



JOURNEYS: SOUTHERN ITALY, NAPLES TO ROME

8 days, Naples to Rome

Trip code EINNG

WHAT'S INCLUDED

- Your Journeys Highlight Moment: Pompeii with an Archaeologist, Pompeii
- Your Journeys Highlight Moment: Sorrento Lemon Farm and Limoncello Tasting, Sorrento
- Your Journeys Highlight Moment: Amalfi Agriturismo Experience, Amalfi
- Your Foodie Moment: Naples Food Tour with a Local Guide, Naples
- Your Welcome Moment: Welcome Moment - Meet Your Expedition Leader and Group
- Your Discover Moment: Rome
- Orientation walk in Sorrento
- Amalfi Coast "Path of the Gods" hike (weather permitting)
- Evening walking tour of Rome
- All transport between destinations and to/from included activities

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

VALIDITY: Valid for all trips departing August 29th, 2024 and onwards

ITINERARY



NOTE: Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

Day 1

NAPLES

Arrive at any time. Meet your National Geographic Expedition Leader and fellow travellers in the evening then head out for a delicious foodie tour. Dig into the city's historic dishes from a classic Napoli Aperitivo to a Neapolitan pizza, then digest with a perfect gelato—buon appetito!

It was noted in a National Geographic article that the Queen of Italy visited Naples in 1889 and as she and her husband were strolling through the city centre, they were taken by the delicious aroma coming from a pizzeria. The chef, Raffaele Esposito, was invited to the palace to cook the dish for the royal family once again. Of the three styles Esposito prepared, Queen Margherita preferred that which emulated the Italian flag; red tomatoes, white mozzarella, and fresh green basil; the modern day margherita pizza.



Meals included

Dinner



ACCOMMODATION

Hotel Rex Naples (or similar) Hotel



TODAY'S ACTIVITIES

ACTIVITY

Experience Naples through its iconic cuisine on the Naples Food Tour. Explore historic neighbourhoods like the Spanish Quarter while tasting famous local dishes, including Neapolitan pizza and gelato. Along the way, enjoy an aperitivo and learn about the rich history behind each meal.

ACTIVITY

Your opportunity to meet your National Geographic Expedition Leader and fellow travellers, and learn more about your tour. Opt to join the group for a local meal afterwards. Don't forget to see the notice in the lobby (or ask reception) for the official time and place to meet up with the group.

Day 2

NAPLES/SORRENTO

Travel to the UNESCO World Site of Pompeii. Join an archaeologist to explore the fascinating ruins of this ancient city preserved in time by ash and volcanic debris following the eruption of Mount Vesuvius in AD 79. Later, continue south to the picturesque coastal city of Sorrento. Soak in the captivating views of the Bay of Naples on a leisurely walk. Then, enjoy the rest of the evening exploring on your own.



Meals included

Breakfast



ACCOMMODATION

Majestic Palace Hotel (or similar) Hotel



TODAY'S ACTIVITIES

Private Vehicle

Naples - Pompeii

30m

26km

Settle in and scan the scenery from the convenience of a private vehicle.

ACTIVITY

Walk through the ruins of Pompeii, the city buried under ash and pumice when Mount Vesuvius erupted in AD 79. The forum, the baths and many houses remain well preserved and provide us with a glimpse of what life was like in the first century. Explore with an archaeologist, what is considered one of the most important archaeological sites in Europe and is unparalleled in its preservation of an ancient city. This fascinating event is featured in the National Geographic documentary "Pompeii: Secrets of the Dead" in which forensic experts investigate why Pompeii's people couldn't escape.

Private Vehicle

Naples - Sorrento

1h

Settle in and scan the scenery from the convenience of a private vehicle.

Sorrento Orientation Walk

Sorrento

Explore Piazza Tasso, the lively central square filled with cafes and shops and walk along Corso Italia which is Sorrento's main street, bustling with vibrant shops and historic buildings. Head to Villa Comunale Park for stunning panoramic views of the Bay of Naples and Mount Vesuvius.

Day 3

SORRENTO

Spend a free day in Sorrento to do as much or as little as you please. Perhaps explore the nearby island of Capri, boasting beautiful beaches, upscale boutiques, and historic landmarks. Alternatively, visit the volcanic island of Ischia, known for its thermal waters and stunning views of the medieval Aragonese Castle. You may also choose to stay in town and visit the Correale Museum, shop the city's many boutiques or relax at Piazza Tasso, a square lined with cafés and restaurants.



Meals included

Breakfast



ACCOMMODATION

Majestic Palace Hotel (or similar) Hotel



TODAY'S ACTIVITIES

Free Time

Sorrento

Stay in Sorrento and relax or visit the islands of Capri or Ischia.



Optional Activities - Day 3

Correale Museum Visit

Sorrento

7EUR

Take a tour of the extensive collection of Neapolitan art and crafts, with bonus additions of ancient Roman and Greek artifacts. History not your thing? A visit to this 18th-century villa is worth it just for the breathtaking coastal views and a walk through its floral gardens.

Herculaneum Visit

Herculaneum

13EUR

1h-3h

Explore the well-preserved ruins of this ancient Roman town, lost in the same volcanic eruption as Pompeii. A UNESCO World Heritage site, much of Herculaneum's wooden roofs, beds, doors and food can be seen in their near-original state. Wealthier than Pompeii, view the fine houses of Aristides, Argus, Genius and Alcove.

Capri Excursion

Capri

100-120EUR

6h-9h

Take a catamaran or hydrofoil to see the jewel of the Amalfi islands. Stroll through the town, or simply relax and take in views of the blue water and striking limestone sea stacks.

Ischia Excursion

Ischia

80EUR

Relax at a one of the island's many volcanic spas. Visit the Aragonese Castle (built on a rock), the Mortella Gardens, or the Villa Ravino Gardens, or spend the day at English's Beach.

Day 4

SORRENTO TO THE AMALFI COAST

This morning, set out on a visit to an organic lemon farm and stroll through the fragrant groves. Then, see how limoncello, the refreshing Italian lemon-flavored liqueur, is made. Later, travel by ferry to the town of Positano on the picturesque Amalfi coast and take in the picturesque views of the colourful, cliffside houses gradually receding into the distance. Enjoy the rest of the day to explore on your own then savor a dinner of delicious local dishes.



Meals included

Breakfast | Dinner



ACCOMMODATION

Hotel Le Rocce Amalfi Coast (or similar) Hotel



TODAY'S ACTIVITIES

Private Vehicle

Sorrento - Positano

1h-1h30m

25km

Settle in and scan the scenery from the convenience of a private vehicle.

ACTIVITY

Visit an organic lemon farm and get an in-depth look at one of Italy's best-loved beverages, limoncello, from a local producer. Take in panoramic views of the sea as you stroll through the fragrant lemon groves and learn about the history of the agriturismo. See how limoncello is made from beginning to end and enjoy a taste of this delicious liqueur. Salute!

Boat

Positano - Amalfi

1h

Climb aboard and get your float on.

Day 5

THE AMALFI COAST

After an early breakfast, set off on a hike along the famous “Path of the Gods” (weather permitting). Follow the ancient cliff top trail linking isolated farms, villages, churches and monasteries. Named from mythological roots, this trail is said to be the location where the gods rushed to Ulysses from the sirens of Capri. Historically, this path provided a link between some of Amalfi’s small, coastal villages. Enjoy stunning views of bays and coastlines, interesting caves and rock formations, historic ruins and steep cliff sides. Continue to an agriturismo for lunch, which specializes in fresh home grown produce. Meet the family and tour the property—a converted 17th-century monastery, and then enjoy the remainder of the day on your own.



Meals included

Breakfast | Lunch



ACCOMMODATION

Hotel Le Rocce Amalfi Coast (or similar) Hotel



TODAY’S ACTIVITIES

Path of the Gods Hike

Furore - Positano

5h-6h

11km

Set off from the agriturismo to Bomerano and follow the path along the Amalfi Coast. This trail offers panoramic views of the Coast, with its dramatic cliffs and azure sea below. As you walk, you'll pass through fragrant Mediterranean vegetation and ancient stone pathways. This is a well-marked trail with rocky, uneven sections, dirt paths, and steep steps.

Note that hikes are accessible for all travellers, but there can be sections that are more strenuous and challenging due to terrain. Please ensure you have proper closed-toe hiking footwear.

Private Vehicle

Amalfi - Bomerano

1h

Settle in and scan the scenery from the convenience of a private vehicle.

ACTIVITY

Enjoy lunch at a charming agriturismo that specializes in homegrown, delicious produce. Meet the family and tour the historic property, a converted 17th-century monastery. Explore the farm with one of our hosts, learning about local crops, herbs and vegetables that are the key ingredients in regional cuisine; then sit down to a wonderful meal of local fare surrounded by gardens, open terraces and groves, overlooking the Mediterranean.

Day 6

THE AMALFI COAST TO ROME

Travel north to Rome, Italy's capital city and cultural hub. Settle into the hotel and enjoy some free time before regrouping in the evening for a delicious dinner at a local restaurant. Then, take a walking tour where you'll experience Rome's iconic landmarks lit up at night. At the Spanish Steps, begin the walk by heading down Via dei Condotti lined with high-end boutiques and bustling cafes. Stroll towards the Trevi Fountain, an iconic masterpiece where you can toss a coin for luck. Continue to the Pantheon walking along charming, narrow streets and bustling squares until you reach Piazza Navona, a grand Baroque square adorned with beautiful fountains, street artists and outdoor cafes—perfect for soaking in the lively Roman ambiance.



Meals included

Breakfast | Dinner



ACCOMMODATION

Mama Shelter Roma (or similar) Hotel



TODAY'S ACTIVITIES

Private Vehicle Amalfi - Rome 3h

Settle in and scan the scenery from the convenience of a private vehicle.

Evening Walk in Rome Rome 2h

Starting at the Spanish Steps, a stunning staircase that invites you to take in the vibrant atmosphere and views of Rome, begin your walk by heading down Via dei Condotti, lined with high-end boutiques and bustling cafes. Stroll towards the Trevi Fountain, an iconic masterpiece where you can toss a coin for luck. Continue your journey to the Pantheon, Finally, meander through charming narrow streets and lively squares until you reach Piazza Navona, a grand Baroque square adorned with beautiful fountains, street artists, and outdoor cafes, perfect for soaking in the lively Roman ambiance.

Day 7

ROME

Enjoy a free day to explore Rome on your own. Perhaps visit the Colosseum, the largest ancient amphitheatre ever built, and the Roman Forum, previous home to public meetings, court proceedings, and gladiatorial combats. Alternatively, explore the Vatican, home of St. Peter's Basilica and Leonardo Michelangelo's famed masterpiece, the Sistine Chapel ceiling. Or choose to spend time wandering the streets and palazzi, taking time to enjoy a coffee or gelato –and embrace la dolce vita!.

Be sure to watch the National geographic documentary series "Lost Treasures of Rome" for added insight into the history of this ancient city.

Please note that if Vatican City is on your must-see list, we highly recommend purchasing your tickets online several weeks prior to your trip. Advance tickets can be reserved online at <https://tickets.museivaticani.va/home>. Same-day entrance to St. Peter's Basilica and the Vatican Museums (including the Sistine Chapel) cannot be guaranteed without advance tickets.

We also recommend pre-booking your ticket to the Colosseum to guarantee entrance and avoid long queues:

<https://ticketing.colosseo.it/en>



Meals included

Breakfast



ACCOMMODATION

Mama Shelter Roma (or similar) Hotel



Optional Activities - Day 7

Vatican Museum Visit

Vatican City

20-25EUR

3h-4h

The Vatican Museums near St Peter's Basilica contain priceless works of art from ancient to modern times. There are many different museums to choose from, but two of the most well known are the Sistine Chapel and the Raphael rooms.

Rome Street Food Tour

Rome

65EUR

Known to locals as the “Heart of Rome”, Testaccio is the city’s original foodie neighbourhood and where cucina Romana (Roman cuisine) was born. Our 4-hour walking food tour lets you experience Rome like a local, in an authentic neighbourhood where people still live, eat and shop.

Escape the crowds and get a real glimpse of daily life while tasting the best of what the city has to offer. You’ll visit our local market and meet the vendors who have been there for generations, taste the most delicious pasta in the neighbourhood, and sample everything from a traditional antipasto to a typical Roman street food snack.

Along the way your local guide will give you a fascinating insight into Rome’s culture and history. You’ll also discover some of the city’s most fascinating landmarks, like the ancient Pyramid of Cestius and John Keats’ mysterious tomb.

Vatican City Visit

Vatican City

Free

1h-2h

Get ready to tick something off the bucket list. Visit the smallest country in the world—Vatican City! Stand in St Peter’s Square and be wowed by colossal colonnades, numerous statues, and the obelisk. Opt to take in the magnificence of St Peter’s Basilica, Michelangelo’s Pietá, and the Sistine Chapel while you are in the area.

Colosseum Visit

Rome

24EUR

Enjoy a guided tour of this famous spot, the scene of many bloody gladiator fights for the entertainment of ancient Rome’s aristocracy. Learn from your expert guide and you wander the old venue—a UNESCO World Heritage site—and feel free to walk around on your own. No battles, please!

Day 8

ROME

Depart at any time.



Meals included

Breakfast



TODAY'S ACTIVITIES

Departure Day

Not ready to leave? Your Expedition Leader can help with travel arrangements to extend your adventure.

What's included

- Your Journeys Highlight Moment: Pompeii with an Archaeologist, Pompeii
- Your Journeys Highlight Moment: Sorrento Lemon Farm and Limoncello Tasting, Sorrento
- Your Journeys Highlight Moment: Amalfi Agriturismo Experience, Amalfi
- Your Foodie Moment: Naples Food Tour with a Local Guide, Naples
- Your Welcome Moment: Welcome Moment - Meet Your Expedition Leader and Group
- Your Discover Moment: Rome
- Orientation walk in Sorrento
- Amalfi Coast "Path of the Gods" hike (weather permitting)
- Evening walking tour of Rome
- All transport between destinations and to/from included activities

What are the main highlights of this trip?

Stand in the shadow of Mount Vesuvius as you tour the ruins of the ancient city of Pompeii with an archaeologist, Learn the art of making limoncello and enjoy a taste of this refreshing Italian liqueur at a lemon farm, Enjoy stunning scenery of cliffside villages along the Amalfi Coast as you traverse the famed Path of the Gods, Explore the iconic sights of Rome - Italy's capital city and learn of its ancient history

What are the main highlights of this trip?

Stand in the shadow of Mount Vesuvius as you tour the ruins of the ancient city of Pompeii with an archaeologist, Learn the art of making limoncello and enjoy a taste of this refreshing Italian liqueur at a lemon farm, Enjoy stunning scenery of cliffside villages along the Amalfi Coast as you traverse the famed Path of the Gods, Explore the iconic sights of Rome - Italy's capital city and learn of its ancient history

Is there a disclaimer I should read before booking this trip?

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and the operator. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

VERY IMPORTANT: Please ensure that you view a final copy of your Trip Details a couple of days prior to travel, in case there have been changes that affect your plans.

Is there a travel disclaimer for my itinerary I should review before booking this trip?

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

What important notes should I be aware of before the trip?

1. LOCAL GUIDES

It is important to note that in Europe, all guiding is based around local guides all of whom are licensed to work only in a particular city. As such, our leaders are able to provide orientation walks which will show you the layout of each town and city as well as the location of local services such as post offices and laundromats, but are unable to legally share historical facts and figures in public places.

2. LUGGAGE

In Europe it is very rare to find elevators in train stations, hotels or other public places. We use public transport on this trip, which means you will need to carry your luggage from platform to platform, in and out of trains and buses etc. and also possibly up several flights of stairs. You will also need to be able to stow your luggage safely on trains and buses. It is therefore essential that you pack light and bring luggage which is compact and lightweight, and which you can easily transport. The carrying of your luggage remains your responsibility at all times.

3. RESERVE TICKETS

Please note that if you wish to visit popular museums such as the Vatican Museums (Sistine Chapel) and Villa Borghese in Rome, to avoid waiting in line for a long time (especially in high season May-September when it could be a question of hours!), it is advisable to reserve tickets in advance. Tickets can be reserved online at various websites including www.tickitaly.com. There may be the possibility of arranging tickets on arrival on Day 1, with the help of your Expedition Leader, but availability cannot be guaranteed at such short notice.

4. ACCOMMODATION NOTE:

Please be aware that properties we stay in with only two stories may not have elevators installed and climbing the stairs with your luggage will be necessary.

5. OPTIONAL ACTIVITIES NOTE:

During high season in Europe (May-October) we highly recommend booking reservations for any popular optional activities/museum tickets etc. in advance to avoid encountering sold-out activities on the ground while on tour.

What is the group leader like?

All National Geographic Journeys with G Adventures group trips are accompanied by a National Geographic Expedition Leader. The aim of the Expedition Leader is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting- we think it's the best of both worlds.

How large will the group be?

Max 16, Avg 12.

What meals are included in this trip?

7 breakfasts, 1 lunch, 3 dinners

What are the meals like on this trip?

Eating is a big part of travelling. Travelling with G Adventures you experience the vast array of wonderful food that is available out in the world. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your Expedition Leader will be able to suggest favourite restaurants during your trip. The above information applies to G Adventures group trips. For Independent trips please check the itinerary for details of meals included. For all trips please refer to the meals included and budget information for included meals and meal budgets.

What are the modes of transportation on my trip?

Train, private minivan/bus, boat, walking.

Where will we stay during the trip?

Hotels - 7 nts.

Will I get my own room?

Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single room for all night stops

What kind of accommodation can I expect on this trip?

On this trip you can expect to stay in small family-run hotels or pensions (with the exception of the start and finish hotels, which are often larger city hotels), which will vary a little in standard and facilities: some may not have elevators, air-conditioning or English-speaking staff, but most importantly all are locally-run, with some traditional character, and in excellent central locations to give you maximum time for exploring the sights. You can expect to find clean, safe, simple accommodation in convenient locations.

Note that most accommodation in Europe does not have air conditioning units in rooms. Air conditioning is not routinely installed in European homes and workplaces. However, nearly all hotels will provide a standing or desk fan for your room on hot nights. If you do not already have one in your room, please ask your Expedition Leader to organize one for you with reception.

What are the joining instructions?

For details of your joining hotel please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

From Naples airport (NAP), you can reach the city centre in a few ways:

By bus

Alibus buses run from the airport to Naples Central Station several times an hour. A ticket costs 5 EUR – you can buy it at the exit of Terminal 1 or from the driver. Travel time is 15 minutes. The stop next to the railway station is located at Piazza Garibaldi.

By taxi

Neapolitan taxi drivers have fixed rates for trips from the airport to the city center; the trip cost is 18 EUR. You can download the official taxi fares in Naples.

To arrange a private arrival or departure transfer, we recommend you book through our preferred transfer provider -

[Welcome Pickups](#)

We advise that you book both your arrival and departure transfers in advance. Please make sure you have the following details before booking:

- Flight number
- Flight Arrival Time and Date
- Flight Departure Time and Date
- Passenger's Name
- Number of Passengers
- Email
- Valid Mobile Telephone Number
- Drop off and/or Pick Up Address

Please note that day 1 is an arrival day and no activities have been planned on this day.

Upon arrival to your Joining Hotel (note that check-in time will be in the afternoon), look for a note or bulletin board in the reception with a note from your Expedition Leader. This note will give the details of your Welcome Meeting on day 1 (usually between 5pm and 7pm), where you will get a chance to meet your Expedition Leader and other travellers, as well as learn more about how the tour will run. If you don't see a note, please ask reception for details!

If you are arriving later and will miss the Welcome Meeting, your Expedition Leader will leave a note at reception for you with any information you may need, and with morning instructions for the next day.

What happens if I experience problems when arriving?

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your Expedition Leader. If you are unable to get in touch with your leader, please refer to our emergency contact details.

Who should I contact in case of an emergency?

Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Local Representative (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

EMERGENCY CONTACT NUMBERS

G Adventures Office London, United Kingdom

During Office hours (Weekdays, 9am-5:30pm Local Time)

+44 20 7243 9870

For absolute emergencies after office hours please contact: +441858378000

If you are unable for any reason to contact our local office, please call the numbers listed below which will connect you directly with our Sales team who will happily assist you. Hours of operation by region can be found [here](#).

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1300 796 618

Calls from New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

What should be on my packing list?

Conservative Dress:

- Modest clothing that covers knees and shoulders (Long pants, long skirts, shirts that cover shoulders)
- Shawl or scarf (for temple visits)

Documents:

- Flight info (required) (Printouts of e-tickets may be required at the border)
- Insurance info (required) (With photocopies)
- Vouchers and pre-departure information (required)
- Passport (required) (With photocopies)
- Visas or vaccination certificates (With photocopies)

Essentials:

- Toiletries (required) (Shampoo, bodywash, soap, etc.)
- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- Headphones (Noise-cancelling recommended)
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Swimwear
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

Health & Safety:

- Face masks (Clients will be only be required to wear a face mask where it is mandated by local regulations.)
- Hand sanitizer
- Pen (Please bring your own pen for filling out documents.)

Light Hiking:

- Hiking boots
- Hiking pants (Convertible/Zip-off and quick dry recommended)
- Walking poles

Smart Dress:

- Smart outfit (For evenings out)

Warm Weather:

- Sandals/flip-flops
- Sturdy water shoes/sandals
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sun hat/bandana
- Swimwear

When can I do my laundry on this trip?

Laundry facilities are offered by some of our hotels for a charge or ask your Expedition Leader where the closest laundromat is. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap.

What are the visas and entry requirements for my trip?

All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your own responsibility to have the correct travel documentation. Visa requirements for your trip will vary depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. While we provide the following information in good faith, it is vital that you check the information yourself and understand that you are fully responsible for your own visa requirements.

Visa information specific to your destination and nationality can be found in our Important Pre-Departure Information page [here](#)

For other nationalities, travelling in Europe has been simplified with the introduction of the Schengen visa. As a visitor to the Schengen area (Austria, Germany, Netherlands, Belgium, Greece, Norway, Denmark, Iceland, Portugal, Finland, Italy, Spain, France, Luxembourg, Sweden, Czech Republic, Hungary, Estonia, Latvia, Lithuania, Malta, Poland, Slovakia, Slovenia and Switzerland) you will enjoy the many advantages of this unified visa system. Generally speaking with a Schengen visa, you may enter one Schengen country and travel freely throughout the Schengen region during the validity of your visa. There are limited border controls at Schengen borders, if any at all.

Please note that the UK and Ireland are NOT part of the Schengen agreement.

A Schengen visa is applied for at the Embassy or Consulate of the Schengen country in which you will be spending the most nights on your trip to the Schengen space. If you are only visiting one country on your trip then you apply for your visa at the Consulate of this Schengen country.

As of 2025, various European countries are introducing ETIAS travel authorisation as an entry requirement for visa-exempt nationals.

We highly recommend you checking in advance how your nationality and country/s you are visiting may be affected. Further details can be found [here](#)

Last updated: January 27th 2025

What should I consider when planning my personal expenses and discretionary spending for this itinerary?

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

How much emergency money should I bring on this trip?

Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

Should I be tipping on my trip?

While conventions can vary from country to country, tipping is customary in Europe. A general rule is 10% of the bill for wait staff, and a smaller amount (€1 or €2) for other service providers.

Tipping is an expected - though not compulsory - component of your tour program, and an expression of satisfaction with the persons who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides. You may do this individually, or your Expedition Leader will offer to collect the money and tip as a group. Recommendations for tipping local guides would range from €3-5 per day, depending on the quality and length of the service; ask your Expedition Leader for specific recommendations based on the circumstances and culture.

At the end of each trip, if you felt your Expedition Leader did an outstanding job, tipping is expected and appreciated. The precise amount is a personal preference, however €8-10 per person, per day can be used as a guideline.

What activities are optional on this trip?

Sorrento

- Correale Museum Visit (7EUR per person)

Herculaneum

- Herculaneum Visit (13EUR per person)

Capri

- Capri Excursion (100-120EUR per person)

Ischia

- Ischia Excursion (80EUR per person)

Vatican City

- Vatican Museum Visit (20-25EUR per person)
- Vatican City Visit (Free)

Rome

- Rome Street Food Tour (65EUR per person)
- Colosseum Visit (24EUR per person)

Are there any health considerations I should know before travelling?

Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that quite often we are in remote areas and away from medical facilities, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the physical ratings for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our Expedition Leader they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

What do I need to know to about safety and security on my trip?

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your group leader has the authority to amend or cancel any part of the trip itinerary if it deemed necessary, due to safety concerns. Your Expedition Leader will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy and explore at your leisure. While your Expedition Leader will assist you with options available in a given location, please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgement when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions. Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards), have a balanced approach to safety. It is our policy not to allow our Expedition Leaders to make arrangements on your behalf for water based activities that are not accompanied by guide(s). Swimming, including snorkeling, is always at your own risk. [Read more about travel safety](#) for ways to further enhance your personal safety while traveling.

What rules should I know before joining this trip?

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter and in particular the local people who make the world the special place it is. The exploitation of people in the sex trade is completely contrary to this philosophy. Our Expedition Leaders have the right to expel any member of the group if drugs are found in their possession or if they utilize the services of paid sex workers, in any capacity.

How can I share feedback about my trip experience?

Earn 5% off your next G Adventures Tour (up to \$100 USD)*

After your travels, we want to hear from you! Your feedback information is so important to us and to thank you for your time, we are pleased to offer a 5% discount (up to a maximum of \$100 USD) off your next G Adventures holiday. All you need to do is submit the form within 4 weeks of the completion of your tour, and you'll be able to join the thousands of travellers who have taken 2, 3, 4 or even 10 or more tours with us!

Discount cannot be combined with other offers or applied to 'Independent' style trips. Maximum discount value is \$100 USD (or equivalent currency). Valid for new bookings only. G Adventures reserves the right to withdraw or modify this offer at any time without notice. Limited to one discount per person.

How old must I be to join this trip?

You must be 18 to travel unaccompanied on a G Adventures tour. For minors travelling with a guardian over 21 years old, the minimum age is 12.

Are international flights included in this trip?

No, international flights are generally not included in the price of your tour.

However, on some combo tours travelling between two different countries, international flights are included as part of the itinerary and price of the tour. Please speak to your GCO or booking agent for further details.

In addition, check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.

What should LGBTQ+ travellers know about safety and travel considerations on this trip?

The safety and well-being of all of our travelers is a priority at G Adventures and that includes our travelers who identify as part of the LGBTQ+ community. We recognize that there are specific concerns and questions you may have about your adventure in terms of safety and security. We encourage you to visit our [LGBTQ+ page](#) for useful resources to ensure you feel safe and comfortable throughout the duration of your trip. The Equaldex tool linked on this page can be of particular help when deciding where you may want to visit next.

Dossier Disclaimer

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and the operator. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.