



Itinerary For a Five Day Study Tour to Rome & Sorrento. Prepared For The History/Classics Department.

Dates: To Be Confirmed.



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 tour itself as changes can be made at very short notice according to weather conditions etc. The visit can be guided throughout. All excursions are well-prepared and are backed by notes and a commentary. The director is able to run the tour according to Party Leader wishes. In this way Party Leaders will be free to concentrate on the care of their pupils rather than the organisation of the tour. The whole stay is underpinned by excellent accommodation, catering, transport and security.

ACCOMMODATION



Rome: Nights 1 & 2

Hotel Meininger**

Via S. Martino della Battaglia, 16, 00185, Rome, Italy.

vp@meininger-hotels.com

Tel: +390694801352.

The Hotel Meininger opened in Rome only last year & brings a new concept of accommodation for the young to the 'Eternal City'. The German Meininger Hotels chain has built an excellent reputation in Northern Europe, has won several youth accommodation awards & is now expanding south. The dorm-style hotel rooms have TV's, en-suite bathrooms, reading desks & lamps. There is a popular reception, lounge & bar area downstairs with free wifi throughout the hotel.

The hotel is centrally located in the middle of Rome & our hotel forms an ideal base for exploring the city. Arranged over several floors, the hotel is spotlessly clean & the decor is modern & youthful. The hotel staff are friendly & informative & we have found the Hotel Meininger to be a popular & comfortable base for our groups in Rome.

Sorrento: Nights 3 & 4

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 'Circum Vesuviana' train network. The Grand Hotel Moon Valley boasts wonderful views over the Bay of Naples, with Vesuvius on one side & Mount Fauto 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.

DAY ONE

07.00	Meet at School. Load luggage into coach.
07.30	Depart School. Onward transfer to Local Airport.
08.15	E.T.A. Local Airport. Commence check in.
11.05	Depart Local Airport on Easyjet Flight 5257.
14.15 <i>(Note: 1 hour time difference).</i>	E.T.A. Rome Fiumicino Airport.
15.15	Coach transfer to Hotel Archimede, Rome.
16.30	E.T.A. Hotel Archimede, Rome. Allocate rooms & check-in.
18.00	<u>Visit to The Trevi Fountains</u>

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.

19.30	<u>Dinner at the Pastarito Restaurant, Via Gioberti, Rome.</u>
21.00	Return walk to Hotel Meininger.
21.30	E.T.A. Hotel Meininger.

DAY TWO

08.00 Breakfast.

09.15 Walk to The Colosseum.

10.00 **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 Colosseum 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 by The Colosseum.

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

From the Colosseum 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 Colosseum looming in the distance.

15.30 **Visit to The Pantheon.**

Commissioned by Marcus Agrippa as a temple to all the Gods of Ancient Rome, & rebuilt by Emperor Hadrian in 126AD, this building contains the world's largest unreinforced concrete dome. Built over 2,000 years ago, this circular building has a portico of enormous Corinthian columns & a hole to the sky (an oculus) which is the only source of light within the interior. The Pantheon is one of Rome's best-preserved buildings & has been in continuous use throughout its long history. We will visit the interior of the building before meeting in the busy pedestrianised square outside.

16.30

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.

18.30

Dinner at the Pastarito Restaurant, Via Gioberti, Rome.

20.00

Return walk to Hotel Meininger.

21.00

E.T.A. Hotel Meininger.

DAY THREE

07.00 Breakfast, room checks & loading of suitcases into coach.

09.00 Coach transfer to Pompeii.

11.00 **Full Day's Visit to Archeological Ruins 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.

16.00 Coach transfer to Sorrento.

17.00 E.T.A. Hotel Moon Valley.

18.00 **Dinner at Hotel Moon Valley.**

19.30 **Evening Visit to Sorrento.**

During the evening we will walk the short distance to the Piazza Tasso in central Sorrento. Students will enjoy viewing the activity in the central square & exploring the shops & night market of the old cobbled sidestreets.

DAY FOUR

08.00 Breakfast.

09.00 Coach transfer to Herculaneum.

10.30 **Visit to Roman City of Herculaneum**

The Tour Director will lead an excursion to the ancient Roman town of Herculaneum, which 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.

12.30 Lunch in Herculaneum.

14.00 Coach transfer to Mount Vesuvius.

15.00 **Ascent to The Crater of Mount Vesuvius.**

The volcano of 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 hike the 1.5 km reach the summit & the cone of the volcano, from where panoramic views of the Bay of Naples can be enjoyed. Pupils can also view into the cone of the volcano which is often sulphurous & steaming.

17.00 Return coach transfer to Sorrento.

18.00 E.T.A. Hotel Moon Valley, Sorrento.

19.00 **Dinner at Hotel Moon Valley.**

DAY FIVE

08.00 Breakfast, hotel check-out, room checks & loading of suitcases into hotel storage room.

09.30 **Morning Visit to Sorrento.**

We will enjoy some shopping time in the upmarket Santa Lucia district of the city, where there are many modern shops on a street which stretches down to the waterfront. There is a pleasant market selling lemon soap, fine clay works & the town's speciality - limoncello - a liquor distilled from the ripe Sorrento lemons grown in the surrounding hills.

11.30 Walk to La Sorgente Mozzarella Farm.

12.00 **Visit to The Sorrento Mozzarella & Olive Oil 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 Fabbricazione, 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 three-course caprese salad, 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.

14.00 Walk to Sorrento Coach Park.

14.30 Coach transfer to Hotel Moon Valley.

15.00 E.T.A. Hotel Moon Valley. Load suitcases into coach.

15.30 Coach transfer to Rome Fiumicino Airport.

18.30 E.T.A. Rome Fiumicino Airport. Commence check-in.

21.20 Depart Rome Fiumicino Airport on Easyjet Flight 5260.

23.00
(Local time)

E.T.A. Local Airport.

00.00

Coach transfer to School.

01.00

E.T.A. School.

Please note that we make hotel & airline bookings upon receipt of the initial deposit payments. The airline timings and airports contained within this itinerary serve as a guide only & may change. The choice of hotel, airports and flight timings are confirmed upon receipt of initial deposits.