



ACADEMY
TRAVEL

TAILORED
SMALL GROUP
JOURNEYS

CAMPANIA TO CALABRIA

NATURAL BEAUTY & HISTORY
IN SOUTHERN ITALY

Tropea, Italy

OVERVIEW

With its natural Mediterranean coastal beauty and many archaeological gems, Southern Italy is rich in food, culture and landscapes.

Led by archaeologist Dr Estelle Lazer, this 17-day tour of will take us from the southwest region of Campania to Italy's "toe" – the region of Calabria.

Naples serves as our base for the first part of the tour. From here we'll explore both the history and natural beauty of Campania, which the Romans called Campania felix, "happy countryside." Our sightseeing will showcase a line-up of world-class archaeological sites, and some of the region's outstanding art and architecture.

The second part of the tour takes us to Calabria with its sprawling beaches, dramatic cliffs, coves and rugged hinterland. We'll visit the characteristic towns of Rossano, Catanzaro, Tropea and Reggio, and explore sites of archaeological interest that range from ancient Greek colonies to the National Archaeological Museum.



TOUR LEADER

Dr Estelle Lazer is an archaeologist with an international reputation for her many years of work on Pompeii. She is an Honorary Research Associate at the University of Sydney.

TOUR DATES

October 4-20, 2024

TOUR PRICE

\$11,740 per person, twin share
\$2,420 single supplement

TOUR DEPOSIT

A **\$1,000** non-refundable deposit is required per person to confirm your booking on tour.

GROUP SIZE

Maximum number of **16** in group

ITINERARY

Naples (5 nights), Rossano (3 nights), Catanzaro (3 nights), Tropea (2 nights), Reggio (3 nights)

INCLUSIONS

16 nights' accommodation in centrally located 4-star hotels. All breakfasts, 2 lunches and 8 dinners. Services of an expert tour leader and an experienced tour manager throughout. All ground transport, entrance fees and tipping.



DETAILED ITINERARY

Start & Finish

The tour starts at 11.00am on Friday 4 October, at Rome airport, for a transfer to Naples.

The tour ends after breakfast on Sunday 20 October, at the Medinblue Hotel, Reggio.

Included meals are indicated with B, L, D.

TOUR HIGHLIGHTS

Archaeological Treasures

Visit key sites as well as the Roman settlements of Pompeii and Herculaneum, where domestic structures were encapsulated in volcanic debris.

Corgliano & Rossano

Discover the ancient fortresses and castles of Corgiliano & Rossano, some of which house collections of ancient artworks and artefacts.

Catanzaro

Catanzaro was involved in various feuds between the Kings of Sicily and Norman invaders in the middle ages, here we explore the ruins and sanctuaries of Magna Grecia.

Tropea

Tropea is known for its aristocratic palaces and artefacts attributed to the Bronze and Iron Ages, encompassing over 4000 years of history.

Reggio

Founded by Greek settlers in the 8th century BCE, Reggio is home to the prestigious National Archaeological Museum of Magna Grecia, housing the Bronzes of Riace.

Friday 4 October

Arrive

Meet your tour leader at Rome airport for a group transfer to Naples. Upon arrival, we begin our tour with a visit to the Archaeological Museum of Sperlonga, famed for its elaborate ensemble of ancient sculptures discovered in the grounds of what has been interpreted as Emperor Tiberius's former villa. Tonight we dine at a local restaurant. Overnight Naples (D)

Saturday 5 October

Art & Artefacts

Naples' 900 churches boast a range of architectural styles and repositories of spectacular artworks. This morning we take a walking tour of Central Naples and stroll back through vibrant Spaccanapoli along the decumani, the ancient Greco-Roman thoroughfares. We'll stop at Museo Cappella San Severo, then the Pio Monte della Misericordia to view Caravaggio's 1607 painting *Seven Acts of Mercy*. Later in the day we'll visit the grand Bourbon palace of Capodimonte, home to southern Italy's largest and richest art gallery. Tonight, we'll enjoy dinner together at a local restaurant. Overnight Overnight Naples (B, D)

Sunday 6 October

Archaeology & Art

This morning we venture underground to Napoli Sotterranea to explore the complex layered history of the city. Later in the day we visit Italy's most important archaeological museum, which boasts an outstanding collection of paintings, mosaics, sculptures and everyday objects from Pompeii, Herculaneum and the Bay of Naples. We also see the 'Farnese collection', Roman works assembled in the Renaissance by an aristocratic family. Housed in a splendid palace, the museum testifies to the influence of the European Enlightenment in Naples. Overnight Naples (B)

Monday 7 October

Pompeii

We travel to Pompeii today, once a flourishing market town south of ancient Rome, nestled along the coast of Italy in



Paestum



Morano

the shadow of Mount Vesuvius. Its most famous eruption took place in the year 79 CE, when it buried the city under a thick carpet of volcanic ash. Pompeii offers a huge variety of artifacts and we spend the day exploring the private and public buildings which have captured the imagination of visitors since the ruins were discovered in the 18th century. Returning to Naples, tonight we enjoy dinner in a local pizzeria. Overnight Naples (B, L, D)

Tuesday 8 October **Herculaneum & Oplontis**

Today's itinerary takes us first to Herculaneum, a 'resort' town on the coast featuring large seafront houses, baths, shops and other public buildings typical of Roman towns. In the afternoon, we'll explore the massive Imperial 'Villa of Poppea' at Oplontis with its stunning frescoes, believed by some to have been used by the second wife of the Emperor Nero. Later, there will be a talk in the hotel. Naples (B)

Wednesday 9 October **Magna Graecia - Paestum**

This morning we visit Paestum, the best preserved of the ancient Greek settlements in the region. En route we'll travel along the Amalfi coast and take a short morning visit to explore the town of Amalfi. Then it's on to the ancient town of Paestum to view the three fine Doric temples, impressive town walls and other structures. Later we'll stop at the archaeological site's excellent museum, which contains the famed 'Tomb of the Diver' and other important examples of pre-Roman culture. Dinner tonight will be in a local restaurant. Overnight Rossano (B, D)

Thursday 10 October **Corigliano & Rossano**

We depart by coach to Corigliano, situated on hills that offer panoramic views of the Ionian Sea. We begin by exploring the well-preserved Ducale Castle. First built as a fortress, it underwent a series of transformations through its history, and now is a national monument. Later we depart for Rossano and the Museum of the Ancient Codex, where we'll see a small collection of ancient artworks and artefacts. Tonight, we'll dine at a local restaurant. Overnight Rossano (B, D)

Friday 11 October **Altomonte & Romano**

This morning we travel to The Pollino in the southern Apennines before our final stop at the village of Civita. Cut off from the nearest town, Civita can now only be accessed by a pedestrian bridge. We then visit the charming village of Altomonte is our next stop. Rich in rivers and hilly landscapes, the town has preserved its medieval setting with narrow alleys and houses that lean against one another. After lunch we visit Morano, with its red-roofed houses and maze of alleys that connect the lower and upper part of town. Overnight Rossano (B)



Capo Colonna



Stilo

Saturday 12 October

To Catanzaro

Today we depart by coach to Catanzaro. We first visit Capo Colonna and the ruins of the Temple of Juno Lacinia, one of the most important sanctuaries of the Magna Grecia. Later, we'll visit Le Castella, a small, captivating fairytale castle with an epic history, linked by a small strip of land to the mainland. This evening we enjoy dinner together. Overnight Catanzaro (B, D)

Sunday 13 October

Stilo

We depart for a full day excursion to the medieval town of Stilo, an important Byzantine city and today considered one of the most beautiful in Italy. Built on the slopes of Mount Consolino overlooking the Ionian Sea, the village is dominated by the ruins of what was once an imposing Norman castle. Our tour today takes in the remnants of the old medieval city wall, several Byzantine churches arranged in the shape of a Latin cross and the evocative Fountain of the Dolphins, which reflects Arab influence on the art of the region. Overnight Catanzaro (B)

Monday 14 October

Capital of Calabria

Once a Greek settlement with Byzantine influences, Catanzaro, the capital of Calabria, today is a popular holiday spot for Italians. During the Middle Ages, Catanzaro was involved in various feuds between the Kings of Sicily and Norman invaders. This morning, we take a walking tour of the city. We will then coach to the Scolacium Archaeological Park, discovering monuments from the Roman era. This afternoon there is some free time. Overnight Catanzaro (B)

Tuesday 15 October

Tropea

Today we'll depart Catanzaro for the village of Tropea and its aristocratic palaces that perch on a famous rocky cliff above crystal-clear turquoise waters. En route, we'll visit the Archaeological Park of Locri Epizefiri, with artefacts attributed to the Bronze and Iron Ages. The remains of this Greek city include walls, sanctuaries, a theatre and private buildings that encompass over 4000 years of history. We'll also stop by the medieval town of Gerace, offering a well-preserved historical centre. Tonight we enjoy dinner in a local restaurant. Overnight Tropea (B, D)

Wednesday 16 October

Pizzo Calabro

This morning we head to Pizzo Calabro, a charming little fishing hamlet with ancient origins. Our first stop is the Chiesetta di Piedigrotta just outside of Pizzo, originally a fishermen's chapel in a cave that became at the turn of the 19th century. This little gem overlooks a small beach and is home to several groups of sculptures. Our touring continues in

HOTELS

Naples, Grand Hotel St Lucia

(5 nights)

www.santalucia.it

Rossano, Tenuta Ciminata Greco

(3 nights)

www.tenutaciminatagreco.it

Catanzaro, Best Western Plus Hotel

Perla del Porto Catanzaro Lido

(2 nights)

www.hotelperladelporto.it

Tropea, Hotel Rocca Della Sena

(2 nights)

www.hotelroccadellasena.it

Reggio, Grand Hotel Excelsior

(3 nights)

www.grandhotalexelsiorrc.it

WEATHER

This tour takes place in autumn, when there are fewer tourists around. It will probably be cool to mild throughout the trip with daily maximum around 16°C - 22°C degrees, dropping to 10°C - 12°C degrees at night. There is of course some chance of grey skies and rain on a few days. We suggest you bring a waterproof jacket and a light jumper for the evenings.

FITNESS REQUIREMENTS

Grade Two

This tour is physically demanding. To participate on this tour, you should be able to:

- keep up with the group at all times
- walk for 5-7 kilometres over the day at a moderate pace
- stand and slow walk for up to 90 minutes galleries and museums
- negotiate walking over uneven ground on dirt tracks
- walk up and down steps and slopes
- get on and off a coach with steps unassisted
- move your luggage unassisted

Pizzo, where we'll visit the unaltered quadrangular Arganone castle, Castello Murat, built as an ancient fort in the 14th century. Overnight Tropea (B)

Thursday 17 October

Scilla

Today we depart for the vibrant city of Reggio, stopping first in the town of Scilla, named for a fearsome monster of Greek mythology that guarded one end of a narrow strait. At the other end was Charybdis, giving sailors a terrible decision to make - hence the idiom "choosing the lesser of two evils." We'll have lunch in a delightful waterside restaurant in Chianalea, considered "Venice of the South" before continuing to Reggio. Overnight Reggio (B, L)

Friday 18 October

Reggio

Following a talk in the hotel, we'll have a walking tour of Reggio, taking in the main street, castle, cathedral, theatre and waterfront. We end our tour at the fascinating Magna Grecia Museum, which houses prehistoric and protohistoric period objects including "the Bronzes of Riace," magnificent Greek statues of naked warriors from about 450BC. The afternoon is at leisure. Overnight Reggio (B)

Saturday 19 October

Pentedattilo & Bova

Our first stop today is a walking tour of the village of Pentedattilo situated on a mountain once shaped like five fingers and once settlement of ancient Greeks. Later, we continue to Bova, one of two Greek-speaking areas in Southern Italy. This evening, we'll enjoy a farewell dinner in a local restaurant. Overnight Reggio (B, D)

Sunday 20 October

Departure

The tour concludes after breakfast in Reggio. Please refer to your individual documents for your onward journey. (B)



ENQUIRIES & BOOKINGS

For further information or to secure a place, please contact **Sharon Williams** on 9235 0023 (Sydney) or 1800 639 699 (outside Sydney) or email:

sharon@academytravel.com.au

✉ info@academytravel.com.au

🖱 academytravel.com.au