

ITALY

# Maremma

A Guided Walking Adventure





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## Travel Style

This small-group Guided Walking Adventure offers an authentic travel experience, one that takes you away from the crowds and deep in to the fabric of local life. On it, you'll enjoy 24/7 expert guides, premium accommodations, delicious meals, effortless transportation, and local wine or beer with dinner. Rest assured that every trip detail has been anticipated so you're free to enjoy an adventure that exceeds your expectations.

And, with our **optional Flight + Tour Combo** and **Rome Pre-tour Extension** to complement this destination, we take care of all the travel to simplify the journey. Refer to the attached itinerary for more details.



## Overview

Tuscany's Maremma—a region of stunning land- and seascapes as well as historic riches—is a hidden treasure tucked along the Tyrrhenian coast north of Rome and south of Florence. You begin on the ancient pilgrims' way, the Via Francigena, and follow trails to timeless hilltop villages overlooking classic Maremman scenery of vineyards and olive groves. As you go, you have a chance to spot *butteri*—cowboys tending to local cattle breeds in the region's ranches. Underlying the rolling hills is golden-tinged tufa stone, carved from pre-Roman times to the Middle Ages into palaces, churches, and entire perched towns, as well as the tombs and roads of the ancient and mysterious Etruscans, whose necropolis at Tarquinia was named a UNESCO World Heritage site. You may even enjoy a soak at Maremma's well-known Saturnia thermal spa, awaiting you in this lush countryside. Though the region is rooted in the earthy traditions of farming and wine-making, the sea is never far off as you move toward the secluded Monte Argentario promontory, with its charming port towns, quiet coves, and offshore islands in the sparkling Tyrrhenian Sea. Two elegant Tuscan villas and a seaside resort complement each facet of the tour, with superlative food and wine, always steeped in local and regional traditions.



# Daily Itinerary

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## DAY 1

Sutri and its archaeological park. The Via Francigena: Sutri to Capranica; 4½ miles, easy to moderate. Transfer to Tarquinia and Tarquinia National Archaeological Museum.

You meet your guides and fellow walkers this morning in Rome and board your private coach for a transfer to the ancient hill town of Sutri. Representing almost every period of human history on the peninsula, Sutri is a wealth of priceless antiquities—including Bronze Age, Etruscan, and Roman remains, as well as medieval architecture. The town was the third rest stop from Rome on the Via Francigena pilgrimage route which runs from Canterbury to Rome. Upon reaching Sutri, you visit the town's Mithraeum, an ancient cave temple later transformed into a Christian church, and the Rupestrian Necropolis—a group of Etruscan tombs. Also on the walk is a Roman amphitheater carved from tufa stone. Afterward, you begin a walk along the Via Francigena to the neighboring town of Capranica. Today, the gently undulating trail winds through a mixed forest of enchanting moss- and fern-covered chestnuts and oaks, bordering a river. Arriving in Capranica, you enjoy a light lunch of typical *antipasti*, or appetizers, and grilled meats at a local restaurant.

After lunch, an hour's drive takes you to your hotel for the next two nights, situated below the historic hilltop town of Tarquinia, just a few miles from the

Tyrrhenian Sea in the area known as northern Lazio as well as southern Maremma. Run by the same family for five generations, this country retreat and spa blends elegance and rural authenticity with inviting grounds and homemade local products. After checking in and relaxing, you set off for a visit to Tarquinia's excellent Etruscan Museum in the Gothic Palazzo Vitelleschi. A guided tour of its Etruscan painted tombs and artifacts provides fascinating insight into this advanced pre-Roman civilization. Afterward, you stroll to the main square, the Renaissance Piazza Cavour, to enjoy a glass of prosecco before proceeding to a Slow Food restaurant in a centuries-old building for a dinner featuring the best local seasonal ingredients.

### **Valle del Marta, Tarquinia**

A country villa, this family-run, four-star resort combines elegance and deeply rooted rural traditions. Separate accommodation buildings spread over expansive grounds combine wooden beams and stone in spacious, comfortable, and stylish rooms with private terraces overlooking a central garden. An infinity pool, indoor Jacuzzi, and spa with treatment options are among the amenities, as well as a restaurant and farm shop serving its own homemade regional products.

## **DAY 2**

La Farnesiana; 4- to 7-mile options, easy to moderate. Hands-on cooking class or afternoon walk option; 4 miles, easy

Enjoy a breakfast buffet this morning in the stone and wood-beamed dining room featuring homemade jams and pastries, local *prosciutto crudo* and cheeses, scrambled eggs, fresh fruit, juices, and yogurt. A 20-minute drive takes you to the start of the morning walk in an area called La Farnesiana. Located at the foot of the Tolfa Mountains, this vast and unspoiled region is home to an association of farmers who work together to protect and promote their land, agriculture, and livestock in this region of almost 1,000 acres of low rolling hills of forest and farmland. Walking here, you'll encounter fields planted in durum wheat, known locally as the "gold" of this region, along with olive oil. Called the "Granary of Rome," La Farnesiana has produced wheat for millennia. Another ancient tradition here is raising the long-horned Maremma cattle breed, now protected.

Your walk follows a gentle farm road with views over the fields and over the sea to the Argentario Peninsula (where you spend the last two nights of the tour). En route, you may encounter flocks of sheep watched over by shepherds with big, white Maremmano sheepdogs, as well as the region's traditional horses and



cowboys, known as *butteri* in Italian. Skirting small farms and olive groves, you also pass the medieval archaeological site of Cencelle. The walk's distance can be conveniently tailored at various points, and for lunch, all walkers meet at the Casale Poggio Nebbia, a family-run farm boasting 360-degree views from the Tyrrhenian Sea to the Tolfa Mountains. You enjoy an Italian country-style feast featuring the farm's high-quality, organic, and seasonal fresh fruit and vegetables, cold cuts and pâtés, cheeses such as pecorino romano, bread and pasta, and, of course, wine from the family vineyards.

This afternoon, you have a few options: join a hands-on cooking class right at the hotel, perhaps preparing a local sauce and homemade pasta dish. Or, embark on an easy, guided walk in the outskirts of Tarquinia. Reached by a short (25-minute) drive, this scenic trail follows the remains of an ancient Roman aqueduct before reaching the Marta river bed. And lastly, you may choose to relax on your own at your hotel, enjoying its grounds or swimming pool, indulging in a massage or spa treatment, or taking one of its complimentary mountain bikes out for a spin.

Later, you gather as a group to enjoy an *aperitivo* and dinner at your hotel's fine restaurant; on the menu may be vegetable bruschetta followed by the pasta made in the cooking class and perhaps a dish of ricotta and radicchio-stuffed ravioli in truffle sauce and mixed grilled meats.

## Valle del Marta, Tarquinia

### DAY 3

Morning visit to Monterozzi - Calvario Etruscan Necropolis; ½ mile, easy. Visit to Vulci archaeological site. Vulci circuit: 4 miles, easy. Montemerano to Poggio Murella; 4½ miles, easy to moderate

Today begins with a visit to the Etruscan Necropolis, a UNESCO World Heritage site. Situated on a plateau outside of Tarquinia, this incredible collection of tombs carved into the soft tufa rock holds painted frescoes depicting ancient Etruscan life—the earliest examples date to the seventh century B.C. After your guides present an overview of the site, you can easily stroll between the tombs, reading the descriptions at their entrances, and descending short, steep stairways to view the frescoes. Concluding this visit, you continue by minibus to the archaeological site of Vulci. A former Etruscan city that flourished from the sixth to fourth centuries B.C., mostly through the trade of minerals from nearby Monte Amiata and the manufacture of bronze jugs and tripods, today a few Roman ruins remain on the city site as well as a fine Roman bridge resting on Etruscan columns. After touring the site, an easy walk leads to a local restaurant, where you enjoy lunch featuring local cheeses, bruschetta, and salads.

This afternoon, you set off by bus to travel inland to Maremma's tufa area and your home for the next two nights: a hilltop country villa with picturesque views of the nearby hills and fields, distant hilltop towns, and even further, the sea. You stop en route in the charming village of Montemerano for a meander through its quaint streets and an optional walk to the hotel. Upon arrival, you can choose to sink into your hotel's plush comfort and amenities, such as the outdoor saltwater pool and wellness center (with spa treatments).

This evening, weather permitting, you dine on your hotel's panoramic terrace overlooking the Saturnian valley with the lit-up hilltop towns of Montemerano and Saturnia in the distance.

### **Saturnia Tuscany Hotel, Poggio Murella**

Set on a hill in the lush Tuscan countryside, this four-star villa hotel overlooks nearby medieval hilltop towns, vineyards, and olive groves, and, in the distance, Maremma's Argentario Peninsula and the sea. Spacious, modern rooms have either balconies or arched windows onto the dramatic landscape. In addition to a dining room, meals are served on the panoramic terrace, and its on-site amenities include an outdoor saltwater pool, wellness center with sauna, Turkish bath, two hydro-massage tubs, herbal room, Scottish shower, and numerous treatments. It is located just a mile from the Terme di Saturnia thermal spa as well as the Cascade del Mulino, Tuscany's best-known waterfall and natural springs.



## DAY 4

Roccalbegna to Rocchette di Fazio; 5 miles, easy to moderate. Rocchette di Fazio to Semproniano (optional); 2 miles, easy to moderate. Optional afternoon spa visit (at your own expense)

After a leisurely breakfast, you transfer (45-minutes) to the pretty village of Roccalbegna. Literally situated “between

a rock and a hard place,” this medieval town lies between two tall cliffs high up in the Albegna river valley. Part of the Riserva Naturale di Rocconi, the landscape is also protected by the World Wildlife Fund (WWF) and lies south of the foothills of Monte Amiata, the tallest mountainous territory in the Tuscan Maremma at approximately 5,700 feet. After exploring the village—home to several notable fortifications—you set off on foot along a tranquil gravel road through beautiful countryside to reach the picturesque village of Rocchette di Fazio.

Situated on a limestone cliff, Rocchette, or “Little Castle,” was once one of the most important castles of the region, and its medieval character is evident in the city wall, fortress, and 13<sup>th</sup>-century Church of Santa Caterina. Lunch at a little *osteria* in the village refuels for the afternoon options to continue on foot to the nearby village of Semproniano, or to go to the nearby Terme di Saturnia—the famous thermal spa with ancient origins and sulfuric water baths (entrance fees are not included). Late afternoon allows time to relax and enjoy the hotel amenities before a short transfer to nearby Saturnia for a stroll around the town and dinner at a favorite local restaurant.

### Saturnia Tuscany Hotel, Poggio Murella

## DAY 5

Sovana to Pitigliano; 4 miles, easy to moderate (walking sticks are recommended for this walk due to uneven terrain). Pitigliano guided tour. Transfer to Monte Argentario

This morning is dedicated to exploring Maremma’s tufa area, named for the porous volcanic rock that makes up the region’s geology. A 30-minute drive takes you to the day’s starting point of Sovana; with ancient Etruscan origins and exceptional medieval art, this golden colored village is listed as one of the “most





beautiful villages of Italy.” After a short visit to Sovana’s church, with its unique tabernacle, the route joins a trail that meanders through forest, opening up onto small plateaus. Passing fields, herds of sheep, olive groves, and vineyards, you approach the town of Pitigliano, and the final descent through the very dramatic Via Cava di San Giuseppe, on ancient roads carved into the volcanic

rock, lined with fascinating tombs, caves, and rare plant species.

Pitigliano, probably Maremma’s best-known hilltop town, perched high on a tufa outcropping, is as historically fascinating as it is strikingly beautiful. With a rich Jewish history dating from Roman times through the 16th century, the town is known as “Little Jerusalem.” A guided walking tour takes you through the old Jewish neighborhood, with its tiny and richly adorned synagogue, and a museum of Jewish culture, which includes an old bakery, kosher butcher, and dyeing shops. You also visit the medieval and Renaissance buildings connected with the powerful Orsini family, the 16th-century aqueduct, and the 12th-century Church of Santa Maria. Lunch today is at a Slow Food *osteria* that continues to prepare the town’s traditional dishes, including a honey- and walnut-based pastry of Jewish origin, called *sfratto*. Local cured hams or the region’s ricotta, truffle, and nettle-stuffed *tortelli* (pasta) is served with its well-known crisp white wine, Bianco di Pitigliano.

After lunch, you continue to your final destination—Monte Argentario, a promontory on Maremma’s coast. Time and interest permitting, you may stop for a walk along the coastal road overlooking the turquoise sea. Late afternoon, you reach your seaside retreat in a magnificent location right above the water. After checking in, you have time to relax, enjoy its grounds, stroll down to the nearby beach, or enjoy a swim in the outdoor pool. The Monte Argentario is a secluded and wooded promontory connected to the mainland of Tuscany by three causeways. Taking full advantage of our proximity to the Mediterranean, dinner tonight is exceptional fresh seafood at a restaurant in Porto Santo Stefano, a yacht haven on the Tuscan coast.

### **Hotel Torre di Cala Piccola, Porto Santo Stefano, Argentario**

A luxury four-star resort tucked into a privileged seaside location and surrounding a 17th-century stone tower. Spacious and contemporary rooms offer all

comforts in a compound of buildings connected by flower- and herb-lined paths as well as a fine-dining restaurant and alfresco seating, bar, and garden areas. A swimming pool at ground level is poised over the sea and nearby is the natural cove for sea bathing. Also on site is a wellness center offering spa treatments.

## DAY 6

Giglio Island; 3½- to 5-mile options, easy to moderate

Today's destination is the island of Giglio, the most charming of several islands in the Tuscan archipelago. A short transfer brings you to Porto Santo Stefano, where you make the 45-minute boat crossing to Giglio Porto, the island's main port. The granite island, as is common throughout Tuscany, is crowned by a hilltop medieval town: Giglio Castello, encircled by castle walls, as its name implies. A short transfer brings you to this charming historic center for a stroll through its intriguing streets, stone archways, and 12th-century fortress. Long and shorter walking options depart from the center toward the southern end of the island and provide truly spectacular views of the Tyrrhenian Sea with the islands of Monte Cristo, Elba, and Corsica in the distance, as well as the Monte Argentario promontory and the Tuscan coastline.

Fragrant Mediterranean mixed *macchia* (shrub vegetation) slopes to the sea down hillsides that were once entirely terraced and cultivated. A number of ancient grape varieties are being reintroduced by the farmers you see at work in their vineyards. All walkers reunite back in Giglio Castello, where you sit down for lunch at a restaurant with a huge welcoming terrace and panoramic windows overlooking the sea. Specializing in seafood and traditional dishes, the restaurant also features wine from the island.

After lunch, you head back down to Giglio Porto, where you board a boat for the mainland. Once back on land, you can unwind at your hotel in the later afternoon. Your final evening celebrating your Tuscan adventure begins with an *aperitivo* in the hotel's garden with its terrific views of what is said to be the best sunset in Maremma. Your hotel's rooftop restaurant is the setting for a final festive dinner, specializing in fresh seafood and local wines, where you toast the beauty and bounty of Maremma overlooking the shimmering Tyrrhenian Sea.

**Hotel Torre di Cala Piccola, Porto Santo Stefano, Argentario**

## **DAY 7**

### Departure from Rome

You depart the Monte Argentario this morning and drive about two hours back to Rome. You say farewell at Rome's central train station, Roma Termini, leaving you free to head home or to continue your exploration of Italy.

## **ITINERARY CHANGES**

Please bear in mind that this is a typical itinerary, and the actual activities, sites, and accommodations may vary due to season, special events, weather, or transportation schedules. We reserve the right to alter the itinerary, since tour arrangements are made up to a year in advance and unforeseen circumstances may arise that mandate change. Itinerary changes are made to improve the tour and your experience.

## **RESPONSIBLE TRAVEL**

Country Walkers is a leader in active travel with responsible tourism an integral part of our core values. Our tours reflect our dedication to best travel practices—and to the preservation of indigenous cultures and the environment. Country Walkers has made a donation on behalf of every traveler to the CW Travelers Fund, which supports designated projects in the communities and habitats in which we travel. We invite you to learn more about our efforts and initiatives for giving back.

# Tour Itinerary Overview

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## TOUR MEETING POINT AND TIME

### Visconti Palace Hotel (lobby), Rome, Italy, 8:30 a.m.

Via Federico Cesi, 37  
Rome, Italy  
Tel 011 39 063684

## NIGHTS 1 & 2

### Valle del Marta

Tarquinia, Italy  
Tel 011 39 0766 855 475  
Fax 011 39 0766 848 189  
Email [info@valledelmarta.it](mailto:info@valledelmarta.it)  
[valledelmarta.it](http://valledelmarta.it)  
Wireless Internet, hair dryers, and laundry service available.

## NIGHTS 3 & 4

### Saturnia Tuscany Hotel

Poggio Murella, Italy  
Tel 011 39 0564 607 611  
Fax 011 39 0564 607 645  
Email [info@saturniatuscanyhotel.com](mailto:info@saturniatuscanyhotel.com)  
[saturniatuscanyhotel.net](http://saturniatuscanyhotel.net)  
Wireless Internet, hair dryers, and laundry service available.

## NIGHTS 5 & 6

### Hotel Torre di Cala Piccola

Porto Santo Stefano, Argentario, Italy  
Tel 011 39 0564 825 111  
Fax 011 39 0564 825 235  
Email [info@torredicalapiccola.com](mailto:info@torredicalapiccola.com)  
[torredicalapiccola.com](http://torredicalapiccola.com)  
Wireless Internet and hair dryers available. Laundry service unavailable due to time restriction (requires 48 hours).

## TOUR DEPARTURE POINT AND TIME

### Roma Termini (Rome's central train station), Rome, Italy, 12:30 p.m.

## **EMERGENCY CONTACT**

### **One Call International**

Email [mail@oncallinternational.com](mailto:mail@oncallinternational.com)

### **If communicating from within the US**

Text 603.945.0103

Tel 800.555.9095

### **If calling from outside the US**

Tel 603.894.4710

When calling from outside the USA, you will need to dial the access code for the country you are calling from (a complete list of access codes, provided by AT&T, can be found on the Country Walkers website under Travel Tips and Travel Resources: International Access Codes).

In the unlikely event you are unable to connect by phone with One Call, or the region you are calling from does not have an access code, you should speak with a live international operator and ask them to place a collect call to 800.555.9095 or 603.894.4710.

## **TRAVEL INSURANCE**

We offer guests the opportunity to purchase a Travel Protection Plan. Please contact us for details.

# Tour Facts at a Glance

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## **TOUR LENGTH (WITHOUT FLIGHT PACKAGE)**

7 days, 6 nights

## **DEPARTURE DATES AND PRICES**

Please refer to our website for the most current list of departure dates, scheduled group tour and private tour prices.

## **TOUR MEETING POINT AND TIME**

Visconti Palace Hotel (lobby), Rome, Italy, 8:30 a.m.

## **TOUR DEPARTURE POINT AND TIME**

Roma Termini (Rome's central train station), Rome, Italy, 12:30 p.m.

## **ACTIVITY LEVEL**

This tour is one of our Guided Walking adventures, rated easy to moderate, with an average of 4 to 7 miles per day, with shorter and longer options on some days. There are daily ascents and descents, with an average elevation gain of up to 500 feet. Most of the hills are gradual, as opposed to short and steep. The terrain includes cobblestone streets, gravel roads, packed dirt trails, and some stretches of loose stones. The pace on this tour is leisurely to allow for stops en route to explore working farms, vineyards, and medieval villages, with visits to cultural and historical locations including churches, ancient ruins, and unique museums, including UNESCO World Heritage sites.

## **INCLUSIONS**

- » Two expert, local guides (for groups of 8 or more), with you 24/7
- » All meals; local wine included with lunches and dinners
- » All accommodations while on tour
- » Entrance fees and special events as noted in the itinerary
- » Transportation from the meeting point to the departure point
- » Destination information (weather, visa requirements, etc.) and other travel assistance available 24/7 provided by One Call International

» The unbeatable and cumulative experience of the Country Walkers staff

### **LET THE JOURNEY BEGIN**

Prior to your adventure you will be asked to sign a Passenger Participation Agreement and you will receive:

- » Luggage tags
- » List of travel companions and guide biographies

### **GRATUITIES**

Gratuities for all hotels, meals, and services that are included in your tour price will be paid by Country Walkers. Should you wish to tip your Country Walkers guide(s), the standard in the industry ranges from \$10 to \$15 per person, per guide, per day (or \$20 to \$30 per couple, per guide, per day), and can be paid in USD or local currency. Gratuities for your bus driver are included in the tour price but additional tips are always welcome.



# Traveling To and From Your Tour

If you are interested in reserving the **optional Flight + Tour Combo** and **pre- or post-tour extensions**, please refer to the attached itinerary for more details.

## TOUR MEETING POINT AND TIME

**Visconti Palace Hotel (lobby), Rome, Italy, 8:30 a.m.**

Your guide(s) will be wearing a Country Walkers shirt. Please come dressed for walking.

## MOST CONVENIENT AIRPORT

Rome's Leonardo da Vinci International Airport (FCO), most commonly known as Fiumicino International Airport, Fiumicino, Italy.

Rome can be reached directly from the U.S. or other major international cities.

**adr.it**

## GETTING TO THE MEETING POINT

**From Rome's Leonardo da Vinci Airport (located 20 miles outside of the city center in the town of Fiumicino):**

**Taxi:** A taxi from the airport to the Visconti Palace Hotel in the city center takes approximately 45 minutes or longer depending on traffic. The city of Rome has instituted a fixed-fare system for the trip between the airport and the city center. As of 2015, the fixed taxi fare to the city center is approximately 55 euros, inclusive of luggage, for a maximum of four people. In order to receive a fixed price, you must make sure you are hiring an official taxi from the taxi stand outside the terminal. Official Rome taxis are white and have a "TAXI" sign on their roof, as well as an identifying number on their doors, on the rear, and inside the vehicle.

**Private transfer:** You may arrange a private transfer directly through the concierge at the Visconti Palace Hotel for approximately 60 euros.

**Train:** The Leonardo Express train provides daily nonstop service from the airport to Rome's central train station, Roma Termini, located in the city center, every 30 minutes at a cost of 15 euros per person. The ride takes 30 minutes. Tickets may be purchased at the airport's train station ticket office, at most of the newsstands in the airport, at most airport tobacco shops, and at strategically

located self-service machines. The train station ticket office and self-serve machines are in the main hall of the airport's train station. A taxi from the Roma Termini train station to the Visconti Palace Hotel takes approximately 15 minutes and costs approximately 15 euros.

**Bus:** There are several bus companies that offer shuttle service between the airport and the Roma Termini train station in the city center. The trip by bus is longer, yet cheaper, than that by train. Terravision buses, for instance, depart for the Roma Termini train station approximately every 30 minutes. The ride costs approximately 4-6 euros and takes 55 minutes. Tickets may be purchased online at [terravision.it](http://terravision.it) or at the airport.

### **From Roma Termini (Rome's central train station, located in the city center):**

**Taxi:** A taxi from the Roma Termini train station to the Visconti Palace Hotel takes approximately 15 minutes and costs approximately 15 euros. As at the airport, you will likely encounter unauthorized taxi drivers trying to solicit you. They usually stand near the taxi stand in front of the main entrance of Termini Station. Be sure you are hiring an official Rome taxi (white, with a "TAXI" sign on the roof, as well as an identifying number on the door, on the rear, and inside the vehicle) from the taxi stand.

## **RAIL INFORMATION**

Approximate travel times for train travel to Rome's Termini train station from various Italian cities are as follows: from Florence, 1½ hours; from Milan, 3 hours; from Pisa, 3 hours; from Naples, 1-2 hours; from Venice (Santa Lucia), 3¾ hours; from Turin, 4½ hours.

**Please note:** The above travel times are dependent upon train type and speed. Additionally, some of these journeys require station changes. For further rail information, including reservations, schedules, and up-to-date fares, please contact either Rail Europe at 800.622.8600 or [raileurope.com](http://raileurope.com), or Trenitalia at [trenitalia.com](http://trenitalia.com) (Trenitalia operates most train services in Italy).

## **PRE-TOUR ACCOMMODATIONS**

If you are not reserving our optional Flight + Tour Combo, you may wish to stay at the Visconti Palace Hotel, the meeting point hotel, for the night prior to the tour. To make a reservation, please contact the hotel directly. We suggest reserving a room as soon as possible.

## Visconti Palace Hotel

Via Federico Cesi, 37  
Rome, Italy  
Tel 011 39 063684  
Fax 011 39 063200551  
Email [info@viscontipalace.com](mailto:info@viscontipalace.com)  
[viscontipalace.com](http://viscontipalace.com)

In a strategic location on the right bank of the Tiber River between the Piazza di Spagna, the Piazza Navona, and the Vatican, this chic city center hotel offers access to Rome's monuments, shopping, and dining. Guestrooms and public spaces are contemporary and inviting, including a bar and patio. Overlooking the city is a dramatic rooftop terrace bar. An on-site gym and jogging routes along the Tiber are also available.

## DELAYS AND LATE ARRIVALS

If you are delayed or miss the scheduled group meeting point for any reason, we kindly request that you contact our emergency assistance provider, One Call International. This service is available 24 hours/day, 7 days/week to assist you with any type of travel delay. Please refer to the Emergency Contact details on your Tour Itinerary Overview page for One Call International contact details.

## TOUR DEPARTURE POINT AND TIME

**Roma Termini (Rome's central train station), Rome, Italy, 12:30 p.m.**

Depending on your destination, it may not be possible to depart Italy for the U.S. on the last day of the tour. Please check airline schedules carefully. If you plan to schedule return flights immediately following the tour's conclusion, please call your airline directly for specific check-in requirements.

## RAIL INFORMATION

Approximate travel times for train travel to Rome's Termini train station from various Italian cities are as follows: from Florence, 1½ hours; from Milan, 3 hours; from Pisa, 3 hours; from Naples, 1-2 hours; from Venice (Santa Lucia), 3¾ hours; from Turin, 4½ hours.

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# Information & Policies

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## **GUARANTEED DEPARTURES**

Country Walkers guarantees the departure of every tour\*—no exceptions and no disappointments! From the moment you make your deposit, you can start preparing for your adventure. We take care of all the details to ensure a seamless, small-group experience (with an average of 6 or 7 guests per guide). For best availability, reserve your trip today!

*\*except in cases of force majeure*

## **RESERVATIONS**

Reservations for this tour may be made by calling Country Walkers at 800.464.9255. We can confirm your reservation with a deposit of \$350 per person. Final tour cost is due 90 days prior to tour departure date. As arrangements are confirmed at least a year in advance, the tour price is subject to change.

## **GUEST RESPONSIBILITIES**

Each guest has the responsibility to select a trip appropriate to his/her abilities and interests and to prepare for the trip by carefully reading the confirmation materials. To join this trip, you must be in good health and capable of completing activities as described in the day-to-day itinerary. Our in-house experts welcome the opportunity to discuss the tour in more detail. In order to meet your needs, we ask that you please share any relevant physical limitations or health conditions when you make your reservation.

## **CANCELLATION POLICY**

Cancellations received 91 days or more prior to the tour start date will incur a loss of \$150; cancellations received between 90 and 61 days prior to the tour start date incur a loss of 25 percent of the tour price; there are no refunds within 60 days of the tour start date. Up to 91 days prior to departure, you may transfer your reservation, depending on availability, from one departure to another in the same calendar year at no cost\*. Please notify us in writing.

*\*One transfer per year; afterwards a modest per person transfer fee will apply. Please note that tours with seasonal prices may involve a higher price.*

# Italy at a Glance

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## ENTRY REQUIREMENTS



**U.S. citizens:** Passports are required and must be valid for at least three months beyond the dates of travel. Visas are not required for stays of up to 90 days. For more information, see [travel.state.gov](http://travel.state.gov).

## CURRENCY

Italy uses the euro (EUR). For current exchange rates, visit [oanda.com](http://oanda.com).

Many businesses in Europe will no longer accept credit cards without PIN numbers (chip and pin cards). Always contact your bank or your credit-card company for details on fees and card use when traveling.

### Travel Tip

Have a variety of options to start your trip: ATM card(s), credit card(s), some dollars to exchange, and some euros in small denominations.

## TIME ZONE

Italy is in the Central European Time Zone, Eastern Standard Time plus 6 hours. For more information on worldwide time zones, see: [worldtimezone.com](http://worldtimezone.com).

## PHONE & INTERNET

Italy country code: +39

Cell phone coverage throughout Italy is extensive, but cannot be guaranteed to be accessible on all American mobile carriers or to function at all times while on the trail or in remote areas. For more information regarding international phone use, please refer to [countrywalkers.com/phones](http://countrywalkers.com/phones).



Internet access is generally very good in towns and villages; however, it is not guaranteed at all of the hotels used on the tour. For more details regarding Wi-Fi availability, please refer to the Tour Itinerary Overview.

## LANGUAGE

Italian is Italy's official language.

While knowledge of the local language is not necessary, you may want to learn some fun and useful phrases; see [bbc.co.uk/languages/italian](http://bbc.co.uk/languages/italian) or the enclosed Reading Guide for a suggested phrase book.

### Travel Tip

- Bringing your own hair dryer or other electrical device? You'll need a travel converter, available at most hardware, travel, or consumer electronic stores.
- For laptops or an electronic device with a dual voltage switch, you'll need the adapter plug but not a converter.

### ELECTRICITY

Alternating current of 220V and 50Hz is used in Italy. Plugs have two round prongs. For a full listing of electrical outlets worldwide, see [electricaloutlet.org](http://electricaloutlet.org)

### WEATHER

Italy has a range of climates, depending on the region. In general, spring and fall are ideal for an active vacation, with daytime temperatures in the 60s to low 70s, evenings in the 50s, and occasional short rain showers.

In the northern Alpine areas, summer through early fall is an optimal time to travel. Springtime brings wildflowers, long days, and, on the table, early tender vegetables such as asparagus and artichokes. By late summer and fall, the warm days continue with highs in the low 80s, landscapes take on a golden hue as the grape harvest gets underway, and autumn specialties appear, such as mushrooms and truffles.

For up-to-date forecasts, see [qwikcast.com](http://qwikcast.com). For historical average temperatures and rainfall, see [weatherbase.com](http://weatherbase.com).

### ITALIAN CUISINE & WINE



Considered one of the world's finest cuisines, Italian food is undoubtedly one of the best things about traveling in Italy. Based on fresh local ingredients, Italian cooking is consequently very regional.

Northern Italy is the home of risotto, polenta, and slow-cooked meat dishes such as *osso bucco*. The cuisine of Tuscany and Umbria in central Italy also features meat and game dishes, such as *bistecca alla fiorentina* (Florentine steak), sausages, and roast pork, as well as vegetable- and bread-based dishes such as savory bruschetta, *ribollita* (vegetable soup), and *panzanella* (bread salad).

Southern Italy and Sicily are justly known for fresh seafood—spaghetti with tiny clams, or a main course of swordfish braised in a light tomato sauce—and fresh vegetables are also prominent— spaghetti with zucchini, or the well-known *insalata caprese* of tomatoes, basil, and fresh mozzarella cheese.

Meals in Italy typically have several courses, starting with an *antipasto* (an appetizer); then a *primo* (first course), which is usually pasta or risotto; a *secondo* (main course), which is a meat or fish dish; and *dolce* (dessert).

Wine has been produced in Italy for millennia, and the country's climate and geography of coastline, foothills, and mountains allow grape growing in 20 regions from the Alps in the north to southernmost Sicily. Restaurants feature their regions' local wine.

Please see the detailed itinerary for region-specific sample menus, local delicacies, and wines.

### Travel Tip

Coffee is served throughout the day in its many different ways. Italians tend to drink *caffè latte* or cappuccino until about 11:00 a.m. (a *latte* is a cup of hot milk). After 11:00 a.m., they usually drink *un caffè* (espresso). If you'd like it with a little milk you should order a *macchiato*. You'll need to specify if you want it *con latte caldo* (with hot milk), or *con latte freddo* (with cold milk), or *con schiuma* (with foam). Lastly, there's no charge to stand at the bar with a drink, but a small fee is added to the bill when you sit at a café table.

## LIFE IN ITALY



### Shopping hours

Shops and stores are generally open Monday to Saturday between 9:30 a.m. and 12:30 p.m., and from 3:30 to 7:30 p.m.; department stores and supermarkets are open all day from 9:30 a.m. to 7:30 p.m. Open-air markets generally open from 9 a.m. to 1 p.m., although in larger cities such as Florence, open-air markets are typically open all day, even on Sundays.

### Meal times

Breakfast is served at hotels from 7:00 a.m. to 10:00 or 10:30 a.m. Lunch is served in restaurants from 12:30 to 2:30 p.m. and dinner is usually served from 7:30 to 11:00 p.m. (Restaurant meal times may vary by region, trending from earlier to later as you travel from north to south.)

### Travel Tip

Most restaurants have a “cover charge” or *il coperto*, a per-person fee of one to three euros that is added to your final bill. It is a legitimate practice and it is considered the “fee” for the place setting, the bread, tap water (which is fine to drink), and breadsticks.

### Tipping

Tipping in restaurants is not compulsory in Italy. In restaurants the menu or bill indicates *servizio incluso*, meaning “service is included.” However, locals tend to leave a small amount in coins after a meal or a coffee—roughly one to two percent of the total, or one to two euros for a meal of up to 50 euros. For a coffee or a drink in a bar or café, 20 to 50 euro cents is appropriate.

Taxi drivers aren’t generally tipped, but you could round up the total, letting the driver keep the change.

For luggage assistance, a small tip of one to three euros is appropriate.

### TRAVEL RESOURCES

#### National Italian tourist board official sites

[italia.it](http://italia.it) and [enit.it](http://enit.it)

#### Italian public holidays

To assist in travel planning, it may be helpful to be aware of Italian public holidays, festivals, or calendars of events. Visit the Italian tourist board’s website noted above, then click on Useful Information, More Information, and National Public Holidays. For local events, visit the regional tourism websites (links can be found on the region’s page on [italia.it](http://italia.it), in the Discover Italy section).

### Travel Tip

Be aware that you may need to validate your train ticket by “punching” it before boarding, using a small machine located on the train platform, which stamps the time and date on it.

### TRAVEL IN ITALY

#### Trains

**Trenitalia:** [trenitalia.it](http://trenitalia.it) (Italy’s national train company)

**Raileurope:** [raileurope.com](http://raileurope.com) or 800.622.8600, a U.S.-based company that provides schedules, reservations, and ticketing for all European train networks (their multi-day/-week/-month passes in one country or combinations of countries may be an economical and convenient choice for European train travel.)





### **Other local transportation**

In addition to its excellent rail network, Italy also has several regional airlines, many regional bus lines, and, in coastal and lake regions, local ferries. Taxis are available at all major airports, train stations, and in smaller towns, and can be reserved in advance (your hotel can usually provide assistance).

Most major car rental agencies are available at Italian airports and train stations. For more information contact Country Walkers, or go to [italia.it](http://italia.it), and click on “Useful Information.” For driving, you can further navigate to “Rules to drive in Italy.”

### **Museum information and online reservations**

[tickitaly.com](http://tickitaly.com)

# Packing List

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## PACKING TIPS

Pack light! Keep in mind there will be times you may have to carry your own luggage short distances, especially before and after your Country Walkers tour. Due to space constraints, we require you to limit your luggage to one medium piece (approximately 18x15x29 inches or 8,000 cu. in.) and one small carry-on, per person. We recommend packing any personal necessities, medications, your hotel itinerary/emergency contact information, your hiking boots (or shoes), and extra clothes in your carry-on luggage in the event that your baggage is delayed. We suggest leaving valuable jewelry at home. A copy of your passport or other important documents should be kept in a separate area of your luggage. Always be alert when carrying a purse, camera, money belt, or backpack in busy cities, airports, and train stations.

## FOOTWEAR

- » Hiking boots or shoes. There are many brands to choose from. Proper fit is crucial, so try on new boots or shoes while wearing socks you plan to use on tour. Be sure to break in new footwear well before your tour begins. By the time you're ready to join your walking tour, you should be able to complete 4-7 miles of walking without discomfort. We require lightweight boots or shoes with proper ankle support and good tread to ensure stability on all types of terrain. Waterproof footwear keeps feet dry in heavy rain and water resistant footwear keeps feet dry in heavy dew. Country Walkers reserves the right to deny participation to any guest not wearing appropriate footwear.
- » Comfortable shoes for evening strolls on uneven, cobblestone streets
- » Synthetic, moisture-wicking socks (cotton socks are not recommended for walking as they will quickly cause blisters)
- » Blister remedy

## CLOTHING

- » Lightweight, wash-and-wear long pants
- » Long-sleeved, wash-and-wear shirt
- » T-shirts and shorts
- » Polar fleece or light wool pullover (it will keep you warm even when wet)

- » Dinner attire: dress is smart casual
- » Light jacket or sweater for evening strolls and alfresco dining
- » Church attire: exposed shoulders and knees are not permitted when visiting most churches in Italy. Men may wear long Bermuda-style shorts (to the knee) and women may wear longer skirts (to the knee). Convertible zip-off pants are a good option for both men and women on days that combine hiking and church visits. Women may carry a light scarf, shawl, or jacket to cover bare shoulders and upper arms when needed.

## **OUTERWEAR**

- » Waterproof rain gear: jacket, pants, hat, or hood
- » Windbreaker with hood (your rain gear may be suitable)
- » Hat with a broad brim or visor

## **EQUIPMENT**

- » Pack (minimum size of 25L): large enough to carry water, extra clothing, rain gear, and personal items (camera, etc.)
- » Waterproof cover for pack
- » Water bottle, canteen, or CamelBak-type water reservoir or hydration pack to carry your own water while walking (equivalent of one liter)
- » Sunblock and lip balm
- » Insect repellent
- » Sunglasses
- » Toilet kit for when facilities are not available on the walks. Include zip-lock baggies, tissues, and moist towelettes, which can be disposed of upon return to the hotel
- » Personal first-aid kit including any medications you ordinarily take (in their original container)

## **OPTIONAL**

- » Telescopic walking sticks (Please note that while telescopic walking sticks are recommended for this tour, they are not provided by Country Walkers. Therefore please plan on bringing your own should you wish to use them.)
- » Binoculars

- » Bathing suit for optional swimming in the sea, hotel pools, or Saturnia thermal spa/hot springs
- » Flip flops or water sandals
- » Camera and charger and/or extra batteries
- » Zip-lock bags (to keep camera and valuables dry)
- » Small notebook and pen
- » Field guides (see enclosed reading list)
- » Folding umbrella
- » Bandana
- » Washcloth (many European hotels do not provide them)
- » Hand sanitizer and/or moist towelettes
- » Motion sickness bracelets or other non-sleep-inducing remedy if prone to motion sickness on bus or boat rides
- » Alarm clock (not all hotels have alarm clocks or provide wake-up calls)