

La Dolce Vita

~ GRATITUDE, GRACE AND GASTRONOMY WITH FRANK FERRANTE ~

ROME, VATICAN CITY, TUSCANY (FLORENCE, GREVE IN CHIANTI, MONTEFIORALLE, MONTERIGGIONI AND SAN GIMIGNANO), THE AMALFI COAST: POSITANO, THE RUINS OF POMPEII THE CITY OF AMALFI AND NAPLES



A ELEVEN DAY ITALIAN JOURNEY
June 14 – June 24, 2016

“You may have the universe, if I may have Italy.” ~ Giuseppe Verdi

KEYROW TOURS

60 Georgia Road - Trumansburg, NY - 14886 Tel: 315.491.3711 www.keyrowtours.com

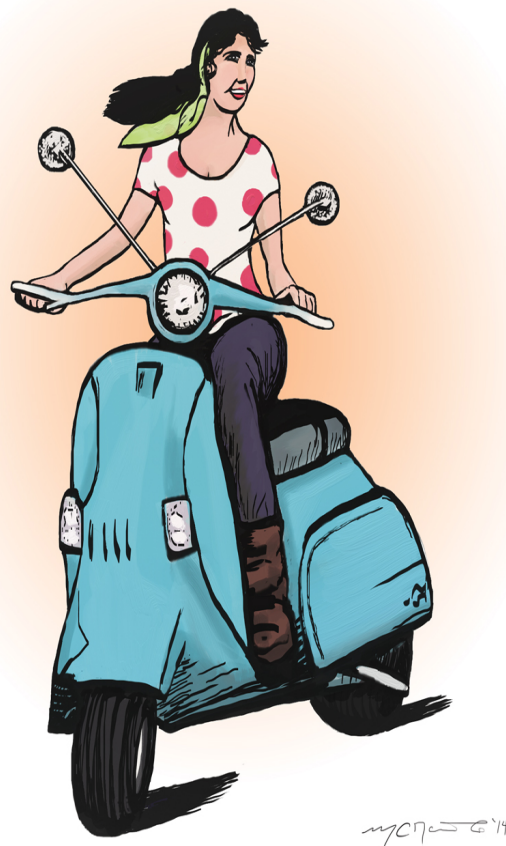
Day#1: Departure for Italy

Tuesday: June 14th, 2016

In conjunction with AAA Travel (Ithaca, NY), Keyrow Tours is happy to assist in all flight arrangements, including primary flights originating from anywhere in the United States. Please be at your primary airport two hours prior to departure. As a group we will meet in Philadelphia or New York's JFK and fly non-stop into Rome's Leonardo Da Vinci Airport.

Transportation to and from your primary 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”

Wednesday: June 15th, 2016

Morning arrival at Leonardo Da Vinci Airport, Rome Italy

After collecting our luggage and going through customs, private minivans will take us to our hotel 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.

Pranzo! (Light lunch included)

The Centro Storico (Historic Center)

A.) Campo Dei Fiori

Rome’s daily farmer’s market, a five minute walk from our hotel: fresh vegetables and fruits, cheese, meats and fish. Sit at a café and drink a real cappuccino!

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 artisans, gelato ice cream shops, restaurants, and a variety of performers.

C.) Church of San Luigi Francese

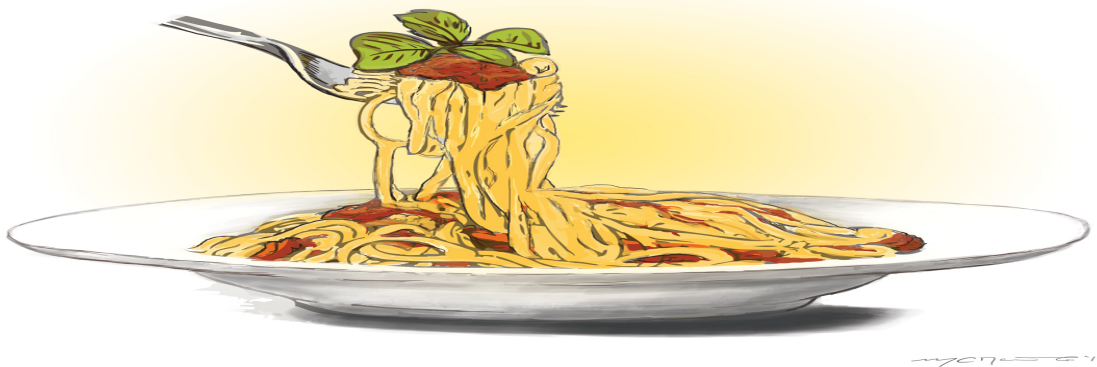
See three priceless Caravaggio paintings depicting scenes from the life of St. Matthew.

D.) The Pantheon

The best-preserved monument of ancient Rome which outdates Christianity. Once the site where Romans worshiped all of 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

Evening Welcome with Frank and Paolo

Cena! (Dinner)

“You may have the universe, if I may have Italy.” Giuseppe Verde

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Day #3: Treasures of the Vatican

Thursday: June 16th, 2016

Continental breakfast

Morning's with Frank: "Radical Forgiveness is the Key to Freedom"

A.) The Vatican Museum and Sistine Chapel

At the centre of Rome, within the walls of the Vatican, stands one the greatest museums in the world. The Vatican Museum displays thousands of treasures and artworks, and the immense collection was built up by the Popes throughout the centuries. Pope Julius II founded the museums in the early 16th century. The Sistine Chapel with its ceiling decorated by Michelangelo and the Stanze della Segnatura decorated by Raphael are highlights along the way. While the entrance line to the museum often exceeds 2-3 hours, you will go to the front of the line for immediate entrance with Keyrow Tours...

Pranzo! (Lunch)

B.) The Vatican's Scavi Tour

This exclusive trip is not open to the general public. Two stories beneath St. Peter's basilica, we will visit a 2nd 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...*

C.) St. Peter's Basilica

St. Peter's Basilica was originally built in the 4th century by the Emperor Constantine, then rebuilt in the 15th and 16th centuries. See Michelangelo's *Pieta*, a significant number of other masterpieces and the tombs of many Popes.

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: :“Rome-ing Around”

Friday, June 17th, 2016

Continental breakfast

Morning's with Frank: “Gratitude consciousness as a way of life”

A.) The Basilica of San Giovanni

Built by the Emperor Constantine the Great in the 4th century, this is the Cathedral for the Diocese of Rome. See Bernini's monolithic statues of the apostles, a beautiful outdoor cloister, the reliquary that contains the heads of Sts. Peter and Paul, and incredible gold mosaics.

B.) The *Sacra Scala* or Holy Stairs

Welcome to Jerusalem! Brought to Rome from the Holy Land in the 4th century, visit the stairs that Jesus ascended when condemned by the Roman procurator Pontius Pilot.

C.) The Church of San Clemente

An excellent archaeological tour featuring a 12th century church, on top of a 9th century church, on top of a 4th century church, on top of 1st century Roman pagan apartment buildings... including a Mythic temple. Uncover some of the best mosaic artwork in Rome.

PRANZO (lunch)

We will dine well at *Hostaria i Clementini*: local artisanal cheeses, wine, and a highly recommended spinach ricotta ravioli with tomato and carrot cream sauce.

D.) The Coliseum

Gladiator fighting, anyone? The greatest monument of Rome and also the bloodiest.

E.) The Roman Forum

Visit Rome's ancient ruins, including the Senate building, the Temple of the Vestal Virgins, the Temple of Julius Caesar and the Temple of Saturn.

Back to hotel

Day's recap

Cena! (Diner on your own)

“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#5: “Florence...Fastastico!”

Saturday: June 18th, 2016

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

Continental breakfast

Train departure for Florence

Pranzo! (lunch on your own)

A.) The Ponte Vecchio

Ponte Vecchio, translated, 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, shoppers...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 contains ancient Roman, Greek and Renaissance statuary, including Celini’s famous bronze of Persius holding Medusa’s severed head.

C.) Santa Croce Church

This wonderful medieval church is the parish church of Michelangelo, Leonardo Da Vinci, Machiavelli, Galileo, Rossini, Dante Alighieri and others. Many of these Florentine masters, including Michelangelo, have been interred here.

D.) The Mercato Nuovo

Florence has two excellent outdoor markets, and the Mercato Nuovo is quite close to our hotel. Local wares include beautiful leather goods: jackets, wallets, purses, gloves and more. It’s fun to wander through, even if you’re not interested in buying.

Day’s recap

Cena! (dinner)



“Traveling is almost like talking with men of other centuries.”

~ Rene Descartes

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Day#6: “Under the Tuscan Sun”

Sunday: June 19th, 2016

Continental breakfast

Morning’s with Frank: “Creating Play Time... what Italian’s do best!”

Florence’s Academia Museum

Enjoy incredible Renaissance artwork, including Michelangelo’s monolithic statue of David and his famous series of “Prisoners” designed for Pope Julius II’s tomb in Rome.

San Lorenzo farmer’s market tour

The *San Lorenzo Mercato Centrale* is the central market in Florence for fresh, local foods. You may see foods that you’ve never seen in a U.S. market before, such as cow stomachs at the *Tripperia*. Merchants sell 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...

Pranzo (Lunch on your own)

Duomo Cathedral

Built in the Middle Ages, the original architects left it uncompleted in a sheer act of faith: a large 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, becoming Michelangelo’s model for St. Peter’s Basilica in the Vatican and the model for the future U.S. Capitol.

Day’s recap, dinner and gelato making demonstration in private Tuscan villa

Tonight dine outside of 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 multi-course Italian feast that features homemade pasta, local meats, potatoes roasted in an outdoor oven, and Roberto’s famous gelato made before our eyes.

*“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 #7: “Exploring Tuscan Hilltop Villages”

Monday: June 20th, 2016

Continental Breakfast

Morning’s with Frank: “Facing the Shadow Within”

A.) World War II American Cemetery

Just outside 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.) The village of Greve in Chianti

C.) The village of Montefioralle

PRANZO (Lunch)

D.) The village of Monteriggioni

E.) The medieval city of San Gimignano

San Gimignano is known as 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 town. Visit its central square, stroll into numerous shops, or dare to walk into the Medieval Torture Museum...we will have about two hours to enjoy this gem in the heart of Tuscany. Sample some wild boar meat while you’re here!

Return to hotel

Day’s recap (Dinner is on your own)



"Life for the Italians was what it was, no more and no less, an interlude between meals."

~ Abraham Verghese in "Cutting for Stone"

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Day #8: “Escape into Paradise”

Tuesday: June 21st, 2016

Continental breakfast

Morning train departure for Pompeii and Positano

We will train from Florence to Naples, and a private minivan will carry us for the rest of the journey to Pompeii and 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 picnic lunch will be provided on the train

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.

B.) 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)

*“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#9: “Capri-cious in Italy”

Wednesday: June 22nd, 2016

Continental breakfast

Morning’s with Frank: “Addiction of any kind: It’s role in undermining joy and the flow of love.”

A.) Private Boat trip along the Amalfi Coast

A private chartered boat will take us from Positano south along the Amalfi Coast. Visit incredible cave “grotto” formations. Eat at a local seafood shack (there is more than just seafood!) only accessible by private boat, and explore the City of Amalfi on foot! Don’t forget your bathing suits...jump in for a swim!

Pranzo (Lunch)

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

Cena! (Dinner on your own)



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

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Day #10: “Amazing Amalfi”

Thursday: June 23rd, 2016

Continental breakfast

Morning’s with Frank: “Love as the Measure of Courage”

This is a free half-day to really relax and explore Positano on your own. Take a public boat to the island of Capri or visit the neighboring city of Ravello. Read a book on the beach and live in the moment in paradise...

Pranzo (Lunch on your own)



Early afternoon transfer to Naples

Two hour guided tour of Naples

Day’s Recap

L’Ultima Cena! (“The Last Supper!” closing banquet)

*“Our battered suitcases were piled on the sidewalk again; we had longer ways to go.
But no matter, the road is life.”*

~ Jack Kerouac

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Day#11: “Arrivederci Italia!”

Friday: June 24th, 2016

Continental Breakfast

- A.) Early morning departure for Naples’s Airport
- B.) Departure for U.S.A.
- C.) Arrival in U.S.A.



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

~ **Robert Browning**

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Italy in 2016

WHAT IS INCLUDED?

Centrally Located Hotels

Double Room occupancy in our three-star historic hotels in Rome, Florence, Positano and Naples. Accommodations are centrally located with private baths. 3 nights in Rome, 3 nights in Florence, 2 nights in Positano and a final night in Naples

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

Private mini-van service from Rome's Leonardo Da Vinci Airport to hotel
All train fares: Rome to Florence and Florence to Naples (en route to the Amalfi Coast)
Private mini-van service between hotels and train stations
Private mini-van service for a full day trip in Tuscany
Private mini-van service to the ruins of Pompeii
Private chartered boat on the Amalfi Coast
Private mini-van service to Naples airport

All Entrance Tickets

Rome: The Coliseum, Roman Forum, Vatican Museum, Scavi Tour (if available), and Basilica of San Clemente
Florence: Santa Croce Church and the Academia Museum
Amalfi Coast: The ruins of Pompeii

Keyrow's Services

Paolo will serve as your personal full time director, 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.

"Italy is a dream that keeps returning for the rest of your life." ~ Anna Akhmatova

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