



A Week in Italy: Naples, Sorrento & Rome

9 days | 11 days with Rome extension

Get caught up in the energetic pace of Naples and uncover the incredible history of Pompeii, the legendary town frozen in time. Then, slow down while making your way along the Amalfi Coast. Kick back in charming Sorrento before ending your tour in legendary Rome. Whether it's for Neapolitan pizza, stunning seascapes, or ancient ruins, come hungry for all that this region has to offer.



Your tour package includes

- 7 nights in handpicked hotels
- 7 breakfasts
- 3 dinners with beer or wine
- 5 sightseeing tours
- Expert Tour Director & local guides
- Private deluxe motor coach

Included highlights

- National Archaeological Museum
- Pompeii ruins
- Amalfi Coast
- Madonnina viewpoint
- Monte Cassino
- Spanish Steps
- Pantheon

Tour pace

On this guided tour, you'll walk for at least 1.5 hours daily across uneven terrain, including cobblestone streets and sandy paths, with some hills and stairs.

Group size

15-38

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Overnight Flight → 1 night

Day 1: Travel day

Board your overnight flight to Naples today.

Naples → 2 nights

Day 2: Arrival in Naples

Included meals: welcome dinner

Welcome to Italy! Meet your Tour Director and fellow travelers at tonight's welcome dinner.

Day 3: Sightseeing tour of Naples

Included meals: breakfast

This morning's guided sightseeing tour introduces you to the highlights of Naples, a beautiful bayside city.

- Enjoy a panoramic tour with a scenic drive along the Naples waterfront.
- Pass Castel dell'Ovo, the seaside castle on a peninsula in the Bay of Naples.
- Visit the National Archaeological Museum and see relics of Roman history.

Enjoy a free afternoon in Naples or add an excursion.

+ A Naples Tradition: Neapolitan Pizza

Sorrento Peninsula → 3 nights

Day 4: Sorrento Peninsula via Pompeii

Included meals: breakfast, dinner

En route to the Sorrento peninsula, stop at Pompeii for a guided walking tour of the city's ruins.

- Discover how Roman citizens lived 2,000 years ago, before Mount Vesuvius erupted in A.D. 79.
- View the excavated Roman ruins of theaters, villas, temples, and baths.

Then, continue on to the Sorrento peninsula and sit down for an included dinner.

Day 5: Free day on the Sorrento Peninsula

Included meals: breakfast

Enjoy free time to explore the Sorrento peninsula or add an excursion.

+ Capri: A Day on the Iconic Island

Day 6: Sightseeing tour of the Amalfi Coast

Included meals: breakfast

Enjoy a full-day trip to the scenic Amalfi Coast.

- Travel by boat from Sorrento to the town of Amalfi and admire the impressive cliff-side villages.
- Enter Amalfi Cathedral, which houses the crypt of Saint Andrew.
- Enjoy free time to explore the charming town's shops, restaurants, and the beach.

Cruise back to Sorrento and transfer to your hotel where you'll enjoy a free evening or you can add an excursion.

Please note: For departures during the off season from November-March as well as when boat is not operating due to poor weather conditions, a visit to Vietri by bus will replace the visit to Amalfi Town.

+ Rustic Italy: Farmhouse Dinner & Wine Tasting

Rome → 2 nights

Day 7: Rome via Monte Cassino

Included meals: breakfast

En route to Rome, stop at Monte Cassino. You'll take a guided tour of the Abbey of Monte Cassino, which was completely destroyed during an American-led air raid and rebuilt after the war. Enjoy a free evening in Rome or add an excursion.

+ Pasta-Making Class & Dinner

Day 8: Sightseeing tour of Rome

Included meals: breakfast, farewell dinner

Follow in the footsteps of the ancient Romans on a guided walking tour to discover its beautiful, centuries-old squares and fountains.

- Stroll past the Spanish Steps, where Bernini's Baroque-style fountain has stood since the 1600s.
- Walk to the intricately carved Trevi Fountain, and toss a coin for good luck.
- Step inside the Pantheon, home to the world's largest unreinforced concrete dome.
- Learn about the engineering skills of the ancient Romans and how they created this well-preserved temple.
- End at Piazza Navona and see the Fountain of the Four Rivers.

This evening, join your group for a farewell dinner. As you dine, you'll be treated to a multi-course traditional Italian meal with a live musical entertainment.

Flight Home

Day 9: Departure

Included meals: breakfast (excluding early morning departures)

Transfer to the airport for your flight home or extend your stay to further explore the city of Rome.

+ Rome extension

Have your sights on more art, history, and street life? Rome is sure to deliver. Only in the Italian capital can you sip cappuccino in front of the Pantheon and have an audience with the pope all in one morning. Your Tour Director will tell you their favorite ways to savor the city, and all you have to do is soak it all in.

Rome → 2 nights

Day 9: Free day in Rome

Included meals: breakfast

Enjoy a free day in Rome or add excursions.

+ Food of Rome: Walking Tour of Trastevere

+ Iconic Sights: Vatican City

Day 10: Free day in Rome

Included meals: breakfast

Enjoy another free day in Rome or add an excursion.

This evening, enjoy a farewell drink as you celebrate your trip with your fellow group members.

+ Ancient Rome: St. Paul's Basilica & the Catacombs

Flight Home

Day 11: Departure

Included meals: breakfast (excluding early

morning departures)

Transfer to the airport for your flight home.

Customize your experience

Customize your tour by adding excursion options. Excursions offered on the same day will occur at different times, so there's no need to choose. Save \$10 when you book your excursion up to three days before your tour departs.* Excursions requiring advance reservation only list this discounted price. Call or go online to customize your tour: goaheadtours.ca/NSR | 1-800-754-5066

Day 3: A Naples Tradition: Neapolitan Pizza

\$109CAD/\$119CAD* (3 hours, departs in the afternoon)

Visit one of Naples' most famous pizzerias for a demonstration of the local art of pizza making—and a tasting of the final product, of course. Pizza as we know it today was born in Neapolitan peasant towns in the late 18th century, nearly 200 years after explorers brought tomatoes back from the New World. Lucky for pizza lovers, the fruit finally made its way onto rustic, yeast-based flatbreads. The new creation drew tourists in to the poorer areas of the town just for a taste—and this tradition of quality and freshness still reigns supreme in Neapolitan kitchens.

Day 5: Capri: A Day on the Iconic Island

\$149CAD/\$159CAD* (8 hours, departs in the morning)

Travel by ferry to the fabled isle of Capri, a beloved resort since the days of the Roman Republic. Weather permitting, you'll enjoy a boat ride around the island. Later, you'll enjoy free time to discover why everyone from Roman emperors to Sophia Loren has spent their vacations in Capri. If the weather prohibits a boat ride, you'll travel to the village of Anacapri, which offers stunning views of the surrounding scenery.

Please note: This excursion is weather-dependent. Travelers prone to seasickness should take the proper precautions.

Day 6: Rustic Italy: Farmhouse Dinner & Wine Tasting

\$175CAD/\$185CAD* (4 hours, departs in the evening, dinner included)

Take a short trip outside of Sorrento for a cultural experience at an agriturismo, or farm stay. Here you'll have a chance to explore the lush gardens, cultivated fields, and vegetation typical of many Mediterranean regions. After touring the farm, savor an aperitif of prosecco, meant to stimulate the appetite. A four-course dinner will follow, complete with a wine tasting led by an experienced sommelier. After an evening experiencing the Italian art of eating, return to Sorrento. Please note: This excursion is seasonal and runs from March through October and inclusions may vary based on season. In addition, climbing stairs and walking is required in order to tour the farm.

Day 7: Pasta-Making Class & Dinner

\$175CAD/\$185CAD* (4 hours, departs in the evening, dinner included)

In this hands-on cooking class led by an experienced Italian chef, you'll learn to make pasta—perhaps pillow ravioli or castellane, a ridged shell pasta that's rolled into a long, oval shape—using traditional techniques you can keep on practicing when you get back home. Then, sit down for dinner and enjoy the dishes you've prepared, along with wine.

Extension excursion options

Day 9: Food of Rome: Walking Tour of Trastevere

\$189CAD/\$199CAD* (3.5 hours, departs in the afternoon)

Meet up with a local guide for a culinary-themed walking tour of Trastevere. This historic neighborhood is located across the Tiber River and is home to some of the Rome's best shops, bars, and restaurants. Step inside four handpicked eateries, each of which showcases the area's rich culinary traditions. You'll enjoy tastings of aperitivi, pasta, pastries, and gelato—all quintessential Italian foods. Over an aperitivo and a glass of wine, your guide will talk about the various flavors and cooking techniques that have come to define the local cuisine. Watch locals go about their daily lives as you stroll along the charming trattoria-lined streets during your tour.

Day 9: Iconic Sights: Vatican City

\$175CAD (3.5 hours, departure time varies)

This guided tour takes you inside Vatican City—a UNESCO World Heritage Site and one of the most sacred places in Christendom. This independent city-state within Rome serves as the headquarters of the Roman Catholic Church and is home to the Pope. Upon arrival, turn on your pre-distributed headset and dive into the Vatican's rich history with your local guide. First, visit the Vatican Museums, which are more than 500 years old and house many of the world's most important Classical- and Renaissance-era sculptures. Next, step inside the Sistine Chapel, whose frescoed ceiling is arguably Michelangelo's greatest masterpiece. Finally, pay a visit to the enormous St. Peter's Basilica, the epicenter of the Roman Catholic faith. The artists who have contributed to its glory are some of the best Italy has ever known: Bramante, Peruzzi, Raphael, and Michelangelo. Masterpieces await at every turn, from Bernini's magnificent bronze canopy to Michelangelo's Pietà.

Please note: Should this excursion fall on a Sunday, it'll be moved to another day of the tour. Backpacks aren't allowed in the Vatican, and shorts and sleeveless shirts are strictly prohibited. Due to closures of certain entrances and pathways, wait times may extend to several hours during busy travel months. This excursion requires advance reservation and must be booked at least 70 days prior to departure.

Day 10: Ancient Rome: St. Paul's Basilica & the Catacombs

\$125CAD/\$135CAD* (4 hours, departure time varies)

Descend into Rome's ancient catacombs, where early Christians buried saints and popes alongside commoners. A local guide will lead you through the burial chambers before your visit to St. Paul's Basilica, one of the four most important basilicas of Rome. Originally founded by Constantine the Great, the Basilica also houses the tomb of St. Paul.

Please note: Shorts and sleeveless shirts are not permitted within the Basilica. Also, this excursion involves extensive walking and may be challenging for claustrophobic travelers.

*Optional excursions may be purchased up to three days prior to departure or while on tour. Pre-purchased optional excursions cannot be canceled within three days prior to departure or while on tour. Select optional excursions require advance booking and cannot be purchased or canceled after the advanced reservation deadline. GAT accepts payment by cash, Visa or MasterCard for optional excursions purchased on tour. Additional fees may apply for optional excursions purchased on tour. Excursions require a minimum number of participants to operate. Details and prices are subject to change. Due to seasonal hours of operation and availability, some excursions may not operate. If this occurs, you will be refunded any payments made for that excursion post-tour. Learn more at goaheadtours.ca/terms