

T&S TASTE & SLOW ITALY

food-wine and cultural tours

tasteandslowitaly.com

ROME and ASSISI

The most spiritual destinations in Italy



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ITINERARY

DAY 1 | ARRIVAL IN ROME

Morning arrival at Rome Fiumicino Airport.

Meeting with your Tour Escort and your private driver. Transfer towards Rome; check in at your hotel 4 star

We will suggest you activities depending on your arrival time

dinner and overnight.

DAY 2 | THE ANCIENT ROME

Breakfast and departure.

Meeting with your local guide for a panoramic tour of Imperial Rome: **Colosseum, Roman Forum, San Pietro in Vincoli** (S. Pietro in Vincoli does not belong to the Imperial Rome but it is very closed to Nero's Domus Aurea. Inside you will admire the great Mosè by Michelangelo, a work of incomparable beauty).

The **Colosseo or Anfiteatro Flavio** is biggest amphitheater of the Roman world,

it was erected on the site of an artificial lake. Begun in the year 72 AD, it was completed eight years later. The amphitheater has a diameter of 620 feet in its widest section and 490 feet in its narrowest. During its inauguration, which lasted for a hundred days five thousand wild animals were slaughtered. Animal entertainments formed a part of the games and normally took place in the morning, till noon.

Executions were another common feature of the Roman games. They took place at midday as an interlude between the animal in the morning sessions and the gladiatorial combat in the afternoon. Although the executions were seen as symbolizing Rome's and Emperor's powers the senators and the higher classes, who have the best seats for the show, normally took advantage of the interval to live the arena to dine. The executions of deserters, prisoners-of-war-, criminals from the lower classes, first Christians, were *crucifixions* or *damnationes ad bestias*, in which they would fight, with their hands, face to face with wild animals. Shows were always free, with pre-assigned day and seat inside the theatre.

The Roman Forum was the political, commercial, and religious center of ancient Rome. The project was made in the valley between the Palatine and the Capitol hills, not far from the Aventine hill and the river Tiber. The VIA SACRA, which traverse the Forum from north-west to south-east, was the main street used for impressive military parades. The Temples, the arches, the Basilicas inside the Forum were constructed over the course of 900 years.

Take your time in the afternoon for shopping. There are many designated shopping areas in Rome: around Piazza di Spagna, via del Corso, Galleria Alberto Sordi, La Rinascente, via Condotti, via del Babuino, via Ottaviano, via Candia, via Giulio Cesare (near the Vatican), or you can decide to visit a big shopping mall (1 hour from Rome).

Lunch and dinner at leisure or planned for groups

I would suggest a really unique restaurant in the old Jewish area in Rome. You can find there the real authentic Roman recipes.

Transfer back to your hotel and overnight.

DAY 3 | THE VATICAN

Breakfast and departure with your private bus towards S. Pietro and Vatican Museums.

Meeting with your private guide.

Morning devoted to the visit of the Museums, Sistine Chapel with Michelangelo fresco and other artistic frescoes made by Raffaello, Pinturicchio, Perugino.

Sistine Chapel and Vatican Museums. Our expert native guide will whisk you through the labyrinth-like corridors of the museum, taking you directly to the Sistine Chapel without delaying a moment. After the tour you can spend your day inside the Museums, leisurely wandering its magnificent galleries at your own pace, allowing you to focus on what interests you. With an expert guide who will bring Michelangelo's artwork to life

What's Included

- Expert, English-speaking tour guide
- Entrance Tickets and Reservation Fees

Sites Visited

- Sistine Chapel
- Vatican Museums

Afternoon guided tour of Piazza Venezia, Trevi Fountain and Quirinale Palace. Enjoy a **private tour** of the squares of Rome, starting from piazza Navona.

We start a walking tour with **PIAZZA NAVONA**, that still preserves the shape of the Stadium of Domitian, built at the end of 1st century A.D. The central fountain of the Four Rivers was made by Bernini in 1651. From the low basin rises a rock, pierced in the middle, on which are arranged the figures of four rivers also symbolizing four continents: the Danube, the Ganges, the Nile, and Rio de la Plata.

Just a few block away, there is the oldest monument in central Rome, the Pantheon. This monument was built by Hadrian in 120 AD. The temple dedicated to all gods (pan theon), had already been erected by Agrippa between 27 and 25 B.C. on the same site and in 609 it was converted into a Church, the first temple in Rome to be Christianized.

The original temple was built to commemorate the victory over Antony and Cleopatra at Actium. The interior is circular and measures 43,3 meters in diameter and in height. Along the walls, are a series of rectangular and semi-circular niches. Recent investigations have allowed scholars to determine how great was the technical skill required to build it. The temple rests on a heavy foundation wall, in the shape of ring, made of concrete, covered with travertine blocks measuring some 4,5 by 7 meters. At the summit of the pediment the travertine yields to brick, while in the dome itself only light brick and light volcanic stones

were used, so that this vast dome would weigh as little as possible. The use of light from the opening in the roof displays the genius of the architect. Inside, the second chapel houses the tomb of Vittorio Emanuele II, first king of Italy. The third edicola is the tomb of Raphael.

Your nice stroll in town is almost at the end. Few minutes ahead and you are in front of **Trevi Fountain**.

The custom is to throw a coin into the water, over your left shoulder while facing away, to ensure you return in Rome. Toss a second coin and you'll fall in love with an Italian. After the fountain, you will end the walking tour by **the Spanish steps** (in Italian Piazza di Spagna). The tour last about 2 hours, and you can take a break whenever you wish.

Back to your hotel and overnight.

DAY 4 | THE MOST IMPORTANT CHURCHES IN ROME

Breakfast and departure with your tour escort to start the tour of the most important Basilicas in Rome. These churches are St. John in Lateran called the mother of all the churches; the Scala Santa; the Basilica of Santa Maria Maggiore dedicated to the Virgin Mary and the Basilica of St. Paul Outside the Walls – San Paolo Fuori le Mura.



Lunch in a local typical restaurant in Rome

Back to your hotel and overnight

DAY 5 | SPANISH STEPS AND TRINITÀ DEI MONTI

Breakfast and departure with your tour escort towards **Piazza del Popolo**; from Where you will start a guided walking tour of the city center. Stop in Piazza del Popolo to visit the two "twin" churches and the **Spanish Steps and Bernini's fountain**; it ends with **Trinità dei Monti**, famous for the big fashion shows.

Lunch at leisure

Afternoon at leisure... we will be glad to suggest the best activities considering your personal interests

Back to your hotel and overnight.

DAY 6 | ASSISI

Breakfast and departure your tour escort towards Assisi. Stop near Foligno to visit an awarded extra virgin olive mill with oil tasting and light lunch. It is an organic certified farm

Arrival in Assisi, hotel check in and meeting with your private native guide and visit.

In the lower part of the village, named **Santa Maria degli Angeli**, there is the little church (a Medieval small church just inside the large Basilica) that is called **Porziuncola**, where St. Francis lived and died. The upper part of the village, **Assisi** is the place where St. Francis was born and lived with his family. Since 1230, the **Basilica** preserves the mortal remains of the beloved Saint (patron of Italy). It is made up of three levels, built in different phases. By one side of the Basilica, is located the "Bosco di San Francesco". It's a FAI (No-profit Italian foundation) project started in the year 2010, led to the to the creation of a path that starts with the frescoes inside the upper Basilica and continues in the woods, crossing an ancient Benedictine complex, the bridge, the mill, many benches; the road led you to the "Third Paradiso", a piece of Land Art by Pistoletto, Italian painter and sculptor. On the opposite side of **Assisi**, the must see is the Basilica of St. Claire.

Back to your hotel in Rome and overnight.

DAY 7 | SEE YOU SOON ITALY!!!

Breakfast and transfer to the airport by private transfer.

Or you can require to stay for some day more to discover Umbria and its Medieval villages and small cities as **Bevagna, Spello, Perugia, Foligno, Montefalco, the Trasimeno Lake area, Valnerina** villages as **Norcia** (S. Benedict birthplace) or **Cascia** (S. Rita birthplace). Or Terni and Narni (S. Valentine birthplace)

This is a sample of customized tour Tour Quote depending on the services level

THE TOUR INCLUDES

- 4* Hotels in b&b treatment in standard double rooms
- Private bus during the tour
- Tour escort for 7 days
- Local guide for 3 full days (Rome) and 2 half days (Rome and Assisi)
- Earphones
- Reservation and entrance ticket to the Vatican Museums
- 1 light lunch with extra virgin olive oil tasting

OPTIONAL

- Private driver transfers
- Medical, cancellation and baggage insurance
- Other tailored services (to book previously), the services requested on site will be quoted apart

THE TOUR DOES NOT INCLUDE

- Everything not mentioned in "the tour includes"
- Flight tickets
- Tourist accommodation taxes
- Medical-luggage and cancelation insurance
- Optional tours/experiences

Information:

Our Advice Team will be glad to suggest you authentic Italian restaurants depending on your tastes for all tour!

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