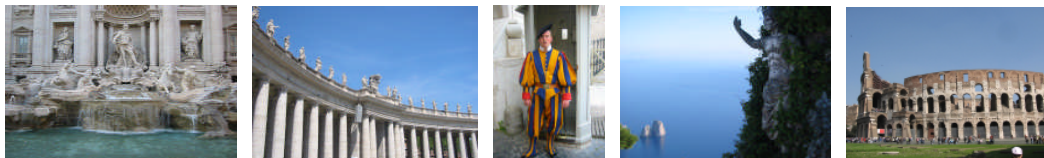




Itinerary for a Six Day History Study Tour to Rome & Sorrento By Air.

Dates: To Be Decided.



The itinerary is designed to balance visits of the greatest interest with recreative activities. It aims to make the maximum use of time without exhausting participants. The itinerary we have proposed is flexible and is only finalised after discussion with the Party Leader(s). Flexibility is also built into the holiday itself as changes can be made at very short notice according to weather conditions etc. The visit will be guided throughout. All excursions are well prepared and are backed by notes and a commentary. The Director is very knowledgeable about the city being visited and is able to help to run the holiday according to Party Leader wishes. In this way Party Leaders will be free to concentrate on the care of their pupils rather than on the organisation of the tour. The whole stay is underpinned by excellent accommodation, catering, transport and security.



ACCOMMODATION

Rome: Nights 1 & 2: The Hotel Archimede**

Via dei Mille, 19, Roma, Italia. Tel. +39 06 444 0033.

www.romeguide.it/alberghi/archimede

The Hotel Archimede offers comfort & luxury in the heart of ancient Rome. Conveniently located close to the Termini Train Station & within a twenty-five minute walk of the Trevi Fountains & the Piazza Barberini, our hotel forms an ideal base for exploring the city. All rooms have en-suite bathroom facilities, televisions, telephones, desks & lamps. Arranged over several floors, the hotel is spotlessly clean & the decor is plush & modern. The hotel staff are friendly & informative & we have found the Hotel Archimede to be a popular & comfortable base for our groups in Rome.

Please note that the Hotel Archimede is part of the Sebraeli Hotels group which operate 6 hotels in Rome. The final choice of hotel is decided upon two weeks prior to departure & will be one of the Sebraeli Hotels, all of which are 2, 3 or 4 star Tourist Class hotels.

Sorrento: Nights 3 - 5: The Grand Hotel Moon Valley***

Penisola Sorrentina - Seiano di Vico Equense. I - 80066 (NA)

Tel: +390818028015. www.moonvalley.it

Originally founded by a large Italian corporation as a summer retreat for its employees, The Grand Hotel Moon Valley is situated in the centre of Seiano di Vico Equense on the site of an Ancient Roman 'Praedium'. The extensive grounds cover approximately 15,000 square metres & boast a rich variety of plants and trees which are maintained by a full-time team of gardeners. The hotel has 100 bedrooms, all with en-suite bathrooms, air conditioning, telephone & private terrace. Despite its proximity to the sea (a short walk down to the beach via a pedestrianised road), the hotel also has two swimming pools. There is a large restaurant, a pleasant bar & modern conference facilities. There are also antiques, artefacts from the Etruscan age & works of art on display in the hotel reception.

The town of Seiano di Vico Equense is located on the Sorrentine peninsula, a short distance from Sorrento & perfectly situated for our visits to Herculaneum, Vesuvius, & Pompeii. The local train station is within a short walk & allows for rapid transfers to Sorrento via the 'CircumVesuviana' train network. The Grand Hotel Moon Valley boasts wonderful views over the Bay of Naples, with Vesuvius on one side & Mount Faito on the other. The manager heads a particularly friendly team & we have found this hotel to provide a very comfortable & pleasant base for our groups visiting the Sorrento & Naples area.

CATERING

- We ask parents to supply a packed lunch for the outward journey.
- A continental breakfast of croissants, bread, butter, jam, hot chocolate and tea or coffee is served in the dining room.
- We provide money to students to purchase their own lunches in one of the many good sandwich & pizza shops in Rome & Sorrento. Lunchtime is an opportunity for students to taste the local food & to converse with the locals. Many students choose to add a little of their own money to their lunch budget in order to have a pleasant sit-down meal on one of the terraces & indulge in the Italian pastime of people-watching.
- We use several restaurants in Rome depending on our location and the visits included in the day's itinerary. We often use several 'trattorias' and pasta restaurants located on the main arteries in and out of the city, located near the Colloseum & the Trevi Fountains. We offer participants a wide choice of dishes and view our evening meals as an opportunity to sample the excellent food available. Pupils can have crostini starters with a variety of toppings, pizza or pasta for the main course, accompanied by salad & vegetables. We usually have dessert at one of the many nearby gellaterias, where pupils can purchase some of the most delicious ice-cream available in up to 25 different flavours. In Sorrento we take our dinners at the Hotel Moon Valley where the home-made dinners are served to us on long oak tables in the pleasant dining room with views over the sea.

DAY ONE

- 00.45 Coach arrives School. Load luggage into coach.
- 01.00 Depart School. Onward transfer to Local Airport.
- 04.00 E.T.A. Local Airport. Commence check in.
- 06.10 Depart Local Airport on Ryanair Flight FR3002.
- 09.45 E.T.A. Rome Ciampino Airport.
(Note: 1 hour time difference).
- 10.30 Coach transfer to Hotel Archimede, Rome.
- 11.45 E.T.A. Hotel Archimede, Rome. Check in & allocate room keys.
- 12.30 Lunch.
- 14.00 Check into rooms & settle in.
- 15.30 Walk to The Trevi Fountains.
- 16.45 **Visit to The Trevi Fountains**

These are the most famous fountains in Rome and probably in the world. Used as the backdrop to many a black and white film classic and several well-known songs, the Trevi Fountains are best viewed at dusk when the underwater lighting makes them look spectacular. Legend has it that anyone who tosses a coin into the fountains guarantees their return to the city. The fountain was built in 1735 by the architect Salvi and was decorated by several artists from the Bernini school. The fountains are an ideal place to sit and sketch, or to simply enjoy a gelato on the famous steps facing the fountains.

- 18.00 Return walk to Termini region of Rome.
- 19.00 **Dinner at the Mangrovia Restaurant, Via Malazzo, Rome.**
- 20.30 Return walk to Hotel Archimede.
- 20.45 E.T.A. Hotel Archimede.

DAY TWO

08.30 Breakfast.

09.30 Walk to The Colosseum.

10.15 **Guided Visit to The Colosseum.**

The colosseum was the main arena where the gladiators used to do battle with the lions, tigers & each other. The Emperor would sit in the centre of the stadium & would have the final decision about whether or not a slave would be freed or would be executed in front of the baying crowds. The colosseum could be flooded to create an internal lake for water-jousting and a waterproof cover could be pulled over the whole stadium to protect spectators from the rain. The colosseum represented a high level of architectural expertise, even by modern standards. Once inside, pupils can view the gladiators' quarters, the jousting arena, the lions' cages and the seating area for the Emperor and his guests.

The visit to the Colloseum is always a highlight of the tour & gives students a powerful impression of the might & power of the Roman Empire as well as a glimpse into the life for the ordinary Roman living at the heart of the city.

12.00 Lunch in the Colosseum district.

13.30 **Visit to The Ancient Roman Forum.**

From the Colloseum we will walk through the Roman Forum - the political & judicial heart of the Roman Empire. Inside the Forum we will view the shrine to Caesar, near to the spot where he was assassinated, the House of the Vestal Virgins, the Temple & several Triumphal Arches. As we ascend out of the Roman Forum towards Capitaline Hill, participants will have a wonderful view of the ancient Forum with the Colloseum looming in the distance.

15.00

Visit to The Piazza Navona.

The Piazza Navona is one of Rome's most impressive squares & boasts some very important statues & fountains. The square was formerly used by the Romans as the setting for horse-drawn chariot races, with the track around the perimeter of the square. Today the square is lined with cafes & filled with street entertainers. The main pastime nowadays is people-watching from one of the cafes.

16.30

Visit to the Castle Saint Angelo.

The imposing Castle Saint Angelo is one of the most impressive of Rome's landmarks & was built to house the Emperor Hadrian's mausoleum. The castle overlooks the River Tiber in a dominating position on a curve of the river. The Vatican is within a short distance & the escape pathway between the Vatican & the castle bears testament to past times when a Pope would have to have a secure fortress to hide in during times of trouble. We will climb to the roof of the castle to admire the superb views over the city below.

17.30

Walk to Trastevere.

18.00

Free Time in The Trastevere District.

Trastevere is one of the oldest & liveliest quarters of Rome, with its many bars, cafes & restaurants lining the ancient cobblestoned roads. There is an evening market & the beautiful church of Santa Maria in Trastevere.

18.30

Dinner at Pizzeria ai Marmi Restaurant, Trastevere.

20.30

Local bus transfer to Hotel Archimede.

21.00

E.T.A. Hotel Archimede.

DAY THREE

07.30 Breakfast, hotel check-out & storing of suitcases into hotel storage room.

09.00 Metro transfer to The Vatican.

10.15 **Visit to The Sistine Chapel.**

After lunch we will visit the Sistine Chapel - the main chapel in the Vatican Palace. This has been frescoed by some of the finest artists of the 15th & 16th centuries, including Perugino, Ghirlandaio, Botticelli & Signorelli. The frescoes show scenes from the life of Moses & of Christ. The decoration of the chapel walls was completed between 1534 & 1541 by Michelangelo who painted the incredible Last Judgement. The Director of Studies will point out highlights of the frescoed walls to students, such as the impressive detail of the souls meeting the wrath of Christ in Michelangelo's Last Judgement. Students will also be given a short explanation of the ceiling, also by Michelangelo, showing the Creation of the World & the Fall of Man.

12.30 Lunch.

We will break for lunch at a very pleasant cafe just outside of the Vatican City before re-entering the city in the afternoon.

13.30 **St. Peter's Square.**

We will enter the Vatican City through the impressive Piazza San Pietro, which becomes packed with pilgrims every Sunday as they gather to hear the Pope's weekly sermon. The square was designed by Bernini between 1656 & 1667 & the colonades of the square's perimeter are exactly symmetrical. The huge obelisk in the centre of the square was erected using 150 horses & 47 winches. We will walk past the papal platform to get to the pillared entrance of The Church of St. Peter's.

14.00

The Church of St. Peter's

The centre of the Catholic faith, the church of St. Peter's draws pilgrims from all over the world. The highlight is Michelangelo's sumptuously decorated basilica & dome. St. Peter's took more than a century to construct & all of the great architects of the Roman Renaissance & Baroque played a part in its design.

We will enter through the central Filarete Door of 1445 to enter the church & walk along the 715ft. nave to view the spectacular dome of St. Peter's, which stands 448ft. high.

After viewing the dome, we will explore the contents of the church, which contains 11 chapels & 45 altars in addition to a wealth of precious art. The central focus of the interior is the Papal Altar. We will visit the Grottoes, the Treasury & St. Peter's Sacristy before climbing the spiral staircase to the top of St Peter's Dome for a panoramic view over the Vatican Square below.

15.30

Metro transfer to Hotel Archimede.

16.00

E.T.A. Hotel Archimede. Collect suitcases & meet coach for transfer to Sorrento.

16.30

Coach transfer to Sorrento.

Our transfer south will take us past Montecasino, made famous by a long & costly battle during the Second World War. We will bypass Naples & will pass under the shadow of Vesuvius as we enter the ancient Roman holiday resort of Pompeii.

20.30

E.T.A. Grand Hotel Moon Valley. Check in & allocate room keys.

21.00

Dinner at Grand Hotel Moon Valley.

DAY FOUR

08.30 Breakfast.

09.30 Coach transfer to Pompeii.

10.30 **Guided Walking Tour of Pompeii.**

Founded in the 7th Century B.C, Pompeii is of great interest for historians. It is said that while Rome gives an insight into the monumental architecture of the Romans, Pompeii illustrates their everyday life.

Pompeii had been a Roman colony since 80BC & prospered with the construction of many large temples, villas & palaces until 63AD, when it was devastated by an earthquake. The city had been largely rebuilt when Mount Vesuvius erupted in 79AD & buried the whole city under several layers of molten lava & ash. Approximately two thousand inhabitants were suffocated by the acrid smoke of the eruption & participants will be able to view many of the survivors' bodies frozen in the positions in which they died.

Our visit to Pompeii will include the amphitheatre, the army barracks, several temples, shops & some important paintings that have survived to this day.

We will break for lunch at the cafeteria inside the ruins of Pompeii.

14.00 Coach transfer to Mount Vesuvius.

15.00 **Ascent of Mount Vesuvius.**

Mount Vesuvius is still active & last erupted in 1944. The plume of smoke which hung over the cone of the volcano disappeared in 1948 but this is of little relief to local inhabitants as scientists expect the volcano to erupt every 30 - 40 years.

After taking the bus to the base of the volcano, we will be met by an official guide who will escort us along the 1.5 km hike to get to the summit & the cone of the volcano.

17.00 Coach transfer to Sorrento.

18.15 E.T.A. Grand Hotel Moon Valley, Sorrento.

19.00 Dinner at Grand Hotel Moon Valley, Sorrento.

DAY FIVE

08.00 Breakfast.

09.00 **Day's Visit to The Amalfi Coast - Positano, Amalfi & Ravello.**

We will have a private coach transfer around the headland to arrive at the Amalfi Coast, with its stunning views over the sea & craggy inlets below. Our first visit will be to the clifftop town of Positano, which appears like a vision clinging to the side of the mountain that plunges down to a small beach with some of the region's finest seafood restaurants. Because of the gradient of the town, every hotel & restaurant boasts a panoramic view & we will have time to explore the winding steep alleyways before enjoying a pasta lunch at one of the many local trattorias. After lunch, we will hike to the top of the town to meet the coach & transfer further along the coast to Amalfi.

Our transfer to the city of Amalfi takes in some of the world's most impressive views & we will arrive close to the main piazza of Amalfi. We will have time on the beach before visiting the famous Church of Amalfi & visiting the many shops & the local foodmarket in the main square.

17.15 Return coach transfer to Sorrento.

18.30 E.T.A. Grand Hotel Moon Valley, Sorrento.

19.00 Dinner at Grand Hotel Moon Valley, Sorrento.

DAY SIX

08.00 Breakfast & loading of suitcases into coach.

09.15 Coach transfer to Pozzuoli.

11.00 **Visit to The Volcanic Region of The Phlegraean 'Burning' Fields**

Located close to Naples, the town of Pozzuoli contains a highly volcanic region known as The Phlegraean Fields. This fertile and sunny land, with a mild climate and natural sheltered ports, was inhabited by primitive and mythical peoples. The origin of the name Phlegraean (burning) Fields is Greek and was coined by the first Greek sailors to have visited the area.

The volcanic field of the region consists of multiple explosion craters and cinder cones within a 13km collapse caldera. The volcanic caldera cone was formed about 4,000 years ago during an enormous eruption containing over 80 cubic kilometres of molten magma. The long history of dramatic ground movements in this region is unsurpassed anywhere in the world. Since Roman times, the level of the ground has varied by more than 12 metres.

The volcanic activity in this fascinating region is impressive to observe, with jets of sulphurous steam, hot volcanic springs & mini-volcanoes spitting hot mud and bubbling jets of sand. The observer gains an impression of the sheer power of the volcanic activity in this historic region - the same activity that bubbles constantly under the enormous cone of Mount Vesuvius further along the Bay of Naples. The last major eruption of Solfatara is calculated to have taken place in 1198 AD.

We will visit the craters & view the bubbling magma springs before visiting the shop & enjoying a drink at the small cafeteria.

13.30 Coach transfer to Naples Capodichino Airport.

14.15	E.T.A. Naples Capodichino Airport. Commence check in.
16.50	Depart Naples on Easyjet flight 3362.
18.40 <i>(Local time)</i>	E.T.A. Local Airport.
19.30	Coach transfer to School.
22.00	E.T.A. School.

OPTIONAL ALTERNATIVE VISITS TO CONSIDER:

Day's Visit to The Island of Capri.

Situated to the south of the Bay of Naples, this 17km island is one of the most picturesque & most visited sites in the whole of the south of Italy. The 15,000 people who inhabit the island live in one of only two towns - Capri & Anacapri. We will take an early-morning boat from Sorrento to land at the beautiful port of Capri. After ascending to the main piazza by funicular train we will walk through the cobbled white alleyways to admire The Gardens of Augustus, with spectacular views over the Farraglione rocks & grottos below. After lunch we will take a local bus along a clifftop road to the town of Anacapri, from where we will take a chairlift to the mountain-top highest point on the island, where the views are stunning & are best enjoyed with a cold drink from the comfort of a deckchair in the small bar cafeteria.

Visit to Herculaneum.

Herculaneum suffered the same fate as nearby Pompeii as a result of the eruption in 79AD. However, while Herculaneum is smaller & less impressive than Pompeii, the remains are better preserved because it was covered by a torrent of mud rather than the more harmful tufa stone that rained on Pompeii. The vast majority of the town's inhabitants were killed in the eruption, unlike those of Pompeii, most of whom managed to escape. There have been important discoveries of letters & books at this site in 2004 as a result of an ongoing archeological dig, giving important information about the history of the town & its inhabitants.

Visit to The Sorrento Mozzarella Farm.

Located in a luxuriant lemon grove in the hills of Sorrento is the ancient Mozzarella & Olive Oil Farm of 'La Sorgente'. After walking deep into the lemon grove we will arrive at the Mozzarella Fabricazione, where we will have a demonstration by the farmer's wife, assisted by her grandmother, in the making of buffalo mozzarella using the traditional techniques & equipment. Participants will then enter the old olive oil mill, with its large stone mill to crush the olives & purify the virgin olive oil. Participants will learn from the farmer how the local producers sell their product through a local farming co-operative.

After the demonstration we will be treated to a tomato pasta & dessert lunch, using the freshly-made mozzarella & olive oil. For many participants the final lunch on long tables under the lemon groves, high in the hills above Sorrento, is a highlight of the tour.