

FLORENCE, TUSCANY, AMALFI & ROME: Culinary Tour

(Note: This is only a sample tour)

Day 1: Depart today on your flight to Florence.

Day 2: Arrive **Florence** Italy.

Day 3: The Renaissance began in Florence and the city has more sights to visit within one square kilometer than any other city in Europe. Meet guide for a guided orientation culinary walking tour. See the gorgeous **Duomo, the Bell Tower, Pont Vecchio** the medieval district, and a central bustling food market. Your guide will also explain some of the traditional Tuscan foods. Enjoy a **Tuscan cooking class**. This cooking class will teach the basics of Italian food preparation. Your chef will lead you through the creative process and everyone will actively participate.



Day 4: Board your private coach for a full day tour visiting the beautiful countryside of **Tuscany**. Your first stop is **San Gimignano**, a spectacular medieval city that has the feel of a museum. From a distance, the towers of this 13th century town that were symbols of power and wealth of the city's medieval families, dominate the lush landscape of wheat fields, olive groves and vineyards. A lovely traditional Tuscan lunch will include a tasting of their salumi products such as salame, prosciutto, capocollo and guancia. The tour includes a walk up Pig Hill to see the piglets and a glimpse into the seasoning/curing room, and finishing. On the way back to Florence stop at a farm where they raise goats for cheese. Also have a tasting and an explanation of the production process. You will of course also get to meet the goats! Also stop at a villa for olive oil tasting.

Day 5: Morning cooking class. Later visit to **The Uffizi Gallery**. The Uffizi is the result of a process of acquisition, selection and rearrangement stretching over several centuries and consists mostly of antique sculpture and paintings ranging from the 13c to 18c. Remainder of the day you are free to discover Florence at your leisure. Spend time on Pont Vecchio, and the Petti Palace. See also Piazza Vecchio, Piazza della Signoria, and Mercato Nuovo.



Day 6: Full day transfer today to Sorrento. **Sorrento** is a small town situated over the Mediterranean Sea with fantastic views of the Bay of Naples. It is a lovely jumping off point for exploring the spectacular Amalfi Coast and the Isle of Capri. Upon arrival, you may wish to explore this resort town and its spectacular cliffside location.

Day 7: Board your coach for a breathtaking drive along the famed **Amalfi Coast**. Notice that the buildings hang precariously to the cliffs and that the Mediterranean is a sheer 500 foot drop below! Stop in **Positano**, built into a ravine and is famous for its fashions and cafes. Narrow alleys cascade down towards the harbor and only one street allows motorized vehicles. The town of **Amalfi** enjoyed its heyday during the 10th and 11th centuries. In 1343, a freak tidal wave destroyed this once powerful town and today its 7000 residents live off paper production and tourism!

Day 8: Catch your fast ferry to the beautiful and picturesque Isle of **Capri**. Capri has been a famous hideaway since the days of Augustus and Tiberius! More recently (19th century) it was "the" place to holiday for European artists and celebrities. In the 1950's it became a popular tourist destination for the average person.



Day 9: Return to **Rome**. Enroute, stop at **Pompeii**, the sumptuous town that was buried under lava during a volcanic eruption of Vesuvius in AD 79. The city tells the story clearly; the tragic figures caught under the ash, crouching under tables, struggling to get upstairs, a mother holding a baby, a horribly contorted dog on a leash. In Pompeii, everyday life frozen in time. In addition, you will make a short stop at Cassino War Cemetery to pay your respects to the 855 fallen Canadian soldiers who died fighting Germans during the during WW11.

Day 10: Today visit along with your guide, the **Colosseum**, the most famous building in Rome and the **Forum**. 50,000 people could be seated with enviable efficiency. The games were organized carefully; gladiators were recruited from the ranks of those condemned to death and war prisoners. The Forum was once the city's religious, political and commercial center in the days of Caesar. Later see the Pantheon, with its original doors and ancient granite columns. You also do not want to miss Trevi Fountain or Piazza Navona. The piazza was originally built as a stadium in the first century for athletic contests and chariot races. Now it is lined with luxurious cafes and is the home to three lavish Baroque fountains

Day 11: Meet guide at the **Vatican** for your visit to **St. Peter's Basilica** and Square, the **Vatican Museum** and the **Sistine Chapel** to admire Michelangelo's wonderful frescoes on the ceiling. Visit the Spanish Steps, Piazza del Popolo and walk along Via del Corso, the main shopping street. Piazza Navona was originally built as a stadium in the first century for athletic contests and chariot races. Now it is lined with luxurious cafes and is the home to three lavish Baroque fountains

Day 12: Today, you bid Arrivederci to Italy.

TOUR INCLUSIONS

- Return airfare Florence return Rome
- One way train or coach Florence to Sorrento
- Coach transfers
 - o Florence airport transfer
 - o Full day culinary visit to Tuscany
 - o 3 days coach visits to Sorrento and the Amalfi Coast with stops according to the itinerary
 - o Rome airport transfer
- 10 nights accommodation with private facilities
- 10 breakfasts
- 1 lunch
- 4 dinners
- Guided walking tours
 - o Florence
 - o Pompeii
 - o Half day Vatican
 - o Half day Forum and Coliseum
- Entrances/ visits
 - o 2 cooking classes
 - o Visit to Uffizi Gallery
 - o Ferry transfer to Capri
 - o Pompeii
 - o Coliseum and Forum
 - o Vatican

