



Barcelona, Southern France & the Italian Riviera

12 days | 14 days with Rome extension

Enjoy memorable culture, architecture, and Mediterranean food on this guided trip, pausing to take sunny siestas in Barcelona and relaxing riposos in Italy. Sip sangria by La Sagrada Família, meander through medieval Avignon, and tour seaside villages, all while sneaking in opportunities to brush up on your Spanish, French, and Italian.



Your tour package includes

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

Included highlights

- La Sagrada Família
- Carcassonne
- Avignon
- Papal Palace
- Cape Ferrat
- Nice's Old Town
- Monaco
- Cinque Terre
- Florence Duomo

Tour pace

On this guided tour, you'll walk for at least 2.5 hours daily across mostly flat terrain, including paved roads and cobblestone streets, with some steep hills.

Group size

15–38

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Overnight Flight → 1 night

Day 1: Travel day

Board your overnight flight to Barcelona today.

Barcelona → 3 nights

Day 2: Arrival in Barcelona

Included meals: welcome dinner

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

Day 3: Sightseeing tour of Barcelona

Included meals: breakfast

Discover why Barcelona is touted for its unparalleled architectural landmarks, many of which are UNESCO World Heritage sites.

- Step inside La Sagrada Família, Gaudí's famous masterwork-in-progress
- Drive along Passeig de Gràcia, past Gaudí's "House of Bones"
- Visit Montjuïc, site of the 1992 Olympic Games, and Mirador de l'Alcalde Park
- Pass Plaça d'Espanya

Enjoy a free afternoon in Barcelona or add an excursion.

+ Park Güell & La Pedrera

Day 4: Free day in Barcelona

Included meals: breakfast

Spend a free day in Barcelona or add excursions.

+ Montserrat

+ Flamenco Dinner Show

Provence → 1 night

Day 5: Provence via Carcassonne

Included meals: breakfast

En route to Provence, France, stop in the fortified city of Carcassonne. You'll tour the medieval fortress settlement, which is a UNESCO World Heritage site.

French Riviera → 2 nights

Day 6: French Riviera via Avignon

Included meals: breakfast

Make your way to Nice and the French Riviera by way of Avignon, where a local guide shows you around the city.

- Stroll through the historic town center, which is surrounded by the city's original medieval walls
- Step inside the magnificent Papal Palace, a UNESCO World Heritage site
- Enjoy free time in the city for lunch

Day 7: Sightseeing tour of Cape Ferrat & Nice

Included meals: breakfast

Set out to explore the French Riviera today.

- Enjoy views of the Mediterranean Sea from the cliffs of Cape Ferrat
 - Tour the Villa Ephrussi, a mansion built by a member of the Rothschild banking family, and stroll through the villa gardens
 - Stop to explore Nice's Old Town on your own before returning to your hotel
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Italian Riviera → 2 nights

Day 8: Italian Riviera via Monaco

Included meals: breakfast, dinner

Leave France for the Italian Riviera today. Stop en route to explore the tiny principality of Monaco with your Tour Director.

- Visit Le Rocher, or the Rock of Monaco, to see the cathedral and Old Town
- Stop outside the Prince's Palace, first built as a fortress in the late 12th century

This evening, sit down for an included dinner with your group.

Day 9: Sightseeing tour of Cinque Terre

Included meals: breakfast

Join your Tour Director to discover Cinque Terre, an idyllic cluster of five villages set on seaside cliffs.

- Board a train to Vernazza and admire the colorful houses that dot the waterfront
- Continue by train to the dramatic coastal village of Riomaggiore
- Enjoy a scenic boat ride to Monterosso and soak in views of the pebble beach that the village is known for

- Learn about Via dell'Amore, one of the area's most famous hiking paths, which connects two of the five villages
- Enjoy short walks through each village before spending free time exploring, shopping, and eating
- Admire the Liguria regions' varied landscape as you transfer back to your hotel by train

Please note: The boat ride is weather-dependent. In the case of inclement weather, you'll visit the villages by train. In addition, the specific villages you visit may vary.

Florence → 2 nights

Day 10: Transfer to Florence & sightseeing tour

Included meals: breakfast

Travel to Florence and set off on a guided sightseeing tour of the city at the center of the Renaissance.

- Visit 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 11: Free day in Florence

Included meals: breakfast, farewell dinner

Enjoy a free day in Florence or add an excursion. Later, celebrate your trip at a farewell dinner this evening.

+ San Gimignano: Medieval Sights & Tuscan Flavors

Flight Home

Day 12: Departure

Included meals: breakfast (excluding early morning departures)

Transfer to the airport for your flight home or continue on to explore 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. See the city's highlights during guided sightseeing, and then look to your Tour Director's expert suggestions to uncover even more.

Rome → 2 nights

Day 12: Sightseeing tour of Rome

Included meals: breakfast

Travel to Italy's capital city and 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 13: Free day in Rome

Included meals: breakfast

Spend a free day in Rome or add excursions. This evening, enjoy a farewell drink as you celebrate your trip with your fellow group members.

+ Food of Rome: Walking Tour of Trastevere

+ Iconic Sights: Vatican City

Flight Home

Day 14: 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/SFI | 1-800-754-5066

Day 3: Park Güell & La Pedrera

\$149CAD/\$159CAD* (4 hours, departure time varies)

On today's excursion, discover the magnificent works of Antoni Gaudí, the famed Spanish architect known for his bold, distinct designs. Casa Milà is the first stop.

Take a guided tour of this building, popularly known as "La Pedrera," which was built by Gaudí between 1905 and 1910. Everything about the building is visually unique, from its wave-like stone structure to the grandly designed roof. Next, you'll head to Park Güell, also designed by Gaudí. Your guide will lead you through the park, which contains stunning buildings, intricate stonework, and colorful mosaics. At the top of the park, marvel at the brilliant views of Barcelona.

Day 4: Montserrat

\$129CAD/\$139CAD* (4.5 hours, departure time varies)

Journey to the ninth-century Santa María de Montserrat Abbey, which inspired the composer Richard Wagner as he wrote Parsifal. Ride a high-flying cable car up the mountain and enjoy magnificent views of the Llobregat River Valley and—if the skies are clear—the Pyrenees. A local guide will lead the way to the secluded Santa María de Montserrat Abbey, where you may have a chance to see La Moreneta, Catalonia's miraculous and beloved statue of the Virgin of Montserrat. Take some time to explore the monastery before descending the mountain by bus and driving back to Barcelona. Please note: Due to the ever-changing schedule of church activities, a viewing of the statue of La Moreneta can't be guaranteed.

Day 4: Flamenco Dinner Show

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

The clapping, the singing, the stamping—experience the dramatic art of flamenco dancing, one of Spain's most celebrated traditions. Expressive and colorful, this Andalusian style of dance combines guitar playing (toque), song (cante), and rhythmic clapping (palmas). Dinner will be served before the performance.

Day 11: San Gimignano: Medieval Sights & Tuscan Flavors

\$159CAD/\$169CAD* (6 hours, departs in the morning, lunch included)

Travel through the beautiful Tuscan countryside to discover the medieval village of San Gimignano. During the Renaissance, the rival Guelph and Ghibelline political factions flexed their muscles by constructing tall towers throughout San Gimignano; fourteen of those towers survive today. Later, visit a local winery for a taste of the area's wines and a sampling of olive oil and balsamic vinegar that you simply won't find anywhere else. Then, enjoy lasagna during a light lunch.

Extension excursion options

Day 13: 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 13: 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.

*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