



# TRINITY COLLEGE ELDERHOSTEL ITALY

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## The Gulf of Poets and the Cinque Terre

### HIGHLIGHTS

- 10 nights in Lerici
- Waterfront hotel
- Lectures on the history of the region and the Romantic poets who lived there
- Boat excursions to Portovenere and Vernazza
- 5 Terre Via dell'Amore stroll
- Castles of the Lunigiana



The Italian Riviera, a jeweled coast along a crown of mountains, has long been a magnet for lovers of natural beauty. The creative lives of Byron, Shelley, D.H. Lawrence and Wagner were intimately related to the stretch of rugged seacoast. From our base in Lerici on the Gulf of La Spezia, known as the “Gulf of Poets” we visit the Cinque Terre, the castles of the Lunigiana and the marble quarries of Carrara. We examine how nature inspires the creative arts and how the practical arts tame nature.



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### THE GULF OF POETS AND THE CINQUE TERRE



*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 Pisa Galileo Galilei Airport. Coach to program site in Lerici. Late afternoon orientation walk in town, Welcome Reception and dinner at the hotel.
- Day 3 Morning orientation session presents practical information about the program site. A lecture on the history and the geography of the area follows. Lunch at a local restaurant and an extended walk in Lerici, the resort town that will be our base for the duration of the program. Informal Survival Italian evening session.
- Day 4 A boat ride to Portovenere where the Gulf of La Spezia meets the open sea. Enter the medieval gateway and stroll the traffic-free road past the colorful houses to the 12<sup>th</sup> century chapel on the promontory. Walk along the marina by the tightly stacked houses, colorful and tall, that were constructed in a row as an impenetrable fortress. Late afternoon lecture on the Romantic poets who lived and worked in the Gulf of La Spezia.
- Day 5 A full day in Manarola and Riomaggiore, easternmost towns of the Cinque Terre where we learn firsthand about the terracing and cultivation of vineyards, visit a winery, and explore the lively village streets and marinas. A stroll along the Via dell'Amore affords breathtaking seascapes and views of the colorful villages perched on rocky cliffs over the sparkling Mediterranean waters.
- Day 6 Coach to the provincial capital, La Spezia, where we visit the Fortress and Museum of San Giorgio. Explore the seaside village of Tellaro. Return with the group by bus or take a 30 minute walk back to Lerici.
- Day 7 Lecture on the exploitation of the marble of Carrara where we learn how the stone has been extracted from the mountain over the centuries. An expert guide takes us to active marble quarries of Carrara. Lunch at a local restaurant. At an artisan's workshop observe the process of cutting and polishing the giant marble blocks.
- Day 8 A boat ride across the Gulf of La Spezia and up the coast of the Cinque Terre to Monterosso. Dramatic views of the rocky coast and terraced vineyards. In Monterosso, explore the shops or walk the sandy beach to test the waters. As a group we board a train for a five minute train ride to Vernazza, colorful town with a lively main square filled with outdoor cafés and ice cream shops. Free afternoon to explore the town or hike a path between towns of the Cinque Terre. Board the train for La Spezia where the coach awaits to take the group back to Lerici.
- Day 9 Coach to Genoa, vibrant regional capital of Liguria and 2004 European City of Culture. On foot in the city center we explore the Doges Palace, Royal Palace and Piazza Ferrari. Lunch at a local restaurant.
- Day 10 Free day to rest, relax, or explore another town or beach in the area.
- Day 11 Lecture on the history and treasures of Lunigiana and a visit to the medieval and baroque center of Pontremoli. An opportunity to sample local cuisine and later visit a hilltop castle. Farewell Dinner at the hotel.
- Day 12 Coach transfer to Pisa Galileo Galilei Airport. Departures.

#### MEALS:

- 10 buffet breakfasts at the hotel included