



Rome: The City Experience

7 days | 10 days with Florence extension

Step wholeheartedly into the Roman experience and make the Eternal City your home away from home. Explore legendary landmarks, mingle with locals who go about their lives in the shadow of ancient ruins, and learn how to craft fresh Italian cuisine during a cooking class. We promise, you're going to leave feeling like an insider.



Your tour package includes

5 nights in a well-located hotel
5 breakfasts
2 dinners with beer or wine, including a signature farewell dinner experience with a cooking lesson
Expert Tour Director
Sightseeing tour with a local guide
Metro tickets

Included highlights

Colosseum
Palatine Hill
Circus Maximus
Roman Forum
Roman cooking class

Tour pace

On this guided tour, you'll walk for at least 2 hours daily across mostly flat terrain, including cobblestone streets and dirt paths, with few hills and stairs.

Group size

15-38

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Overnight Flight → 1 night

Day 1: Travel day

Board your overnight flight to Rome today.

Rome → 5 nights

Day 2: Arrival in Rome

Included meals: welcome dinner

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

Day 3: Sightseeing tour of Rome

Included meals: breakfast

Follow in the footsteps of the ancient Romans on a guided tour of the Eternal City.

- Soak up over 2,000 years of history in Imperial Rome, viewing the Arch of Constantine and the Arch of Titus
- Enter the Colosseum, the largest amphitheater of the Roman Empire
- Stop at the ruins of the Forum, once the setting of parades, elections, and trials
- Pass by Palatine Hill to see Circus Maximus, the stadium where ancient Romans raced chariots, and the Baths of Caracalla

Day 4: Free day in Rome

Included meals: breakfast

Enjoy a free day in Rome or add excursions.

+ Food of Rome: Walking Tour of Trastevere

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

Day 5: Free day in Rome

Included meals: breakfast

Spend a free day in Rome or add an excursion.

+ Ancient Roman Ruins of Ostia Antica

Day 6: Cooking class & farewell dinner

Included meals: breakfast, farewell dinner

Enjoy a free day in Rome or add an excursion.

(Please note: Iconic Sights: Vatican City excursion may be offered on day 3, depending on the day of the week.)

This evening, join your group for a special cooking class and dinner. You'll craft handmade pasta with the help of a chef before tasting your creations and raising a toast to your trip with local wine.

+ Iconic Sights: Vatican City

Flight Home

Day 7: Departure

Included meals: breakfast (excluding early morning departures)

Transfer to the airport for your flight home or extend your stay to visit Florence.

Flight Home

Day 10: Departure

Included meals: breakfast (excluding early morning departures)

Transfer to the airport for your flight home.

+ Florence extension

Not ready to say arrivederci? Continue your trip in the Tuscan capital of Florence, where Renaissance beauty and really (really) good food are practically everywhere. See the highlights alongside a local guide, then lean on your Tour Director's expert recommendations to seek out even more.

Florence → 3 nights

Day 7: Transfer to Florence & sightseeing tour

Included meals: breakfast

Travel north to Florence, the birthplace of the Renaissance, and get to know the city with a local guide.

- View the legendary Florence Cathedral, known as the Duomo
- Pass Giotto's Campanile, a masterpiece of Gothic architecture
- Walk past Piazza della Repubblica to the medieval Ponte Vecchio
- Stroll along the Arno River and through the courtyard of the Uffizi Gallery to Piazza della Signoria, center of Florentine life

Day 8: Free day in Florence

Included meals: breakfast

Enjoy a free day in Florence or add an excursion.

+ Siena & San Gimignano: Tuscan Hilltowns

Day 9: Free day in Florence

Included meals: breakfast

Spend a free day in Florence or add an excursion.

Later this evening, gather with your group to celebrate your trip with a farewell drink.

+ Accademia Gallery

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/RWE | 1-800-754-5066

Day 4: 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 4: 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.

Day 5: Ancient Roman Ruins of Ostia Antica

\$145CAD/\$155CAD* (4 hours, departure time varies)

Situated on the Mediterranean at the mouth of the Tiber River, Ostia was once the bustling seaport for the city of Rome and home to more than 50,000 people in the second century. When the Roman Empire fell, the port was abandoned and eventually covered in silt from the river—a natural phenomenon that preserved much of the ancient architecture. You'll take a guided tour of the excavated city, viewing the remnants of the ancient Roman ruins, including a forum, a theater, bars and restaurants, public baths, religious temples, and apartment blocks, many of which are still decorated with the original mosaics and painted walls.

Day 6: 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.

Extension excursion options

Day 8: Siena & San Gimignano: Tuscan Hilltowns

\$175CAD/\$185CAD* (10 hours, departs in the morning)

Discover the essence of Tuscany on a full-day excursion. In Siena, a local guide introduces you to the town and its black-and-white marble duomo, where you'll find brilliantly colored 16th-century frescoes in the Piccolomini Library. You'll have some free time to explore the Campo, the square that serves as the center of civic life in Siena. Then, journey through the countryside to the town of San Gimignano, where you'll have some free time to explore the city's medieval towers or simply admire the Tuscan hills. Later, you'll head to a nearby vineyard, where an included wine tasting awaits. Please note: This excursion involves a moderate amount of walking.

Day 9: Accademia Gallery

\$89CAD (2 hours, departure time varies)

Home to Michelangelo's masterpiece David, the Accademia Gallery is one of the most famous museums in Florence. Skip the ticket lines, and join a local guide on a tour of the museum as you learn about Renaissance art history and view a variety of pieces, including the marble statue of David. This excursion requires advance reservation and must be booked at least 70 days prior to departure.

*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