

Duke TRAVELS



Italian Walks

October 14–24, 2024

PRE-TRIP EXTENSION TO
Florence
October 12–15, 2024

POST-TRIP EXTENSION TO
Rome
October 24–27, 2024



(THIS PAGE) SIENA (COVER) TUSCANY

Dear Duke Travelers,

Imagine being surrounded by the idyllic landscapes of Tuscany and the Italian Riviera on a walking tour. Allow yourself to slow down and explore at leisure as you stroll through the undulating hills and backroads of Northern Italy. Encounter the many picturesque vineyards of the region and make your way through the winding lanes of tiny villages. This journey will allow ample time for sampling local delicacies and wines along the way—and include a stop at a gelateria or two!

We are pleased to have engaged Royal Adventures to offer this lovely itinerary. With Florence, Montalcino, Colle Val d'Elsa and Sestri Levante as your home bases, tour such towns as San Gimignano and Lucca in Tuscany as well as among the pastel-hued homes in the fishing villages dotting the cliffsides of Cinque Terre. Each day you will walk between three to six miles, stopping along the way to admire the endless landscapes and romantic views. You will stay at well-chosen small hotels and inns, dine in charming ristoranti and trattorias, and have leisure time to explore the historic towns where you are staying.

Space is limited to 26 travelers. We anticipate this tour will fill quickly, so please call (919) 684-2988 to reserve or hold space while you decide. Be sure to share this brochure with family and friends who may be interested in traveling with you to this beloved region of Italy.

As the Duke group grows in size, a Duke representative will be engaged to join you to bring a uniquely Duke perspective to your journey. Pre- and post-trip extensions are available to Florence and Rome.

Forever Duke,

Beth Ray-Schroeder '83
Senior Director, Duke Travels
Duke Alumni Engagement and Development





CLOSEUP OF
MADONNA AND CHILD
BY FRA FILIPPO LIPPI

Itinerary

DAY 1 MONDAY, OCTOBER 14, 2024

U.S. ✨ Florence, Italy

Depart U.S. on an overnight flight to Florence.

DAY 2 TUESDAY, OCTOBER 15, 2024

Arrive Florence

We'll gather in Florence today where we'll explore the city on an afternoon walking tour, followed by a welcome reception at our hotel. Dinner is on your own. HOTEL EXECUTIVE

DAY 3 WEDNESDAY, OCTOBER 16, 2024

Val d'Orcia

This morning we'll drive south to San Quirico d'Orcia, a quintessential Tuscan town in the Chianti region with views of rolling hills as far as the eyes can see. After a welcome lunch at a local trattoria, we'll make our first memories on a panoramic hike from Vignoni Alto to Bagno Vignoni, where its main central square is a large pool filled with hot springs water. Reach the Tuscan hill town of Montalcino, our home for the next two nights. HOTEL DEI CAPITANI (B, L, D) / 4 MILES HIKING, 2 HOURS

DAY 4 THURSDAY, OCTOBER 17, 2024

Val d'Orcia

Following breakfast, we hike down past silvery clouds of olive groves and a patchwork quilt of vineyards to Sant'Antimo, a Romanesque Benedictine Monastery dating back to the 8th

century. We'll enjoy lunch and hospitality at a local farmhouse. In the afternoon, we'll reach the charming Renaissance village of Pienza, a UNESCO World Heritage site in the heart of the Val d'Orcia region. We'll return to Montalcino for a dinner on our own. HOTEL DEI CAPITANI (B, L) / 5 MILES HIKING, 3 HOURS

DAY 5 FRIDAY, OCTOBER 18, 2024

Siena

We'll spend the morning exploring the enchanting city of Siena, once a historic rival to Florence, and graced today with winding red-brick lanes, Gothic churches, fountains, and elegant palaces. We'll learn about the city's competitive *contrade* or districts. Enjoy lunch on your own at the great central square, Il Campo. We'll continue to Colle di Val d'Elsa, where crystal and glassware have been produced since the 17th century. After meeting with a local artisan, we'll proceed to our accommodation.

PALAZZO PACINI (B, D) / 5 MILES HIKING, 3 HOURS

DAY 6 SATURDAY, OCTOBER 19, 2024

San Gimignano

We begin the day in San Gimignano—one of Tuscany's most beautiful hill towns and a UNESCO World Heritage site. At the height of its glory, San Gimignano's patrician families had built 72 towers as symbols of their wealth and power, of which 14 towers now remain. Explore the city's maze-like streets and fresco-adorned Duomo. A short drive takes us to the

striking Abbey of Strove. From here a scenic walk brings us alongside the Via Francigena, an ancient road and pilgrimage route through the Abbey of Isola, before reaching the unmistakable crown of towers of Monteriggioni, one of Italy's best known walled towns.

PALAZZO PACINI (B, L) / 5 MILES HIKING, 4 HOURS

DAY 7 SUNDAY, OCTOBER 20, 2024

Lucca & Sestri Levante

At the Tuscan town of Lucca, we'll have the opportunity to enjoy a bicycle ride along its unique Medieval walls and to explore its historical and artistic treasures and gorgeous public squares (electric bikes are available on request). We examine with our guides the striking Cathedral as well as the hidden gem of Palazzo Pfanner, before proceeding to the seaside town of Sestri Levante, our base for delving into the Riviera di Levante, on one of the most attractive stretches of coastline in Italy. Unwind with a seafood dinner by the waterfront. HOTEL VIS-A-VIS (B, L, D) / 4 MILES CYCLING, 2 HOURS

DAY 8 MONDAY, OCTOBER 21, 2024

Portofino

This morning we'll take a short train ride to Santa Margherita Ligure. From here we walk the coastal path to stunning Portofino, one of the most romantic places in Italy and considered "one of the eight wonders of the world": an incredibly well-preserved fisherman's village in the heart of a natural park. It offers a



MONTERIGGIONI



TUSCAN LANDSCAPE



TREVI FOUNTAIN, ROME



PORTO VENERE, CINQUE TERRE

brehtaking landscape, spectacular views of the coast and sea, and amazing food and wine. This afternoon, we'll return to Santa Margherita Ligure by ferry boat and take the train back to Sestri Levante. Enjoy your evening at leisure.

HOTEL VIS-A-VIS (B) / 3 MILES WALKING, 1.5 HOURS

DAY 9 TUESDAY, OCTOBER 22, 2024

Cinque Terre

Today we explore memorable Cinque Terre, a string of fishing villages perched high on the Italian Riviera. Take a short train ride to Monterosso al Mare, one of the five villages that make up the Cinque Terre. Clinging to cliffs above the Mediterranean, these hamlets dazzle with clusters of pastel-hued homes overlooking harbors dotted with fishing skiffs. Depending on the trail conditions, we'll hike along the trail that links the neighboring villages of Vernazza, Corniglia, Manarola, and Riomaggiore, or enjoy a scenic train and boat ride from village to village. HOTEL VIS-A-VIS (B, L) / 5-6 MILES HIKING, 5 HOURS

DAY 10 WEDNESDAY, OCTOBER 23, 2024

Liguria

Fresh air and pure nature, towns nestled amidst mountain rocks, and terraced vineyards welcome us as we hike the Ligurian coast towards Moneglia. The itinerary winds through a silent and intimate Liguria with unforgettable scents and colors and remarkable testimonies of peasant culture. Forests of holm oak, centenary specimens of

cork, Mediterranean scrub, and stunning maritime pines grace the coast. As we walk, the views are striking and span from the coast of Tuscany to the French Riviera. Return to Sestri Levante and gather for our farewell dinner. HOTEL VIS-A-VIS (B, L, D) / 4 MILES HIKING, 3 HOURS

DAY 11 THURSDAY, OCTOBER 24, 2024

***Genoa* ✨ U.S.**

Private group transfer to catch your flight home from Genoa airport. Those continuing on the Rome post-trip extension will take a short flight to Rome today. (B)

OPTIONAL PRE-TRIP EXTENSION TO

***Florence* ✨ October 12-15, 2024**

Arrive two days early in Florence and discover with your art historian guide the treasures of this city, the cradle of the Renaissance. On a walking tour investigate the many historical plazas, the Duomo, the Ponte Vecchio and marvel at Michelangelo's David. Walk to the historic center and visit the Baptistery of San Giovanni and then enjoy a tour of the Uffizi Gallery which houses masterpieces of the Renaissance of artists such as Leonardo Da Vinci, Giotto, Botticelli, Tiziano and Michelangelo. Additionally, there is some free time to explore the city at your own pace. *Extension includes 2 nights' accommodations, portage, city taxes, 2 breakfasts, 1 dinner, private group transfer from the airport, entrance fees, and all tips. Extension price is based on a minimum of 8 participants.* HOTEL EXECUTIVE

OPTIONAL POST-TRIP EXTENSION TO

***Rome* ✨ October 24-27, 2024**

Few cities can outshine Rome, the Eternal City. No matter if you have visited Rome before, you will discover that the further you go, the deeper it is. Surrounded by antiquity, encounter over two thousand years of history as well as the latest fashion trends. Start your extension with a transfer to Genoa airport and board a flight to Rome where you will spend 3 nights. On this post-trip extension, see the glories of Roman emperors, splendid Renaissance and Baroque churches, plazas, cafes and gelaterias, shops, and fountains. Visit the Colosseum and tour the Vatican, including the peaceful Vatican gardens. You will see Ancient and Baroque Rome, including Piazza Navona, Trevi Fountain, the Pantheon, the Spanish Steps, the Vatican Museums, Sistine Chapel, and St. Peter's Basilica. In addition, there will be some free time to leisurely walk the streets, see the latest fashion trends before stopping for a gelato or a café. *Extension includes 3 night's accommodations (taxes included), airfare between Genoa and Rome, one dinner, one lunch, buffet breakfast every day, entrance fees, transfers including private individual transfers from hotel to Rome airport (FCO) on day 4, leadership including professional art historian guides, skip-the-line entrances to the Roman Forum and Colosseum, special early entrance to the Vatican Museums, and all tips to guides, hotel staff, waiters, servers and local drivers. Extension price is based on a minimum of 8 participants.*

HOTEL STENDHAL

Accommodations



Hotel Executive

Superbly located 350 feet from the River Arno in Florence's historic center, Hotel Executive is a former nobleman's residence dating back to the 18th century, filled with original frescoes and antique furniture. The

warmly decorated rooms feature air-conditioning, satellite TV, a mini-bar, Wi-Fi, hairdryer and toiletries. The hotel also boasts a variety of amenities, including a garden, an inviting bar and lounge with a grand piano, a delicious breakfast buffet to start your day, and attentive concierge services to enhance your visit to Florence.

Hotel Dei Capitani

The charming 18th-century building is set in the beautiful Tuscan countryside, between the valleys of Arbia and Orcia, in the historic center of Montalcino. The 29 rooms retain the flavor of their ancient Tuscan setting while providing modern amenities such as air-conditioning, flat screen TVs, in-room safes and hairdryers. The hotel offers a range of amenities, including a gourmet restaurant serving breakfast and lunch, outdoor terrace overlooking the lush gardens, and a captivating setting that invites exploration of the rich local history. Spend an afternoon relaxing on the sun terrace overlooking the breathtaking views before taking a cooling dip in the refreshing pool.



Palazzo Pacini

Situated in the historic area of Colle Val d'Elsa, the Palazzo Pacini offers a welcoming atmosphere of elegant grace and charm, in the peace and quiet of Colle's "Borgo" neighborhood. This meticulously restored former residence boasts an exquisite façade, adorned with intricate frescoes and stucco work, providing a true immersion into Italy's rich cultural heritage. The charming guest accommodations offer all the modern amenities

one can expect, including air-conditioning and hair dryers. Guests can also take advantage of the charming garden and terrace, perfect for relaxation and al fresco dining. The hotel's proximity to cultural treasures and vineyards makes it an ideal base for exploring the enchanting Tuscan countryside.

Hotel Vis-a-Vis

Vis-a-Vis Hotel in Sestri Levante is a coastal retreat that embodies the essence of Mediterranean charm and luxury. Perched on the magical Italian Riviera, the hotel offers breathtaking views of the Ligurian Sea and the enchanting Bay of Silence. Each room at Vis a Vis is a haven of comfort and style, featuring stunning views overlooking the azure waters and picturesque hillsides. Room amenities include plush bedding, modern en-suite bathrooms with premium toiletries, air conditioning, a flat-screen TV, and complimentary Wi-Fi. The hotel also offers a wealth of amenities, including a rooftop terrace with a panoramic bar, a Mediterranean restaurant specializing in seafood, an outdoor swimming pool, and a wellness center for ultimate relaxation.



What to Expect

This exclusive Duke Travels expedition is designed for those who are interested in exploring hillside towns, tranquil byways, and the culture and food that the regular traveler to Italy often misses. This is an active walking tour program. Walks are approximately 3-6 miles per day (sometimes over uneven terrain); walks can be longer at the participant's discretion. Typically, the weather is warm in Tuscany (mid-70s at noon) and a little cooler in the Italian Riviera where temperatures average (high-60s at noon). Since some travel will be in relatively remote areas, everyone must be flexible concerning time schedules and weather. In order to enjoy this trip, a spirit of adventure and anticipation, and the desire to explore spectacular natural areas and small towns are musts. Travel is by private comfortable coach, ferry boat, and train. To avoid single-use plastic, please be aware that tap water is drinkable and perfectly safe in each destination of this trip. In addition to hotels and restaurants, most cities have public fountains where water bottles can be refilled.

Program Cost Includes

All accommodations and meals as specified in the itinerary

- Wine with all dinners
- All activities and entrance fees per itinerary
- Professional English speaking guides and tour director throughout
- Professional expert guide in Florence, Siena, and Lucca
- Transportation by private motorcoach
- Airport transfers for group flights
- All local train tickets in the Riviera
- Ferry boat tickets in the Riviera
- Cinque Terre Card
- Bicycles in Lucca (e-bikes available on request)
- Tips to local guides, drivers, and waiters at included meals
- Service charges and taxes
- Baggage handling
- Entrance fees
- Pre-departure information
- Coordination and administration

Program Cost Does Not Include

U.S. domestic and international airfare (quoted separately) and departure taxes

- Excess baggage charges
- Meals not specified in the itinerary
- Personal items such as laundry, email, fax or telephone calls
- Alcoholic beverages except those mentioned above
- Dishes or beverages not included with meals
- Room service
- Passport fees
- Private transfers
- Covid-19 testing
- Quarantine expenses
- Medical expenses
- Travel insurance
- Optional extensions or deviations from the scheduled tour
- Tip to the tour director is not included and is at passengers' discretion

Pricing (cost per person)

MAIN PROGRAM	FLORENCE PRE-TRIP EXTENSION	ROME POST-TRIP EXTENSION	SAMPLE AIRFARE
\$6,795 Double occupancy	\$950 Double occupancy	\$2,150 Double occupancy	\$1,534 Raleigh-Durham to Florence, return from Genoa
\$7,780 Single occupancy	\$1,140 Single occupancy	\$2,745 Single occupancy	

Note: Rates based on Coach fares in October 2023 and subject to change

Terms & Conditions

RESERVATIONS, DEPOSITS, AND FINAL

PAYMENT: To reserve a space on this tour, please either mail a check payable to "Royal Adventures" for \$1,000 per person, along with \$100 per person for the Florence pre-trip extension and/or \$200 for the Rome post-trip extension if applicable, with a completed reservation form to: Duke Travels, 615 Chapel Drive, Box 90572, Durham, NC 27708-0572, phone (919) 684-2988 or email duketravels@duke.edu. Initial deposits may be charged to a credit card (3% processing fee applies). Reservations are acknowledged in order of receipt. Final payment is due June 15, 2024, and must be paid by check only. Royal Adventures handles all invoicing. CST #2009579-40

CANCELLATIONS AND REFUNDS: Cancellations received on or before March 31, 2024; full refund. After that date, refunds, less a cancellation fee of \$500 per person, are made if we are notified in writing on or before June 15, 2024. No refunds are made after June 15, 2024. Notification of cancellation must be received in writing by Royal Adventures. There are no refunds for unused meals, accommodations, or other trip features.

TOUR SIZE: This tour exclusively designed for Duke Travels is limited to 26 participants on a first come-first serve basis. The minimum group size is 14. Should the minimum not be met, we reserve the right to levy a small group surcharge.

TRAVEL INSURANCE: We highly recommend the purchase of trip-cancellation insurance including "Cancel for Any Reason" (CFAR) because the cancellation penalty listed in the brochure will apply. Trip-cancellation insurance can be purchased by an agency of your choice or through Royal Adventures recommended provider, Travel Insured International; click here to get a quote or call 800-243-3174 and mention Royal Adventures #53140. Most insurance plans need to be purchased within 14 days of paying the initial deposit in order to waive preexisting medical conditions as well as to purchase CFAR. Neither

Duke University nor Royal Adventures accept liability for any airline cancellation penalty incurred by the purchase of a non-refundable airline ticket or other expenses incurred by tour participants in preparing for the trip.

PHYSICAL HEALTH: Participation on the program requires that passengers be in generally good health. This is an active walking tour program, often over uneven terrain. It is essential that persons with any medical problems and related dietary restrictions make them known to us well before departure.

QUESTIONS: Please call or email Duke Travels (919) 684-2988 or duketravels@duke.edu, or Royal Adventures at (925) 820-6260 or 1-800-453-4754 or info@royaladventures.com.

RESPONSIBILITY: Royal Adventures, its owners, and employees act only as agents for the various independent suppliers and contractors providing transportation, hotel accommodations, restaurant, and other services connected with this tour. Such travel and services are subject to the terms and conditions under which such accommodations, services, and transportation are offered or provided, and Duke University (DUKE) and Royal Adventures and their respective employees, agents, representatives, and assigns, accept no liability, therefore. DUKE and Royal Adventures assume no liability for any injury, damage, loss, accident, delay, or other irregularity that may be caused by the defect of any aircraft or vehicle or the negligence or default of any company or person engaged in carrying out or performing any of the services involved. Additionally, responsibility is not accepted for losses, injury, damages, or expenses of any kind due to sickness, epidemics, pandemics, pathogens, weather, strikes, local laws, hostilities, wars, terrorist acts, acts of nature, quarantine, force majeure, animal or insect bites, or other such causes. All services and accommodations are subject to the laws of the country in which they are provided. If this tour is canceled due to a force majeure event or other forces beyond our control,

only the recoverable portion of unused services or accommodations, if any, will be refunded or credited on a future Royal Adventures tour. A force majeure event, in relation to this tour, shall mean any circumstances beyond our control, including, but without limitation, to acts of God, explosion, flood, forceful wind, fire or accident, war or threat of war declared or undeclared, acts of terrorism, sabotage, insurrection, riots, strikes, civil disturbance, sickness, epidemics, pandemics, quarantines, government intervention or other unforeseeable events. Limitations on travel arising from the COVID-19 pandemic or other pathogens shall be considered a force majeure event. DUKE and Royal Adventures reserve the right to make changes in the published itinerary or to the trip leaders whenever, in their sole judgment, conditions warrant, or if they deem it necessary for the comfort, convenience, or safety of the tour participants. They reserve the right to withdraw this tour without penalty. The right is also reserved to decline to accept or retain any person as a member of the tour or to substitute another qualified leader or special guest. Baggage and personal effects are the sole responsibility of the owners at all times. The price of the program is given in good faith based on current tariffs and rates and is subject to change. Any tariff, exchange rate, airfare, or fuel increases will be passed onto participants. Neither DUKE nor Royal Adventures accepts the liability for any airline cancellation penalty incurred by the purchase of a nonrefundable airline ticket. The air ticket when issued shall constitute the sole contract between the passenger and the airline concerned. There are no refunds for unused meals, accommodations, or other trip features. I will not hold DUKE nor Royal Adventures and/or its employees or agents responsible for any expense or loss caused by my/ our failure to purchase trip cancellation and evacuation insurance coverage. As part of the consideration and right to participate in this tour, each participant will be asked to sign a liability release, assumption of risk, and hold harmless agreement.

SAN GIMIGNANO



PIAZZA ANFITEATRO, LUCCA



Italian Walks

October 14–24, 2024

To reserve your place on this tour, please call Duke Travels at (919) 684-2988 (preferred registration method) or email duketravels@duke.edu.



Reservation Form

Please have the information outlined to the right available to share with a Duke Travels representative. If you prefer, you may also complete this Reservation Form and mail it to Duke Travels' office. Please alert Duke Travels to your pending reservations request. Once this request is received by Duke Travels (either by phone, email, or mail), a Tour Manager from Royal Adventures will contact you within two business days to securely take your credit card information for the deposit.

Your reservation is not confirmed until your deposit is paid and processed. Payment may be made by American Express, Discover, MasterCard, or VISA, or by personal check. If paying by check, please make check payable to "Royal Adventures" and include with the form. **Final payment is due June 15, 2024.**

For trip information only, please contact Royal Adventures at (800) 453-4754 or email info@royaladventures.com.

SEND TO: DUKE TRAVELS BOX 90572 DURHAM, NC 27708

Enclosed is my check for \$ _____ (Deposit is \$1,000 per person, plus \$100 for the Florence pre-trip extension and/or \$200 for the Rome post-trip extension) to hold _____ space(s) on the Duke Travels Italian Walks program, October 14–24, 2024

EXTENSION

- I/We wish to join the Florence optional pre-extension, October 12–15, 2024
- I/We wish to join the Rome optional post-extension, October 24–27, 2024

NAME AS ON PASSPORT _____ DOB _____

NAME AS ON PASSPORT _____ DOB _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

HOME PHONE _____ OFFICE PHONE _____

FAX _____ E-MAIL _____

PAYMENT OPTIONS

- Check made out to "Royal Adventures" and sent to Duke Travels
- Please call me to collect credit card deposit

ACCOMMODATIONS:

- Double 1 Bed Double 2 Beds Single (limited availability)
- I will share accommodations with: _____

I/We have carefully read the Terms and Conditions and Responsibility sections of this brochure and agree to their terms on behalf of myself and the members of my party named above.

SIGNATURE _____ DATE _____

SIGNATURE _____ DATE _____



Duke
TRAVELS

DUKE TRAVELS
BOX 90572
DURHAM, NC 27708

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U.S. POSTAGE
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OAKLAND, CA

Italian Walks

October 14–24, 2024

Highlights

Create treasured memories from the intimate experience of walking in Tuscany and the Italian Riviera

See impressive and lovely scenery

Dine in charming trattorias and ristoranti that only seasoned travelers know

Bicycle in Lucca and explore Portofino

Discover the cliffside villages of Cinque Terre and savor the exquisite tranquility of quaint hill towns



RIGHT: CINQUE TERRE