



True Blue Italy Tours



Grand Tour of the Roman Countryside



A journey in which we will discover the Roman countryside, visiting its most important centers, supreme reigns of pride and hospitality.

Starting from the wonderful villas of Tivoli, passing by to visit ancient monasteries embedded in the rock, walking along cyclopean walls, losing ourselves in the medieval villages and castles, enjoying the local cuisine, discovering the authentic origin of the excellence of the territory.

We will be staying at historic houses where nobles and monks used to live, right in the historical center of the villages to experience the local culture to the fullest.

The passion of the locals and their desire to share the delights of their region will be a humbling experience that will allow you to live an authentic and unexpected holiday. We will finish our trip in splendid Rome Caput Mundi.

✨ 8 days
🌙 7 nights

Day 1 – Tivoli and Villa Gregoriana



Arrive at Fiumicino airport. Meet your tour leader. Transfer to a B&B in Tivoli.

Check into your room.

Visit Villa Gregoriana in the afternoon. Villa Gregoriana is a complex of wooded parks, paths, waterfalls, grottoes and vegetation extending to the foot of the ancient acropolis. It's a suggestive natural park immersed in greenery and situated near Rome.

Commissioned by Pope Gregory XVI in around 1834, this splendid unspoiled place was a must for artists and nobility alike, who came to the ancient city of Tibur on their grand tour in the nineteenth century. After the visit enjoy a welcome drink in one of the local restaurants.

Dinner at a typical restaurant in the center of Tivoli.

Day 2 - Tivoli and Villa d'Este, Subiaco, Palestrina, Veroli



In the morning visit Villa d'Este. Villa d'Este is one of the symbols of the Italian Renaissance and is listed as a UNESCO World Heritage Site. It is a gem of architectural and landscape splendor. The extraordinary complex is famous all over the world for its splendid fountains characterized by wonderful and suggestive water displays and for being the most beautiful example of the Italian Renaissance garden in Europe.

Free time for lunch.

Transfer by bus to Subiaco. Explore the Monastery of St. Benedict. The Monastery enshrines the cave (Sacro Speco) in which St. Benedict lived as a hermit before he organized his first monastic community. Located amid spectacular natural scenery, the monastery is still active but welcomes visitors to pray at Benedict's cave and explore the church covered in beautiful medieval frescoes.

Transfer to Palestrina and have some time to explore this small charming town where the past and the present coexist.

Transfer to Veroli. Welcome drink in the garden of the monastery of the 13th century, where we will stay overnight.

Dinner at one of the local restaurants.

Grand Tour of the Roman Countryside

Day 3 – Montecassino, Atina, Posta Fibreno



Transfer to The Abbey of Montecassino, one of the most known abbeys in the world. St. Benedict had the strength to transform a lost and isolated place in a well-structured Christian monastery where everyone could have the dignity he deserved, through work and prayer.

A majestic abbey, destroyed several times, was rebuilt in an irreproachable manner, where art and spirituality, immersed in a spectacular silence, can be breathed at every corner. Visit the abbey with our guide.

Transfer to Atina, a small town located in Comino's Valley, for a wine tasting. The wine that we will taste is the Cabernet di Atina, a local red wine. The wine tasting will be accompanied by some of the excellent local produce.

Lunch at a typical restaurant.

Spend a relaxing afternoon at Posta Fibreno Lake's Natural Reserve.

Return to Veroli.

Dinner and overnight.

Day 4 – Ninfa gardens, Fossanova Abbey, Amaseno



Transfer to the gardens of Ninfa. The Gardens of Ninfa, built on the ruins of the medieval town of Ninfa in the Pontine Marshes, has been classified by the New York Times as one of the most beautiful and romantic gardens in the world. Declared a Natural Monument by the Lazio Region, the garden, given the delicate environmental balance, may only be visited on certain days of the year, but the beauty of this place is well worth a visit.

Transfer to the Abbey of Fossanova. Declared "National Monument" in 1874, the abbey is the oldest example of Gothic-Cistercian art in Italy. We will visit it and we will have a typical Italian picnic in the abbey's garden.

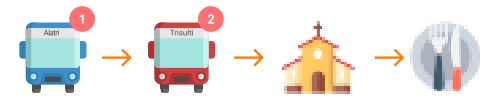
After the lunch we will move to the valley of Amaseno. The Valley of the Amaseno is an uncontaminated, lush, healthy area, yet not touched by the industrialization. The buffalo is historically linked to this territory.

The popular tradition is rich in tales and stories of rural life regarding an animal, today known and appreciated especially for its milk, from which the renowned mozzarella is traditionally made. Visit a local dairy factory to see how mozzarella is made and of course to taste it.

Return to Veroli.

Dinner at a local restaurant.

Day 5 – Alatri, Trisulti, Veroli



In the morning a transfer to Alatri, a beautiful town with its unique and imposing Cyclopean walls.

Transfer to Trisulti to visit la Certosa di Trisulti. This famous and stately Carthusian monastery was founded by Pope Innocenzo III in 1204 in the middle of secular woods. Inside you can see the rich invaluable works of art Church and the ancient Pharmacy (XVII Century). The Monastery is a "National Monument" from 1879.

Enjoy lunch at one of the local restaurants with spectacular view.

Transfer to Veroli. In the afternoon a guided visit of the city to discover its history and attractions. You will love the fortress of San Leucio with its small church and you will be surprised to find Holy Stairs in Santa Salome's church (there are 3 Holy Stairs in the world - in Gerusalemme, Rome and Veroli!!)

Free time for dinner in Veroli.

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Day 6 – the Abbey of Casamari, Boville Ernica, Fumone



Visit the abbey of Casamari in the morning. This Cistercian abbey was built in a lonely site, according to the strict rules of austerity laid down by Saint Bernard, and was consecrated in 1217 by Pope Honorius III. It is a lovely example of early Italian Gothic architecture.

Transfer to the town of Boville Ernica, "la città dell'olio" listed among the most beautiful villages of Italy. To this day its imposing walls are still intact. Within the walls is a quaint historical centre full of alleys, squares and streets. Visit the abbey of San Pietro Ispano, that is of a great historical interest for its precious works of art, such as Giotto's mosaic, the perfectly preserved frescoes and bas-reliefs.

Lunch in one of the local restaurants.

After lunch visit an oil mill to discover the secrets of olive oil making.

Return to Veroli and have the afternoon at your pleasure.

Transfer to Fumone in the evening. Explore this beautiful small town on your own and have dinner at one of the local restaurants.

Day 7 - Rome



Transfer to Rome in the morning.

A full day guided visit of the city that used to be the center of the world - "Roma Caput Mundi". Visit the Colosseum, the Imperial Forum and the Vatican City with its amazing St. Peter's Basilica. Have a relaxing walk along the most beautiful squares of Rome to see Spanish Steps, Navona square, Pantheon and Trevi Fountain where at end of the day you will toss a coin and make your wish to come back to Rome. The walking tour we propose you will allow you to see the monuments from the outside and entry fee are not included. You will have some free time for lunch.

Check-in into your hotel.

A special dinner to say "Arrivederci Roma" is reserved at a typical authentic roman trattoria in Trastevere district. Musicians dressed in tradition costumes of the 18th century will sing for you traditional folk "romanesche" songs.

Day 8 - Departure



Transfer to Fiumicino airport and depart home.



Rome and Amalfi Coast

☀ 12 days
🌙 11 nights



Enjoy a trip to Italy in the perfect balance between art, historic cities, fabulous wine and food and amazing nature.

Start with visiting Rome, unquestionably the most magnificent city in the world. No one can visit Rome and not be touched by its timeless beauty. Visit the ancient city of Pompeii – famously ruined in A.D. 79 when mighty Mount Vesuvius blew its top – is one of Italy's most popular tourist attractions.

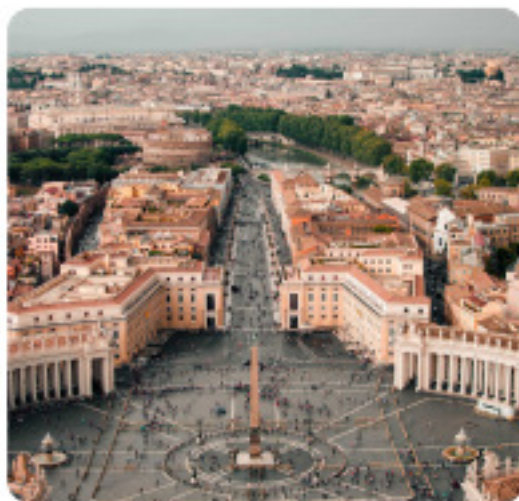
Continue to Sorrento and after Sorrento to Amalfi Coast. It may only stretch for 30 miles, but the Amalfi Coast offers enough idyllic beauty and Italian luxury for a standalone trip.

Return to Rome to be taken on a culinary journey through the real Italy by a fabulous chef and to spend one day out of Rome visiting Umbria, an Italian picture-postcard at its best.

Day 1 – Arrival to Rome



Arrive at the airport of Rome.
Transfer to Rome Hotel.
The rest of the day is at your leisure.



Day 2 – Ancient Rome and the Most Beautiful Piazzas of Rome



In the morning have a guided tour of the most famous site of the city, and perhaps of Italy, the Colosseum. You'll enter the Colosseum via the 'Gladiator's Gate' – the side entrance once used exclusively by gladiators. This VIP entrance is not only the quickest way to get into the Colosseum; it gives you the full gladiator-eye-view of what it was like to enter the amphitheater for combat nearly 2,000 years ago. Leave the Colosseum and climb the Palatine Hill, where Romulus and Remus (the founders of Rome) were suckled by a she-wolf, and where the traces of the city's first settlements were found. We will finish the tour at the official seat of the spirit of Rome, the Roman Forum and the Imperial Forums.

After lunch meet your guide for Rome's Piazzas guided tour. Start in splendid Piazza Navona and admire its three fountains. Move to the refined and elegant Piazza Rotonda, also known as the Piazza of the Pantheon, the maximum expression of the glory of Rome. Your next destination will be the largest fountain in all Rome, and undisputedly the most beautiful in the city – the Trevi Fountain. Now continue to the Piazza Spagna. End the tour at the Pincio Terrace, offering a breathtaking view of Piazza del Popolo and the city. During your stay in Rome you will have a lot of great photo opportunities, but believe us, this one will undoubtedly be the best.

Transfer to your hotel and have the evening at your leisure.

Rome and Amalfi Coast

Day 3 – Pompeii and Sorrento



Check-out from the hotel in Rome. Meet your driver, board the bus and depart from Rome.

Your first destination today will be Pompeii. Once a bustling, blue collar port town, Pompeii's fate was sealed with the eruption of Mount Vesuvius in 79 A.D. Today, Pompeii is a UNESCO World Heritage site. Have a guided tour of Pompeii with one of our fun and experienced guide in the afternoon.

In the morning on your arrival to Pompeii have a pizza making lesson at an exclusive restaurant located in the most picturesque part of Pompeii.

On arrival to Sorrento check-in into your room and have some rest before going to dinner at one of the local restaurants.

Day 4 – Sorrento and a Day Trip to Capri



Capri is a simply breathtaking island, and there's no better way to discover it than by sea.

Departure at 10 am with a private boat from the port of Sorrento with a leisurely sail to Capri. On arrival to Capri you'll skirt some of the most breathtaking coastline around the island and make our first stop for a swim near Punta Campanella (optional, not guaranteed).

After the tour will continue around the island with a stop and entrance to the Blue Grotto. At 1 pm make a stop in Marina Piccola where you can disembark. Here you can decide to relax on the beach, have a meal at a restaurant, or take the bus uphill to the Piazzetta and Capri town centre or even Anacapri.

Departure back to Sorrento is at about 4pm with arriving to the port of Sorrento at about 5pm.

Day 5 – Cooking in Sorrento



Today the morning and early afternoon is at your leisure.

Late in the afternoon the chef of an old taverna will be waiting for you to offer you one of his cooking lessons in his kitchen (situated the heart of the historical center of Sorrento) to enable you to learn how to cook like a real Italian chef.



Rome and Amalfi Coast

Day 6 – Lemon Tour and Ravello



In the morning check-out from your hotel in Sorrento and move to Minori for a Lemon Tour. The tour includes everything that you want to know about Lemons and Limoncello.

You will start with a guided tour to the lemon garden with explanation of how they cultivate the “Amalfi Coast Lemon” I.G.P. (about 2 hours). You will visit to the collection center which cures the selection process and the manufacturing of the “Amalfi Coast Lemon” I.G.P.

You will continue to a small craft distillery with presentation of the “Limoncello” and his production process. Traditional liquors tasting will be offered.

The tour will finish at a sea sight terrace where a typical lemon flavored lunch will be served.

After lunch move to Ravello and explore the town and its beautiful villas of Rufolo and Cimbrone on your own.

Continue to Positano to your hotel.

Day 7 – Amalfi



Meet your driver in the morning to go to discover beautiful Amalfi.

Start your day with a guided visit of Amalfi Paper Museum located in a 14th cent. paper mill. The paper of Amalfi, called “bambagina”, is a very thick, soft, elegant paper that is still appreciated by artists around the world.

Continue to explore Amalfi on your own. Amalfi is one of the pearls of the south Italy, the biggest city of the Amalfi Coast, the oldest Marine Republic of Italy, and today it represents the most attractive city with Positano of the entire coast in Campania.

Day 8: Furrore



Have morning at your leisure.

Meet your driver at about noon to go to Furrore for a wine tour, wine tasting and lunch at an amazing local winery.

Day 9: Positano – Rome



Today you leave Positano and go back to Rome. Have stop for lunch on your way to Rome. Arrive to Rome in the afternoon. Have the evening at your leisure.



Rome and Amalfi Coast

Day 10 – Rome



Meet one of the Roman chefs in the morning for a Market and Cooking Class. Start your experience shopping in Campo dei Fiori market, choosing fresh ingredients to use in your cooking class. Then prepare your meal in an exclusive apartment located in the heart of the Eternal City.

You will make homemade pasta such as ravioli or fettucine and prepare other dishes under the guidance of your personal chef in order to produce a full meal. At the end of the course, enjoy the dishes you've created accompanied by your choice of the perfect red or white wine your chef has selected to complement your lunch.

Have the rest of the day at your leisure.



Day 11 – Day trip from Rome to Orvieto and Civita di Bagnoregio



Situated on a high cliff, and surrounded by defensive walls, Orvieto dates back to the time of the Etruscans. However, the city was probably more significant following the collapse of the Roman Empire. Take time to explore the monuments and historical buildings, such as the Papal residence, and the magnificent Duomo with its striped black and white façade, similar to the cathedral in Siena.

To complete your experience of Orvieto we move on to the countryside, just outside the centre, for a 'taste' of something very special from one of the most renowned wine producers in Umbria.

Visit the winery, the vineyard and the cantinas where the grapes are turned into some of the finest wines in the region. The tour continues inside the open vaulted rooms of the winery, where you will sample some of the outstanding vintages produced on the estate, accompanied by some tempting appetisers.

Continue to Civita di Bagnoregio. Founded two and a half thousand years ago by the Etruscans, today the tiny hilltop village of Civita di Bagnoregio, is a precious and protected site. An island in the sky, the village sits on a plateau from which many of the residents fled following an earthquake at the end of the 17th century. Today, the crumbling plateau has been reinforced and once again offers people an unspoilt and simple way of life. Return to Rome.

Evening is at your leisure.

Day 12: Departure

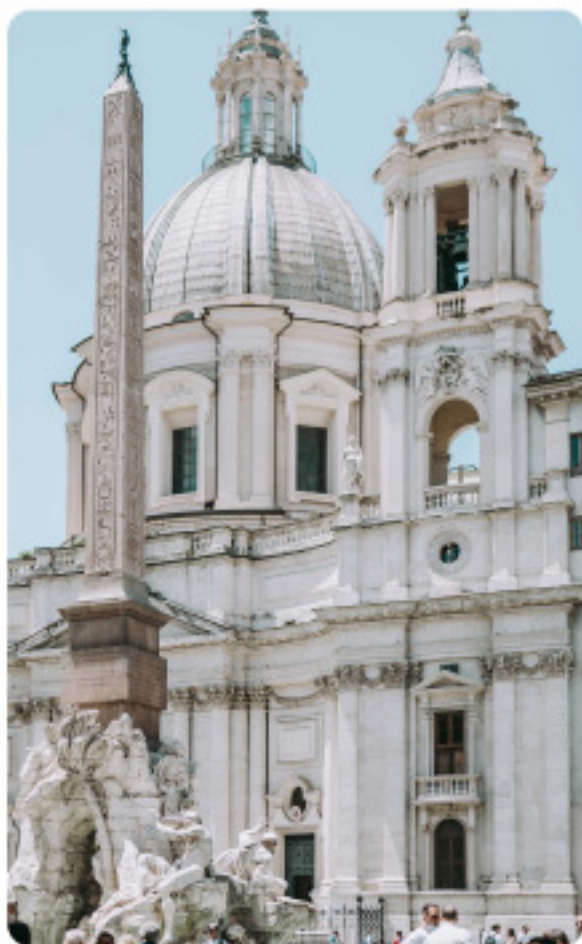


Check-out from your hotel.
Travel to Rome Airport.



Lazio, Umbria and Marche

◆ 5 days
◒ 4 nights



Choose a holiday in the heart of Italy and prepare yourself for a five-day tour, discovering some of the most evocative Italian regions - Lazio, Umbria and Marche.

Day 1 – Rome, Frascati



Arrival in the morning at the Airport of Rome, where you will be welcomed by your English speaking tour leader. Once reached the Eternal City we will have lunch at a nice local trattoria, situated just in front of the Colosseum.

In the afternoon we will move to Frascati, a little town famous for its white wine. We will visit a local winery to discover the secrets of wine making. Our visit of the winery will end with a tasting of some of their wines and their olive oil and for those who want it will be possible to buy some bottles with you or have the wine directly shipped to your home.

Stop in the center of Frascati for a short walking tour.

Check-in at an agriturismo, situated just in the middle of the vineyards around Frascati.

Dinner and overnight.

Day 2 – Orvieto, Montecchio, Civita di Bagnoregio



After breakfast we will leave this beautiful area to reach Umbria, one of the smallest Italian regions, also known as "The Green Heart of Italy". We will pass near the beautiful town of Orvieto, very famous for its cathedral, the various medieval alleys and the wonderful panorama overlooking the valley.

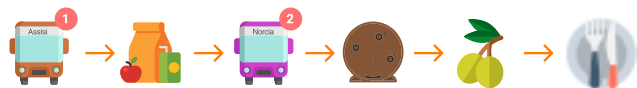
Then we will move towards the area of Montecchio, a little town known above all for its excellent olive oil. Here we will be welcomed at a local farm, where they produce mostly olive oil and excellent white and red vines. We will even visit their museum, where we can find many old tools, that show the different steps of oil production during different times. Our visit of the farm will end with a tasting of their olive oil and some other typical products and a typical lunch prepared by the mother of the girls that are running the farm now.

After lunch we will move to Bagnoregio, a little town known as "The City That Is Dying". With a shuttle bus we will reach the new bridge that will permit us to walk till the spectacular ruins of this little village, slowly collapsed and then abandoned in the past. The feeling that you will have is that of the time that has stopped. After a lovely walk among the half collapsed buildings and other under reconstruction to be used as souvenir shops and locals for the tasting of local products, we will reach the point from where we can enjoy a fabulous panorama of the valley of calanche. After we will move to our hotel.

Dinner at a typical restaurant and overnight.

Lazio, Umbria and Marche

Day 3 – Assisi, Norcia, Castelluccio di Norcia



After breakfast we will move to Assisi, crossing the Umbrian beautiful landscape and moving into the direction of Perugia, the capital of the region known for its chocolate. Assisi is a medieval hometown of San Francesco, where every corner springs history and art. In Assisi there are many churches, the most important is the basilica of San Francesco that we will visit with a local guide or together with one of the monks.

Lunch at a local trattoria.

In the afternoon we will continue to discover this magnificent region and we will continue to Norcia, the hometown of San Benedetto, the famous monk who was the founder of the order of Benedictine. After a walk in the town, where we will see the many historical monuments, we will move to visit a local producer of truffles, a great opportunity to know everything about truffles! Our visit will end with a tasting of truffles and local produce.

We will continue discovering the region arriving in Castelluccio di Norcia, a very pretty little town situated at the height of 1425 meters above sea level, where you can admire the valley, known for the production of lentils. We will stop to admire the beautiful landscape and to buy some lentils or other local products.

In the late afternoon we will reach Ascoli Piceno, an important city full of history of Marche region. Arrive at an agriturismo, situated among the vineyards and the olive trees near Ascoli.

Typical dinner and overnight.

Day 4 – Ascoli Piceno, Macerata, Campofilone



After breakfast, we will move back to Ascoli Piceno for a guided tour of the city and we will of course taste the famous "Olive ascolane". Our tour will continue and we will move towards the local wine area situated not far from Macerata. Here we'll visit a local winery that produces the well-known Rosso del Conero. Our visit will end with a tasting of some of their wines together with local products.

After wine tasting we will continue to Campofilone, a little town known for the "handmade maccheroni" and the area of the outlets where it will be possible to buy luxury bags and shoes at discounted prices. Back to Ascoli to our agriturismo.

Transfer to Ascoli for a farewell dinner at a famous local restaurant.

Day 5 – Departure



After breakfast departure to the Airport of Rome, crossing one of the most beautiful areas of the Abruzzi Appenines, with a magnificent view of the Gran Sasso d'Italia (m. 2914) and the Monti della Laga situated in the National Park.

We will also have an opportunity to see the city of L'Aquila, nearly destroyed by the earthquake in 2009 and still with a lot of cranes due to the slow reconstruction.

Arrival at the airport and departure home.



Civita di Bagnoregio, Bomarzo Monster Park & Wine

🌞 1 day

A tour that offers the opportunity to taste wine and see monsters in the same trip, now that's unique!



During our day we'll visit Il Parco Dei Mostri, the monumental 'Monster Park', also known as the forest of wonders. This expansive, lush green park is home to giant dragons, snakes and lions with three heads; killer whales with gaping mouths, elephants, gods, heroes and some rather disturbing figures. But have no fear, they're all gigantic sculptures carved from rock, not the real thing.

Moving on to a rock of another kind. The tiny Etruscan hilltop village of Civita di Bagnoregio was founded two and a half thousand years ago, and is today a most precious and protected site after being painstakingly reinforced. We will visit a village that sits on a huge rock plateau, an island in the sky, which was abandoned at the end of the 17th century following an earthquake. This UNESCO protected site is particularly special. Walk around this incredible village and admire the views before we travel on to witness another of its delights - delicious wine.

As well as stunning scenery, the area around Banoreggio has some stunning wine - this is what you'll discover when you visit one of the local cantinas.

Here the descendants of the same families have owned and tended the land for generations. Their love and understanding has been passed down from father to son and from mother to daughter. Care for the land, the buildings and the way of life shows in the quality of the wine which is created here. Etruscan cellars keep the wines at the optimum temperature, and here you can try the wine for yourself in a tasting that follows the tour. This is a place where the protected volcanic lands have been cherished from the time of the Etruscans right up to UNESCO, who offer protection for the site today.

Come and visit for yourself to see why this area on the border between Tuscany, Lazio and Umbria is so special.

