

N.16 EXCURSION*

Metropolitan contemporary Art
Squares outside the walls

Naples below and above ground

Faith and superstition

From one gulf to the other – a tour of sport and nature.

Unforgettable day between Sport and Tourism

The upside-down volcano

The bradyseism phenomenon: the Rione Terra, a ghost hamlet.

A journey in time from virtual to real

Roman life along the slopes of Vesuvius

Vesuvian villas and Pietrarsa

The luxury of the '700 in Caserta

Torna a Sorrento!

Ischia , l'isola verde!

A trip into the Middle Ages: Salerno Surroundings

Benevento, the pearl of Sannio

* Each tour consists of two stages (half day trip 3 hours) and may be purchased separately on de-mand.

NAPLES

Metropolitan Contemporary Art

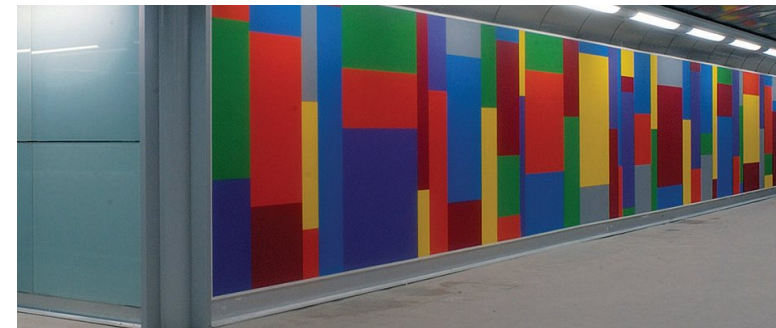
Meeting with the participants at the prearranged point of departure and transfer by accessible c4y minivan towards the **MADRE** (Museo d'Arte contemporanea) hosted in Palazzo Donnaregina, the **P.A.N.** museum in palazzo Roccella di Carafa in Via De' Mille and the Museum of the XIX century at Castel sant'Elmo on the Vomero hill. Naples is one of the liveliest cities for contemporary art thanks to its six different exhibition spaces, dedicated to it. Mostly located inside of important historical buildings, they are open to the public for appreciation, documentation and training activities. Inside them, you can find whatever is currently going on as well as the permanent collection that houses

works by artists who have left their mark on the city in spatial, symbolic and artistic ways from the 1950's to the present. These immense spaces include libraries, bookstores, auditoriums, restaurants and cafes. Let's eat 'neapolitan style'. In the afternoon we will visit **Metro stations** transformed into unexpected museums thanks to the actions of celebrated architects and famous contemporary artists. their works accompany the visitors from the exteriors above ground down to the depths of the city center. This model of 'station/museum' underlines the unique duality that Naples offers of past and present thrown together in a functional way .Back to the hotel in the late afternoon.

Squares Outside The Walls

Meeting with the participants at the prearranged point of departure and transfer by accessible c4y minivan towards Piazza Bellini at the end of Naples's intricate central network of ancient shady alleyways the so-called 'cardini' and 'decumani'. The visitor suddenly finds himself in the middle of wide and sunny squares like **piazza Dante**. Lunch at a local restaurant. These areas, once excluded from the urban growth of the city, were preserved to celebrate the great personalities of the kingdom, such as King Charles of Bourbon; sometimes they were designed by religious orders , honoring saints or deities, like **piazza San Domenico Maggiore**. The itinerary shows the

constant contrast between these cramped alleys and the airy squares they lead to, between noisy street-life and the silence of churches, convents and their adjoining cloisters, a separate world of retreat and meditation, dedicated to the ascetic life, like **Piazza del Gesù and the Church and the Monastery of Santa Chiara**. Along this itinerary we'll take you on a discovery of priceless art collections and masterpieces hidden in unknown monumental complexes and to learn the stories of the legendary characters that seem to still inhabit them. Back to the hotel in the late afternoon.



Il lungomare liberato



Catacombe di san Gennaro



Villa La Floridiana (Vomero)



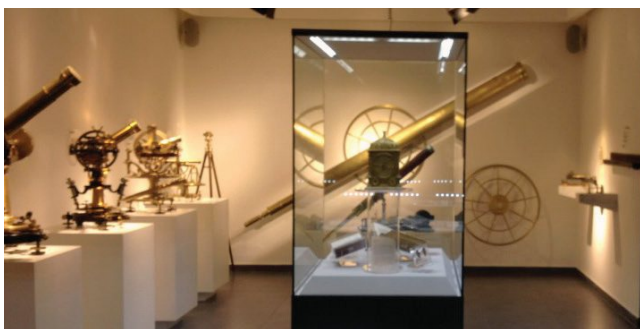
Castel Nuovo

NAPLES

Naples below and above ground

Meeting with the participants at the prearranged point of departure and transfer by accessible c4y minivan to discover one of the most fascinating and least known areas of Naples, the **Sanità** district. Over the centuries that it was used as a site for the construction of tombs, catacombs and necropoles that hold thousands upon thousands of unidentified human remains. From Sanità we'll make our way up old Miradois hill, a route that has fascinated visitors from all faiths and backgrounds from time immemorial. At this point we stop for Home cooked lunch. This itinerary is rich in contrast and emotion: from the darkness of the underground in the **Saint Gennaro catacombs** to the light

of the stars that can be observed from the **Astronomical observatory** near the royal Bourbon palace of Capodimonte. It was not by chance that this site was chosen in the 1800s to be the seat of the first astronomical observatory in Italy. The visit will involve modern and historic buildings and lead to the discovery of ancient scientific instruments designed for the study of the sky and to the consultation (in a quite unusual manner) of ancient astronomical texts. And then we'll throw back our heads and have a glance at the stars. Back to the hotel in the late afternoon



Faith and Superstition

Meeting with the participants at the prearranged point of departure and transfer by accessible c4y minivan to discover the main beliefs and the most famous rituals of the city. First of all, the miracle of the liquification of San Gennaro's blood, yearly attracting thousands of believers. For centuries faith has been the main remedy against the threats that have afflicted the Neapolitan population on a daily basis from time immemorial: earthquakes, famines, plague epidemics have been overcome thanks to the intercession of saints or deities. St. Gennaro is patron of the city but there are plenty of lesser patrons too. Superstition mixed with Faith is a characteristic of the Neapolitan mentality. In fact the lucky charms

(especially the small red horn) are seen nearly as often as crucifixes. In every sad situation Neapolitans make the sign of the cross when they pass in front of churches and make the popular 'horn gesture' to ward off malocchio (the evil eye) and any kind of bad luck. This trip offers a unique opportunity to learn the intricacies of Neapolitan folklore along with some of the most important Neapolitan architectural complexes, such as the Duomo and Donnaregina Church, and to witness on a first-hand basis how the arts and culture have shaped the city and changed it so profoundly over the centuries. Lunch break during the trip. Back to the hotel in the late afternoon.

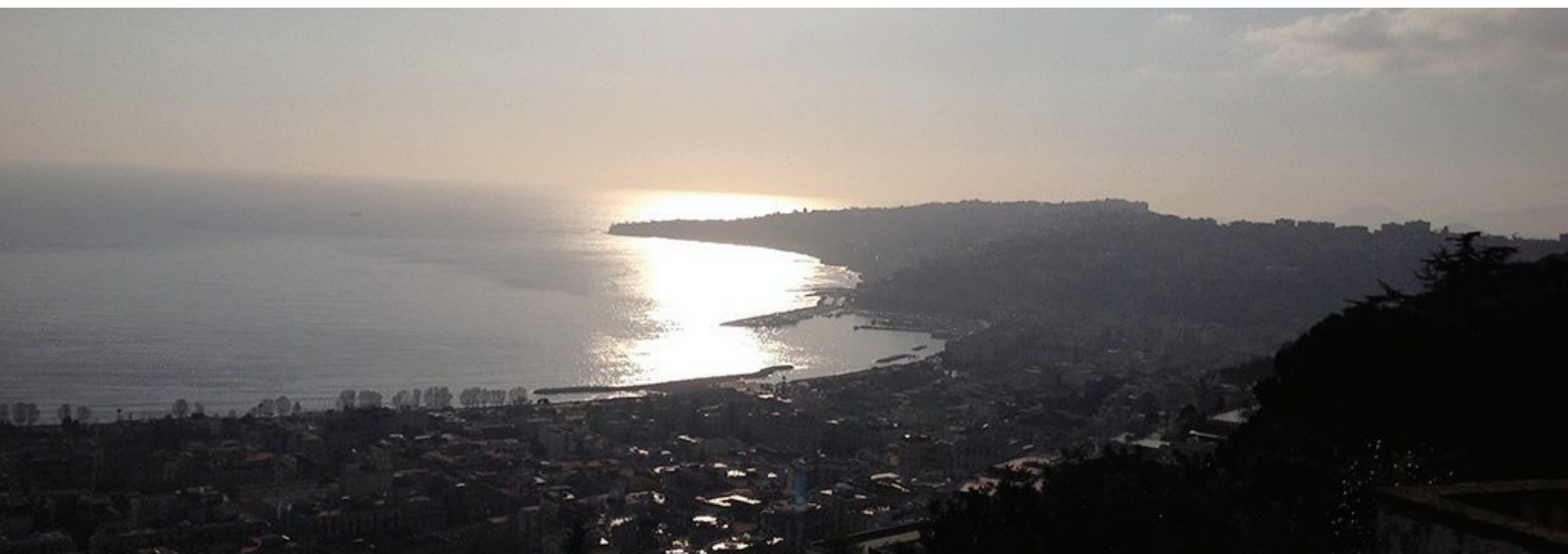


ISCHIA
TURISMO ACCESSIBILE



MONITORAGGIO SUL TERRITORIO DELL'ISOLA DI ISCHIA





PHLEGREAN FIELDS

The upside-down volcano

Meeting with the participants at the prearranged point of departure and transfer by the accessible C4Y minibus to the **Astroni**, one of the best preserved craters of the Campi Flegrei volcanic area. Now a Nature reserve owing to its large variety of flora and fauna. Along the way the participants will learn about botanical, zoological, geological, volcanic, mineralogical and historical aspects of the places they will be exploring also through videos, photos and slides presented on preinstalled I-pads on the bus. The crater is, in fact, like an upside-down mountain because the humidity at the crater's base has favored optimal bio-physical conditions for the development of species that are usually found

at the foot of the mountains, such as the chestnut tree. At the base of the crater there are three small lakes. It's the perfect place to enjoy recreational and sensory activities in direct contact with nature. In fact here we can stop for a pic-nic. In the afternoon the sight-seeing tour is to the area of the lakes, Lucrino and Averno, to get to know the local flora and fauna. Return to the hotel in the late afternoon.



The bradyseism phenomenon: the Rione Terra, a ghost hamlet.

Meeting with the participants at the prearranged point of departure by the accessible C4Y minibus to encounter the phenomenon of bradyseism. Characteristic of the Phlegrean area it consists in a slow movement of raising and lowering of the soil and is constantly monitored by highly accurate measurements, detected by satellites relative to fixed points located in various affected areas around the Gulf of Pozzuoli. Here we will visit the port and the **“Temple of Serapis”** that for years, before the creation of scientific instruments measured the fluctuation of the ground. The main indicator of this phenomenon in Roman times was the Macellum, a market and a place of worship of the

Egyptian god Serapide. Looking at the columns at its centre, it was possible for the inhabitants of Pozzuoli to determine if the ground was rising or lowering. Here we stop for Lunch. Seismic activity has also always affected the **Rione Terra**, the ancient nucleus of the city, that was evacuated in 1970 and is today under restoration. We will also visit the **Duomo**. In the afternoon, shopping in the lovely and recently renovated center, full of characteristic local craft and food and wine shops..Back to the hotel in the late afternoon.

VESUVIAN AREA

A journey in time from virtual to real

Meeting with the participants at the prearranged point of departure for transfer by C4Y minibus to **Ercolano**. This itinerary offers the tourist a view of both the ancient and the new Ercolano. You will visit the ruins and walk through the remains of the town hit by the eruption. Ercolano is named after Hercules – Ercole – who is said to be the one who founded the town, a wealthy Roman resort. The Roman roads twist and turn among the *Cardi* and the *Decumani*, perpendicular areas whose sidewalks are now linked to the road by metal platforms. Lunch break. In the afternoon we visit the **MAV**, the virtual archaeological museum that recreates the tragic experience of the eruption from the per-

spective of the inhabitants of Ercolano and Pompeii. We will enjoy a full sensory experience of the past thanks to a multimedia installation, a tactile, olfactory and visual full-immersion. Museo Archeologico Virtuale, is a journey through time taking the visitor around the Roman cities at the foot of Vesuvius – the lively, commerce-centred Pompeii and the pleasant, refined Ercolano. Visitors will be able to fully enjoy the feeling of actually experiencing the town inside and out, becoming involved in scenes of everyday life, recreated with 3D technology. Once out we'll see the modern area whose foundation lies on another part of the Roman settlement. Back to the hotel in the late afternoon.

Roman life along the slopes of Vesuvius

Meeting with the participants at the prearranged point of departure for transfer by C4Y minibus to Pompeii. The route will lead the visitor through time to discover ancient Roman life at the foot of Vesuvius. In the morning you will visit The National Antiquarium “Man and environment of the Vesuvian territory” where numerous archaeological finds are exhibited, testifying to the close relationship between man and the environment in the Vesuvian area in Roman times. In particular it contains numerous old objects found on the farms and the villas of the territory, resulting from the excavations of Pompeii, Herculaneum, Oplontis, Stabia and Boscoreale. It offers a glimpse of habits and



customs of Roman life. Lunch break in a local ‘trattoria’. In the afternoon we visit to the excavations of the commercial and mundane Pompeii. Back to the hotel in the late afternoon.



Vesuvius is the only remaining active volcano in mainland Europe



Mt. Vesuvius - The crater



The Astroni crater



VESUVIAN AREA AND CASERTA



Vesuvian Villas And Pietrarsa

Meeting with the participants at the prearranged point of departure and transfer by C4Y accessible bus to spend a day centered around the bay of Naples, a few kilometers outside the city, in the vicinity of Pompeii and just a few steps from the foot of Mount Vesuvius. King Charles of Bourbon had a new royal palace built in Portici to provide himself with a base to start the excavations of the nearby ancient Roman city of Herculaneum. All the Neapolitan noblemen of the time followed suit, constructing 122 sumptuous villas for their summer holidays along the coast from Naples down to Torre Annunziata, a unique architectural marvel in terms of quantity and beauty. The route follows the most beautiful



and monumental of these **Vesuvian Villas** along the so-called **Golden Mile**. This stage aims to restore a dialogue between nature and artifice, sea and volcano, Rococo and Neoclassicism through an exploration of the magnificent **Villa Favorita** in Herculaneum and the whole surrounding area, considered an ‘open air museum’. It is a chance to participate in unique and exceptional cultural events in which history and tradition are intertwined with pleasure, and a chance to walk in lush green parkland rich in exotic Mediterranean beauty. It’s a perfect setting a leisurely lunch. In the afternoon the route heads towards Portici to take in the grandeur of its Royal Palace and gardens and

for a visit to the **Pietrarsa Railway Museum**, where guests are taken for a captivating journey back in time between the first railway on the Italian peninsula up through to the unification of the country (1839). Back to the hotel in the late afternoon.

The luxury of the 1700s in Caserta

Meeting with the participants in the prearranged meeting point and transfer by minibus C4Y to Caserta. Here we will visit the famous **Royal Palace**, built in the 1700s by King Charles of Bourbon and still extraordinary today evidence of a sophisticated luxury, enriched by architectural solutions often completely groundbreaking for the

time. Lunch break in a restaurant with tasting of typical products (particularly Caserta mozzarella). In the afternoon we will visit the Palace Gardens with its extraordinary fountains, culminating in the Great Falls Park, to the buildings constructed to cheer the nobility and the English garden where among rare plants, streams, ponds, “ruins” (according the nascent fashion derived from recent excavations of Pompeii) they will relive the atmosphere that made those places destinations of noble guests from all Europa. Back to hotel in the late afternoon.

NAPLES

From one gulf to the other – a tour of sport and nature

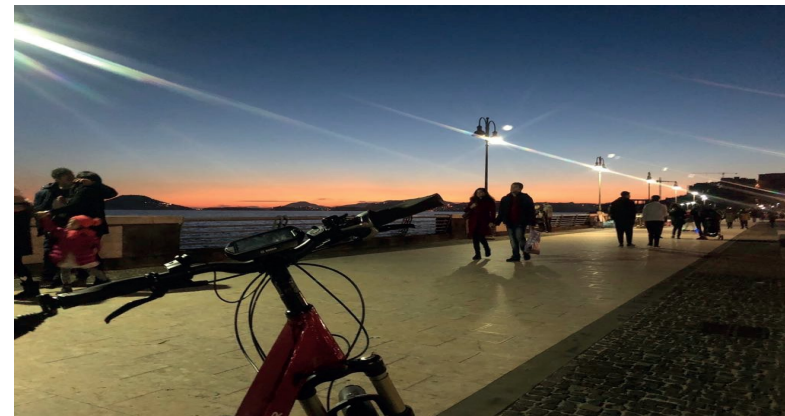
Meeting with the participants at the prearranged point of departure and transfer by our accessible minivan to spend a day in heaven! We will take you where you can feast your eyes on the most astonishing views of the city – from the borough of Chiaia, overlooking the bay of Naples and Vesuvius, to the **Bagnoli area**, where you'll have the chance to go on a sailing trip on the cosy Dream boats, surrounded by the sea and caressed by the sun and the fresh air of the gulf of Pozzuoli. After that we stop for a packed lunch. Then, back on Posillipo hill, from the Virgiliano park you'll be able to enjoy the 360° view of the two most beautiful gulfs in the world! The itinerary is designed to offer an enjoyable

visual and recreational experience in the area. Bagnoli, named after the Balneolum thermal spring, is a warm place surrounded by plants in bloom, lying under the hill whose ancient Greek name, **Pausilypon**, tells the tale of a place where people go to “find relief from their griefs”. Back to the hotel in the late afternoon.



Unforgettable day between sailing, cycling and tourism. Leave the hustle and bustle of the city, only a few minutes away from the center of Naples

Meeting with the participants and transfer by C4Y minivan to the Bagnoli area, where you'll have the chance to go on a sailing trip on the cosy Dream boats. Then the participants will hop on our special e-bikes! We'll be along the Phlegrean Fields that are known for their thousand years of history. And top it off with a visit to a local vineyard to taste the best local organic food and wine! Return to the hotel in the late afternoon.



SORRENTO AND ISCHIA

Torna a Sorrento!

Meeting with the participants at the prearranged point of departure and transfer by C4Y minivan to **Sorrento**. The itinerary revolves around the centre, on a high limestone terrace overlooking the sea from a height of 50 metres. The route is pleasant and interesting, thanks to the great variety of cultural, historical and natural points of interest, that will remain impressed in the heart of the visitors and draw them back to the town like a mermaid's song. Among these, the golden explosion of the famous **Agrumeto** citrus fruits, the green oasis that is the **Villa Comunale**, the breathtaking view of the high coast falling into the sea, the elegant Corso Italia in the very centre of

Sorrento, with its fascinating religious structures and the picturesque small streets filled with tasty gastronomy and local crafts. There are plenty of opportunities typical local food, wine, liqueurs such as limoncello and sweets such as delizia al limone. Back to the hotel in the late afternoon.



Ischia, The Green Island!

Meeting with the participants at the prearranged point of departure and transfer by C4Y to board the ferry to Ischia arriving at the port about 90' later. Ischia offers a centuries old ideal mix between culture and nature which attracts thousands of tourists each year. Its breathtaking landscapes, smells, colors and flavors remain incomparable. Visitors can experience this first hand during lunch. In addition to the landscape and beaches attractions, what really makes Ischia a must are its world-class resorts and spas, famous for the quality of their thermal waters, the surrounding nature and for the views overlooking the Mediterranean. The route will lead us on an exploration of this magnificent island which, due to its

extraordinary verdant landscape is nicknamed "Isola Verde". Back to the hotel in the late afternoon.

SALERNO AND BENEVENTO

A trip into the Middle Ages: Salerno Surroundings

Meeting with the participants at the prearranged point of departure and transfer by accessible C4Y minivan to Salerno. Walk the boardwalk to enjoy the promenade Trieste, between exotic vegetation and beautiful views over the Gulf of Salerno. There we will enter then the heart of the city, dominated by the Castello di Arechi and divided neatly into two parts: the old part, with its narrow winding streets; and the modern part with its wide boulevards meeting at right-angles.

The visit starts from Piazza Flavio Gioia, where in the mid 1700s the city gates were repositioned. After a break dedicated to shopping and lunch along the Corso Vittorio Emanuele, visitors can go into the heart of the historical

center following the tracks of the Middle Ages, still ringing out reverberating from the buildings. In Via Mercanti we will finally be able to visit the church of San Gregorio and the Virtual Museum of the Medical School of Salerno. Back to the hotel in the late afternoon in Salerno.

Benevento, the pearl of Sannio

Meeting with the participants at the prearranged point of departure and transfer by accessible C4Y minivan to Benevento. Situated between the rivers Sabato and Calore and deep within the Apennine mountain range of Campania, Benevento is a genuine treasure trove of history, traditions and culture. Its rich past is evidenced by its many monuments which since Roman times have illustrated the greatness of the city among these, the Tempio di Iside, the remains of the Teatro Romano and the celebrated triumphal Arch of Trajan, which stands proud with its friezes, reminiscent of a glorious past. The Duomo, the church of St. Sophia with its monastery and the Fortress of Recorders are other attractions.

The itinerary will guide the visitor through the extraordinary “outdoor/open air museum” with a pleasant atmosphere and rich cuisine to enjoy. Lunch break to taste traditional products such as meat and fresh pasta (gnocchi) Strega liqueur, torrone nougat and local doc wines like Aglianico and Falanghina pride of this region. Back to the hotel in the late afternoon.



Let's KNOW and LOVE NAPLES and its surroundings with four senses

DAY: A tactile and narrative visit

Meeting with the guide at the prearranged point of departure and transfer by C4Y minivan to the hotel and then to the National Museum of Capodimonte for a tactile and narrative guided tour about the contents of the ancient and contemporary art galleries and the unique collection of porcelains and the famous Farnese Collection. Participants can also book a yoga session in the Royal Park of the Palace as well. Dinner at the pizzeria. In the evening back to the hotel, dinner, bed.



DAY2: The upside-down mountain

After breakfast at the hotel, meeting with the guide and transfer on the C4Y minibus towards Astroni, one of the best preserved craters of the Phlegraean Fields volcanic area and now Nature reserve and WWF Oasis, owing to its large variety of flora and fauna. At the base of the crater there are three small lakes. It's the perfect place to enjoy recreational and sensory activities in direct contact with nature. Moreover we will have the sensation of going back in time, thanks also to the prehistoric exhibition 'Dinosaurs in the flesh'. Packed lunch break. In the afternoon tour around the Lucrino and Averno lakes to see the local flora and fauna. In the late afternoon return to the hotel, dinner and overnight stay.

Experiential journey to know, thanks to hearing, taste, touch and smell, to fall in love with the 'cult' places of Naples and its surroundings that offer endless perceptions and emotions to all visitors. 5 days-4 nights



DAY 3: Ischia, the healthy island!

After breakfast at the hotel, meeting with the guide and leave by C4Y accessible minibus to the port of Pozzuoli, where we will take a ferry boat towards the island of Ischia to discover the ideal mix between culture and nature of this island that attracts thousands of tourists each year, due to its breathtaking landscapes, smells, colors and incomparable flavors. During summertime we will be able to enjoy a fun and healthy bath in the warm relaxing thermal waters, rich in minerals, of one of the numerous spas. This stay will be useful for a vast amount of healing needs and all can enjoy pleasures of the body and mind, with benefits for fitness and beauty. Then we will visit some gardens, rich in exotic plants that we will explore through an olfactory path. In the evening, return to the hotel, dinner and overnight stay.



DAY4: Walking along Vesuvius slopes.

After breakfast in hotel, meeting with the guide at the predisposed point of departure and transfer by C4Y accessible minibus for an adventurous hike to the Vesuvius crater in the Vesuvius National Park. We'll walk along one of the oldest paths of this area, rich of Mediterranean flora and fauna. On the way back, we will stop at a local 'agriturismo' to take part in a cooking workshop and learn how to cook a homemade pizza that at last we will eat with a good glass of local wine. In the late afternoon return to the hotel, dinner and overnight stay.

DAY5: Naples between the sacred and the profane

After breakfast in hotel, early departure by C4Y accessible minibus towards "Piazza San Domenico Maggiore" to visit one of the rarest museums in Naples, "the Chapel of the Prince of San Severo", where we will have a tactile and narrative experience of the stunning 'veiled Christ' marble sculpture. We will continue to walk to the well known 'San Gregorio Armeno' street, in the middle of the characteristic ancient alleys, the Decumani, for a tactile exploration of the traditional crib shepherds, real miniature works of art hand-made by local artisans. Transfer to the departure terminal. End of services.

