EXPLORE! Tour Notes

PRICE GUARANTEE 100% NO SURCHARGES

Family In the Shadow of Vesuvius (FNA 2016)

CULTURAL DISCOVERY

TRIPDURATI
8
DAYS

Tour Style: Classic
Tour Pace: Moderate

Tour Type: Small Groups
Accommodation
Grade: Standard

Trip Code: FNA

Trip Highlights - Family In the Shadow of Vesuvius

- ✓ Sorrento Peninsula - Make pizza for the whole group
- ✓ Vesuvius - Drive and walk to the summit
- ✓ Pompeii - An intact city that has taught us about the Roman way of life
- ✓ Capri - The most beautiful island in the Mediterranean
- ✓ Amalfi Coast - Coastal villages and the picturesque gem of Amalfi town
- ✓ Italian Food - Sample delicious pizza, ice-cream and local produce

Trip Essentials

Accommodation:	7 nights Standard Hotel
Included Meals:	7 breakfasts, 0 lunches, 1 dinner
Start Point:	Join trip: Naples Airport
End Point:	Trip ends: Naples Airport
Transport:	Bus, Train, Boat, Ferry
Countries:	Italy
Minimum Age:	From 5 years

Family In The Shadow Of Vesuvius

This charming corner of Italy is renowned for its superb scenery, mouth-watering cuisine and fine weather. Along the dramatic coastline we visit the Roman city of Pompeii and the majestic Greek temples of Paestum. We walk on the summit of Vesuvius where we can look down into its vast volcanic crater. Join us in making classic Italian pizza, or simply enjoy the sunshine by the hotel pool.

TRIPLE ROOMS
This trip allows the option for triple rooms to be included within the booking on a selected number of night stops within the holiday. If you would like this option, a discount may be applicable on the cost of the trip - please ask our Sales team for further information.

Why Book this trip

This adventure is great for families with a range of ages of children (minimum of 5 years) with included visits to highlights such as Vesuvius, Pompeii and the beautiful towns of Sorrento and Amalfi. We have a range of transport including trains, boats, ferry and bus which all give a flavour of the area and there are plenty of opportunities for family fun including making pizzas, discovering the Blue Grotto, visiting a buffalo farm and of course eating lots of Italian ice-cream. A great holiday to discover the beautiful Sorrento Peninsula area and meet other like-minded families.

Suitability

We've given each of our tours a comfort rating and a tour pace, walking or cycling grade to give you a general idea about the level of activity on each tour and the standard of accommodation you will be staying in at the end of your day's adventure.

Often you'll stay in different styles of accommodation during your tour; so we make an average rating across the entire tour. For more information on where you'll stay each night, please refer to the day by day tour itinerary.

Accommodation Grade: Standard

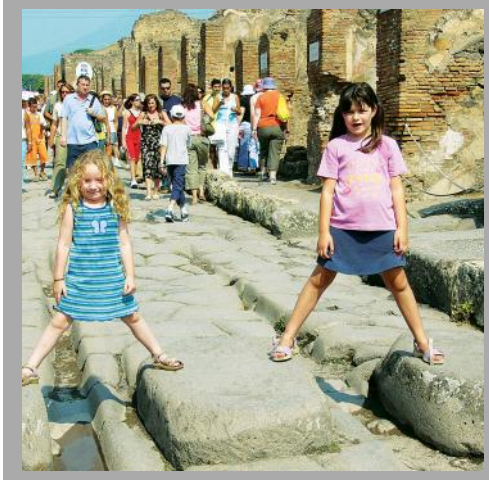
Our mid-range accommodation offers a good level of service often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en-suite facilities.

Tour Style: Classic

Packed with adventure, these tours offer inspiring destinations and authentic travel experiences at a reasonable price. Using all kinds of transport and accommodation, we'll take you off the beaten track to discover the true heart of the people and places you visit.

Tour Pace: Moderate

These moderately paced tours provide some busy days with plenty of experiences to enjoy, as well as time to relax along the way.



Your trip itinerary

Tour itinerary notes

While our intention is to adhere to the day-by-day itinerary as printed below, a degree of flexibility is built in. Overnight stops may vary from those suggested.

Your Tour Leader

A Tour Leader is an integral part of any Explore tour and your tour will be led by one of our experienced Tour Leaders who have been handpicked and expertly trained. We believe that our Tour Leaders are the key to the success of our tours; they are passionate travellers who are bursting with first-hand local knowledge which they love to share. Your Tour Leader will also take care of all the planning and organisation throughout your journey. Their passionate approach will make this tour fun and inspiring, bringing the destination to life whether you're travelling alone or with others.

DAY 1 Join tour Naples Airport; Transfer to the Sorrento Peninsula

Our tour starts at Naples airport from where it is around an 1.5 hour drive to the lovely Sorrento Peninsula, where we will be spending the first few days exploring the glorious beauty and historic remains along this stretch of coast. The main transfer leaves Naples airport in the evening although there is another transfer that can be arranged in the morning - please inform Explore which transfer you would like to be on.

Overnight: **Standard Hotel**
Triple Room Available **Swimming Pool Available**

Included Meals: None

DAY 2 Train to Pompeii; visit site and then drive to Vesuvius

This morning sees us boarding the Circumvesuviana train to Pompeii. On arrival we will enjoy a guided walk around this remarkably well-preserved example of a provincial Roman city. The town once housed 15,000 people and was an important commercial centre, as well as a favourite residence of wealthy Roman patricians, until one fateful day some 2,000 years ago when the powerful eruption of nearby Mount Vesuvius (1281 m) buried the city, preserving forever in layers of ash and pumice, the town and its unfortunate citizens. You can still see the extensive colonnaded forum with its Temple of Jupiter and the magnificently decorated villas such as that of the Vetii, whilst the human casts that have been made of some of the unfortunate victims trapped by the eruption afford a unique snapshot of an event that happened over two millennia ago. Following our visit, we will take a charter bus on to Vesuvius itself and walk to the rim of the volcanic crater, from where there are remarkable views of Naples, the coastal plain and the glistening bay. Vesuvius is the only active volcano on the European mainland and dominates the skyline between Naples and Pompeii, rising up from the flat and fertile plains. Since the mighty eruption of AD 79, which destroyed Pompeii and Herculaneum, it has had another 18 violent eruptions, the last one being in 1944, surprising the Allied forces and destroying an entire squadron of 88 B-25 bombers belonging to the American Air Force! Don't worry though - Vesuvius is amongst the most studied and closely monitored volcanoes in the world, so we should get plenty of warning if it does blow again. From here we return back to Sorrento.

Overnight: **Standard Hotel**
Triple Room Available **Swimming Pool Available**

Included Meals: Breakfast

DAY 3 Morning tour of the Sorrento Town; Afternoon visit agriturismo farm and pizza making

Our morning tour takes us through a beautiful landscape blanketed in orange and olive groves, terraced farmland and vineyards to a local agriturismo (working farm) in the hills above the Gulf to see how the local produce is cultivated and made. Surrounded by apple orchards, olive groves and vineyards, the farm produces an array of products, from olive oil to jams and honey with time to buy some of the products before we return to Sorrento and our hotel. We departure mid-afternoon, travelling back by local train to the centre of Sorrento from where we start our walking tour of this popular town. Sorrento is a rich and elegant city which straddles the cliffs overlooking the water to Naples and Mount Vesuvius and boasts plenty of good quality restaurants and cafe bars from where you can do what the Italians do best - people watching. The city is originally a favoured summer retreat of the Romans and attracted the likes of Casanova, Byron and Wagner so as you can see, we are in good company. On this tour, we see and experience some of the highlights of Sorrento such as the Cathedral, the public gardens and most importantly, a classic of Italian culture - the Gelato Italiano (Italian ice cream). Later this afternoon we have a go at making pizza or pasta making, with the bonus (or not, depending upon your culinary skills) of eating what you have made later in the day.

Overnight: **Standard Hotel**
Triple Room Available **Swimming Pool Available**

Included Meals: Breakfast, Dinner

DAY 4 Full day trip in Capri with option to visit the Blue Grotto

This morning we take a hydrofoil across the Gulf of Naples to the beautiful island of Capri, where weather permitting we will hope to enjoy a boat trip around its stunning coastline. Capri is a breathtaking area of natural beauty and it's seductive charms have attracted many visitors for thousands of years. There is an option to visit the delightful Villa San Michele. Built on the site of the ruins of the villa once owned by the emperor Tiberius, this elegant property contains an interesting museum boasting a wealth of artefacts that date back through to antiquity, and the gardens present some breathtaking views of the island, the Sorrento Peninsula and Mount Vesuvius. If sea conditions allow, there may be time to visit the celebrated Blue Grotto (optional), where refracted sunlight through the translucent waters produces iridescent effects of light and colour. Alternatively, you can walk to the Villa Jovis, the ruins of Tiberius' cliff top palace from where the views over the island and the Bay of Naples are nothing short of spectacular (the climb takes about 45 minutes and is fairly strenuous). More fantastic views are afforded from the top of Mount Solare, which can be accessed by chairlift (optional) at Anacapri town. Later this afternoon we will return to the mainland.

Overnight: **Standard Hotel**
Triple Room Available **Swimming Pool Available**

Included Meals: Breakfast

DAY 5 Drive to Scala and walk around the town

After a morning in the Sorrento we head for Scala which is a little town that sits in the hills overlooking the beautiful Amalfi coastline. The drive itself is a highlight of the tour with wonderful views along the way. Over the next few days you will have the opportunity to relax and enjoy the tranquil surroundings of Scala, a town that is next door to the famous Ravello and a short bus or taxi ride from the even more famous town of Amalfi. We have an orientation walk around the town this afternoon with the rest of the day free to explore.

Overnight: **Standard Hotel**
Triple Room Available **Swimming Pool Available**

Included Meals: Breakfast

DAY 6 Morning visit to Buffalo Farm; Afternoon visit to Paestum

This morning we drive to a local Buffalo Farm to see for ourselves how the water buffalos produce a range of products from cheese to yoghurt. This area is famed for its mozzarella cheese and we get a chance today to try some fresh buffalo mozarella, on the hoof as it were. After a guided tour of the farm to see how the cheese is made we depart for an afternoon visit to the ancient site of Paestum (unguided). Founded by the Greeks in the 6th century BC and then colonized by the Romans, this once important city on the open plains to the south of the River Sele lay undisturbed amongst verdant forest until it's rediscovery in the 18th century. Dedicated to the goddess Hera, the site contains some of the best preserved Doric temples in the world and the impressive remains of the Temple of Neptune and the Basilica of Hera present us with a quite spectacular setting.

Overnight: **Standard Hotel**
Triple Room Available **Swimming Pool Available**

Included Meals: Breakfast

DAY 7 Morning visit to Amalfi; Afternoon free

This morning we take a trip to the nearby town of Amalfi for a visit to without doubt one of the highlights of this coastal region. The beautiful 11th Century Cathedral of St. Andrea dominates the town, a magnificent combination of Romanesque and Saracen design, with an impressive set of bronze doors that hailed from Constantinople. At the far end of the town lies the 'Valley of the Mills', a once important centre of the Amalfi's paper industry, that today echoes with the ghosts of its past glories. This afternoon there are a number of possible options available including a visit to Ravello, a tranquil spot located high on a rocky promontory overlooking the azure waters of the coast. A glorious mix of Moorish flair and aristocratic excess, the town's captivating charms have attracted artists and writers to its enchanting streets for generations. Another option is a walk along the stunning coastline, with a visit to one of the paper mills and museums to learn a little something of the areas historical importance.

Overnight: **Standard Hotel**
Triple Room Available **Swimming Pool Available**

Included Meals: Breakfast

DAY 8 Tour ends Naples Airport

This morning we drive back to Naples airport where our tour ends. please note, there are two transfers arranged today - only departing Sorrento in the early morning and the other in the early afternoon - please inform Explore which transfer you would like to be on.

Included Meals: Breakfast

Ability to swim required

Whether in swimming pools, rivers, lakes, the sea or the ocean, participation requires that you are able to swim unaided for your safe enjoyment

Accommodation and Meals

Accommodation Rating

Our hotel in Sorrento offers a very comfortable stay with a large pool and terrace area from where we can relax in the greenery of a small citrus grove. There is also a gym with a cardio-fitness system as well as a spa wellness area where you can have massages and beauty treatments. The restaurant serves dishes based upon the Sorrento and Neapolitan culinary traditions. Each room is equipped with satellite TV, Wi-Fi, air-conditioning, minibar and hairdryer. The hotel in Scala is a newly built family run hotel in the centre of the town with a large terrace for sunbathing, a swimming pool and solarium. Ensuite rooms have a balcony, TV and air-conditioning. There is also a bar and restaurant with a terrace that overlooks the surrounding area.

Food & Drink

Included meals: 7 breakfasts, 0 lunches,1 dinner included in the price of this trip. Please be prepared to pay for non-included meals. Please note that costs for drinks and meals can vary depending on location.

Budgeting for your Trip

You will need some extra money to cover meals and drinks not included in the trip price, any optional sightseeing, souvenirs and items of a personal nature such as laundry.

Food

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide.Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Italy

Lunch £: 6.00 - 10.00

Dinner £: 10.00 - 14.00

Drink

The prices for drinks can vary greatly depending upon location and the prices detailed below are an average guide. In general you would expect that drinks purchased in a supermarket or local bar to be less expensive, whilst drinks in an upmarket bar or restaurant may be more expensive.

Italy

Bottle of Beer £: 2.00 - 4.00

Water £: 1.00 - 2.00

Other Sightseeing & Activities

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations.

Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

Optional Excursions

Capri - Blue Grotto €25, Chairlift to Monte Solaro €10-15, Villa San Michele €6
Amalfi - Papermill museum €3.50, Public Ferry to Positano €6.00 1 way, Public Bus to Ravello €2.40 1 way, Villa Cimbrone €6, Villa Rufolo €5.

Tipping - Tour Leader

At your discretion you might also consider tipping your Tour Leader in appreciation of the efficiency and service you receive.

Tipping - Local Crew

Although entirely voluntary, tipping is a recognised part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. Accordingly you should allow approx. £20 for gratuities.

In order to make things easier for you, the Tour Leaders may organise a group's tips kitty and if this is the case, they will account for it throughout the tour.

Foreign Exchange

Italy

Major Language: Italian

ATM Availability: Major towns.

Credit Card Acceptance: Larger hotels and restaurants.

Travellers Cheques: Only in major towns. Please note, the exchange rate for cash and Travellers Cheques is poor.

Local Currency: Euro.

Recommended Currency for Exchange: GBP.

Where to Exchange: We recommend that you change any currency into Euros prior to arrival. Bureau de Change are generally only found in major cities and large airports.

Joining your Trip

Flight Information

You are able to book this tour on a 'land only' basis or as a ‘flight inclusive’ package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

Booking a land only package with Explore

Customers who have chosen to book on the ‘Land Only’ arrangements of our tour, please ensure that you have checked your tour specific ‘Joining Instructions’ prior to booking your own travel arrangements. Your joining instructions can be found on our website at www.explore.co.uk, in the tour specific dates and prices section.

You may also be eligible for the Free Explore Transfer. For more information please refer to https://www.explore.co.uk/transfers.

Joining Tour Abroad

Customers booked on the ‘Land Only’ arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer please refer to https://www.explore.co.uk/transfers.

Free transfers are not available for Self-Guided, Tailormade or Tours for Churches customers.

Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

Important Information

Travel Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

EXPLORE!
The Adventure Travel Experts

CAMPBELL IRVINE
DIRECT TRAVEL INSURANCE

Travel Insurance is essential. If you have not already arranged cover, please contact our recommended Travel Insurance providers www.campbellirvinedirect.com/Explore who offer Travel Insurance specifically designed to cover travel with Explore or call **Campbell Irvine Direct** on Tel: 020 7938 1734

Explore Worldwide is an Introducer Appointed Representative of Campbell Irvine Ltd who are authorised and regulated by the Financial Conduct Authority.

Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

Visa Information

Italy: Visas are not required by UK, E.U Nationals, Australian, New Zealand, US and Canadian citizens. Other nationalities should consult their local embassy or consular office.

All visa information is subject to change. You should confirm all visa related questions with the relevant Embassy prior to departure.

Lone Parents

Italy

Single parents or other adults travelling alone with children should be aware that some countries require documentation confirming that the individual has authority to travel with the minor. It is crucial that you contact the Italian embassy for further information on exactly what may be required.

Vaccinations & Protection

Italy

Nothing required. Tetanus recommended. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at http://www.explore.co.uk/Travelhealth/ and from your local healthcare provider.

Preparing for your Trip

Climate

Italy

April/May and October/November are pleasantly warm. June/September are the hottest months. Showers are common in Autumn.

Clothing

July and August are the hottest months, but early and late in the season go prepared with clothing to suit drops in temperature and the showers. You'll need your swimming gear, a bath towel and a beach towel. Light rainwear may be needed at any time of year, and a warm fleece/jacket is recommended for cooler evenings and nights.

Equipment

A water bottle, sunhat and high factor sunscreen are all essential.

Footwear

Light walking boots for optional day walks. Comfortable shoes, trainers or sandals for relaxing.

Luggage: On Tour

One main piece and a daysac.

Luggage allowance on trip: 20kg

General Information

Country details

Italy

Population: 60,681,514

Size of Country: 301,338 Sq KM

Major Language: Italian

ATM Availability: Major towns.

Religion: Roman Catholic

Time Difference to GMT: +1

Electric Supply & Plugs

Italy

2 Pin Round

Why Choose Explore

We've been creating award-winning pioneering adventure holidays for over 30 years, earning the trust of thousands of delighted customers, who feel safe in our hands. Our tour leaders have expert local knowledge and our tours are designed to take you off the beaten track to see the most exotic, inspiring and dramatic places in the world.

- With over 30 years' experience, we are passionate about what we do.
- Pioneering small group adventures, self-guided, private journeys & tailormade holidays.
- Award winning tour leaders who you can trust.
- Responsible travel is and always has been one the driving principles of Explore.

Our adventure holidays are full of exciting things to see and do, exploring in small groups travelling by bus, boat, plane, rickshaw, camel, or any number of unusual forms of transport . Often you will stay in family run hotels and village houses and enjoy authentic local cuisine. In this way, it's easy to discover the true heart of the people and the place you travel to – and make some new friends along the way. Each tour is uniquely different, so please feel free to browse through our tours to see what may whet your appetite.

Our commitment to the environment

We are passionate about sustainable travel and work hard to create tours where your holiday delivers real benefits to the local communities. We minimise our impact by travelling in small groups, respecting local cultures, reducing waste and offsetting 100% of the CO2 from our flights.

When you travel with Explore, you are directly contributing to local economies and helping empower the people you meet. We currently support a range of charities and good causes, including: Toilet Twinning (helping to flush away poverty), Lone Buffalo Foundation (a community project based in Laos providing creative skills for young people), Dekamer (a turtle rescue centre in Turkey) and Kids Saving the Rainforest (a wildlife rescue centre in Costa Rica supported through the LATA foundation). We also care passionately about the world's wildlife. We are patrons of the Born Free Organisation and Friends of Conservation.

Cool Earth

Explore are proud to support Cool Earth in their effort to reduce global carbon dioxide levels through the prevention of deforestation in the South America rainforest. Cool Earth focus on areas in immediate danger of deforestation, supporting local communities to be forest guardians. To date 350,000 acres of rainforest has been protected. Saving rainforest also protects rare animals and plants, allows local forest communities to maintain their way of life, and protects a major source of oxygen and fresh water. When you travel on an Explore holiday we make a donation to Cool Earth that exceeds the impact of our customers flights each year.

Earth Matters

- The Travel Foundation

  Explore are active members and supporters of the Travel Foundation which has established a variety of sustainable tourism projects in destinations and works with industry to improve practice. Visit their website www.thetravelfoundation.org.uk
- Tourism Concern

  Explore support the work of Tourism Concern who campaign for fairly and ethically traded tourism, and are part of its Ethical Tour Operator Group www.tourismconcern.org.uk
- For further information on responsible travel go to www.explore.co.uk/ResponsibleTourism/

Know before you go

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office Advice follow the link at www.explore.co.uk/travel-safety

Booking Your Holiday

Peace of mind - book with confidence

You can book your Explore holiday with confidence, as all monies paid to us for your trip are fully protected. Explore is a fully bonded tour operator licensed by the Civil Aviation Authority (CAA) and by ABTOT.

The air holiday packages (Tours including flights) that we advertise are ATOL protected, since we hold an Air Travel Organiser's LicenceÂ granted by the Civil Aviation Authority.Â Our ATOL number is ATOL 2595. In addition, As a member of the Association of Bonded Travel Organisers Trust Limited (ABTOT), Explore has provided a bond to meet the requirements of the Package Travel, Package Holidays and Package Tours Regulations 1992. Please note that packages booked outside the UK are only protected when purchased directly with Explore.

Reserving your place

To reserve your place on this tour you will need to check availability on the Explore website or through our dedicated call centre based in the UK where you can. Our tours can fill up quickly so you are advised to book as early as possible. If your chosen date is ‘Available’ or ‘Guaranteed’ we will be able to provisionally hold you a space for up to 48 hours.

For Self-Guided holidays and Private Journeys simply choose your date of travel and let us know so we can confirm all ground services.

The easiest way to confirm your booking is through our website. When you are ready to book, we normally require a 10% non-refundable deposit, but for some holidays this may be more to cover such items as permit fees, internal flights or other non-refundable services. If your travel starts within 60 days of booking, full payment will be required at the time of booking

100% No Surcharge Guarantee

The price paid for our holidays is no longer subject to change. Once booked and confirmed we will guarantee the price you pay will not increase, whatever the circumstances. You will not be approached to pay fuel surcharges unlike the vast majority of other adventure tour operators. The price guarantee applies to all new bookings departing between 1st January 2016 and 31st December 2017.

Trip Itinerary Versions

Itinerary details may vary depending on departure date and alternative itineraries for this tour may exist. Please refer to the dates and prices page on our website to check which itinerary operates on each departure date.

Please ensure that you have an up-to-date copy of these tour notes immediately before you travel, as from time to time our itineraries may be amended, either for operational reasons or in response to feedback from customers. You will be informed of any major changes to your tour but small changes may just be added to these tour notes.

Please note: 2016 itinerary versions are applicable to tours departing in 2016. 2017/18 itinerary versions are applicable to tours departing from 1st January to 31st December 2017.

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