



# Trieste to Treviso

THE EASTERN FRONTIER

Join us in Italy, April 8–15, 2024

*Having gone as far southwest in Italy as we can with our tour of Western Sicily, we head to the extreme northeast, to an area rich in history and cultural surprises (several UNESCO designations) as well as celebrated wines and great food.*

*The week begins in Trieste, famous for its Austro-Hungarian past, coffee-house culture, an extended sojourn by James Joyce, and being bounced back and forth among European powers until it wound up tucked into the farthest corner of*



**Elifant Archaeo-Culinary Tours**

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# Trieste to Treviso

## THE EASTERN FRONTIER



The tour runs east to west, from Trieste, in the Friuli–Venezia Giulia region, with a foray into neighboring Croatia, to Treviso, in the Veneto region, just north of Venice.

*“When you pick us up that first day I can just relax, turn it all over to you, and just go with the flow.”*

—Barbara A., Los Angeles



Elizabeth Bartman and Maureen Fant, Elifant’s principals

**ITALY, SURROUNDED BY SLOVENIA. IN FACT, WE’LL CROSS ABOUT 15 minutes’ worth of Slovenia into Croatia to see something of what the Romans did on the Istrian peninsula. After that, our direction is west.**

We’ll do justice to the magnificent basilica at Aquileia and various Roman sites and museums along the way to end in Treviso, just north of Venice, known to cognoscenti as Italy’s really best-kept secret. It has canals, great food, beautiful streets, and not too many tourists. We love it. In terms of regions, we’ll be going from Friuli–Venezia Giulia to Veneto, and you oenophiles are probably getting excited already. In terms of wine, that’s from the Colli Orientali del Friuli to the Prosecco country north of Venice. And for food, well, choose between the Slovenian influence on the east to the Venetian on the west (and the seafood of the upper Adriatic). We’ll have herbs and greens found nowhere else and can compare the baked ham of Trieste with the slightly smoky prosciutto crudo of Sauris (maybe even served with horseradish). Our accommodations range from a five-star grande dame of Italian hospitality to castles set idyllically amid vineyards and rolling hills.

### What’s included?

Everything. Once the tour begins, you can go the whole week without opening your wallet except for your personal insurance, extras, and that wine you’ll want to take home.

*Because this tour begins Monday morning, the price includes Sunday night in our first hotel.*

The tour price of US\$7500 (supplement for private room US\$950) per person includes 8 nights bed and breakfast, at least one multi-course Italian meal a day (including wine) as well as other meals and snacks as described in the itinerary; all activities and transport as described; airport or train station transfers as described; and tips. Plus the undivided attention of Elizabeth Bartman and Maureen Fant, Elifant’s principals, who plan and lead the tour themselves.

The following program accurately reflects the tour at this writing. If circumstances should impose a minor change, rest assured that Plan B will be great too.

### Travel notes

Trieste, our starting point, is about two hours by train from Venice Mestre, four from Milan, and six from Rome. It’s also well connected by air to many European and Italian cities. Of course we’ll meet you at the airport (TRS), train station (Trieste Centrale), or even cruise port.

The tour concludes in Treviso, only a half hour from Venice, and we’ll take you to the transport hub you choose. Treviso airport (TSF) has connections with a number of European cities. Venice Marco Polo airport (VCE) has intercontinental flights as well as international and domestic. Venezia Mestre train station has high-speed trains to many parts of Italy. And if you prefer to extend your stay in Italy with a few days in Venice, we can drop you at Piazzale Roma (from there it’s water!).

While we don’t plan to hike up any mountains, we do ask that participants be able to walk about a kilometer (three fifths of a mile) without a rest and that they be able to climb stairs. (Walking sticks and canes are fine.)



# Trieste to Treviso

DAYS

1-3



*"I cannot begin to give you the flavour of the old Austrian Empire. It was a ramshackle affair but it was charming, gay, and I experienced more kindnesses in Trieste than ever before or since in my life."*

—James Joyce

So perfectly preserved is the Roman amphitheater of Pula that in 1583 the Venetian senate debated dismantling and removing it to the center of Venice.

*"The best two weeks of eating of my life."*

—Bob D., Los Angeles

*Famous Triestini*  
Italo Svevo, writer  
Tullio Kezich, writer, director  
Giovanna Boteri, journalist  
Tanja Romano, champion figure skater  
Guglielmo Oberdan, irredentist  
Margherita Hack, astronomer

Meal key:  
B = breakfast  
L = Lunch  
D = Dinner  
S = Snack, tasting, or light meal

## Monday, April 8 TRIESTE

Coffee isn't just a tradition in Trieste. Italy's most respected present-day producer is based there. Accordingly, we'll spend our first morning at Illy's Coffee University, to learn how the legendary company transforms bean to brew. We'll follow that with a traditional Triestino lunch, then visit some of the remains of ancient Tergestum, still visible among the imposing late 19th-century Hapsburg constructions that proclaimed the city's status as an Austro-Hungarian seaport and cultural capital.

Overnight: Trieste B, L, S

## Tuesday, April 9 THE ISTRIAN PENINSULA

The little triangle of land protruding into the top of the Adriatic Sea is the Istrian peninsula. Luxury villas dotted its coastline in the Roman and medieval periods, and it's still a popular seaside destination, but not only. Today it lies mostly in Croatia (a sliver is in Slovenia), but it had been under Italian, Austrian, and other flags for much of its history until winding up in Yugoslavia in 1918 and is now a member of the European Union in its own right. Today the border crossings from Italy to Slovenia and then Croatia are barely noticeable, and most place names have an official Italian version. About an hour in, we reach Poreč, whose 6th-century Euphrasian Basilica, rich in mosaics, has been awarded UNESCO status. Another hour's drive takes us to the peninsula's southern tip and Pula (or Pola) and its well-preserved Roman amphitheater and Temple of Augustus.

We'll get back to Trieste in the late afternoon, in time to rest up for our very special gourmet dinner.

Overnight: Trieste B, S, D

## Wednesday, April 10 CORMÒNS

We leave Trieste and head west into Friuli and the important wine area around Cormòns. Our first stop is a winery where, in addition to a vineyard visit and tasting, we'll have a lunch of local specialties in a nearby private house.

From there it's a short distance to Cividale del Friuli, a picturesque town perched above a deep river gorge. Little trace of its ancient past remains except the small local museum, although the town center honors Julius Caesar with a statue—he founded the town and called it Forum Iulii. Cividale achieved greater prominence under the Lombards, who made it their capital in the 6th century. We'll visit the important Episcopal complex, where restorations are bringing the painted walls back to life.

Dinner will be in Cormòns.

Overnight: near Cormòns B, L, D



# Trieste to Treviso

DAYS

4-5



## Famous Trevigiani

(natives of Treviso province):

*Eleonora Duse, Actress*

*Altan, cartoonist*

*Antonio Canova, sculptor*

*Tina Anselmi, politician and partisan*

*Alessandro del Piero, soccer champion*

*Pierre Cardin, designer*

*Giorgione, artist*

*"I trust Liz and Maureen and their taste, as I know  
I'll eat well and sleep well and the days will be  
filled with fun."*

—Sandra C., San Francisco

## Radicchio rosso di Treviso

Radicchio is not just the familiar red-and-white bitter Italian salad. It's actually a large group of varieties of the enormous chicory family (*Cichorium intybus*). They're not all red (the result of a long and complicated treatment after harvest) and come in various shapes. Radicchio originated in northeastern Italy and is primarily available in winter. Two of the best-known varieties are associated with Treviso—precoce (early) and the more highly prized tardivo (late).

## Thursday, April 11 AQUILEIA

Aquileia, Rome's flourishing port on the Adriatic for over seven centuries, remains the region's most important archaeological destination, and we'll spend most of the day there. Not only the impressive ancient port structures, but also roads, tombs, and civic buildings survive to give a good impression of a city that profited from its location at the crossroads of major roads connecting east and west, north and south. The newly renovated museum preserves many examples of Aquileia's far-flung trade contacts across the empire. In late antiquity it further thrived as an early Christian center: its basilica and associated buildings were decorated with fine mosaic pavements, some of which have only been recently discovered.

Dinner is in an elegant country restaurant on the Slovenian border.

Overnight: near Cormons **B, S, D**

## Friday, April 12 ROMAN VENETO

We leave Friuli and continue westward into the Veneto region. En route to our destination near Treviso we'll stop in three small towns whose remains and archaeological museums enhance our picture of Roman life in northern Italy. Portogruaro's old-fashioned museum contains an important collection of statues and inscriptions from nearby Concordia Sagittaria. Oderzo (ancient Opitergium) traces its history through new museum displays that include a horse burial of the pre-Roman era as well as several houses and public structures of the Roman period that came to light in recent construction projects. We'll have a light lunch in Oderzo in a restaurant built into an archaeological excavation. Altino's new museum documents the ancient life of Altinum, on the Venetian lagoon—centered on fishing and salt production—that has been irretrievably lost in bigger cities like Venice.

After getting settled into our quarters in a wine-producing castle about ten minutes outside Treviso, we'll continue into the countryside for a gourmet dinner adjacent to a working farm.

Overnight: Roncade (outside Treviso) **B, L, D**

Questions about the tour or destination?  
Send us an [email](#) or give us a ring  
(+1-347-868-6345).



# Trieste to Treviso

DAYS 6-8



“One of the very nicest things about life is the way we must regularly stop whatever it is we are doing and devote our attention to eating.”

—Luciano Pavarotti

## Saturday, April 13 TREVISO

Tranquil Treviso, whose charming canals make it ideal for contemplative ambling, is where we'll spend most of the day. Although ancient in origin, Tarvisium is best understood through the well-organized displays of its two archaeological museums, both on the agenda this morning. So is a stop to admire the lively fish market.

Lunch will be at the excellent, and now rather avant-garde, restaurant that claims to have invented tiramisù, the trevigiano dessert that has conquered the planet. Yes, it's still on the menu and we'll taste their version.

In the evening, we'll have a wine tasting and snack at our castle lodgings.

Overnight: Roncade (outside Treviso) **B, S, D**

### What is Prosecco?

Prosecco is the name of a wine, usually sparkling, made from a native Slovenian grape called Glera that was brought to the Italian village of Prosecco. No wine made outside the DOC or DOCG zone can be called Prosecco. And “prosecco” is not a generic term for Italian sparkling wine. That would be spumante.

## Sunday, April 14 PROSECCO COUNTRY

Our final day begins with a visit to Possagno, a town about 50 minutes northwest of Roncade and birthplace of the renowned sculptor Antonio Canova. We'll visit his studio and cast museum. Canova worked in the neoclassical style that swept Europe and America in the late 18th century. Thus he represents the last hurrah of the classical ideals promulgated in antiquity and is a fitting coda to our week.

From there it's just a short hop east to Valdobbiadene, heart of the Prosecco production area. After a winery visit and tasting, we'll go for our farewell Sunday lunch at a charming restaurant surrounded by vineyards.

Overnight: Roncade (outside Treviso) **B, L**

## Monday, April 15 DEPARTURE

Individual transfers to Venice Mestre or Santa Lucia rail stations or Marco Polo airport (VCE). **B**



# Elifant

A NEW RECIPE FOR HIGH-END  
CULTURAL TRAVEL IN  
THE MEDITERRANEAN



## Elifant Archaeo-Culinary Tours are unique, small- group trips for sophisticated travelers who delight in learning about the ancient world while indulging in the culinary present.

Each archaeo-culinary<sup>SM</sup> tour concentrates on a circumscribed area of Italy, the route defined by the archaeological remains. We may choose the sites because they're too important to miss or because we have extraordinary access to interesting sites closed to the public.

We build a food-related itinerary around the archaeological route. Through fabulous meals and visits with chefs and niche producers, we learn about contemporary and traditional local food, while the ancient ruins provide a historical backdrop to how this food culture evolved. Informal talks over evening *aperitivi* often supplement topics addressed during the tour. Menus are carefully planned to highlight local specialties and traditions.

### Don't worry about a thing

The comfort level is high. Hotels range from very comfortable to downright luxurious, restaurants from rustic trattorias to cutting-edge elegant, and travel (except in city centers) is by private bus. Every hotel choice involves finding the right balance of charm, location, and comfort. The days are full, but the activity level is moderate. Participants should be able to walk up to one kilometer (three fifths of a mile) at a time—extraordinary strength or stamina not needed.

Everyone receives plenty of individual attention before and during the trip, whether it's about travel advice, food allergies, or more in-depth discussion of the places we've seen and foods we've eaten.

### No elephants in the room

"Elifant" stands for Elizabeth (Bartman) and (Maureen) Fant, Elifant's principals.

Liz, an archaeologist with a lively interest in cookery, is a past president of the Archaeological Institute of America and a prominent scholar of ancient Roman sculpture. Maureen, an award-winning food writer, studied classical archaeology before moving to Rome and becoming an expert in Italian cuisine.

Both Liz and Maureen call on their personal connections in the worlds of archaeology and food for access to special people and places, but curate and lead the tours themselves to give their guests all the convivial pleasures of traveling with friends. Tour participants speak of Maureen and Liz's knack for explaining their subjects without being either too scholarly or too simple.

### Great company

If you've read this far, you'll understand that Elifant tours are special tours for special people. Group size ranges from 8 to 14, and includes couples, friends, and a good many solo travelers. Our meals are like dinner parties with an absolutely fantastic mix of guests—often taking their first group tour.

And no one ever feels left out. Liz and Maureen jointly lead and guide every Elifant tour and are always available to chat, have a coffee, or talk in greater depth about the day's subjects.

Every site visit is an  
adventure in living  
the past. Every meal  
is an event.

### Destinations so far

Bay of Naples  
Basilicata + Puglia  
Sardinia  
Eastern Sicily  
Western Sicily  
Rome  
Southern Etruria  
Emilia Romagna

### Contact us

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# Terms

## AND CONDITIONS



### Costs

The 8-day tour—as per the above description, including 8 nights bed and breakfast; meals and other food (including wine), activities, and transport as described; tips; and airport transfers—will cost US\$7500 per person. An additional charge of US\$950 is made for solo travelers.

### Reservations and payments

To reserve space, complete the online booking form or send an email request to [info@elifanttours.com](mailto:info@elifanttours.com). You will then receive an invoice for a deposit of US\$3000 per person per tour. We accept payment, only in U.S. dollars, by personal check drawn on a U.S. bank, wire transfer, or [paypal.com](https://www.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

Your deposit is refundable until December 10, 2023 (which is 120 days before the start of the tour), but thereafter will be nonrefundable. The balance will be due on or before January 9, 2024 (which is 90 days before the start of the tour) and will become nonrefundable after that date. Cancellations will be effective once they are received in writing and confirmed by Elifant. For this reason, we highly recommend that participants carry personal travel insurance. A \$100 administrative charge, as well as any other charges or expenses incurred by Elifant in connection with the payments, will be deducted and withheld from all refunds. If you need to cancel after any of your payments become nonrefundable, you may, with Elifant's approval, transfer your booking to a third party who satisfies the conditions of the tour, including paying any remaining amounts due. (We will retain a \$100 administrative fee.) Partial or full refunds cannot be made to clients 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.

### Tour cancellation

If we are forced to cancel the tour, you will receive a full refund without further obligation on our part.

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

### 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 will 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 will 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 and for any reason, 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

The price of this tour is based on the euro–U.S. dollar exchange rate as of May 20, 2023. We reserve the right to impose a surcharge to reflect increases in the exchange rate. We also reserve the right to add a fuel surcharge if prices increase significantly. If the increase of either exceeds 8 percent 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. We expect you to carry adequate travel and medical insurance, including medical evacuation, or assume responsibility for such expenses. Elifant, 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 our 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 60 days before the start date of the tour (February 8, 2024). 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.

*Continued on next page*



# Book

## WHAT TO DO NOW



*Terms and Conditions, continued*

### Responsibility

As a condition of participation, each passenger will be required to sign a Release of Liability, which will be distributed at the start of the tour.

All participants must be vaccinated against Covid-19 and be prepared to show proof of vaccination (via a document acceptable to

Italian authorities) if asked. We expect all participants to adhere to any local requirements, such as wearing face masks or distancing.

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.

## Ready to book?

Visit [our website](#) to complete a booking form online.

To complete your booking, we request a deposit of \$3000 per person per tour. Payment may be by check in U.S. dollars drawn on a U.S. bank, by bank transfer, or by credit card (through paypal.com). Simply indicate your preference on the booking form and we'll send you an invoice.

The balance is due by January 9, 2024 (90 days before departure). For bookings after that date, we'll bill for the full amount.

To ensure your position on the waiting list of a sold-out tour, fill in a booking form. The deposit will be requested only when availability is confirmed.

**And next ...**

## SARDINIA

**October 21–28, 2024**

Sardinia has all the requisites of paradise: ancient mysteries, a spectacular coastline, rugged mountains, sparkling beaches with pristine water, birds and animals, fragrant herbs, full-bodied red wines and refreshing light whites, suckling pig, superb seafood, bitter honey, crisp bread known as "music paper," a grappa known as "iron wire," tuna, bottarga, and, in general, a cuisine unto itself. It also has courteous, hospitable inhabitants and plenty of folklore. A true Mediterranean crossroads, Sardinia lies in the geographic center of the Mediterranean, less than an hour's flight from Rome.

We'll visit the Roman colonial cities, but also see remains left by the Phoenicians, who set up trading centers on the coast. Meanwhile, in the interior, the ancient indigenous people continued to build the curious conical stone towers, and clusters of multiple towers, known as nuraghi, which survive in the thousands. (Those at Su Nuraxi, on our itinerary, have the status of a UNESCO World Heritage Site.)

October in Sardinia may just be the best time to go. The summer crowds have left, but the weather will still be pleasantly warm. Our tour will begin in Cagliari, the capital, on the south coast, and end in Alghero, on the northwestern coast (both cities have airports), with some forays into the interior. In October, there's still a chance of a swim off a golden beach in the south or the rockier coast of the north. We'll dine in rustic agriturismo and trattorias as well as fine restaurants.

