

WOMEN WITH WINGS PRESENTS:

Vineyards & Hiking on the Amalfi Coast 2012



September 25 - October 5, 2012



Day-to-day itinerary:

Tuesday, September 25 Rome (B)

Buongiorno and welcome to The Eternal City! Early afternoon check in to the Hotel Santa Maria in Trastevere - home to great little art galleries and design shops. Your guide will escort you on a walking tour of this historical city including the Spanish Steps, the Trevi Fountain and the Pantheon - you will come to understand why Rome is called 'The City of Fountains'. One of the most popular places to people watch is Piazza Navona. Crowds of locals and tourists gather round to watch artists and performers do their thing around this multi-block open space. Enjoy an evening meal before calling it an early night.

Wednesday, September 26 Rome (B)

Today is a free day! There is, of course, a popular visit to the Vatican Museums and especially the Sistine Chapel best visited in the morning. Your guide will make this easy for you. The afternoon can be at your own pace and might include visiting the Imperial Forum and the impressive Coliseum or simply relaxing in one of the many piazzas that define this Roman city. Dinner on your own.

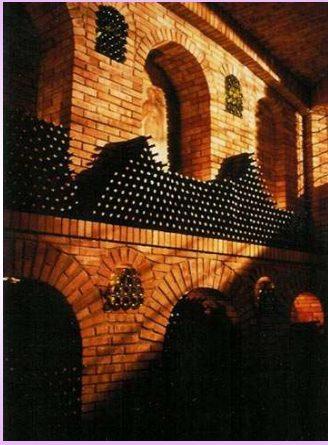


Thursday, September 27 Salerno (B,D)

This morning we will take the fast train from Roma Termini to Naples where a private minibus will transport us 4000' to the rim of the Mount Vesuvius crater. Sleeping since 1944, Vesuvius is mainland Europe's only active volcano. An often windy 30 minute hike takes you to the top of this lunar-like, desolate landscape for a sweeping view of the Bay of Naples. When hiking the lava rock trails up and around the crater you may even be able to see the remains of the ancient city of Pompeii that was devastated by this eruption of this volcano in 79AD. A short drive away we visit the site of Pompeii which offers the best look anywhere of what life in Rome much have been like 2000 years ago. An entire city of well-preserved ruins is yours to explore. Late afternoon we will arrive in at the La Vecchia Quercia to check in to this lovely country villa near Salerno. Partake in a typical Napoli meal with Anna, owner and chef!

Friday, September 28 Salerno (B,L,D)

This morning we will take a drive south to visit Paestum. Serenely situated, it is surrounded by fields and wildflowers and is the best collection of Greek temples anywhere. Founded by the Greeks in the 6th century BC, it was a key stop on an important trade route. In the 3rd century BC it was conquered by the Romans, then later by malaria-carrying mosquitoes that kept the site wonderfully desolate for nearly 1000 years—only to be rediscovered in the 18th century. Take your time hiking around this expansive site. The drive through mountainous Campania, opens to plains of Buffalo Mozzarella farms. Yes, this famous fresh mozzarella cheese made from the milk of Water buffalos! A tour of one of these farms awaits us followed by a luncheon - you will leave with the taste of fresh buffalo cheese in your mouth! Back at La Vecchia Quercia Anna will join you in her commercial kitchen to share her secrets for fresh Italian pasta. Enjoy the fruits of your labour along with other mouth watering delights from this fabulous kitchen.



Saturday, September 29 Salerno (B,L)

In the mountains north of Salerno lies the wine region of Campania, one of Italy's best kept secrets. At the family-run Di Meo winery we will be introduced to the delicious grape varieties of this wine region: Greco di Tufo, Fiano di Avellino, Aglianico and the famous Taurasi. Continuing north to Taurasi, the medieval town that gave its name to this delicious wine, you will be greeted by Antonio of the Cantine Antonio Caggiano. Antonio, himself famous for making a wine for the Pope, will guide you through his wine cellar labyrinth! Close by we will enjoy a luncheon at La Collina, where they serve flambéed pastas in a parmesan cheese 'coppa'. Following the country roads back to La Vecchia Quierca, if you are not "wined out" another optional visit is at the Azienda Casa di Baal with more delicious wines. In the evening we will pack our bags for the hike along the Amalfi Coast in the morning.

Sunday, September 30 Isle of Capri (B)

Today is a hiking day along majestic the Amalfi Coast! Starting at Minori, hundreds of steps will take you straight up past vineyards and lemon trees to the town of Ravello reputed for the Wagner Concerts in 'plein air'. Here you will have time to relax and catch a light lunch and you might like to take some time to visit the 13th century Villa Rufolo which once boasted as many rooms as days in the year. Beautiful gardens! Starting the descent to Amalfi you will visit gardens at Cimbrone before joining the walking path down to the towns of Atrani and Amalfi, both of which give you a chance to catch a dip in the Mediterranean Sea. Amalfi was a very powerful town and the first Sea Republic in Italy but is now a peaceful resort town with a magnificent cathedral. Our late afternoon transfer will take us to Sorrento for the boat ride to the Isle of Capri. Staying on this Island is a special treat! After pickup at the port you'll climb the steep, winding roads to the town of Anacapri to check into the Hotel Villa Ceselle. Evening meal on your own in the square nearby with recommendations from your guide.

Monday, October 1 Isle of Capri (B,L)

Capri was made famous as the vacation hideaway of Roman emperors Augustus and Tiberius. Today it is a scenic respite from the cultural gauntlet of Italy. The hikes on all edges of this island deserve frequent photo stops and the occasional dip in the ocean. An early morning hike will take you down to the Blue Grotto and those who dare can risk the narrow passage into this water cave –

one of Capri's most popular tourist activities! From there a 2-3 hour hike along the Fortresses to the Lighthouse ends with a delightful dip in the Mediterranean Sea. The Ristorante da Gelso-mina will transfer you up to their terraced restaurant for lunch of fresh fish. Enjoy the fabulous view and the swimming pool for the rest of the afternoon, then return to the hotel for free time. Option to ride the gondola to another beautiful view. Evening on your own.

Tuesday, October 2 Isle of Capri (B)

Today will be dedicated to the famous village of Capri. Prices are high in brand name boutiques and outdoor cafes. For lunch a picnic might be in order as there are many benches along the paths leading to the Arco Naturale and the 3 'faraglione' or rocky islands in the Mediterranean. Take the well known Via Krupp to the beaches of Marina Piccola and enjoy exploring this small island at your own pace. Evening is free to find that perfect terraced restaurant to dine and watch the sunset.

Wednesday, October 3 Sorrento (B,D)

This morning you will take a gondola ride from the centre of Anacapri to Monte Solaro to capture one last view from the Isle of Capri. Free time to explore more of the Island before a late afternoon ferry back to Sorrento. Check into the downtown boutique hotel and set out to explore the city lit up at night and the fabulous views of Naples across the bay. Evening meal at the hotel.

Thursday, October 4 Sorrento (B,D)





Today you will have the whole day to enjoy the narrow shopping streets of Sorrento. The delicious Limoncello in every size and shape of bottle is a great souvenir of the Amalfi Coast. Prices are the best in Sorrento so this is the place to shop for everything from leather goods to ceramics. Farewell evening meal at the hotel.

Friday, October 5

Return home

Early morning transfer by minivan to Rome and the Fiumicino International Airport for your flight back to Canada.

10 Nights
Price:
(LAND ONLY - CDN dollars)
\$3999
 Per person based on twin
 occupancy

Tour Exclusions:

- ◆ International flights to/from Rome
- ◆ Beverages and meals not included in the itinerary
- ◆ Personal expenses (shopping, laundry, telephone etc)

The Details:

- ◆ Limited space, we encourage you to book early!
- ◆ A non-refundable deposit in the amount of \$800 CDN will secure your booking.
- ◆ The final balance is payable by July 18, 2012
- ◆ We strongly suggest that you purchase Trip Cancellation Insurance & Out-of-Country Medical coverage. Premiums will be quoted at time of booking.
- ◆ Please let us know if you need assistance with flights or if you are travelling on your own and would like to share with another passenger
- ◆ Single Supplement is \$989

Tour Highlights & Inclusions:

- ◆ 2 nights accommodation at the Hotel Santa Maria Rome
- ◆ 3 nights at the La Vecchia Quiercha near Salerno
- ◆ 3 nights on the Isle of Capri at Villa Ceselle
- ◆ 2 nights in Sorrento Hotel Jaccarino
- ◆ 7 lunches or dinners
- ◆ 3 winery tours and tastings in Campania
- ◆ Cooking class with Anna
- ◆ All ground transportation by minivan
- ◆ Ferry to the Isle of Capri and return
- ◆ Personal guide and interpreter
- ◆ Entrances to: Mount Vesuvius crater and Pompeii Ruins, Paestum Greek Ruins, Bufalo Mozzarella farm, Cimbrone Gardens—Ravello



Contact Liz Irving for more details:
Phone: (604) 926-8511 or info@womenwithwings.ca