

“Saint Peter’s by the Sea”

A Spiritual Pilgrimage to Rome, Assisi and Tuscany

***Rome, Vatican City, Assisi and Tuscany, including: Florence, Siena,
Monteriggioni, Castellina, Greve in Chianti, Montepulciano and
Pienza***



A TWELVE DAY ITALIAN JOURNEY

April 29th – May 10th, 2019

KEYROW TOURS

60 Georgia Road Trumansburg, New York 14886 Tel: 315.491.3711

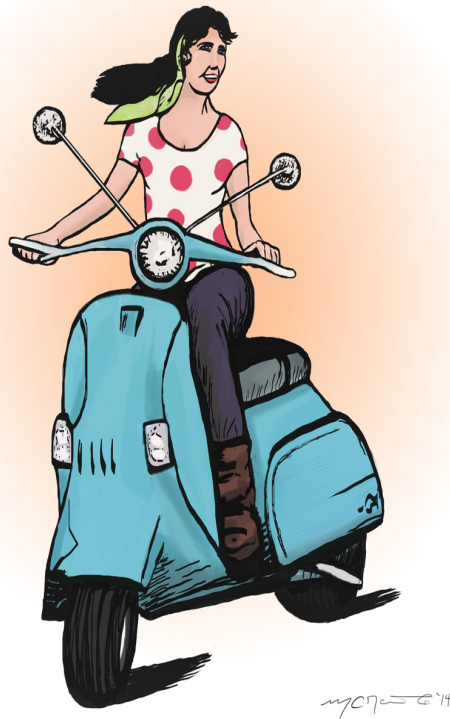
Day#1: Departure for Italy

Monday: April 29th, 2019

In conjunction with AAA Travel (Ithaca, NY), Keyrow Tours is pleased to make all flight arrangements, including primary flights originating from anywhere in the United States, and international flights.

We will depart from a major international airport located on the east coast of the United States (most likely Boston) and fly directly into Rome's Leonardo Da Vinci Airport.

Transportation to and from your primary airport of departure is each person's responsibility.



“What is the fatal charm of Italy? What do we find there that can be found nowhere else? I believe it is a certain permission to be human, which other places, other countries, lost long ago.”

~ Erica Jong

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Day #2: From Pagan Temples to Patrimonial Churches

Tuesday: April 30th, 2019

Morning arrival at Leonardo Da Vinci Airport, Rome

After passport control and collecting our luggage, private minivans will transfer us to our hotel, located in Rome's historical center.

***Pranzo!* (Light lunch included)**

Time to shower and unpack

The Centro Storico (Historic Center)

A.) Campo Dei Fiori

Rome's daily farmer's market is 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

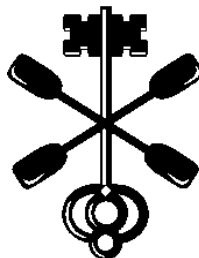
See three priceless Caravaggio paintings depicting scenes from the life of St. Matthew.

D.) The Pantheon

The best-preserved monument of ancient Rome where all of the gods were worshipped. 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!



Day's recap and *Cena* (group dinner)

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

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Day #3: “Treasures of the Vatican”

Wednesday: May 1st, 2019

European Breakfast

A.) The Vatican Museum and Sistine Chapel

The entrance line to the Vatican Museum is always daunting, and the wait for the general public frequently exceeds three hours. But not so with Keyrow Tours! You will have immediate access to the museum, completely bypassing the line.

Pranzo! (Group Lunch)

B.) The Scavi Tour

This archaeological excavation is not open to the general public. Descending two stories beneath St. Peter's, we will explore a 2nd century pagan necropolis that includes Roman and early Christian artifacts. The highlight is standing 5 feet away from the final resting-place of St. Peter himself.

Permission to attend this exclusive tour is dependent on the Vatican's permission.

C.) St. Peter's Basilica

Enjoy a one-hour tour of St. Peter's Basilica, originally built in the 4th century by the Emperor Constantine. See Michelangelo's *Pieta*, the body of Pope John XXIII, the tombs of many Popes and other masterpieces.

Back to hotel

Happy hour and 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"

Thursday: May 2nd, 2019

European breakfast

Departure for Assisi by train

The train ride to Assisi is a pleasant two-hour journey. 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 birthplace of St. Francis of Assisi, the Franciscan history of the town permeates every narrow cobblestone road and piazza.

Assisi arrival

Upon our arrival, private minivans will bring us into the very heart of the Umbrian countryside. We are staying at the *Agriturismo Malvarina*... an incredibly scenic farm that produces 70% of all the organic products served in their dining room. The farm is entirely powered by solar panels and raises chickens, rabbits, lambs, sheep, and turkeys. It also produces olive oil, vegetables, honey, jams and truffles. Maestro 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:

Pranzo! (lunch on your own)

- 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 Basilica of St. Clare which houses the San Damiano Cross.
- C.) Piazza Communale: sit outdoors and drink Umbria's famous hot chocolate.
- D.) An ancient Mythric Temple that predates Christianity, which Christianity has now embraced.
- E.) The Cathedral of San Ruffino
- F.) The Basilica of St. Francis

Formal Umbrian wine tasting experience

Day's recap (Group Dinner)

Return to Agriturismo Malvarina

*"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 #5: “Vistas of Umbria”

Friday: May 3rd, 2019

European breakfast

A.) 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! (Lunch on your own)

B.) Free afternoon to tour the shops and explore

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

Back to Agriturismo Malvarina

Cooking class and Umbrian dinner at Agriturismo Malvarina

Day's recap during group dinner



“All journeys have destinations of which the traveler is unaware.” ~ Martin Buber

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Day #6: “Life in the Tuscan Hills”

Saturday: May 4th, 2019

European Breakfast

Late morning train departure for Florence

Mid-afternoon at villa

Welcome to the glorious hills and countryside of the Tuscany Region, where simple pleasures are elevated to an art form. Our home for the next five nights is a beautiful private Tuscan villa, situated in a charming and secluded setting. Our villa will be an oasis as we explore, celebrate and enjoy the heart and bounty of Tuscany.

Orientation with time to relax and explore our new surroundings

Light lunch provided

Visit to the neighboring *Fattoria Torre e Cona* Winery for tour and tasting

***Cena!* (Group Dinner!)**



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Day #7: “Medieval Time Travel in Siena”

Sunday: May 5th, 2019

European Breakfast

Siena

The historic center of Siena has been declared by UNESCO a World Heritage Site. It is one of the nation's most visited attractions, and is famous for its cuisine, art, museums, medieval cityscape and the *Palio*, a horse race that is held twice a year.

Siena, like other Tuscan hill towns, was first settled in the time of the Etruscans (c. 900–400 BC).

According to local legend, Siena was founded by Senius and Aschius, two sons of Remus and thus the nephews of Romulus, after whom Rome was named. Legend has it that after their father was murdered by Romulus, they fled Rome, taking with them the statue of the she-wolf suckling the infants and appropriating that symbol for the town.

The most famous daughter of this important medieval city is Saint Catherine of Siena: a medieval mystic, poet and feminist-figure of her time. We will learn about Saint Catherine over lunch... and why she referred to God as an “inebriated lover.” Cheers!

Guided Tour

Pranzo! (Lunch on your own)

Personal time in Siena

Return to our villa

Day’s recap and *Cena!* (Group dinner!)

“Traveling forces you to lose sight of all the familiar comforts of home. Nothing is yours except the essential things – air, sleep, dreams, the sea, the sky – all things tending towards the eternal or what we imagine of it.”

~ Cesare Pavese

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Day#8: “Under the Tuscan Sun”

Monday: May 6th, 2019

European Breakfast

Morning departure for Monteriggioni

Monteriggioni is located in the Province of Siena. The town is architecturally and culturally significant: As a medieval walled town, it is referenced in Dante Alighieri's *Divine Comedy*. Monteriggioni was built by the Sienese in 1214-1219 as a front line in their wars against Florence. Its circular walls are crowned with fourteen towers. Standing frozen in time, this little gem is a real showcase of medieval architecture and life.

Explore the villages of Castellina and Greve in Chianti , with free time to wander and shop....

Visit to a Pecorino cheese farm with optional light lunch and wine

The American World War II Cemetery of Florence

Return to our villa

Day's Recap

***Cena!* (Group dinner)**

*“As with circling round of turrets, Monteriggioni crowns his walls;
E'en thus the shore, encompassing the abyss,
Was turreted with giants, half their length
Uprearing, horrible, whom Jove from heaven
Yet threatens, when his muttering thunder rolls.”*

~ Dante Alighieri, Hell, canto XXXI, lines 40-45



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Day#9: “Noble Wine and Nibbles”

Tuesday: May 7th, 2019

European Breakfast

Departure for Montepulciano

The Medieval and Renaissance village of Montepulciano is one of the most attractive hills towns in Tuscany. It is built on the ridge of Monte Poliziano, and its main street stretches for 11.5 kilometers from the Porta al Prato to the Piazza Grande at the top of the hill. The cathedral was built in 1619, and the castle of Montepulciano was first mentioned as a fortified center in the year 715. Of course Montepulciano is famous for not just one, but two excellent wines: **Vino Nobile di Montepulciano** and **Rosso di Montepulciano**. For those who partake in the fruit of the vine, you will have the opportunity to try both!

Pranzo! (Lunch included)

Pienza

Nestled between the towns of Montepulciano and Montalcino, this small village was rebuilt by Pope Pius II who was born there, as the ideal Renaissance city and as a retreat for the Pope from Rome. It produces some of the best Pecorino cheese in the world which we will sample! Pienza is known for its annual Pecorino tossing contest. Pass the Pecorino, *per favore!*



Cena! (Optional dinner of soup and salad for 10 euros) and day’s recap

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Day#10: “Florence... *Fantastico!*”

Wednesday: May 8th, 2019

European Breakfast

Mid morning departure for Florence

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 Medicis), 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. Visit the tombs and funerary monuments of Leonardo DaVinci, Machiavelli, Galileo, Rossini, Dante Alighieri, Michelangelo and others.

Pranzo! (Lunch on your own)

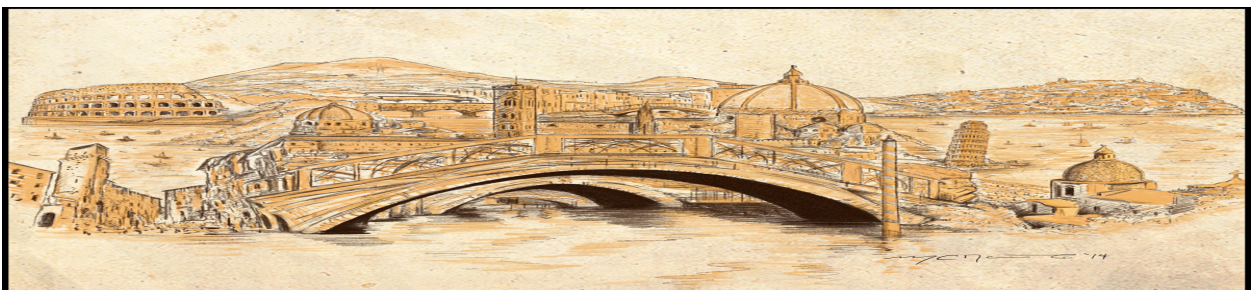
D.) The Academia Museum or the Uffizi Gallery

Choose between two world-class museums. The Academia features incredible Medieval and Renaissance artwork including Michelangelo’s monolithic statue of David and his famous series of “Prisoners” designed for Pope Julius II’s tomb in Rome. The Uffizi Gallery is the world’s largest collection of Italian paintings with masterpieces by Michelangelo, Leonardo Da Vinci, Botticelli, and Caravaggio to name a few!

Dinner in private Tuscan villa

Tonight we dine outside the city of Florence in a private Tuscan villa. Paolo has been friends with our host family for many years, and Signora Ranichini will prepare a multi-course feast served with local wine that features homemade pasta, local meats, potatoes roasted in an outdoor oven, and her son Roberto’s famous gelato which he will make before our eyes. Mama mia!

Evening departure for dinner in a private Tuscan villa



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Day #11: “Rome-ing Around”

Thursday: May 9th, 2019

European Breakfast

Morning train departure for Rome

A.) 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 Mythric temple. Uncover some of the best mosaic artwork in Rome.

PRANZO (Optional light lunch)

B.) The Coliseum

Gladiator fighting, anyone? Visit the greatest monument of ancient Rome, And the bloodiest. Built in the 2nd 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 Temple of the Vestal Virgins, the Temple of Julius Caesar and the Temple of Saturn.

Back to hotel

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...Buonappetito!!!

Optional post-dinner stroll 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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Day#12: “Arrivederci, Roma!”

Friday: May 10th, 2019

European Breakfast

- A.) Morning departure for Rome’s airport
- B.) Departure for the United States
- C.) Arrival in U.S.A.



“Travel does what good novelists also do to the life of the everyday, placing it like a picture in a frame or a gem in its setting, so that the intrinsic qualities are made more clear. Travel does this with the very stuff that everyday life is made of, giving to it the sharp contour and meaning of art.”

~ Freya Stark

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Italy in 2019

WHAT IS INCLUDED?

Centrally Located Hotels

Double room occupancy with private bath in centrally located historic accommodations in Rome, Assisi and Tuscany:
Three (3) nights in Rome. Two (2) nights in Assisi. Five (5) nights in Tuscany.

Meals

Daily European/Continental breakfast
Daily exquisite traditional main meal with local wine/beer (lunch or supper)
Two light meals (lunch or supper)
Plus "The Last Supper"...our closing banquet!

Ground Transportation

Round trip train fares: Rome to Assisi, Assisi to Florence, and Florence back to Rome.
Private mini-van transfers for all day trips and all scheduled inter-city needs

All Entrance Tickets and Events

Rome: The Coliseum, Roman Forum, Vatican Museum, Sistine Chapel, Scavi Tour, San Clemente archaeological excavations
Assisi: The Rocca Maggiore Castle, wine tasting event and cooking class
Tuscany: two wine tasting events, the cathedral of Siena, the walls of Monteriggioni, Florence's Santa Croce Church and a choice between tickets and tour of the Academia Museum (Michelangelo's David) or the Uffizi Gallery

Keyrow's Services

Keyrow Tours' owner, Paolo Carman, will serve as your personal full time director. Together with his team of local expert guides, he will facilitate the entire experience, offer daily walking tours, and care for the needs of each guest.
Please make known any special needs well in advance of the trip.

"All journeys have destinations of which the traveler is unaware." ~ Martin Buber

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