Civitavecchia & Naples, Italy



Arrive: 0800 Saturday September 19 Onboard: 1800 Thursday September 24

Brief Overview: Italy is a feast for the eyes and the palate alike. Known for its style, picturesque scenery, food, art and culture, Italy offers something for everyone. Civitavecchia is located just over an hour from Rome's city center by bus or train and provides easy access to many of Italy's wonders. Naples is in southern Italy and provides easy access to Pompeii, Mount Vesuvius and the Amalfi Coast. For a rich experience, it will be important to find a balance between the well-known cities and the lesser-known towns and scenic countryside.

Nearby: Enjoy the Etruscan Necropolis of Monterozzi in Tarquinia; visit the Renaissance Villa Lante and the Sacred Wood of Bomarzo; and experience the flavors of Italy with cooking classes and tastings.

<u>Worth the drive</u>: Discover the town of **Orvieto**, with its curious underground city and famous Duomo. Rome and the **Vatican** are not to be missed and there are a wide range of options to see them including: CIV 201-301 Rome, the Eternal City; and CIV 101 101 Highlights of Rome.

Other worthwhile destinations include the beautiful villages of Cinqueterre with their colorful houses (CIV 302-201 Cinqueterra – The Land of Poets); the ancient Roman city of Pompeii; the coastal town of Sorrento, and Tuscany's city of art – Florence (CIV 303-201: Italian Arts Tour).



Civitavecchia Highlights

Cultural Highlights:

Day 1: CIV 601-101 Gems of Italy

Day 1: CIV 111-102 Tarots Garden & Capalbio

Day 1: CIV 107-101 Tarquinia Cooking Class

Day 2: CIV 202-201 Wine & Pasta in Tuscany

Day 3: CIV 201-301 Rome the Eternal City

Day 3: CIV 401-301 The Sunshine Tour

Day 3: CIV 105-301 Orvieto

Day 4: CIV 114-401 Renaissance Jewels: Sacred Wood of

Bomarzo & Villa Lante

Art and Architecture:

Day 2: CIV 109-201 Baroque Rome & St. Peter's

Nature & the Outdoors:

Day 2: CIV 302-201 Cinqueterre, The Poets Land

with Hostel & Hiking

Day 2: CIV 110-201 Discovering Etruscans: Trekking

the Vulci Natural Park & Tarquinia Necropolis Day 3: CIV 204-301 Nature Reserve in Tuscany

Naples Highlights

Cultural Highlights:

Day 6: NAP 105-201 Capri & Anacapri

Day 6: NAP 100-101 Naples Orientation & Pizza

Day 6: NAP 107-201 Family Cooking School at Villa Ida

Day 6: NAP 106-201 Soul of Naples

Art and Architecture:

Day 6: NAP 104-201 Pompeii & Sorrento

Day 6: NAP 101-101 Herculaneum

Nature & the Outdoors:

Day 6: 103-101 Vesuvio

TERMS AND CONDITIONS: In selling tickets or making arrangements for field programs (including transportation, shore-side accommodations and meals), the Institute acts only as an agent for other entities who provide such services as independent contractors. Food and beverages provided to the Passenger by service providers and/or independent contractors, as well any other food or beverage consumed on shore excursions, are not the responsibility of the Institute. It is the responsibility of the passenger to ensure personal compliance with their own specific dietary restrictions. All Participants accepting or using tickets or other arrangements for such services shall be deemed to agree and consent that the Institute shall not be responsible in any way for any loss, death, injury or illness to person or loss, theft or damage to personal property arising from or in connection with such services. The Institute shall not be responsible for cancellation of programs for reasons beyond its control and in such event, at its option, may refund the purchase price.

Day 1: Saturday September 19

IMPORTANT: If you registered in one of the following courses, you have a field lab on this day. Do not make any other travel plans as this is a designated class day in port for your course:			
COURSE #	FACULTY	DAY 1 – Saturday 19, September	
ARTH 1559 501	Professor Ariana Maki	Introduction to World Art (Section 1)	
ARTS 1559 101	Professor Judy McLeod	Collage	
COMM 5140 101	Professor Andrea Roberts	Strategic Cost Management	
SEMS 3500 101	Professor Katrina Savitskie	International Management	
HIST 2559 101	Professor Breck Walker	The West and the Rest	
PLIR 1010 501	Professor Rob Wilder	International Relations (Section 1)	

CIV 601-301 GEMS OF ITALY 6DAYS/5NIGHTS



Here is your opportunity to see all of the most famous Italian Cities: Venice; Verona; Florence; Rome and Naples. In addition, you will explore the fascinating ruins of Pompeii.

In Venice, enjoy a boat ride and a visit to Muran, Burano and Torcello, the three most famous islands of the Ventian lagoon. There is free time to explore

and have lunch before an afternoon walking tour to see St Mark's Square, the Doge's Palace (exterieur only), and St Mark's Basilica. After dinner at a local restaurant, take a relaxing gondola ride.

On the way to Florence, there will be a stop in Verona to see Romeo and Juliet's famous balcony followed by free time for lunch. Upon arrival in Florence enjoy time to relax before a stroll to the restaurant for dinner. The next day, experience Florence with a walking tour featuring the Duomo of St. Mary's, Signoria Square, the Old Bridge and Holy Cross Chruch. You will then enter the Academy of Arts to see the beautiful statue of David. Following free time for lunch and exploration head off to Rome.

After dinner at Meo Patacca restaurant in Teastevere, enjoy a Rome by night tour including Trevi Fountain, the Pantheon and Navona Square. A full day tour of Rome awaits

STANDARD PRICE		Ear	rly Booking
Adult	\$1,755 \$16		672
Child	\$878	\$836	
TIME			
	Date		Time
Depart	September 19		0830
Return	September 24		1730

HIGHLIGHTS

- Venice with gondola ride, St Mark's Square, Doge's Palace
- Verona and Romeo & Juliet's balcony
- Famous sites of Florence including the Academy of Fine Arts
- Rome Colosseum, Forum, Vatican and St Peter's Bascilica
- Ruins of Popmeii

MINIMUM REGISTRATION: 20 MAXIMUM CAPACITY: 48



beginning with the Colosseum and Roman forum. After an early lunch visit the Vatican Museums and St Peter's Basilica. The evening is yours to enjoy at leisure. On your final day visit the excavations of Pompeii followed by lunch. Next, head to Naples for an orientation tour before rejoining the ship.

*Register by June 15th to be sure this trip will run.

Day 1: (D)

- Take a Eurostar train to Venice Mestre
- Arrive in Venice MESTRE & Transfer to the hotel by private coach
- Dinner served in your hotel
- Evening at leisure

Day 3: (B, D)

- Depart to Verona
- Expected arrival. Walk to Romeo & Juliet balcony
- Free time for individual lunch and sightseeing
- Meet at the bus and depart to Florence
- Expected arrival in Florence. Check in at the hotel
- Group dinner
- Rest of evening at leisure

Day 5: (B, L)

- Start your full-day tour of ancient Rome
- Visit of the Colosseum and the Roman Forum
- Early Lunch at a local restaurant
- Visit the Vatican Museums and St. Peter's Basilica End of the tour.
- Free time for dinner on your own

Day 2: (B, D)

- Depart from the hotel to Tronchetto coach park/pier
- Start your private Island tour
- Free time for lunch on own.
- Guided walking tour of Venice city center
- End of the tour and free time in downtown.
- Dinner at a local restaurant in Venice
- Gondola Ride

<u>Day 4</u>: (B, D)

- Begin your visit of Florence. Free time for individual lunch & shopping
- Meet back at the hotel. Load your luggage on the coach and depart to Rome
- Check-in at the hotel
- Welcome dinner at Meo Patacca restaurant in Trastevere and Rome by night tour

Day 6: (B,L)

- Arrive in Pompeii and visit of the excavations
- · Lunch at local restaurant
- Depart to Naples
- Orientation Tour of Naples
- · Return to ship

CIV 111-102 TAROTS GARDEN & CAPALBIO FULL DAY



This afternoon program features Tarot Garden designed and built by the French artists Niki de Saint Phalle and inspired by Antonio Gaudi's Parc Guell in Barcelona. The sculptures represent the artist's personal view of the Tarot cards

After admiring these sculptures covered with mirrors and very colorful ceramics drive to **Capalbio**

STANDARD PRICE		Early Booking	
Adult	\$71	\$6	8
Child	\$36	\$3	4
TIME			
	Date		Time
Depart	September 1	.9	1400
Return	September 1	9	1830
HIGHLIGHTS			

- The Tarots Garden
- Capalbio village

MINIMUM REGISTRATION:20 MAXIMUM CAPACITY: 48

and take a short walking tour to explore the medieval center of the village.

Enjoy the incredible view from the city-walls that entirely surround the historical village down onto the valley and seashore just few kilometers away. Enjoy some free time to explore before returning to Civitavecchia.

CIV 101-101 HIGHLIGHTS OF ROME GROUP A

This tour includes an in-depth exploration of Vatican City as well as other important sites in Rome. Don't spend your time waiting in line.

Begin your day at **Vatican City** where you will have a reserved time to visit the fascinating Vatican Museums and today's highlight – the **Sistine Chapel** by Michelangelo. Next, walk into the mother of all Catholic churches – **St. Peter's Basilica**. Enjoy some time to reflect on the morning experiences over lunch at a local restaurant where you will taste the specialties of Italian cuisine. After lunch, visit the symbol of the Eternal City, the **Colosseum** passing by the main monuments of the city such as the **Roman Forum**, where the city of Rome was founded.



STANDARD PRICE		Early Booking	
Adult	\$156 \$14		49
Child	\$78	\$75	
TIME			
	Date		Time
Depart	September 1	9	0845
Return	September 19		1915

FULL DAY

HIGHLIGHTS

- The Colosseum (including entrance) and Forum Romanum (no entrance)
- The Vatican Museums & Sixtine Chapel (including entrance and reservation)
- St. Peter's Basilica (including entrance)

MINIMUM REGISTRATION:25 MAXIMUM CAPACITY: 200

Please Note: Proper attire required. Knees and shoulders must be covered in church visits. Large bags, backpacks, and metal or pointed items are not allowed in the Vatican Museums and St Peter's Basilica. The order of the sights visited may vary due to reservation times.

Day 2: Sunday September 20

CIV 202-201

WINE & PASTA IN TUSCANY

2DAYS/1NIGHT



Pasta means culture. Pasta means tradition. Here is your opportunity to experience the beautiful Tuscan countryside and its cuisine including the chance to make your own pasta al mattarello.

Begin with a visit to Antica Fattoria La Parrina - this farmhouse cultivates 65 hectares of vineyards of both red and white grape types. The climate, characterized by sea winds, hot summers and rainy autumns, is ideal for the ripening of the fruit until harvest time. You will visit the various sections of the farm, including the wine cellar to learn about the traditional bottling methods still used today. Next, enjoy lunch featuring local

products. After lunch there is time to soak up the relaxing atmosphere of the

farm, to take pictures or shop if you wish. In the afternoon drive through the Maremma plain to reach Scansano country hotel, your home for tonight and tomorrow.

You may have already heard of home madetagliatelle, gnocchi, tortelli and pappardelle – but do you know what 'mattarello' means?? Today you learn to make your own pasta al mattarello and you'll be proud of it! After the cooking lesson, you'll be ready for lunch at the farm, including a glass of red wine typical of Maremma plain. Enjoy the afternoon at your leisure, perhaps relaxing at the pool, before your return drive to Civitavecchia.

*Register by June 15th to ensure the trip will run.

Day 1: (D)

- Depart to Southern Tuscany and stop in La Parrina farm
- Guided visit of the farm and the wine cellars
- Lunch at la Parrina
- Free time
- Drive to Scansano country hotel
- Afternoon activity among spa, hiking or creative cooking to be conf.
- · Gourmet dinner

STANDARD PRICE Early Booking Adult \$436 \$415 Child \$218 \$208 TIME Date Time Depart September 20 0845 Return September 21 1830 **HIGHLIGHTS**

- Antica Fattoria La Parrina with lunch
- Gourmet Dinner

MINIMUM REGISTRATION: 15 MAXIMUM CAPACITY: 46



Day 2: (B,L)

- · Breakfast at country hotel and check out.
- Pasta making lesson
- Lunch-tasting your own pasta and red wine!
- Time at leisure for pictures, relaxing by the pool, etc.
- Resume drive to Civitavecchia port, possible photo stop



The 5 villages of Cinqueterre, located on a stretch of rugged coastline on the Italian Riveria, have been left almost untouched modern by development making it the most beautiful coastline you're likely to find in Europe.

Your first stop is Pisa with the

famous Leaning Tower where you will have a guided tour as well as some free time for exploration and lunch on your own. After lunch, proceed to Portovenere a UNESCO World Heritage site with its picturesque harbor, brightly colored houses, and narrow medieval streets lined with shops. After check in at the hostel, enjoy the rest of the afternoon and evening at your leisure.

On your second day, you will travel by boat to explore the small villages of Riomaggiore, Vernazza and Monterosso with the option to return with the guide to Portovenere or linger in Monterosso and return on your own using the boat ticket provided by your guide.

On the last day, you will hike through the wilds of Palmaria Island finding the ruins of prisons, quarries anfortresses hidden among the Mediterranean trees.

*Register by June 15th to ensure the trip will run.

"Amazing field program. Best of the voyage thus far...This was extremely enjoyable and a great deal for the \$." - Betsy, SU'13 Voyage

Please Note: Hostel accommodations with 4-8 per room. Meals are not included except for breakfast at the hostel. This tour is not recommended for people with walking problems as the sites to be visited are not wheelchair friendly with narrow, steep and uneven paths.

Day 1: (D)

- Drive to Pisa parking place
- Walk to the Field of Miracles
- Guided tour
- Free time for exploration & lunch in Pisa
- Drive to Portovenere
- · Check-in at the hostel.
- · Evening at leisure

Day 2: (B)

- Meet your local guide and walk to the public
- Coastal cruise to Riomaggiore & Free time
- Public boat ride to Vernazza & free time
- Cruise to Monterosso
- Free time for lunch
- Board the public boat and cruise back to Portovenere or return later on your own

Day 3: (B)

- Boat to Palmaria
 - 2 hours hiking on the island
- Boat transfer to Portovenere
- Free time for lunch
- 4 hour drive to Civitavecchia
- Return to the ship

STANDA	RD PRICE	Ear	rly Booking
Adult	\$443	\$422	
Child	\$221	\$211	
TIME			
	Date		Time
Depart	September 2	0	0800
Return	September 2	2	1730
HIGHLIGHTS			

- Pisa Leaning Tower and Miracles Square
- Villages of Portovenere, Riomaggiore, Vernazza and Monterosso
- Hiking in Palmaria Island

MINIMUM REGISTRATION: 25 MAXIMUM CAPACITY: 47

CIV 303-201

THE ITALIAN ART TOUR - FLORENCE & PISA

3 DAYS/ 2 NIGHTS



Explore the Tuscan art capital of Florence and discover the historical background of some major Italian artists. Depart from the port city and reach Florence in the early afternoon. Check in at the hotel and enjoy a guided walking tour to familiarize with the city! Visit the main highligh of the so-called "cradle of

Renaissance" such as the Brunelleschi dome crowning the Cathedral, Signoria square and the Old Bridge, Ponte Vecchio, the oldest bridge crossing the Arno River. You will have a reserved-time, guided tour of the Accademia of Fine Arts to admire the original statue of David among other works of art and a visit to the Basilica di Santa Croce. Dinner is

STANDARD PRICE		Ear	Early Booking	
Adult	\$839	\$799		
Child	\$419	\$372		
TIME				
	Date	7	Time	
Separt	September 2	6	0900	
Return	September 2	2	1800	
HIGHI IG	нте			

HIGHLIGHTS

- Florence with plenty of free time
- Reserved Time at the Accademia (The David)
- Basilica di Santa Croce
- Leaning Tower of Pisa

MINIMUM REGISTRATION: 20 MAXIMUM CAPACITY: 48

included on your first day to introduce you to local culture and traditions.



The next day, you will visit other Florentine highlights allowing you to deepen your knowledge Michelangelo. Visit the Church of the Holy Spirit, Casa Buonarroti (Michelangelo's birthplace) and Palazzo Vecchio, hosting the Genio della Vittoria by Michelangelo. The afternoon and evening is free to explore on your

Your last day takes you along the Tyrrhenian coastline to Pisa where you will visit Miracles



Square and the monuments contained. After the short introduction tour, time at leisure for your independent exploration and lunch. In the afternoon resume the drive to Civitavecchia and board the ship

*Register by June 15th to ensure the trip will run. Bring ~ 50€ spending money for dinner day 2 and lunch day 3.

Please Note: Shorts, bermudas, miniskirts and sleeveless tops are not allowed in churches in Florence. Visitors wearing these clothes may be restricted from entering.

Day 1: (D)

- ~ 5 hour coach ride to Florence
- · Lunch Break along the drive
- Hotel check in and relax for 1 hour
- · Guided walking tour
- · Accademia of Fine Arts reserved time
- Santa Croce Basilica reserved time
- ~ 1930 Dinner at a local restaurant. Walk to the restaurant with your T/L
- · Walk back to the hotel

- Church of the Holy Spirit Casa Buonarroti
- Palazzo Vecchio
- Lunch on your own
- Rest of the day and evening at leisure

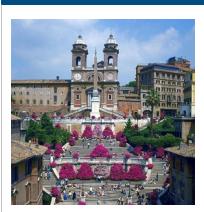
<u>Day 3</u>: (B only)

- After breakfast check out and place your luggage on the coach.
- 1.5 hour drive to Pisa.
- Guided walking tour
- Free time for lunch & exploration on own
- Drive ~3.5 hours back to the ship in port

CIV 109-201

BAROQUE ROME & ST PETER'S

FULL DAY



Enjoy a pleasant walk and visit some of the most famous sights of Rome! After a brief panoramic drive featuring the Colosseum, you will reach the city center of Rome where you will start your walk passing by the celebrated Spanish Steps with its curious "Barcaccia" fountain by Bernini's father. You will continue down Via del Tritone leading to the world famous Trevi Fountain (Under Restoration) (toss a coin to ensure your return to Rome!). From there a short walk

will take you to **Via del Corso**; later you will see the **Pantheon** and finally you will reach one of the most marvellous squares in the world, **Navona Square**, where you will enjoy a delicious pizza lunch at a local restaurant. Later you will board the coach and proceed to the magnificent **St. Peter's**

STANDARD PRICE		Ear	rly Booking
Adult	\$103	\$9	8
Child	\$51	\$4	9
TIME			
	Date		Time
Depart	September 20		0745
Return	September 2	20	1745

HIGHLIGHTS

- Baroque Rome including main squares and roads (Spanish Steps, Trevi Fountain, Via del Corso, Pantheon, Navona Square)
- St. Peter's Basilica (including entrance)

MINIMUM REGISTRATION: 25 MAXIMUM CAPACITY: 60

Basilica, with its splendid Bernini's square surrounded by marble columns and the statues of Saints and Popes. At the end of the guided tour you will have a little free time before returning to Civitavecchia. Don't spend your precious time waiting in line! A strict dress code is enforced in St. Peter's Basilica. Short pants, miniskirts, tank tops and revealing clothing are not acceptable and guests wearing these items can be restricted from entering.

CIV 110-201

TREKKING VULCI NAUTURAL PARK & TARQUINIA

FULL DAY



Spend the day out in nature and discover the mysterious ancient Etruscan people.

Visit the ruins of the important Etruscan City of Vulci on this excursion to the Vulci Naturalistic-Archaeological Park. This ancient city is surrounded by natural wonders allowing visitors to explore the site's history, archaeology, tradition and culture

all in a flourishing garden. Your tour includes a visit to the **Pellicone Lake** where you will have free time for lunch.

Later you will drive to Tarquinia to visit the Etruscan Necropolis of Monterozzi, where it is still possible to admire the famous painted tombs. The paintings on the walls of the tombs are really amazing and the colors mixed from iron oxide, lapis lazuli, dust and charcoal are incredibly vivid. After this interesting stop you will resume the drive to Civitavecchia.

STANDARD PRICE		Early Booking		
Adult	\$72 \$69		9	
Child	\$36	\$3	5	
TIME				
	Date		Time	
Depart	September 2	0	0900	
Return	September 20		1700	

HIGHLIGHTS

- Vulci Naturalistic-Archaeological Park
- Pellicone Lake
- Etruscan Necropolis of Monterozzi in Tarquinia

MINIMUM REGISTRATION:25 MAXIMUM CAPACITY: 60

Day 3: Monday September 21

CIV 201-301 ROME THE ETERNAL CITY 2DAYS/1NIGHT



Two full days to discover Rome by day and night, when the majority of tourists have left the Depart Civitavecchia for Rome (1.5)hours), learning its history about and surroundings on the way. Upo arrival in the Eternation, Orientation toun of archaeological district and the major basilicas, including time

for a late morning snack. After hotel check-in, head to the Vatican for a reserved-time visit to the fascinating Vatican Museums and the Sistine Chapel by Michelangelo, before stepping into the largest Catholic church in the world: St. Peter's Basilica. The Vatican tour ends at 3.30pm, with the rest of the afternoon to explore Rome at leisure. In the evening, enjoy a tour by night including dinner in a typical Roman restaurant. The drive by night is the best way to admire the monuments of the Eternal city.

Your second day in Rome will be dedicated to familiarize with the Roman Empire! Check out and leave the hotel by tour bus. Set off with your tour guide to reach the Circus maximus, the Caracalla Baths and the Palatine Hill seen from the top of the Aventine Hill. Continue then on to the Colosseum and visit this enormous amphitheatre which became the symbol of the Eternal city. Visit

STANDARD PRICE		Early Booking	
Adult	\$419	\$3	99
Child	\$210	\$1	99
TIME			
—n	Pate		Time
Depart	September 2	1	0900
Return	September 2	2	1800
HIGHLIGHTS			

- Vatican City & Sistine Chapel
- Rome-by-night orientation
- The Colosseum and Roman Forum

MINIMUM REGISTRATION: 20 MAXIMUM CAPACITY: 48



also the Roman Forum - the center of political, economic and social life at the time of ancient Rome. After the guided tour, free time for lunch and some more exploration on your own before your return to the ship.

Day 1: (D)

- Upon arrival Orientation tour of Ancient Rome and the major
- Check-in at your hotel. Depart to the Vatican
- Visit the Vatican Museums, the Sistine Chapel and St. Peter's hasilica
- Rest of the afternoon at leisure.
- Meet in the lobby and drive to the restaurant selected for dinner
- Dinner in a local restaurant
- · Rome by night tour

Day 2: (B)

- Imperial Rome tour.
- Visit the Colosseum (group reservation)
- Visit the Roman Forum
- Time at leisure for lunch and self-exploration
- Meet again and walk to the coach park.
- Drive to Civitavecchia (1 hr 30 min approximately)

CIV 401-301 THE SUNSHINE TOUR 4 DAYS/ 3 NIGHTS



This overnight program provides the opportunity to see the Eternal City of **Rome**, the ruins of **Pompeii**, and the beautiful southern coastal area including **Sorrento** and **Capri**.

Begin your adventure in Rome with the Vatican Museum, Sistine Chapel and St Peter's Square. After some free time for lunch in the Vatican area, freshen up at your hotel before dinner and a Rome-by-night tour.

The next day, head to Pompeii for a guided tour of the excavations. Explore this well preserved ancient Roman city and learn about Roman culture and Pompeii's inhabitants buried by the Vesuvius ashes during the eruption of 79 a.d. Lunch is included at a local restaurant before resuming the drive to Sorrento. Enjoy the evening at your leisure exploring this seaside town.

STANDARD PRICE		Early Booking	
Adult	\$1045	\$9	95
Child	\$536	\$4	98
TIME			
	Date		Time
Depart	September 21		0900
Return	September 24		1345
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HIGHLIGHTS

- Vatican City & Sistine Chapel
- Rome-by-night orientation
- The Colosseum and Roman Forum
- Pompeii
- Capri & Anacapri

MINIMUM REGISTRATION: 15 MAXIMUM CAPACITY: 48

The next morning, wake up in Sorrento and set off to discover the **island of Capri!** Enjoy a full-day tour with free time for lunch and soak in the charming atmosphere of this most cherished Italian island! Return to Sorrrento for a group dinner after some time for relxation.

On your final day you will have an early check-out and depart to Naples for a panoramic tour of the city. See Mount Vesuvius in the background as you stop at the hill of Posillipo in the residential area of the city, boasting the most exciting views of the city and the gulf of Naples with its three islands of Ischia, Procida and Capri. Continue towards the historical center of Naples traveling along the sea front road Via Caracciolo, through the district of Santa Lucia and then on to the famous Piazza Plebiscito to admire the Royal palace, the san Carlo Opera house, galleria Umberto I and the beautiful Piazza Municipio, where the imposing Castel Nuovo is found. After some time for lunch on your own, return to the shi of.

Please Note: This program is **not** recommended for wheelchair-bound people. No elevator in the minibuses; very steep streets and alleys on the island and the archaeological site is entirely uneven, sometimes steep.

Day 1: (D)

- Board coach and depart to the Eternal City!
- Upon arrival visit the Vatican Museums and the Sistine Chapel
- Visit St. Peter's Basilica and St. Peter's Square
- Free time for lunch in the Vatican area
- Board the coach and drive to the hotel
- Meet in the lobby and drive to the restaurant selected for dinner
- Dinner in a typical restaurant
- Rome by night tour

<u>Day 3</u>: (B,D)

- Jetfoil to Capri.
- Minibus ride from Marina Grande port to Anacapri.
- Visit Anacapri including some free time.
- Minibus ride to Capri.
- Free time for lunch.
- Capri tour including photo stops.
- Free time. Guide provides the funicular tickets to return to the port.
- Jetfoil back to Sorrento (schedule TBC). Group reservation.
- Dinner at local restaurant

Day 2: (L)

- Board the coach and depart to Pompeii.
- Drive along the motorway heading South.
- Guided tour of the excavations.
- Lunch served at local restaurant.
- Drive to Sorrento and check-in.
- Evening at leisure

Day 4: (B)

- After breakfast check out and place your luggage on the coach.
- Drive to Naples.
- Orientation tour and some free time in Naples.
- Free time.
- Meet again and drive to your ship in Naples





Go back in time to the medieval village of Tuscania and spend the evening in a castle.

Proceno was built on the peak of a dorment volcano and is surrounded by woods and green valleys, scattered with ruins of past civilizations. The Castello di Proceno is a rare example of a medieval fortification surviving in its original state located on Cassia road, a leading ancient route for commerce, culture and religious pilgrimages.

STANDARD PRICE		Early Booking	
Adult	\$358	\$3	41
Child	\$179	\$1	71
TIME			
	Date		Time
Depart	September 2	1	0845
Return	September 2	<u> </u>	1800
Higheig			
The	Medieval town	of T	uscania
• Dinr	ner and overnig	ht in	Castle Di
Prod	ceno		
• Bols	ena and its Bas	ilica	
	M REGISTRATION		L5

Begin with a drive through the region called Tuscia to the perfectly preserved medieval village – Tuscania. Guided tour of Tuscania upon arrival followed by a stop at the Lake of Bolsena, a crater lake of volcanic origin. In the afternoon,

resume the drive to Proceno Castle, where the owner will take us on a tour of the Medieval village including the Museum of the farming tradition in a beautiful ancient Palace. Next, enjoy dinner and overnight in the castle.

The next day, travel on the Via Francigena, for years the most important route between northern and southern Europe. Monuments, splendid cathedrals, villas and magnificent gardens enriched the cities along the journey and this route is often considered the birthplace of European unity. In 1994, the Council of Europe recognized it as a "European Cultural Itinerary." You will visit an important Basilica on the road to Christian Rome, Bolsena, famous for the Miracle of the Eucharist in the Santa Cristina Basilica.

Day 1: (D)

- · Guided tour of Tuscania
- Drive to Bolsena lake and learn about its volcanic origin
- Stop in Marta or Capodimonte village
- Free time for a snack or lunch
- · Resume drive to Proceno
- Check in and tour of the Castle and of the Museum of Tradition
- Time to relax by the pool.
- Group dinner at the Castle.

Day 2: (B

- Breakfast at the Castle and check out
- Depart to Bolsena village
- Visit of Bolsena and the Basilica of the Holy Miracle
- Rich aperitif at a local Enoteca near the lake
- Time at leisure by the lake
- Resume drive to Civitavecchia port

CIV 204-301 NATURE RESERVE IN TUSCANY 2DAYS/1NIGHT

This trip to southern Tuscany allows you to visit 2 nature reserves, relax and swim at the beach as well as see Capalbio village.

The Orbetello Nature Reserve and Lagoon is partially managed by WWF	Adult	\$269	\$257
Italy whose goal is to stop environmental destruction and build a future	Child	\$135	\$128
where humans live in harmony with nature. It is located along one of	TIME		
Europe's main migration routes and is considered one of the most		Otte	Ti
important wetlands providing vital rest and breeding site for many species of birds. The Reserve boasts variety of rare cork oak trees and busies.	Depart	September 2	1 0
sand dunes and 300 hectares of salty lagoon. The Orbetello lagoon is	Return	September 2	2 1
most famous for its bird population with around 300 species of birds	HIGHLIG	HTS	
visiting every year including flamingoes, common stilts, great egrets, grey		etello Nature R	,
herons, ospreys, northern shovelers, Eurasian spoonbills and pied avocets.		ano lake Nature	Reserv
In the afternnon, travel to the hostel which is walking distance from the	·	albio village	
beach. After free time for relaxation enjoy a group dinner at the hostel, an 18th century farm.	MINIMUM REGISTRATION: 20 MAXIMUM CAPACITY: 48		
20 Johnson			

MAXIMUM CAPACITY: 48

STANDARD PRICE

Orbetello Nature Reserve, WWF Burano lake Nature Reserve;

Early Booking

Time

0845

1700

The next day, head off to Burano Lake Nature Reserve, home to more than 600 species of plants and over 270 bird species. Mammals like porcupines, badgers, foxes. beech martens, least weasels and the rare European polecat may also be found. The area is also a breeding site for the monarch butterfly, the death's-head hawk moth and the Leliaa coenosa, a small night butterfly whose caterpillars feed on common reed. After your guided visit and a packed lunch from the hostel, visit Capalbio Village on the hills before returning to Civitavecchia.

Please Note: Accommodations are at the WWF hostel in triple and quad rooms. Please bring clothes for hiking and a bathing suit.

Day 1: (L, D)

- Drive to Southern Tuscany and reach Orbetello lagoon
- · Guided visit of the Orbetello lagoon and birdwatching hides
- · Lunch break
- Drive to the hostel along the Giannella strip of land and check in.
- · Check in and free time for swimming
- Group dinner in the hostel (18th century farm).

Day 2: (B, L)

- Breakfast and check out
- Drive to Burano lake
- Guided visit of the Burano lake Nature Reserve
- Lunch break
- Depart to Capalbio village on the hills.
- Time to walk around the village.
- Drive back to the ship in Civitavecchia

Discover the secrets of Orvieto, a combination of ancient village and breathtaking scenery. Upon arrival, enjoy a guided tour of the town and



discover Orvieto's surprising and unexpected "underground city," created by ancient inhabitants over approximately 2,500 years of uninterrupted digging. Following the grottoes, enjoy free time and lunch on your own in the center of old town. Orvieto is small enough that you can walk from one end to the other in 30 minutes, but the

STANDARD PRICE		Early Booking	
Adult	\$81	\$77	
Child	\$41	\$39	
TIME			
	Date		Time
Depart	September 21		0915
Return	September 21		1845
HIGHLIGHTS			
Explore an underground city			
MINIMU	M REGISTRATIO	ON: 1	L5

MAXIMUM CAPACITY: 100

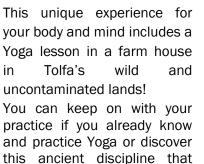
more adventurous will enjoy getting lost among the winding lanes and

shadowed alleys that suddenly open into bright piazzas. The glittering mosaic façade of the Duomo is visible for miles, and the cathedral is definitely worth a visit. Orvieto itself offers splendid views of the surrounding countryside, perched as it is atop a jutting cliff.

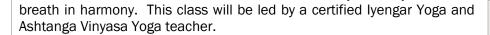
Please Note: A strict dress code is enforced in all churches. Short pants, miniskirts, tank tops and revealing clothing are not acceptable and guests wearing these items can be restricted from entering. This tour is very walking intensive and there are many stairs involved. Not recommended for guests with walking difficulties.

CIV 112-301

YOGA EXPERIENCE IN A BIO FARM HOUSE



connects your body, mind and



After your Yoga lesson enjoy a tasting of organic food among the gorgeous hills. The aim of this Farm House is to supply people living locally with fresh, affordable organic products and to reconnect people with the land and to foster affection for it.

STANDARD PRICE		Early Booking	
Adult	\$82	\$7	8
Child	\$41	\$3	9
TIME			
	Date		Time
Depart	September 21		0900
Return	September 21		1300
HIGHLIGHTS			

FULL DAY

- Yoga Lesson
- Rich tasting of organic food in a Biological Farm House

MINIMUM REGISTRATION: 15 MAXIMUM CAPACITY: 18

This tour includes an in-depth exploration of Vatican City as well as other important sites in Rome.

Begin your day at Vatican City where you will visit the fascinating Vatican Museums and today's highlight - the Sistine Chapel by Michelangelo. Next, walk into the mother of all Catholic churches - St. Peter's Basilica. Enjoy some time to reflect on the morning experiences over lunch at a local restaurant where you will taste the specialties of Italian cuisine. After lunch, visit the symbol of the Eternal City, the **Colosseum** passing by the main monuments of the city such as the Roman Forum, where the city of Rome was founded.



STANDARD PRICE		Early Booking	
Adult	\$156	\$1	49
Child	\$78	\$7	5
TIME			
	Date		Time
Depart	September 21		0845
Return	September 21		1915
HIGHLIGHTS			

- The Colosseum (including entrance) and Forum Romanum (no entrance)
- The Vatican Museums & Sixtine Chapel (including entrance and reservation)
- St. Peter's Basilica (including entrance)

MINIMUM REGISTRATION: 25 MAXIMUM CAPACITY: 200

Please Note: Proper attire required. Knees and shoulders must be covered in church visits. Large bags, backpacks, and metal or pointed items are not allowed in the Vatican Museums and St Peter's Basilica. The order of the sights visited may vary due to reservation times.

Day 4: Tuesday September 22

CIV 102-401

IMPACT: REPUBBLICA DEI RAGAZZI: ORPHANAGE VISIT

FULL DAY



Repubblica dei Ragazzi, originally operated by Father Marcello Bolzonello, provides shelter and education for boys, ages 9 to 18 years, who have social. economic and family problems. The facility comparable to the original "Boys

Town" started by Father Flannagan in 1917; the U.S. story gained international attention when it was brought to the silver screen in 1938 with Spencer Tracy starring as the Oscar-winning priest. Nobody obliges them to stay; the gate is always open. Everybody at the home has a

STANDARD PRICE		Early Booking	
Adult	\$23	\$2	3
Child	\$23	\$2	3
TIME			
	Date		Time
Depart	September 22		1430
Return	September 22		1730
HIGHLIGHTS			
Repubblica dei Ragazzi			

MINIMUM REGISTRATION: 15 MAXIMUM CAPACITY: 48

different "duty" such as assisting with housework, health or finances. Each week the duties change. The youth are self-governed and elect a "mayor" monthly. On average there are 30 teenagers at the facility and approximately 20 tutors. The children go to the various schools in town studying subjects such as tourism, accounting, and other topics to prepare for high school. Visit with the priest to learn more about this unique facility and have an opportunity to

interact with the students before returning to the ship.



Become a member of the Global Grins Delivery Squad by delivering toothbrushes and spreading the word about the link between good oral hygiene and disease prevention. More information about Global Grins can be found at www.globalgrins.org.

he IMPAC

<u>Please note:</u> A donation of \in 400 will be given to the home courtesy of the SAS Annual Fund. The price of this program covers roundtrip transportation and guide.

CIV 107 -101

TARQUINIA COOKING CLASS

FULL DAY



This is the perfect tour to learn how to cook authentic Italian ragout sauce and tiramisu and to enjoy the real flavor of "Tuscia," the Etruscan land. Travel through the countryside to reach *Valle del Marta* Farm, a quaint farmhouse with pastures and animals producing a variety of products, including

vegetables, wine, fruit, meat, spices, pure virgin olive oil, honey and even medicinal oils. After your **cooking lesson** with your chef, enjoy the typical farmhouse **lunch** you helped prepare and relax in the beautiful

STANDARD PRICE Early Booking Adult \$118 \$112 Child \$59 \$56 TIME Time Date Depart September 22 0900 Return September 22 1630 **HIGHLIGHTS**

Valle del Marta Farm

Cooking class

MINIMUM REGISTRATION: 20 MAXIMUM CAPACITY: 40

countryside. Before departing, stop in the farmhouse shop to purchase local products, such as honey and olive oil. On the way back to the ship, admire Tarquinia, one of the most important Etruscan cities.

Please Note: Fresh goods (produce) cannot be brought onboard the ship.

CIV 114-401 RENAISSANCE JEWELS: SACRED WOOD OF BOMARZO & VILLA LANTE FULL DAY

If you like mystery and enchanted places, then you will enjoy these two Renaissance jewels of Europe: the amazing Park of Monsters & Villa Lante.

Your first visit will be the Sacred Wood of Bomarzo, one of the most famous "Italian Gardens" in the entire Lazio region, created by Pier Francesco Orsini. Walking through the Sacred Wood, you will be charmed by the area's dreamlike aura and by the sculptures, which seem to emerge spontaneously from the ground as if they were one with the



natural landscape. Depart the park to reach **Bagnaia** where you will have **free time for lunch**. After lunch you will see the most interesting Renaissance villa of central Italy, **Villa Lante**, which

STANDARD PRICE		Ear	rly Booking
Adult	\$79	\$7	5
Child	\$39	\$3	8
TIME			
	Date		Time
Depart	September 22		0845
Return	September 22		1730
LUCLULOUTO			

HIGHLIGHTS

- Sacred Wood of Bomarzo
- Villa Lante Bagnaia

MINIMUM REGISTRATION: 15 MAXIMUM CAPACITY: UNLIMITED

inaugurated the concept of "Italian gardens" with a rich park of fountains, pavilions and buildings. Time permitting; enjoy free time before returning back to the ship.

Day 5: Wednesday September 23 Naples, Italy



NAP 108-103

From the pier, head out for a panoramic tour around the city passing by the coastal section of the city known as Mergellina, the Castel dell'Ovo and Maschio

This program introduces you to the city of **Naples** and provides the opportunity to enjoy delicious Neapolitan pizza, considered by many to be the best in the world.

NAPLES ORIENTATION & PIZZA DINNER



STANDARD PRICE Early Booking
Adult \$56 \$53
Child \$28 \$26

HALF DAY

TIME

Date Time

Depart September 23 1830

Return September 23 2230

HIGHLIGHTS

- Naples highlights
- Pizza dinner

MINIMUM REGISTRATION: 20 MAXIMUM CAPACITY: 100

Angioino Castle. You will stop at the famous Piazza Plebiscito to see San

Francesco di Paola Church, the outside of the Royal Palace and the San Carlo Opera House and the Galleria Umberto *I*, famous for its splendid 17th century dome. Enjoy some **free time to explore** before arriving at the restaurant for your pizza dinner.

Day 6: Thursday September 24 Naples, Italy

IMPORTANT: If you registered in one of the following courses, you have a field lab on this day. Do not make any other travel plans as this is a designated class day in port for your course:

tarior diatro. Plane de diferio di decignate di deci diagram por tror your course.			
COURSE#	FACULTY	DAY 6 -Thursday 24, September	
SEMS	Professor Melinda Cain	Intercultural Communication (Section 1)	
EVSC	Professor Alan Goldin	Earth's Processes as Natural Hazards	
CPLT 2559 101	Professor Antonio Losano	Gender and Sexuality in Global Literature	
ARTS 1000 501	Professor Judy McLeod	Drawing at Sea (Section 1)	

NAP 101-201 HERCULANEUM HALF DAY



Herculaneum is one of a few ancient cities that can now be seen in its original splendour.

The upper class Romans had their beautiful villas and luxurious properties in Herculaneum, most of them overlooking the sea. While hot ashes charred or consumed the wood structures in Pompeii, Herculaneum's

STANDARD PRICE		Early Booking	
Adult	\$50	\$4	8
Child	\$25	\$2	4
TIME			
	Date		Time
Depart	September 24		0900
Return	September 24		1215
HIGHLIGHTS			

Guided tour of Herculaneum excavations

MINIMUM REGISTRATION: 20 MAXIMUM CAPACITY: 100

destruction was due to a flood of hot mud which sealed and protected entire buildings. This means that today there are still inlaid marble floors,

mosaics, and paintings and carbonised woods exposed to visitors. Enjoy a guided tour of the ruins.

NAP 104-201 POMPEII & SORRENTO FULL DAY



This program includes both the Pompeii excavations as well as the beautiful coastal town of Sorrento.

The tour of Pompeii will be conducted on foot. The viewing of the main part of the archaeological site will allow you to relive the former atmosphere through the story-telling of the guide. You will

see the huge forum, great temples, homes, shops and most of the structures that were buried by ash and pumice stone during the eruption of Vesuvius in 79 AD.

Next, head to the enchanting village of **Sorrento.** Upon arrival, you will have some free time to explore and shop around before arriving at a local inlaid woodwork factory, one of the most important local arts still alive from the past. Then relax and enjoy a typical Italian lunch at a local restaurant. After lunch there is a little time for a stroll around the village or an afternoon Italian coffee before returning to Naples.

STANDARD PRICE		Early Booking	
Adult	\$93	\$8	9
Child	\$47	\$4	4
TIME			
	Date		Time
Depart	September 24		0830
Return	September 24		1630
HIGHLIGHTS			

- Pompei excavation
- Sorrento town
- Italian Lunch

MINIMUM REGISTRATION: 20 MAXIMUM CAPACITY: 100

NAP 105-201 CAPRI & ANACAPRI FULL DAY



Visit the picturesque "island of love" Capri including a typical Italian lunch.

From Naples harbour, board the hydrofoil for a 45 minute ride to the island of Capri. On arrival at the main port of Capri, Marina Grande, you will be taken by mini-coach to the higher village of Anacapri and can then choose between taking the chair lift up to

Monte Solaro, boasting breath taking views of the bay of Naples; or joining the guide for a visit inside the famous Villa San Michele, an ancient property built on the ruins of one of the Tiberius palaces. After some free time to explore, you will proceed to Capri village for a typical Italian lunch.

STANDARD PRICE		Ear	rly Booking
Adult	\$142	\$1	35
Child	\$71	\$6	7
TIME			
	Date		Time
Depart	September 24		0800
Return	September 24		1630

HIGHLIGHTS

- The Island of Capri
- Typical Italian Lunch
- Funicular ride

MINIMUM REGISTRATION: 20 MAXIMUM CAPACITY: 100

After lunch, take the famous "funicular" back to Marina Grande to board the hydrofoil back to Naples harbour.

NAP 102-201 POMPEII HALF DAY



Pompeii is considered the world's finest example of an ancient roman town. Once at the site, the tour will be conducted on foot. The viewing of the main part of the archaeological sight will allow guests to relive the former atmosphere through the storytelling of the guide. You will see the huge forum, great temples, homes, shops and most of the structures

that were buried by ash and pumice stone during the eruption of Vesuvius in 79 AD.

Please Note: This program involves walking in the sun on uneven ground: sun hats and comfortable, closed-toe shoes are recommended.

STANDARD PRICE		Early Booking	
Adult	\$46	\$44	
Child	\$23	\$2	2
TIME			
	Date		Time
Depart	September 24		0900
Return	September 24		1300
HIGHLIGHTS			
2-hour guided tour of Pompei			

 2-hour guided tour of Pompei excavations

MINIMUM REGISTRATION: 25 MAXIMUM CAPACITY: 100

This program includes a panoramic drive around **Naples** as well as an opportunity to witness the making (and then eat) Neapolitan pizza, widely regarded as the best in the world.



During the Naples orientation, you will enjoy views of the most enchanting areas of the town: Posillipo Hill, Mergellina, and the famous Maschio Angioino also known as the New Castle. A stop will be made at *Piazza Plebiscito to* have an outside look at the Royal Palace and the San Carlo Opera House. Enjoy some free time

STANDARD PRICE		Ear	rly Booking
Adult	\$49	\$46	
Child	\$24	\$23	
TIME			
	Date		Time
Depart	September 24		0900
Return	September 24		1330
HIGHLIGHTS			
Naples highlightsPizza demo			
MINIMUM REGISTRATION: 20			

MAXIMUM CAPACITY: 96

before proceeding to a local restaurant situated in the historical center of the town.

The world's first true pizzeria, "Antica Pizzeria Port'Alba", opened in 1830 and is still in business today in Naples. Pizzerias in this era usually included a large brick oven, a marble counter where the crust was prepared, and a shelf lined with ingredients. Contemporary Neapolitan pizzerias are prepared in the same way they were 100 years ago with fresh ingredients available to Neapolitan pizzerias: herbs, garlic, tomatoes grown in the rich volcanic ash of Vesuvius, and fresh mozzarella from water buffalo milk.

You will see expert Pizzaioli (makers of pizza) assembling the entire pizza on a marble counter right before your eyes, sharpening your appetite before enjoying the finished pie.

NAP 103-201 VESUVIO HALF DAY



This program takes you along the bay of Naples to reach the feet of Mount Vesuvio, the only volcano on the main continent of Europe.

From the village of Torre del Greco, world capital of handcrafters you will reach the only way to lead up the slopes of the volcanic complex Arrive at the parking area at approximate elevation of 3,000 feet and from here you will walk independently up to

the crater for a breathtaking view of the bay of Naples and the crater itself. Local alpine guides will check safety on top. A rest stop and a demonstration will be provided at the craft center at the foot of Mount Vesuvio before heading back to Naples.

STANDARD PRICE		Early Booking	
Adult	\$56	\$5	3
Child	\$31	\$2	7
TIME			
	Date		Time
Depart	September 2	24	0900
Return	September 24		1300
HIGHLIGHTS			

Walk the slopes of Mt. Vesuvius

MINIMUM REGISTRATION: 15 MAXIMUM CAPACITY: 96

Please Note: Walking distance to the top is 3445 feetand takes about 20 minutes. The elevation change is 708 feet. Sun hat and comfortable shoes are recommended

NAP 107-201

FAMILY COOKING SCHOOL AT VILLA IDA

FULL DAY



This program offers you the opportunity to learn the southern Italian style of cooking at the Sorrento cooking school.

The cooking lesson will take place in an amazing, private and manicured garden. You will be surrounded by an impressive array of old palms, English meadow, flowers,

STANDARD PRICE		Early Booking			
Adult	\$167	\$159			
Child	\$83	\$80			
TIME					
	Date		Time		
Depart	September 24		0830		
Return	September 24		1430		

HIGHLIGHTS

Cooking Lesson

MINIMUM REGISTRATION: 16 MAXIMUM CAPACITY: 20

fountains, lemon and orange trees as well as a swimming pool. Upon arrival, you will head to the kitchen area for your cooking lesson. Classes

are based on menus of traditional Italian cuisine, with a particular emphasis on Neapolitan recipes. All the recipes will be clearly demonstrated in a warm and relaxed atmosphere. The cooking class lasts 3 hours, during which there will be a break to visit the wine cellar and to taste local wine. At the end, you will enjoy a beautiful meal by the pool or under a Pergolato of what you have cooked.

NAP 106-201 SOUL OF NAPLES FULL DAY

Here is your opportunity to experience "The Aperitivo Tarantella", a unique combination of local music, dance and food.

The program begins with an orientation tour of Naples passing by Piazza Plebiscito for an outside look at the Royal Palace, the San Carlo Opera House and Umberto Gallery. You will be dropped off at Piazza del Gesù for a walking visit of the Decumano, one of three main North-South roads in Naples. The Lower Decumano is nicknamed "spaccanapoli" (Naples splitter) because the vantage point from Castel Sant'elmo seems to



divide the city into two nearly equal parts. You will see the large Jesuit church of Gesù Nuovo with its famous diamond point facade, the gothic church of Santa Chiara built for the order of Robert Anjou in 1310. Walk along until you arrive at

STANDARD PRICE		Early Booking			
Adult	\$135	\$128			
Child	\$67	\$64			
TIME					
	Date		Time		
Depart	September 24		0845		
Return	September 24		1515		
HIGHLIGHTS					

- HIGHLIGHTS
- Naples orientation
- Decumano walking tour
- Basso Napoletano and the Tarantella

MINIMUM REGISTRATION: 11 MAXIMUM CAPACITY: 15

San Domenico square, heart of the Decumano adorned by its "guglia" (spire). Here enjoy some free time to browse around or take a nice Neapolitan coffee or cappuccino. After the pleasant walk through the old center, the tour will continue to the inner city, into the real "basso"

napolentano".

Here in the "basso" you will be treated to "The Aperitivo Tarantella", entertainment where the tarantella is sung and played live involving everyone in a liberating dance, and all of this enriched by a large buffet. The entertainer is a master of Neapolitan commedia dell'arte with a thousand faces such as the one of Pulcinella. After a fantastic experience in the Neapolitan alleyways, head back to the ship.