than enough to see in this UNESCO World Heritage Site.



Naples Historic Trail

Optional Checkpoint #5 – * Parco Archeologico di Ercolano Archaeological Park of Herculaneum

40°48'21.1"N 14°20'56.3"E – Corso Resina, 187, 80056 Ercolano(€16 entrance fee)
<https://ercolano.cultura.gov.it/>

By Train: Piazza Garibaldi Train Station to Ercolano Scavi / Line 1 (Torre Annunziata – Oplonti) 17 minutes (9 stops) 2 minute walk / 130 meters to the Archeological Park

Herculaneum, also known as Ercolano, was an Ancient Roman city that met the same fate as Pompeii when the volcanic eruption of Mount Vesuvius buried it in the year 79 AD. While Pompeii was directly hit by volcanic blast and ash, Ercolano was buried by more than 20 feet (6 meters) of slow falling ash and debris. The ash and debris that fell here happened to be carbonized, which preserved organic materials such as wood, food, and people far more than the ash that buried Pompeii. As a result, Herculaneum is more preserved than Pompeii, offering a unique glimpse into ancient Roman life.

Herculaneum was a wealthier city compared to Pompeii, and its frescos, mosaics, and lavish villas provide an incredible insight into the art and culture of Roman society. The discoveries made here were so significant that Herculaneum was designated a UNESCO World Heritage Site in 1997.

While Ercolano is smaller than Pompeii, its better preservation makes it a more manageable site, particularly for families with small children or visitors with mobility issues. The site offers a fascinating and accessible exploration of ancient Roman history and culture.



Naples Historic Trail

Optional Checkpoint #6 – * Parco Nazionale del Vesuvio - Vesuvius National Park

40°49'41.6"N 14°25'33.1"E – Sentiero del Gran Cono, 80056 Ercolano

(€10 entrance fee)

<https://www.parconazionaledelvesuvio.it/>

Public transportation is available through Bus service (10 to 20 minutes) from Ercolano or Torre del Greco.

Mount Vesuvius is one of the most famous and dangerous volcanoes in the world. Throughout history, Vesuvius has erupted on several occasions and remains an active volcano to this day. Its most famous eruption occurred in 79 AD, when it destroyed the cities of Ercolano and Pompeii. Since then, Vesuvius has experienced periods of inactivity as well as times of continuous eruption, with 22 relatively severe eruptions recorded between 1660 and 1944. Its most recent eruption occurred in 1944, and it has been quiet since then. Scientists continue to keep a close eye on this area to ensure citizens are notified in case an eruption is eminent. Due to its close proximity to Naples, with more than three million inhabitants, it's considered one of the most dangerous volcanoes in the world.

The best way to get to know this infamous volcano is to visit it for yourself. You can hike to the peak of the volcano, and enjoy a coffee at the top while learning all about its eruptions. Make sure to stop and admire the unparalleled views of the Bay of Naples along the way.



Naples Historic Trail

Optional Checkpoint #7 – * Parco Sommerso di Baia

Underwater Archaeological Park of Baia

40°49'16.2"N 14°04'39.9"E – Via Lucullo, 94, 80070 Bacoli

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

(ONLY AVAILABLE THROUGH GUIDED SCUBA/SNORKELING TOURS FROM APRIL THROUGH NOVEMBER)

By Train: Piazza Garibaldi Train Station to Lucrino / Metro Line 2 (Pozzuoli) 59 minutes

In the Gulf of Naples, there is an incredible underwater archaeological park - the submerged remnants of the ancient Roman city of Baia. While this site is a lesser-known than Vesuvius or Pompeii, it holds the distinction of being one of the few underwater cultural heritage sites in the world to obtain an UNESCO World Heritage site designation in 2023. In the first century Baia was a luxurious resort town for Roman nobility when they wanted to escape Rome to relax. Prominent figures such as Cicero, Caesar, Mark Antony, Brutus, and Nero were a few of the Roman nobility who owned villas here. However, half of the city is still submerged, making new discoveries a bit more challenging.

Baia is surrounded by 24 volcanoes, including Mount Vesuvius. The ancient city met its unfortunate end in the fourth century due to a phenomenon called Bradyseism. This is where the earth's crust shifts due to the pressure of the surrounding molten lava and underground gases making the ground sink or rise. When the underground lava chambers of molten rock and gas were emptied, this caused the surface of the crust to sink by around 20 meters, submerging the city under the bay's waters. The underwater city remained hidden for 1500 years and is currently being excavated very slowly.

Today, teams of archaeologists are continuing to consolidate the submerged remains of Baia. They closely monitor the area to conserve the ecology while preserving the history that lies beneath from decay. One of the easiest ways to see this area is to look at a satellite map of the area. Each circle is a different volcano and if you find where the sunken city is, you'll see the circle where the city sank into the bay. To visit you can snorkel or see it by scuba diving down to the floor. If you are not scuba certified, that's okay! Many dive shops offer guided shallow water all-inclusive scuba tours even for first time divers.



Naples Historic Trail

Optional Checkpoint #8 – * Anfiteatro Flavio Neroniano Flavian Amphitheater of Pozzuoli

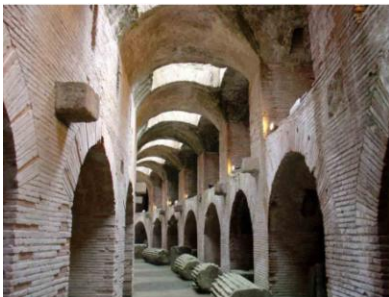
40°49'33.2"N 14°07'30.8"E – Corso Nicola Terracciano, 75 (€4 entrance fee)

<https://pafleg.cultura.gov.it/>

By Train: Piazza Garibaldi Train Station to Pozzuoli Solfatara / Metro Line 2 (Pozzuoli) 38 minutes 7 minute walk / 600 meters to the Amphitheater

The Amphitheater in Pozzuoli is the third largest amphitheater built in Roman times. It was built between 27 AD and 80 AD and is a testament to the architectural and engineering skills of the ancient Romans. Here up to 40,000 spectators could come to watch gladiators, attend events, and watch live shows. Visitors can explore throughout the structure and its winding passages, taking in beauty of this monumental site.

The city of Pozzuoli has earned the distinction of being an UNESCO World Heritage site.



Naples Historic Trail

Optional Checkpoint #9 – * Reggia di Caserta - Royal Palace of Caserta

41°04'25.1"N 14°19'37.6"E – Piazza Carlo di Borbone, 81100 Caserta

(€2 entrance fee)

<https://reggiadicaserta.cultura.gov.it/>

By Train: Napoli Centrale to Caserta / Regional Train Service (around 30 minutes) 10 minute walk / 700 meters to the Royal Palace

The Caserta Palace is a stunning complex created by the Bourbon King Charles III of Spain during the 18th century. He wanted a palace that rivaled the Palace of Versailles and the Royal Palace of Madrid. The Palace is the largest former royal residence in the world with over 1.4 million square feet of floor space.

In 1997 the entire Palace and grounds earned the distinction of an UNESCO World Heritage site for its cultural importance.



Optional Checkpoint #10 – * Anfiteatro Campano

Capua Amphitheater

41°05'09.2"N 14°15'00.4"E – Piazza Adriano, 81055 Santa Maria Capua Vetere (€10 entrance fee)

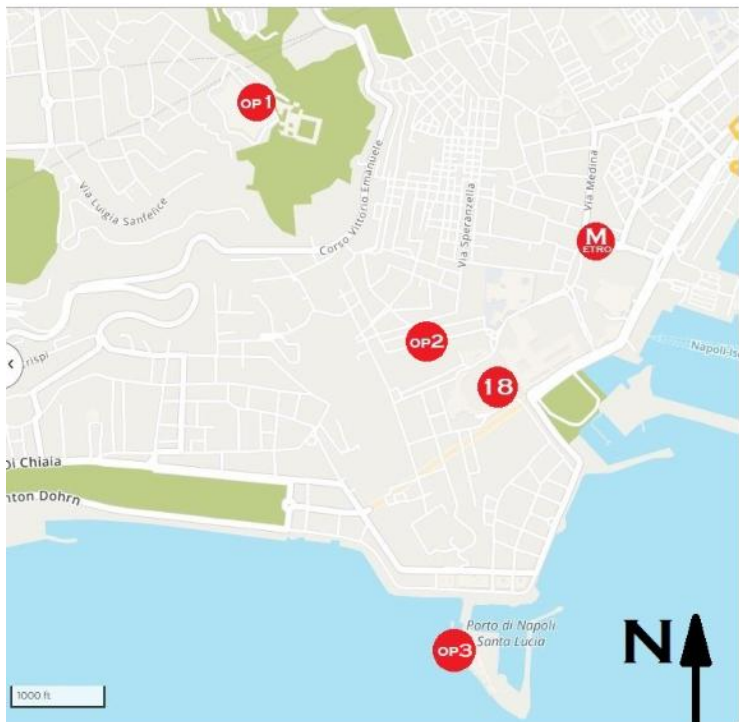
<https://www.beniculturali.it/luogo/anfiteatro-campano>

By Train: Napoli Centrale to Santa Maria Capua Vetere / Regional Train Service (around 45 minutes) 21 minute walk / 1500 meters to the Archeological Park

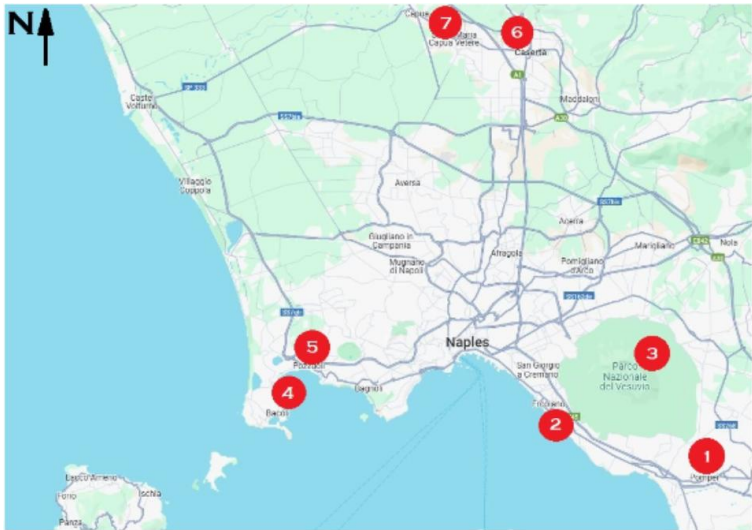
The city of Capua, was once a thriving ancient Roman city that played an important role in the evolution of gladiatorial combat. This amphitheater is one of the oldest in Europe. Historians believe it was initially established in the first century, eventually becoming the second largest amphitheater, with the largest being the Roman Colosseum. Many notable battles took place in this here, but the most historical events that occurred were the battles fought by Spartacus. The Capua Amphitheater was the site for the first and most famous gladiator schools. It was also the location for Spartacus's uprising with 70 slave gladiators, who escaped the school and later defeated the Roman army sent against them. The rebellion was caused by a growing resentment of the inhumane conditions they were subjected to during training and combats. Two years after the rebellion began, they were finally defeated and Spartacus met his death on the battlefield. 6,000 prisoners were crucified by Crassus, a Roman General, as a warning to others.



Naples Historic Trail



Naples Historic Trail



Neapolitan Words & Phrases:

Hey / Hi – Ué / Ciao

(Gué is the Neapolitan equivalent to ‘Ciao’)

Good evening - Buona sera

Good night - Buona notte

See you soon! - Ce verimmo

May God take care of you - Che dio t’accompagna

I love you very much - Te voglio bene assaje

Friend / Guy – Guagliò / Gualiona

Brother – Fratè

Sister - Sorella

I don’t know - Nun saccio

It’s all right – Tutto a posto / Tutto bene

I am American - Sono Americano

Sfogliatella - Typical Neapolitan dessert

Pasta with beans - Pasta è fasul / Pasta è fagioli



Quiz:

1. Who is Piazza Garibaldi named after and what was their significance to Naples?
2. What was the original purpose of the Sotterranea tunnels?
3. What kind of tomatoes are in a traditional Neapolitan pizza?
4. What is the name of the original Neapolitan pizza?
5. What three streets make up the 'Spaccanapoli'?
6. What are the prominent animals in the Fountain of Neptune?
7. What is displayed in the center of the floor in the Galleria Umberto?
8. How many statues are in the facade of the Royal Palace?
9. What are the two prominent statues in the Piazza del Plebiscito?
10. What drew the ancient farmers to settle in the area surrounding Mount Vesuvius?
11. When was the most recent eruption of Mount Vesuvius?
12. How did Baiae 'sink'?
13. What is the name (or Episode number) of a famous sci-fi movie series filmed at the Caserta Palace?
14. During Roman times, what school was located at the Capua Amphitheater?



Requirements

Completion of the Naples Historic Trails may complete the following requirements:

Cub Scouts:

Lion:

Fun on the Run - Requirement 3

Mountain Lion - Requirement 2

Tiger:

Tigers in the Wild - Requirements 1, 3

Stories in Shapes - Requirement 1

Wolf:

Paws on the Path - Requirements 1 - 5

Running with the Pack - Requirements 3 - 4

Finding your way - Requirements 3 - 5

Bear:

Bear Strong - Requirement 3

Bear Habitat - Requirements 1 - 9

Webelos:

Stronger, Faster, Higher - Requirement 3

Webelos Walkabout - Requirements 1 - 4 & 6 - 7

Math on the Trail - Requirements 1 - 3

Tech on the Trail - Requirements 1 - 4

Arrow of Light:

Personal Fitness - Requirement 3



Requirements

Completion of the Naples Historic Trails may complete the following requirements:



Scouting America:

Tenderfoot:

Requirements: 1c, 5a, 5b, 5c

Second Class:

Requirements: 1b, 3a, 3b, 3c, 3d, 4

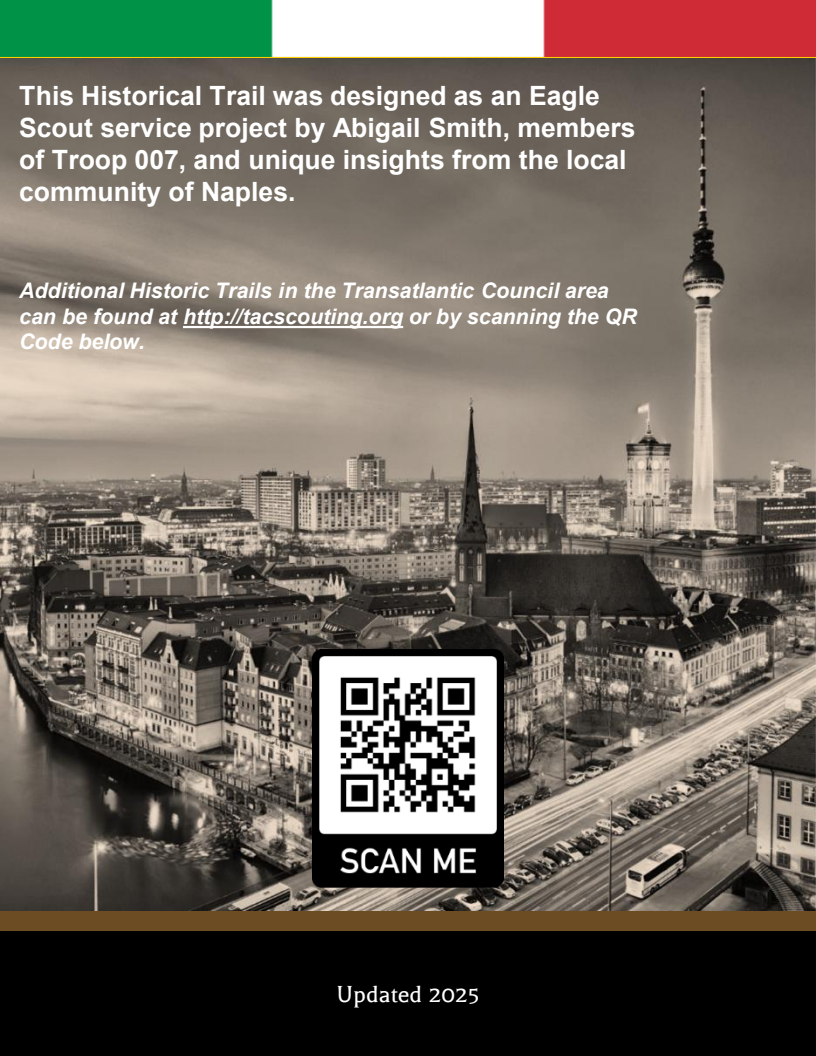
First Class:

Requirements: 1a, 1b, 4b, 5a, 5b, 5c, 5d

***Note**

Requirements for the Citizenship in the Community, Hiking, Orienteering, and the Cub Scout Outdoor Activity Award can be earned by completing this hike and learning about sites found on this hike. Many of the sites will also satisfy requirements 4, 7, and 8 (for Scouts in Italy) of the Archeology merit badge.





This Historical Trail was designed as an Eagle Scout service project by Abigail Smith, members of Troop 007, and unique insights from the local community of Naples.

Additional Historic Trails in the Transatlantic Council area can be found at <http://tacscouting.org> or by scanning the QR Code below.



SCAN ME

Updated 2025