

Naples & the Amalfi

5 Days | Rome to Rome



Travelling south from Rome, discover the archaeological treasures of Naples and Pompeii, roam around the beautiful and chic island of Capri and explore the spectacular Amalfi Coast, in five captivating days.

HIGHLIGHTS AND INCLUSIONS

Trip Highlights

- Small group tour, with maximum group size of 16, and boutique hotels
- Naples - visit the Royal Palace with its rich and eclectic collection of artworks
- Capri - enjoy a day trip to the beautiful island of Capri, visit the Augustus Gardens and take in the spectacular views
- The Amalfi Coast - explore the picturesque towns of Amalfi, Ravello, Scala and Vietri Sul Mare, which cling to the cliff face on this spectacular stretch of coast
- Amalfi - visit the Valle dei Mulini distillery to taste and discover the secrets involved in making Limoncello
- Pompeii - discover the remarkable Roman city of Pompeii, one of Europe's most fascinating archaeological sites

- Rome - extend your stay to independently explore the capital

What's Included

- 4 nights 4 star hotel
- Private transportation in an air-conditioned vehicle
- 4 breakfast and 2 dinners
- Arrival airport transfer on day 1
- Sightseeing in Naples, Capri, the Amalfi Coast and Pompeii
- Return Hydrofoil to Capri
- Limoncello tasting
- Escorted by an English speaking tour leader
- Services of a local English speaking guide in Pompeii, Naples and Capri
- Entrance fees for Pompeii, Augustus Gardens and the Royal Palace

What's Not Included

- International flights and visa
- Tipping - an entirely personal gesture
- Departure transfer - can be booked upon request

DETAILED ITINERARY

Day 1 : Rome



Tuesday. Welcome to Rome, Italy's historic capital. You will be met at the airport and transferred to our hotel. The rest of the day is free for you to head out and independently explore this beautiful city, taking in highlights such as the Colosseum, and the Trevi Fountain. Tonight meet your tour guide for a welcome briefing and drink at the hotel.

Overnight - Rome

Day 2 : Naples Sightseeing



Rome - Naples. After breakfast this morning we travel south to Naples where we spend

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the next two nights. This afternoon we enjoy a guided tour of Italy's third largest city, taking in highlights such as The Royal Palace, which has a rich and eclectic collection of Neapolitan artworks. We'll also see Naples' most prominent landmark, Maschio Angiono, which is a grand Medieval castle in the centre of the city, and visit the Gallery of Umberto, a beautiful 19th-century arcade with neo-Renaissance fronts and a 56m glass dome ceiling. After our tour there's time to stroll at your leisure along Spaccanpoli, the main street through the historic centre of the city. Naples serves up the best pizza, which you can sample this evening when we dine at a local Trattoria. **Overnight - Naples (B, D)**

Day 3 : The island of Capri



Naples - Capri. Today is dedicated to exploring the beautiful island of Capri. We start at the port of Naples where we meet our local guide and board the boat to take us to the island. On arrival we travel by minibus to Anacapri where we can stroll around and enjoy some free time to explore the famous Villa San Michele. Then we head to Capri town, where we can independently explore on foot and enjoy a leisurely lunch. Capri is a tiny island and it's possible to walk from one side of the island to the other, through its enchanting narrow streets.

This afternoon we visit the picturesque Augustus Gardens, where vibrant flower decked terraces overlook the sea and we can enjoy a spectacular view of Gracie Fields' former home. After the tour enjoy two hours at leisure on this idyllic island, before meeting our guide at the port to return to Naples for the evening. **Overnight - Naples (B, D)**

Day 4 : The Amalfi Coast



Naples - Amalfi. After breakfast we depart for what will undoubtedly be a memorable day on the spectacular Amalfi Coast. First stop is Amalfi where we visit the famous Amalfi Cathedral and the Treadmills' Valley, where paper was made in ancient times. Then we head to the Valle dei Mulini distillery to taste some Limoncello and discover the secrets involved in its preparation.

After a break for lunch we stop at the Andrea Pansa pastry shop, where you can purchase some of their tasty local specialities before we travel on to the magical town of Ravello, which sits high in the hills above Amalfi and is renowned for its wonderful gardens and incredible views. Some of the world's most famous composers like Verdi and Wagner composed their works in Ravello. Next stop is Scala, one of the oldest towns along the Amalfi Coast, before arriving at Vietri sul Mare which is famous for its pottery and ceramics. We have time to stroll around before heading back to our hotel in Naples. **Overnight - Naples (B, D)**

Day 5 : Pompeii & return to Rome



Saturday. Naples - Rome. Today we travel back to Rome, stopping en route to visit the ruins of Pompeii, an opulent Roman city which was buried beneath the rubble from

the eruption of Vesuvius in 79 AD. Sitting in the shadow of Mt Vesuvius, this is one of Europe's most compelling archaeological sites, and our guide will tell us all about the daily life and customs of the ancient Romans in this remarkably well-preserved city. There's time to walk down the Roman streets and take a peak into the ancient houses, amphitheatres and temples before we continue our journey back to Rome where our tour ends.

Alternatively, extend your stay to explore the capital. We can arrange post tour accommodation and departure transfers upon request. (B)

HOTELS

Highlighted below are some of the hotels which we frequently use on this tour, though we reserve the right to substitute these hotels to ones of a similar standard.

Please refer to your Tour Voucher for your confirmed arrival hotel and further arrival information.

Hotel Albani Roma

There is no hotel in Rome quite like the Albani Roma. Inspired by the stylish Seventies, rooms incorporate brightly-coloured furniture and sleek patterns, while retaining modern amenities such as Wi-Fi and satellite TV. The restaurant and bar are equally bright and cheerful; a fitness room and business center are also available. Guests who admire the decor are in luck - the hotel is within walking distance of the Borghese Gallery and Museum of Contemporary Art.



Hotel Palazzo Salgar

Palazzo Salgar is ideally located, facing the bustling Port of Naples and just steps from the historical city centre. Situated in a restored 1930s building, every room offers a view of the city or the harbour - some with

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terraces - and includes features such as satellite TV. On the seventh floor you will find a fitness centre and sauna, as well as a solarium and restaurant serving indulgent breakfasts.



KNOW BEFORE YOU GO

Visa Requirements

UK, Australia, New Zealand, Canada and USA passport holders do not require a visa for a stay of less than 90 days in any 180-day period.

Please be advised that visa requirements are subject to change and that visa procurement is the responsibility of the traveller and not On The Go Tours, therefore it is essential that you check current visa requirements with the embassy before travel. Please also ensure that your passport is valid for at least 3 months from your planned date of departure from the Italy with at least two blank pages and your passport must have been issued within the last 10 years.

For passport holders of other nationalities not included here, please check the Project Visa website for more information - www.projectvisa.com/visainformation/Italy

South African Residents

South African passport holders require a Schengen visa in order to enter Italy. Capago is the only intermediary recognised and authorised to process visa applications on behalf of the Italian Consulate in South Africa. Visit <https://it-za.capago.eu/> for further information.

Italy Hotel Tax

A Hotel City Tax has been imposed by the Italian government. This tax cannot be included in our tour price and you will need to pay this upon check in at each hotel so please budget accordingly.

The tax varies in different cities and in some cities the tax can vary dependent upon the standard of the hotel. Based upon the hotels we commonly use on our Italy tours you can expect to pay the following:

Italian Expresso

Rome: € 6,00 per person per night
 Florence: € 4,80 per person per night
 Montecatini: € 1,40 per person per night
 Venice: € 3,50 per person per night

Renaissance & Riviera

Rome: € 6,00 per person per night
 Florence: € 4,80 per person per night
 Montecatini: € 1,40 per person per night
 Como: €2.50 per person per night
 Verona: €2.50 per person per night
 Venice: €4.50 per person per night

Please note that Hotel Taxes may be subject to change.

Currency

The official currency in Italy is the Euro. Check www.oanda.com for latest exchange rates.

British Pounds, US Dollars and other major currencies can be easily exchanged locally in banks or bureau de change prior to departure. Credit cards such as Visa and Mastercard are widely accepted in most of the major hotels, restaurants and shops. Use of American Express is not as common.

Traveller's Cheques are not recommended as they're often difficult to exchange and incur high fees.

Pre Tour Accommodation

If you have booked pre-tour accommodation with us an airport arrival transfer will also be provided. If arriving prior to 9am on day 1 (essentially on a flight that arrives very, very early in the morning) consider purchasing a night of pre-tour accommodation to save you waiting until hotel check in time, which is generally from 2pm onwards.

Departure Transfers

Departure transfers are not included but can be booked upon request.

Time Zone

Italy lies in the Central European Time Zone, which is 1 hour ahead of Greenwich Mean Time (GMT +1).

During summer, daylight-saving is observed in Italy, where the time is shifted forward by 1 hour so it becomes 2 hours ahead of Greenwich Mean Time (GMT +2). After summer the time in Italy is shifted back by 1 hour to Central European Time. Daylight savings takes place between 26th March and 29th October.

Seasons and Weather

Thanks to its location in Europe, Italy enjoys a Mediterranean climate characterised by hot and dry summers, and cool and wet winters. It's a country that experiences four distinct seasons, though the summer months are considered the best time to visit with sunny days perfect for sightseeing. Spring and autumn are also considered great times to visit due to pleasant temperatures. Our Italy group tours operate from May to September.

Spring in Italy

The shoulder season of spring is a delight in most places in Europe, and Italy is no exception. Flowers are blooming, coastal towns are beginning to awake from the winter and the sun is starting to come out. From May to mid-June it's a lot less crowded in both major cities and coastal areas but the weather is still very pleasant. In coastal areas during spring, flowers are starting to come out and Italians are setting up for the season that lies ahead.

Summer in Italy

While things certainly get a lot busier by mid June, the height of high season is really July and August. Crowds descend on popular destinations but spirits are high and so are the temperatures. It's the perfect time for a visit to Cinque Terre or the Amalfi Coast although undoubtedly the most expensive time to go. The temperatures get hotter so make sure you are prepared for it with loose clothing and water, especially when sightseeing.

Autumn in Italy

September is a wonderful month to visit - the crowds ease off and the weather is still nice

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but there are fewer tourists. Popular tourist spots such as Rome, Venice and Florence still see crowds in autumn with many people booking a weekend city break.

Plugs & Voltage

Standard voltage is 220-240 volts. Primary sockets generally require European plugs of the two round-pin variety. We recommend that you pack a universal travel adaptor. You will need a voltage converter and plug adaptor in order to use U.S. appliances.

Italian Cuisine

Without a doubt one of the most popular cuisines in the Western world, Italian food is a cultural experience in itself. Pizza, pasta, gelato, tiramisu – it's everything that's right with the world really.

Go traditional with pizza. Italians eat it with fewer toppings. A simple Margherita with tomato sauce, mozzarella and basil will blow your mind. There's also pasta, of course. This varies depending on what region of Italy you are in. In Rome they do pasta alla carbonara particularly well. Risotto is another typical dish, made from rice cooked in a seasoned broth to create a deliciously creamy texture.

Arancini is another Italian food that's great to experience. It's basically rice balls dusted in bread crumbs then fried. Each region has a slightly different way of making them. Arancini con ragu adds mozzarella and tomato sauce into the mix and is particularly delicious.

As for dessert, Gelato is an obvious one. It's said to have hailed from Florence originally. It is soft, creamy and fresh in Italy. It's often made with regional produce and they can be quite experimental with flavours. Tiramisu is a traditional desert made from ladyfingers (sponge biscuits), eggs, coffee, cocoa, sugar and mascarpone cheese.

Cheese and wine are a major part of Italian cuisine and are often paired together. Along the coast, fish forms an essential part of the local diet, accompanied by fresh, seasonal vegetables and grains. Basil, nuts and olive oil are just some of the simple ingredients that feature in many Italian dishes.

Safe eating while travelling in Italy

Food hygiene standards in Italy are relatively high so travellers are unlikely to fall ill from food poisoning during their trip. As with anywhere in the world, it is important to be wary of any meat or fish that has not been cooked thoroughly. If food looks old, unclean or poorly prepared, it is best to avoid it.

Shopping

Italy is a mecca for shopping fans with plenty of amazing, authentic products, which make great souvenirs from your trip. Italy produces fantastic leather products and high quality leather goods can be found across the country, though Florence has some of the best.

Ceramics are another thing to shop for in Italy. Handcrafted and hand-painted bowls, plates, trays – you name it. A lot of the high-end shops can arrange for your beautiful new ceramics to be shipped to your home country so it's definitely worth enquiring. The Amalfi Coast is host to fantastic ceramics, as is Tuscany.

Italy also has great paper products, in fact, Europe's oldest paper shop is in Venice and named Legatoria Piazzesi. The country also produces high quality sandals, cashmere shawls and perfume, which are all worth purchasing. Since food is so important to Italian culture, it's a great thing to shop for here. Think great cheese, pasta, wine and authentic limonchello.

Is bargaining acceptable in Italy?

This is entirely dependent on where in Italy you are. In shops in a cosmopolitan city like Milan it isn't acceptable but in markets in the south people often bargain for cheaper prices. It's also worth trying in some art stores. It's important to be polite and not unreasonable in your bargaining. At the very least it's worth asking if the vendor can round the price down a little in artisan/craft shops.

WiFi

WiFi can be found in the majority of restaurants, bars, cafes and hotels throughout Italy and is likely to be both fast and reliable.

All of the hotels that we stay in during the tour offer free WiFi.

Duty Free Allowance

Italy is in the European Union. If you are travelling from the UK, you are entitled to buy fragrance, skincare, cosmetics, Champagne, wine, selected spirits, fashion accessories, gifts and souvenirs - all at tax-free equivalent prices.

If you are travelling from within the EU, there is no limit on the amount or value of goods you may import, providing your goods are for personal consumption. Goods imported for commercial purposes are subject to duty and the following guideline amounts are in place to determine whether this is the case:

- 800 cigarettes or 400 cigarillos or 200 cigars or 1kg of tobacco
- 10L of spirits over 22% volume, 20L of alcoholic beverages less than 22% volume, 90L of wine (no more than 60L of sparkling wine) and 110L of beer

If you are arriving from a non-EU country, the following goods may be imported into Italy by travellers over 18 years of age without incurring customs duty:

- 200 cigarettes or 100 cigarillos or 50 cigars or 250g of tobacco
- 4L of wine (excluding sparkling wine) and 16L of beer and 1L of spirits over 22% volume or 2L of alcoholic beverages less than 22% volume
- Other goods up to the value of €430 for air and sea travellers and €300 for other travellers

It's not permitted to import meat or dairy products into Italy from outside the EU. Also prohibited are unauthorised firearms and ammunition.

Tipping

There isn't one simple rule for tipping in Italy. If you are happy with the service in restaurants then a 10% cash tip is common. However, you aren't likely to cause offense if you don't leave a tip. Hotel staff don't usually expect a tip but leaving 1-2 Euro if someone carries your bags or delivers food to your room is a nice gesture.

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With taxis, tips aren't expected but rounding up the total bill or leaving loose change is appreciated.

It is customary to tip your tour leader and driver at the end of the tour, for a job well done. As a guideline we recommend that you budget the following:

- Tour leader - 3-4 euros per person per day
- Driver - 3-4 euros per person per day

This information is given as a guide, as many travellers are unsure and uncomfortable about how much to tip. Tipping is an entirely personal gesture and the amount you tip is at your own discretion.

Essential Packing

- A small daypack for your day-to-day needs
- Either a rucksack or suitcase is suitable
- Travel insurance documents
- A photocopy of your passport data pages
- Spare camera batteries & memory cards
- Mobile Phone and phone charger
- Lightweight clothing (check the forecast before you travel and pack appropriately)
- A lightweight water/windproof jacket
- A small umbrella
- Comfortable walking shoes
- Sandals or flip flops/thongs/jandals
- Electrical adaptor. Standard voltage is 220V, 50Hz AC. Sockets require a Continental or European style plug (two round pins)
- DEET based mosquito repellent and antihistamine cream
- Personal first aid kit including Dioralyte
- Sunglasses, hat, sunscreen, swimming costume
- A towel for swimming
- Antibacterial hand cleansing gel
- Pocket size phrasebook

Health Requirements

You should seek medical advice from your local health practitioner before travelling to Spain and ensure that you're up to date for recommended vaccinations for your home country. Other vaccines to consider are Tetanus. Visit the NHS Fit to Travel page or the CDC Traveler's Health page for more information.

Cost of Living

Italy is a slightly more expensive European country but still very affordable for travellers. The less touristic the place, the lower the prices will be. We recommend if you are on a budget that you avoid the often overpriced restaurants and cafes that line the main squares and chose places to eat a few streets back. A meal in an inexpensive restaurant will cost around USD \$17 and a pint of domestic beer costs about USD \$4.60. Coffee is cheap at around USD \$1.35 and a one way train ticket will only set you back about USD \$1.70.

Safe eating will in Italy

Food hygiene standards in Italy are generally very high so travellers are unlikely to fall ill from food poisoning during their trip. As with anywhere in the world, it is important to be wary of any meat or fish that has not been cooked thoroughly. If food looks old, unclean or poorly prepared, it is best to avoid it.

Tap Water

Tap water is safe to drink in the major cities in Italy, although it should be avoided in rural areas where sanitation quality isn't as good. Its best to play safe with bottled water in these areas.

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