



MIGRATIONS
TRAVEL AND CRUISES LTD.



UNDISCOVERED ITALY

4 DAY POST-CRUISE- MAY 28th- MAY 31st

**SPACE IS LIMITED
BOOK EARLY**

Rome to Abruzzo



May 28th

Depart our ship in Civitavecchia and transfer to Abruzzo, one of the best-kept secrets of Italy, a Region that offers amazing food, wine, authentic experiences, art, culture and a striking landscape. Stop in L'Aquila, also called "the Florence of Abruzzo". Set out on a walking tour of its city center and do not miss the fountain of the 99 spouts. Step into the amazing Basilica of San Bernardino and enjoy lunch at a local restaurant. Drive to the charming hamlet of Santo Stefano di Sessanio, then settle down in what will be your home for the next three nights.

Santo Stefano di Sessanio is a fortified medieval village. It is located in the mountains of Abruzzo at 1250 meters above sea level, inside the Gran Sasso and Monti della Laga national park. The village is a classic example of an Italian medieval hill town, with perimeter walls encircling houses and squares. During the last century the "modernisation" of rural Italy compromised the architectural heritage of many of its countryside villages and towns. But Santo Stefano, like many more remote Mediterranean mountain villages, was deserted when its impoverished inhabitants left in search of work. Paradoxically, the abandonment preserved the town's original character. Our small 29 room inn is part of a project to bring the village back to life and to welcome tourists, but without sacrificing Santo Stefano's identity. To retain Santo Stefano's local character all modern technology is hidden.

Original architectural materials, and the furniture and textiles are authentic items from the Abruzzo mountains. They have preserved traces of bygone countryside life in the fabric of the buildings – symbols of hardship which evoke the spirit of ancient rural life.

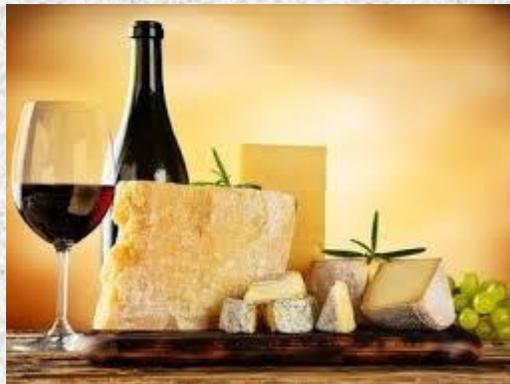
Breakfast, lunch, and dinner included



May 29th

After breakfast we depart for the Castel del Monte, listed as “one of the most charming villages of Italy”, nestled in the heart of the Gran Sasso National Park. Explore its charming alleys and beautiful churches. Then stop at the stunning Rocca Calascio, a medieval castle located within the Gran Sasso Park. Discover the century-old pecorino cheese recipe that is passed from generation to generation and taste the glorious cheese that is produced here over lunch, coupled with a Montepulciano d’Abruzzo red wine. Return to the village and enjoy a hands-on cooking class at a local home, and feast on your creations for dinner.

Breakfast, lunch, and dinner included

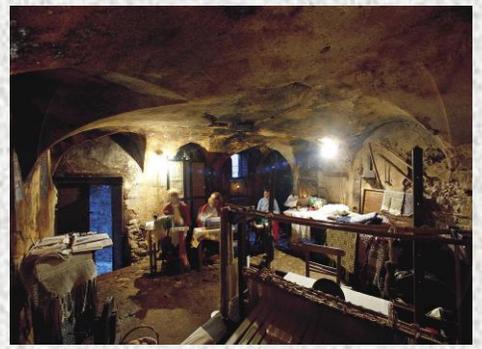


May 30th

We drive this morning to Bominaco, a small village that is home to two of the most beautiful churches of the Region: the Romanesque Church of Santa Maria Assunta, built between the 11th and 12th centuries, and the Oratory of San Pellegrino, built in 1263, with extraordinary frescoes from the 13th Century. Visit a family-owned winery for a wine tasting and lunch. Then return to Santo Stefano di Sessanio. This afternoon meet a local artisan and learn about the weaving traditions of this Region and enjoy some time at leisure in this fabled hilltop village.

Tonight we will enjoy a farewell dinner as we bid Italy arrivederci until next time.

Breakfast, lunch, and dinner included



May 31st

We transfer to Rome Fiumicino airport for our return flights.

Breakfast, included

Your Adventure includes: 4 star accommodations with taxes and luggage handling included. Transfers from the ship to hotel and from the hotel to the airport in Rome. All meals are included as indicated including wine, soft drinks, water, coffee and tea with lunch and dinner, private English Speaking guide with audio headsets. All tours as indicated and 24 hour emergency line. Fully escorted by Helga and Dana.

\$1999 Canadian per person based on double occupancy.

Single Supplement \$850 Canadian

Deposit is \$500 per person and final is due 6 months prior.