Here's a well-paced 10-day Naples (Napoli) itinerary that balances history, food, islands, and the Amalfi Coast—without feeling rushed.

Day 1 – Arrive in Naples

Focus: First taste of the city

- **Check in and take a light walk**
- **Spaccanapoli stroll**
- **Piazza del Gesù Nuovo**
- **Dinner: classic Neapolitan pizza (Da Michele, Sorbillo, or 50 Kalò)**
- **Evening gelato + people-watching**

Day 2 – Historic Naples (UNESCO Center)

Focus: Churches, streets, underground

- **Duomo di San Gennaro**
- **San Gregorio Armeno (artisan street)**
- **Naples Underground (Napoli Sotterranea)**
- **Cappella Sansevero (Veiled Christ – book ahead)**

- **Dinner in the historic center**

Day 3 – Museums & Views

Focus: Art + panoramas

- **National Archaeological Museum (MANN)**
- **Lunch near Museo**
- **Castel Sant'Elmo (best city view)**
- **Certosa di San Martino**
- **Aperitivo in Vomero**

Day 4 – Pompeii & Mount Vesuvius

Focus: Ancient history

- **Morning train to Pompeii**
- **Afternoon visit to Mount Vesuvius crater**
- **Return to Naples for a relaxed dinner**

Alternative: **Pompeii + Herculaneum if you prefer less hiking.**

Day 5 – Capri Day Trip

Focus: Glamour + nature

- **Ferry to Capri**
- **Anacapri, Monte Solaro chairlift**
- **Faraglioni viewpoints**
- **Optional: Blue Grotto (weather permitting)**
- **Sunset ferry back to Naples**

Day 6 – Ischia or Procida

Option A – Ischia:

- **Thermal spas (Poseidon Gardens)**
- **Beaches + Aragonese Castle**

Option B – Procida (quieter, colorful):

- **Marina Corricella**
- **Lazy seaside lunch**
- **Photography heaven**

Day 7 – Sorrento

Focus: Coastal charm

- **Train to Sorrento**
- **Old town wandering**
- **Limoncello tasting**
- **Sunset over the Bay of Naples**
  (Stay overnight or return to Naples)

Day 8 – Amalfi Coast: Positano & Amalfi

Focus: Iconic coast

- **Ferry or bus**
- **Morning in Positano**
- **Afternoon in Amalfi**
- **Duomo visit**
- **Overnight in Amalfi or Positano**

Day 9 – Ravello & Relax

Focus: Slow beauty

- **Ravello**

- **Villa Cimbrone (Infinity Terrace)**
- **Villa Rufolo**
- **Long lunch, views, relaxation**
- **Return to Naples or stay coast-side**

Day 10 – Naples Food & Farewell

Focus: Local life

- **Food market visit (Pignasecca)**
- **Street food crawl (sfogliatella, cuoppo, espresso)**
- **Last-minute shopping**
- **Farewell dinner (seafood or pizza round #2)**

Where to Base Yourself

- **Naples: Best for culture & transport**
- **Split stay: Naples (6 nights) + Amalfi Coast (3–4 nights)**

Tips

- **Book Pompeii, Capri ferries, Cappella Sansevero in advance**
- **Use ferries when possible (faster + scenic)**
- **Naples looks chaotic—but it's safe in tourist areas if you stay aware**

If you want, I can:

- **Adapt this for slow travel, luxury, or budget**
- **Optimize for food lovers 🍕**
- **Adjust for traveling with kids or without renting a car**