Inside Ischia

Practical information

- **Supermarkets**: **SuperChiocca** (5 min on foot) https://share.google/VXWWeBbPb7HU2j8Nd, **Conad (10 min on foot)** https://share.google/z4xZlYF4wydHqj8hu
- **Pharmacies**: Sant'Anna (15 min on foot) https://share.google/01E1C7lAyPD3RzO1r, Farmacia del Porto (25 min on foot) https://share.google/TPzEkX0mGqsFPxImh
- **Parafarmacia Il Pettirosso** – open daily (Michele Buono, pharmacist and owner, +39 333 882 6438, 20 min on foot) https://share.google/Jod9gSh0pRdhi9uGC
- **Banks**:

  BPER Banca https://share.google/TaUaArEE9VpEhMkf3

  Montepaschi https://share.google/tbF0ON18B6YpzhaFM,

  Intesa Sanpaolo https://share.google/rwTTkqu93TS0wlTXN (all in Ischia Porto)

Eat & Drink in Ischia Like a Local

Pubs & Bistros (for a drink or a relaxed evening)

- **Cappuccino Bistrò** – breakfast, a quick lunch, aperitivi and tapas in a relaxed setting. A great spot for a pre-dinner drink (Gianni +39 393 3953674).
- **Bar Pub Pirama** – the famous "zingara ischitana" sandwich (owner Mina Iapino 3490988594).
- **Porto 51** – zingara sandwiches (also with rabbit), modern tapas and cocktails overlooking the harbour (Miriano +39 3934293799).
- **Divino Bacco** – in Ischia Ponte, to the left of Mario Mazzella's art gallery. Bruschetta, local sandwiches and island wines (Carletto 081 1952 2999).
- **U paravis** – in Forio, just past the Scoglio degli Innamorati, for an aperitivo at sunset.
- **Giardini Ravino** – enjoy a cocktail at sunset in one of Europe's loveliest succulent gardens, where peacocks roam and rabbits hop among the myrtillocactus and giant cacti.

Casual Dining

- **Il Giardino di Enzo** – near the Alilauro ticket office at the harbour (owner Enzo Grassi 9932749520).
- **Pizzeria del Corso** – in Casamicciola, near Bar Topless (owner Conni Testa +39 339 1182686).
- **Bisboccia** – a young crowd and simple dishes (340 331 5790).
- **Portobello** – excellent food on the Riva Destra side of the harbour (Daniela 081 1921 1998).

Seafood Restaurants

- **Cocò (Ischia Ponte)** – a long-standing favourite overlooking Castello Aragonese (081 981823).
- **Un Attimo di Vino** – a welcoming wine bar serving exceptionally fresh fish.

- **Crù Ittioteca** – in central Ischia, near Via Roma.
- **Saturnino (Forio)** – fine dining on Forio harbour.
- **Umberto a Mare (Forio)** – fine dining by the sea, below the church of Soccorso in Forio.
- **Seasons** – on Chiaia beach in Forio.
- **Il Gabbiano** – on Citara beach in Forio.
- **Guarracino** – by the sea, inside Castiglione thermal park.
- **La Pace alla Sgarrupata** – on the pebble beach in Sgarrupata Bay, accessible by sea.
- **La Lampara** – on the terrace of Hotel Miramare e Castello in Ischia Ponte. The talented chef Ciro Calise runs it with his wife, Anna.
- **Il ristorante del Monastero** – excellent food at Castello Aragonese, one of the world's most romantic spots. The chef cooks with fresh produce from the castle garden.
- **Belvedere Restaurant** – the fine-dining restaurant at Hotel Excelsior, where chef Antonio Scotti gives traditional Ischian cooking a subtle, personal twist.

Pizzerias

- **Lisola** – a selection of speciality pizzas created by master pizza maker Ivano Veccia, with a spectacular view of the sunset opposite the Scogli degli Innamorati in Forio (Ivano Veccia +39 334 5734856).
- **Di Meglio (San Francesco)** – a small pizzeria serving excellent pizza.
- **Dortas** – a modern pizzeria just before Ischia's main square.
- **Il Giardino di Enzo** – also an excellent choice for pizza.

Traditional Island Dining

- **La Vigna di Alberto** – a charming restaurant in an old wine cellar, with tables outside under a grape arbour. Try the pasta with potatoes.
- **Il Giardino Mediterraneo** – take the pulley lift up for local dishes and sweeping 180-degree views between Ischia Porto and Ischia Ponte (owner Francesca +39 335 1319722).
- **Cantina Raustella** – lunch or an aperitivo in a wine cellar furnished with one-of-a-kind antiques. By reservation only. In Serrara Fontana on the slopes of Monte Epomeo (owner Francesco Mattera 3317848052).
- **Cantine Mazzella** – taste local wines, including Vigna del Lume, a Vinitaly award winner (owner Vera Mazzella 3286529782).
- **Tenuta Malvisiello** – traditional island cooking surrounded by greenery (+39 331 442 2925).
- **La Grotta da Fiore (Monte Epomeo)** – authentic Ischian-style rabbit with chips made from garden-grown potatoes. The only way there is a 20-minute uphill walk.
- **Il Bracconiere (Epomeo)** – traditional dishes with a breathtaking view.
- **Il Focolare** – known for Ischian-style rabbit and meat dishes (see the Stanley Tucci video).
- **Agriturismo da Gioacchino** – a traditional island farm in Buonopane, a village in Barano d'Ischia near the Nitrodi springs. Dinner is served in the home of the owner, Gioacchino. His wife cooks a superb rabbit dish using rabbits they raise themselves (Gioacchino +39 338 8620172).
- **Il Pescatore (Sant'Angelo)** – famous for its desserts, on the main square in the heart of Sant'Angelo.
- **Il Pirata (Sant'Angelo)** – local specialities in a traditional setting.
- **Pietropaolo detto Stalino** – on Maronti beach by Cavascura, famous for its chicken and graffe (fried doughnuts).

□ Thermal Parks

- **Negombo (Lacco Ameno)** – a beach and gardens designed by Ermanno Casasco, dotted with contemporary sculptures among the greenery (owner Fulceri Camerini 335474935).
- **Poseidon (Forio)** – Ischia's first and largest thermal park (director Andrea Albano 3491221452).
- **Terme di Nitrodi (Barano)** – described as the world's oldest thermal springs, their waters have traditionally been credited with healing properties for psoriasis and scars. Natural showers and small pools are set among greenery on terraces overlooking the sea.
- **Castiglione (Casamicciola)** – just to the left of Hotel Continental Mare before you reach Casamicciola. Ten thermal and seawater pools overlook a bay to the right of Villa Berkeley.

Coffee & Pastries

- **Cocò (Ischia Ponte)** – the island's best coffee, with a view of the castle.
- **De Maio (Ischia Porto)** – excellent espresso on the harbourfront, opposite Ischia Town Hall.
- **Gran Caffè Vittoria (Ischia Porto)** – the best cornetto ischitano, the island's breakfast pastry.
- **La Dolce Sosta** – the best graffa (fried doughnut) on the island.

□ Things to Do

- **Ischia Hiking** – hiking and excursions with a local guide (Marianna Polverino 3392778119).
- **Cantine Mazzella** – taste the island's wines.
- **Vini d'Ambra** – a wine tasting at the Piromallo estate and a visit to its vineyard (Andrea d'Ambra 3292984099).
- **Ischia Adventure Park** – adventure and nature in the pine woods of Fiaiano. Contact Enrico for information.
- **Boccia and the Castle** – pick up warm bread filled with mortadella and Auricchio cheese at the Boccia family bakery in Ischia Ponte and eat it on the causeway leading to the castle.

- **Andar per Cantine** – Pro Loco Panza organises visits to island wine cellars from 18 September to 5 October – www.prolocopanza.it

- **Ischia Safari** – 20–21 September at Negombo park. Street food in the park and a charity dinner at Regina Isabella – www.ischiasafari.it

- **Feast of St Michael the Archangel, 29 September, Sant'Angelo** – a procession by sea in Maronti Bay and fireworks set to music in the village of Sant'Angelo.

Beach Clubs

- **Ricciulillo** – beach and lunch with castle views near Punta Molino, between Il Moresco and the Excelsior. Excellent food, usually by day, occasionally on Saturday evenings. Come for a quick swim and have lunch right on your sun lounger.
- **Da Nicola alle Fumarole** – a celebrity favourite on the hot sands of Fumarole beach, where chicken and eggs can be cooked beneath the sand. Try the starters, pasta dishes and the famous tarts baked by Adele, one of the owners.
- **Giardino Eden** – reminiscent of Il Riccio on Capri. The specialities are grilled mussels and raw seafood. For a romantic evening, try table seven by the water. Take a small boat from Ischia Ponte or the Miramare e Castello, passing beneath the castle bridge and among the Sant'Anna rocks below Michelangelo Tower.
- **Cocò Beach** – swim among the Sant'Anna rocks in Cartaromana Bay, with views of Castello Aragonese.
- **RENA** – DJ sets and sunset aperitivi on Maronti beach, with a young crowd and a Balearic feel.

Gelato

- **Ice da Luciano (in the village of Ischia Ponte)** – a much-loved island institution.
- **Di Massa (on Casamicciola's main street)** – excellent artisan gelato with rich flavours.
- **Gasparotto (on Lacco Ameno's main street)** – natural ingredients and island flavours such as wine and peaches, red datterino tomato, basil and country bread, and fig.

Where the Locals Swim

- **Below the castle in Ischia Ponte** – swim below Albergo Antonio or from the little pebble beach by the old castle bar.
- **Below the historic Palazzo Malcovati** – clear water for a dip in the little bay behind the pharmacy in Ischia Ponte.
- **Spiaggia della Mandra** – a public beach by the little church of the Assunta and the prison at Punta Molino, where scenes from The Talented Mr. Ripley were filmed.

Procida – a day trip (where to eat and what to see)

- **Da Crescenzo** – fresh fish at Chiaiolella.
- **La Lampara** – the best on Procida, in the little harbour of Corricella.

Don't miss the Abbey of San Michele, the old fortified settlement known as Vascello, and Corricella, a fishing village where rows of brightly coloured houses rise in terraces up the hillside.