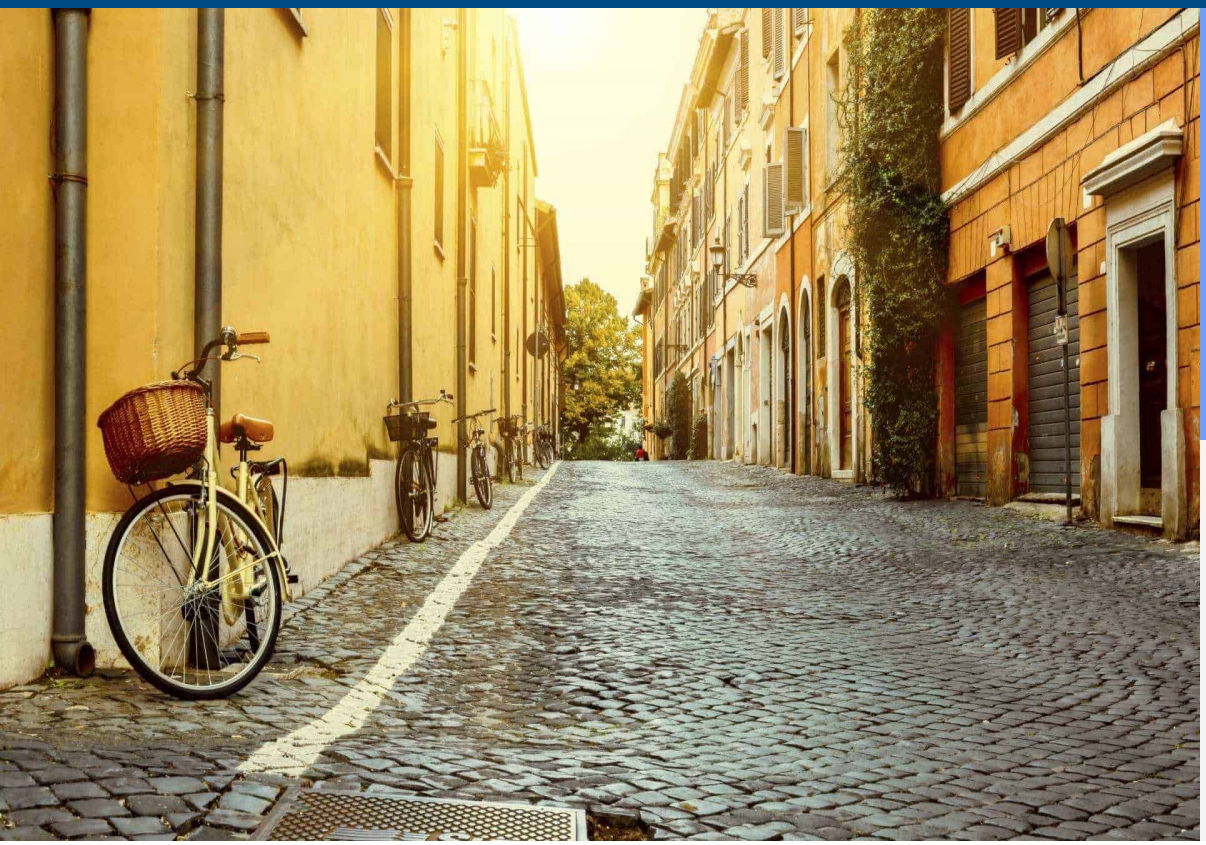
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Duration

Italy
Destination

Level 2 - Moderate
Activity

Heritage, Culture and History of Italy | Small Group Tours for Seniors



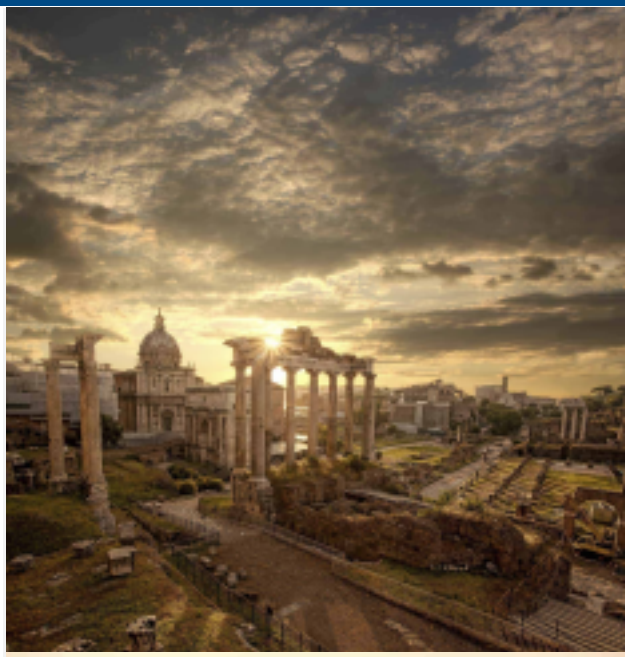
Apr 29 2024 to May 20 2024

An Italy Tour for Seniors: explore the heritage, culture & history of Italy

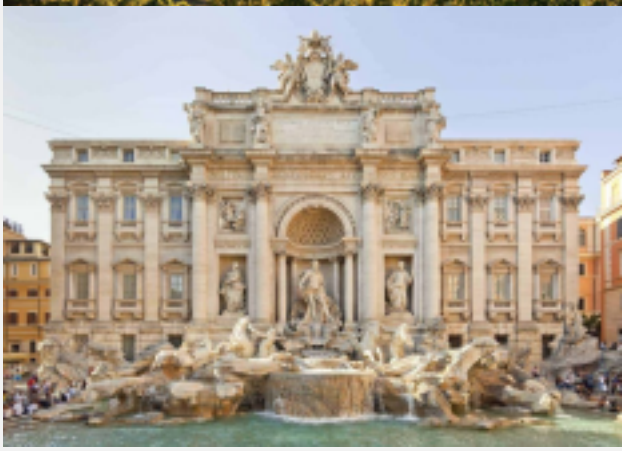
Odyssey offers easy, convenient, and relaxed escorted small group tours across Western Europe and beyond. We explore Italy's's fairy-tale natural beauty, its ancient Roman, and Imperial heritage, its World Heritage Sites, and world famous cities, all with some truly spectacular scenery along the way. This and more is all waiting to be explored on

one of Odyssey's small group tours of Italy, designed for the senior traveller, including solo and led by experienced, and enthusiastic like minded people.

This escorted small group tour exploring the heritage, culture, and history of Italy is a popular 22-day program for couples and solo travellers. Beginning in Rome, this trip to Italy, especially designed for mature-aged and senior travellers, is a fully escorted tour with a Program Leader local guides.







Itinerary

This small group tour of Italy examines the heritage, culture, history of this country. This tour includes expert local guides who share their knowledge of the culture and heritage of Italy. The program leader and the local guides are all passionate about the places they are leading the group. They are delighted to share their enthusiasm with you.

Heritage, culture, history of Italy, small group tour, takes you from the eternal city of Rome into the rolling terracotta countryside of Tuscany with its hilltop towns and on to the olive-clad slopes of the Paduan Hills. We stay in the green and craggy landscape of Umbria and spend 5 days at Castellammare di Stabbio on the Bay of Naples where we have the chance to view the breathtaking scenery of the UNESCO World Heritage Site, Amalfi Coast, with its whitewashed villages tumble into azure blue seas.

Our fully escorted small group tour of Italy features guided walks through the best of the Italian countryside. We also take in many of Italy's major cities. These include viewing the Renaissance cities of Florence, Pisa, and Lucca. We also visit the Umbrian medieval cities of Perugia, Gubbio, and St Francis' Assisi. In the north of Italy, we visit the ancient university seats of Verona and Padua. We take in the stunningly beautiful Venice. Meanwhile, in the south, we visit the spectacularly cosmopolitan city of Naples, the Roman remains of Pompeii and the island retreat of Capri.

Articles and Other Italy tours for seniors by Odyssey Traveller

As a small group tour of Italy, it is perfect for the mature single traveller or couple seeking to learn about this collection of Italian cities and principalities while enjoying the country's many splendours.

Odyssey Traveller also offers a short, 11-day version of this tour.

We have a collection of guided tours for mature-aged and senior travellers seeking to see, feel and learn about this country. Click here for our other tours to Italy, and our tours to Europe.

We have a tour focused on Southern Italy and Sicily. Click here to see this tour package.

To prepare for the trip, check out our blog post listing 10 great books to read before travelling Italy! You can also see our other Italy-related articles here.

For more details about this tour from Odyssey Traveller or other small group tours of Italy offered, click the 'Top 5' or 'Itinerary' buttons above! If you're keen to experience this tour, please call or send an email. Or, to book, simply fill in the form on the right hand side of this page.







Highlights

1. Absorb the wonders of the Veneto region, from the canals of Venice to the 800 year old University of Padua where Galileo lectured.
2. Trace the hub of Europe's greatest empire through the fascinating Roman Forum, Colisseum, and Vatican Basilica.
3. See the treasures of Tuscany, including the Florence of Botticelli, Michelangelo, and Donatello.

4. Learn about the Franciscan religious order while visiting the Basilica of San Francesco in Assisi, Umbria.
5. Explore Campania, see the earliest Greek settlement of Cuma, and marvel at the Roman ruins of Pompeii.







Itinerary

Day 1

Locations: Rome

Overview:

Upon arrival in Rome we will come individually to the hotel. In the evening we will walk to a local restaurant for a briefing on the tour and dinner.

Founded by the Etruscans, Rome became the centre of Europe's greatest empire and one of the world's great religions. It still offers an astonishing array of outstanding sights, from the Roman Forum and Colosseum, to the great Vatican Basilica of St. Peter. The city is full of rich churches, monuments, and museums. Rome is a city in which a phenomenal concentration of history, legend, and icons co-exist with the hustle and bustle of its 4 million inhabitants.

Accommodation:

2 nights at Milani Hotel or similar.

Day 2

Locations: Rome

Overview:

Today we will enjoy a morning city tour and learn more about the culture and history of the people of Italy. The afternoon is free to explore the city on our own.

Accommodation:

Milani Hotel or similar.







Day 3

Locations: Castellamare di Stabia

Overview:

This morning we travel to Castellamare di Stabia near Naples, which is associated with the Etruscans and the Greeks. On the way we will pause in Cassino for a visit to the Abby. After we have lunch individually, we will continue on a guided tour of the preserved Roman city of Herculaneum, before arriving at our hotel in Castellamaare di Stabia in time for dinner.

Accommodation:

5 nights at Castellammare di Stabia or similar.

Day 4

Locations: Castellamare di Stabia

Overview:

Today we will learn about Italy's earliest Greek settlement, Cuma, where we will visit the Cave of Cumean Sybil. We will have time to explore the archaeological site before getting lunch individually and enjoying the afternoon at leisure.

Accommodation:

Castellammare di Stabia or similar.

Day 5

Locations: Castellamare di Stabia

Overview:

This morning we will visit Pompeii with our local specialist guide and have a tour of the archaeological site. This region experienced a period of great prosperity under Roman leadership, as can be seen in the superb remains at Pompeii and Herculaneum. We discover the rich Roman heritage as we visit the excavated site of Pompeii, then we will transfer to Naples where we have lunch individually before having a guided tour of the main sights of the city. We visit the National Archaeological Museum and then enjoy some free time to explore the

city on our own. We also visit the city of Naples and experience the awesomely stunning coastal scenery of the Amalfi Riviera where beautiful villages such as Positano and Amalfi cling to the dramatic rocks above the Gulf of Salerno.

We return to the hotel in the evening in time for dinner.

Accommodation:

Castellammare di Stabiaor similar.





Day 6

Locations: Castellamare di Stabia

Overview:

This morning we will travel to Paestrum and visit its archaeological site with our specialist guide. We will see the remains of superb Greek Temples. We will return to Castellamare di Stabia and enjoy the remainder of the day at leisure.

Accommodation:

Castellammare di Stabiaor similar.

Day 7

Locations: Castellamare di Stabia

Overview:

This morning we drive the Amalfi Coast, pausing at some of the beautiful villages clinging to the rocks. We will meet our local guide and board the fast ferry from Sorrento across to Capri. We will learn about the Roman era as we visit Capri, from where Tiberius ruled the Empire.

We will visit the Blue Grotto before taking the funicular to the town of Capri, where we have a walking tour. We will transfer to Anacapri for another walking tour prior to taking the fast ferry back to the mainland. Lunch today is at our own arrangements on Capri and dinner is back at our accommodation.

Accommodation:

Castellammare di Stabia or similar.

Day 8

Locations: Assisi

Overview:

Today we will leave the Bay of Naples for Assisi. En route we will visit the magnificently opulent Palazzo Reale at Caserta, a Versailles style palace built for Bourbon King Charles III, and pause at the Etruscan city of Orvieto, with its impressive cathedral. Lunch will be at our own arrangements and dinner will be at our hotel in Assisi.

Long dismissed as Tuscany's "gentler sister," Umbria has recently emerged from the shadow of its better-known western neighbour. Forming an expanse of gentle pastoral countryside and high mountain wilderness of oak woods and ice-clear streams, the picturesque region has been dubbed the "Green Heart of Italy." It is a strikingly beautiful area with a profusion of fine historic hill-towns, such as Perugia, the region's capital, Gubbio, Todi, and Spoletto. The region also boasts some fine Roman remains and some of Italy's oldest churches. Assisi, the birthplace of St. Francis, contains the Basilica di San Francesco, frescoed in part by Giotto and Orvieto, magnificently situated on a volcanic crag.

Accommodation:

3 nights at Domus Pacis or similar.

Day 9

Locations: Assisi

Overview:

Today we will meet our local guide for a morning walking tour of Assisi including a visit to the Basilica. In the afternoon we travel to Spoleto for lunch at our own arrangements and enjoy some time to explore this former Roman colony at leisure.

Accommodation:

Domus Pacis or similar.

Day 10

Locations: Assisi

Overview:

This morning we will visit Gubbio. This beautiful Umbrian town has much to offer. We visit the Church of St Umbaldo, raised above Mount Ingino, which offers stunning views of the town and surronding countryside. After lunch we will then transfer through to the university town of Perugia for lunch at our own arrangements, followed by a guided tour of the main sights of the city.

Accommodation:

Domus Pacis or similar.

Day 11

Locations: Padua

Overview:

Today we will leave Assisi and head north to Padua. En route to Veneto we will pause in Europe's oldest and scenically located republic, San Marino. We will also see Ravenna, site of Dante's tomb. Ravenna is renowned for its Byzantine mosaics. We will arrive in Padua in time for dinner at our hotel.

The Veneto is a region of great diversity, from the foothills of the Dolomites to the flat marshlands of the Venetian lagoon. It is a fertile land where many crops are raised on silt deposits. The Romans built their frontier posts here and many of these, such as Vicenza, Padua, and Verona survive to this day. Strategically placed at the hub of the empire's road network, these cities prospered under Roman rule but suffered under the subsequent Germanic invasions. It was only with the rise of the Venetian Empire that the region's fortunes revived. The medieval cities of the Veneto were located on important trade routes and the consequent wealth gained is reflected in Renaissance palaces and fine Palladian villas.

Accommodation:

5 nights at Padova or similar.

Day 12

Locations: Padua

Overview:

This morning we will meet our local guide and visit the highlights of Padua, including its impressive Basilica and Scrovegni Chapel. Lunch is at our own arrangements and the afternoon is free to explore at leisure.

Accommodation:

Padova or similar.

Day 13

Locations: Padua

Overview:

Today we will explore Venice. We take the Vaporetto to transfer to Piazza San Marco where we meet our local guide for a walking tour, including visits to St. Mark's Basilica and Doge's Palace. The afternoon is at leisure to enjoy this fantastic city. We will come individually to Piazzale Romana to board the Vaporetto back to the mainland and transfer to Padua. Dinner will be at our hotel.

Accommodation:

Padova or similar.

Day 14

Locations: Padua

Overview:

Today we will travel to Vicenza and our local guide will lead us on a walking tour of this beautiful city, birthplace of Andrea Palladio. WE will explore the sights of the city and vist the impressive Teatro Olimpico. The afternoon is at leisure to enjoy the city on your own before we return to our hotel in Padua for dinner.

Accommodation:

Padova or similar.

Day 15

Locations: Padua

Overview:

Today we will travel to Vicenza and our local guide will lead us on a walking tour to explore the sights of the city including the Teatro Olimpico. The afternoon is at leisure to enjoy the city on our own before we return to our hotel in Padua.

Accommodation:

Padova or similar.

Day 16

Locations: Florence

Overview:

En route to Florence we will pause in the city of Verona with its fascinating Roman remains and “Romeo & Juliet” balcony, and enjoy a guided walking tour. We arrive in Florence in the evening for dinner at a local restaurant nearby our hotel.

Renowned for its art, history and evocative landscape, Tuscany is a region where the past and present merge in pleasant harmony. Hill-towns gaze across the countryside from on high, many circled by Etruscan walls and slender cypress trees, olive groves, or vineyards. Handsome palaces testify to the region’s wealth, while medieval town halls indicate a long-standing tradition of self-government.

Accommodation:

5 nights at Istituto Suore Di S.Elisabetta or similar.

Day 17

Locations: Florence

Overview:

This morning we will explore the remarkable city of Florence with our local guide. We will visit the Duomo, including the Baptistery, and also the Accademia. Lunch will be at our own arrangements and in the

afternoon we will explore the Uffizi gallery on our own (entrance included).

Accommodation:

Istituto Suore Di S.Elisabetta or similar.

Day 18

Locations: Florence

Overview:

This morning we will view the ancient Roman colony of Lucca, with its fine medieval streets. This afternoon, after lunch at our own arrangements, we will explore the city of Pisa with its infamous leaning tower. Our guided tour includes entrances to the Duomo, Baptistery, and Campo Santo. We will return to Florence in the evening for dinner at a local restaurant.

Accommodation:

Istituto Suore Di S.Elisabetta or similar.

Day 19

Locations: Florence

Overview:

Today we will have a guided walking tour of medieval Siena and view the main sights of the city. The remainder of the day will be at leisure in Florence.

Accommodation:

Istituto Suore Di S.Elisabetta or similar.

Day 20

Locations: Florence

Overview:

We spend today in the Tuscan countryside as we visit the hilltop village of San Gimigniano with its 13 medieval towers. After lunch at our own

arrangements, we visit the Etruscan city of Volterra before returning to Florence.

Accommodation:

Istituto Suore Di S.Elisabetta or similar.

Day 21

Locations: Rome

Overview:

En route to Rome we will visit Arezzo, whose 13th century church of San Francesco houses one of Italy's greatest fresco cycles, and pause in the model Renaissance town of Pienza. Tonight we enjoy farewell dinner at a local restaurant.

Accommodation:

1 night at Milani Hotel or similar.

Day 22

Locations: Rome

Overview:

Our tour will conclude after breakfast.

Inclusions / Exclusions

What's included in our Tour

- Transport and field trips as indicated.
- Services of a Tour Leader.
- 21 nights accommodation.
- Applicable entry fees and services of local guides.
- Service charges and gratuities.
- Touring by comfortable and modern coach.

- Detailed tour information booklet.
- 21 breakfasts and 21 dinners.

What's not included in our Tour

- Items of a personal nature such as telephone calls and laundry.
- Any international or domestic flights.
- Comprehensive travel insurance
- Airport transfers.

Level 2 - Moderate

Participants must be able to carry their own luggage, climb and descend stairs, be in good health, mobile and able to participate in 3-5 hours of physical activity per day, the equivalent of walking/hiking up to 8 kilometres on uneven ground.

Please do not hesitate to contact us with any requests for further information about this tour or any others offered by Odyssey Travel.