



TRINITY COLLEGE ELDERHOSTEL ITALY

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Sorrento and Beyond: Land of Legends, Sirens and Song

HIGHLIGHTS

- 14 nights in Sorrento
- Lectures on art and the ancient world, music history
- Amalfi Coast drive
- Boat excursion to Capri
- Pompeii, Paestum and Herculaneum
- Lunch in the countryside
- Guided walk in Naples
- Archeological museum



The Bay of Naples is an enrapturing land of contrasts: at once vibrant and tranquil, it is a place where clear blue waters bathe black volcanic sand, lemon groves and bougainvillea spill down precipitous mountainsides, and teeming towns intermingle with the ghostly testimony of ancient ruins. Neapolitans



revel in their abundance of sea and sun, producing a singular culture of music, humor, storytelling, and romance, and a sumptuous cuisine second to none. Presiding over it all is the imposing majesty of Mt. Vesuvius. The program site is Sorrento, a charming small city overlooking the Bay of Naples. The comfortable hotel in Sorrento is centrally located.

CALL 1-877-426-8056 OR VISIT ELDERHOSTEL.COM TO BOOK A TOUR



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BAY OF NAPLES: LAND OF LEGENDS, SIRENS AND SONG



Please note schedule is subject to change. Finalized schedule will be available at the program site.

- Day 1 Departure from points in North America.
- Day 2 Arrive Naples Capodichino Airport. Coach to program site. Late afternoon Welcome Reception.
- Day 3 Morning session introduces the lectures, excursions and field trips of the program, followed by a walk in Sorrento. Afternoon lecture on Greek Art and Archaeology. An informal session after dinner assists you with the basics of communicating in Italian.
- Day 4 A morning lecture on Roman Art and Archaeology and some free time to explore Sorrento. In the late afternoon a discussion of Sorrentine traditions, religious and secular, that endure in the festivities and lives of the locals.
- Day 5 Coach along the Amalfi Coast road that winds above the Mediterranean. A brief visit to Amalfi, a small town that was once a powerful maritime republic. The journey continues to Paestum where, after lunch at a local restaurant, a guide leads the walk among the Roman temple ruins.
- Day 6 In the morning, an expert discusses the institutions of a country that continues to undergo rapid economic and societal change. Free time after lunch to revisit the market in town or the colorful fishing boats at the Marina Grande. Afternoon lecture on the dynasties that ruled Naples over the centuries. Enjoy Neapolitan pizza at a local *trattoria*.
- Day 7 A morning lecture gives an overview of the evolution of modern symphonic music and the important contributions of Neapolitan composers. Free time in the afternoon to stroll the fragrant lemon groves and maybe sample locally produced *limoncello* at a sidewalk café. Dinner on your own.
- Day 8 Walk with an expert among the excavations of the ill-fated city of Pompeii. After lunch at a local restaurant where we sample local fare, the visit to Pompeii continues in the afternoon.
- Day 9 Bus tour of Naples to see the port, Angevin Castle and, if open to the public, the interior of the San Carlo opera house. A walk through the teeming markets and streets of Naples leads to a 13th century church where we visit the ruins of a Roman market recently discovered below the ground level.
- Day 10 A boat ride to the Mediterranean's lush island of Capri. Stroll the intricate cobbled laneways past chic shops and cafés. There are opportunities to climb to the ruins of the palace of Emperor Tiberius or visit the villa-turned-museum of Swedish doctor Axel Munth, author of *The Story of San Michele*. Lunch at a restaurant in Capri. Return to Sorrento late afternoon.
- Day 11 Free day to explore Sorrento or surrounding towns at your own pace. Lunch on your own.
- Day 12 Guided visit to the Archaeological Museum in Naples which houses one of Europe's finest assortment of antiquities. Lunch at a local restaurant. At Herculaneum a guide leads us through the ruins of the ancient Roman town at the foot of Mt. Vesuvius.
- Day 13 Free morning to explore the area. An afternoon lecture on noteworthy Italian women.
- Day 14 Morning lecture puts a historical perspective on Neapolitan folksongs made popular the world over. Free afternoon to explore the shops or waterfront of Sorrento.
- Day 15 Lecture on the Political History of Italy where we examine the constitutional reforms and political parties that have shaped the country's history. Late afternoon session to learn about Eduardo De Filippo, 20th century Neapolitan playwright and director, creator of memorable characters whose human struggles transcend national borders. Farewell dinner at a local *trattoria*.
- Day 16 Coach transfer to Naples Capodichino Airport. Departures.

● 14 breakfasts at the hotel

● 9 lunches at the hotel restaurant; 1 independent lunch; 4 lunches at local restaurants

● 12 dinners at the hotel restaurant; 1 independent dinner; 1 dinner at a local restaurant