

Itinerary for 2019 Italian Lifestyle Excursion

Enjoy 8 days and 7 nights immersed in the History, Culture, Food and Cooking in the country with the longest living people on earth!

- April 8th** Depart from Chicago O'Hare for Naples Italy or we'll meet at the airport in Naples and depart for the excursion of a lifetime!
- April 9th** Arrive Naples Italy around noon: Transfer by comfortable Motor coach to the beautiful Hotel San Francesco where the Ferrara family (owners of the hotel) awaits! Check in, relax and take time to absorb the panoramic views of the coast and the sea. Carol will lead a short-guided walking tour of the city of Maiori where you will begin to absorb the culture, family life and the lifestyle that promotes longevity for the longest living people on earth. Four course specially prepared dinner awaits at night.
- April 10th** (and each morning) enjoy a leisurely Italian bountiful breakfast buffet at the hotel. Leave by comfortable motor coach for the ancient city of Ravello where you are surrounded by the stunningly beautiful city either in small groups or on your own. Return for specially prepared four course group dinner and conversation.
- April 11th** After enjoying a leisurely breakfast, meet in the lobby before entering the kitchen for cooking demos with the Neapolitan Chefs. Learn the secrets of making great pasta, sauce and true minestrone soup! In the afternoon, take the "walk of lemons" to the next town of Minori Italy and visit the "Italian Cake Boss" for cappuccino and small Italian pastries (if desired.) Return for group specially prepared four course dinner.
- April 12th** Following our leisurely breakfast on the terrace, our comfortable motor coach awaits for our visit the ancient yet very popular cities of Positano and Amalfi! Dinner & conversation at night at the hotel and perhaps a stroll along the promenade to follow.
- April 13th** Leisurely breakfast on the terrace followed by cooking class with the Neapolitan Chefs at the hotel - grilling vegetables Neapolitan style plus other cooking demos followed by an afternoon hike and visit to the ancient walled city of St. Nicholas. The vista is unparalleled in its beauty! Dinner and conversation at night in the beautiful dining room of the Hotel San Francesco
- April 14th** Leisurely breakfast on the terrace followed by a trip to the family home of Carol D'Anca in the town of Nocelleto, Italy. This is a unique opportunity to observe family life in the south of Italy. We will also make a stop at the family home built in the 1800's with an amazing history tied to the Allied troops during WWII. Following our visits, we will enjoy a typical Neapolitan lunch at an Agriturismo Farm, a winery and a stop to the famous place that makes fresh mozzarella that is shipped throughout the world.
- April 15th** Free day for relaxing, shopping, packing and Celebratory Dinner at the hotel. You may want to take the city bus to the town of Vietri where beautiful ceramics are produced and sold or other close by location.
- April 16th** Last day to enjoy breakfast on the terrace. Depart Maiori for the airport in Naples, only to promise to return again one day!

Each morning, Wake up to the view of the sea from your balcony!

Each night, stroll along the waterfront promenade with the locals at night with a typical Italian "passeggiata" (leisure walk) or, go to a local place to enjoy the nightlife on the Amalfi Coast of Italy.

Note: Food choices are not standard American but Mediterranean style and will include a variety of cheeses, breads, eggs, fruit, juice, tea and cappuccino to order - choices that will work for every eating type. All dinners are 4-course hand picked and specially prepared by Neapolitan chefs each evening with white tablecloth service in the beautiful dining room at the Hotel San Francesco overlooking the sea. Dinners include fresh made pastas, salads, main dishes include the catch of the day from the sea, vegetables, soups, deserts, wine and water.