

How many days does it take to visit Naples?



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By Floriane

If you're planning a trip to Naples, the first question to ask is: **how many days should you allow to visit Naples and enjoy the surrounding area?** Is one day enough to discover the city? Should you allow 3 days? Or 4 or 5 days to add Pompeii, Vesuvius, Herculaneum or Capri? Rest assured, this is also the question we asked ourselves.

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We discovered **Naples and the surrounding region during our [tour of Europe](#)**. In this article, we share our tips for choosing the right length of time to suit your desires, each time with a quick overview of what you can do there, depending on the time you have available.

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Visit Naples in 1 day

If you only have **1 day to visit Naples**, don't panic: it's short, but it's enough if you only want to visit the city of Naples.

The good news is that Naples is a great place to visit on foot. In one day, we were able to cross the historic center, taste a real Neapolitan pizza, discover some emblematic monuments, get a view of the Bay of Naples and finish with the unique atmosphere of the Spanish Quarter.

- **In the morning:** start at **Centro Storico**, crossed by Via **Spaccanapoli**. This is the Naples you imagine before you arrive: narrow streets, ancient facades, scooters, little stores, churches and a Mediterranean ambience all around you. If you've booked your tickets in advance, add the **Sansevero chapel** and its famous veiled Christ. □ [Booking link](#)

Lunchtime: for pizza in the historic center, [Gino e Toto Sorbillo](#) is a real institution. It's notoriously crowded, but it's the perfect place to try a Neapolitan pizza (one of our favorites) without straying too far from the itinerary.

- **Afternoon:** head down to **Castel Nuovo**, **Galleria Umberto I** and **Piazza del Plebiscito**. If you still have some energy left, the **catacombs of San Gennaro** are well worth a visit. It's one of Naples' most memorable visits, especially if you love underground places and ancient stories. □ [Booking links for the catacombs.](#)

End the day in the **Spanish Quarter**, one of the liveliest parts of Naples. Here, the alleys are narrow, scooters are everywhere and Diego Maradona can be seen on almost every wall. Our recommendation for dinner: **Pizzeria 400 Gradi**, perfect if you want to try a generous pizza, with filled crust or fried version (even more fat, as we like to say, a trip to Italy is clearly not the time to start a diet). Yes, that may be two pizzas in one day... but in Naples, it's clearly a staple!

□ **Activity:** a [guided tour of old Naples, with its history, legends and Spaccanapoli](#). Ideal if you only have a day and want to quickly understand the soul of the city.

➔ To help you organize your day without wasting time, find our complete itinerary for [visiting Naples in 1 day](#).

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□ For a short stay, we recommend sleeping near the historic center or the main railway station.

[Rooms Garibaldi](#) is an address we have tried and loved: convenient location, clean room, good bedding and the possibility of visiting Naples on foot.

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Naples in 2 days

With **2 days in Naples**, you can devote the first full day to the city, then use the second to take a nearby excursion. Because, in our opinion, the best thing about Naples is clearly the region!

Day 1: Take the walking tour of Naples: **Centro Storico**, Spaccanapoli, Sansevero chapel, Castel Nuovo, Galleria Umberto I, Piazza del Plebiscito, San Gennaro catacombs, archaeological museum and Spanish Quarter. For dinner, **Antichi Saperi Partenopei** is a good address near Piazza del Plebiscito, with traditional Neapolitan cuisine. **Rigatoni alla genovese** is one of the dishes we recommend.

Day 2: Several options are available, depending on your preferences. If you're a history buff, visit the must-see archaeological site of **Pompeii** or the more confidential **Herculaneum**. On the way, explore the nearby volcano of Vesuvius, which dominates the bay.

To choose easily: **Herculaneum** is smaller, easier to read and can be visited in 2 to 3 hours. **Pompeii**, on the other hand, is much larger and more time-consuming. From Naples, allow around **20 minutes by train to reach Herculaneum**, compared with **35 to 45 minutes by train to Pompeii**.

□ If you choose Pompeii, opt for a [guided tour of Pompeii departing from Naples](#). It's practical for avoiding time-consuming organization, and explanatory panels on the site are scarce.

→ To prepare for this ancient or Ilian day, you can read our dedicated guides: [visiting Pompeii](#), [visiting Herculaneum](#), [visiting Vesuvius](#) and, finally, our complete guide to visiting [Vesuvius and Pompeii in the same day](#).

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Pompeii

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Naples in 3 days

In our opinion, **3 days in Naples** are perfect for a first real discovery.

Day 1: Spend your first day in **Naples on foot**. Stroll through the historic center, Spaccanapoli, Sansevero Chapel, Galleria Umberto I, Piazza del Plebiscito, San Gennaro catacombs, then spend the evening in the Spanish Quarter. For a pizza break in the Spanish Quarter, **Pizzeria 400 Gradi** is a simple, generous and typically Neapolitan address.

□ **Activity:** the [guided tour of the historic center of Naples](#) is perfect for understanding the history of old Naples right from the start of your stay.

Day 2: Discover **Capri**, the best-known island in the Bay of Naples. From the port of Naples, the crossing takes around **45 minutes with the fast boats**, and can take up to **1h30 depending on the company**. When you're there, the best advice is to get away from the center of town and take the small footpaths to enjoy the views with fewer people.

□ **Activity:** to simplify this excursion, you can book a [cruise from Naples to Capri](#), with a tour of the island and free time on site.

Day 3: Save the day for **Vesuvius and Herculaneum**. By car, allow around **40**

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minutes from Naples to reach the Vesuvius parking lot, then around **1h30** to climb up, enjoy the crater and descend. Then on to Herculaneum, some **12 km from Vesuvius**. By bus from Ercolano, the Vesuvio Express takes about **30 minutes** to reach the volcano.

Before or after your visit to Herculaneum, take a break at [Pizzeria Ro.Vi](#), located right next to the site. It's not the most confidential address in the world, but it's convenient, tasty and perfect for getting your strength back before continuing the day.

□ If you would like to be accompanied on site , you can book a [guided tour of Herculaneum with an archaeologist](#).

→ To help you organize your stay, take a look at our complete itinerary for [visiting Naples and the surrounding area in 3 or 4 days](#).

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Naples in 4 or 5 days

With **4 or 5 days in Naples**, you really start to enjoy the region. This is the length we recommend if you want to combine the city, the ancient sites, an island and some quieter moments.

It's also the most comfortable format if you're traveling with the family or on a road trip in Italy. The days are less hectic, you can better manage transport times and plan breaks between two major visits.

Day 1: Discover Naples on foot, from the Centro Storico to the Spanish Quarter, with a visit to the San Gennaro catacombs. In the evening, pizza is a must: you can't come here without tasting one of the city's most emblematic specialties.

Day 2: Set off for **Capri** for the day. The island is very busy, but it's still beautiful if you take the time to walk around and get away from the most touristy areas. From Naples, allow around **45 minutes to 1h30 by boat, depending on the ferry you choose**.

Day 3: combine **Vesuvius** and **Herculaneum**. It's a busy day, but very logical geographically. Naples, Vesuvius can be reached in about **40 minutes by car**, then Herculaneum is easily reached afterwards.

Day 4: Spend the day in **Pompeii**. From Naples, allow **35-45 minutes by Circumvesuviana train** or **30-40 minutes by car**. Arrive early, especially in high season, as the site is huge and much visited. To eat close to the ruins, we recommend a small family-run restaurant, just the way we like it, [Todisco](#) with home-cooked dishes like gnocchi and vegetarian lasagne, and we really enjoyed eating outdoors in the garden/patio.

□ **Activity:** a [guided tour of Pompeii with an archaeologist](#), perfect for understanding this immense site.

Day 5: Add another day at your leisure. You can choose **Paestum** for its Greek temples, another island near Naples, or a jaunt to the **Amalfi coast**. To give you an idea, **Paestum can be reached in about 1h30 from Naples**, while the Amalfi coast is about **1h south of Naples**.

□ **Activities:** if you want to round off your stay with a spectacular day out, we

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recommend an [excursion to the Amalfi Coast from Naples](#), including Positano, Amalfi and Ravello.

➔ For further information, see our articles dedicated to the [islands near Naples](#), [Paestum](#) and [Pompeii + Vesuvius in 1 day](#).

□ For a two-stage stay, you can sleep in **Naples for the first few nights**, then head to Pompeii to visit the ruins early in the morning.

- In Naples, [Garibaldi Rooms](#) is conveniently close to the central station. [Information and reservation for Garibaldi Rooms hotel](#)
- In Pompeii, we recommend [Hotel Il Vecchio Fauno](#), with free parking, a 5-minute walk from the ruins and a 30-minute drive from Vesuvius. [Information and booking for Hotel Il Vecchio Fauno](#)

Paestum

Distances and travel times from Naples

To help you decide how long you'd like to stay, here's a quick idea of how to get around Naples.

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Site around Naples	Approximate travel time	Ideal for
Herculaneum	20 min by train	A half-day or full-day tour of Vesuvius
Pompeii	35-45 min by train / 30-40 min by car	A full day
Vesuvius	40 min drive from Naples	Half-day or combined with Herculaneum / Pompeii
Capri	45 min to 1h30 by boat	A full day
Amalfi Coast	About 1 hour south of Naples	1 to 2 days if possible
Paestum	About 1h30 from Naples	A full day

This chart also helps you understand why **3 days in Naples** is a good minimum, but why **4 or 5 days** quickly becomes more comfortable if you want to explore the region.

How many days do you need, depending on your profile?

Profile	Ideal duration	Why?
Quick stopover	1 day	Discover Naples on foot and feel the city's atmosphere
Weekend in Naples	2 days	To visit the city and add a special tour
A balanced first stay	3 days	To combine Naples, Capri, Vesuvius or Herculaneum
Family travel	4 to 5 days	To slow down the pace and avoid busy days
Road trip in Campania	5 days or more	To add Pompeii, Paestum, Capri, the Amalfi Coast or other islands

Car rental from Naples

For the sites around Naples we advise you to rent a car, here's our recommendation.

To compare offers and find the best value for money, after testing several today, we use the reliable and easy-to-use [Discover Cars](#) car rental price comparator.

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□ To give you an idea of the rate, we found a car for €35 per day through Galdieri Rent to pick up at Naples airport.

For insurance: We recommend you take the [DiscoverCars full coverage](#) (about €8 per day). It may seem to represent an additional cost at the time of booking (it's sometimes higher than the rental price), but above all it's a way of traveling with peace of mind. A simple impact on the windscreen or a minor fender-bender (Neapolitan driving is very sporty) can quickly become costly, and this kind of detail can ruin a trip.

□ [Compare Naples airport deals on Discover Cars](#)

Map of good addresses

To help you organize your stay easily, we've put together an interactive map of all the activities, restaurants, hotels and stops mentioned in the itinerary.

You can also save it to your favorites or download it for offline use during your trip.

Our tips for choosing the right duration

For a first stay, **3 days in Naples is a really good format**. You'll have plenty of time to discover the city, get a taste of the Neapolitan atmosphere and add a major excursion to the surrounding area.

If you only have a day, stay in Naples and concentrate on the historic center, the catacombs and the Spanish Quarter. You'll already have a very good overview of the city.

If you're staying 4 or 5 days, consider organizing your stay by zone. Naples is easy to visit on foot or by metro, but to explore the surrounding area, the car can come in handy. Just beware of sporty driving, ZTLs and parking in historic centers.

The choice of accommodation also plays an important role. Sleeping close to the center or the main railway station can save you time in Naples. If you want to visit Pompeii early in the morning, spending the night on site can also be an excellent idea.

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So, to conclude, **how many days do you need to visit Naples?** If you just want to explore the city, **1 to 2 days may be enough**. For a complete first discovery, we recommend **3 days**. And to enjoy Naples, its bay, Vesuvius, Herculaneum, Pompeii and an island, **4 to 5 days are clearly ideal**.

We've tried to give you a **quick overview of the main things to do in and around Naples**. For more details, **we invite you to consult our articles dedicated to each location**.

Feel free to leave us a **quick note** or **5 stars** below, to tell us if you're planning this trip, to ask any questions you may have, here or on [Instagram](#), we'll get back to you with great pleasure.

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