

WASHINGTON AND LEE
UNIVERSITY



ITALIAN WALKS

*Walking in
Tuscany and the Riviera*

SEPTEMBER 30 – OCTOBER 10, 2024





(THIS PAGE) SIENA (COVER) TUSCANY



The enthusiastic reviews of our Italian walking tour in the fall of 2022 have convinced us to offer it again in 2024. The magnificent landscapes of Tuscany and the Italian Riviera continue to inspire us to slow down, take deep breaths, and fully immerse ourselves in a distinctive cultural experience. This tour offers a unique way to explore major cities, lesser-known Tuscan villages, and the coastline of the Ligurian Sea. From delectable cuisine, wines, and cheeses to stunning cathedrals and medieval walls, we will uncover the hidden treasures of this beloved corner of Italy through a series of guided walks in Florence, Montalcino, Siena, Colle di Val d'Elsa, and more.

We'll rise each day to the murmur of local life in picturesque Italian towns before we stroll along lightly traveled, cypress-lined byways. As we make our way from Florence to Genoa, we will visit significant historical sites and architectural treasures, such as the village of Pienza, the Abbey of Isola, and the cliffside villages of the Cinque Terre. Each day will offer the opportunity to dine

in charming trattorias and ristoranti off the beaten path. Carefully selected small hotels and inns, where hospitality flourishes, will ensure that our group is well rested for daily walks of three to six miles.

Our walking tours are perfect for those seeking an unparalleled sensory experience and a more active itinerary. With expert guides, wine with every dinner, and transportation for those who wish to rest between destinations, the Italian Walks package promises an unforgettable adventure in Northern Italy. This private W&L tour is limited to just 26 travelers, so be sure to reserve your spot quickly for this highly sought-after departure.

Cordially,

Gary Kirk
Director

Ruth Candler,
Associate Director

Lisa D'Amelio,
Program
Coordinator



Itinerary

DAY 1 🌸 *Monday, September 30*
U.S. / FLORENCE

Overnight flight to Florence.

DAY 2 🌸 *Tuesday, October 1*
ARRIVAL FLORENCE
(Overnight Florence)

We'll gather in Florence today where we'll explore the city on an afternoon walking tour, followed by a welcome reception at our hotel. Dinner is on your own. HOTEL EXECUTIVE

DAY 3 🌸 *Wednesday, October 2*
FLORENCE / VAL D'ORCIA
(Overnight Montalcino)

This morning we'll drive south to San Quirico d'Orcia a quintessential Tuscan town in the Chianti region with views of rolling hills as far as the eyes can see. After a welcome lunch at a local trattoria, we'll make our first memories on a panoramic hike from Vignoni Alto to Bagno Vignoni where its main central square is a large pool filled with hot springs water. Reach the Tuscan hill town of Montalcino our home for the next two nights.

HOTEL DEI CAPITANI (B, L, D) / 4 MILES HIKING, 2 HOURS

DAY 4 🌸 *Thursday, October 3*
VAL D'ORCIA
(Overnight Montalcino)

Following breakfast, we hike down past silvery clouds of olive groves and a patchwork quilt of vineyards to Sant'Antimo, a Romanesque Benedictine Monastery dating back to the 8th century. We'll enjoy lunch and hospitality at a local farmhouse. In the afternoon, we'll reach the charming Renaissance village of Pienza, a UNESCO World Heritage site in the heart of the Val d'Orcia region. We'll return to Montalcino for a dinner on our own. HOTEL DEI CAPITANI (B, L) / 5 MILES HIKING, 3 HOURS

DAY 5 🌸 *Friday, October 4*
SIENA
(Overnight Colle Val d'Elsa)

We'll spend the morning exploring the enchanting city of Siena, once a historic rival to Florence, and graced today with winding red-brick lanes, Gothic churches, fountains, and elegant palaces. We'll learn about the city's competitive contrade or districts. Enjoy lunch on your own at the great central square, Il Campo. We'll continue to Colle di Val d'Elsa where crystal and glassware have been produced since the 17th century. After meeting with a local artisan we'll proceed to our accommodation.

PALAZZO PACINI (B, D) / 5 MILES HIKING, 3 HOURS

DAY 6 🌸 *Saturday, October 5*
SAN GIMIGNANO
(Overnight Colle Val d'Elsa)

We begin the day in San Gimignano—one of Tuscany's most beautiful hill towns and a UNESCO World Heritage site. At the height of its glory, San Gimignano's patrician families had built 72 towers as symbols of their wealth and power, now 14 towers remain. Explore the city's maze-like streets and fresco-adorned Duomo. A short drive takes us to the striking Abbey of Strove. From here a scenic walk brings us alongside the Via Francigena, an ancient road and pilgrimage route through the striking Abbey of Isola before reaching the unmistakable crown of towers of Monteriggioni, one of Italy's best known walled towns.

PALAZZO PACINI (B, L) / 5 MILES HIKING, 4 HOURS

DAY 7 🌸 *Sunday, October 6*
LUCCA / SESTRI LEVANTE
(Overnight: Sestri Levante)

At the Tuscan town of Lucca, we'll have the opportunity to enjoy a bicycle ride along its unique Medieval walls and to explore its historical and artistic treasures and gorgeous public squares (electric bikes are available on request). We examine with our guides the striking Cathedral as well as the hidden gem of Palazzo Pfanner, before proceeding



to the seaside town of Sestri Levante, our base for delving into the Riviera di Levante, on one of the most attractive stretches of coastline in Italy. Unwind with a seafood dinner by the waterfront.

HOTEL VIS-À-VIS (B, L, D) / 4 MILES CYCLING, 2 HOURS

DAY 8 *Monday, October 7*
PORTOFINO
(Overnight: Sestri Levante)

This morning we'll take a short train ride to Santa Margherita Ligure. From here we walk the coastal path to stunning Portofino, one of the most romantic places in Italy and considered "one of the eight wonders of the world": an incredibly well-preserved fisherman's village in the heart of a Natural Park. It offers a breathtaking landscape, spectacular views of the coast and sea, and amazing food and wine. This afternoon, we'll return to Santa Margherita Ligure by ferry boat and take the train back to Sestri Levante. HOTEL VIS-À-VIS (B) / 3 MILES WALKING, 1.5 HOURS

DAY 9 *Tuesday, October 8*
CINQUE TERRE
(Overnight: Sestri Levante)

Today we explore memorable Cinque Terre, a string of fishing villages perched high on the Italian Riviera. Take a short train ride to Monterosso al Mare, one of the five villages that make up the Cinque Terre. Clinging to cliffs above the Mediterranean, these hamlets dazzle with clusters of pastel-hued homes overlooking harbors dotted with fishing skiffs. Depending on the trail conditions, we'll hike along the trail that links the neighboring villages of Vernazza, Corniglia, Manarola, and Riomaggiore, or enjoy a scenic train and boat ride from village to village.

HOTEL VIS-À-VIS (B, L) / 5-6 MILES HIKING, 5 HOURS

DAY 10 *Wednesday, October 9*
LIGURIA
(Overnight: Sestri Levante)

Fresh air and pure nature, towns nestled amidst mountain rocks, and

terraced vineyards welcome us as we hike the Ligurian coast towards Moneglia. The itinerary winds through a silent and intimate Liguria with unforgettable scents and colors and remarkable testimonies of peasant culture. Forest of holm oak, centenary specimens of cork, Mediterranean scrub, and stunning maritime pines grace the coast. As we walk, the views are striking and span from the coast of Tuscany to the French Riviera. We'll gather tonight for a hearty farewell dinner. HOTEL VIS-À-VIS (B, L, D) / 4 MILES HIKING, 3 HOURS

DAY 11 *Thursday, October 10*
GENOA / U.S.

Private group transfer to catch your flight home from Genoa airport. Those continuing on the Rome post-trip extension will take a short flight to Rome today.



PORTO VENERE,
CINQUE TERRE



SAN GIMIGNANO



TREVI FOUNTAIN, ROME



UFFIZI GALLERY, FLORENCE



Ligurian Sea

OPTIONAL PRE-TRIP EXTENSION TO FLORENCE *September 28–October 1, 2024*

Arrive two days early in Florence and discover with your art historian guide the treasures of this city, the cradle of the Renaissance. On a walking tour investigate the many historical plazas, the Duomo, the Ponte Vecchio and marvel at Michelangelo's David. Walk to the historic center and visit the Baptistry of San Giovanni and then enjoy a tour of the Uffizi Gallery which houses masterpieces of the Renaissance of artists such as Leonardo Da Vinci, Giotto, Botticelli, Tiziano and Michelangelo. Additionally, there is some free time to explore the city at your own pace.

Extension includes 2 nights' accommodations, portorage, city taxes, 2 breakfasts, 1 dinner, private group transfer from the airport for those arriving on the group recommended flight, entrance fees, and all tips. Extension price is based on a minimum of 8 participants. HOTEL EXECUTIVE

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OPTIONAL POST-TRIP EXTENSION TO ROME *October 10–13, 2024*

Few cities can outshine Rome, the Eternal City. No matter if you have visited Rome before, you will discover that the further you go, the deeper it is. Surrounded by antiquity, encounter over two thousand years of history as well as the latest fashion trends. Start your extension with a transfer to Genoa airport and board a flight to Rome where you will spend 3 nights. On this post-trip extension, see the glories of Roman emperors, splendid Renaissance and Baroque churches, plazas, cafes and gelaterias, shops, and fountains. Visit the Colosseum and tour the Vatican, including the peaceful Vatican gardens. You will see Ancient and Baroque Rome, including Piazza Navona, Trevi Fountain, the Pantheon, the Spanish Steps, the Vatican Museums, Sistine Chapel, and St. Peter's Basilica. In addition, there will be some free time to leisurely walk the streets, see the latest fashion trends before stopping for a gelato or a café.

Extension includes 3 night's accommodations (taxes included), airfare between Genoa and Rome, one dinner with wine, one lunch with wine, buffet breakfast every day, entrance fees, transfers including transfers from hotel to Rome airport (FCO) on day 4, leadership including professional art historian guides, skip-the-line entrances to the Roman Forum and Colosseum, special early entrance to the Vatican Museums, and all tips to guides, hotel staff, waiters, servers and local drivers. Extension price is based on a minimum of 8 participants. HOTEL DEI MELLINI OR EQUIVALENT.

Pricing

\$6,590 Per person double occupancy

\$7,780 Single occupancy

FLORENCE PRE-TRIP EXTENSION

\$950 Per person double occupancy

\$1,140 Single occupancy

ROME POST-TRIP EXTENSION

\$2,150 Per person double occupancy

\$2,745 Single occupancy

Terms & Conditions

PROGRAM COST INCLUDES: All accommodations and meals as specified in the itinerary • Wine with all dinners • All activities per itinerary • Professional English speaking guides and tour director throughout Professional expert guide in Florence, Siena, and Lucca • Transportation by private motor coach, • Airport transfers for group flights • All local train tickets in the Riviera • Ferry boat tickets in the Riviera • Cinque Terra Card • Bicycles in Lucca (e-bikes available on request) • Tips to local guides and drivers • Service charges and taxes • Baggage handling • Entrance fees • Pre-departure information • Coordination and administration.

WHAT TO EXPECT: This exclusive W&L expedition is designed for those who are interested in exploring, hillside towns, tranquil byways, the culture and food that the regular traveler to Italy often misses. This is an active walking tour program. Walks are approximately 3-6 miles per day (sometimes over uneven terrain); walks can be longer at the participant's discretion. Typically, the weather is warm in Tuscany (mid-70s at noon) and a little cooler in the Italian Riviera where temperatures average (high-60s at noon). Since some travel will be in relatively remote areas, everyone must be flexible concerning time schedules, and weather. In order to enjoy this trip, a spirit of adventure and anticipation, and the desire to explore spectacular natural areas and small towns are musts. Travel is by private comfortable coach, ferry boat, and train. To avoid single-use plastic, please be aware that tap water is drinkable and perfectly safe in each destination of this trip. In addition to hotels and restaurants, most cities have public fountains where water bottles can be refilled.

PROGRAM COST DOES NOT INCLUDE: U.S. domestic and international airfare (quoted separately) • Excess baggage charges • Meals not specified in the itinerary • Personal items such as laundry, email, fax or telephone calls • Alcoholic beverages except those mentioned above • Dishes or beverages not included with meals • Room service • Passport or visa fees • Private transfers outside of the group transfer • Covid-19 testing • Quarantine expenses • Medical expenses • Travel insurance • Optional extensions or deviations from the scheduled tour • Tip to the tour director is not included and is at passengers' discretion.

RESERVATIONS, DEPOSITS, AND FINAL PAYMENT: To reserve space on this tour, please visit <https://go.wlu.edu/italianwalks>. You may also email your reservation to lifelong@wlu.edu and mail a check payable to "Royal Adventures" for \$1,000 per person, along with \$100 per

person for the Florence pre-trip extension and/or \$200 for the Rome post-trip extension if applicable, with a completed reservation form to: Office of Lifelong Learning, Washington & Lee University, 204 W. Washington Street, Lexington, VA 24450. Initial deposits may be charged to a credit card however. Reservations are acknowledged in order of receipt. Final payment is due June 2, 2024, and must be paid by check only. Royal Adventures handles all invoicing. CST #2009579-40

CANCELLATIONS AND REFUNDS: Cancellations received on or before March 31, 2024; full refund. After that date, refunds, less a cancellation fee of \$300 per person, are made if we are notified in writing on or before June 2, 2024. No refunds are made after June 2, 2024. Notification of cancellation must be received in writing by Royal Adventures. There are no refunds for unused meals, accommodations, or other trip features.

TRAVEL INSURANCE: We strongly recommend the purchase of trip cancellation insurance as the cancellation penalty in this brochure will apply. An application for travel insurance will be sent by W&L upon confirmation. Neither Washington & Lee University nor Royal Adventures accept liability for any airline cancellation penalty incurred by the purchase of a non-refundable airline ticket or other expenses incurred by tour participants in preparing for the tour.

QUESTIONS: Please call or email Gary Kirk, Director, or Ruth Candler, Associate Director, Office of Lifelong Learning (540) 458-8723 or email lifelong@wlu.edu, or Royal Adventures info@royaladventures.com or (925) 820-6260 or 1-800-453-4754.

RESPONSIBILITY: Royal Adventures, its owners, and employees act only as agents for the various independent suppliers and contractors providing transportation, hotel accommodations, restaurant, and other services connected with this tour. Such travel and services are subject to the terms and conditions under which such accommodations, services, and transportation are offered or provided, and Washington and Lee University and Royal Adventures and their respective, employees, agents, representatives, and assigns, accept no liability, therefore. Washington and Lee University and Royal Adventures assume no liability for any injury, damage, loss, accident, delay, or other irregularity which may be caused by the defect of any aircraft or vehicle or the negligence or default of any company or person engaged in carrying out or performing any of the services involved. Additionally, responsibility is not accepted for losses, injury, damages, or expenses of any kind due to sickness, epidemics, pandemics, pathogens, weather, strikes, local laws, hostilities, wars, terrorist acts, acts of nature, quarantine, force

majeure, animal or insect bites, or other such causes. All services and accommodations are subject to the laws of the country in which they are provided. If this tour is canceled due to a force majeure event or other forces beyond our control only the recoverable portion of unused services or accommodations, if any, will be refunded less any non-recoverable advance payments made to suppliers, bank charges, foreign exchange fees or other incurred expenses. Recoverable costs, if any, may take the form of credits on a postponed tour. A force majeure event, in relation to this tour, shall mean any circumstances beyond our control, including, but without limitation, to acts of God, explosion, flood, forceful wind, fire or accident, war or threat of war declared or undeclared, acts of terrorism, sabotage, insurrection, riots, strikes, civil disturbance, sickness, epidemics, pandemics, quarantines, government intervention or other unforeseeable events. Limitations on travel arising from the COVID-19 pandemic or other virus or pathogen shall be considered a force majeure event. Washington and Lee University and Royal Adventures reserve the right to make changes in the published itinerary, to the study leaders or to postpone this tour whenever, in their sole judgment, conditions warrant, or if they deem it necessary for the comfort, convenience, or safety of the tour participants. They reserve the right to withdraw or postpone this tour without penalty. The right is also reserved to decline to accept or retain any person as a member of the tour or to substitute another qualified leader or special guest. Baggage and personal effects are the sole responsibility of the owners at all times. The price of the program is given in good faith based on current tariffs and rates and is subject to change. Any tariff, exchange rate, airfare, or fuel increases will be passed onto participants. Neither Washington and Lee University nor Royal Adventures accepts the liability for any airline cancellation penalty incurred by the purchase of a non-refundable airline ticket. The air ticket when issued shall constitute the sole contract between the passenger and the airline concerned. As part of the consideration and right to participate in this tour, each participant will be asked to sign a liability release. There are no refunds for unused meals, accommodations, or other trip features. I will not hold Royal Adventures or Washington and Lee University and/or its employees or agents responsible for any expense or loss caused by my/our failure to purchase trip cancellation insurance coverage or by my/our failure to purchase insurance or "Cancel for Any Reason" insurance coverage within the 14 days following the date of trip confirmation. As part of the consideration and right to participate in this tour, each participant will be asked to sign a liability release, assumption of risk, and hold harmless agreement.

Reservation Form

ITALIAN WALKS

September 30–October 10, 2024

For the ease of registering online, please visit <https://go.wlu.edu/italianwalks>. Once you have submitted your online reservation, Royal Adventures will call within two business days to confirm your reservation and collect your deposit. If you would prefer to mail your registration, please complete the form below and mail to W&L with your deposit check made payable to Royal Adventures.

Please mail to:

OFFICE OF LIFELONG LEARNING
WASHINGTON AND LEE UNIVERSITY
204 WEST WASHINGTON ST. • LEXINGTON, VA 24450
EMAIL: LIFELONG@WLU.EDU | FAX: (540) 458-8478

Questions?

EMAIL: LIFELONG@WLU.EDU or CALL (540) 458-8478

Enclosed is my check for \$_____ (\$1,000 deposit per person plus \$100 for the Florence pre-trip extension and/or \$200 for the Rome post-trip extension, if applicable) payable to "Royal Adventures" to hold _____ place(s) on the W&L *Italian Walks*, September 30–October 10, 2024. Final Payment by check is due June 2, 2024.

PAYMENT OPTIONS

- Check made out to "Royal Adventures" and sent to W&L.
- Please charge my deposit for a total amount of \$_____ to: AMEX Visa MasterCard Discover Card

CARD # _____ EXPIRATION DATE _____ SEC CODE _____

ACCOMMODATIONS / HOTEL ROOM PREFERENCE

- 1 Bed 2 Beds
- Single
- I will share accommodations with: _____

OPTIONAL EXTENTIONS

- I/We would like to register for the optional **pre-trip extension to Florence**
- I/We would like to register for the optional **post-trip extension to Rome**

SIGNATURE _____ DATE _____

SIGNATURE _____ DATE _____

NAME (AS ON PASSPORT) _____ W&L CLASS YEAR _____ DOB _____

NAME (AS ON PASSPORT) _____ W&L CLASS YEAR _____ DOB _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

CELL GUEST 1 _____ CELL GUEST 2 _____

FAX _____

EMAIL GUEST 1 _____ EMAIL GUEST 2 _____

I/We have carefully read the Terms and Conditions and Responsibility sections of this brochure and agree to their terms on behalf of myself and the members of my party named above.



Highlights

Derive a lifetime of memories from the intimate experience of walking in Tuscany and the Italian Riviera

See impressive and lovely scenery

Dine in charming trattorias and ristoranti that only seasoned travelers know

Bicycle in Lucca and explore Porto Fino

Discover the Cliffside villages of Cinque Terre and savor the exquisite tranquility of quaint hill towns



ITALIAN WALKS

Walking in Tuscany and the Riviera

SEPTEMBER 30 – OCTOBER 10, 2024

