



Italia with Lucrezia

HISTORY, FOOD & WINE

A unique holiday in Italy you'll never forget

Visit Roma, Orvieto, Perugia, Assisi, the Cinque Terre, Pompeii, Naples,
the Amalfi Coast & the Cilento Coast





FOOD, WINE & CULTURE

Escape your responsibilities and enjoy Lucrezia Migliore's unique tour of Italy! Lucrezia will take you and a select group (not more than 16) on a trip of a lifetime you'll never forget.

You'll enjoy fabulous food and wine, visit the heart of Italy (Rome and Umbria) and experience Italy's most stunning coastlines (the Cinque Terre, Amalfi and Cilento coasts).

The tour is designed for those who want to get off the beaten track in search of amazing sights, culture, food and wine, shopping, and picture-postcard villages.

You will be challenged and changed by the experience of mixing with the locals in their beautiful environment in an authentic way.

By the end of the trip you will feel like you've had a real introduction to the food, wine and culture of Italy.

Click here (if you're reading on screen) or paste this URL into your browser for a map showing the trip:

<http://g.co/maps/vnnwd>

FREE Italian Classes

Your guide, Lucrezia Migliore, holds Italian and Australian citizenship and has lived and worked in both countries.

Lucrezia is a languages graduate of Melbourne University. If you're interested in learning some Italian the trip provides a perfect opportunity for some free informal lessons and language tips.

ITINERARY

- Day 1** Monday 22 September
Depart Melbourne
- Day 2** Tuesday 23 September
Arrive Rome
Transfer to Orvieto
- Day 3** Wednesday 24 September
Orvieto
Perugia / Assisi
- Day 4** Thursday 25 September
Perugia / Assisi
- Day 5** Friday 26 September
Cinque Terre
- Day 6** Saturday 27 September
Cinque Terre
- Day 7** Sunday 28 September
Rome
- Day 8** Monday 29 September
Rome
- Day 9** Tuesday 30 September
Mt Vesuvius
Pompeii
Amalfi
- Day 10** Wednesday 1 October
Positano
Amalfi
- Day 11** Thursday 2 October
Capri
Amalfi
- Day 12** Friday 3 October
Pisciotta (Cilento Coast)
- Day 13** Saturday 4 October
Pisciotta (Cilento Coast)
- Day 14** Sunday 5 October
Pisciotta
Rome
- Day 15** Monday 6 October
Depart Rome
- Day 16** Tuesday 7 October
Arrive Melbourne



ITINERARY ADD-ONS

This itinerary can easily be extended from Day 15 (Pisciotta - Rome) by adding days in and around Naples, Sicily or Rome.

Lucrezia is also leading a **Highlights of Sicily** trip from Friday 10 October to 19 October and this could easily be added on.

Talk to Around The Sun if you are interested these or any other add-on ideas. ATS can arrange accommodation, transport, superb walks, and guides if required.

After the Sicily trip, your guide, Lucrezia Migliore, plans to continue on to Milan to visit her daughter who works in the fashion industry. Lucrezia will spend two days in Milan, and plans to take advantage of Isabel's local knowledge and to do loads of shopping. You are welcome to add Milan to your itinerary too!

DAILY ITINERARY

The aim of the itinerary is to give you a taste of Italy's best, and an opportunity to interact with Italian culture – while leaving you the flexibility to do your own thing – whether that be walking, eating, shopping or sunbaking. All organized activities are optional. Unless otherwise noted, everything is included in your overall trip cost.



Day 1 - Depart Melbourne

Day 2 - Arrive Rome, transfer to Orvieto (Umbria)

Welcome to sunny Italia! After arriving at Rome Airport a private transfer will whisk you away to Orvieto. You will have time in the afternoon to explore Orvieto with our guide. The evening meal will be the official welcome for the group.

(Entry fees, drinks, breakfast and lunch not included.)



Day 3 – Orvieto (Umbria)

Perched above a volcanic cliff, Orvieto is known for its beauty, fine wines, and one of the most revered gothic cathedrals in the world. A local guide will help us explore. After lunch, we travel to Perugia or Assisi (depending on the availability of a suitable hotel) and much of the afternoon is free for your own exploration and shopping.

(Entry fees and drinks not included.)



Day 4 – Assisi / Perugia

Whether we stay in Perugia or Assisi, our local guide will lead us through Perugia's medieval alleys and around beautiful Assisi, the birthplace of St Francis. There may be enough time to visit the Perugina chocolate factory, home of the iconic 'Baci' chocolates. You can stock up on treats or enjoy them as they roll out of the machine. In the evening you have free time for bar hopping and soaking up the summer atmosphere. Spritz anyone?

(Entry fees, chocolates, drinks, lunch and dinner not included.)



Day 5 – Val D'Orcia & Cinque Terre

On our way to the beautiful Cinque Terre coast in our comfortable Mercedes minibus, we stop in the Val D'Orcia World Heritage Site, walk through the spellbinding village of Pienza, enjoy a wine tasting in a small vineyard, and visit the Medici's spa town, Bagno Vignoni. We'll swim in some of the Etruscan water channels that surround the old watermills just outside the town centre of Vignoni before continuing on to the Cinque Terre.

(Entrance fees and drinks not included.)



Day 6 – Cinque Terre

Today we explore the Cinque Terre in our private boat. We'll stop off wherever it takes our fancy. There are five scenic villages (the five lands) and they are linked in various ways by sea, scenic walks and a railway. We can use a combination of all three depending on how we feel. If we find a village we particularly love, we can just laze around – swimming off the rocks, eating and drinking in the piazza.

(Train tickets, entrance fees, drinks and lunch not included.)



Day 7 – Rome

We start our guided visit to the Eternal City with the Colosseum, one of the greatest examples of Roman architecture. From here we'll take a walking tour to the ancient Roman Forum. In the afternoon we visit the Pantheon, originally a Roman temple, now an extraordinary church. We then do a fascinating guided walking tour through the historical centre of Rome, taking in the famous Piazza Navona with its luxurious cafes and baroque palaces.

(Metro/bus tickets if required, entrance fees, drinks and lunch not included.)



Day 8 – Rome

Today we focus on the Vatican City with the awe-inspiring St Peter's Basilica, the Sistine Chapel, and the Vatican Museums, with hundreds of galleries filled with treasures. After visiting St Peter's (you can't miss Michelangelo's sculpture, the Pietà) you can continue your cultural exploration of the Vatican with a guide, or join Lucrezia as she explores the streets around the Spanish Steps and Via Condotti – the centre of fashion shopping in Rome.

(Metro/bus tickets, entrance fees, drinks, lunch and dinner not included.)



Day 9 – Mt Vesuvius, Pompeii, Amalfi / Positano

After a private transfer to the station, a fast train takes us to Naples. We head straight on to the summit of Mt Vesuvius, with its huge crater and panoramic views over the beautiful Bay of Naples. Then we explore Pompeii, the ancient, eerily-intact city that Mt Vesuvius covered in ash. From Pompeii it's a short drive to the spell-binding Amalfi Coast.

(Entrance fees if required, and drinks not included.)



Day 10 – Amalfi Coast

Today we experience the highlights of the Divine Coast. First we visit Ravello with its historic villas and incomparable gardens. During the day we experience a cooking class in a 400-year-old kitchen where we learn secrets of Italian cuisine, and we enjoy a spectacular boat trip along the coast. We visit Positano and have time to explore its labyrinth of alleyways and elegant boutiques.

(Ferry tickets, and drinks not included.)



Day 11 – Capri

Today we visit the world-renowned island of Capri. After arriving by ferry, we'll follow a coastal path to the spectacular Faraglioni (unusual rocks jutting out to sea). In the afternoon we can choose to relax in the island's chic shops, or walk to the 14th century Convent of San Giacomo, or rub shoulders with chic Italians at I Bagni di Tiberio.

(Ferry/cable-car/bus tickets, entrance fees, drinks, lunch not included.)



Day 12 – Cilento Coast & Pisciotta

The Cilento Coast is one of the last stretches of Italian coast that has not been commercialised, and there are a few corners that remain entirely unspoilt. Much of the region is protected by the Cilento National Park. You will stay in Pisciotta, completely off the tourist track, a hilltop village overlooking a magnificent coastline and surrounded by 1000-year-old olive trees. We'll travel to Pisciotta by train, and will have time for the beach or you can learn about olive oil and another Pisciottan speciality, salted anchovies.

(Drinks not included.)



Day 13 – Cilento Coast & Pisciotta

Our last full day can be spent in a number of ways: lazing on the beach below Pisciotta, taking a boat ride to the Blue Grotto under Cape Palinuro, walking the trails in the ancient forest behind Pisciotta, or watching life unfold in Pisciotta's main piazza. Lucrezia and her family lived in Pisciotta for five months in 2009/10 and her local contacts will create opportunities to engage in many aspects of village life.

(Activities, drinks and lunch not included.)



Day 14 – Transfer to Rome

After a relaxed morning in Pisciotta you catch a fast train (3.5 hours) to Rome. You get to the eternal city in time to do some final shopping, exploring and people watching. The evening meal will be the official goodbye.

(Drinks and lunch not included.)

Day 15 - Depart Rome

Day 16 - Arrive Melbourne

After a final relaxed breakfast a private transfer will take you to Rome's Fiumicino Airport to join your flight back to Australia – unless you are lucky enough to continue your adventure. This itinerary can easily be extended. Talk to Lucrezia if you have any ideas.

(Drinks and lunch not included.)



What price?

For an unforgettable experience?

Around The Sun's trips are *comfortable adventures.

Airfares are not included.

When you get to Italy, everything important – hotels, transport, guides and most meals – is organized for you, and is included in the overall price. All you have to do is relax and enjoy yourself!

Hotels are four-star – but more importantly they are charming, interesting and very comfortable.

Transport is either in a comfortable minibus with an Italian driver or, on long segments, 1st class train. We have private transfers to/from airports and train stations. We'll have a private boat on the Cinque Terre, and use local ferries around the Amalfi Coast.

Italian cuisine is brilliant and our local knowledge guarantees you will experience the best. The trip includes at least one formal wine-tasting and one formal cooking lesson. In total, 13 breakfasts, five lunches, and 10 dinners are covered. Drinks are not included.

Local guides help lead us off the beaten track, introduce us to local people, and provide entertaining and interesting information. They will be with us in Orvieto, Assisi, Perugia, the Cinque Terre, Rome, Mt Vesuvius, Pompeii, Amalfi Coast, Capri and Pisciotta. Although we won't have a local guide every day, you will always have Lucrezia – and her fluent Italian, understanding of Italian culture, and personal experience.

We also believe you want the freedom to wake up and make your own decisions about what you do. So we have left flexibility in the itinerary, and have therefore not included entry fees or meals when we don't know in advance what we/you will want to do!

Please see the detailed day-to-day itinerary, which specifies those things that are not included.



- allow you to choose what you want to do
- give you serious bragging rights
- are exciting and energising
- are off-the-beaten track
- connect you with culture and people
- have **** star, luxury accommodation
- use excellent, guides
- have great food
- allow you to relax
- are about enjoyment, not hard slog
- make you feel intensely alive
- make a positive difference to local people

The 16-day Food, Wine & Culture tour - from \$7,495 per person twin share

The small print: This price is for twin share and is calculated on the Euro € / AUD \$ exchange rate of Euro €0.69 = AUD \$1, the rate at 12 noon on 14 August 2013. If the exchange rate varies by more than 5% prior to receipt of full payment, we reserve the right to adjust the price by the % greater than 5%.



For more information about this trip to Italy
- or any trip to Italy -
contact **Lucrezia Migliore** now.



Lucrezia Migliore

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