**The Center for Global Health in the College of Health Sciences**

**2018 Italian Culinary & Cultural Adventure for Adult Travelers**

**Sept 12 WED day 1 -- Arrival in Rome**; transfer to the Hilton airport hotel on the hotel shuttle and check in to your room. Be sure to drink plenty of water and get some rest!

The group will meet together at 5:00pm for the launch of this incredible premier program of the College of Health Sciences. Join us to meet fellow travelers, learn about the Italian culinary, lifestyle, and cultural adventures in our itinerary, meet alumni living the Italian life, and enjoy a light meal with Italian wine.

**Sept 13 THURS day 2 -- Rome to Sorrento B-L**

The coach will pick us up after breakfast, accompanied by an official local guide we will drive south to the breathtaking and world famous coastline of the Amalfi coast.

The group will visit the towns of Amalfi and Positano before checking into our hotel in Sorrento at the end of the day, lunch is included to savor the Mediterranean delights and focus on the renowned diet!

The guide and coach will leave us at our hotel\*\* tonight is a free night to relax; the hotel has a lovely restaurant and facilities. For the adventurous you can also go into the town of Sorrento.

\*\* Hilton Sorrento Palace is an exclusive hotel that showcases bright and modern rooms, outdoor swimming pools, an indoor pool and citrus garden. Settimo Club Lounge features a terrace and the infinity rooftop pool. Each guest room on our program will have beautiful views of the Bay of Naples.

**Sept 14 FRID day 3.  Capri day trip.**

Visit the island of Capri, known as the 'Pearl of the Mediterranean'. After breakfast the guide will meet us in the lobby at 845am .We will make our way to the ferry to cross the med to the island of Capri.

For who wants to visit the Blue Grotto Cave, we can pre book this for you; please note this is additional and optional and we cannot guarantee entry as it is based on availability and also the weather conditions.

The island of Capri has two towns: Capri and Anacapri, which is located on the slopes of Mount Solaro and has stunning views. We will arrive here on the funicular or bus.

Lunch free time so that those wanting to participate in the grotto visit or shop in the little streets of Capri will have the time to explore.

Return to the hotel and perhaps get a group together for dinner.

**Sept 15th SAT day 4. Sorrento - Florence coach**.

Departing by coach after breakfast where we will stop to visit a small town along the way. Checking in to the hotel\*\*. Enjoy an evening walk hosted by Amy to see Santa Maria Novella, the many leather shops, pottery shops, and more. The lifestyle and culture of the people of the Tuscan Region is unique and will be shared on this walk.

\*\* Hotel Ambasciatori Florence is a contemporary hotel located in Florence’s historic center with 5-10 minute walks to the Accademia di Belle Arti, home of Michelangelo's David, and the Duomo. The hotel features free Wifi, a complimentary breakfast buffet, and a Sweet Bar.

**Sept 16th SUND day 5. Florence and Cooking Class B-D**

Join the group after breakfast to walk to Florence’s Gothic Cathedral, the Duomo, which was named in honor of **Santa Maria del Fiore. Admission is free however those who choose to attend Catholic Mass are invited to a more intimate experience. We will meet as a group outside of the Duomo for a walking tour of Florence. You are free to explore until our 4pm departure for the** Villa Pandolfini Estate. Experience the cooking class at the Accademia Italiana di Cucina Pandolfini, a professional culinary school.

**Sept 17th MON day 6. Siena / Chianti with wine tour and lunch full day, free evening B-L**

A full day into the Tuscan countryside to sample the incredible produce this land produces, we will have a cellar tour and wine tasting of the famous Chianti classic, a cheese farm to sample the flavors of farm fresh biological produce. The countryside of this region is unforgettable with its castles, small villages, farms, vineyards and olive trees. Chianti is the changing from the soft low hills to the higher forested areas.

A stop in Siena to witness one of the most beautiful medieval towns with her piazza where the horses run the Palio each year, an event imbedded in the souls of the Sienese and her dominant Duomo church.

Lunch will be in a typical trattoria.

**Sept 18th TUES day 7.  Florence free morning B-D**

Free morning in Florence to visit museums and complete your shopping adventure! (NOTE: we can pre purchase museum tickets for those who confirm)

Departing for Rome at 1pm, arriving at 3pm. Check in to the mystery hotel - relaxed dinner Rome

**Sept 19th WED day 8. Visiting the Vatican, the Roman Forum, & Colosseum B**

The guide and coach will meet us to take us to the Vatican, the headquarters of the Roman Catholic Church. Based on availability, we will experience the audience with the Pope (note this is not a private audience). The Vatican is home to the Pope and a trove of iconic art and architecture. Its Vatican Museums house ancient Roman sculptures such as the famed “Laocoön and His Sons” as well as Renaissance frescoes in the Raphael Rooms and the Sistine Chapel, famous for Michelangelo’s ceiling.

After the Vatican we will head for the Roman Forum and Colosseum to tour with our guide.

The coach will return us to the hotel.

Free evening.

**Sept 20 THURS day 9. Exploring Rome B-D**

Join the group for a 930am departure for a classical walking tour of the eternal city – your afternoon is free. You will have time after the tour to shop, visit gardens or just roam the streets.

Join us for dinner in a typical trattoria as we say farewell to Italy!

**Sept 21 FRID depart for home. B**

Coach transfer to the airport for the flight.

Note included meals, tours, transfers, and activities.

Optional tour activities as noted.

Tourist taxes in hotels. approx. 4,50 euro per person per night and tour gratuities are not included.

**Cost per person based on 40-42 persons double share rooms:**

**2850 Euro or approximately $3540 USD per person.**

**To make payments with the best rates, please watch currency converter sites online like <http://x-rates.com/calculator/?from=EUR&to=USD&amount=1>**

Flights are not included. Please arrange your flight to arrive in Rome on September 12, 2018.

Please ask for single room supplement fees; applicable cost change with number of persons participating

Questions? Contact Amy Johnson: ajohnson@udel.edu

Credit card payments to Good Tastes of Tuscany click <https://tuscany-cooking-class.com/pay-online/>

 **Reference: itsept2018**