

5-Day Neapel, Italien Vacation for Couple

From: Göteborg, Sverige | Budget: budget | Type: couple | Interests: History, Food, Nature

Trip to Naples, Italy – 5 days for couples with focus on history, food and nature

Day 1: Arrival and exploration of Naples' historic centre

- Arrival from Gothenburg to Naples Airport (NAP). Take the Alibus or a cheap taxi into the centre (approx. 20–30 min).
- Stroll through the UNESCO-listed historic centre and visit Piazza del Plebiscito as well as the royal palace Palazzo Reale.
- End the evening with authentic Neapolitan pizza at a budget-friendly classic such as Pizzeria Gino Sorbillo or Da Michele.
- Tips: The best time for walking is early evening. Pack comfortable shoes – the streets are old and uneven. Use the metro (Metro Line 1) to save money.

Day 2: Pompeii and Vesuvius – History & Nature

- Early morning: Train from Napoli Centrale to Pompeii (approx. 35 min, cheap regional trains).
- Explore the well-preserved ruins from 79 AD (bring water and a hat – it gets hot).
- Afternoon: Bus up to Vesuvius crater for a short hike and fantastic views over the Bay of Naples (approx. 1 hour hike up and down).
- Return to Naples in the evening and enjoy a simple dinner with pasta and local wine.
- Tips: Buy a combo ticket for Pompeii + Vesuvius if possible. Visit early to avoid crowds.

Day 3: Naples' underground world and food experiences

- Morning: Guided visit to Napoli Sotterranea (underground tunnels and Greek-Roman ruins) – fascinating history beneath street level.
- Lunch at a local street food market around Via dei Tribunali: try arancini, sfogliatella and fresh mozzarella.
- Afternoon free for a couple's walk along the Lungomare (seaside promenade) with views of Vesuvius.
- Dinner with seafood delicacies at an affordable trattoria in the Chiaia area.
- Tips: Book Napoli Sotterranea in advance online to avoid queues. Use the Metro or do a lot of walking.

Day 4: Amalfi Coast – Nature and romance

- Full-day trip to the Amalfi Coast (Sorrento or Positano). Take the regional train to Sorrento (cheapest) or book an affordable guided bus/minivan tour.
- Stroll around Sorrento or take a ferry to Positano for dramatic cliffs, turquoise water and romantic atmosphere.
- Enjoy a simple lunch with lemon-based dishes and gelato – perfect for couples.
- Return to Naples in the evening.
- Tips: Spring and autumn are best for fewer tourists and more pleasant temperatures. Bring sunscreen and swimwear if you want to dip your feet.

Day 5: Art, culture and return journey

- Morning: Visit the National Archaeological Museum (Museo Archeologico Nazionale) – the world's finest collection of Pompeii artefacts.
- Lunch with light Neapolitan food (e.g. parmigiana or risotto) at a nearby budget spot.
- Some time for souvenirs (limoncello, pasta, coffee) before the transfer to the airport.
- Flight home to Gothenburg in the afternoon/evening.
- Tips: The museum is relatively empty in the morning. Keep track of flight times and take the Alibus at least 2 hours before departure.

Booking Tips

- Flights: https://www.flystayride.com/flights/
- Hotels: https://www.flystayride.com/hotels/
- Car Rentals: https://www.flystayride.com/cars/
- Airport Transfers: https://www.flystayride.com/transfer/
- Tours & Activities: https://www.flystayride.com/tours/
- Travel eSIM: https://www.flystayride.com/esim/