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THE DESTINATION IS JUST THE BEGINNING

SOUTHERN ITALY

The Amalfi Coast and Volcanoes of the Aeolian Islands

September 15 - 25, 2023

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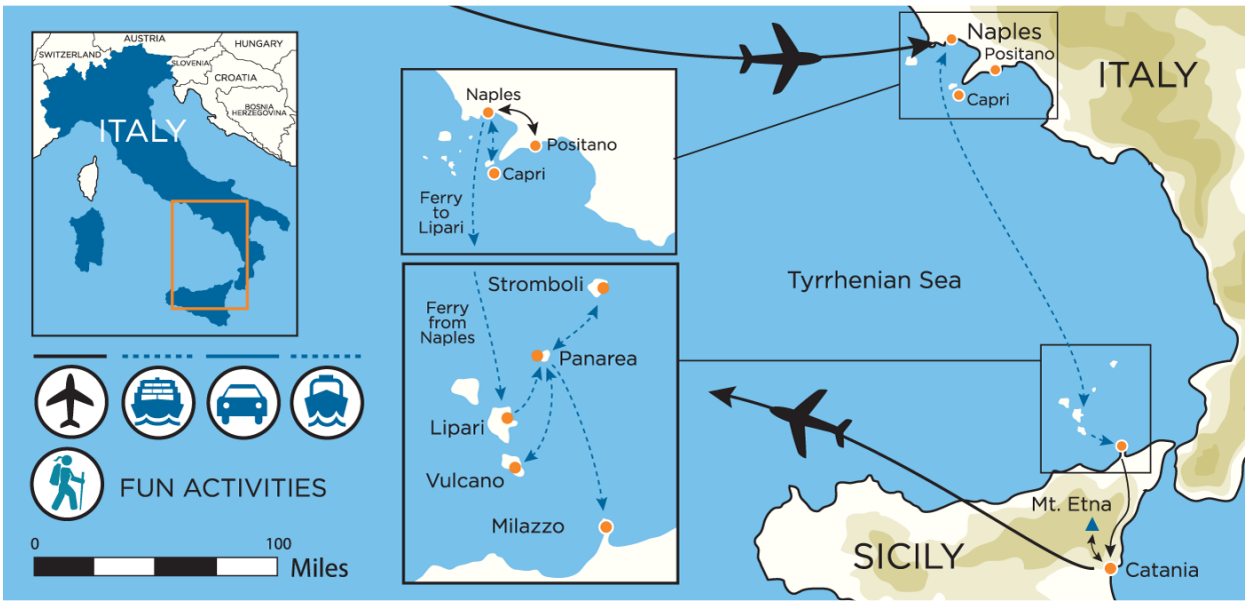
TRIP HIGHLIGHTS

- Enjoy a scenic drive along the beautiful Amalfi Coast
- Travel by boat to the islands of Capri, Vulcano, and Stromboli in the Aeolian Archipelago
- Visit the extraordinary site of Pompeii which was destroyed by the catastrophic eruption of Mt. Vesuvius
- Hike to see amazing sights along the crater of Vesuvius, the "path of the gods" along the coast, and the trails up Mt. Etna
- Explore the lively cities of Naples and Catania

TRIP ROUTE



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QUICK VIEW ITINERARY

Day 1	arrive in Naples, welcome dinner
Day 2	explore downtown Naples, taste street food, meet a female entrepreneur
Day 3	hike to the crater of Mt. Vesuvius, visit a winery, explore Pompeii
Day 4	drive along the Amalfi Coast, hike to Positano
Day 5	hike on the trails of Capri, enjoy snacks in a local home, overnight ferry
Day 6	explore the island of Lipari, visit Lipari Castle
Day 7	boat to Vulcano, hike to the top of the island, meet a local anthropologist and learn about fisherwomen
Day 8	travel to Stromboli by boat and spend the day hiking the ascent
Day 9	boat ride to Milazzo, walk through Catania, after-hours library visit with the curator
Day 10	hike and drive up Mt. Etna with an alpine guide, farewell dinner
Day 11	depart Italy

ACTIVITY LEVEL

High Energy

TRIP PRICE

Main Trip: $6,995
Optional Single Accommodations: $1,200

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your adventure in depth

DAY 1
Friday
9/15/23

Arrive in Naples

Welcome to Italy! The Southern coast of Italy offers a diverse geography of beautiful coastal seascapes and towering volcanic mountains.

During your adventure, you'll get to know your expert Italian guide who will lead you and help you explore life along the southern coast. You will also be accompanied by an AdventureWomen Ambassador, who is committed to making your experience a fun and rewarding one while cheering you on as you stretch beyond your comfort zone to take on new challenges in your own way!

Arrival Information	Arrive in Naples, Italy (NAP) before 3:00 PM today.
Pick-up and Transfer	You will be picked up at the Naples airport by your Italian guide and transferred to your hotel.
Check In and Relax	Check into your hotel and take some time to relax before dinner tonight.
Welcome Dinner	Enjoy a lively welcome dinner at a local restaurant as you get to know your fellow travelers this evening. Share stories and learn about why each woman on your trip is excited to explore this beautiful region of Italy!

Accommodations
Grand Hotel Santa Lucia
Meals Included
dinner

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DAY 2
Saturday
9/16/23

Naples

Naples is the third largest city in Italy, behind only Rome and Milan in terms of population with nearly 1 million citizens. Known as the birthplace of the modern-day pizza, Naples is one of the most ancient cities in all of Europe, and its entire city center has been designated as a UNESCO World Heritage Site because of its vast array of architecure.

Explore Naples	In the morning, join an art historian guide for a walking tour of downtown Naples and learn about the history of the art and architecture of the city. Along the way, you will visit the San Carlo Theater and the striking Sansevero Chapel, which is home to Cristo Velato, an incredibly beautiful marble statue.
Lunch	Make your way along Spaccanapoli, the lively main street of the old historic center of the town and sample some delicious, traditional Neapolitan street food for lunch. Enjoy such specialties as cuppetiello (a tasting of mini arancini), frittatine (fried stuffed pasta balls), and sfogliatelle (ricotta-filled pastries).
Afternoon Coffee	This afternoon, venture to the iconic Caffe Gambrinus and taste the world-famous Neapolitan coffee in the company of the female owner of one of the most historical tailors in Naples.
Dinner	Enjoy dinner on your own this evening.
Walking/Hiking Information	2 hours, 3 miles of city walking

Accommodations
Grand Hotel Santa Lucia
Meals Included
breakfast, lunch

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DAY 3
Sunday
9/17/23

Naples

Most well known as the site of the catastrophic eruption of Mount Vesuvius, Pompeii offers a unique glimpse into ancient life, as the city was well preserved and frozen in time under the volcanic ash that rained down upon the town in AD 79. The site of numerous excavations, Pompeii is a treasure trove for architectural exploration.

Hike in Vesuvius National Park	Hike the trail to the crater of Vesuvius National Park where you will enjoy the majesty of the volcano as well as the amazing views of the entire Gulf of Naples.
Lunch	After your hike, proceed to a winery at the base of Mt. Vesuvius for a delicious lunch where each course will be paired with a specific local wine.
Explore Pompeii	Explore Pompeii, one of the world's most fascinating archeological sites, which was both destroyed and preserved by the catastrophic eruption of Mt. Vesuvius.
Dinner	What visit to Italy would be complete without enjoying a slice of pizza? Enjoy dinner with the group at a local pizzeria in Naples tonight.
Walking/Hiking Information	3 hours, 3 miles, 600 ft elevation gain, 750 ft elevation descent, dirt and gravel terrain

Accommodations
Grand Hotel Santa Lucia
Meals Included
breakfast, lunch, dinner

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DAY 4
Monday
9/18/23

Naples

The Amalfi Coast stretches along the southern coastline of Italy and offers a stunning Mediterranean landscape. The coastline is dotted not only with elegant homes, but also terraced lemon gardens that produce the fruit for delicious limoncello liqueur.

Visit the Amalfi Coast	Take a scenic drive to the Amalfi Coast and Agerola where you will share a picnic lunch with the group.
Hike to Positano	After lunch, hike along the breathtaking "path of the gods" to Positano, where you will have time to explore at your own pace before heading back to Naples.
Dinner	Enjoy dinner on your own this evening.
Walking/Hiking Information	4 hours, 5.5 miles, 150 ft elevation gain, 2000 ft elevation descent, dirt and gravel terrain

Accommodations
Grand Hotel Santa Lucia
Meals Included
breakfast, lunch

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DAY 5
Tuesday
9/19/23

Naples

Located on the south side of the Gulf of Naples, the island of Capri served as a haven for artists and writers alike during the second half of the nineteenth century. This island is also the namesake of the popular capri style of pant that is worn by many around the world today.

Capri	Today, you will take a ferry ride to the fabled island of Capri. Hike along trails to the largest and most opulent of Tiberius' twelve villas on the island, Villa Jovis. Walk through Mediterranean vegetation, with the scent of oak and myrtle permeating the air while you take in vast views of the mainland and the Faraglioni, three towering rock formations just off the coast.
Lunch in a Local Home	Enjoy a merenda (small bites in the afternoon) today in a local home before you return to Naples.
Overnight Ferry to Lipari	After returning to Naples, you will board the overnight ferry for Lipari.
Dinner	Tonight's dinner is on your own in the ferry cafeteria.
Walking/Hiking Information	3 hours, 5 miles, 850 ft elevation gain, 850 ft elevation descent, dirt, gravel, and asphalt terrain

Accommodations
Overnight Ferry

Meals Included
breakfast, lunch

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DAY 6
Wednesday
9/20/23

Naples to the Aeolian Archipelago

The Aeolian Archipelago is made up of seven islands off the northern coast of Sicily: Lipari, Vulcano, Salina, Stromboli, Filicudi, Alicudi, and Panarea. These islands were all formed as a result of volcanic activity, and there are still two active volcanoes in the archipelago today. You will have the chance to visit four of the seven islands during your adventure!

Breakfast	If you are hungry before making landfall, you can have breakfast on your own in the ferry cafeteria this morning. Otherwise, you can wait to enjoy a quick group breakfast in a cafe upon arrival to the island.
Explore Lipari	After breakfast, visit the archeological museum which is tucked inside Lipari Castle on the island's eastern bay between Marina Lunga and Marina Corta. Be sure to take in the Greek acropolis and the Norman cathedral on the island.
Lunch	After a lunch of local fish, you will continue on to Panarea, the only car-free island of the archipelago. Check into your hotel before dinner.
Dinner	Have dinner as a group this evening.

Accommodations
Hotel Lisca Bianca

Meals Included
breakfast, lunch, dinner

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DAY 7
Thursday
9/21/23

Aeolian Archipelago

Vulcano is the southernmost island in the Aeolian Archipelago, and is home to an active volcano. According to ancient Roman mythology, the island was borne of the clearning of cinders and ash from the god Vulcan's chimeny, and the island was therefore named in his honor.

Visit Vulcano	Take a private boat to Vulcano this morning where you will disembark and hike to the top of the island. From this vantage point, it is possible to observe numerous volcanic phenomena, including smoke clouds, vapor spouts, and sulphuric mud holes known for their therapeutic properties. Enjoy a picnic lunch along the way.
Afternoon at Leisure	Return to your hotel and take the afternoon to relax at the pool, explore the village on your own, venture to the beach, or hike the island on your own.
Dinner with a Local Anthropologist	Cap off the day at dinner with a female anthropologist who will share how the fisherwomen had a significant impact on the islands in the 18th and 19th centuries.
Walking/Hiking Information	2 hours, 3 miles, 1250 ft elevation gain, 1250 ft elevation descent, dirt, gravel, and sand terrain

Accommodations
Hotel Lisca Bianca

Meals Included
breakfast, lunch, dinner

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DAY 8
Friday
9/22/23

Aeolian Archipelago

Stromboli is the other active volcano in teh Aeolian island chain off the coast of Sicily. Only the top third of this volcano is above sea level, and there are still minor eruptions today.

Full Day in Stromboli

Board a private boat to Stromboli this morning. The most active volcano in Europe, Stromboli has been erupting for at least 2,000 years at intervals of approximately 15 minutes, and the lava flows all the way down to the sea. Spend a full day here exploring the island and hiking the beautiful ascent. You'll have a picnic lunch with the group along the way. After a full day of exploration, head back to Panarea via boat and have the evening and dinner on your own.

Accommodations
Hotel Lisca Bianca

Meals Included
breakfast, lunch

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DAY 9
Saturday
9/23/23

Aeolian Archipelago to Catania

Located at the foot of Mt. Etna, the city of Catania has been buried by lava seventeen time in its history. There are ancient Greek and Roman ruins buried underneath the layers of ash, many of which have been unearthed during excavation activities. In addition to the ancient ruins, the center of the city features a wide array of examples of Baroque architecture.

Sail to Milazzo	After breakfast today, you will embark a boat bound for Milazzo, a picturesque Sicilian village.
Visit Catania	Upon disembarking, drive to Catania, which is cradled amidst the splendid greenery of the surroundings while opening out to the sea. Catania is known for its grand piazzas, wide roads, and architecture made of volcanic rock.
Walking Tour	Join your guide on a walking tour of the city center where you will see incredible examples of traditional Sicilian Baroque architecture as well as ancient remains dating back to Greco-Roman times. Enjoy lunch on your own today in one of the city's many local restaurants.
Meet with a Library Curator	After a day of exploring the city, you will have the opportunity to visit the Ursino Recupero Library for a private after-hours visit with the curator. The library features majestic, towering bookshelves which house many ancient historical manuscripts. Don't forget to look overhead, as the ceilings are beautifully decorated with ornate works of art.
Check in and Dinner	Make your way to your home for the next two nights - a family-owned agriturismo accommodation on the slopes of Mt. Etna. Enjoy dinner with the group after you check in.
Walking/Hiking Information	1 hour, 3 miles of city walking

Accommodations
Il Picciolo Etna Resort
Meals Included
breakfast, dinner

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DAY 10
Sunday
9/24/23

Catania

Mt. Etna is the largest active volcano in Italy, as it lies right above the African and Eurasian convergent tectonic plates. The most recent eruption was in February of 2021.

Hike on Mt. Etna
Today you will visit Europe's largest active volcano, Mt. Etna. This towering mountain dominates the skyline of eastern Sicily. You will start your walk at Rifugia Sapienza, which is at 6,000 feet above sea level. Hike among cinder cones and extinct craters over this desolate expanse of the upper portion of Mt. Etna. A spectacular panoramic view of the coast awaits you.

Ascending Further
In the afternoon, if weather and volcanic conditions allow, you will take 4x4 Jeeps up to 9,500 feet and then continue on foot to 11,000 feet above sea level.

Winery Visit
Stop at a winery on the slopes of this legendary volcano. Meet the owner and sample some of his delectable wines before driving back to your farmhouse.

Farewell Dinner
Spend tonight's festive farewell dinner celebrating all the incredible sights and amazing accomplishments you experienced with your traveling companions during your time in Italy.

Walking/Hiking Information
4 hours, 2 miles, 700 ft elevation gain and loss, dirt, gravel, and sand terrain

Accommodations
Il Picciolo Etna Resort
Meals Included
breakfast, lunch, dinner

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DAY 11
Monday
9/25/23

Depart Catania

Say goodbye to your new AdventureWomen friends as you transfer to the Catania airport for your flights home.

Transfer to the Airport	Transfer to the airport for your flights home.
Departure Information	Depart Catania, Italy (CTA) any time after 12:00PM today.

Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental, and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time, if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.

Meals Included
breakfast

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Accommodation Details

Grand Hotel Santa Lucia

The Grand Hotel Santa Lucia in Naples overlooks historic Mt. Vesuvius and majestic Castel Del 'Ovo with the beautiful bay as a backdrop. Enjoy a comfortable stay in your well-appointed room.

Amenities: Soap, shampoo, conditioner, hair dryer, air conditioning, safe, WiFi

Overnight Ferry

The only way to travel to the Aeolian Islands is via ferry. The ferry has nine decks and accommodates both passengers and vehicles. You can buy a bite to eat in the cafeteria or purchase drinks and snacks in the bar. If the weather is nice, enjoy beautiful views from the open-air deck.

Amenities: Soap, en suite bathroom with toilet and marine shower

Hotel Lisca Bianca

Located just steps away from the port of Panarea, the Hotel Lisca Bianca is appointed with traditional Aeolian style. Relax in the tranquil rooms surrounded by gardens and enjoy the panoramic views of the sea.

Amenities: Soap, shampoo, conditioner, WiFi

Il Picciolo Etna Resort

This beautiful resort and spa is situated on the slopes of Mt. Etna and is adjacent to an 18-hole golf course. Enjoy spectacular views of Mt. Etna while relaxing in comfortable elegance.

Amenities: Soap, shampoo, hair dryer, air conditioning, WiFi

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Included:

- Accommodations as per itinerary based on double occupancy
- All meals as listed in the itinerary
- English-speaking guide(s) throughout the trip
- One group transfer on arrival and departure
- Guided sightseeing and activities as indicated in the itinerary
- Drinking water to refill personal bottles
- Gratuities for hotel staff, luggage porters, and waitstaff

Not Included:

- International airfare to and from Italy
- Fees for passport, visas, immunizations, or travel insurance
- Cost of hospitalization or evacuation
- Meals not specified in the itinerary
- Alcoholic beverages (unless otherwise specified)
- Gratuities for main guide and driver

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Cancellations and Refunds

Notification of cancellations must be received in writing. Full payment is due 90 days prior to departure date, and the registration deposit is non-refundable.

For cancellations received 61-90 days prior to the trip departure date: 50% of the total trip cost is non-refundable. For cancellations received 1 -60 days prior to the trip departure date: 100% of the total trip cost is non-refundable.

You are highly encouraged to purchase trip cancellation insurance to cover emergency situations. Travel insurance information will be sent to you once you have registered for your trip.

Switching Trips

Our deposits are nonrefundable and nontransferable. If for some reason you need to switch to a different trip, please call us and we will do our best to accommodate you, but switching is not guaranteed.

No Smoking Policy

Beginning in 1995, our trips became smoke free. Please note that there will be no smoking by any participants on AdventureWomen vacations.

Health Insurance

You must have your own health insurance to participate in an AdventureWomen trip.

Adventure Travel Today

At AdventureWomen, we want everyone to understand that our excursions are adventure travel vacations and not "tours." We define "adventure travel" as travel in which one actively participates, as opposed to a "tour," in which one is more or less a passive observer. AdventureWomen designs and organizes vacations all over the world for women who want to experience an active, out of the ordinary vacation, and meet new friends. Most of all, we want our trips to be fun!

In this spirit, the successful adventure traveler should be a good-natured realist and have a sense of humor! Adventure vacations, by nature, require that participants be self- sufficient, flexible, and able to accept situations as they exist, and not just as they would have preferred or expected them to exist. The constraints of scheduled group traveling also necessitate that each of us be understanding of and sensitive to others. Being on time is important, and contributes to the congeniality, success and well-being of both individuals and the group!