

A scenic view of the Bay of Naples, Italy. In the foreground, a stone fortification with a small window is visible on the right. The middle ground shows the deep blue sea. In the background, the city of Naples is visible along the coast, with the large, conical Mount Vesuvius rising behind it under a blue sky with scattered white clouds.

Paestum to Pozzuoli: the Bay of Naples and Beyond

October 9–16, 2017

Naples, Italy's second city and gateway to the South, may have the most beautiful natural setting in Europe—and the biggest heart. Mount Vesuvius, the dormant volcano whose eruption in 79 AD buried the thriving cities of Pompeii and Herculaneum, as well as numerous luxury and agricultural villas, still looms as a backdrop to modern life; its volcanic soil is the secret to unsurpassed tomatoes, citrus, and wine-producing grapes. Centuries before Rome discovered the area's many attractions, Greek settlers founded cities and sanctuaries. Our trip will cover the territory from Pozzuoli, at the western extremity of the Bay of Naples, down to the temples of Paestum some sixty miles to the south, on the Gulf of Salerno.

Led by Elizabeth (Liz) Bartman, an archaeologist, and Maureen Fant, a food writer, you will have the opportunity to explore the unique archaeology, food, and wine of Campania.

The following program accurately reflects the content of the tour, but unforeseeable circumstances may impose a minor switch or substitution. Rest assured that Plan B, if needed, will be just as good.

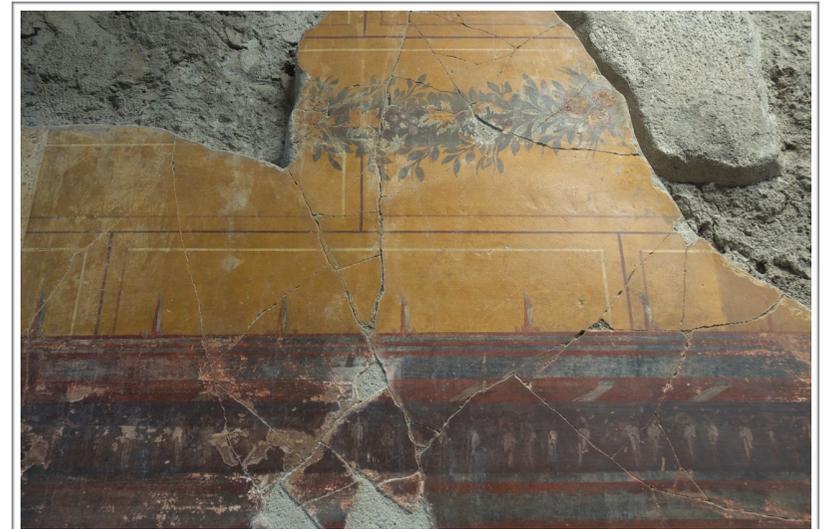
Hotels, transfers, food, admissions, and activities in general described here are included in the price.

B = breakfast, **S** = Snack, **L** = Lunch, **D** = Dinner

Monday, October 9

Arrival and Introduction

- Morning arrival in Naples, where you will be met at Naples International Airport (Capodichino) or Stazione Centrale and transferred to our luxurious seaside hotel near Vico Equense, at the beginning of the Sorrento peninsula.
- We'll jump right into the local foodways with a lunch at a local **pizzeria** preceded by a demonstration and talk.
- After lunch, we'll visit the magnificent early imperial villa at **Oplontis**, known, among other things, for its exquisite wall paintings. A small museum nearby displays some of the many artifacts found over several decades of excavation.
- There should be time for a swim off the hotel's dock or a spa visit before we gather in the early evening for an *aperitivo* and an illustrated introduction to the week's events.
- Dinner will be at the **hotel's Michelin-starred restaurant**. L, D



Tuesday, October 10

Sorrento and the Peninsula

- Our ultimate destination today is a **gourmet seafood lunch on the Gulf of Salerno** at the tip of the Sorrento peninsula, but en route we'll stop in **Sorrento** to visit the local food market and also the archaeological museum and a noted example of modernist architecture.
- There will be time for a snack and some shopping (wood inlays, embroidered linens, and walnuts are among the local specialties). Over lunch we'll have a guided introduction to the Campania region's wines and local seafood. Afterwards we'll visit the restaurant's award-winning above-ground wine "cellar."
- In the later afternoon, we'll tour a spectacular **Roman seaside villa**, just excavated and newly opened for visitors.
- We doubt anyone will need further sustenance in the evening, but we can gather in the hotel's very pleasant seaside bar for Dutch-treat drinks or nibbles. **B, L**



Wednesday, October 11

The Luxury Villas of Roman Campania

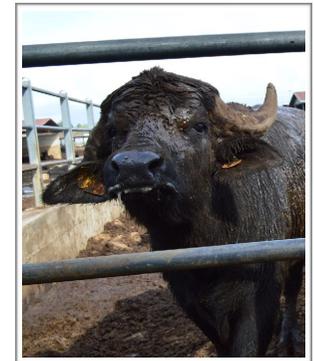
- Our itinerary today introduces us to the lifestyles of the rich and famous of antiquity: in the morning we visit the *villa rustica* (a wealthy farmhouse) at **Boscotrecase**; although its paintings now reside in museums around the world (including the Metropolitan Museum in New York), the finds displayed here, including many carbonized foodstuffs, give an evocative picture of the Roman elite at table.
- Continuing to the town of **Gragnano**, birthplace of the modern pasta industry, we will learn how the best industrial pasta is made and why all spaghetti is not the same.
- We'll have a lunch based on some traditional dishes at the pasta factory and then travel the short distance to the archaeological site of **Stabiae** to visit the stunning remains of a Roman coastal villa currently being excavated. As did the ancients, we'll admire the splendid views over sea and mountains.
- This evening we'll have our *aperitivi* in a converted medieval watchtower a few miles from the hotel, followed by a **two-Michelin-star tasting menu** at the adjacent restaurant. **B, L, D**



Thursday, October 12

Paestum

- **Paestum and its magnificent Greek temples** are our archaeological destination today. Paestum's splendid architectural ruins—admired by Piranesi and other artists—as well as its new museum featuring rare painted tombs will provide plenty of pre-prandial learning and enjoyment.
- Lunch will be at the **working farm** and guesthouse (*agriturismo*) of an extraordinary baronessa (and friend). We'll meet some of her neighbors and hear about both the typical dishes and products of the Cilento, this part of the region, and Campania in general, and about the business of raising **water buffaloes** in the 21st century and making **mozzarella** (which, of course, we'll taste with our lunch).
- After lunch we'll meet the animals themselves.
- The evening is free, but those who wish can gather in the hotel bar for a glass of wine and a sandwich (Dutch treat). **B, L**



Friday, October 13: Pompeii

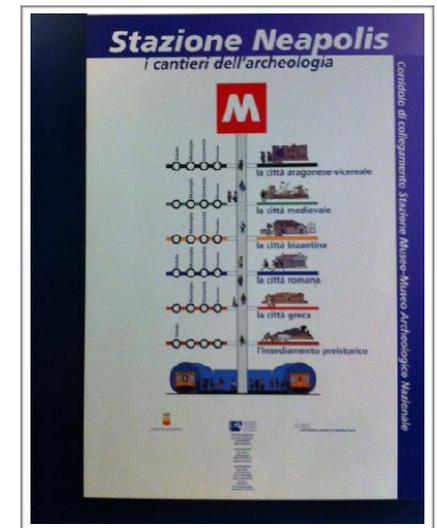
- Today's archaeological destination is **Pompeii**, one of antiquity's best-known sites but one that continues to enthrall visitors. From streets to sewers, private houses to public baths, Pompeii preserves the ancient Roman city like no other.
- Because it is large, our visit will be tightly focused on the unparalleled evidence for ancient food and eating, including replanted vineyards. We'll have a snack on the site and later, after a full morning, we'll relax over lunch at a beautiful restaurant in the modern town of Pompei.
- Lunch will consist of some **modern interpretations of ancient Roman dishes**, including the celebrated "cassata" of Oplontis, a delicious dessert made only with ingredients known to the Romans.
- The day will end in mid-late afternoon in **Naples**, where we'll settle in to our elegant hotel overlooking the famous bay. The remainder of the afternoon and evening will be free. **B, S, L**



Saturday, October 14

The Heart of Naples

- Beneath the bustling streets of present-day Naples lie the remains of two ancient cities: the Greek Parthenope and its Roman overlay, **Neapolis**.
- We'll get a good overview at a special **exhibition on the city's history** located, somewhat unexpectedly, in the subway station beneath the **National Archaeological Museum**, known for its unsurpassed collection of ancient paintings, sculptures, and erotica from the towns destroyed in 79. From silver tableware to carbonized foodstuffs to painted still lifes, the Museum's collection offers many insights into ancient foodways as well as the lives destroyed by Vesuvius' eruption.
- After a morning at the museum, we'll walk a very few blocks to a friendly restaurant for a **casual lunch of Neapolitan specialties**.
- Another short walk takes us to the **church of San Lorenzo** and the extraordinary archaeological site that lies beneath it, an **underground** world of fascinating streets with intact shops that had multiple lives in antiquity and later.
- That will take us to mid-afternoon. Those who wish can disperse to explore Spaccanapoli, the old center, with its artisans, or the more elegant Chiaia district, with its boutiques. But for a quorum of diehards with the stamina, we offer an optional tour of the splendid paintings collection in the Capodimonte Museum.
- We'll have dinner together at a **traditional Neapolitan trattoria**. **B, L, D**



Sunday, October 15

The Flaming Fields and the Dark Side of Vesuvius

- There is more to Italy's active geology than destructive earthquakes; thermal springs are among its more pleasant manifestations and were much appreciated by the ancient Romans.
- Our final full day takes us by private bus to the north side of the Bay to the Phlegraean ("Flaming") Fields, or **Campi Flegrei**, so called in antiquity and today for the proliferation of thermal waters and volcanic and seismic activity. We will visit **Pozzuoli** (ancient Puteoli), an important Roman port, and Baia (Baiae), a spa for the ancient elite, where some architecturally innovative structures are well preserved.
- We'll visit the archaeological museum in the **Castle of Baia**, which contains many important works of sculpture and has a breathtaking view over the Bay.
- Our **farewell Sunday lunch**, in a trattoria on the less-visited north slope of Vesuvius, will be highly traditional.
- Afterwards we'll have a visit, guided by the excavator, to a little-known, only recently excavated, site in **Somma Vesuviana**. It preserves a grand structure that seems to have been part of a major ancient winery.
- We cap off the day with a visit to a local modern **winery** to see how the Campanian wine tradition endures.
- In the evening, those who wish can join Liz and Maureen for optional Dutch-treat **pizza**. [B](#), [L](#)



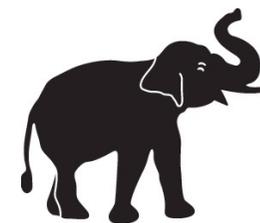
Monday, October 16

Departure

- Private transfers to Naples International Airport or Stazione Centrale or other destination in Naples. **B**



Terms & Conditions



Costs

The 8-day tour—as per the attached description, including 7 nights bed and breakfast; meals and other food (including wine), activities, and transport as described; tips; and airport transfers—will cost US\$5995 per person sharing a double room. The supplement for a private room is US\$1000.

Reservations and payments

To reserve space, return the completed reservation form with your deposit to: Elifant Archaeo-Culinary Tours, 15 West 81st Street, Apt. 5A, New York, NY 10024. We accept payment, only in U.S. dollars, by personal check drawn on a U.S. bank, wire transfer, or PayPal.com (including credit cards). You are responsible for any bank or service charges related to the payment method you choose. When you submit your deposit, you are bound to the terms and conditions outlined below.

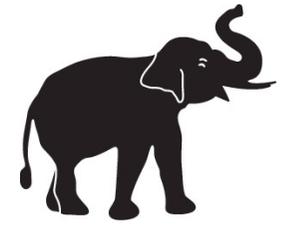
Cancellation and refunds

You may cancel your reservation at any time, provided the cancellation is made in writing. Cancellations will be effective once they are received in writing and confirmed by Elifant. An administrative charge of \$100 will apply to all cancellations. Deposits are refundable if written notice of cancellation is received within 30 days of reservation and at least 120 days before the start of the tour; after that, deposits are 100% nonrefundable. Cancellations within 120 days of the start of the tour are 100% nonrefundable although you may, with Elifant's approval, transfer your booking to a third party who satisfies the conditions of the tour (we will retain a \$100 administrative fee). If we are forced to cancel the tour, you will receive a full refund without further obligation on our part. Partial or full refunds cannot be made to participants who for any reason do not participate in some part of the program or complete the tour, or whose start on the tour is delayed. For this reason, we highly recommend that participants carry personal travel insurance.

Tour cancellation

Tours are costed on the basis of a minimum number of passengers traveling together. If this minimum is not reached, we shall either cancel the tour and offer a refund in full or, subject to clients' agreement, shall operate the tour at the necessary supplement.

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Terms & Conditions, continued

Alterations to the tour

We will do our utmost to provide the tour described in the published material, but retain the right to modify or cancel any tour, accommodation, or arrangement due to unforeseen circumstances amounting to Force Majeure. In such circumstances we will inform you as soon as possible, and should the change be such that it alters the nature of the tour, we shall give you the choice of an alternative tour or a full refund of all money paid. As we will absorb all financial loss consequent upon cancellation due to Force Majeure, we shall not cancel any tour for reason of political tension or natural disaster unless the U.S. Department of State so recommends.

We reserve the right to make, without notice, minor alterations to the published program that do not change the nature of the tour or the value supplied.

If we have to cancel at any time, Elifant is not responsible for any monies paid to others for travel in conjunction with this tour, notably any airline cancellation penalty incurred by the purchase of a nonrefundable air ticket.

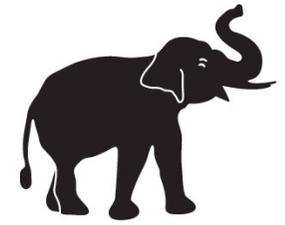
Surcharges

Our prices are based at the euro–US dollar exchange rate as of December 3, 2016. We reserve the right to impose a surcharge to reflect increases in the exchange rate. If the increase exceeds 5% of the tour price, we will offer you the option to cancel, with a full refund of all monies paid, provided we are notified within seven days of the surcharge's being imposed.

Health and insurance

All participants should be in good health and able to keep up with an active group. You are personally responsible for your own health and medical treatment. You must confirm to Elifant that you carry adequate travel and medical insurance, including medical evacuation.

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Terms & Conditions, continued

- The tour leader, in conjunction with the appropriate medical advice, if applicable, has the right to disqualify any client at any time during the course of the tour, if considered necessary for the medical well-being or safety of the individual, or if, in the tour leader's opinion, the client's actions are materially affecting the enjoyment of the tour for the remainder of the group. Any decision with regard to any reimbursement for any part of the tour not completed will be made by Elifant.

Baggage and personal effects

- These remain your responsibility and risk at all times. Elifant will accept no liability for loss, damage, or misdirection of your baggage or effects.

Airport transfers

- Please book your flights early to avoid disappointment. To arrange for your airport transfers, Elifant will need your arrival and departure information at least 45 days before the start date of the tour. Clients failing to provide such information by then will be subject to a surcharge of \$50 per person or be responsible for their own transfers.

Responsibility

- As a condition of participation, each passenger will be required to sign a Release of Liability, which will be sent before the start of the tour.
- Elifant is not responsible for the performance of the services provided by carriers, hotels, and agents, and is not liable for any damage or compensation payable to any participant in respect to loss or injury sustained by the participant, regardless of its cause.