



ACTIVE & AUTHENTIC ITALY: Grand Journey of Trails and Tastes

NAPLES - VESUVIUS - SORRENTO - AMALFI COAST - FLORENCE - TUSCAN HILLS - CINQUE TERRE - ROME - APPIAN WAY

Trip duration: 11 days | Travelers: 1 Adult

ITINERARY

*An active journey through Italy's most authentic landscapes — where **volcanic soil, coastal trails, and ancient roads** tell stories older than time.*

Hike the dramatic slopes of **Mount Vesuvius** in **Naples** and taste wines born from its mineral-rich land in **Sorrento**, then walk the legendary **Path of the Gods** with the **Amalfi Coast** unfolding beneath you. In **Florence**, experience **Tuscany** through movement: from the **hidden Finestrelle viewpoints** to an **e-bike ride** through Fiesole's rolling hills and olive groves. Explore the **Cinque Terre** on foot and by sea, discovering pastel villages and **cliffside paths** that capture the essence of the Italian Riviera. In Rome, walk the ancient stones of the **Appian Way** and taste the capital's most authentic flavors on a **golf-cart food tour** through **Testaccio**: the heart of Roman culinary tradition.

A dynamic blend of trails, tastes, and timeless stories, designed to reveal Italy through the eyes of those who live it.

Day 1



NAPLES: WHERE PASSION AND ANCIENT STORIES MEET



Vibrant, chaotic, and endlessly fascinating, Naples is a city that lives at full volume: a place where passion fills the streets as naturally as the scent of **pizza** from a hidden trattoria. Feel the rhythm of the waterfront, the warmth of its people, and the depth of its traditions. Walk along **Spaccanapoli**, where centuries of history unfold between artisan shops, Baroque churches, and families chatting from balcony to balcony. Just beyond the city, step into another world as you wander the preserved streets of **Pompeii**, a silent city frozen in time under the shadow of **Mount Vesuvius**. Between its flavors, its ancient echoes, and its unstoppable energy, Naples reveals a side of Southern Italy that is raw, real, and unforgettable.



Check-in 14:00

YOUR HOTEL IN NAPLES

📍 Naples Campania, Naples, Italy -



🕒 2 nights 🧑 1 Adult

You can choose from a carefully selected range of accommodation, available in 3- or 4-star options depending on your preference.

Each property is chosen for its comfort, reliability, and excellent location — perfect for exploring the city easily on foot or by public transport. Expect **modern amenities, warm hospitality, and consistent quality standards** in every destination, ensuring outstanding guest experiences.



NEAPOLITAN AFTERNOON YOUR WAY



Spend the afternoon embracing Naples at your own rhythm. Stroll through lively streets filled with color and character, savor a true espresso in a local café, or join an optional experience that sparks your curiosity. Whether you're drawn to history, flavor, or seaside views, this is your time to enjoy Naples exactly as you wish.

Day 2



Start at 11:30

VESUVIUS: SUMMIT HIKE & VOLCANO WINES

📍 Naples Campania, Naples, Italy -



🕒 4 hours 🧑 1 Adult

Discover one of Naples' most iconic symbols, the majestic **Mount Vesuvius**, with a half-day experience blending nature, culture, and volcanic flavors.

Your driver will take you up the **slopes of the volcano**, where you'll stop at a local restaurant overlooking the Bay of Naples for a **tasting of wines** grown in the mineral-rich vineyards of Vesuvius, paired with **regional dishes**. These ancient grapes preserve centuries of history and tradition.

After the tasting, continue by vehicle toward the summit, then walk the final stretch to reach the **crater's edge**. Here, expert guides reveal the story of the eruption that destroyed Pompeii and Herculaneum nearly 20 centuries ago. Enjoy time to explore, take photos, and admire the dramatic views from this extraordinary **volcanic peak**.

Day 3

🕒 10:00

TRANSFER FROM NAPLES TO SORRENTO

📍 91 Piazza Giuseppe Garibaldi, Napoli, Campania 80142, Napoli, Italy -



🧑 1 Adult

Your private transfer will pick you up at your hotel in Naples to take you to your hotel in Sorrento.



SORRENTO: THE ESSENCE OF THE AMALFI DREAM



Perched on dramatic cliffs overlooking the **Bay of Naples**, bathed in sunshine and wrapped in the scent of **lemon groves**, **Sorrento** is the heart of the Amalfi dream. Wander through its pastel-colored streets, taste the golden sweetness of its limoncello made from local lemons, and feel time slow down with every view of the sea. From here, the **Amalfi Coast** unfolds in all its beauty — **Positano, Amalfi, Ravello** — each town a postcard brought to life. Between its vibrant flavors, breathtaking views, and warm southern spirit, Sorrento captures the very soul of la dolce vita.

 Check-in 14:00

YOUR HOTEL IN SORRENTO

 Sorrento, Campania 80067, Sorrento, Italy -



 3 nights  1 Adult

You can choose from a carefully selected range of accommodation, available in 3- or 4-star options depending on your preference.

Each property is chosen for its comfort, reliability, and excellent location — perfect for exploring the city easily on foot or by public transport. Expect **modern amenities, warm hospitality, and consistent quality standards** in every destination, ensuring outstanding guest experiences.

 Start at 17:30

SIP & SAVOR IN SORRENTO: WINE AND TASTINGS AT DE ANGELIS WINERY

 14 Via Marziale, Sorrento, Campania 80067, Sorrento, Italy -



🕒 2 hours 🧑 1 Adult

Experience the magic of Sorrento's wines with a guided tour of "Cantine De Angelis". Explore the winery's production facilities and immerse yourself in a virtual **vineyard experience** before entering the historic barrel **cellar** for a tasting. Savor the rich aromas of **must and wine**, perfectly paired with a rustic Italian platter of salami, Parma ham, **mortadella**, regional cheeses, **Fiordilatte from the Sorrento Peninsula**, 18-month aged Parmigiano Reggiano and a sampling of authentic **pizza**. A journey that awakens all your senses and brings the flavors of southern Italy to life.

Day 4



A DAY TO YOURSELF IN SORRENTO



Today you're free to explore Sorrento at your own pace. Stroll along charming streets lined with lemon trees, savor fresh seafood or gelato at a local trattoria, or simply relax on a terrace overlooking the sparkling Bay of Naples. Whether you spend the day tasting local flavors, discovering hidden corners, or soaking in the stunning coastal views, Sorrento is yours to enjoy exactly as you wish.

Day 5



Start at 07:50

TREKKING EXCURSION TO DISCOVER THE ENCHANTING PATH OF THE GODS

📍 Sorrento, Campania 80067, Sorrento, Italy -



🕒 8 hours 🧑 1 Adult

The **Path of the Gods hike** is a true dream for hiking lovers, yet it's accessible to anyone who appreciates unspoiled nature and **breathtaking panoramas**.

Walk along **quiet mountain trails**, surrounded by silence, fresh air, and sweeping views over the **Amalfi Coast** you won't experience from anywhere else. As you make your way from **Bomerano to Nocelle**, enjoy incredible vistas of **Positano** from above, together with local curiosities such as shepherds leading mules loaded with wood and milk down toward the villages below. all this accompanied by the **incredible view of the sea** by your side!

Following the ancient route where Greek gods were said to have traveled to save Ulysses from the sirens of Li Galli island, you'll challenge yourself and be rewarded with an unforgettable experience — a different, magical way to see the Amalfi Coast.

Day 6

🕒 09:20

TRANSFER FROM SORRENTO TO NAPLES CENTRAL STATION

📍 Sorrento, Campania 80067, Sorrento, Italy -



🧑 1 Adult

Your private transfer will pick you up at your hotel in Sorrento to take you to Naples Central Railway.

🕒 Depart 11:05

HIGH-SPEED TRAIN FROM NAPLES CENTRAL STATION TO FLORENCE SANTA MARIA NOVELLA

📍 Piazza Giuseppe Garibaldi, Napoli, Italy -



👤 1 Adult

Board your high-speed train to Florence. High-speed trains travel throughout Italy, reaching the maximum speed of **300 km/h**; they run straight into the **heart of the most important cities**, shortening your travel time, and ensuring comfort and high-quality service. They are provided with spacious seats, folding seat tables, and **air conditioning**.



FLORENCE: WHERE THE RENAISSANCE WAS BORN



The spirit of beauty and genius breathes through every stone of Florence. Walk in the footsteps of artists and thinkers who reshaped the world: from **Brunelleschi's Dome** to **Michelangelo's David** and the masterpieces of the **Uffizi**. Beyond its galleries, Florence reveals its soul in local trattorias, lively markets, and the golden glow of the Arno at dusk. Here, art meets daily life, and every moment feels suspended between past and present — a city that continues to inspire all who wander through it.



Check-in 14:00

YOUR HOTEL IN FLORENCE

📍 Florence Tuscany, Florence, Italy -



🕒 3 nights 🧑 1 Adult

You can choose from a carefully selected range of accommodation, available in 3- or 4-star options depending on your preference.

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🚶 Start at 18:00

HIDDEN FLORENCE WALK: DISCOVER WINE WINDOWS AND OTHER SECRETS

📍 Florence Tuscany, Florence, Italy -



🕒 1 hour 30 minutes 🧑 1 Adult

Discover a **hidden side of Florence** with this evening walking tour. Uncover fascinating legends, lesser-known stories, and **unique spots away from the usual tourist crowds**. Perfect for Instagram photo spot seekers!

You'll stroll through the heart of Florence, stopping at iconic yet secretive spots. At the **Loggia del Porcellino**, rub the nose of the famous bronze boar for good luck before uncovering the curious legend behind it. Continue through Via delle Terme and Piazza del Limbo, one of Florence's oldest squares, where you'll enjoy a **surprise tasting**, an authentic Tuscan delicacy. As you follow the path of the Vasari Corridor from the outside, your guide will reveal stories of Medici power and mystery. Cross **Ponte Vecchio** and discover **historic wine windows**, many of which have been recently restored. These small openings in noble palaces were used in the past to sell wine directly to Florentine citizens: today, they make for a perfect photo spot and an unforgettable experience.

Your journey continues past **Palazzo Pitti and Piazza Santo Spirito** and near **Palazzo Strozzi** you'll enjoy a **glass of Tuscan wine** served from an original wine window, just as locals did centuries ago. A tour filled with history, legends, and hidden gems—perfect for those seeking an **alternative and authentic experience**.

Day 7

🚶 Start at 09:00

E-BIKE ADVENTURE TO FIESOLE & TUSCAN HILLS WITH OLIVE OIL TASTING

📍 Florence Tuscany, Florence, Italy -



🕒 5 hours 🧑 1 Adult

Set off on an unforgettable small-group **e-bike adventure** through the **Tuscan hills**, where nature, history, and tradition blend into a truly immersive experience. Follow your guide toward **Fiesole**, a charming hilltop town overlooking Florence. Along the way, enjoy postcard-perfect views of vineyards, olive groves, and rolling **countryside** while uncovering **hidden corners** and hearing stories that bring the region to life.

In Fiesole, wander through the medieval streets and admire its ancient Roman Theater, then capture stunning panoramic photos of **Florence** from above. Visit a traditional **olive mill** for a delightful **extra-virgin olive oil tasting**, where you'll learn about local production techniques and savor some of Tuscany's finest oils. Your journey ends with a relaxing ride back to Florence — a perfect blend of **active exploration, scenic beauty, and authentic Tuscan flavors**.



FLORENTINE AFTERNOON YOUR WAY



Spend the afternoon discovering Florence at your own pace. Stroll through Renaissance streets, admire charming piazzas, linger at a café, or simply follow your curiosity — this is your time to experience the city's art, history, and charm exactly as you wish.

Day 8



Start at 07:00

FULL DAY EXCURSION TO CINQUE TERRE WITH LUNCH

📍 Piazzale Montelungo, Firenze Toscana, Firenze, Italy -



🕒 12 hours 30 minutes 🧑 1 Adult

Five (Cinque) villages, suspended between sea and land, a place where you can immerse yourself into paradise, listed by UNESCO as a World Heritage site.

After departing early from Florence, you will arrive at the first village: **MANAROLA**. Admire **brightly colored homes** leaning one against another and stroll along the narrow cobblestone alleyways. Then, you will reach **VERNAZZA** by train. This is one of **the most colorful and photographed fishing villages** of the area, where you will have free time to sit on the tiny harbor and relax, breathing in the atmosphere of this unique area out of time. Next, head to **MONTEROSSO** by train: you will be awed by this **ancient fishing village** considered "*The Pearl of the Cinque Terre*." You will have plenty of free time to enjoy its **enchanted sand beaches** as well as the lush vegetation encircling the little town. You will then **take a boat to your last destination**: as you sail along the coastline, you will have the privilege to admire the villages from a different perspective, the sea! Feel the breeze on your skin and enjoy stunning panoramic views. Once you arrive at the last stop, **RIOMAGGIORE**, you will have some free time to explore the striking seaside town surrounding a small, natural port. Before heading back to Florence, enjoy the views of the late afternoon sun shining through the brightly colored homes.

An unmissable excursion where **pastel colored houses, blue cobalt sea, and panoramic views** are your travel companions.

Day 9

🕒 Depart 09:20

HIGH-SPEED TRAIN FROM FLORENCE SANTA MARIA NOVELLA STATION TO ROMA TERMINI

📍 Piazza di Santa Maria Novella, Firenze, Italy -



🧑 1 Adult

Proceed to Florence Santa Maria Novella Railway Station to take your high-speed train to Rome Termini Railway Station.



ROME: THE ETERNAL CITY



A living mosaic of history, flavors, and stories, Rome enchants at every turn. A city where ancient grandeur and vibrant modern life coexist in perfect harmony. Walk in the footsteps of emperors at the **Colosseum**, marvel at the timeless beauty of the **Pantheon**, and be moved by the spiritual power of **St. Peter's Basilica and the Sistine Chapel**. Between the ruins of the **Forum** and the elegance of **Piazza Navona**, the Eternal City unfolds as a living open-air museum. Between sacred art and everyday life, Rome reveals its essence: eternal, passionate, and deliciously alive.



Check-in 13:40

YOUR HOTEL IN ROME

📍 Rome Lazio, Rome, Italy -



🕒 2 nights 🧑 1 Adult

You can choose from a carefully selected range of accommodation, available in 3- or 4-star options depending on your preference.

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Start at 14:00

WALKING THE ANCIENT ROADS OF ROME: THE APPIAN WAY & AQUEDUCTS

📍 Via Lemonia, Roma, Lazio 00174, Roma, Italy -



🕒 2 hours 🧑 1 Adult

Discover one of Rome's most extraordinary open-air **archaeological sites** with a **two-hour guided walking tour** through the Appian Way Regional Park.

Together with your expert guide, walk along ancient basalt stones and through open countryside until you reach the monumental **Aqueducts Park**, home to the best-preserved **Roman aqueducts** still standing today. Follow a scenic circular path surrounded by **nature, ancient fields, and sweeping views of the stone arches** that once supplied water to millions of Romans. Along the way, learn the secrets of Roman engineering, hear captivating stories and curiosities, and understand why this masterpiece of ancient infrastructure is admired worldwide. A location featured in *La Grande Bellezza*, the park offers an unforgettable blend of archaeology, beauty, and tranquility: a rare chance to step back in time just outside the modern city.

A perfect active experience for those who want to **walk, discover, and feel the authentic soul of Ancient Rome**.

Day 10

🚶 Start at 11:00

ROME FOOD & CULTURE BY GOLF CART: TESTACCIO MARKET AND THE FLAVORS OF THE ETERNAL CITY

📍 Rome Lazio, Rome, Italy -



🕒 3 hours 30 minutes 🧑 1 Adult

This **3.5 hours** Rome food tour in Golf Cart will allow you to enjoy the Eternal City in comfort and it will make you **enjoy delicious food** while you discover **famous landmarks** and learn interesting stories about Rome. Thanks to the Golf Cart, we'll be able to cover way more ground than on a walking tour, exploring **off the beaten track areas** and getting a real feel for the city.

Start the morning the Italian way, enjoying a **cappuccino and cornetto** before your guide leads you past famous highlights like the **Colosseum and Trevi Fountain**, sharing fascinating stories about Rome's history along the way. Soon after, cross the **Tiber River** and make our way to **Testaccio**, one of the city's most

authentic food districts. Here, you will visit the **vibrant market** and enjoy the traditional **“polpetta di lessso”** (a delicious beef patty, long cooked and then deep fried) or as an alternative, a rich **sandwich**. Taste the most typical **Roman pasta** at the next stand and, after that, zip through other famous sites. Finish with **an amazing gelato** on one of the most beautiful squares of Rome, featuring the renowned **Turtle Fountain**.



ROMAN AFTERNOON YOUR WAY



Spend the afternoon embracing Rome at your own rhythm. Choose to wander through cobbled alleys, linger over an espresso in a sunlit piazza, or join an optional experience that catches your eye. This is your moment to live the Eternal City exactly as you wish.

Day 11



Your Italian adventure comes to an end, but the memories you've created will stay with you forever.

From iconic sights to authentic experiences and local flavors, every moment has been carefully curated to show you the real Italy.

We can't wait to welcome you and make your travel dreams come true!

WHAT'S INCLUDED

Accommodation

10 nights in centrally located hotels.

Choose between two carefully selected options:

- **Smart Collection**
 - Naples: Hotel Cimarosa Vomero 3* or similar
 - Sorrento: Hotel Unconventional 3* or similar
 - Florence: Hotel La Fortezza 3* or similar
 - Rome: Hotel Canada 3* or similar
- **Signature Collection**
 - Naples: Palazzo Salgar 4* or similar
 - Sorrento: Hotel Continental 4* or similar
 - Florence: C-Hotels Ambasciatori 4* or similar
 - Rome: Leonardo Boutique Hotel Rome 4* or similar

The hotels listed are our main partner in each city; they presented as examples for your reference only. We only select the finest places in the city centers, and in compliance with high international standards. You will receive the list of hotels you will be staying at right upon booking.

Meals

- Daily **Breakfast**
- **Food and wine tastings** in Naples, Sorrento, Florence and Rome
- **Light Lunch** in Cinque Terre

Activities

- **Naples**
 - Half Day **Hiking** Guided Tour to **Vesuvius** with **wine tasting**
- **Sorrento**
 - **Wine and Food Tastings** at Cantina De Angelis
 - **Trekking** through the **Path of the Gods**
- **Florence**
 - Hidden Florence **Guided Walking Tour**
 - **E-Bike Adventure** to Fiesole with olive oil tasting
 - Full Day **Guided Excursion** to Cinque Terre with **lunch, train tickets and boat** included
- **Rome**
 - **Private Guided Walking Tour** of Roman Appian Way
 - 3.5 hours **Private Food Tour in Golf Cart**

Transportation

- **High-speed train** tickets in **Premium Class** (Naples → Florence → Rome)
- **Private transfer** from Naples to your hotel in Sorrento
- **Private transfer** from Sorrento to Naples Train Station

On-site Assistance

- **24/7 Assistance** throughout your trip, offering help and guidance at any time