

Day Trips from Salerno

The Way To Italy



Day Trips from Salerno

The Greek Ruins at Paestum

What we know today as the Archaeological Park of Paestum is a complex of ancient Greek ruins that date back to around 600BCE. But at one time the UNESCO World Heritage Site of Paestum was a bustling Greek city on Italy's Tyrrhenian coast. The site today contains the ruins of the entire ancient city, though it's mostly just a maze of foundations. However, the real reason to make Paestum one of your day trips from Salerno is to visit its three huge Greek temples—the 1st Temple of Hera (550BCE), the 2nd Temple of Hera (460BCE, sometimes called the Temple of Neptune), and the Temple of Athena (500BCE, sometimes called the Temple of Ceres).

How to get to Paestum by train

You can just as quickly and easily get to Paestum from Salerno by direct train. The ride takes between 30-45 minutes and there are no changes. From the Paestum train station it's just a 10-minute walk to the archaeological site. Because it's one of the most popular day trips from Salerno, trains between the two run pretty often.

Tenuta Vannulo Mozzarella Farm

One of the many awesome things about Salerno is that it's located in Italy's prime mozzarella di bufala region. And of all the mouthwatering cheeses in Italy, this one is the mouthwatering-est by far... which is why a trip to the Tenuta Vannulo mozzarella farm is one of the most delicious day trips from Salerno.

- Hours: Daily from 7am-7:30 except Wednesdays (9:30am-5pm)
- Admission: Visiting the farm and the stables is free but tours and tastings are not. Check the site for more info.

Napoli (Naples)

You won't be able to take in the entire city in one day, so you may want to include the following places in your day trip:

- Piazza del Plebiscito – The main square of Naples, featuring the San Francesco di Paola Basilica and the Royal Palace of Naples.
- National Archaeological Museum – Some of the best artifacts from Pompeii are found here, not in Pompeii.
- Café Gambrinus – It's time to get caffeinated at Naples' most famous café.
- Via Toledo – The main shopping street in Naples.
- The Gulf of Naples and the Castel dell'Ovo – Naples' ancient seaside fortress.
- Castel Sant'Elmo – Hilltop castle where you can get amazing views over Naples.

To maximize time, I highly recommend guided city tour with food tasting. Naples is famous for its food culture.

How to get to Naples by train

Likewise, you can easily get to Naples and back from Salerno via train. The route is direct (no changes) and takes about 40 minutes. When searching for trains, be sure to put in *Napoli* as your destination.

Matera – Italy's oldest city

Matera is dubbed the oldest city in Italy and one of the oldest cities in the world, in fact. This UNESCO World Heritage Site is made up of ancient cave dwellings and is a truly unique place to visit. It has some of the most beautiful scenery and settings and is unlike most other small Italian cities.

The Amalfi Coast

One of the best things about Salerno is that it technically isn't part of the Amalfi Coast, but is still close and accessible to the entire thing.

How to get along the Amalfi Coast

The best and most beautiful way to get to all the hilltowns (Positano, Amalfi, etc.) is by ferry. Public Ferries open of r service in late March. If you plan on using the ferry, plan to go as soon as the service opens in case of bad weather later in your stay.

For Ravello - check the local bus schedule or higher a taxi.

The Archaeological Site of Pompeii (Pompei)

The archaeological site of Pompeii is probably the most well-known of the day trips from Salerno.

How to get to Pompeii by train and bus

Taking the train from Salerno to Pompeii is pretty easy too. The ride takes about 1 hour and 15 minutes, involves one change, and costs just €4.00.

"Pompei Scavi" is the actual destination you want. You will take the train to "Pompei," but you'll get off and switch to a bus that will take you to "Pompei Scavi." But when you go to buy train tickets, put in "Pompei Scavi" so you are purchasing the entire route.

Cantina del Vesuvio Winery

The best way to be close to Mount Vesuvius is spend a day at Cantina del Vesuvio, the winery located right there on its volcanic slopes. At Cantina del Vesuvio you can tour the winery, enjoy a wine tasting and food pairing, have an amazing lunch, or take a cooking class.

How to get to Cantina del Vesuvio

Because of its remote-ish location and under-the-radar-ness, Cantina del Vesuvio is best visited by hired car from Pompeii.

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