

EXPLORE!

TRIP NOTES



Bay of Naples and Amalfi Coast (NA 2017)



TRIPDURATION
8
DAYS



Tour Style: Classic

Tour Pace: Full On

Tour Type: Small Groups

Accommodation

Grade: Standard

Trip Code: NA

Trip Highlights - Bay of Naples and Amalfi Coast

- ✓ Naples - Explore the prestigious National Museum and go underground in Naples Sotterranea
- ✓ Herculaneum - Tour the incredible excavations of this ancient Roman city
- ✓ Pompeii - Stay at a hotel a stone's throw from the ancient city that has taught us more about Roman life than any other site
- ✓ Amalfi Coast and the Sorrento Peninsula - Enjoy breathtaking views, picturesque towns and authentic hospitality
- ✓ Paestum - Discover this magnificent UNESCO World Heritage Site
- ✓ Capri - Included excursion by hydrofoil to the stunning island

Trip Essentials

Accommodation: 7 nights Standard Hotel

Included Meals: 7 breakfasts, 1 lunch, 0 dinners

Start Point: Join trip: Naples

End Point: Trip ends: Terminal One
- Naples Airport

Transport: Bus, Boat

Countries: Italy



Bay Of Naples and The Amalfi Coast

Exploring the beautiful Amalfi Coast and the Bay of Naples, this trip takes in the well-preserved Roman ruins of Pompeii and Herculaneum and the Greek temples of Paestum. We spend time exploring the atmospheric streets of Naples' old quarter, go underground in the fascinating Napoli Sotterranea and discover a wealth of Roman artefacts at its prestigious museum. We also explore iconic Capri, the Amalfi Coast and Sorrento and have the chance to climb to the crater rim of Mount Vesuvius.

Why Book this trip

On this trip we explore all the best known highlights plus lesser known attractions of the region and we include more than most other operators do. We include a visit to the beautiful island of Capri which is a must for any visitor to Sorrento - this is charged at an additional cost by most other tour operators. We stay within a few hundred metres of the historic site at Pompeii allowing you to spend ample time at this famed attraction and to get there before the crowds. We also visit the lesser-known, but fascinating underground area of Naples Sotterranea as well as the world renowned National Museum.



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: Full On

These fast paced tours move on quickly from place to place and with lots of early starts and long busy days, they're packed with experiences.



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

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

DAY 1 Join trip in Naples

Our trip starts in Naples, a city of diverse contrasts and one that evokes fierce pride among the locals. Its rich history, staunch Catholicism and exasperating charm make it one of the most engaging cities in the country. Our hotel is set upon a hilltop and has its own botanical garden, which offers fantastic panoramic views of the city and Gulf of Naples below. It's a lovely spot for you to relax this evening.

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** None

DAY 2 Visit to the National Museum and Napoli Sotterranea

We start our sightseeing this morning with a visit to the National Museum, one of the most important archaeological museums in mainland Europe, which houses a prestigious collection of ancient art. Here, we will see antique marbles, bronze sculptures, beautiful mosaics and a myriad of treasures from the famous sites of Pompeii and Herculaneum, including poignant everyday household items. Other pieces of note include the mosaic of Alexander the Great defeating the Persians at the Battle of Issus and the colossal Farnese Bull, believed to be the largest piece of sculpture from antiquity ever discovered. After visiting the museum, we head underground in the Napoli Sotterranea. 40 metres below Naples' historic centre we'll discover an underground world of passageways that were created in the construction of the city above. The Greeks quarried out the tufa stone and used it to build the city walls and temples and the underground passages were then used as tombs. During the Roman's rein the tunnels were a bypass to avoid climbing Mount Piedi Grotta, then in the early 1990's they were used to transport water through the city and most recently during World War II they became bomb shelters. This afternoon is the turn of old Naples above ground, as we enjoy a walking tour with our Explore Leader of the city. Exploring the old city streets, open air markets and narrow alleyways provides a captivating insight into the city's beating heart, probably unchanged in essence for generations. Following our tour we'll drive to our hotel at Pompeii, which is located just 300 metres from the archaeological site and 100 metres from the Sanctuary of Pompeii. Here you might like to try a glass of Lacryma Christi wine which is produced from grapes grown on the slopes of Mount Vesuvius.

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY 3 Chance to climb Mount Vesuvius; visit Herculaneum

This morning there's the opportunity to take the public bus to Mount Vesuvius and walk up to the rim of the volcanic crater, from where there are remarkable views down to 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, fertile landscape. Since the mighty eruption of AD 79, it has had another 18 violent eruptions. The last one, in 1944, surprised the Allied forces and destroyed an entire squadron of 88 B-25 bombers belonging to the American Air Force. Descending back along a well-graded cinder track, we return to our hotel by public transport. This afternoon we drive to the nearby ruins of Herculaneum at the foot of the western slopes of the volcano. Buried by the Vesuvius eruption of AD 79, the city was hermetically sealed under a thick layer of volcanic mud, which preserved a staggering amount of wooden furniture and other organic materials - even fruit. After our two hour guided tour, you'll have a further hour to explore before we return to our hotel.

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY 4 Visit to famed Pompeii, pasta tasting and Sorrento walking tour

Our first stop today is at Pompeii for a guided walking tour to introduce us to 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. Of course, on one fateful day some 2,000 years ago, this all changed when the powerful eruption of nearby Mount Vesuvius buried the city, preserving the town and its citizens in layers of ash and pumice. On our tour, we will see the extensive colonnaded forum with its Temple of Jupiter and the magnificently-decorated villas, such as that of the Vetii. Human casts of some of the victims trapped by the eruption give an emotive snapshot of this catastrophic event. After our visit we'll drive to La Fabbrica Della Pasta for a guided tour of this pasta making factory followed by a pasta tasting lunch accompanied by a glass of local wine. After we've filled up on this freshly made Italian staple we'll drive on to Sorrento. It's a small town with a lot to offer and on arrival we'll take a walking tour of the main highlights followed by free time for you to enjoy dinner. Sorrento's baroque church of Saint Francesco with its cloisters and monastery is worth a visit, especially as it boasts a garden terrace with sweeping views over the Bay of Naples. The historic centre and Piazza Tasso (Central Square) is host to many beautiful shops featuring the work of the local artisans and also restaurants to sample the home-grown cuisine in. The city is rich in historical and religious places of interest, including the remaining four gates of the old city walls. Our hotel is located near to the seafront and a short walk from Sorrento's Central Square.

Overnight: **Standard Hotel**
Single Room Available



Included Meals: Breakfast, Lunch

DAY 5 Full day trip to the beautiful island of Capri

This morning we transfer to the Port of Sorrento and take the hydrofoil across the Gulf of Naples to the beautiful and popular island of Capri. There are multiple ways to explore the island, such as enjoying a boat trip to the famous Blue Grotto; visit the delightful museum and gardens of Villa San Michele or walk to the Villa Jovis - the ruins of the Roman Emperor Tiberius' cliff top palace with impressive views over the island and the Bay of Naples. More fantastic vistas are afforded from the top of Mount Solaro, which can be reached by chairlift. Following ample time to explore we return to Sorrento by hydrofoil and transfer back to our hotel.

Overnight: **Standard Hotel**
Single Room Available



Included Meals: Breakfast

DAY 6 Drive along the scenic Amalfi Coastal Road to Maiori

Today we leave Sorrento and make our way across the mountainous Sorrento Peninsula to the Amalfi Coast. The coastal road is one of the most famous drives in the world and we get to enjoy the spectacular scenery on our way to Maiori. Along the way we'll stop in town of Amalfi for an orientation tour with our Explore Leader. A great maritime power since the Byzantine era, Amalfi went on to reach its pinnacle during the Middle Ages, when it was an independent trading republic rivalling those of Venice, Pisa and Genoa. The beautiful 11th century Cathedral of Saint Andrea dominates the town - a magnificent combination of Romanesque and Saracen design, with an impressive set of bronze doors that hail from Constantinople. At the far end of the town lies the Valley of the Mills, a once important centre of Amalfi's paper industry, that today echoes with the ghosts of its past glories. You'll then have the option of visiting nearby Ravello or to enjoy some free time in Amalfi to perhaps take a scenic walk or enjoy a delicious gelato. Ravello is a tranquil spot located high on a rocky promontory overlooking the azure waters off 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. We'll drive on to our hotel in Maiori where we spend the next two nights.

Overnight: **Standard Hotel**
Single Room Available



Included Meals: Breakfast

DAY 7 Excursion to historic Paestum to explore the temples

Today we drive to the unique archaeological site of Paestum for a guided tour. Founded by the Greeks in the 6th century BC and then colonised by the Romans, this once important city lay undisturbed amongst verdant forest until its rediscovery in the 18th century. Dedicated to the goddess Hera, the site contains some of the best-preserved Doric temples in Europe. The impressive remains are set against a backdrop of flowers and trees, creating a spectacular setting in which to explore the Temple of Neptune and the Basilica of Hera. During our visit to this UNESCO World Heritage Site, you will also have time to explore the excellent museum which houses famous tomb paintings. Following our visit we return to Maiori where the rest of the afternoon is free for you to relax. Maiori has the longest stretch on beach on the Amalfi coastline, and due to this, it has been a popular seaside holiday destination since Roman times. The main attractions in the town are the Collegiate Church of Santa Maria a Mare, with its brightly painted dome, and the 15th century Castle of San Nicola de Thoro-Plano. Maiori is also an area known for its delicious pastries, so we'd recommend a visit to the Salvatore De Riso's shop to sample a sweet treat or two. You might choose to venture slightly further afield and take a local bus to nearby Minori, which is home to the abandoned ruins of the ancient Roman villa of Marittima Romana.

Overnight: **Standard Hotel**
Single Room Available



 **Included Meals:** Breakfast

DAY **8** Trip ends at Naples airport

We drive back to Naples airport (approximately one and quarter hours) where our trip ends.

 **Included Meals:** Breakfast

Included Activities

Walks in and around Amalfi may involve steep ascents/descents which are often stepped.

At Pompeii and Herculaneum you aren't permitted to take in any backpacks or bags that measure more than 30cm x 30cm x 15cm. There are bag storage facilities at the sites where you can leave bigger items without charge.

Accommodation and Meals

Food & Drink

Included meals: 7 breakfasts, 1 lunch, 0 dinners 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

Vesuvius - Excursion up Vesuvius €20.00

Capri - Blue Grotto boat trip €25.00; chairlift to Monte Solaro €10.00-15.00; Villa San Michele entrance €6.00

Amalfi - Paper Mill Museum €3.50; public bus to Ravello €2.40 per way, Villa Cimbrone entrance €7.00; Villa Rufolo entrance €5.00

Tipping - Tour Leader

At your discretion you might also consider tipping your Explore 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 approximately €20.00 for gratuities for

local staff.

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

Foreign Exchange

Italy

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.

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

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>.

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 Introducing Appointed Representative of Campbell Irvine Ltd who are authorised and regulated by the Financial Conduct Authority.

Travel Aware

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

We strongly advise that you register with the FCO to receive updates to the travel advice for your chosen destination. A hard copy of the current FCO Travel Advice for your chosen destination is available by contacting cr@explore.co.uk or 01252 379438.

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

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.

If you do require assistance in obtaining a visa then you may consider applying through Explore's recommended visa service in the UK, Travcour. See www.travcour.com to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

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 and lightweight cotton clothing is best. During spring and autumn temperatures can be lower or drop during the evenings and there is also a stronger possibility of rain. You'll need your swimming costume and light rainwear may be needed at any time of year. A warm fleece/jacket is recommended for cooler evenings and nights and layers for if you decide to climb Mount Vesuvius where the temperatures are lower.

Equipment

A water bottle, sunhat and high factor sunscreen are all essential, and a torch is useful in case of power cuts or emergencies. Most importantly don't forget your camera.

Footwear

Comfortable walking shoes for exploring (historical sites can be uneven underfoot) and trainers or sandals for relaxing.



Luggage: On Tour

One main piece of baggage and a daypack. Remember you are expected to carry your own luggage so don't overload yourself.

Luggage allowance on trip: 20kg

General Information

Country details

Italy

Population: 60,681,514

Size of Country: 301,338 Sq KM

Major Language: Italian

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 & tailor-made holidays.
- Award winning tour leaders who you can trust.
- Responsible travel is and always has been one of 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.

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

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) and have recently supported women's cooperatives in Borneo and Morocco. We are a member of Tourism Concern's Ethical Tour Operator Group (www.tourismconcern.org.uk) and support their campaign for fair and ethical tourism. We also care passionately about the world's wildlife and actively support and promote the Born Free Organisation and Mahouts Elephant Foundation.

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 Licence granted by the Civil Aviation Authority. 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: 2017 itinerary versions are applicable to tours departing in 2017. 2018/19 itinerary versions are applicable to tours departing from 1st January to 31st December 2018.

These trip notes were printed on 18/08/2017 12:29:53