

# FREE LONELY PLANET SOUTHERN ITALY PDF



Lonely Planet, Cristian Bonetto, Gregor Clark, Brendan Sainsbury | 296 pages | 15 Mar 2016 | Lonely Planet Publications Ltd | 9781743216873 | English | Hawthorn, Victoria, Australia

## **Southern Italy Travel Guide - Lonely Planet Online Shop - Lonely Planet APAC**

Southern Italy in detail. The Mezzogiorno, or land of the midday sun, is Lonely Planet Southern Italy than haunting ruins, poetic coastlines and peeling palazzi mansions. Its true protagonists are the meridionali southern Italians whose character and nuances echo a long, nail-biting history of dizzying highs and testing lows. To understand the southern psyche is to understand the complexities and contradictions that have moulded Italy's most misunderstood half.

Severe economic problems in the south following Italy's unification and after each of the world wars led to massive emigration as people searched for a better life in northern Italy, northern Europe, North and South America, and Australia.

Between and more than 1. In Campania, a staggering 2. Today, huge numbers of young Italians, often the most educated and ambitious, continue to move abroad. This brain-drain epidemic is fuelled in part by a persistently high national youth unemployment rate — around Another factor is Italy's entrenched system of patronage and nepotism, which Lonely Planet Southern Italy makes landing a Lonely Planet Southern Italy more about who you know than what you know.

For southern Italians, the standard of education available is often another contributing factor. A commonly held belief that southern universities aren't up to scratch sees many parents send their children north or overseas to complete their studies. While some return after completing their master's degree, many become accustomed to the freedom and opportunities found in Lonely Planet Southern Italy host city or country and tend to stay.

And yet, Lonely Planet Southern Italy ironically, southern Italy has itself become a destination for people searching for a better life. Political and economic upheavals in the s brought Lonely Planet Southern Italy arrivals from central and eastern Europe, Latin America and North Africa, including Italy's former colonies in Tunisia, Somalia and Ethiopia.

From a purely economic angle, these new arrivals are vital for the country's economic health. Without immigrant workers to fill the gaps left in the labour market by pickier locals, Italy would be sorely lacking in tomato sauce and shoes. From hotel maids on the Amalfi Coast to fruit pickers on Calabrian farms, it is often immigrants who take the low-paid service jobs that keep Italy's economy afloat. Unfortunately, their vulnerability has sometimes led to exploitation, with several reported cases of farmhands being paid below-minimum wages for back-breaking work.

In his film *Ricomincio da tre* I'm Starting from Three; acting great Massimo Troisi comically tackled the problems faced by southern Italians forced to head north for work. The reverse scenario was tackled in the comedy *Benvenuti al Sud* Welcome to the South; in which a northern Italian postmaster is posted to a small southern Italian town, bullet-proof vest and prejudices in tow. Slapstick aside, both films reveal Italy's enduring north—south divide.

At a deep semantic level, the word meridionale southern Italian continues to conjure a series of unflattering stereotypes.

From the Industrial Revolution to the s, millions of southern Italians fled to the industrialised northern cities for factory jobs. As the saying goes, 'Ogni vero milanese ha un nonno pugliese' Every true Milanese has a Pugliese grandparent.

For many of these domestic migrants, the welcome north of Rome was anything but warm. Disparagingly nicknamed *terroni* peasants many faced discrimination on a daily basis, from everyone from landlords to baristas.

While such overt discrimination is now practically nonexistent, historical prejudices linger. Some northerners argue that the rich north is unfairly burdened with subsidising the poor south, a belief that has fuelled a number of right-wing northern politicians.

Yet prejudices and stereotypes exist on both sides of Rome. Many southerners view their northern compatriots as *freddi* cold and uptight. And it's not uncommon to hear southern Italians living in the north complain of life being isolated and anonymous. Family is the bedrock of southern Italian life, and loyalty to family and friends is usually non-negotiable. Lonely Planet Southern Italy Luigi Barzini —84 author of *The Italians*, noted, 'A happy private life helps tolerate an appalling public life.'

Some locals mightn't think twice about littering their street, but step inside their home and Lonely Planet Southern Italy get floors clean enough to eat from. After all, you'd never want someone dropping in and thinking you're a *barbone* tramp right? Maintaining a *bella figura* beautiful image is very important to the average southerner, and how you and your family appear to the Lonely Planet Southern Italy world is a matter of honour, respectability and pride.

Many continue to believe that you are better than your neighbour if you own more and better things. This mindset is firmly rooted in the past, Lonely Planet Southern Italy owning many things was necessary for attaining certain social roles and, ultimately, for sustaining one's family. Yet *bella figura* making a good impression goes beyond a well-kept house; it extends to dressing well, behaving modestly, performing religious and social duties and fulfilling all essential family obligations.

In the context of the extended family, where gossip is rife, a good image protects one's privacy. It's a sentiment echoed in a study conducted by the University of Chicago Medical Center. The study found an unusually high recurrence of the same surnames amongst academic staff at various Italian universities. As in many places in Lonely Planet Southern Italy Mediterranean, a woman's position in southern Italy has always been a difficult one. In the domestic sphere, a mother and wife commands the utmost respect within the home.

She is considered the moral and emotional compass for her family; an omnipresent role model and the nightmare of newly wedded wives. In the public sphere, however, her role has less frequently been that of a protagonist. Lonely Planet Southern Italy times are changing. Only two generations ago, many southern men and women were virtually segregated. In many cases, women would often only go out on Saturdays, and separate beaches for men and women were common.

Dating would often involve a chaperone, whether it be the young woman's brother, aunt or grandmother. These days, more and more unmarried southern women live with their partners, especially in the cities.

Improvements in educational opportunities and more liberal attitudes mean that the number of women with degrees and successful careers is growing.

Yet true gender equality remains an unattained goal, both in southern Italy and the country as a whole. The World Economic Forum's Global Gender Gap Report ranked Italy 70th worldwide in terms of overall gender equality, up from 82nd position in 2016. It ranked 4th in female economic participation and opportunity, 61st in educational attainment and 38th in political empowerment. Italian women fare no better on the domestic front.

OECD figures reveal that Italian men spend 15 minutes per day cooking, cleaning or caring what the OECD labels unpaid work compared to 10 minutes per day for Italian women. Yet, despite the Vatican's waning influence on Lonely Planet Southern Italy Italian life, religious festivals and traditions continue to play a significant role in southern Italy.

Every town has its own saint's day, celebrated with music, special events, food and wine. Indeed, these religious festivals are one of the best ways into the culture of the Mezzogiorno.

Cream of the crop is Easter, with lavish week-long events to mark Holy Week. People pay handsomely for the privilege and prestige of carrying the various back-breaking decorations around the town — the processions are usually solemnly, excruciatingly slow. Pilgrimages and a belief in miracles remain a part of the religious experience.

You will see representations of Padre Pio — the Gargano saint who was canonised for his role in several miraculous recoveries — in churches, village squares, pizzerias and private homes everywhere. Around eight million pilgrims visit his shrine every year. Three times a year, thousands cram into Naples' Duomo to witness their patron saint San Gennaro's blood miraculously liquefy in the phial that contains it.

When the blood liquefies, the city is considered safe from disaster. When it doesn't — as was the case in December — the faithful see it as an ominous sign. Another one of Naples' holy helpers is Giuseppe Moscati — a doctor who dedicated his life to serving the city's poor. Still, the line between the sacred and the profane remains a fine one in the south. In *Christ Stopped at Eboli*, his book about his stay in rural Basilicata in the 1920s, writer-painter-doctor Carlo Levi wrote: 'The air over this land and among the peasant huts is filled with spirits.'

Not all of them are mischievous and capricious gnomes or evil demons. There are also good spirits in the guise of guardian angels. While the mystical, half-pagan world Levi describes may no longer be recognisable, ancient pagan influences live on in daily southern life. Here, curse-detering amulets are as plentiful as crucifix pendants, the most famous of which is the iconic, horn-shaped corni. Adorning everything from necklines to rear-view mirrors, this lucky charm's evil-busting powers are said to lie in its representation of the bull and its sexual vigour.

Usually an elderly man, he'll occasionally be spotted burning incense through the city's older neighbourhoods, clearing the streets of bad vibes and inviting good fortune. The title itself is Neapolitan for 'hunchback', as the task was once the domain of posture-challenged figures.

According to Neapolitan lore, touching a hunchback's hump brings luck... which beats some of the other options, among them stepping in dog poop and having wine spilt on you accidentally.

Don Alfonso is as much an experience as a meal — and a world-class one at that. Head in Naples at noon or 7. The menu is an index of fastidiously sourced artisanal Top Choice Italian in Naples. A restaurant of artists, art and artistry, Caravella once hosted Andy Warhol. No surprise that it doubles up as a de-facto gallery with frescoes, creative canvases and a ceramics collection.

And then there's the Top Choice Campanian in Pompeii. At the helm of this Michelin-starred standout is charming owner-chef Paolo Gramaglia, whose passion for local produce, history and culinary whimsy translates into bread made to ancient Roman recipes, yellowtail Top Choice Pastries in Erice. This cafe-pasticceria is run by Maria Grammatico, Sicily's most famous pastry chef, the subject of Mary Taylor Simeti's book *Bitter Almonds* — a series of recipes and recollections from Signora Grammatico's Top Choice Sicilian in Collesano.

This wooden chalet in the hills immediately above Collesano is one of Naples' gems — one whiff of the delicious aromas emanating from the kitchen and you'll know you've come to the right place. The menu Decked out in model boats and local artwork, casual, affable Capo Blu serves up antipasti worthy of a fine-dining menu.

The multicourse assaggio di antipasti antipasto tastings is a veritable meal, its In Italian, mattonella means tile, an apt name for this classic Neapolitan osteria, its walls clad in 18th-century majolica tiles.

Matriarch Antonietta has been running the place for her faithful regulars Top Choice Italian in Positano. Once a humble trattoria, Donna Rosa is now considered an Amalfi Coast classic despite its out-of-the-way location in the village of Montepertuso. The reason? Jolly good food served by three generations of the Seafood in Mazara del Vallo.

Over the past few decades, chef-owner Pietro Sarzo has established a reputation as one of Sicily's top chefs. At this fine-dining seafood restaurant, just around the corner from Mazara's train station, he Neapolitan in Centro Storico.

Naples' remarkably light pizza fritta — deep-fried pizza dough traditionally stuffed with pork cicoli dried lard cubessalami, provola, ricotta and tomato — is best savoured at this legendary joint. Something of a rarity in this land of traditional trattorias, Casa Mele is one of those cool contemporary restaurants with a lengthy tasting menu and food presented as art — and theatre. The slick open kitchen is it's the parmigiana di melanzana that's so good that many locals vote it above their own Dinner is an unforgettable feast for the eyes and palate at this sensational hotel-restaurant, dramatically perched on a cliff edge overlooking Isulidda beach, 2km south of San Vito in the hamlet of Macari Top Choice Mediterranean in Salerno.

Hard to find, this new purveyor of Slow Food shines brightly amid the grubby graffiti, drying washing and overflowing bins of the centro storico historic centre. The artistically presented food will have you Top Choice Italian in Ischia.

Family run, homely and rustic, it has a solidly traditional meat-based menu with steaks, lamb. If you eat only one sweet treat in Naples good luck with that! Just leave room for the mignon bite-size Top Choice Sicilian in Sciacca.

Tucked away in a tiny alley in the old town, this formal restaurant is a culinary tour de force, with heavy tablecloths, noiseless service and an ample wine list. A perennial Slow Food favourite, it serves a Run by brothers Francesco, Gennaro and Luigi, this local Chiaia fishmonger transforms daily into a wonderfully intimate, sociable seafood eatery. Perch yourself on a bar stool, order a vino, and watch the team. With a street-level bar and basement dining room, hip, minimalist Donna Romita serves gorgeous, locavore fare with competent modern tweaks.

The emphasis is on regional Lonely Planet Southern Italy from smaller producers, whether Top Choice Campanian in Pompeii. President At the helm of this Michelin-starred standout is charming owner-chef Paolo Gramaglia, whose passion for local produce, history and culinary whimsy translates into bread made to ancient Roman recipes, yellowtail Top Choice Sicilian in Collesano. Casale Drinzi This wooden chalet in the hills immediately above Collesano is one of the Madonie's gems — one whiff of the delicious aromas emanating from the kitchen and you'll know you've come to the right place.

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Top Choice Seafood in San Vito Lo Capo Hotel-Ristorante Pocho Dinner is an unforgettable feast for the eyes and palate at this sensational hotel-restaurant, dramatically perched on a Lonely Planet Southern Italy edge overlooking Isulidda beach, 2km south of San Vito in the hamlet of Macari. Top Choice Mediterranean in Salerno Mariterraneo Hard to find, this new purveyor of Slow Food shines brightly amid the grubby graffiti, drying washing and overflowing bins of the centro storico historic centre.

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Neapolitan in Centro Storico Donna Romita With a street-level bar and Lonely Planet Southern Italy dining room, hip, minimalist Donna Romita serves gorgeous, locavore fare with competent modern tweaks.

Villa Romana del Casale is sumptuous, even by decadent Roman standards, and is thought to have been the country retreat of Marcus Aurelius Maximianus, Rome's co-emperor during the reign of Diocletian AD. Top Choice Archaeological Site in Agrigento. Sicily's most enthralling archaeological site encompasses the ruined ancient city of Akragas, highlighted by the stunningly well-preserved Tempio della Concordia, one of several ridge-top temples that once served Top Choice Archaeological Site in Paestum.

Consequently, it is possible to steal some reflective moments here as the sun slants across the. Originally designed as a hunting lodge for Charles VII of Bourbon, the monumental Palazzo di Capodimonte was begun in and took Lonely Planet Southern Italy than a century to complete.

It's now home to the Museo di Capodimonte, Top Choice Chapel in Centro Storico. It's in this Masonic-inspired baroque chapel that you'll find Giuseppe Sanmartino's incredible sculpture, Cristo velato Veiled Christ's marble veil so realistic that it's tempting to try to lift Lonely Planet Southern Italy and view Top Choice Cathedral in Monreale.

Top Choice Chapel in Palermo. Designed by Roger II in this extraordinary chapel is Palermo's top tourist attraction. Located on the middle level of Palazzo dei Normanni's three-tiered loggia, its glittering gold mosaics are complemented. Herculaneum harbours a wealth of archaeological finds, from ancient advertisements and stylish mosaics to carbonised furniture and terror-struck skeletons.

Indeed, this superbly conserved Roman fishing town of Top Choice Archaeological Site in Pompeii. The ghostly ruins of ancient Pompeii Pompei in Italian make for one of the world's most engrossing archaeological experiences. Much of the site's value lies in the fact that the town wasn't simply blown away by Top Choice Volcano in Stromboli.

For nature lovers, Lonely Planet Southern Italy Stromboli is one of Sicily's not-to-be-missed experiences. Since access has been strictly regulated: you can walk freely to it, but need a guide to continue any higher. Top Choice Gardens in Valley of the Temples.

In a natural cleft between walls of soft tuff volcanic rock the Giardino della Kolymbetra is a lush garden of olive and citrus trees interspersed with more than labelled species of plants and some Lonely Planet Southern Italy Top Choice Ruins in Valley of the Temples.

One of the best-preserved ancient Greek temples in existence, the Temple of Concordia has survived almost entirely intact since it was constructed in BC. It was converted into a Christian basilica in the 6th. Top Choice Beach in Lampedusa. Few beaches in the world enjoy such legendary status as this long stretch of pristine white sand lapped by turquoise waters, with pretty views out to a verdant offshore island.

It's managed to retain its Lonely Planet Southern Italy One of western Sicily's must-see attractions, the ruins of Segesta straddle a lonely hilltop less than an hour from Palermo and Trapani. The archaeological site's centrepiece, in uphill from the ticket office, Top Choice Palace in Palermo.

Home to Sicily's regional parliament, this venerable palace dates back to the 9th century. However, it owes its current look and name to a major Norman makeover, during which spectacular mosaics were added to. The ancient Greek metropolis of Selinunte was built in the 7th century BC on a promontory overlooking the sea, and over two and a half centuries became one of the world's richest and most powerful cities. Top Choice Viewpoint in Lipari.

Lipari's best coastal views are from a celebrated viewpoint known as Quattrocchi Four Eyes 3km west of town. Follow the road for Pianoconte and Lonely Planet Southern Italy on your left as you approach a big hairpin bend about m Top Choice Ruins in Taormina. Taormina's premier sight is this perfect horseshoe-shaped theatre, suspended between sea and sky, with Mt Etna looming on the southern horizon. Built in the 3rd century BC, it's the most dramatically situated Top Choice Museum in Valley of the Temples.

North of the temples, this wheelchair-accessible museum is one of Sicily's finest, with a huge collection of clearly labelled artefacts from the excavated site. Noteworthy are the dazzling displays of Greek Top Choice Archaeological Site in Agrigento Valley of the Temples Sicily's most enthralling archaeological site encompasses the ruined ancient city of Akragas, highlighted by the stunningly well-preserved Tempio della Concordia, one of Lonely Planet Southern Italy ridge-top temples that once served Top Choice Chapel in Centro Storico Cappella Sansevero It's in this Lonely Planet Southern Italy baroque chapel that you'll find Giuseppe Sanmartino's incredible sculpture, Cristo velato Veiled Christ its marble veil so realistic that it's tempting to try to lift it and view Top Choice Archaeological Site in Herculaneum Ercolano Ruins of Herculaneum Herculaneum harbours a wealth of archaeological finds, from ancient advertisements and stylish mosaics to Lonely Planet Southern Italy furniture and terror-struck skeletons.

Top Choice Archaeological Site in Pompeii Ruins of Pompeii The ghostly ruins of ancient Pompeii Pompei in Italian make for one of the world's most engrossing archaeological experiences. Lonely Planet Southern Italy Choice Gardens in Valley of the Temples Giardino della Kolymbetra In a natural cleft between walls of soft tuff volcanic rock the Giardino della Kolymbetra is a lush Lonely Planet Southern Italy of olive and citrus trees interspersed with more than labelled species of plants and some welcome Top Choice Ruins in Valley of the Temples Tempio della Concordia One of the best-preserved ancient Greek temples in existence, the Temple of Concordia has survived almost entirely intact since it was constructed in BC.

Top Choice Beach in Lampedusa Spiaggia dei Conigli Few beaches in the world enjoy such legendary status as this long stretch of pristine white sand lapped by turquoise waters, with pretty views out to a verdant offshore island. Top Choice Palace in Palermo Palazzo dei Normanni Home to Sicily's regional parliament, this venerable palace dates back to the 9th century. Top Choice Archaeological Site in Western Sicily Parco Archeologico di Selinunte The ancient Greek metropolis of Selinunte was built in the 7th century BC on a promontory overlooking the sea, and over two and a half centuries became one of the world's richest and most powerful cities Top Choice Viewpoint in Lipari Quattrocchi Lipari's best coastal views are from a celebrated viewpoint known as Quattrocchi Four Eyes 3km west of town.

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