Culinary Italy from Sorrento to Rome

Departure Date: May 1, 2021
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13 Days • 17 Meals
Discover the beauty and charms of southern Italy on this adventure through the Sorrento area, Campania region and Rome. UNESCO World Heritage Sites, historic monuments, breathtaking scenery and hands-on culinary experiences are sure to please as you travel through Italy.

TOUR HIGHLIGHTS
✓ 17 Meals (11 breakfasts, 2 lunches and 4 dinners)
✓ Airport transfers on tour dates when air is provided by Mayflower Cruises & Tours
✓ Visit the picturesque town of Sorrento
✓ See Mt. Vesuvius and discover the archaeological excavations of Pompeii
✓ Enjoy the breathtaking beauty of the island of Capri
✓ Travel along the scenic Amalfi coast and visit the town of Amalfi
✓ Explore the Greek temples of Paestum
✓ Indulge in cultural culinary experiences with a hands-on pizza-making lesson, and pasta and pastry-making classes
✓ Enjoy a Gelato-making demonstration and Limoncello tasting
✓ Taste fresh Buffalo Mozzarella Cheese and learn how it’s produced
✓ Sample local vintages during a wine tasting at a local vineyard
✓ Visit an olive mill, learn how olive oil is made, and sample the product
✓ Guided tour of the Coliseum and Forum in Rome
✓ See the Sistine Chapel and St. Peter’s Basilica during the excursion to Vatican City
✓ $65 in Mayflower Money

DAY 1 – Depart the USA
Depart the USA on your overnight flight to Naples, Italy.

DAY 2 – Naples / Sorrento
Upon arrival in Naples, you’ll be met by a Mayflower Cruises and Tours representative who will assist with the transfer to your hotel in Sorrento, gateway to the Amalfi Coast. The remainder of the day is free to become acquainted with this charming town, sprinkled with lemon and olive groves, in a spectacular cliff-side setting. This evening, join your Tour Manager for an included dinner. Meal: D

DAY 3 – Sorrento
The day begins with a guided orientation tour of Sorrento. As you stroll through the pedestrian streets, filled with local shops, see the main sites, including Piazza Tasso, the entrance to the old quarter. See the Basilica of Saint Anthony, patron saint of the city, whose bones lie in the crypt below. Later this afternoon, have fun at a pizza-making class as you learn the secrets to making a Neapolitan pizza pie! Enjoy the fruits of your labor as you dine on your creation for dinner. Meals: B, D

DAY 4 – Pompeii
This morning, set off on an excursion to Pompeii, a UNESCO World Heritage Site, to visit the most important and interesting archaeological museum in the world. The story of the rise and fall of this ancient city comes to life as your local guide explains the events of that fateful day while you stroll through the grounds of this amazing site. Archaeological excavations have uncovered remarkable relics, many fully intact, from this once prosperous city. Return to Sorrento mid-afternoon and enjoy the remainder of the day at leisure. Meal: B

DAY 5 – Capri
The island of Capri is an area of breathtaking beauty with olive trees, grapevines and flowers providing a Mediterranean charm. Today’s excursion begins with a short drive to the harbor in Sorrento to board the hydrofoil. Traverse the pristine water, in various shades of blue and emerald green, as you approach the picturesque island. You’ll have time to explore Capri, and travel via mini-van to Anacapri, the highest town on the island. Wander through the town and absorb the local atmosphere and beautiful surroundings. Sample some local favorites during the included gelato-making demonstration and taste...
some of the unique flavors. Then quench your curiosity about another speciality, Limoncello, with a tasting of this regional favorite. **Meal: B**

**DAY 6 – Amalfi Coast**
Discover Amalfi’s stunning coastline with miles of hairpin turns offering spectacular vistas. See rocks plunging vertically into the sea; charming fishing villages with quaint harbors; houses nestled high in the rocky cliffs - all contrasting dramatically with the beautiful, twinkling, blue waters of the Mediterranean Sea far below. Upon arrival in Amalfi, enjoy free time for lunch on your own, and to walk through the town, seeing its greatest attraction, the Duomo which dominates the central piazza. After experiencing Italy’s “coast with the most”, continue on to a local village where you’re in for a tasty treat as you ‘get your hands dirty’ while preparing dough during a pastry-making lesson. After sampling the treats, depart for the Cilento area and arrive at the hotel for an evening at leisure. **Meal: B**

**DAY 7 – Paestum**
Today’s adventure explores another of Italy’s most famous archaeological sites: the Greek Temple of Paestum, an ancient Greek colony, serenely situated and surrounded by fields and wildflowers. The entire site is a UNESCO World Heritage Site, and among the best preserved monuments of Magna Graecia, the Greek colony that once covered much of southern Italy. In addition to its cultural heritage, the area is also famous as a producer of Buffalo Mozzarella Cheese. A stop is made at a local venue where you see how the cheese is made and sample the final product. **Meal: B**

**DAY 8 – Agropoli**
Depart for the historic city of Agropoli, one of the most vibrant cities along the Cilento coast. After a bit of leisure time to stroll through the cobblestoned lanes, your culinary adventure begins. Attend an entertaining cooking class where your instructor teaches you how to prepare delicious Italian cuisine during this hands-on experience. At the end of the class, lunch consists of the spectacular dish you just created. Buon appetito! To top off the experience, your next visit is to a vineyard for a wine tasting event. Following an afternoon of local ‘flavors’, return to the hotel for an evening at leisure. **Meals: B, L**

**DAY 9 – Cilento area**
Cultural immersion into local flavor continues with a visit to an olive mill. Walk amongst the peaceful grounds where the olive trees grow as a local expert explains the process of how the fruit is transformed into pure liquid gold. You’ll also have the opportunity to taste the freshly made products. This evening, a dinner of traditional dishes is served. **Meals: B, D**

**DAY 10 – Travel to Rome**
After breakfast, depart the Campania region and travel to Rome. Along the way, stop at a local farm for an included lunch of typical regional fare. **Meals: B, L**

**DAY 11 – Rome**
The historic monuments you’ve heard and read about come to life on your guided tour of the Eternal City. From Palatine Hill, one of the Seven Hills of Rome, see the Roman Forum 130 feet below, and the Circus Maximus. Visit the Coliseum, one of the greatest works of Roman architecture and engineering, and imagine what it was like in its heyday when gladiators fought to the death. As you walk through the Roman Forum, you will be strolling amongst historic ruins of political buildings, shrines, temples and monuments, some dating back to the first kings of Rome. After a morning of historic discovery, enjoy an afternoon and evening at leisure. **Meal: B**

**DAY 12 – Vatican Museums and Sistine Chapel**
This morning, enjoy a guided visit to the spiritual center of the Roman Catholic Church and the smallest independent state in the world: Vatican City. During the guided visit of the Vatican Museums you’ll walk through halls containing some of the most priceless art treasure in the world. The highlight of the visit may be the Sistine Chapel which houses the single most impressive work of art by Michelangelo. Inside St. Peter’s Basilica, experience the magnificence of Bernini, Michelangelo, and other great artists of the Roman Renaissance and Baroque periods. Be sure to see Michelangelo’s famous statue, Pietà, created by the artist when he was only 25 years old. Returning to Rome, the final afternoon is free to enjoy on your own before the farewell dinner this evening. **Meals: B, D**

**DAY 13 – Rome / USA**
As you bid ‘arrivederci’ to Italy, transfer to the airport and leave with wonderful memories of the scenery, culture, monuments, culinary experiences and history you encountered during your travels through this amazing country. **Meal: B**

*Itinerary and dates subject to change.*
Air itineraries may not be available until documents are received. Air seats are assigned by the airline for the entire group. Seat changes can only be attempted upon receipt of tickets and documents at which time availability may be limited. If specific seat assignments are vital to your reservation, we recommend individual air reservations rather than booking air with the group.

Travelers Protection Plan (TPP) - $249 per person land only (optional)
This nonrefundable fee waives all cancellation fees when we are notified of cancellation one day before the tour departs. If you must leave the tour early due to personal illness, illness or death of a member of your immediate family, TPP guarantees full refund for any unused services after the departure of the tour. Other benefits include medical expenses for illness and injury, emergency transportation, 24 hour hot line, and lost or stolen baggage assistance. Return air transportation is included ONLY if your air tickets were provided by Mayflower Cruises & Tours. If you purchase the optional Travelers Protection Plan (TPP), you will be refunded all payments, including deposit amount, less the TPP premium amount.

Cancellation Charges Without Traveler’s Protection Plan (TPP)
- 91 days or more Deposit Amount
- 90 to 45 days prior 20% of tour cost
- 44 to 15 day prior 30% of tour cost
- 14 to 1 day prior 40% of tour cost
- Day 1 of departure 100% of tour cost or early departure from tour
- No refund on unused portions of the tour

Exclusions: Mayflower Cruises & Tours reserves the right to alter its refund and cancellation policy when a substantial amount of cancellation or postponement of travel is attributable to: conditions resulting from an act of God, natural or man-made disaster, fire, government action, civil disorder, war, hostilities between nations, or unavailability of transportation through no fault of Mayflower Cruises & Tours.

FOR RESERVATIONS OR INFORMATION CONTACT:
Mayflower Cruises & Tours
Group Sales Department
800-728-0724 x525
Reference Group #1203939, Baylor Alumni

Call for air rates from your city into Naples and out of Rome, Italy.

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Passport & Visas – Each U.S. citizen must have a valid passport. Expiry date of passports should be at least 6 months after the return date of tour. If you don’t have a passport, call our office and we’ll tell you how to apply for one. Some countries require visas for entry by U.S. citizens. We will send visa applications and instructions if a visa is required for your tour. Holders of non-U.S. passports should contact their nearest consulate and inquire about the necessary passport or visa documentation required for entry into the countries visited. NOTE: Due to airline security measures, your passport name must match your airline ticket name and your tour reservation name or you may be denied aircraft