

Twelve days, one at a time



12 DAYS

4 BEDS

3 COASTS

What is already held, and what to do with the hours around it. Rome for three days, the Sorrento coast for four, Praiano for two, and a last night back in Rome. Nothing here is compulsory — it is a set of good options in the right order, with the practical detail that decides whether a day works.

HOW TO READ THIS

Every day has a **Fixed** line — the things already booked and paid for. Under it, the day is split into **morning, afternoon and evening**, and each is a suggestion, not a schedule. Take one line from each and you have a full day; take all three and you will be exhausted by the 18th.

Where a place needs a ticket, a booking window or a particular time of day, it says so. Restaurant picks live on the site's Eat page with distances measured from each hotel door — this document points at the day, not the table.

Two things worth knowing before you go. The Trevi Fountain now charges €2 to go down to the water's edge and caps the inner area at 400 people; the piazza itself is still free. And the Pantheon's ticket went to €7 on 1 July 2026 — book a timed slot rather than joining the door queue.

MON 14	IN TRANSIT	Toronto → Rome, overnight	AZ651 · 17:00
TUE 15	ROME	Land at 07:40 and walk the centre	Day one
WED 16	ROME	The Vatican, then the dome and a terrace	Tour 11:15
THU 17	ROME	Colosseum, Forum, Palatine — and San Clemente	Colosseum 15:45
FRI 18	SORRENTO	Train south, afternoon in Sorrento	09:41 · 9967
SAT 19	CAPRI	Ferry over — Capri Town, Anacapri, Monte Solaro	Ferry open
SUN 20	POMPEII	The buried city, then the Vesuvius crater	Booked
MON 21	OPEN	Herculaneum, a beach day, or Ischia	Your call
TUE 22	PRAIANO	Round the headland, then Amalfi or Ravello	Kasai 19:00
WED 23	PRAIANO	Path of the Gods, a boat, or the rocks	Open
THU 24	ROME	Car to Naples, Italo north, last night in Monti	13:18
FRI 25	IN TRANSIT	Early car to Fiumicino, home by mid-afternoon	AZ650 · 10:15

THINGS THAT SAVE A DAY

Churches have a dress code

Shoulders and knees covered at St Peter's, and enforced at the door. A light scarf in the day bag solves it for both of you.

Everything shuts in the afternoon

Smaller churches and shops close roughly 13:00-16:00. Plan the museums and the walking for those hours.

MONEY AND SMALL PRINT

Cards work almost everywhere

Carry €50 in cash anyway — beach clubs, the Blue Grotto boatmen and the small coast buses are cash-first.

Coperto is not a tip

A per-person cover charge is normal and printed on the menu. Rounding up is plenty on top.

Drink the street fountains

Rome's nasoni run cold and clean. Two refillable bottles will save you a small fortune and a lot of plastic.

BOOK THESE BEFORE YOU FLY

- ☐ **Capri ferry, Sat 19 Sep**
Sorrento → Marina Grande, roughly 20-25 minutes. Buy the return leg at the same time and note the last sailing.
- ☐ **Sant'Agnello → Praiano, Tue 22 Sep**
The one movement still open. A private car is the least painful with luggage.
- ☐ **Pantheon timed ticket**
€7, for the 15th. Saves the longest queue in the centre.
- ☐ **Tables for the 17th, 19th and 23rd**
The three nights where a walk-in is a gamble.

WHERE IT GOES WRONG

The Circumvesuviana

The Naples-Sorrento line is the one place on this trip with a real pickpocket problem. Bags in front, phones away, and take the Campania Express with luggage.

Anyone who approaches you first

At Fiumicino arrivals, outside the Colosseum, on the Spanish Steps. The official taxi rank and the official ticket office never come to you.

MON

Fly Toronto → Rome

IN TRANSIT

14

Fixed: AZ651, Toronto Pearson Terminal 1, departs 17:00 · leave the parking lot by 14:00 · lands Fiumicino 07:40 tomorrow.

- SEP
- BEFORE THE AIRPORT

 - Eat a real meal before you board. The service comes late and you want to be asleep by then.
 - Download **offline maps** for Rome, the Sorrento peninsula and the Amalfi coast — signal on the coast road is patchy.
- ON BOARD

 - Set both watches to **Rome time** at the gate and start thinking in it.
 - Sleep after the first service. Skip the second — breakfast at 05:00 Rome time is not worth the hour.
- HAVE READY

 - Both boarding passes in the phone wallet, passports, and screenshots of every confirmation.
 - A pen for nothing — there are no more landing cards, and no more passport stamps.

NOTE The gate at Pearson may be in the Infield Concourse, a satellite building reached by a 10-minute shuttle bus after security. Check the board the moment you are airside.

TUE

Land, and walk straight into the middle of it

ROME

15

Fixed: on the ground 07:40 · white taxi, flat €55 to the centre · room at Antica Residenza del Corso, Via delle Convertite 5, from tonight — bags can go in early.

- SEP
- LATE MORNING

 - Everything below is inside a fifteen-minute walk of the door. **Piazza di Spagna** and the Spanish Steps first, while the light is still low.
 - **Trevi Fountain** — €2 now buys the inner terrace by the water; the piazza above is free and honestly the better photograph.
 - **Pantheon**, €7 timed ticket. Stand under the oculus, then leave — it is a ten-minute building.
- AFTERNOON

 - **Piazza Navona** and Bernini's river fountain, then **Campo de' Fiori** for the market tail-end.
 - Cross **Ponte Sisto** into **Trastevere** around five. *Santa Maria in Trastevere* has the oldest mosaics in the city and costs nothing.
 - If you are wrecked instead: the **Pincio terrace** above Piazza del Popolo. Maximum view, minimum effort.
- EVENING

 - Dinner in Trastevere, early. The lanes west of Viale Trastevere are the quieter half.
 - Walk back over the river rather than taking a taxi — the Tiber embankment at night is the reason to be here.

RULE No nap. Stay outside in daylight, eat dinner at a normal hour, be in bed by ten. One badly handled first day costs you three.

WED

The Vatican, and what to do with the rest of it

ROME

16

Fixed: guided tour of the Museums, Sistine Chapel and St Peter's at **11:15** — be at the meeting point twenty minutes early. Shoulders and knees covered, or you will be turned away at the basilica.

- SEP
- BEFORE THE TOUR

 - Walk over the **Ponte Sant'Angelo** for Bernini's angels and the approach up Via della Conciliazione.
 - Coffee on **Borgo Pio**, the one pedestrian street near the Vatican that locals still use.
- STRAIGHT AFTER

 - If the legs hold: the **dome climb**. 551 steps, or the lift and then 320. The gallery inside the dome looks down onto the basilica floor, and the roof looks over all of Rome.
 - **Castel Sant'Angelo** is the quieter alternative — Hadrian's tomb, the papal escape corridor, and a terrace looking straight down the bridge.
- EVENING

 - Rest first. Then sunset from the **Gianicolo** terrace above Trastevere — the whole city, side-lit, and almost no one there.
 - Dinner back down in the centre. Aperitivo at six, table at eight, the way it is actually done here.

NOTE The Museums are four hours on marble with no seats. Eat properly beforehand, carry water, and do not plan anything that needs energy before four o'clock.

17

Fixed: Colosseum at 15:45, timed entry – be in the security line by 15:15. The same ticket covers the Roman Forum and the Palatine, which close earlier in the day, so walk those first.

- SEP
- MORNING

 - Start in the **Roman Forum** on the Colosseum ticket. The Via Sacra, the Temple of Saturn, the Curia where the Senate met.
 - Up to the **Palatine** and the Farnese Gardens for the view down over the Forum you just walked. Both shut long before the amphitheatre does.
- AFTERNOON

 - Five minutes east, **San Clemente**: a 12th-century church built on a 4th-century basilica built on a 2nd-century Mithraic temple, with an underground stream still running. The best hour in Rome, and nearly empty.
 - Colosseum at 15:45**. Security line by 15:15 – it is airport-grade and outdoors.
 - Out onto the **Campidoglio** afterwards – Michelangelo's square, and the free terrace behind it looking back at the Forum in late light.
- EVENING

 - Sunset on the **Aventine**: the Orange Garden, and the keyhole at the Knights of Malta that frames St Peter's dome down an avenue of hedges.
 - This is the night for the long dinner in the centro storico – nothing booked tomorrow morning except a train at 09:41.

TICKETS Held: Colosseum 15:45, one ticket covering the Forum and the Palatine too. Screenshot it onto both phones – there is no signal in the security queue.

18

Fixed: train 9967, Roma Termini 09:41 → Napoli Centrale 10:53 · onward on local rail to Sant'Agnello · four nights at Iommella Luxury Rooms, Via Iommella Piccola 59.

- SEP
- GETTING THERE

 - At Termini thirty minutes early. The platform goes up on the board about fifteen minutes before departure and everyone moves at once.
 - At Naples, the **Circumvesuviana** to Sant'Agnello leaves from the lower level of Centrale – about an hour, crowded, bags on your lap. The **Campania Express** is the same line with reserved seats and fewer stops; worth it with luggage.
- AFTERNOON IN SORRENTO

 - Piazza Tasso**, then **Via San Cesareo** – the narrow market street through the old town.
 - The **Vallone dei Mulini**: a ruined flour mill at the bottom of a green gorge, seen from the railing on Via Fuorimura. Thirty seconds, unforgettable.
 - Villa Comunale** terrace for the Bay of Naples and Vesuvius, then the steps or the lift down to **Marina Grande**.
- EVENING

 - Do not go far on a moving day. *Alfred Trattoria Moderna* is 400 m from the room and is the site's first-night pick.
 - Buy the Capri ferry tickets tonight if you have not already.

NOTE Sant'Agnello is one stop before Sorrento – quieter, ten minutes' walk from everything, and the reason dinner is cheaper here than on the piazza.

19

Fixed: nothing – the ferry is still to book. Sorrento to Marina Grande is roughly 20–25 minutes on the fast boat. Take an early sailing and give yourself six hours on the island.

- SEP
- MORNING

 - Funicular up from the port to **Capri Town** and the Piazzetta.
 - Walk out to the **Gardens of Augustus** – the Faraglioni rocks from above and the switchbacks of Via Krupp below. Small entry fee, ten minutes from the square.
 - Or, for free and better: the **Arco Naturale** and **Via Pizzolungo** loop, about ninety minutes along the cliff.
- AFTERNOON

 - Bus or taxi up to **Anacapri**, which is where the island stops performing.
 - Monte Solaro chairlift** – a single chair, twelve minutes each way, about €11 return, up to 589 m. On a clear day you see the whole Bay of Naples and the Amalfi coast at once. The best money spent on the island.
 - Villa San Michele**, Axel Munthe's house, for the sphinx on the parapet and the loggia view.
- THE BLUE GROTTO

 - Only if the sea is flat and you have time to burn: a rowboat in, five minutes inside, up to forty-five minutes queuing on the water, about €18 on top of the boat out.
 - A **boat tour around the island** costs similar, lasts two hours, and shows you the coast the roads never reach. If you pick one, pick this.

NOTE Check the last sailing back when you buy the outbound, and do not plan to be on it – the second-to-last is the one that saves you.

20

Fixed: priority-access full-day tour from Sorrento – **booked**. Confirm the ticket covers entry to **both** Pompeii and Vesuvius, not just the city.

- SEP
- IN POMPEII

 - The Forum, the **Stabian Baths**, the **House of the Faun** and the **House of the Vettii**, reopened after twenty years of restoration and the single best interior on the site.
 - The **Villa of the Mysteries** is a ten-minute walk beyond the walls and most groups skip it. The fresco cycle is the reason to come.
 - The amphitheatre at the far end, and the plaster casts near the Forum granary.
- ON VESUVIUS

 - The bus stops short; the **Gran Cono** path is loose volcanic gravel, about half an hour up and an hour and a half all in.
 - 1,281 m and completely exposed – it is windy and colder than the coast even in September. Take a layer, and shoes with grip.
 - Look down into the crater, then out over the whole bay. That is the whole show, and it is enough.
- SURVIVAL

 - Pompeii has almost no shade and the stones throw the heat back at you. Hat, sunscreen, and more water than you think.
 - Eat before you go in. The food inside the site is what you would expect.
 - Keep the evening empty and near the room.

21

Fixed: nothing, deliberately. It sits between Pompeii and a moving day, so the right answer may well be the smallest one.

- SEP
- IF YOU WANT MORE RUINS

 - **Herculaneum**, twenty minutes up the same railway. Half the walking of Pompeii and twice the preservation – wooden doors, upper floors, carbonised furniture, mosaics still on the walls.
 - Three hours is plenty, which leaves the afternoon free.
- IF YOU WANT WATER

 - **Bagni Regina Giovanna** – the ruins of a Roman villa around a natural sea pool cut into the rock, a half-hour walk or a short bus from Sorrento. Go in the morning; it is small and it fills.
 - Or stay put: **Spaggia La Marinella** below Sant'Agnello, a book, and lunch on the water.
- IF YOU WANT THE BIG VERSION

 - **Ischia** and the thermal parks. It is a real commitment from Sorrento – check whether the direct seasonal service is still running in late September, or you will be routing through Capri or Naples.
 - Worth it as a spa day, not as sightseeing.

NOTE Whatever you choose, do the packing tonight. Tomorrow is a move with an unresolved transfer, and the Amalfi coast road does not reward a late start.

22

Fixed: two nights at Maresca Hotel Praiano, Via Roma 61 · dinner at **Kasai**, 19:00 – **booked**. The transfer from Sant'Agnello is the one leg still open.

- SEP
- GETTING ACROSS

 - **Private car** over the pass, about an hour and a quarter. Simplest with luggage, and the driver will stop at the Positano viewpoint if you ask.
 - **Ferry** Sorrento → Positano, then a short hop on to Praiano. The best views, the worst luggage handling.
 - **SITA bus** – cheap, slow, standing room only, and not with suitcases.
- WITH THE AFTERNOON LEFT

 - **Amalfi**, twenty minutes east: the striped Duomo, the sixty-two steps up to it, and the Cloister of Paradise behind.
 - **Ravello**, another twenty-five minutes up the hill and the better half-day – **Villa Rufolo's** gardens over the sea, and **Villa Cimbrone's** Terrace of Infinity, which is the view everyone means when they say Amalfi coast.
- EVENING

 - Praiano faces west, which is the whole point of it. Sunset from the terrace at **Tramonto d'Oro** or the steps of **San Gennaro** with its majolica dome.
 - Then Kasai at seven – a thirteen-minute walk from the hotel door, downhill on the way there.

NOTE Praiano is built on a cliff. Every walk is stairs, in one direction or the other, and the coast road bus stops are a climb from the hotel. Budget the time and the knees.

WED

One free day on the Amalfi Coast

PRAIANO

23

Fixed: nothing at all. Last full day on the coast – pick one of these three and do it properly rather than sampling all of them.

- SEP
- THE WALK

 - The **Sentiero degli Dei** — the Path of the Gods. The sane version: bus or taxi up to **Bomerano**, then walk the 8 km ridge west to **Nocelle**, so the coast and Capri stay in front of you the whole way.
 - From Nocelle, 1,700 steps down into Positano, or the local bus if the knees have had enough.
 - The purist's version starts at your own front door: about a thousand steps up from Praiano to Colle Serra, ninety minutes, steep. Add it only if you are fit and start early.
 - Four to five hours, no shade, no shops. Proper shoes, two litres of water each, morning start.
- THE BOAT

 - Hire a small boat with a skipper for a half-day. The coast was built to be seen from the water, and the villages you have been looking down on look completely different from below.
 - Swim off the back of it somewhere with no road access. This is the single best use of a free day here.
- THE LAZY VERSION

 - **Marina di Praia** — a scrap of beach wedged in a cleft in the cliff, with the walk out to the Saracen tower.
 - **La Gavitella**, the one Praiano beach that keeps the sun all afternoon. Four hundred steps down, or the little shuttle boat.
 - **Positano** from five o'clock, once the day-trippers have gone.

DINNER Last night on the coast. *Il Pirata* has tables cut into the rock over the water at Marina di Praia — ask for the edge. *Tramonto d'Oro* is the sunset alternative.

THU

Back north, and one last Roman evening

ROME

24

Fixed: private car Praiano → Napoli Centrale, **booked** · Italo to Roma Termini, **13:18, booked** · one night at Relais Santa Maria Maggiore, Via di Santa Prassede 8.

- SEP
- THE JOURNEY

 - Ask the driver for the coast road rather than the tunnel, and a stop above Positano if the timing is comfortable.
 - At Napoli Centrale with bags, stay in the station — a sfogliatella at the bar and the departure board is the right ambition.
 - Into Termini around a quarter past two. The hotel is a ten-minute walk, or one short taxi.
- ON THE DOORSTEP

 - **Santa Maria Maggiore** is around the corner and open until seven. Fifth-century mosaics the length of the nave, and **Pope Francis's tomb** in the left aisle — a single marble slab reading *Franciscus*. Free.
 - Across the street, **Santa Prassede** and the Chapel of St Zeno: a tiny room lined floor to ceiling in gold Byzantine mosaic, and almost always empty. Bring a coin for the light.
- EVENING IN MONTI

 - Walk down **Via dei Serpenti** into **Piazza della Madonna dei Monti** and have a drink on the fountain steps with everyone else.
 - Dinner at *Trattoria Pizzeria Il Girasole*, the Monti pick, walkable from the hotel.
 - Pack tonight. Not at half past five tomorrow.

FRI

Fly Rome → Toronto

IN TRANSIT

25

Fixed: car from the hotel at **06:00**, at Fiumicino by about 06:45 · AZ650 departs **10:15**, into Toronto **14:05** the same day.

- SEP
- THE MORNING

 - Nothing to see — the basilica does not open until seven and you will be gone. Ask the hotel the night before whether they can leave out coffee.
- AT THE AIRPORT

 - Bag drop closes at 09:15. Exit is a second biometric check at the border, so leave a queue's worth of margin.
 - Full detail on the Travel page of the site.
- HOME

 - Call the parking shuttle once you have the bags, from the arrivals curb at Terminal 1.