

Sorrento Guide

The Way To Italy



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Things to Do In Sorrento

Explore the Historic Center:

Take a leisurely stroll through the charming streets of Sorrento's historic center. Admire the Renaissance and Baroque architecture, browse through local shops, and visit the stunning Cathedral of Sorrento.

Visit Piazza Tasso:

Piazza Tasso is the main square of Sorrento and a vibrant hub of activity. Enjoy a coffee or gelato at one of the outdoor cafes, people-watch, and soak in the lively atmosphere.

Explore Villa Comunale:

This beautiful public garden offers breathtaking views of the Bay of Naples and Mount Vesuvius. Take a relaxing walk, sit on a bench, and enjoy the panoramic vistas.

Visit Marina Grande:

Sorrento's old fishing village, Marina Grande, is a picturesque spot with colorful houses, small fishing boats, and excellent seafood restaurants. Enjoy a delicious meal by the water and soak in the relaxing ambiance.

Taste Limoncello:

Sorrento is famous for its production of Limoncello, a lemon liqueur. Visit a local factory or shop to learn about the production process and enjoy a tasting of this refreshing beverage.

Relax on the Beach:

Sorrento offers a few small beaches where you can relax and soak up the sun. Marina Piccola and Marina Grande are popular choices, offering beautiful views and easy access to the water.

Visit the Cloister of San Francesco:

This tranquil cloister is a hidden gem in Sorrento. Admire the beautiful architecture, explore the lush gardens, and enjoy a peaceful escape from the bustling streets.

Take a Boat Trip to Capri:

Sorrento is an excellent base for exploring the stunning island of Capri. Take a boat tour from the marina and spend a day exploring the island's natural beauty, Blue Grotto, and charming village.

Visit Pompeii and Herculaneum:

Sorrento is conveniently located near the ancient Roman cities of Pompeii and Herculaneum, which were buried by the eruption of Mount Vesuvius in 79 AD. Take a guided tour to explore the remarkably preserved ruins and learn about the history of the region.

Enjoy the Local Cuisine:

Sorrento is known for its delicious cuisine, particularly seafood dishes. Taste local specialties such as spaghetti alle vongole (spaghetti with clams) and gnocchi alla Sorrentina (potato dumplings with tomato sauce and mozzarella). Don't forget to indulge in the region's famous desserts, like pastiera napoletana and sfogliatelle.

Remember to check the opening hours and availability of attractions and activities in advance, as they may be subject to change.

Eating in Sorrento

Here are a few of my favorite authentic restaurants in Sorrento, Italy that are also popular among locals:

Trattoria Da Emilia:

Located in the heart of Sorrento, Trattoria Da Emilia is a family-run restaurant that has been serving traditional Sorrentine cuisine for decades. The menu features dishes like scialatielli pasta with seafood, gnocchi alla Sorrentina, and fresh fish caught from the nearby Gulf of Naples. The warm and welcoming atmosphere makes it a favorite among locals.

Address: Via Marina Grande, 62, 80067 Sorrento

Website: <https://www.daemilia.it/>

Ristorante O' Parrucchiano:

Established in 1868, Ristorante O' Parrucchiano is a historic restaurant in Sorrento known for its beautiful garden setting and delicious Italian cuisine. The menu includes local specialties such as Caprese salad, homemade pasta, and seafood dishes. Don't miss the opportunity to dine in the "Lemon House," a charming room adorned with lemon trees.

Address: Corso Italia, 71, 80067 Sorrento

Website: <https://www.parrucchiano.com/>

L'Antica Trattoria:

Tucked away in a quiet street near Piazza Tasso, L'Antica Trattoria is a hidden gem loved by locals. The restaurant serves traditional Sorrentine dishes made with fresh, locally sourced ingredients. Try their famous Parmigiana di Melanzane (eggplant Parmesan), fresh seafood, or their homemade desserts. The cozy atmosphere and friendly service create a memorable dining experience.

Address: Via Padre Reginaldo Giuliani, 33 - Sorrento

Website: <http://www.lanticatrattoria.com/>

Il Buco Ristorante:

Situated in the historic center of Sorrento, Il Buco Ristorante is known for its authentic Neapolitan cuisine. The menu features a variety of dishes, including wood-fired pizza, fresh seafood, and homemade pasta. The restaurant's warm ambiance and attentive staff make it a favorite spot for locals and visitors alike.

Address: Rampe Marina Piccola 5, – Sorrento

Website: <https://www.ilbucoristorante.it/>

When visiting these restaurants, it's always a good idea to make a reservation in advance, especially during peak dining hours, to ensure you secure a table.

Enjoy the authentic flavors of Sorrento and the warm hospitality of the locals!

About Me



Hello!
I'm Pamela



I have been organizing and leading tours throughout Italy since 2011.

Fond experiences of time with my Italian grand-parents (grandfather born in Sicily) lead me to seek out and share authentic adventures in Italy.

- ❖ 23 years of experience in traveling to and from Italy. Currently living in Florence Italy.
- ❖ Passionate to work with local, family-owned, small businesses for authentic Italian experiences.

I can't wait to see what we can create together in the future. *Pamela Bomkamp*

Reach out to pamela@thewaytoitaly.com or TheWayToItaly.com