

Sensational Sorrento

and Amalfi Coast



Bask in sunny southern Italy as you explore Sorrento and the surrounding coastal region. Enjoy stunning views of the Bay of Naples and Mt. Vesuvius from the lovely hillside Hotel Bristol, your base for the entire week. Enjoy a country cooking class, taste regional wines and limoncello, and learn about olive oil. Visit Naples and Pompeii with your local guide and discover secret shopping places on the isle of Capri with your personal shopper! Cap your week with a full day on the amazing Amalfi coast where you will dine alfresco in the quaint village of Ravello while overlooking the sea and shop the boutiques of picturesque Positano. *Interested in learning about women's hormonal health issues? Then register for our optional Women's Health Retreat with Elizabeth Lee Vliet, M.D. during this same week. See www.herplace.com for details about this cutting-edge program.*

Dates to be Determined • Limited to 12 Guests

\$3950⁰⁰USD Based on Double Occupancy • Single Supplement Charge \$250 - \$500

DEPARTURE GUARANTEED WITH MINIMUM 6 PERSONS

INCLUDED IN THIS TOUR

Most meals: Daily Breakfast, 3 Lunches, 5 Dinners and all local transportation
All entrance fees to guided sightseeing activities
Superior hotel accommodations and Outside Cabin on ship for two nights
Wine tasting and cooking class in Santorini
Regional wine with dinners included on itinerary
Full-time tour leader & local professional guide

EXCLUDED

Alcoholic beverages except regional wine as described in itinerary
Personal purchases
Charges to hotel room such as phone, room service, laundry, spa services, Internet, etc.
Gratuity to local professional guide
International airfare
Travel Insurance

See other side for detailed itinerary

ITINERARY

Day 1

Welcome to Sorrento

Arrive in stunning Sorrento via transfer from the Naples Airport or train station. Enjoy glorious views of the Bay of Naples and Mt. Vesuvius from your lovely hillside hotel. You will be welcomed with a local apéritif and relaxing dinner in your hotel as you meet your tour leader and learn about the week's exciting activities. **D**

Day 2

Exploring Sorrento

This day is reserved to relax, shop and explore the sunny seaside town of Sorrento on your own. If you prefer, enjoy the pool and sauna of the lovely Hotel Bristol. (Optional health session in the morning). **B**

Day 3

Off to Capri!

A full day of fun, shopping, and great food await you on the island of Capri. A personal shopper will take you to the secret shopping areas of this intriguing island. Enjoy lunch with endless views from Anacapri while you stroll the grounds of the Villa San Michele. (Optional health discussion with Dr. Vliet at the Villa). **B, L, D**

Day 4

Bounties of an Italian Farm

Indulge in a day of delicious gastronomical experiences! A short scenic train excursion takes you to a local farm to learn about mozzarella, olive oil and limoncello while you sample local products. Your chef and guide will then show you how to prepare some of her favorite local dishes at the lovely Oasi Olimpia kitchen. (Continue your optional hormonal health education in the morning). **B, L, D**

Day 5

Naples and Pompeii

Discover the beauty and rich history of Naples with your local guide, then explore the volcanic ruins of the ancient city of Pompeii. Dine among grape arbors at the charming Taverna o Mauro situated under towering Mt. Vesuvius before transferring back to your hotel to enjoy a relaxing evening on your own. **B, L**

Day 6

The Amazing Amalfi Coast

Venture along the winding road along the Amalfi Coast with its breathtaking views. Enjoy lunch in the quaint village of Ravello before shopping the numerous boutiques of beautiful Positano. (Optional morning session with Dr. Vliet). **B, L, D**

Day 7

Relax and Wrap Up

Pamper yourself by relaxing in your lovely hotel with its pool and sauna, or further explore the splendors of Sorrento on your own before enjoying our farewell dinner together. (Optional - wrap up of women's health week before dinner and complete your personal action plan for improved health and well-being!). **B, D**

Day 8

Arrivederci!

After breakfast, transfer to the Naples Airport or train station for your departure home. **B**

B = Breakfast / L = Lunch / D = Dinner

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1.888.429.1242 · 1.520.529.1242

www.gateway-destinations.com
info@gateway-destinations.com
PMB #184, 6890 E. Sunrise Dr. #120
Tucson, Arizona 85750-0739