

Ischia

Campania · Italy

TRAVEL GUIDE

Tripomatic



Overview

Ischia is the largest island in the Bay of Naples. It is a volcanic island with thermal springs, green hills, beaches and small harbour towns. People have used its hot springs since ancient times. Today, spa visits are part of many trips.

Ischia suits a relaxed stay of three nights or more. Visitors come to soak in thermal pools, swim, walk up Monte Epomeo and eat well. It is a good choice for couples, families and anyone who wants a slow holiday by the sea.

When to visit

Late spring and early autumn are the best times. The sea is warm enough for swimming from June to October, and the thermal parks are pleasant. July and August are hot and busy, with the highest prices. Some hotels and beach clubs close in winter, and the wettest months are autumn and winter.

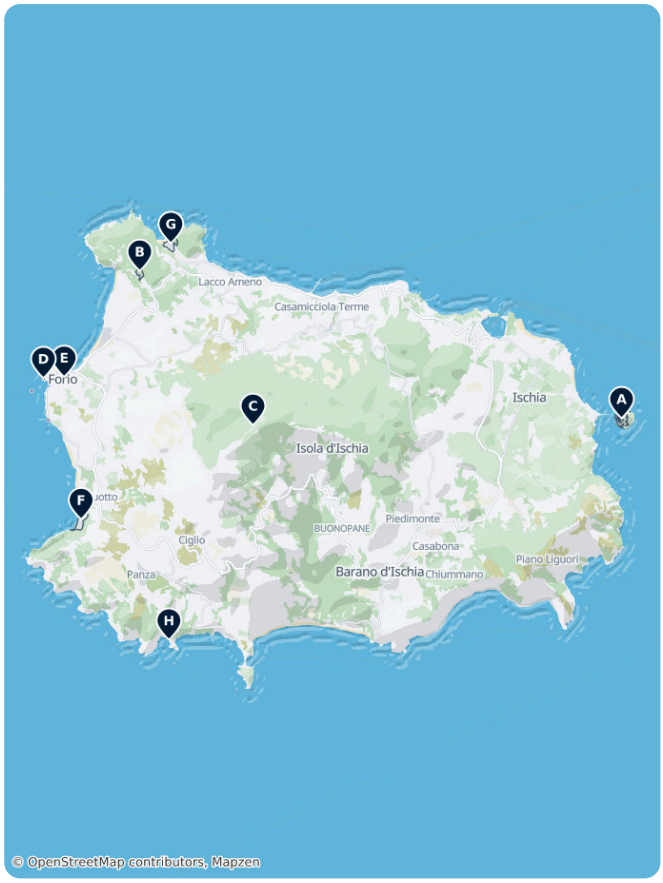
Plan around the Feast of Sant'Anna on 26 July at Ischia Ponte, when decorated boats parade and the Castello Aragonese is lit with fireworks.

MONTH	CONDITIONS	DAY °C avg / max	NIGHT °C avg / min	
January	Fair Fair for hiking	12° / 15° Feels like 9°	8° / 4°	13 rainy days · Dry air
February	Good Good for hiking	12° / 16° Feels like 9°	8° / 3°	12 rainy days · Dry air
March	Good Good for hiking	14° / 18° Feels like 11°	9° / 5°	Dry air
April	Great Great for hiking	17° / 21°	11° / 8°	Dry air · Calm winds
May	Great Great for sightseeing	21° / 25°	15° / 12°	21 sunny days · Calm winds
June	Great Great for sightseeing	25° / 30°	19° / 15°	24 sunny days · Humid air · Calm winds · UV 8 (Very high)
July	Great Great for the beach	28° / 31°	22° / 19°	28 sunny days · Muggy, humid air · Calm winds · UV 9 (Very high)
August	Great Great for the beach	29° / 32°	23° / 20°	26 sunny days · Muggy, humid air · Calm winds
September	Great Great for sightseeing	25° / 29°	19° / 16°	Humid air · Calm winds
October	Great Great for sightseeing	21° / 24°	16° / 12°	Calm winds
November	Fair Fair for sightseeing	17° / 21°	13° / 8°	15 rainy days · Dry air
December	Good Good for hiking	13° / 17° Feels like 10°	9° / 5°	13 rainy days · Dry air

Best months: May, June, July, August, September, October

Climate data: NASA POWER + Copernicus ERA5-Land and ERA5 · 1996–2025

Top sights



- A Castello Aragonese stands on a rock connected to the island by a stone causeway. The first fortress here is ancient. The walk up has sea views over the bay.
- B Giardini La Mortella is a hillside garden near Forio. The composer *William Walton* made his home here, and his wife *Susana Walton* created the garden. It is shady and quiet, a good break from the beach.
- C Monte Epomeo is the highest point on the island, at about 790 m. Walk up for views over the whole bay. Wear proper shoes and bring water.
- D Santa Maria del Soccorso is a white church on a headland in Forio. It is a favourite place to watch the sunset.
- E Il Torrione is the old defence tower beside the sea in Forio.
- F Giardini Poseidon Terme is the island's best-known thermal park, near the Citara beach. It has many pools of different temperatures.
- G Negombo is a thermal park with pools in a garden, near San Montano bay.
- H Sorgente Sorgeto is a small bay where hot water flows into the sea. You reach it on foot by a long set of steps. Go early, as it gets crowded.

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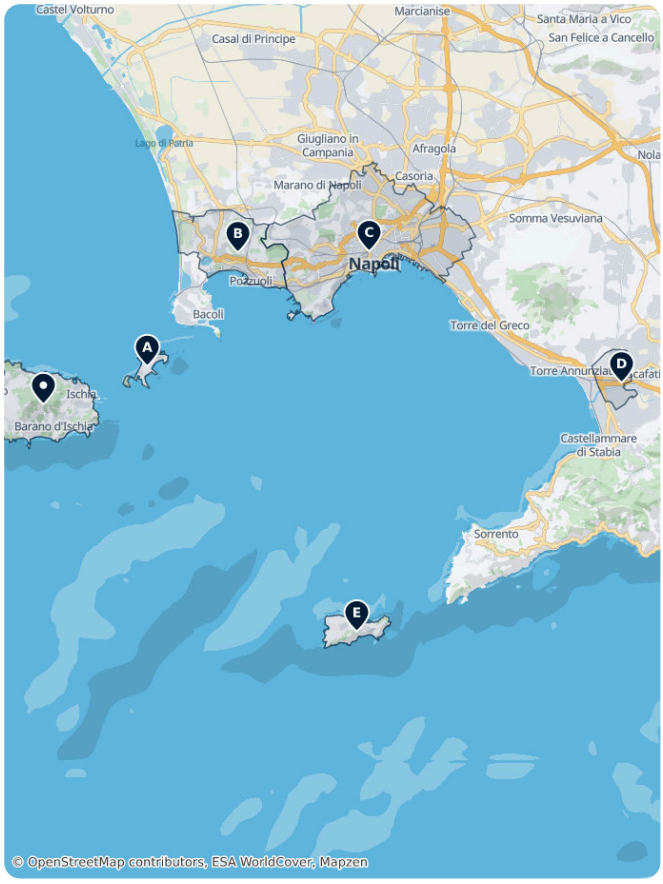
What to experience

- **Thermal soak**: Spend an afternoon in a thermal park, or float in the hot springs at Sorgente Sorgeto. A spa visit is the main ritual of an Ischia trip.
- **Sunset in Forio**: Watch the sun go down from the headland at Santa Maria del Soccorso, then have an aperitivo in the town.
- **Boat trip around the island**: A boat day shows coves that are hard to reach by land.

Day trips

Ferries link Ischia with the Naples area, so these places are easy day trips.

- A Procida is the nearest island, about 20 minutes by boat. It has pastel-coloured fishing harbours and a quiet pace.
- B Pozzuoli is about 1 hour by ferry. It has a Roman amphitheatre and sits in a volcanic area known for steam vents.
- C Naples is about 50 minutes by hydrofoil and up to 1 hour 45 minutes by ferry. Go for the historic centre, the National Archaeological Museum and pizza.
- D Pompei is reached by ferry to Naples, then a local train. Plan a long day for the Roman ruins.
- E Capri has direct boats in season. In winter, go via Naples. Plan a full day.



Where to explore

The island has six towns. The main base for most visitors is the town of Ischia, with the main port and the old castle quarter.

- Along the north coast, Casamicciola Terme and Lacco Ameno are the main spa towns.
- On the west coast, Forio is known for sunsets and beaches.
- In the south, the villages of Barano d'Ischia and Serrara Fontana lead to Maronti beach and Sant'Angelo.

For other trips in the bay, see Procida, Capri and Naples.

Getting there

Ischia has no airport and no bridge. All visitors arrive by sea.

- **By air**: The nearest airport is Naples Capodichino (NAP). Take a taxi or bus to the port in Naples, then a boat to Ischia.
- **By boat from Naples**: Hydrofoils leave from Molo Beverello and take about 50 minutes. Slower ferries leave from Calata Porta di Massa and take up to 1 hour 45 minutes. Both can carry you to Ischia Porto or Casamicciola Terme.
- **By boat from Pozzuoli**: Ferries and hydrofoils take about 1 hour to Ischia Porto. Metro line 2 and the Cumana train from Naples both serve Pozzuoli town.
- **Island ports**: Ischia Porto, Casamicciola Terme and Forio. Choose the one closest to your hotel, since island buses are slow.

Getting around

- **Buses**: EAV buses cover the island. Two circular lines, CD and CS, run in opposite directions around the island from the Ischia Porto bus station. Other lines go to Sant'Angelo and Maronti beach. Buy tickets before boarding at bars, tobacconists and newsagents, and validate it if a machine is on the bus. Tickets bought from the driver cost more. Ticket outlets are listed on the EAV website.
- **Taxis**: Taxis wait at the ports and in the main towns. Agree the price before a long ride.
- **Scooters**: Many visitors rent a scooter or a small car. Roads are narrow and steep, and traffic is heavy in summer.
- **On foot**: Towns are walkable. Distances between them are long, and many places are on hills.

Getting around on foot & by bike

WALKABILITY

Moderate

Towns and harbours are walkable, but the island is hilly and distances between towns need a bus or taxi.

CYCLING INFRASTRUCTURE

Low

Steep, narrow roads and heavy summer traffic make cycling hard for most visitors.

Driving

- **Is a car worth it?** Not for most stays. Buses and taxis reach the main places. A car or scooter helps only if you stay far from a bus line. Roads are narrow, and summer traffic is slow.
- **Cars on the island**: Only slow car ferries carry vehicles, not hydrofoils. In summer, vehicles registered to Campania residents are restricted from entering the island, with some exceptions. The rules change every year, so check before you book. Cars from other regions may enter.
- **Parking**: Parking is limited in town centres and near the beaches, and it is usually paid. Hotels outside the centres often have their own parking.
- **Restrictions**: Some town centres limit traffic. Ask your hotel before you drive in.

Food & drink

Ischia food is simple and local. Try *coniglio all'ischitana*, rabbit cooked slowly with tomatoes, garlic, white wine and herbs. Fresh fish and spaghetti with clams are also common. Local white wines are made mostly from Biancolella and Forastera grapes.

For a good meal, walk the harbour at Ischia Ponte, the seafront in Forio, or the fishing village of Sant'Angelo. Restaurants in the hills often serve rabbit and home-style dishes. In summer, book dinner ahead.

What to eat & drink

LUNCH

Pizza Margherita
Thin-crust pizza topped with tomato, mozzarella, and basil, invented in Naples and still best there.

DINNER

Spaghetti alla Carbonara
Pasta with egg, cured pork cheek (guanciale), pecorino cheese, and black pepper, a Roman classic.

Risotto alla Milanese
Creamy saffron-infused rice dish from Milan, often served alongside braised veal shank.

Lasagna · Lasagne al Forno
Layered baked pasta with ragu, bechamel, and cheese, a staple of Emilia-Romagna cooking.

SNACKS & STREET FOOD

Prosciutto and Cheese · Prosciutto e Formaggio
Cured ham paired with regional cheeses, a common antipasto plate found nationwide.

SWEETS & DESSERTS

Gelato
Dense, slow-churned Italian ice cream, traditionally lower in fat and air than American-style ice cream.

Tiramisu · Tiramisù
Layered dessert of coffee-soaked ladyfingers and mascarpone cream, dusted with cocoa.

DRINKS

Espresso · Caffè
A short, strong shot of coffee drunk quickly, usually standing at a bar counter.

Wine · Vino
Italy is one of the world's largest wine producers, with regional styles from Piedmont's Barolo to Tuscany's Chianti.

Aperol Spritz
A bittersweet orange aperitif mixed with prosecco and soda water, a staple of the early-evening aperitivo.

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Safety & health

Ischia is generally safe for visitors. As anywhere, keep valuables out of sight on crowded boats, buses and beaches.

- **Thermal water**: Some springs are very hot. Test the temperature before you step in. Follow the posted rules at each spa.
- **Heat and hiking**: Summer is hot. Start hikes early and carry water.
- **Landslides**: The island is volcanic and has hilly terrain. Small earthquakes happen on the island. Heavy rain can cause landslides on steep slopes. Follow local alerts and avoid closed paths in bad weather.
- **Boats**: Sea conditions can cancel crossings in winter. Keep a flexible return plan.

History

Greek settlers from the Aegean founded a trading town here in the 8th century BCE, called Pithecusae. It was one of the first Greek colonies in the western Mediterranean. Finds from the site are in the Museo Archeologico di Pithecusae in Lacco Ameno.

The island's rock fortress, now the Castello Aragonese, was first built in antiquity. In the 15th century, Alfonso V of Aragon linked it to the island with the stone causeway used today.

In 1883, a strong earthquake destroyed Casamicciola Terme and damaged other towns on the island. The towns were rebuilt. Today, tourism and thermal spas drive the local economy.

Country facts

Quick practical facts for Italy at a glance:

CURRENCY
EUR €

EMERGENCY
112

ELECTRICITY



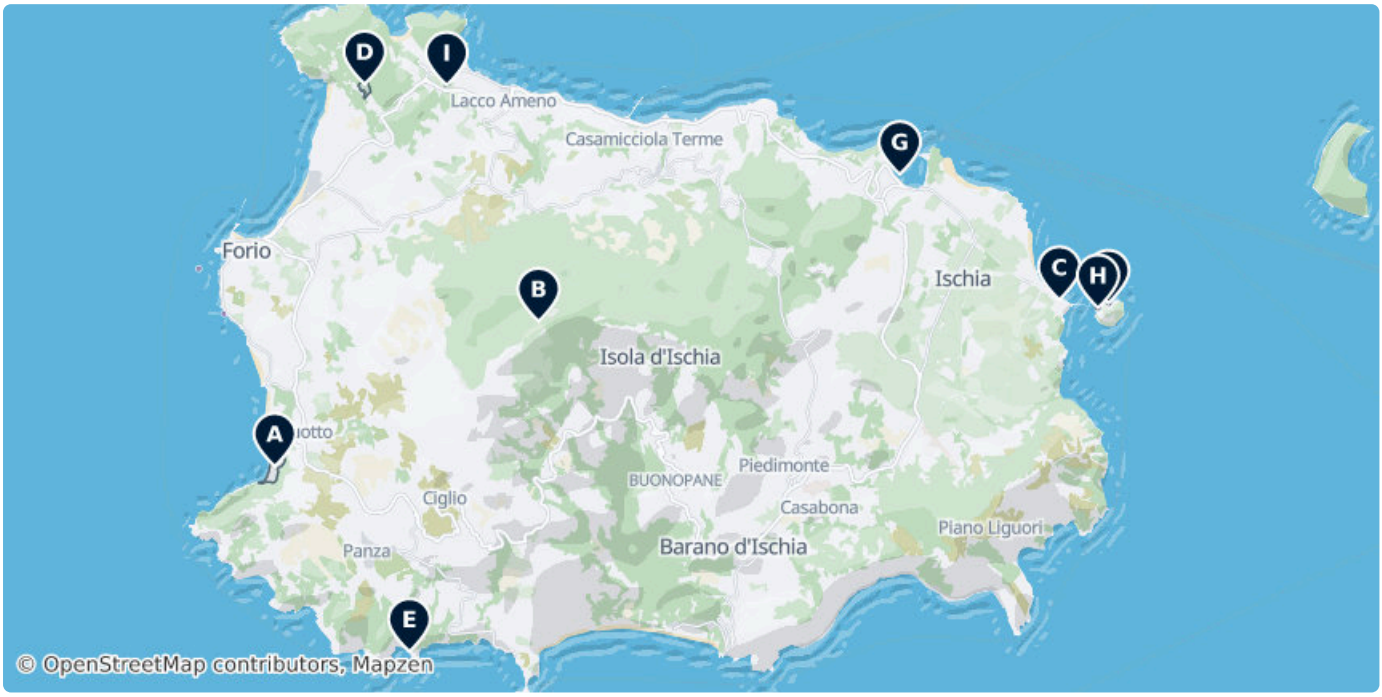
Type C / Type F / Type L
230 V · 50 Hz

LANGUAGES
Italian

TAP WATER
Safe to drink

Ischia's Must-See Wonders

Ischia, the largest island in the Gulf of Naples, is defined by its volcanic geology and extensive thermal activity. This selection features the 15th-century Aragonese Castle, connected to the island by a stone bridge, and Mount Epomeo, the island's highest peak. It highlights the botanical diversity of Giardini La Mortella and the archaeological significance of the Museo Archeologico di Pithecusae, which houses artifacts from one of the earliest Greek colonies. The list also includes the thermal baths of Poseidon and the natural hot springs of Sorgeto.





A Giardini Poseidon Terme

Thermal park in Citara Bay featuring over 20 pools, a private beach, and natural sauna caves.

Via Giovanni Mazzella, 80075 Forio NA, Italy (40.71669, 13.86165)

Mo–Su 09:00–19:00

giardiniposeidon.it, +39 081 908 71 11



B Mount Epomeo

Mount Epomeo is the highest mountain on the volcanic island of Ischia, in the Gulf of Naples, Italy.

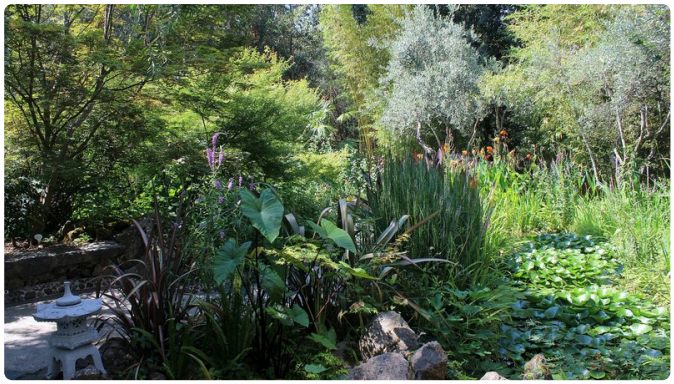
80070, Italy (40.73032, 13.89443)



C Cattedrale di Santa Maria Assunta

14th-century cathedral in Ischia Ponte with a Baroque interior and an 11th-century marble font.

Via Luigi Mazzella, 80077 Ischia NA, Italy (40.73235, 13.95909)



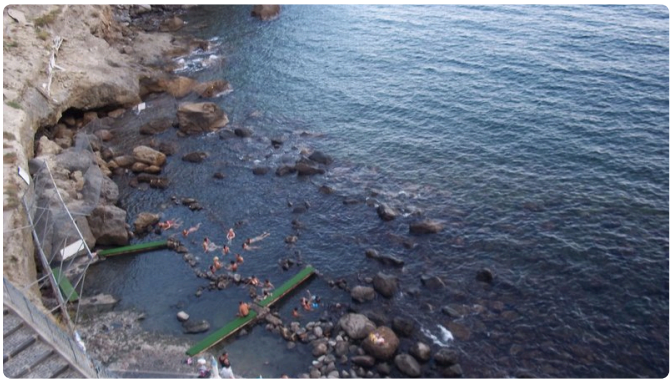
D La Mortella

La Mortella is a private garden in the island of Ischia, Italy. It was first opened to the public in 1991.

Forio 80075, Italy (40.75262, 13.87282)

Mo	Closed
Tu	09:00–19:00
We	Closed
Th	09:00–19:00
Fr	Closed
Sa–Su	09:00–19:00

lamortella.org, +39 081-986220



E Sorgente Sorgeto

Natural thermal springs in a coastal cove where volcanic water flows directly into the sea.

51 Via Sorgeto, 80075, Italy (40.69925, 13.87839)

F Aragonese

Medieval fortification complex situated on a volcanic rock islet, accessible via a stone bridge.

(40.73202, 13.96518)

G Port Iska

Main ferry terminal and harbor connecting the island to Naples, Pozzuoli, and Procida.

(40.74413, 13.93929)

H Aragonese Castle

15th-century fortress built by Alfonso d'Aragona, containing a cathedral, several churches, and a historic cemetery.

2z Ponte Aragonese, Ischia 80077, Italy (40.73159, 13.96390)



Archaeological Museum of Pithecusae

Museum in Villa Arbusto showcasing artifacts from the Greek settlement of Pithecusae, including the 8th-century BC Nestor's Cup.

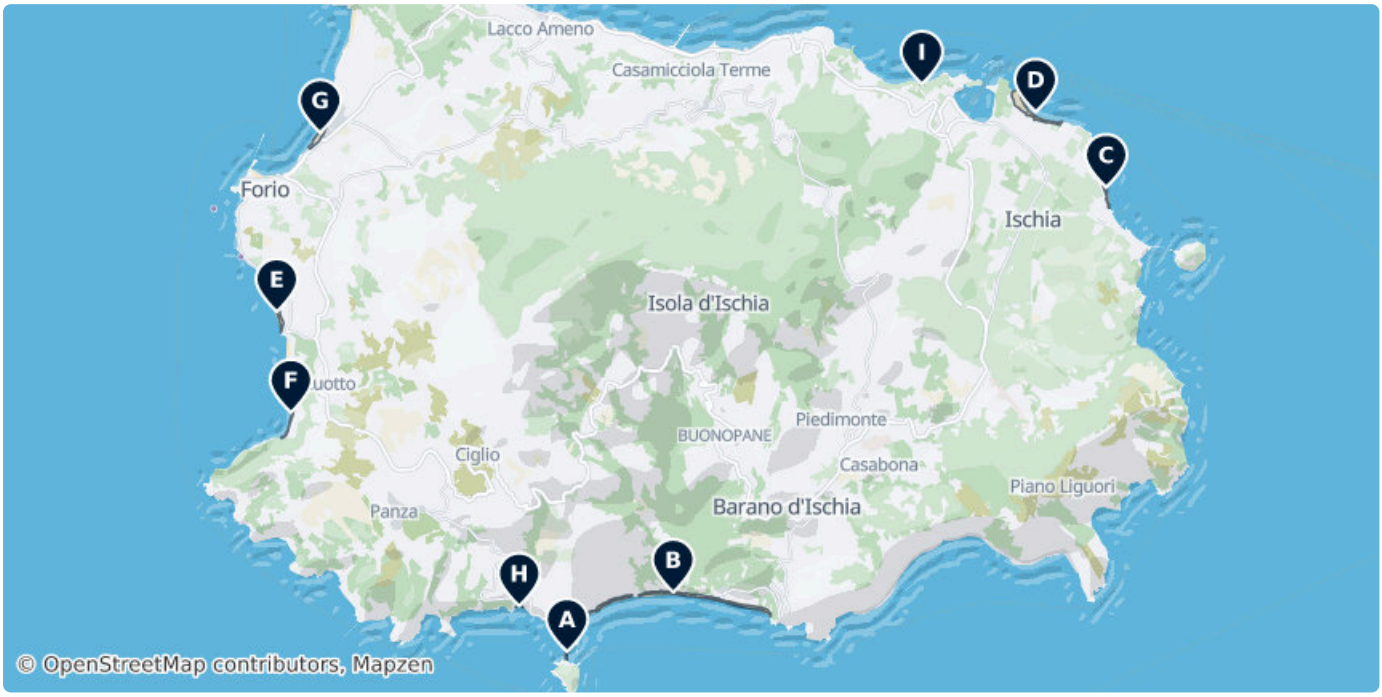
corso Angelo Rizzoli, 80076 Lacco Ameno
(40.75251, 13.88300)

Mo	Open
Tu–Sa	09:00–13:00, 14:00–17:30
Su	09:00–13:00

pithecusae.it, +39 081 996103

Beaches and Coasts

Ischia’s volcanic coastline offers a diverse range of shores, from expansive sandy stretches to secluded coves with thermal activity. This selection features the island's most notable beaches, including the three-kilometer Maronti beach with its natural fumaroles and the historic Spiaggia dei Pescatori, which provides direct views of the Castello Aragonese. The list covers various geological features, such as the dark volcanic sands of Cava dell'isola and the thermal-fed waters of Citara and Cava Grado.



A Spiaggia di Sant'Angelo

A narrow isthmus of dark volcanic sand connecting the pedestrian village of Sant'Angelo to the volcanic rock of the Torre islet.

50 Via Nazario Sauro, Sant'Angelo 80070, Italy
(40.69639, 13.89315)

B Maronti beach

The island's longest beach, spanning nearly three kilometers. It features natural fumaroles where volcanic steam heats the sand and is located near the ancient Cavascura thermal springs.

Italy (40.70161, 13.90545)

C Spiaggia dei Pescatori

Located between Ischia Porto and Ischia Ponte, this shore is characterized by traditional wooden fishing boats and views of the 15th-century Castello Aragonese.

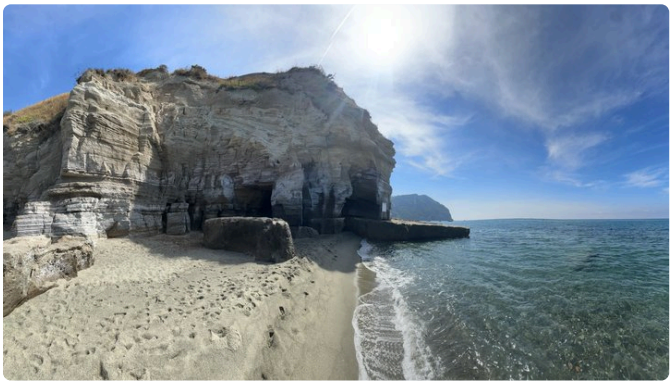
26 Spiaggia dei Pescatori, Ischia 80077, Italy (40.73714, 13.95561)



D Spiaggia di San Pietro

A central sandy beach in Ischia Porto, stretching from the harbor toward the local thermal district.

44 Via Regina Elena, Ischia 80077, Italy (40.74374, 13.94745)



E Cava dell'isola

A free-access beach in Forio with dark volcanic sand, bordered by high tufa cliffs and known for its deep waters.

Italy (40.72623, 13.85951)

F Spiaggia di Citara

Situated at the foot of Punta Imperatore, this beach is known for its proximity to the Poseidon Thermal Gardens and its mineral-rich coastal waters.

Via Giovanni Mazzella, Forio 80075, Italy (40.71738, 13.86115)

G Spiaggia della Chiaia

One of the largest sandy beaches in Forio, featuring shallow waters protected by stone breakwaters.

Forio (40.74193, 13.86455)

H Cava Grado

A small cove accessible via a steep staircase near Sant'Angelo. It features underwater thermal vents that naturally warm the seawater.

Via Succhivo, Sant'Angelo 80070, Italy (40.70039, 13.88760)

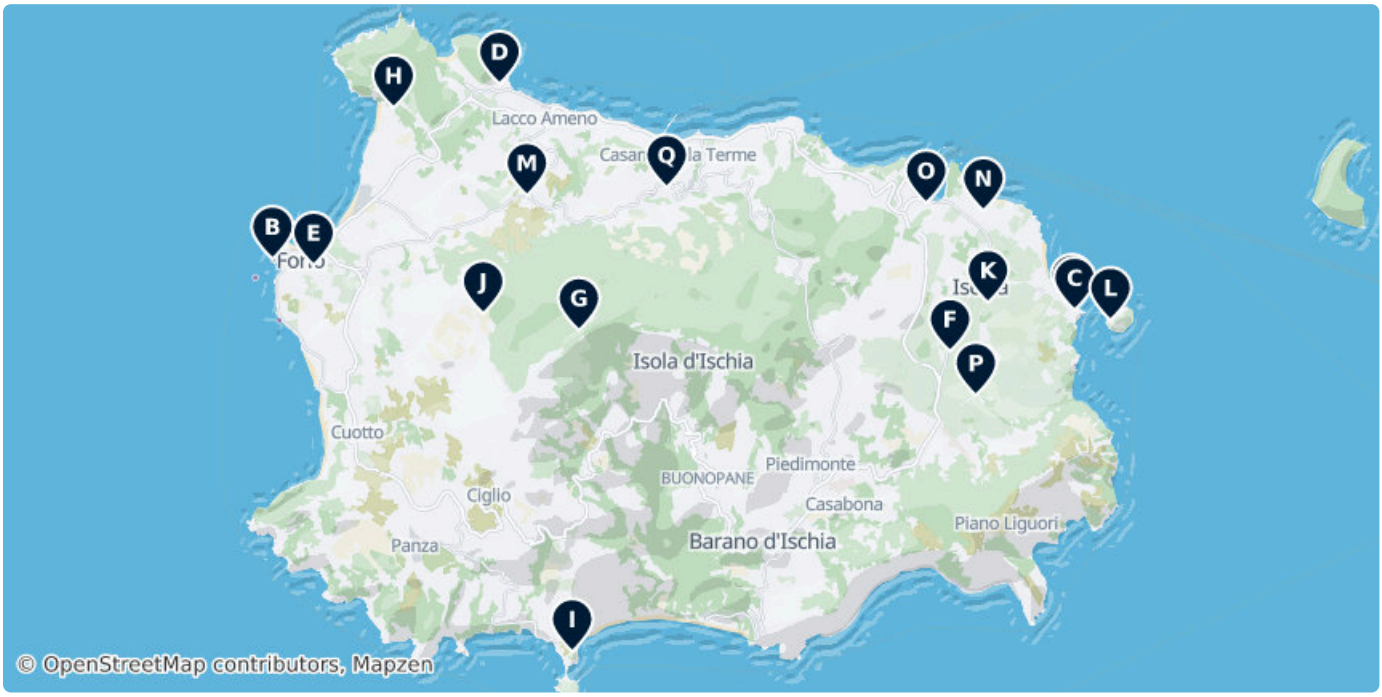
Spiaggia degli Inglesi

A small, secluded beach located in the village of Sant'Alessandro, accessible via a narrow downhill pedestrian path.

(40.74619, 13.93426)

Historic Religious Sites

Ischia's religious heritage is defined by its diverse architecture, ranging from the iconic white-washed Santa Maria del Soccorso in Forio to the rock-cut hermitage of San Nicola atop Mount Epomeo. These sites showcase centuries of history, including the 14th-century Gothic ruins of the Cathedral of the Assunta within the Aragonese Castle and the archaeological excavations beneath Santa Restituta in Lacco Ameno. Many of these churches, such as Santa Maria di Portosalvo, reflect the island's maritime culture and Bourbon patronage, offering insight into Ischia's spiritual and social evolution.





A Cattedrale di Santa Maria Assunta

18th-century Baroque cathedral in Ischia Ponte. It houses a 13th-century crucifix and a font used to baptize poet Vittoria Colonna.

Via Luigi Mazzella, 80077 Ischia NA, Italy (40.73235, 13.95909)



B Santa Maria del Soccorso

14th-century white-washed church in Forio. Features a blend of Gothic, Renaissance, and Moorish styles with 18th-century ceramic tiles depicting the Passion of Christ.

3 Via del Soccorso, 80075, Italy (40.73710, 13.85446)



C Casa natale di San Giovan Giuseppe della Croce

Sanctuary in Ischia Ponte housing the relics of the island's patron saint. The building features a distinctive green-and-yellow tiled dome.

(40.73205, 13.95947)

D Santa Restituta

Early Christian basilica in Lacco Ameno. The site includes an underground museum with Greek, Roman, and early Christian archaeological remains.

(40.75444, 13.88417)

E Basilica Pontificia Santa Maria di Loreto

16th-century basilica in Forio known for its Baroque interior, ornate marble altar, and collection of paintings by local artists.

10 Via Cardinale Luigi Lavitrano, Forio 80075, Italy (40.73651, 13.85984)

F Chiesa del Crocifisso

Located in Ischia Porto, this church is noted for a venerated 14th-century wooden crucifix and its traditional simple architecture.

(40.72794, 13.94316)

G San Nicola Epomeo

15th-century hermitage carved directly into the volcanic tuff at the summit of Mount Epomeo, the island's highest point.

80070, Italy (40.73002, 13.89458)

H San Francesco

17th-century church and convent in Forio featuring a simple facade and several notable religious artworks.

Via Tommaso Cigliano, Forio 80075, Italy (40.75208, 13.87033)

I San Michele

Small church in the village of Sant'Angelo, situated on a hill overlooking the harbor and the sea.

51 Via Sant'Angelo, Sant'Angelo 80070, Italy (40.69819, 13.89370)

J Santa Maria al Monte

16th-century church carved into the rock above Forio. It served as a refuge during pirate raids and is accessible via mountain paths.

Via Corbaro, 80075, Italy (40.73170, 13.88205)

K Chiesa di Gesù Buon Pastore

Modern Catholic church in Ischia Porto, serving the local parish with contemporary architecture.

(40.73278, 13.94811)

L Cathedral of the Assunta

14th-century Gothic ruins located within the Aragonese Castle. Destroyed by British shelling in 1809, it retains visible frescoes and architectural fragments.

2z Ponte Aragonese, Ischia 80077, Italy
(40.73104, 13.96416)

M San Giuseppe

Parish church in Lacco Ameno dedicated to Saint Joseph, featuring traditional local architecture.

26 Via Fango, Lacco Ameno 80076, Italy
(40.74341, 13.88776)

N Santa Maria delle Grazie in San Pietro

18th-century church in Ischia Porto known for its Neoclassical facade and its central location near the harbor.

(40.74190, 13.94751)

O Santa Maria di Portosalvo

19th-century church commissioned by King Ferdinand II of Bourbon. It stands prominently near the port with a Neoclassical portico.

(40.74265, 13.94004)

P Chiesa di Sant'Antonio Abate

Historic church in the Ischia Porto area dedicated to Saint Anthony the Abbot.

(40.72358, 13.94654)

Q Chiesa Santa Maria Maddalena

Rebuilt after the 1883 earthquake, this church in Casamicciola Terme features a majestic facade and serves as a local landmark.

20 Via Roma, Casamicciola Terme 80074, Italy
(40.74420, 13.90605)

DATA SOURCES

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