



**ADVENTURE TRAVEL**  
VOLUNTEER-LED EXCURSIONS WORLDWIDE



## *Prospectus AMC Adventure Travel Trip #1736*

### **A Taste of Italy Adventure September 6-18, 2017**



Come join us in discovering the intriguing history, culture, and breathtaking scenery of Italy. Our itinerary is designed to provide you “A Taste of Italy” by experiencing the splendid highlights of Rome, Sorrento, Capri, Amalfi, and Florence. We have arranged for comfortable well located hotels in each of our destinations. This trip will offer opportunities for moderately vigorous hiking on some days, visits to a variety of cultural sites, and of course...La Dolce Vita. We do expect a lot of interest in this trip, so if you would like to join us, we encourage you to contact us as soon as possible.

#### ***Here is a glimpse at our planned itinerary:***

**Wednesday, September 6<sup>th</sup>:** Participants travel on their overnight flights to Rome, Italy. Your AMC trip leaders (Pam Madigan and Merri Fox) are happy to assist with flight arrangements beforehand along with information on options for hotel transport (taxi, Leonardo Express train & Metro, or shuttle arrangement).

**Thursday, September 7<sup>th</sup>:** Arrival at Rome’s International Airport – Fiumicino (FCO). Your AMC trip leaders will have already arrived and will be looking forward to meeting you at our hotel. The first day is essentially for “settling in” and getting acclimated to your new home in Rome “The Eternal City”. Should you arrive earlier in the day, you are free to spend the day as you like before dinner. This first evening your leaders will host a group dinner meeting at a delightful local Italian restaurant (exact time and location will be included in our final itinerary). This dinner will be an opportunity to get acquainted with fellow participants and learn more about itinerary details. You will also receive your very important ROMA Pass for Museums and transport!

**Friday, September 8<sup>th</sup>:** After breakfast, we will set out armed with our ROMA passes to visit the Colosseum + Roman Forum/Palatine Hill. Fortunately the ROMA passes allow our group to “skip the line” and have quicker entry into these sites and local transport. Today we will travel back to the days of the Roman Empire and relive the stories of emperors and gladiators as we explore these world renowned ancient ruins. Afterwards, we will visit Piazza Navona with Bernini’s Fountain of Four Rivers and the Trevi Fountain. This is a lively historic square full of entertainment, good food, music, and fabulous gelato. We will return to our hotel for a group meeting to discuss the next day’s scheduling details. Tonight participants will have the opportunity to venture out and try local restaurants on their own for dinner.

**Saturday, September 9<sup>th</sup>:** After breakfast, we are off to see the Vatican. We will tour the Vatican museums and view the sovereign state’s own incredible collection of some of the world’s most significant works of art, from paintings and sculptures to tapestries and classical antiquities of Roman, Greek and Egyptian origin. We will also be visiting the Sistine Chapel (famous for Michelangelo’s ceiling) and the magnificent St. Peter’s Basilica. Tonight we will dine together again at a local restaurant. Afterwards we will have an evening stroll along Via Condotti, ascend the Spanish Steps, and throw coins in famous Trevi Fountain.



**Sunday, September 10<sup>th</sup>:** Today we will be off after breakfast for our reservation to visit the Borghese Gallery. This gallery is often referred to as “the queen of all private art collectors”. It boasts paintings by Caravaggio, Raphael, and Titian, as well as sensational sculptures by Bernini. Afterwards, we will travel to our next stop – the beautiful seaside community of Sorrento. Once we’ve checked into our hotel, we will have the afternoon to walk around and discover the specialties of Sorrento; lemons, limoncello, and quaint trattorias. Tonight’s dinner for the group will be at a place known for scrumptious pizza - Piazza Tasso.



**Monday, September 11<sup>th</sup>:** After breakfast we take a ride on the Circumvesuviana train to Pompeii. Ancient Pompeii is one of the most significant proofs of Roman civilization and, like an open book, provides outstanding information on the art, customs, trades, and everyday life of the past. In the year 79 A.D. the epic volcanic eruption of Mount Vesuvius led to the tragic destruction of Pompeii where life came to a permanent standstill. When we return via the Circumvesuviana train, participants will have the opportunity to further explore Sorrento and have dinner out on their own.



**Tuesday, September 12<sup>th</sup>:** In the morning after breakfast we depart via ferry for the Island of Capri. After dropping luggage at our hotel we will head up the famous Phoenician Steps (Scala Fenicia) to Anacapri. Until recently, it was believed that the Scala Fenicia had been built by the Phoenicians, hence the name. Instead, recent research has demonstrated that the stone steps were chiseled out of the rock face by the Ancient Greeks, between the 7th and 6th century B.C. For thousands of years the steps were used by anyone who needed to transport goods from Marina Grande up to Anacapri. The roadway between Capri and Anacapri was only built in 1874. Hikers will be rewarded for their efforts with a truly splendid view of Marina Grande. We will take the bus back to our hotel. Participants will have the evening free to do as they like.



**Wednesday, September 13<sup>th</sup>:** After breakfast we will have the opportunity to hike along the Pizzolungo coastal path. It adds another memorable hike to the trip and has fabulous views. This afternoon participants will have a little extra free time to relax and enjoy this especially enchanting island. Late afternoon we will head out via ferry for our visit to the Amalfi coast. Once we’ve checked into our hotel in Amalfi, we’ll have dinner together at a nearby restaurant. Tonight we’ll be taking it easy and resting up for the splendid hike we have planned for Thursday.

**Thursday, September 14:** This morning after breakfast, we will head out on the local bus to Bomerano for the start of “The Path of the Gods” (Sentiero degli dei). This hike is set in stunning natural beauty and is known for having one of the most striking panoramas on earth. Today, shepherds, woodsmen, and farmers still use the path as it lays through hundreds of dry stonewalls, vegetable gardens, woods, lemon groves, and old vineyards. The trail ends in Nocelle, the upper part of Positano. We will have the afternoon to explore this lovely town set in a dramatic vertical panorama of colors; the green of the Monti Lattari, the white, pink and yellow of the Mediterranean houses, the silvery grey of its pebble beaches and the blue of the sea. At the end of our visit in Positano, we will return to Amalfi by bus. This evening participants will have the opportunity to explore Amalfi and try out the local cuisine for dinner on their own.



**Friday, September 15:** Bright and early this morning we will be boarding the SITA bus headed for Salerno. There we will take the Frecciarossa express train to Florence. After checking in at our hotel, we’ll have the opportunity to stretch our legs with a walk over to Piazzale Michelangelo. Designed in 1869 by Florentine architect Giuseppe Poggi, Piazzale Michelangelo offers panoramic views of Florence and has a bronze replica of Michelangelo’s David. Tonight we will share dinner together at a local restaurant in Florence.

**Saturday, September 16:** Today we will start the day off with visits to the famed Uffizi and Accademia Gallery museums. One of the world's top art museums, the Uffizi Gallery houses some of the most important works of the Renaissance, including works by Leonardo da Vinci, Giotto, Botticelli and Michelangelo and a large collection of Greek and Roman sculptures. The Accademia houses Michelangelo's David, easily the most famous sculpture in the world. Once inside, you will also see Michelangelo's unfinished and powerful Prisoners, along with works by



Perugino, Giambologna, Botticelli, and Alessandro Allori. Participants will have the opportunity to venture out and try local restaurants on their own for dinner tonight. This will also be an opportune time to visit local shops offering special wine tasting venues.

**Sunday, September 17:** Today participants will have the time to walk about Florence and take in more of the local sites such as Piazza Santa Maria Novella, Giotto's Bell Tower, the San Lorenzo Marketplace, and the Ponte Vecchio (Old Bridge). After checking out of our hotel, we will whisk back late afternoon via express train back to Rome. Tonight we will celebrate our last trip dinner together at a special restaurant in Rome.

**Monday, September 18:** Today is our last day in Italy. Most flights back to the United States leave in the afternoon so this day provides a chance for participants to enjoy a last little taste of life in Rome. Participants are welcome to have a leisurely morning at our hotel or take in a last stroll around local sites in "The Eternal City". Leaders will have a pre-arranged group shuttle for return to Rome's International Airport – Fiumicino (FCO).



*Arrivederci – We bid farewell to Italy for now...  
and hope our coins tossed in Trevi Fountain ensure another exciting adventure to Italy in the future.*

*The above itinerary is subject to change.*

## **Trip Leadership**

### **Pam Madigan**

Pam was essentially brought up on AMC experiences at Cardigan Lodge, canoeing the Allagash, and hiking in the White Mountains. Pam has served as a leader or co-leader for AMC Adventure Travel trips to St. John USVI, Hawaii, Russia, Paris, and New Zealand. Pam's perennial favorite is the St. John trip which she has participated in for over 20 years and plans to visit for many years to come. Pam serves on the AMC Adventure Travel Committee and holds her Advanced Wilderness First Aid certification. Pam lives in Medfield, Massachusetts with her husband Stephen. Her hobbies include snorkeling, hiking, and English hand bell ringing.

### **Merri Fox**

Merri is a software analyst in the IT dept. of a major aircraft engine company. Because she loves sharing her favorite outdoor destinations, over the past 14 years she has led hiking, snorkeling and cultural excursions in Belize, Paris, Hawaii, Arizona, the Tetons, Switzerland, California, New Zealand, and the Virgin Islands. Merri leads local hikes in CT, participates in training programs for new leaders, and serves as secretary for the Adventure Travel Committee. She also holds her Advanced Wilderness First Aid certification. Merri lives with husband Rance in NW Connecticut, where she enjoys gardening, cooking, and entertaining guests.

## **Cost, Registration and Cancellation**

Our adventurous yet relaxed pace itinerary is suitable for couples, singles, and families (recommended for children 12 + older). The trip size is limited to 18. The trip cost is \$2990 per person which includes the items listed below. The leaders will assist participants with their flight arrangements to/from Rome FCO airport. Airfare to/from Boston or NY is expected to range \$1200-1600 (based on estimates & availability).

The trip fee includes the following:

- All group ground transport including trains, buses, and metro
- Group ferry transport
- ROMA Pass (local Metro & buses, Colosseum, Palatine Hill, Roman Forum and Borghese Gallery)
- Entrance to Vatican Museums, Sistine Chapel, and Saint Peter's Basilica
- Entrance to Pompeii
- Our hotel stays in Rome, Sorrento, Capri, Amalfi, and Florence (price based on double occupancy)
- Six group dinners as listed in the above itinerary
- Daily breakfasts
- Group shuttle to FCO airport at the end of our trip
- Entrance fees for Uffizi Gallery and Accademia Gallery in Florence

All other personal expenses such as optional trips, meals on own, and alcoholic beverages are not included. Some of the leaders' expenses for the trip and administrative costs to support the trip are included in the overall trip costs to be shared among the participants. This is strictly a non-profit excursion conducted by the leaders on a volunteer basis. Any unforeseen increases in costs will be shared by all participants. Any funds remaining after all expenses are paid will be divided among the participants in accordance with AMC Adventure Travel rules.

**A registration deposit of \$900 is due with the application. You must submit the completed and signed Application Form, the AMC Confidential Health Questionnaire, AMC Optional Confidential Supplemental Medical Questionnaire (only if participant feels it important to supply), and the signed AMC Acknowledgement and Assumption of Risk and Release. Make checks payable to "Appalachian Mountain Club" and mail with your completed application to: Merri Fox 115 North Road Harwinton, CT 06791.** Second Payment of \$1000 due by January 1, 2017. After 12/31/2016 any new participant pays \$1900 deposit (total of the first two payments). Final trip payment is due 6/1/2017. Participant is subject to a \$200 fee if cancelling prior to 1/1/2017. If cancellation is received between 1/1/2016- 6/1/2017 participant will receive any deposit monies that can be recovered and does not increase cost for other participants, less \$200. Cancellations after 6/1/2017 will receive no refund unless we are able to secure another participant to take his/her spot. If we are able to secure a replacement, the \$200 cancellation fee still applies (as long as the cancellation does not raise the trip cost to other participants). Trip cancellation insurance is highly advised and information about it will be supplied to all participants.

This trip is likely to fill quickly with the limited group size (18 participants). If you are interested, please register as soon as possible. When registration is complete, we will send all participants the names, addresses, and phone numbers of those going on the trip. We will be using email as our primary source of communication. If you prefer snail mail and/or telephone communication, please note that on your registration form. If you have any questions, please call us so that we can discuss them.

**Single Applicants:** The price of the trip is based on double occupancy of the rooms. If you are a single applicant, the leaders will help find a roommate for you. The leaders reserve the right to change roommates.

## **Trip Requisites:**

A) Health: Participants must be in good general health and able to do moderate hiking. The trip is not recommended for children under 12. Medical facilities in Italy are known to be of high standard. It is advised that participants bring with them any prescriptions and medications needed for the duration of the trip. If you have a medical condition such as diabetes that requires food between set meal times, please consider bringing a supply of snacks with you.

**B) Physical Conditioning:** This trip involves a moderate amount of hiking on maintained trails. The trails we plan to hike are known to be well maintained; however, participants should be in good physical condition and able to walk/hike the required 4-7 miles with some elevation gain.

**C) Adaptability:** An important criterion for this trip is the ability to be flexible. Please note that itinerary schedule may be modified due to transportation and weather details. Safety will always take priority in the leaders' decisions.

**D) Understanding of Trip Purpose:** This trip is designed for everyone to experience our adventure in Italy through shared participation in an organized group environment. Participants are expected to arrive promptly for scheduled activities. AMC trip participants are known for their cooperative efforts, and expectations are that all participants be considerate of others sharing this AMC Adventure Travel experience.

**E) Being a Team Player:** We will be more than just a group; we will be a team. As a member of our team, you will be responsible for yourself as being an equal part of the group. Being a team player also means proper communication as to your whereabouts and your personal health. Although we are all adults, the trip leaders have a responsibility for the overall safety of the group and part of that is knowing where everyone is. Especially when traveling in a group and in a foreign country, you should tell someone about your intentions. Similarly, you should tell one of the leaders if you become ill or do not feel you are physically capable of safely participating in any of the days' activities.

**F) Safety, Risks, and Hazards:** As participant safety is a high priority for all AMC-sponsored events, procedures and policies have been developed to attempt to limit participant risk. Participants are expected to work with the leaders to reduce risks and make the experience successful for all. Participants should be aware that there are risks associated with outdoor adventure activities, including but not limited to adverse weather and environmental conditions, remote locations of our trips, and transportation via foot or vehicles. Please carefully read and sign the *AMC Participant Acknowledgement and Assumption of Risks and Release and Indemnity Agreement* and contact us if you have any questions. Parents' and participants' understanding of these risks and adherence to our policies and procedures can contribute to making this experience rewarding.

**Entering Italy:** Tourists from the United States need a valid passport that does not expire within six months of the planned date of departure.

**Climate:** We will be visiting immediately following Italy's summer season. Weather is expected to be mild to temperate. Lightweight summer/fall clothes and hiking gear should be appropriate. Please note shorts, skirts above the knee, and sleeveless tops are not permitted at the Vatican, so please be sure to bring along appropriate attire for our visit. If the weather cooperates in Capri we'll have the opportunity to go over a swim, so be sure to bring a bathing suit as well!

**Currency:** 1 U.S. Dollar approximately equals 0.89 Euros (June 2017)

Major credit cards are widely accepted at many types of establishments throughout and this should help prevent travelers from exchanging large sums of hard currency to finance your stay. Visa and MasterCard are widely accepted. ATMs accepting cards on the Plus/Electron and Cirrus/Maestro networks are available. Debit cards used at an ATM are usually the cheapest way to obtain local currency.

#### **Website Resources:**

<http://www.romapass.it/p.aspx?l=en&tid=2>

<http://www.the-colosseum.net/around/visit.htm>

[http://mv.vatican.va/3\\_EN/pages/MV\\_Home.html](http://mv.vatican.va/3_EN/pages/MV_Home.html)

<http://www.galleriaborghese.it/eng/galleriaBorghese.html>

<http://www.pompeisites.org/>

<http://www.capri.net/en/e/the-phoenician-steps>

<http://www.positano.com/en/e/il-sentiero-degli-dei>

<http://www.uffizi.org/>

<http://www.accademia.org/>

<http://www.rome.info/>

<https://en.wikipedia.org/wiki/Sorrento>

<https://en.wikipedia.org/wiki/Florence>

<https://en.wikipedia.org/wiki/Amalfi>

*We look forward to having you join us!*

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