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Naples City Guide

Naples is as Italian as it gets – the city ticks every Italian stereotype – the birthplace of pizza and the camorra (the Neapolitan Mafia) - a population that are fiercely proud and passionate, and a football team who are worshipped as a religion. Naples, with a population of one million, is overcrowded, dirty, congested, and many of its buildings dilapidated, but it has a vibrant raw energy, stunning historical architecture with narrow medieval alleyways leading onto elegant palazzos, frescoed churches and secret cloisters, and an elegant waterfront to match the Cote d’Azur lined with yachts and Palladian Villas.

Naples has a unique location between a volcano – Vesuvius - and the Tyrrhenian Sea with the hills above the city giving stunning expansive coastal bay views out to Capri. Most visitors to Naples take in an excursion to Pompeii which is half an hour from the city. At Pompeii are the remains of a 2000 year Roman town frozen by volcanic pumice when Vesuvius erupted.

Naples may have hit the headlines recently with stories about rubbish and culture clashes but the city and its surrounds offers some of the best food in the world, some of the best ships and some of the best places to relax.

The 90s saw a renaissance in Naples with serious financial investment and an anti-corruption crusade. This was the start of a much needed face-lift with dilapidated monuments and churches renovated in an attempt to smarten up the city. There is still a long way to go – and Naples continues to have some serious problems. The camorra – a Spanish word for quarrel – is a century older than the Sicilian mafia – and the criminal organisation has deep roots in the city, corrupting and controlling big and small business. Naples had a problem with the camorra controlled refuse collections for the last 3 years and when Prime Minister Berlusconi was recently re-elected he immediately made finding a resolution to the issue his number one priority. The overflowing bins and rubbish bags are kept away from the city centre so the problem is not so evident for visitors to the city. Petty crime continues to be an issue, with tourists having to take precautions against pick pockets and scooter-riding bag snatchers in certain districts of the city.
Naples is the capital of the south – the poorer cousin of the north. It is the third largest city in Italy and the regional capital of Campania in south central Italy. The average income in Naples is 14,500 euros compared with the 22,000 euros national average. Unemployment in the city is more than twice the national average and is particularly high amongst the young.

Naples is unlike anywhere else in Italy. Throughout the centuries the city has been occupied and ruled by many of the great powers – each making its mark on the city and on the distinctive Neapolitan dialect. Neapolitans are rebellious and have a distrust and disregard for authority, preferring to disobey the rules. They are critical of the problems in their city and yet fiercely proud and would defend Naples to any outsider. Despite its problems Neapolitans pursue the “dolce vita” (good life); they love good food and party hard.
History

Naples’ history begins in the 8th century when the Greeks established a settlement. In the centuries that followed Naples was to change hands, be invaded and ruled by almost everyone including the Romans, Normans, Germans, Austrians, French and Spanish – each had an impact on the streets and architecture of the city and on the distinctive Naples dialect. The city was an important stop for the “Grand Tour” European travellers of the 17th, 18th and 19th centuries.

8th century BC
Greeks establish a colony at Parthenope. 400 years later they found Neapolis and it becomes a thriving commercial trading post

326BC
Rome conquers Neopolis. In AD26 Emperor Tiberius rules the Roman Empire from Capri

AD79
Vesuvius erupts destroying Pompeii and Herculaneum

1139
Naples falls to the Normans

1194
Naples ruled by Henry VI of Germany

1266
Naples ruled by French Royal House of Anjou

1503
Spain defeats France and rules Naples for 2 centuries

1707
The Austrian Habsburgs gain control

1859-60
Giuseppe Garibaldi leads the Italian war of Liberation, and Naples becomes part of the unified Kingdom of Italy
1939-45
Fascist leader Mussolini leads Italy into WWII siding with Hitler. In 1943 Naples was bombed by the Allies. An uprising by local people forces the German occupying troops to withdraw from the city

2000
Rosa Russo Jervolino elected as Naples first female mayor

2004
Camorrap civil war in the Naples’ suburb of Secondigliano kills 48 in a month
Neighbourhood
Districts

**Centro Storico (Historical Centre)**
The true heart of the city, crowded with people and scooters speeding down dark narrow streets. The long Spaccanapoli (“splitting Naples”) road and Via Dei Tribunali are the backbones of the city. Overflowing with bars, restaurants, street sellers and shops. The university and student area is in the south of this district. Here is the Duomo (cathedral), frescoed churches, grand palazzo and peaceful cloisters.

**Santa Lucia and Royal Naples**
This is the centre of Naples and the grandest part of the city. Home to the neo-classical Piazza del Plebiscito, which until 1994 was a carpark but is now pedestrianised. This is Naples’ largest square and hosts New Year celebrations, concerts and rallies. Opposite the square is the vast Palazzo Reale. Via Chiaia which runs north is one of Naples’ smartest shopping streets. Two of Naples’ castles which dominate the area are here – the Castel Dell’Ovo and Castel Nuovo (also known as Maschio Angioino).

**Toledo and Quartieri Spagnoli**
Via Toledo is Naples’ slightly grubby High Street which runs from the Museo Archeologicoa at one end to the Piazza del Plebiscito at the other. The Quartieri Spagnoli (Spanish Quarter) is the oldest part of the city and one of the city’s poorest areas.

**Chiaia and Posillipo**
Grand villas line the Caracciolo seafront which curves to the yacht filled marina - this is Naples’ Cote D’Azur – but without the great beaches. Cafes, restaurants and clubs line the seafront. This is where Neapolitans come to relax and passeggiata (stroll) at the weekends. Beyond is the smart and exclusive residential district of Posillipo - designer shops, bars, cafes and excellent restaurants. The Villa Comunale Park is a green oasis from the city.
Vomero and Capodimonte
What links these 2 districts is that they are both suburbs up on a hill overlooking town with great views across to Vesuvius and the bay. Via Scarlatti is the upmarket shopping street in Vomero where well heeled Neapolitans shop, away from the hordes on Via Toledo. The area has its own castle – the Castel Sant'Elmo and monastery – the San Martino. A funicular railway carries locals and visitors up the Vomero hill to its liberty villas. Capodimonte is dominated by its huge park favoured by joggers, families and courting couples. The Palazzo Reale di Capodimonte is an art museum exhibiting Titians and Caravaggios amongst other great names.
The Big Sights

Museo Archeologico Nazionale

Housed in a 17th century palazzo the Roman discoveries from Herculaneum and Pompeii make this Italy’s best archaeological museum. Spread over 4 floors there is a great breadth of ancient content here from marble busts to perfectly preserved mosaics. Some of the most famed exhibits are from the Farnese collection. The Farnese family of Parma included Alessandro Farnese who ruled as Pope Paul III in the 16th century. The collection includes enormous marble sculptures including the Farnese Bull.

The museum has a controversial room dedicated to ancient pornography and erotica uncovered at Pompeii and Herculaneum – the most infamous of which is Pan making love to a goat!

Museo Archeologico Nazionale
Piazza Nuseo 19 (off Via Toldedo)
Tel: (081) 440 1466
www.marketplace.it/museo.nazionale
Opening: 9am – 8pm closed Tues

Duomo

A huge thirteenth century Gothic cathedral which is dedicated to the patron saint of the city - San Gennaro. There are celebrations of the miracle of the liquefying of San Gennaro’s blood held 3 times a year here – in May, September and December. The legend is that when Saint Gennaro’s body was transferred to the Duomo in 305AD two phials of his congealed blood liquefied in the bishop’s hands. The inside of the Duomo is far more splendid inside than out. There is an ornate frescoed chapel dedicated to San Gennaro inside the cathedral which contains phials of his blood. Downstairs is a crypt which houses fine examples of Renaissance art.

Duomo
Via Duomo 147, Centro Storico
Tel: (081) 4490 97
www.duomondinаполи.com
Opening: 8am – 12.30, 4.30pm – 7pm Mon – Sat
8am – 1pm, 5pm - 7pm Sun
Santa Chiara Cloisters

The interior of the basilica that was originally built here on the south side of Piazza del Gesu was destroyed by fire after being bombed in the second world war. It has since been reconstructed, but the main reason to visit here is for the original 14th century cloisters. These frescoed covered walkways with their gardens of lavender and orange trees provide a cool calm oasis from the chaotic streets outside. The majority of the cloisters are decorated with majolica tiled seats and columns depicting various scenes from rural life.

Santa Chiara
Via Santa Chiara 49/c, Centro Storico
Museum/cloister
Tel: (081) 797 1256
www.oltreilchiostro.org
Opening: 9.30am – 1pm and 2.30pm – 5.30pm Mon – Sat
9.30am – 1pm Sunday and holidays
Admission: Charge

Certosa di San Martino

Take the funicular up to the Vomero district to visit the Certosa – the most visible building in Naples. Originally a 14th century monastery, the site now contains an excellent museum, church, cloister and gardens with fantastic views. The sumptuous baroque church has a well displayed collection of 17th and 18th Neapolitan art and sculpture, and the beautiful cloisters lead onto an art gallery which includes a sculpture of Madonna and Child by Bernini. The eclectic collection at San Martino includes a large crib and nativity scene and the Tavola Strozzi – a 3D depiction of the city as it looked in the 15th century.

Certosa di San Martino
Largo San Martino5, Vomero
Tel: (081) 578 1769
Opening: 8.30am – 7.30pm Tue – Sat
9am – 7.30pm Sun
Closed Mon
Eating/drinking

That the Italians have a love affair with food is no secret. Extremely high quality, local seasonal ingredients, cooked simply and how “mama used to make” is the key to the food the Italians love to make and eat. The tomatoes grown in the area surrounding Naples benefit from the rich volcanic soil and help to make the best sauces for pasta, and of course the topping for pizza for which the city is famed.

Pizza is available everywhere in Naples – by the slice – to take away from the windows of trattorie all over the city and in the city’s cafes. Every September Naples holds a pizza fest when pizzaiola chefs compete to make the best pizza. In 2006 rather than a Neapolitan it was Makoto Onishi - a Japanese chef who was crowned best pizza maker. The pizza tradition is protected in Naples – and there is an association – Associazione Vera Pizza Napoletana set up to protect its ideals. Traditional pizza has to be cooked in a wood burning oven. The 2 purest forms are the simplest – the marinara – with a very simple topping of just tomato, garlic, oregano and olive oil – and the margherita which has the colours of the Italian flag – tomato, mozzarella and basil.

Other street food includes focaccia (doughy flavoured bread), deep fried vegetables and arancini – a type of meatball. The region is also famed for its creamy mozzarella di buffalo soft cheese made from buffalo milk. Naples has some bustling fruit and veg markets and a fish market at Porta Nolana, where hard to please customers closely examine the produce and demand the best. All the best eating places in Naples serve Italian food. International cuisine is not well represented or widely popular, but is beginning to make its mark..

Italians do not have a culture of going out to drink for drinking’s sake – the focus is on socialising rather than drinking. That said, there are some lively bars and clubs in Naples – particularly around the Centro Storico. The Italian beer is Peroni or Nastro Azzurro. Rather than go for a kebab at the end of a big nights partying the youth of Naples pick up a fresh cornetti – a croissant – which can be filled with cream or chocolate from cafes and bars which bake late-night batches of these sweet pastries.

Campania – the region in which Naples sits makes some fine wines, which carry Italy’s top quality rating; Full bodied red wines from Taurasi and Aglianico del Taburno and white wines – Fiano di Avellino and Greco di Tufo. Falanghina is the most popular white. There are both traditional and fashionable wine bars called entoca throughout the city. The region is also known for its limoncello – a sweet yellow lemon liqueur.
Closest to the Neapolitan heart and responsible for a racing heartbeat if drunk to excess is strong black short espresso caffe. Served in very small cups and sweetened with sugar, its drunk standing up at the bars of the 100s of cafes within the city. There are usually a few tables and chairs to sit and take your time, but you pay extra to use these. Cappuccino is only ever drunk in the morning. The Neapolitan cake is sfogliatella – a flaky pastry will with ricotta cheese, cinnamon and candied fruit – either soft or deep fried crispy. And of course there's ice-cream. As much an event as a dessert – fantastically good gelato (ice-cream) is available in gelaterie – who specialise in making dozens of flavours – usually on the premises.

**Café/Restaurants**

**Pizzeria Brandi**
The story goes that the first magherita pizza was made for Queen Margherita on a visit to Naples in 1889. Pizzaiola Raffaelle Esposito made her a pizza based on the colours of the national flag of green, white and red and thereafter whenever she returned to Naples she asked the pizza makers of Brandi to make the pizza for her. The pizzas here continue to be excellent and there is also a choice of other traditional Neapolitan food.

Pizzeria Brandi, Salita Sant’Anna di Palazzo ½.
Tel: (081) 416928
Opening: 12.30-3pm and 7pm-1am

**Terrazza Calabritto**
This is both a trendy bar and restaurant. There’s an excellent antipasti buffet and chefs take advantage of great local ingredients to serve the fresh fish and seafood and homemade pasta.

Terrazza Calabritto, Piazza Vittoria 1.
Tel: (081) 240 5188
Closed: Mon, Sun pm

**Gran Caffe Gambrinus**
A guide book favourite. The Liberty style marble interior of this traditional café is probably the most famous and most refined in Naples. Oscar Wilde stopped off here, and today haughty waiters serve excellent pricey cakes and pastries.

Gran Caffe Gambrinus, Via Chiaia 1-2.
Tel: (081) 417 582.
Opening: 8am – 1am daily.
Scimmia Gelaterie
There are several of these gelaterias across Naples – the most popular is in Piazza Carita. Popular flavours include stracciatella – with chocolate strands, and nocciola – hazelnut - as well as fruit sorbets.

Scimmia Gelaterie, Piazza Carita 4.
Tel: (081) 552 0272
Opening: 10am-midnight
Bars/Clubs

The Neapolitan traditional summer weekend evening activity for families, young suburban couples, and the older generation is to head for the Caracciolo seafront in Chiaia for a passeggiata (stroll), to eat ice cream and drink at a café. Meanwhile the Centro Storica is crammed with loud, bustling bars and in the warm months the young locals and students gather outside on the streets and in the Piazza del Gesu Nuovo, Piazza Santa Maria la Nova, Piazza Bellini and Via Cisterna Dell’Olio and Via Paladino.

In the summer the club scene moves out of the city to the beaches of Bagnoli and Campi Flegrei or further out of town in Pozzuoli and Ischitella. Because of licensing prospective clubbers may have to become a member of a club before being allowed entry – this costs from 10 euros upwards. The party event of the year is Notte Bianca – an all-nighter of music and performance events held all over the city every September. More sedate wine bars and chic minimalist bars can be found in Chiaia – to the west of Piazza dei Martiri, whilst Vomera’s bars attract a designer clad clientele. Most places in Naples don’t get busy until after midnight.

Enoteca Belledonne
Bottle lined brick walls give this favourite wine bars a traditional atmosphere. Popular for an after work drink, the scene is laid back and wines reasonably priced.

Enoteca Belledonne, Vico Belledonne a Chiaia 18.
Tel: (081) 403 162
Opening: 10am – 2pm and 4.30pm – 2am Tues – Sat and 4.30pm – 2am Mon.

Grooming, Via Aniello Falcone 346.
This bar is a hit with a young hip crowd in Vomero. Lined with African masks the clientele line up aperitifs and fill up on Panini (sandwiches).

Grooming, Via Aniello Falcone 346.
Tel: (081) 193 607 00.
Opening: 9am – 2am daily
La Mela
30-something chic crowd in this elegant Chiaia institution. Picky door staff only admit the smartly dressed who groove to a mainstream soundtrack.

La Mela, Via Dei Mille 40/bis.
Tel: (081) 410 270
Opening: Thurs – Sat

L’Arenile di Bagnoli
The biggest and most established of the beach side clubs. Soundtrack is indie and house and dancing is on the sand. There are occasional live music events. Just down the road is another club Lido l’Altro where the music is more commercial and retro.

L’Arenile di Bagnoli, Via Coroglio 14/B, Bagnoli.
Tel: (081) 570 6035

Vibes on the Beach
The clue is in the name – another beach location for this bar/club which focuses on chilling. Frozen daquiris and a nu-jazz soundtrack. Sunday serves up brunch on the beach.

Vibes on the Beach, Via Miseno 52, Capo Miseno.
Tel: (081) 523 2828

Nabilah
The most upmarket of the beach based clubs with prices to match. Set on the beach itself it’s a decadent mix of candles and sofas. Just along the road is the Sohai Beach Club.

Nabilah, Via Spiaggia Romana 15, Fusaro
Tel: (081) 868 9433
Arts/Entertainment

Art

Before the investment in the city in the 90s, Neapolitan art could almost only be found in churches or museums, but with the opening of 2 modern art galleries in 2005 and a boom in street art the contemporary art scene is today looking much healthier. Outdoor modern installations have been exhibited in Piazza Plebiscito and the metro stations are used as modern art galleries. Seven of the stations on Linea 1 have significant displays of contemporary art works by international and local artists on the station walls and platforms.

The MADRe modern art museum housed in a palazzo in the Centro Storico has exhibits by Damien Hirst and Jeff Koons as well as Italian contemporary artists like Lucio Fontana. The PAN arts centre, also housed in a palazzo in Chiaia, does not have a permanent collection but is home to frequent exhibitions and performances.

MADRe, Via Settembrini 79
Tel: (081) 562 4561
www.museomadre.it
Opening: 10am-9pm Mon, Wed, Thurs, Sun
10am – Midnight Fri, Sat

PAN, Palazzo Rocella, Via Dei Mille 60
Tel: (081) 795 8605
www.palazzoartinapolinet
Opening: 9.30 am-7.30pm Mon, Wed – Sat
9.30am – 2pm Sunday
Music

In the late 19th and early 20th century Naples had a worldwide reputation as the home of Italian music. The city is responsible for 2 of Italy’s most popular songs - O Sole Mia which almost has the status of the national anthem, and Funiculi, Funicula another long time favourite. These songs may be heard at one of Naples’ cabaret/dinner restaurants like A’Canzuncella or Girula where dinner – Italian of course – is followed by traditional Neapolitan music.

A’Canzuncella Restaurant, Piazza S Maria La Nova 17/18
Tel: (081) 551 0018

Girula Restaurant, Vico Betriera a Chiaia
Tel: (081) 425 511

Naples has a small home grown popular music scene whose performers produce politicised protest anthems dealing with the disillusionment of their home city. Some of the names associated with this scene are Bisca, 24 Grana, and A67. The hip hop group 99 Posse – rapped about the city’s problems in local dialect. Almamegretta mixed political protest with reggae and funk and had national success, working with Massive Attack. Both bands no longer perform together but individual band members still occasionally perform. Ex 99 posse vocalist Raiz tours with ex Police drummer Stuart Copeland in a band called La Notte della Taranta.

One of Italy’s biggest names is Neapolitan singer Pino Danille who emerged from a political protest background in the 70s but has become far more mainstream and now sings in Italian rather than the local dialect.

Venues in which to hear live music are the bars around Centro Storica which have a small stage in the corner. In summer the piazzas and parks host both local and international acts – posters around the city, the free magazines Qui Napoli, and Zero and listings in local newspapers are the best place to look for what’s on. Every July (17, 23 and 24 for 2008) there is the international Neapolis Rock festival at Arena Flegrea. There are a mix of big names like Massive Attack, REM and the New Puritans on the line up this year along with Italian performers. The Cornetto Free Music Festival is held in the piazza Plebiscito every June.

Jazz

The jazz scene centres on the nationally respected Otto Jazz Club which features impro from local musicians as well as advertised national and international performers. Daniele Sepe is a local acclaimed jazz saxophonist and Blue Stuff play classic Chicago blues sung in Neapolitan.

Otto, Piazzetta Cariati 24
Tel: (081) 666 262
Opening: Thur –Sun
Opera
For classical culture the main venue is the prestigious Teatro di San Carlo. The opera season runs from September to June with world class performances of traditional operas, second only to the Scala in Milan. Tickets can be hard to come by. In the summer months the theatre hosts baroque classical concerts and ballet. Naples has one of Italy’s most prestigious music schools – the Conservatorio di Musica San Pietro a Majella – which holds occasional concerts and masterclasses.

Teatro San Carlo, Via San Carlo 98
Tel: (081) 797 2331
www.teatrosancarlo.it

Conservatorio di Musica San Pietro a Majella, Via San Pietro a Majella 35
Tel: (081) 564 4411
www.sanpietromajella.it

Theatre
In the 16th century Naples developed Commedia Dell’Arte – comic theatre - which featured jugglers, clowns and the characters Harlequin and Pulcinella. Pulcinella – the original Punch - is a symbol of the city. Today’s theatre scene is more conventional.
The small Teatro Mercadante is a gorgeous 18th century building and features the best of Italian touring companies, and the occasional more avant-garde production.

Teatro Mercadante, Piazza Municipio 1
Tel: (081) 551 3396
www.comune.napoli.it/mercada
Shopping/Fashion

Souvenirs include bottles of pure olive oil, local wine, the liqueur limoncella, majolica-style ceramics, Capodimonte porcelain, and Christmas cribs and figures known as presepi. Via Toledo is the main shopping street – a grubby high street lined with small discount stores as well as high street names and department stores. Off Via Toledo is the faded grandeur of Galleria Umberto - a gorgeous glass domed, marble floor arcade.

Smarter shopping can be done around Piazza Vanvitelli and Via Scarletti in Vomera and along Via Chaia and Piazza Dei Martiri in Chiaia – where Prada, Gucci, Armani, Valentino etc all have stores. Spaccanapoli is lined with smaller family run businesses. Via Pignasecca and Montesanto is the area to head for specialist food shops and an excellent market. Neapolitans, like the rest of Italians, shop for their food daily and what they buy depends on the season and what is freshest.

Most shops close for a long lunch between 1330 and 1630 and then stay open until 2000 or 2100. Many shops are closed on Saturday afternoons and Sundays and for the whole month of August.

Presepi
The workshops along Via San Gregorio Armeno are famed for making presepi – Christmas nativity cribs and figures. These can be extremely elaborate kitsch affairs including water features. The street is packed at Christmas time, but the shops stay open all year round and have diversified into making caricatures of modern day figures of politicians like Berlusconi, footballers and film stars.

Markets
Everything from live shellfish to private DVDs are available at the lively daily market at Porta Nolana. Stalls stack up high quality fruit and veg, olives and different breads. Seafood includes lobster and octopus and dozens of types of fresh fish. But it’s not just fish – pirate CDs, DVDs, software, mobile phones, leather shoes, toys and cheap beer can be purchased here. La Pignasecca on Via Pignasecca, off Via Toledo is a market for mainly fruit, veg and fish. There is a daily flower maket – Mercato dei Fiori – on the east side of Castel Nuovo - which opens at dawn. Mercatino di Posillipo on Viale Virgilio, every Thursday morning is where to go for fashionable but cheap clothes, shoes and bags.
**Menswear**

Neapolitan made-to-measure tailors are known for their excellence throughout Italy. The tailors use traditional methods, fine fabrics, hand stitching and great attention to detail. The well known names include Mariano Rubinacci and Cesare Attolini for suits, Borrelli and Matuozzo for shirts and Marinella for ties.

**Marinella**

A Naples institution selling hand made gentlemen’s ties. Prince Charles orders his made-to-measure ties from here. Using mainly British fabrics this tiny store, founded in 1914, also sells elegant bespoke and prêt-a-porter shirts, sweaters, and aftershaves.

Marinella, Riviera di Chiaia 287A, Chiaia.  
Tel: (081) 245 1182  
Opening: 6.30am-1.30pm and 4pm–8pm Mon-Sat.
Sport/Leisure

Just like the rest of Italy sport in Naples is dominated by football. The national team won the World Cup for the fourth time in 2006, and when Naples’ born hero and team captain Fabio Cannavaro returned home with the trophy, 100,000 people turned out in Piazza Plebiscito to welcome him. But the keenly followed Napoli team, whose home games can attract crowds of 80,000 during the Sept –June season have not fared as well in recent years. The team were relegated to Serie C and declared bankrupt in 2004 and the team was linked to a corruption scandal in 2006. This season the team have began a comeback and are back playing in the top division Serie A. The Napoli teams championship glory days were in the 80s when Argentinean player Maradona played for team and became a city hero. Even though it’s more than 15 years since he left there are still murals and some shrines to him within the city’s bars.

Other Neapolitan sports take place in the pool, on the beach or at sea – there’s water polo, beach volleyball, swimming, diving or sailing. The fit youth of Naples visit the gym – wearing the latest fashionista sportswear of course. Naples has a league topping basketball team. The waterfront – Via Caracciolo is perfect for cycling or jogging and on Sunday mornings skates and roller-blades can be hired.

Naples has a racecourse – Ippodromo di Agnano – at Campi Flegrei just outside town. Races are held every summer evening at 8.30pm except Monday and Friday. Racing is not the traditional horse and jockey type but horse and buggy trotting. Racegoers place bets and the summer evening events are particularly well attended.
The Islands

The Islands of Naples were once a wild and forbidding place however now Capri, Ischia, and Procida are tamed, cultivated and densely populated especially in high season. Unlike the Naples mainland they have steep cliffs and narrow beaches. Ferry and quicker hydrofoil services run from Naples to each of the 3 islands of Capri, Ischia and Procida. Boat services also run between the islands.

Capri

This Island is known as a playground for the privileged and a very popular day trip destination. The two main centres Capri town and Anacapri are almost entirely geared towards tourism so the prices are high. Capri town is at the heart of the island very close to the port Marina Grande whereas Anacapri is uphill towards the west of the island.

Capri Town is pedestrianised, the streets are lined with designer boutiques, luxury hotels, expensive bars and restaurants. At the heart of the town is La Piazzetta, a small piazza full of chairs from the café’s which surround it. This is a very popular picturesque spot. The two main shopping strips are Via Vittorio Emanuele and Via Camarelle, if you are looking for a new Prada bag or Rolex then this is the place to be. Lemon products such as perfume and liqueur and hand made ceramics are popular souvenirs.

The Grotta Azzurra (Blue Cave) in Anacapri is the must see of the Island – so named because of the sunlight which shines up through the water creating a magical blue glow. To see this you have to take a boat tour from the Marina Grande. Another popular attraction are the ruins of Villa Jovis (also known as Palazzo di Tiberio) east of Capri town. Standing 354m above sea level this used to be Roman Emperor Tiberius’ main Capri residence. The ruins give a great idea of how grandly Tiberius once lived.

Water sports are popular in Capri so head down to the Marina Grande to hire a boat or book a dive. There are few beaches in Capri and those that there are are quite small and often pebbled. Marina Piccola has a handful of small beaches below the towering cliffs on the Southern side of the Island. At the Western end is the Scoglio delle Sirene (Rock of the Sirens) and a Saracen tower. Faraglioni is the place where there are huge rocks rising out of the water which is the classic Capri view and a popular sightseeing area.

Most people only visit Capri for a day trip, however for those who chose to stay over nightlife in Capri is very relaxed. Most people head to the Piazzetta cafés and spend the night in the square having a few glasses of wine. The celeb favourite spot is Guarracino bar in Capri town which is possibly the Island’s most famous night spot. Those searching for a club should try Musme which is a flash disco on Capri town’s shopping strip or Baraonda which attracts a younger crowd dancing to hip hop, house and revival.
The only way to get to Capri is ferry or hydrofoil. The journey lasts between 45 and 75 minutes and costs between €8 and €14 depending on the mode of transport. All ferries come into and depart from the Marina Grande just by Capri town. There are about 8 departure times from Naples hourly, the earliest being 7.30am, and the last return of the day from Capri is 18.35. (Services are extended during the summer – so check locally). Popular ferry companies are Caremar, Snav, Neapolis and Navigazione Libera del Golfo (NLG). Depending which company you go with you will either depart Naples from the central quay of Molo Beverello or Mergellina at the western end of the bay.

Caremar, Tel: (081) 837 0700, www.caremar.it
Snav, Tel: (081) 837 7577, www.snav.com
Neapolis, Tel: (081) 837 0819
NLG, Tel: (081) 552 0763, www.navlib.it

When at the Marina Grande most people take the funicular to Capri Town, these operate between 6.30am -9.30pm, tickets cost about €1.30 and can be bought from the booths to the west of the port.

Most people use buses to get around the island and an all day ticket costs €6.70. Cars can not be hired on the Island but scooters can, and taxis are plentiful.
Ischia

This is the biggest of the Islands and has a thriving spa industry. It has bigger beaches than Capri, botanical gardens and even a castle.

Ischia Porto and Ischia Ponte are the most popular destinations on the Island and although two separate towns, they are joined by either end of one long continuous sprawl of buildings, beaches and shops.

The harbour of Ischia Porto is an interesting sight as it was once a volcanic crater and this can clearly be seen from its shape. The harbour is surrounded by restaurants serving fresh seafood and offering great views.

Spiaggia di San Pietro e della Marina is probably the most popular and best beach on Ischia.

Just off Ischia Ponte you will find the castle Castello Aragonese - an extraordinary maze of steps and walls, and vine and olive terraces, with amazing views on all sides. This fifth century BC castle sits on an enormous eroded rock and has been a refuge throughout history. There is a lift up to the castle but for those more energetic there is an amazing stepped tunnel through solid rock. The castle is home to an 18th century church which holds temporary exhibitions.

The most popular spa on the island is probably Giardini Poseidon, which is south of Forio. It is a complex with saunas, 21 pools, Jacuzzis and a long private beach. The spa is set on the volcanic cliff side so has some great sea views. Its best to take cash as credit cards are only accepted for treatments.

Giardini Poseidon Spa, Via Mazzella, Spiaggia di Citara, Tel: (081) 908 7111, www.giardiniposeidon.it

For nightlife Ischia Porto has the best buzz of bars and clubs. Bar Calise draws in a mixed crowd. Waist-coated waiters serve cocktails to a soundtrack of Latin, swing and folk music. Clubbers head to Valentino for a mixture of house and techno.

Bar Calise, Pazza degli Eroi 69, Tel: (081) 99 1270
Valentino, Corso Vittoria Colonna 97, Tel: (081) 99 2653

For shopping head to Ischia’s Via Roma which offers narrow streets with cobbled stones and a variety of shops selling everything from bikinis to jars of baba (sponge soaked in rum). Sant’Angelo and Forio are lined with tiny boutiques and art galleries.

Like Capri most people travel around the Island by bus, they run every 15-30 minutes and a ticket for the whole day is €2.74. Some parts of the island are pedestrianised but cars and scooters can be hired. Where there are roads these are small and thin and difficult to navigate.
To get to Ischia you will need to take a boat from Naples Beverello or Mergellina Marinas. The journey takes about 1 hour 35 minutes or 45 minutes if on a hydrofoil service and costs between €5.60 and €14. There are several Ferry Companies such as Caremar, AliLauro and Medmar.

Caremar, Tel: (081) 837 0700, www.caremar.it
AliLauro, Tel: (081) 497 2238, www.alilauro.it
Medmar, Tel: (081) 333 4411, www.medmargroup.it.
Procida

This is the smallest Island of the three. It has traditional buildings and a thriving fishing industry. People come here for peace and quiet.

High above the village sits the abandoned Castello d’Avalos which was a prison until 1985 but in more recent years has been used as a film set. This is the highest point on the island and has amazing views.

A buzzing nightlife is not something you will find here. There are low key alternatives such as GM Bar which features live jazz, latin or local pop acts on a Friday night or a house or latin night on a Saturday and Sunday. Further up the street is a more relaxed people watching spot at Bar Roma which plays chill-out tunes.

The Island is tiny so the best way to get about is on foot. There are taxis and buses but they are not really necessary.

The best beach here is Spiaggia di Chiaia but it is a steep walk down a flight of steps to get to it. Water sports are quite popular in Procida and boats can be rented from the Marina Grande. There are many diving courses which can be taken in the waters around the island as well as good diving spots.

To get to Procida you can take a ferry or the speedier hydrofoil from Naples Beverello Marina or Ischia and this will take between 30 and 60 minutes. Caremar have 12 daily runs and Snav have 4. The journey will cost around €11 depending who you travel with. All boats come in and out of Procida’s main port Marina Grande.

GM Bar, Via Roma 117, Tel: (081) 896 7560
Bar Roma, Via Roma 163, Marina Grande, Tel: (081) 896 7460
Caremar, Tel: (081) 551 3882, www.caremar.it
Snav, Tel: (081) 428 55555, www.snav.it
Safety and Scams
Naples has a reputation as an unsafe city. Visitors are very unlikely to encounter the camorra and its activities but do have to be wary about petty crime and theft. Pick pockets and scooter riding handbag thieves operate in the main tourist areas and on public transport and stations. Tourists are advised to carry bags closely and not on the shoulder, keep valuables and cameras out of sight, not wear expensive watches or jewellery, and not carry large amounts of cash. Cars are also a target for theft and valuables should not be left inside the car. One scam operates on the motorway from Naples to Salerno, when robbers can puncture a moving car’s tyre and then offer help – whilst distracted they steal the owners belongings. Some districts of Naples should be avoided at nighttime – these are Quartieri Spagnoli, La Sanita, Mercato and around Piazza Garbaldi.

Passports
Passports should be valid for the duration of your stay in Italy.

Leaving a Tip
If service charges are included in a restaurant bill you are not expected to tip but where they aren’t then 10% or so is appreciated and expected in expensive restaurants. It is common practice, to leave a small amount in bars when standing having a drink or café – around 20 cents on the counter. Prices in bars and cafes double (sometimes even triple) if you sit down and tipping needs to reflect this. Round up the fare to the nearest euro for taxi drivers.

Currency
Italy’s currency is the Euro
Symbol is €
Exchange rate:

1 British pound = 1.26 Euro
5 British pound = 6.30 Euro
10 British pound = 12.60 Euro

1 Euro = £0.79
5 Euro = £3.95
10 Euro = £7.91
Sample Price Guide
- Can of soft drink €0.80 average
- Bottled water €1.00 - €2.00
- Slice of pizza €2.00 average
- Bottle of Peroni €2.50 average
- Bus ticket €1

Local Information

Time: GMT + 1 hour (summer)

Sunrise and sunset:
Early July:
Sunrise 0535
Sunset 2035

Weather
In Naples, the climate is typically Mediterranean, with high temperatures and sunny days in the summer and colder, damper weather in the winter. July and August are usually very hot and temperatures tend to stay around 30°C for much of this time.

Dialling Codes
The international country dialling code from the UK to Italy is +39 and the Naples city code is +81.

The outgoing international code dialling out of Italy is 00, followed by the relevant country code (e.g. 0044 for the United Kingdom).

Dialling within Naples from a mobile phone use the (081) prefix.

Dialling within Naples from a landline drop the (081) prefix.

Electricity
Electrical current is 230 volts, 50Hz and plugs are European 2 pin.

Business Hours
- Offices: Mon-Fri: 0930 – 1300 and 1530 - 1930
- Banks: Mon-Fri: 0830 - 1330 and 1430 - 1630
- Shops: Mon–Sat: 0900 – 1330
  Mon–Fri: 1630 – 2030

In Naples department stores, tourist shops and big supermarkets have continuous opening and some may open Sunday morning.
Public Transport
Naples’ public transport network includes metro, tram, bus, suburban trains and funicular. Metronapoli runs the city’s two metro lines and also the three funiculars up and down the city’s steep hills. ANM operates most of the city’s buses and two tram lines.

The city’s ANM buses are fairly frequent, most departing from or travelling through Piazza Garibaldi where there is an ANM kiosk which can provide route information.

There are two metro lines, line 1 runs north from Piazza Dante to Piazza Vanvitelli then onto Piscinola in the suburbs. Line 2 runs from Gianturco with stops at Piazza Garibaldi, Montesanto and then on out of town to Bagnoli and Pozzuoli.

Funicular railways run up to Vomero from stations at Piazza Montesanto, Piazza Amadeo and Via Mattia.

Trams run along the shoreline from Piazza Mercato to Piazza Vittoria in Chiaia.

It’s possible to buy just one ticket to travel on all Naples’ different public transport – these are available from news stands, tabacchi (newsagent/tobacconists), or a ticket machine at metro stations.

A single ticket allowing 3 trips on public transport including one trip on a metro and funicular costs 1 euro and is valid for 90 minutes. A 24hr ticket for unlimited travel on all public transport costs 3 euros for weekdays and 2.50 euros at weekends. Tickets need to be endorsed in a ticket machine before starting a journey. The machines are usually positioned at the entrance to platforms in railway stations, in the entrance hall to metro stations and on board buses and trams. Officials patrol public transport and will issue an on the spot fine of Euros 50 to 60 if you do not hold an endorsed ticket.

Self drive is not recommended because of horrendous traffic, crazy driving and the difficulties with parking.

Crossing the road requires keeping your wits about you, particularly in narrow alleyways of the Centro Storico where scooters hurtle round corners.
Taxis
Taxis can be picked up at ranks or pre-booked. Official taxis are white with the pulcinello city emblem on the side – make sure the meter is used. Don’t use an unofficial taxi. Taxis aren’t cheap – there is a minimum 4.50 euros charge and lots of extra charges to add on for weekends, extra luggage etc.

Consortaxi: Tel: (081) 552 5252
Partenope: Tel: (081) 560 6666/081 556 0202
Freetaxi: Tel: (081) 551 5151
Napoli: Tel: (081) 556 4444
Cotana: Tel: (081) 570 7070
# Useful Words and Phrases

Sg = singular; Pl = plural; frm = formal; inf = informal
m = masculine; f = feminine

<table>
<thead>
<tr>
<th>ENGLISH</th>
<th>ITALIAN</th>
<th>PHONETICS</th>
<th>NOTES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Welcome</td>
<td>Benvenuto (sg-m)</td>
<td>ben-vay-NOO-toh</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Benvenuti (pl-m)</td>
<td>ben-vay-NOO-tee</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Benvenuta (sg-f)</td>
<td>ben-vay-NOO-tuh</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Benvenute (pl-f)</td>
<td>ben-vay-NOO-tay</td>
<td></td>
</tr>
<tr>
<td>Hello</td>
<td>Ciao</td>
<td>chow</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Salve</td>
<td>SAL-vay</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Pronto? (on phone)</td>
<td>PRON-toh?</td>
<td></td>
</tr>
<tr>
<td>How are you?</td>
<td>Come va?</td>
<td>KOM-ay VAA?</td>
<td>y as in cry</td>
</tr>
<tr>
<td></td>
<td>Come stai? (inf)</td>
<td>KOM-ay STY?</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Come sta? (frm)</td>
<td>KOM-ay STAA?</td>
<td></td>
</tr>
<tr>
<td>I'm fine, thanks. And you?</td>
<td>Bene grazie. E tu? (inf)</td>
<td>BEN-ay GRAT-see-ay. ay TOO?</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Bene grazie. E lei? (frm)</td>
<td>BEN-ay GRAT-see-ay. ay LAY?</td>
<td></td>
</tr>
<tr>
<td>What's your name?</td>
<td>Come ti chiami? (inf)</td>
<td>KOM-ay tee KYAA-mee?</td>
<td>ky as in cute</td>
</tr>
<tr>
<td></td>
<td>Come si chiama? (frm)</td>
<td>KOM-ay see KYAA-muh?</td>
<td></td>
</tr>
<tr>
<td>My name is...</td>
<td>Mi chiamo ...</td>
<td>mee KYAA-moh ...</td>
<td></td>
</tr>
<tr>
<td>Where are you from?</td>
<td>Da dove vieni?</td>
<td>daa DOH-vay VYAY-nee?</td>
<td>vy as in view</td>
</tr>
<tr>
<td></td>
<td>Di dove sei? (inf)</td>
<td>dee DOH-vay SAY?</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Da dove viene?</td>
<td>daa DOH-vay VYAY-nay?</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Di dov’è? (frm)</td>
<td>dee DOH-vay?</td>
<td></td>
</tr>
<tr>
<td>English</td>
<td>Italian</td>
<td>Pronunciation</td>
<td>Notes</td>
</tr>
<tr>
<td>--------------------------------</td>
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<td>----------------------------</td>
</tr>
<tr>
<td>Pleased to meet you</td>
<td>Piacere</td>
<td>pyatch-AY-ay</td>
<td>py as in pure</td>
</tr>
<tr>
<td>Good morning</td>
<td>Buongiorno</td>
<td>bwon-JOR-noh</td>
<td></td>
</tr>
<tr>
<td>Good afternoon</td>
<td>Buongiorno Buon pomeriggio</td>
<td>bwon-JOR-noh</td>
<td>bwon pom-ay-REE-joh</td>
</tr>
<tr>
<td>Good evening</td>
<td>Buona sera</td>
<td>BWON-uh SAIR-uh</td>
<td></td>
</tr>
<tr>
<td>Good night</td>
<td>Buonanotte</td>
<td>BWON-uh NOT-ay</td>
<td></td>
</tr>
<tr>
<td>Goodbye</td>
<td>Ciao Arrivederci</td>
<td>chow arr-ee-ved-AIR-chee</td>
<td></td>
</tr>
<tr>
<td>Good luck</td>
<td>Buona fortuna!</td>
<td>BWON-uh for-TOO-nuh</td>
<td></td>
</tr>
<tr>
<td>Yes</td>
<td>Si</td>
<td>see</td>
<td></td>
</tr>
<tr>
<td>No</td>
<td>No</td>
<td>no</td>
<td>o as in hot, not oh as in English no</td>
</tr>
<tr>
<td>Please</td>
<td>Per favour</td>
<td>pair fav-AW-ray</td>
<td></td>
</tr>
<tr>
<td>Have a nice day</td>
<td>Buona giornata!</td>
<td>BWON-uh jor-NAA-tuh</td>
<td></td>
</tr>
<tr>
<td>I don’t understand</td>
<td>Non capisco Non ho capito</td>
<td>nohn kap-ESK-oh</td>
<td>nohn oh kap-EE-toh</td>
</tr>
<tr>
<td>Please speak more slowly</td>
<td>Può parlare più lentamente?</td>
<td>PWOH par-LAR-ay PYOO</td>
<td>py as in pure</td>
</tr>
<tr>
<td></td>
<td></td>
<td>lent-uh-MENT-ay</td>
<td></td>
</tr>
<tr>
<td>English</td>
<td>Italian</td>
<td>PWOH SKREE-vair-loh pair fav-AW-ray?</td>
<td></td>
</tr>
<tr>
<td>----------------------------------</td>
<td>------------------------------------</td>
<td>-------------------------------------</td>
<td></td>
</tr>
<tr>
<td>Please write it down for me</td>
<td>Può scrivere, per favore? (frm)</td>
<td>poOY SKREE-vair-loh, pair fav-AW-ray?</td>
<td></td>
</tr>
<tr>
<td>Puoi scrivere, per favore? (inf)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Excuse me</td>
<td>Scusa! Scusami! (inf)</td>
<td>SKOO-zaa! SKOO-zaa-mee?</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Scusil! Mi scusil! (frm)</td>
<td>SKOO-zee! mee SKOO-zee!</td>
<td></td>
</tr>
<tr>
<td>How much/many?</td>
<td>Quanto costa?</td>
<td>KWAN-toh KOST-uh?</td>
<td></td>
</tr>
<tr>
<td>Sorry</td>
<td>Scusa! (inf)</td>
<td>SKOO-zaa!</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Scusil! (frm)</td>
<td>SKOO-zee!</td>
<td></td>
</tr>
<tr>
<td>Thanks</td>
<td>Grazie</td>
<td>GRAT-see-ay</td>
<td></td>
</tr>
<tr>
<td>Many thanks</td>
<td>Molte grazie</td>
<td>MOL-tay GRAT-see-ay</td>
<td></td>
</tr>
<tr>
<td>Million thanks</td>
<td>Grazie mille</td>
<td>GRAT-see-ay MEE-lay</td>
<td></td>
</tr>
<tr>
<td>Where’s the toilet?</td>
<td>Dov’è la toilette?</td>
<td>DOH-vay laa twa-LET?</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Dov’è il bagno?</td>
<td>DOH-vay eel BAAN-yoh?</td>
<td></td>
</tr>
<tr>
<td>How do you say ... in Italian?</td>
<td>Come si dice ... in italiano?</td>
<td>KOM-ay see DEE-chay ... een ee-tal-YAA-noh?</td>
<td></td>
</tr>
<tr>
<td>Help!</td>
<td>Aiuto!</td>
<td>igh-OO-toh!</td>
<td></td>
</tr>
<tr>
<td>Fire!</td>
<td>Al fuoco!</td>
<td>al FWOH-koh!</td>
<td></td>
</tr>
<tr>
<td>Stop!</td>
<td>Ferma! Stop! Alt!</td>
<td>FAIR-maa! ALT!</td>
<td></td>
</tr>
</tbody>
</table>

or, said quickly, GRAT-see
<table>
<thead>
<tr>
<th>Call the police!</th>
<th>Chiama la polizia! (inf)</th>
<th>KYAA-maa laa pol-it-SEE-uh!</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Chiami la polizia! (fm/sg)</td>
<td>KYAA-mee laa pol-it-SEE-uh!</td>
</tr>
<tr>
<td></td>
<td>Chiamate la polizia! (inf)</td>
<td>KYAA-maa-tay laa pol-it-SEE-uh!</td>
</tr>
<tr>
<td></td>
<td>Chiamino la polizia! (fm/pl)</td>
<td>KYAA-mee-noh laa pol-it-SEE-uh!</td>
</tr>
<tr>
<td>Receipt</td>
<td>ricevuta</td>
<td>ree-CHAY-voo-tuh</td>
</tr>
<tr>
<td>Please can I have a receipt</td>
<td>Prego posso avere una ricevuta</td>
<td>PRAY-goh POSS-oh AVV-err-ay OO-nuh ree-CHAY-voo-tuh</td>
</tr>
<tr>
<td></td>
<td>Italian</td>
<td>Pronunciation</td>
</tr>
<tr>
<td>---</td>
<td>---------</td>
<td>---------------</td>
</tr>
<tr>
<td>1</td>
<td>Uno</td>
<td>OO-noh</td>
</tr>
<tr>
<td>2</td>
<td>Due</td>
<td>DOO-ay</td>
</tr>
<tr>
<td>3</td>
<td>Tre</td>
<td>tray</td>
</tr>
<tr>
<td>4</td>
<td>Quattro</td>
<td>KWAT-roh</td>
</tr>
<tr>
<td>5</td>
<td>Cinqu</td>
<td>CHEEN-kway</td>
</tr>
<tr>
<td>6</td>
<td>Sei</td>
<td>SAY-ee</td>
</tr>
<tr>
<td>7</td>
<td>Sette</td>
<td>SET-ay</td>
</tr>
<tr>
<td>8</td>
<td>Otto</td>
<td>OT-oh</td>
</tr>
<tr>
<td>9</td>
<td>Nove</td>
<td>NOH-vay</td>
</tr>
<tr>
<td>10</td>
<td>Diec</td>
<td>DYET-chee</td>
</tr>
<tr>
<td>11</td>
<td>Undici</td>
<td>OON-dee-chee</td>
</tr>
<tr>
<td>12</td>
<td>Dodici</td>
<td>DOH-dee-chee</td>
</tr>
<tr>
<td>13</td>
<td>Tredici</td>
<td>RAY-dee-chee</td>
</tr>
<tr>
<td>14</td>
<td>Quattordici</td>
<td>kwat-OR-dee-chee</td>
</tr>
<tr>
<td>15</td>
<td>Quindici</td>
<td>KEEN-dee-chee</td>
</tr>
<tr>
<td>16</td>
<td>Sedici</td>
<td>SAY-dee-chee</td>
</tr>
<tr>
<td>17</td>
<td>Diciassette</td>
<td>dee-chee-uh-SET-ay</td>
</tr>
<tr>
<td>18</td>
<td>Diciotto</td>
<td>dee-chee-OT-oh</td>
</tr>
<tr>
<td>19</td>
<td>Diciannove</td>
<td>dee-chee-uh-NOH-vay</td>
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<td></td>
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<td>---</td>
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</tr>
<tr>
<td>20</td>
<td>Vent</td>
<td>VEN-tee</td>
</tr>
<tr>
<td>29</td>
<td>Ventinove</td>
<td></td>
</tr>
<tr>
<td>30</td>
<td>Trenta</td>
<td></td>
</tr>
<tr>
<td>40</td>
<td>Quaranta</td>
<td></td>
</tr>
<tr>
<td>50</td>
<td>Cinquant</td>
<td></td>
</tr>
<tr>
<td>60</td>
<td>Sessanta</td>
<td></td>
</tr>
<tr>
<td>70</td>
<td>Settanta</td>
<td></td>
</tr>
<tr>
<td>80</td>
<td>Ottanta</td>
<td></td>
</tr>
<tr>
<td>90</td>
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