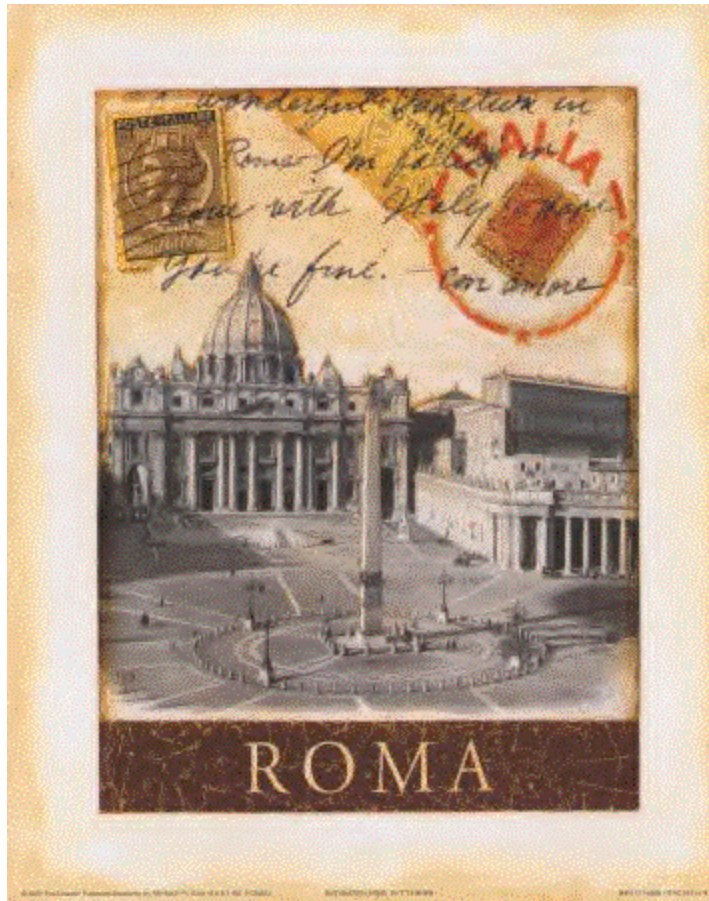


# *Hungry for Travel?*

A THIRTEEN DAY CULINARY ADVENTURE IN ITALY

ROME, VATICAN CITY-STATE, ASSISI, FLORENCE, SAN GIMIGNANO AND THE AMALFI COAST INCLUDING POSITANO, THE ISLAND OF CAPRI, AND THE RUINS OF POMPEII



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# Italy in 2013

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## WHAT IS INCLUDED? GROUND PRICE \$4399

### Centrally Located Hotels

Double Room occupancy in our three-star hotels in Rome, Assisi (Agriturismo), Florence, and Positano are quaint, clean and centrally located, with private baths. 3 nights in Rome, 3 nights in Florence, 2 nights in Assisi and 3 nights in Positano.

### Meals

Daily Continental Breakfast  
Daily Exquisite Traditional Main Meal (Lunch or Supper)  
Two Light Meals (Lunch or Supper)  
Plus "The Last Supper"...A Magnificent Feast-Extravaganza!

### All Ground and Sea Transportation

Round Trip Ground Transportation to and from Rome's Leonardo Da Vinci Airport  
All Train Fares: Rome to Assisi, Assisi to Florence, Florence to Naples (en route to the Amalfi Coast) and Naples to Rome  
Private Mini-Van Service in Tuscany to San Gimignano and the Torciano Winery  
Round Trip Ground Transportation from Hotels to Train Stations  
Private Chartered Boat to the Island of Capri  
Private Mini-Van Service to the Ruins of Pompeii

### All Entrance Tickets

Rome: The Coliseum, the Roman Forum, the Scavi Tour, and Basilica of San Clemente.  
Assisi: Guided Tour of the Basilica of St. Francis, cooking class and wine tasting  
Florence: Santa Croce Church, the Academia Museum, wine tasting in Tuscany, and cooking class  
Amalfi Coast: The Island of Capri's Blue Grotto and ruins of Pompeii

### Keyrow's Services

Paolo will serve as your personal full time director and guide, offering daily walking tours and sharing his knowledge of each site and region visited.  
Please make known any special needs well in advance of the trip.

# Day#1: Departure for Italy

Saturday: June 8<sup>th</sup>, 2013

In conjunction with Jetaway Travel, Keyrow Tours is pleased to make all flight arrangements, including primary flights originating from anywhere in the United States. Together as a group we will internationally depart from a major airport on the East Coast of the United States, usually Philadelphia, New York or Washington DC. Transportation to and from your airport of departure is each person's responsibility.

**Important:** Please plan on sleeping on the plane as much as possible. This will help avoid jet lag, and enable us to "hit Rome running" on our first day in Italy...



*"Memory is the diary that we all carry about with us." ~ Oscar Wilde*

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# *Day #2: "From Pagan Temples to Patrimonial Churches"*

Sunday: June 9<sup>th</sup>, 2013

## **Morning Arrival at Leonardo Da Vinci Airport, Rome Italy**

After collecting our luggage and going through customs, a private minivan will take us to Hotel Smeraldo, located in the historic center of Rome. The ride is pleasantly under half an hour. Hotel check-in time is usually around noon. We will drop off our bags, have a cappuccino, and enjoy a brief orientation to the neighborhood. After check-in we will have time to shower and unpack.

## **The Centro Storico (Historic Center)**

### **A.) Campo Dei Fiori**

This is Rome's daily farmer's market. Just 5 minutes away from our hotel, enjoy the sights and sounds of people wheeling and dealing in produce from both land and sea: Fresh veggies, fruits, cheese, meats and fish.

### **B.) Piazza Navona**

One of Rome's most magnificent piazzas, or squares. See Bernini's famous Fountain of Four Rivers. Once the site of an ancient charioteer stadium, today it is a romantic location filled with artists, gelato ice cream shops, restaurants, and a variety of public performers.

## **Pranzo (Included Lunch)**

### **C.) Church of San Luigi Francese**

See three priceless Caravaggio paintings depicting scenes from the life of St. Matthew.

### **D.) The Pantheon**

The best-preserved monument of ancient Rome which outdates Christianity! Once the site where Romans worshiped all the gods, today it is a beautiful Christian basilica.

### **E.) Church of Santa Maria Sopra Minerva**

This church is built over a pagan temple to the goddess Minerva. See "The Resurrected Christ," a marble statue by Michelangelo. Visit the tomb of St. Catherine of Siena, as well as that of Fra Angelico...the same monk who made the liquor? Cheers!

**Back to Hotel**

**Day's Recap**

**Cena! (Included Dinner).**

*"You may have the universe, if I may have Italy."* Giuseppe Verde

# *Day #3: Treasures of the Vatican*

Monday: June 10<sup>th</sup>, 2013

## Continental Breakfast

### A.) Scavi Tour

This exclusive trip is not open to the general public. Two stories beneath St. Peter's basilica, we will visit a 2<sup>nd</sup> century Pagan necropolis. Many wonderful Roman and early Christian glimpses into the past. The highlight is standing 5 feet away from the final resting-place of St. Peter himself. *Permission to attend this exclusive tour, not open to the general public, is dependent on Vatican permission...*

### B.) St. Peter's Basilica

Paul will give a one hour tour of St. Peter's Basilica, originally built in the 4<sup>th</sup> century by the Emperor Constantine. See Michelangelo's *Pieta*, a significant number of other masterpieces, the body of Pope John XXIII, and the tombs of many Popes.

### C.) San Clemente

Excellent archaeological tour: a 12<sup>th</sup> century church, on top of a 10<sup>th</sup> century Church, on top of a 4<sup>th</sup> century Church, on top of 1<sup>st</sup> century Roman pagan apartment buildings, including a Mythic Temple. See it all, including some of the best mosaic artwork in Rome.

## PRANZO (Lunch!)

### D.) The Coliseum

Gladiator fighting, anyone? Visit the greatest monument of ancient Rome, and the bloodiest. Built in the 2<sup>nd</sup> century AD, the Flavian Amphitheatre seated 50,000 spectators and featured games pitting man against man, and man against wild beasts from around the known world.

### E.) The Roman Forum

Visit Rome's ancient ruins, including the Senate Building, the temples of Saturn, Jupiter, the Vestals, and Julius Caesar.

**Back to Hotel**

**Day's Recap**

**Cena! (Dinner on your own)**

*It's not only the physical beauty of the place...It's the smell of it, the aura of great history in the stones of every street and every building. To be in Rome is to be in touch with everything in life that really matters. ~ William Murray in "City of the Soul"*

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# Day #4: A Peace of Assisi

**Tuesday: June 11<sup>th</sup>, 2013**

## **Continental Breakfast**

### **Morning Departure for Assisi by Train**

The train ride to Assisi is pleasantly two hours. We will enjoy the beautiful countryside of the Umbrian Region, famous for its olive orchards and rolling hills. As a medieval city, Assisi stands frozen in time and is set high on top of a hill. As the birth place of St. Francis of Assisi, the Franciscan history of this place permeates every narrow cobblestone road and piazza. *Pack a light lunch for the train ride...*

Upon our arrival, a private vehicle will bring us outside the medieval walled city of Assisi and into the very heart of the Umbrian countryside. We are staying at the *Agriturismo Malvarina*... an incredibly scenic and beautiful farm that produces 70% of all organic products served in their dining room. In addition, the farm is entirely powered by solar panels and breeds chickens, rabbits, lambs, sheep, and turkeys. It also produces olive oil, vegetables, honey, jams and truffles. Mastro Giorgio, an expert cheese maker and meat curer, helps the Fabrizi family produce their cold cuts and pecorino cheese in the traditional Umbrian way. Tomorrow our host family will uncover their secrets to traditional epicurean cooking delights during a hands-on cooking class, after which we will share dinner in this Umbrian oasis. Truly off the beaten path, this Agriturismo experience will be an unforgettable treasure. After check-in, we will visit sites in the old walled city of Assisi that include:

- A.) The House of St. Francis' family, including the prison cell where Francis was locked-up by his irate father. (Ah, medieval parenting!)
- B.) The gothic Basilica of St. Clare which houses the San Damiano Cross.
- C.) Piazza Communale: Sit outdoors and drink vino or a café in Italy!
- D.) An ancient Mythic Temple that predates Christianity, but which Christianity has now embraced.
- E.) The Basilica of St. Francis (4:30 PM)

### **Formal Wine Tasting of Umbrian Wines**

### **Day's Recap Over Cena (Dinner!)**

### **Back to Agriturismo Malvarina**



***“The world is a book, and those who have not traveled have only read one page.”***

~ St. Augustine, 4<sup>th</sup> Century

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# Day #5: Vistas of Umbria

Wednesday: June 12<sup>th</sup>, 2013

## Continental Breakfast

### A.) Assisi's Cathedral of San Ruffino

In essence, this is where St. Francis' and St. Clare's spiritual journey began. See the baptism font where both saints were welcomed into the life of the Church. See a portion of the house where St. Clare grew up as a child. Enjoy some quiet time in the Cathedral's baroque side chapel.

### B.) Panoramic View

From San Ruffino take a pleasant hike outside of Assisi's city walls for an amazing panoramic view of the surrounding Umbrian hillsides.

### C.) The Rocca Maggiore Castle of Assisi

The Rocca Maggiore Castel stands high above all of Assisi, commanding a superb view of the valleys and hills below.

## PRANZO! (Optional Light Lunch)

### D.) Free Afternoon to Tour the Shops

Assisi, and Umbria in general, is famous for its pottery, linens, and fine olive oil. There are dozens of small shops in Assisi which sell these items, and store owners will happily ship your purchases back to the United States in one piece.

## 5:00 Back to Agriturismo Malvarina

## 5:30 Umbrian Cooking Class

## Day's Recap

## Cena! (Dinner)

*"For us to go to Italy and to penetrate into Italy is like a most fascinating act of self-discovery—back, back down the old ways of time. Strange and wonderful chords awake in us, and vibrate again after many hundreds of years of complete forgetfulness."*

*~ D.H. Lawrence*

# Day#6: "Stepping up to the Plate" in Florence

**Thursday: June 13<sup>th</sup>, 2013**

*Welcome to Tuscany and the heart of the Italian Renaissance...*

**Continental Breakfast**

**Morning Train Departure for Florence**

**Pranzo! (Light Lunch after hotel check-in)**

**A.) The Ponte Vecchio**

Ponte Vecchio literally means, "The Old Bridge." This historic bridge that crosses the Arno River is laden with gold and diamond shops. Conveniently located just around the corner from our hotel, ladies...this one's for you!

**B.) Piazza Signoria**

This is Florence's central square. See the Palazzo Signoria (Florence's City Hall since the reign of the Medici's), the outdoor Loggia which contains ancient Roman and Greek statuary, as well as Celini's famous bronze of Persius holding Medusa's severed head.

**C.) Santa Croce Church**

This wonderful medieval church is the final resting-place of Michelangelo, Leonardo DaVinci, Machiavelli, Galileo, Rossini, and many others.

**D.) The Mercato Nuovo**

Florence has two excellent outdoor markets, and the Mercato Nuovo is extremely close to our hotel. Beautiful leather goods: jackets, wallets, purses, gloves, and so much more. It's fun to wander through, even if you're not interested in buying things.

**Day's Recap**

**Cena! (Dinner!)**

*"Tomatoes and oregano make it Italian; wine and tarragon make it French. Sour cream makes it Russian; lemon and cinnamon make it Greek. Soy sauce makes it Chinese; garlic makes it good."*

*~ Alice May Brock*

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# Day#7: A Di-Vine Day in Tuscany

Friday: June 14<sup>th</sup>, 2013

## Continental Breakfast

### The Accademia Museum

Enjoy Michelangelo's monolithic and statue of David, from the Old Testament hall of fame. Also enjoy his famous series of "Prisoners" designed for the tomb of Pope Julius II in Rome.

### San Lorenzo Farmer's Market Tour

The *San Lorenzo Mercato Centrale* is the central market in Florence for fresh, local foods. Most likely you will see foods that you've never seen in a U.S. market before, like cow stomachs at the *Tripperia*. There are stands selling all kinds of fowl, meats (such as wild boar), fish, cheese, fruits and vegetables. Also of interest are shops selling local Tuscan products such as wine, biscotti, prosciutto and salami.

### The San Lorenzo Outdoor Shopping Market

Packed with stalls selling everything from marbleized paper products, to leather goods, jewelry and pottery, the San Lorenzo outdoor market is an exciting place to explore, people watch, and (of course) shop...

### Duomo Cathedral

Built in the Middle Ages, the original architects left it uncompleted in a sheer act of faith: A huge hole in its roof awaited a dome long before the technology existed to span such a distance. *No Problema!* Brunelleschi's dome eventually completed the structure, and became Michelangelo's model for St. Peter's Basilica in the Vatican and the model for the future U.S. Capitol as well.

### Tuscan Cooking Class, Dinner and Gelato Making Demonstration in Private Tuscan Villa

Tonight we participate in hands-on cooking class outside the city of Florence in a private Tuscan Villa. Paolo has been friends with Roberto's family for many years, and they are pleased to host our party. Brace yourself for an incredible experience: a hands-on cooking class that will culminate in a multi-coursed Italian feast that features homemade pasta, local meats, potatoes roasted in an outdoor oven, and Roberto's famous gelato which he will make before our eyes.

### Day's Recap over dinner

*"For us to go to Italy  
and to penetrate into Italy  
is like a most fascinating act of self-discovery—  
back, back down the old ways of time.  
Strange and wonderful chords awake in us,  
and vibrate again after many hundreds of years  
of complete forgetfulness."*

~ D.H. Lawrence

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# Day #8: "BeefLexible in Tuscany"

Saturday: June 15<sup>th</sup>, 2013

*Enjoy wonderful Tuscan towns that stand frozen in time. Wind your way through medieval streets. Sit at a café and soak in the atmosphere...*

## **Continental Breakfast**

### **A.) World War II American Cemetery**

Just outside of Florence, we will offer our respects to over 4,000 American service men and women who paid the ultimate price during the Second World War. Among the fallen are five brothers.

### **B.) Departure for Cheese Production**

When it comes to the food meccas of the world, Tuscany is hard to overlook. For years, Italy has been known as one of the top food and wine destinations in the world. At the forefront of Italy's cuisine has been the region of Tuscany, one of the top cheese destinations in the world. Today we provide an insider's look into local cheese and cheese production, as a highly revered part of Italy. There are several predominant types of Tuscany cheeses, including ricotta, goat, raviggiolo, caciotta, and pecorino.

### **C.) Depart for the Tenuta Torciano Wine Tasting School**

*Tenuta Torciano* is about 30 minutes away, and has been producing wine and olive oil since 1720. Featuring panoramic views with hillsides, vineyards, and olive groves, sip wine in the heart of Tuscany or simply live in the moment. Pierluigi is the vineyard owner, and he will offer us an in depth explanation of his wines, how they are made, and the science of wine tasting and wine pairing. His mother will prepare an incredible luncheon for us using only local and organic foods. *Bravissima!!!*

### **D.) Departure for San Gimignano**

This is called the "Manhattan of Tuscany," because of its many medieval towers that look like skyscrapers from a distance. 15 minutes from Tenuta Torciano, this is a charming little town. Visit its central square, stroll into numerous shops, or dare to walk into the Medieval Torture Museum... We will have an hour or so to enjoy this little gem in the heart of Tuscany. Hey, sample some wild boar meat while you're here!

**5:00 PM.....Return to hotel for Rest**

**7:00 PM.....Day's Recap**

**8:00 PM.... *Cena!* (Dinner is on your own)**

*"Food is our common ground, a universal experience."*

*~ James Beard*

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# Day #9: "Escape into Paradise"

Sunday: June 16<sup>th</sup>, 2013

## Continental Breakfast

## Morning Train Departure for Positano

We will train from Florence to Naples, and a private minivan will carry us for the rest of the journey to Positano. The Amalfi Coastline itself winds its way along scenic cliffs, following the Tyrrhenian Sea. For many, this is "Paradiso in Terra" or "Paradise on Earth!" Enjoy the panoramic views...

**Pranzo (Lunch)** An optional light lunch will be provided on the train

## Early Afternoon Arrival in Positano

Hotel Pupetto is an absolute treat: a beachside resort with black volcanic stone that runs into the turquoise-blue waters of the Mediterranean Sea. Stroll the winding roads of Positano. Take a walk on the beach. There are great ceramic shops, high fashion clothing, and hiking. Positano is not a place to be "busy" seeing things. It is place to relax and allow nature's beauty to touch us in positive and happy ways. Don't forget to try a little *limoncello* along the way ☺.

## Orientation stroll and Free Afternoon

## Day's Recap

## Cena (Dinner)



*"Sail away from the safe harbor: Catch the trade winds in your sails.  
Explore. Dream. Discover."  
~ Mark Twain*

# Day#10: "Capri-cious in Italy"

Monday: June 17<sup>th</sup>, 2013

## Continental Breakfast

### A.) Morning Departure for The Island of Capri

A private chartered boat will take us from Positano to the Island of Capri... a one hour boat ride that offers magnificent views of the entire Amalfi Coast. Along the way we will enjoy natural rock formations including the Green and White Grottos. Don't forget your bathing suits...jump in for a swim! After circling the entire island of Capri, we will have a couple of hours on shore to take in the sights. Capri is a glamorous island that features high fashion shopping and breath-taking panoramic views.

**Pranzo (Lunch)** An optional picnic lunch for the boat ride will be provided.

### B.) The Blue Grotto

While we are at Capri, we will experience the famous Blue Grotto: a cave in the side of the island. This is a true natural wonder! As the Mediterranean sun shines through the mouth of the cave, it illuminates the water in an incredible display of turquoise blue light. *Availability is dependent on weather conditions.*

### C.) Return to Positano

### D.) Free afternoon to enjoy the great outdoors, walk the beach, and explore this little slice of paradise. Enjoy your time on the Mediterranean Sea.

## Day's Recap

### "Pazzi Per Pizza?" ("Are you Crazy for Pizza?")

Tonight we dine at the private house of my good friend Salvatore, who was born and raised in Positano. Imagine a rooftop terrace overlooking the city with a wood burning stove. Salvatore's "Zio" (his "Uncle") will demonstrate how to make the best wood fired pizza on the Amalfi Coast, each one made to order and using only the freshest ingredients. A little limoncello afterwards? Mama mia!

*"I love the language, that soft bastard Latin,  
Which melts like kisses from a female mouth,  
And sounds as if it should be writ on satin  
With syllables which breathe of the sweet South."*

~ George Gordon Noel Byron

# Day #11: "Amazing Amalfi"

**Tuesday: June 18<sup>th</sup>, 2013**

## **Continental Breakfast**

*Take the day off to relax on the beach. Explore Positano's beauty, or...*

## **Visit the Neighboring City of Amalfi (Optional Morning Excursion)**

From Positano's black volcanic shore, Paul is happy to arrange public boat transportation for those interested in exploring the City of Amalfi. Amalfi is a beautiful seaside resort and the final resting-place of St. Andrew. Get lost in paradise, eat *gelato* ice cream, and watch the world go by...

## **Pranzo (Lunch on your own)**

## **Evening Day's Recap**

## **Cena! (Included Group Dinner)**



**AMOR VINCIT OMNIA**

*"Love Conquers All"*

*Ancient Latin proverb*

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# Day #12: Mt. Vesuvius, Pompeii and Rome

Wednesday: June 19<sup>th</sup>, 2013

**Continental Breakfast**

**Morning Hotel Departure**

## **A.) The Ruins of Pompeii**

A private mini-van will take us to Pompeii, which was first occupied in the 8th century BC. A local guide will explain how the Etruscans first dominated the surrounding region, followed by the Saminites who turned Pompeii into a Greek town. Finally the Romans gained control over Pompeii until its end, that fateful day in 79 AD when Mt. Vesuvius unleashed its fury on the 20,000 inhabitants of this thriving Roman city.

Although this tragic event ended the lives of 20,000 Pompeian residents, the ash that buried the town served as a sort of *mummification* for the entire city. Under the ash everything remained as it was at the time of the eruption: Artwork was preserved. Buildings were preserved. Several important clues were left behind. These clues give us a glimpse into the past and capture a special moment in time.

## **Pranzo (Optional Picnic Lunch)**

The food in Pompeii is in Paolo's opinion, less than appetizing. In the midst of the tourist trap tables, a lovely picnic lunch will magically appear. (OK, Paolo will arrange the picnic with our hotel's restaurant in Positano.) Bravissimo!

**Afternoon Departure for Naples Train Station and Rome  
Day's Recap**

## ***L'ultima Cena* or "The Last Supper" Closing Banquet**

Brace yourselves for a truly magnificent multi-coursed Roman feast that will be the culmination of many happy memories!!!! *The Cucina Antica Romana* prepares everything from the owner's local farm: fresh vegetable antipasto and cheeses, homemade pasta, local organic meats, and of course, vino. Buonapetito!!!

*After dinner, Paul will offer a nighttime walking tour to the Trevi Fountain*

*"For us to go to Italy  
and to penetrate into Italy  
is like a most fascinating act of self-discovery—  
back, back down the old ways of time.  
Strange and wonderful chords awake in us,  
and vibrate again after many hundreds of years  
of complete forgetfulness."*

~ D.H. Lawrence

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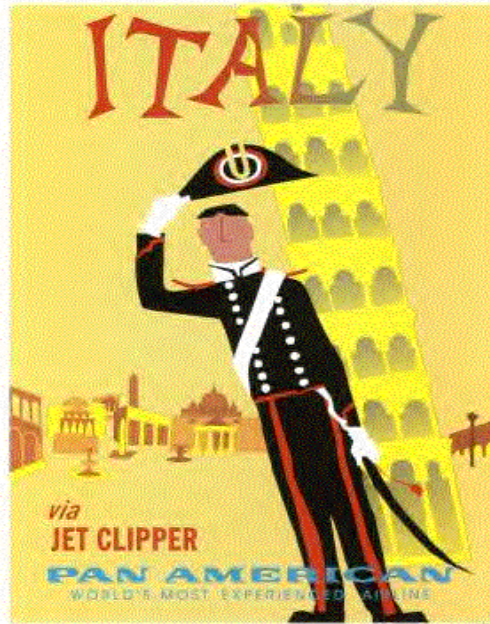
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# Day#13: "Arrivederci Roma!"

Thursday: June 20<sup>th</sup>, 2013

- TBA....      A.) Morning Departure for Rome's Airport
- TBA ....      B.) Departure for U.S.A.
- TBA....      C.) Arrival in U.S.A.



*Open my heart and you will see,  
Graved inside of it, "Italy."*

**~ Robert Browning**