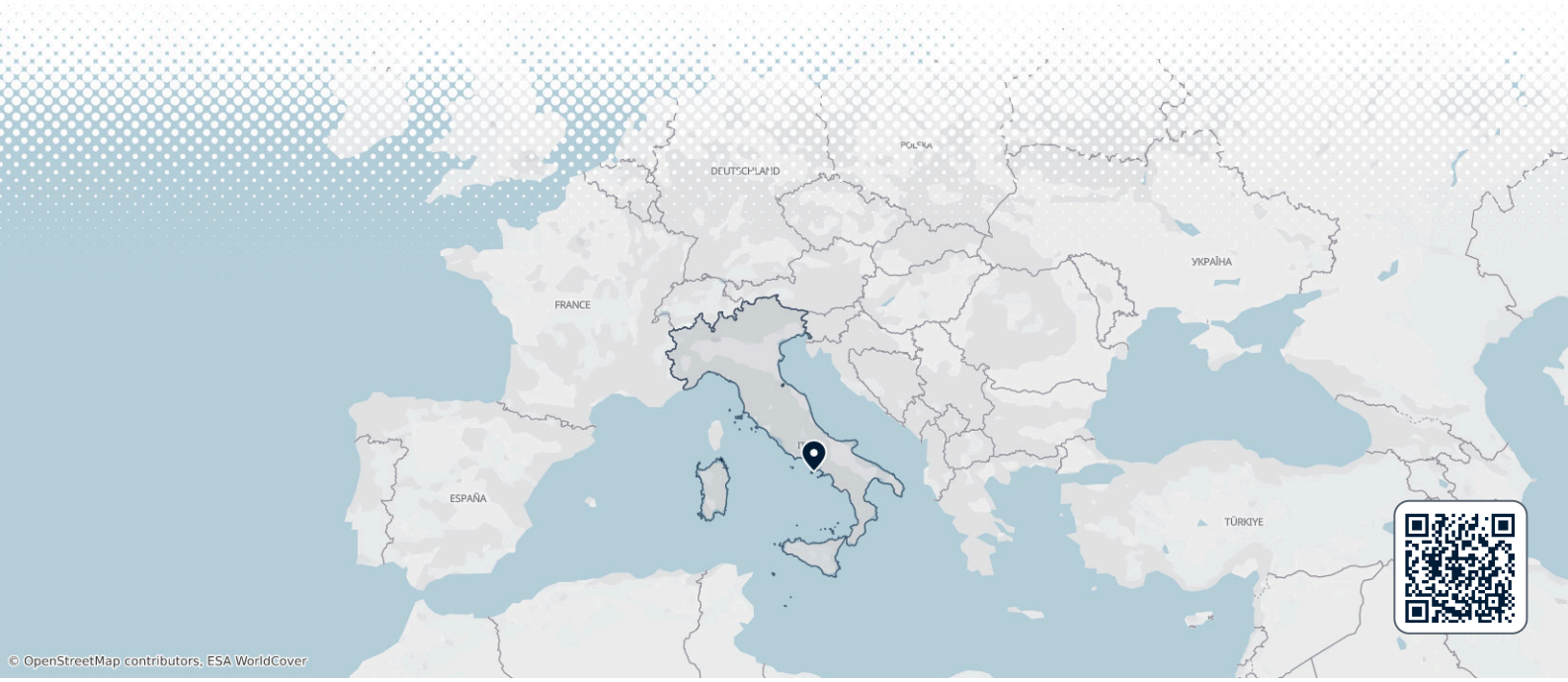


Procida

Campania · Italy

TRAVEL GUIDE

Tripomatic



Overview

Procida is the smallest of the three main islands in the Bay of Naples. It lies between Cape Miseno and Ischia. It is known for its fishing harbours of pastel houses, stacked up from the water in pink, yellow and blue. Life here is slower and less polished than on Capri, and most visitors come for the views, small beaches and long seafood lunches.

The island is only about 4 square kilometres, so you can see most of it in a day. It suits a quiet stay of two or three nights, or an easy day trip from Naples. The island appears in films such as *Il Postino* and *The Talented Mr. Ripley*.

When to visit

May, June, September and early October are the best months: warm, sunny and good for swimming without the summer crowds. July and August are hot and humid, and ferries, beaches and restaurants are busy, especially at weekends when day-trippers arrive from Naples. Winter is mild but wet and windy, and many hotels and restaurants close from November to March. Rough seas can sometimes cancel hydrofoils in winter.

The biggest event is the **Good Friday procession of the Misteri**. Members of a local confraternity carry hand-made scenes from the Bible, built by islanders, from Terra Murata down to Marina Grande. Book rooms early for Easter.

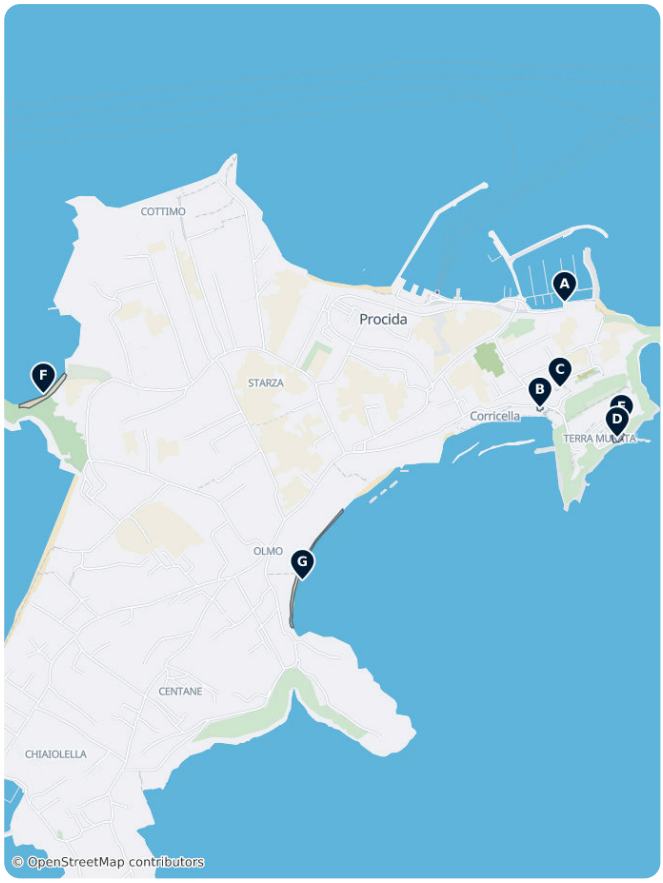
MONTH	CONDITIONS	DAY °C avg / max	NIGHT °C avg / min	
January	Fair Fair for sightseeing	12° / 15° Feels like 9°	8° / 4°	13 rainy days · Dry air
February	Fair Fair for sightseeing	13° / 16° Feels like 9°	8° / 3°	12 rainy days · Dry air
March	Fair Fair for sightseeing	14° / 18° Feels like 11°	9° / 5°	Dry air
April	Good Good for sightseeing	17° / 21°	11° / 8°	Dry air · Calm winds
May	Great Great for sightseeing	21° / 25°	15° / 12°	Calm winds
June	Great Great for sightseeing	25° / 30°	19° / 16°	24 sunny days · Muggy, 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°	27 sunny days · Muggy, humid air · Calm winds
September	Great Great for sightseeing	25° / 29°	20° / 16°	Humid air · Calm winds
October	Great Great for sightseeing	21° / 25°	16° / 12°	Calm winds
November	Fair Fair for sightseeing	17° / 21°	13° / 8°	15 rainy days · Dry air
December	Fair Fair for sightseeing	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

Procida has few big monuments. The pleasure is in its harbours, viewpoints and lanes, and most sights sit between the port and the hilltop.



- Marina di Corricella is the island's most photographed spot: an old fishing harbour of pastel houses with arches and outside stairways, reached only on foot. Come early or late in the day, when it is quieter.
- **A** Marina Grande is the main harbour where the boats arrive. Its seafront of colourful houses and cafés is the busiest part of the island.
- **B** Chiesa Santa Maria delle Grazie stands on Piazza dei Martiri. The square has a classic view over Corricella and the walls of Terra Murata.
- **C** Casale Vascello is a 17th-century fortified courtyard of tightly packed, brightly painted houses, on the road up to Terra Murata.
- **D** Abbazia di San Michele Arcangelo is the main church of Terra Murata, the walled medieval quarter on the highest point of the island. The church has a gilded coffered ceiling. Nearby, the belvedere looks down on Corricella, and the huge Palazzo d'Avalos, a former Bourbon prison, dominates the hill. Check opening times before you climb up.
- **E** Museo Civico di Procida Sebastiano Tusa tells the story of the island and its seafaring families. It is in Terra Murata; book a visit in advance.
- **F** Spiaggia del Pozzo Vecchio is a curved beach of dark sand under cliffs on the west coast, used as a setting in *Il Postino*. It is a good place to watch the sunset.
- **G** Chiaia is a long beach of dark volcanic sand below the town, reached by a long stairway, with views of Terra Murata.

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What to experience

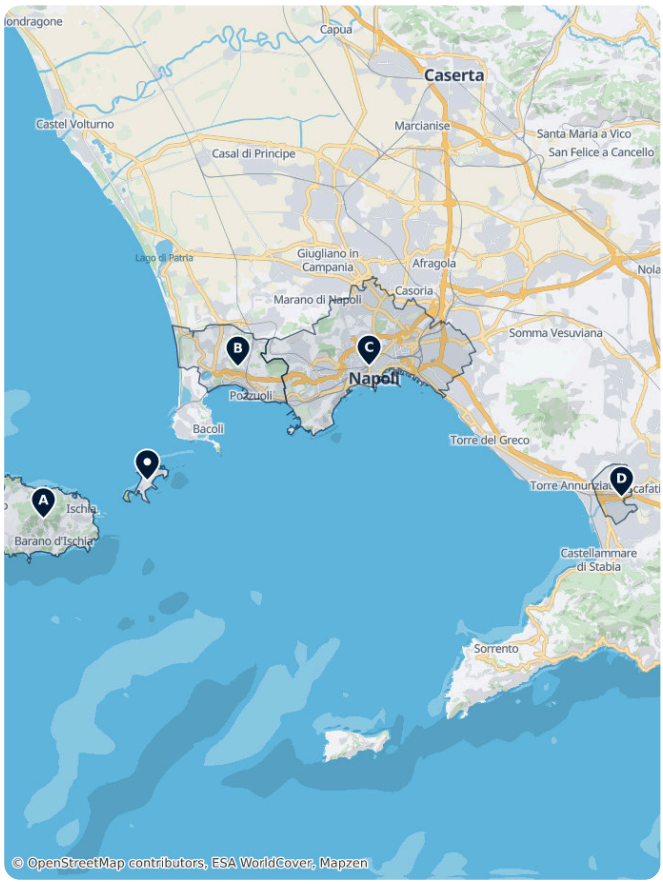
Procida is best enjoyed slowly, from the water and on foot.

- Guided walk on Vivara: The small islet joined to Procida by a footbridge is a protected nature reserve. You can visit only with an official guide, in small groups, so book online well ahead. Visits run only on set dates announced each season.
- Boat trip around the island: Small boats leave from Marina Grande and Chiaiolella for a tour of the coast, with stops to swim in coves that are hard to reach on land.
- Inside the old prison: A guided tour of Palazzo d'Avalos takes you through the cells and courtyards of a prison that was in use for well over a century. Tours must be booked in advance.

Day trips

Boats from Procida make it easy to visit the rest of the bay. Check return times before you leave, as the last boats back can be early outside summer.

- A Ischia: The larger neighbouring island is about 15–30 minutes away by ferry or hydrofoil. Go for thermal spas, gardens and the Aragonese Castle.
- B Pozzuoli: About 30–40 minutes by ferry. See the Roman amphitheatre and the volcanic landscape of the Phlegraean Fields.
- C Naples: About 40 minutes by hydrofoil. See the historic centre and the National Archaeological Museum, and eat Neapolitan pizza.
- D Pompei: Allow about 2 hours each way: a hydrofoil to Naples, then the Circumvesuviana train. It makes a long day, so start early.



Where to explore

Procida is one of several islands and coastal towns around the Bay of Naples.

- The other islands: Ischia is the closest; Capri lies across the bay.
- The city and the ruins: Naples is the main gateway, and Pompei holds the famous Roman site.
- The coast to the south: Sorrento and Positano are bases for the Sorrento Peninsula and the Amalfi Coast.

Getting there

Procida has no airport and no bridge to the mainland. Everyone arrives by boat at Marina Grande.

- By air: Naples International Airport is the nearest airport. The Alibus shuttle runs to the Molo Beverello port in Naples for about €5; allow 30–45 minutes, longer in traffic. Naples Airport
- By hydrofoil from Naples: Caremar and SNAV run fast boats from Molo Beverello in about 35–40 minutes. In summer, buy tickets in advance for busy times.
- By ferry from Naples: Slower car ferries leave from Calata Porta di Massa, next to Molo Beverello, and take about an hour. They are cheaper than the hydrofoil.
- By ferry from Pozzuoli: Ferries from Pozzuoli take about 30–40 minutes.
- From Ischia: Boats link Ischia with Procida several times a day in 15–30 minutes.
- By train: High-speed trains reach Napoli Centrale from Rome and northern Italy. From there, take the Alibus, a taxi or Metro Line 1 to Municipio to reach the port. Trenitalia

Getting around

- On foot: The island is small, and the walk from Marina Grande to Corricella or Terra Murata takes 15–20 minutes. The main road is narrow, busy with scooters and has no pavement in places, so take care.
- Bus: EAV buses run from Marina Grande across the island to Chiaiolella and other villages. Buy tickets at tobacconists, bars or newsstands, or on board for a small extra charge, and validate them on board. EAV
- Microtaxi: Small three-wheeled taxis wait at Marina Grande. They are handy for luggage and for short island tours. Agree on the price before you start.
- Scooter and bicycle: Scooter and e-bike rental is easy near the port. The roads are hilly and narrow, so e-bikes are more practical than ordinary bicycles.

Getting around on foot & by bike

WALKABILITY

Moderate

The island is small and walkable, but the main road is narrow and busy with scooters, and has no pavement in places.

CYCLING INFRASTRUCTURE

Low

Roads are narrow, hilly and busy, with no cycling infrastructure; e-bikes help.

Driving

- Is a car worth it?: No. The island is tiny, the roads are narrow and parking is very limited. Buses, microtaxis and a rented scooter cover everything.
- Restrictions: Every year, from about the end of March or April until late October, non-residents may not bring cars, motorbikes or mopeds onto the island. **Hotel guests are not exempt.**
- Leaving your car: If you drive to the coast, use a paid car park near the port in Naples or Pozzuoli and cross as a foot passenger.

Food & drink

Procida cooking is based on fish and the island's large, sweet lemons. Try the *insalata di limoni*, a lemon salad with garlic, mint and chilli, and pasta with local seafood. The best-known sweet is the *lingua*, a tongue-shaped puff pastry filled with lemon cream, sold in bakeries near the port.

For a meal with a view, choose one of the small restaurants along the waterfront at Corricella, where the fishing boats tie up. Marina Grande has more bars and cheaper options, and Chiaiolella is good for dinner after sunset. In summer, book a table for weekend lunches.

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

Procida is very safe, with little crime. Keep an eye on your bags on crowded ferries and at the port.

The main risks are practical. The main road is narrow, with fast scooters and no pavement in places. The stairways down to beaches such as Chiaia are long and steep, and there is little shade on the beaches in summer, so bring water and sun protection. The island has a small hospital for emergencies.

History

People have lived around Procida since the Bronze Age, when Mycenaean traders used the islet of Vivara. In the Middle Ages, raids by pirates drove the islanders to the high rock of Terra Murata, which they surrounded with walls. Local tradition says that in 1535 Saint Michael appeared over the island and drove away the fleet of the corsair *Barbarossa*. The saint is still honoured at Abbazia di San Michele Arcangelo.

In the late 16th century, Cardinal *Innico d'Avalos* built the huge Palazzo d'Avalos on Terra Murata. In the 19th century it became a prison, and it held prisoners until the late 20th century. As the threat from pirates faded, families moved down to the coast and built the harbours of Marina Grande and Corricella. Procida became an island of sailors and sea captains.

Writers and film-makers have long loved the island. *Alphonse de Lamartine* set his novel *Graziella* here, and *Elsa Morante* wrote *Arturo's Island* about it. In 2022, Procida became the first island named Italian Capital of Culture.

Country facts

Quick practical facts for Italy at a glance:

CURRENCY
EUR €

EMERGENCY
112

ELECTRICITY



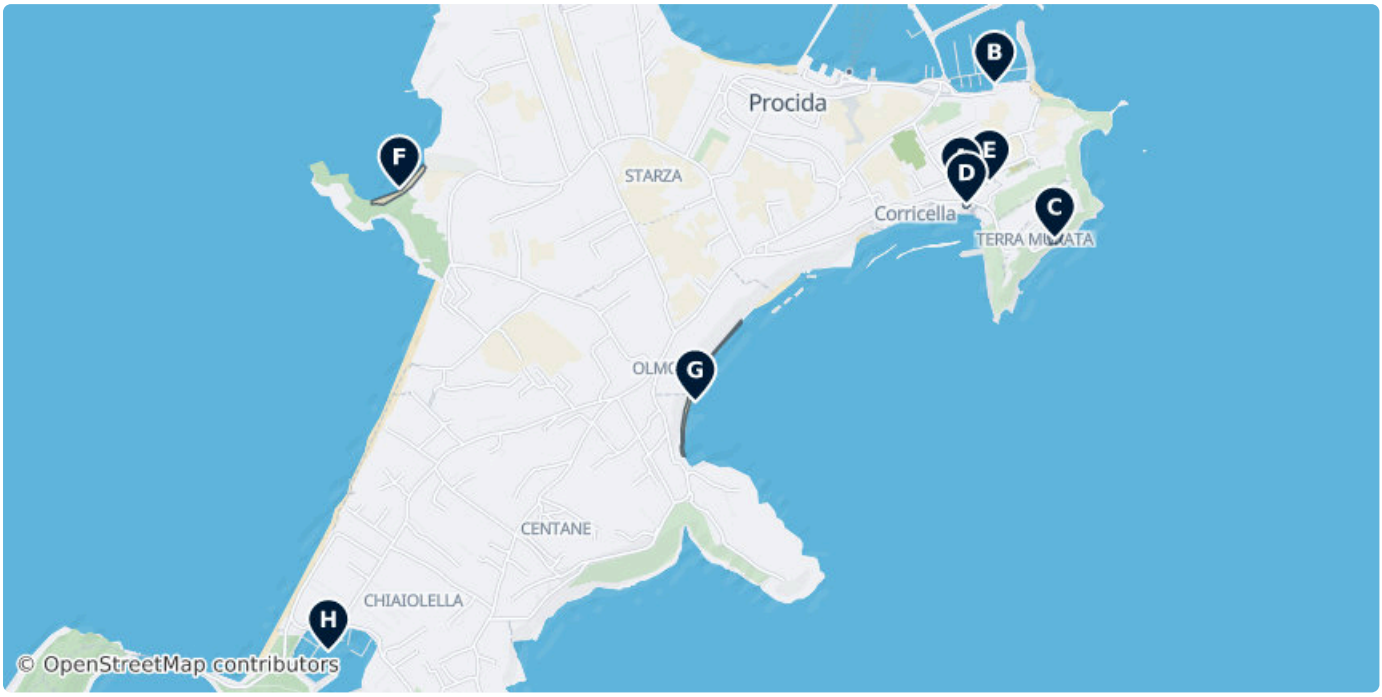
Type C / Type F / Type L
230 V · 50 Hz

LANGUAGES
Italian

TAP WATER
Safe to drink

Procida Essentials

The highlights of the smallest island in the Bay of Naples: pastel harbours, the fortified hilltop quarter of Terra Murata with its abbey, and quiet volcanic-sand beaches.





A Procida Island

The smallest of the inhabited Flegrean Islands, between Cape Miseno and Ischia, known for its pastel fishing harbours and relaxed pace.

5 Via Principessa Margherita, Procida 80079, Italy (40.76241, 14.03090)



B Marina Grande

The main harbour where ferries and hydrofoils arrive, lined with pastel houses, cafés and the church of Santa Maria della Pietà.

Via Roma, 80079 Procida NA, Italy (40.76561, 14.03225)



C Abbazia di San Michele Arcangelo

The former Benedictine abbey on the Terra Murata hilltop, with a gilded coffered ceiling and wide views over the island and the bay.

Via Canalone, Procida 80079, Italy (40.76088, 14.03467)



D Chiesa Santa Maria delle Grazie

A domed church on Piazza dei Martiri, at the viewpoint above the fishing harbour of Corricella.

67 Via San Rocco, Procida 80079, Italy (40.76192, 14.03112)

E Casale Vascello

A 17th-century fortified courtyard of tightly packed, brightly painted houses on the way up to Terra Murata.

Via Principessa Margherita, 80079 Procida NA, Italy (40.76262, 14.03204)

Mo–Su

Open 24/7

F Spiaggia del Pozzo Vecchio

A sheltered sandy beach below cliffs on the west coast, used as a setting in the 1994 film Il Postino.

80079, Italy (40.76241, 14.00827)

G Chiaia

A long beach of dark volcanic sand on the south-east coast, reached by a long stairway, with views of Terra Murata.

Italy (40.75591, 14.02018)

H Chiaiolella Marina

The small harbour at the south-west tip of the island, with a sandy beach and a seafront known for its sunsets.

Italy (40.74830, 14.00541)

DATA SOURCES

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- Abbazia di San Michele Arcangelo — "Procida San-Michele-Arcangelo 20240510 122657" by Rigorius, cc-by-sa-4.0
- Chiesa Santa Maria delle Grazie — "Church Santa Maria delle Grazie (2), Procida" by Ekrem Canli, cc-by-sa-4.0

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