

INSIGHT VACATIONS

Country Roads of Italy, a Women-Only Tour





KEY

1 Central
Hotels + Nights

① Scenic
Hotels + Nights

● Place Visited

○ Optional Place
Visited

||||| Trip Option

 Cruise

 Train

 Join/Leave Options

 Included Flights

 UNESCO
Heritage Site

Day 1 | Welcome to the Eternal City of Rome



Welcome to Rome, a glorious city filled with classic antiquities, medieval buildings, Renaissance palaces and baroque churches. Transfers depart from Rome's Fiumicino Leonardo da Vinci Airport for your hotel. Relax and settle in before joining your Travel Director and getting to know your fellow travellers over a delicious welcome dinner with wine at a local restaurant.

Meals: Dinner

Hotel: Room 007 Select, Rome

Day 2 | Rome with a Local



Today is devoted to The Eternal City. Join a Local Expert to discover the modern-day city and how people lived in Ancient Rome. See St. Peter's Basilica in the Vatican City. Then cross the Tiber river to see the Circus Maximus and learn about the history, the construction and the legends of the iconic Colosseum on a guided visit. Imagine the roar of the spectators as you enter the arena and stroll around picturing the gladiators and their adoring fans.

Meals: Breakfast

Hotel: Room 007 Select, Rome

OPTIONAL EXPERIENCES:

Piazzas and Fountains - Enjoy a guided *passeggiata* with a Local Expert through Rome's cobblestone streets. Venture into the heart of Ancient Rome, wander through its charming squares, and marvel at the city's iconic landmarks that define its unique character, all while soaking up the vibrant atmosphere that makes the Eternal City so captivating.
Adult: 49.00 EUR

Roman Dinner Party - Enjoy an evening of delicious Roman cuisine with drinks and a great Italian ambiance.
Adult: 77.00 EUR

Day 3 | Castel Gandolfo



Venture to Castel Gandolfo to explore the artistic treasure of the Villa Barberini Gardens. Ride an electric train along the pathways to marvel at the intricately designed mosaic flower beds and fountains. After our visit to the former papal gardens our journey continues south, drinking in the views of the Bay of Naples, to the resort town of Sorrento.

Meals: Breakfast

Hotel: Majestic Palace Hotel, Sorrento

OPTIONAL EXPERIENCES:

Sorrento Evening - A chance to enjoy a delicious dinner of local specialities. We arrive at one of the area's unique local restaurants for an incredible dining experience featuring some of the famous dishes of this region!
Adult: 82.00 EUR

Day 4 | Capri, the Isle of Dreams



Meet your Local Expert and cross the Bay of Naples to reach the beautiful Isle of Capri, a rock rising sheer from the Mediterranean. For 2,000 years, Capri has beckoned visitors from Tiberius Caesar to Gracie Fields. Arriving at the Marina Grande by boat, ascend to Capri town. Explore the narrow alleyways, browse in exclusive boutiques and wonder at the views over the Tyrrhenian Sea. Descend to the port by funicular railway and return to Sorrento, where you are at leisure for the rest of the day.

Meals: Breakfast

Hotel: Majestic Palace Hotel, Sorrento

OPTIONAL EXPERIENCES:

Island Tour of Capri - Experience a private, guided cruise along the beautiful southern coast to see spectacular cliffs, the famous Faraglioni Rocks and White Grotto sea cave with its small red coral. View the turquoise waters and private villas and hear the stories of Roman Emperors and famous people through history who have called Capri home before ascending to Capri town. This optional experience is weather dependent and may be replaced by a minibus tour of the Island with a visit to Anacapri and either the Villa San Michele or the Anacapri chairlift.
Adult: 58.00 EUR

Amalfi Coast Drive & Positano Visit - Drive along the clear blue waters and picturesque resorts of the Amalfi Coast, arguably the most glamorous and scenic stretch of coast in Europe. Minibuses wind their way down serpentine roads to the exclusive artists' paradise, Positano. Explore elegant shops, watch artists at work, or enjoy an *aperitivo* in a beachside cafe.
Adult: 72.00 EUR

Day 5 | Pompeii and Todi



Journey to the ancient Roman city of Pompeii to explore this extraordinary site with your Local Expert. Travel into the heart of Italy to enjoy free time in Todi, located on a hilltop pedestal overlooking a vineyard-covered plain. Savour the distinctly medieval ambiance during your orientation and admire the Piazza del Popolo where locals take their evening 'passeggiata'. Cap off the day dining at a local restaurant with a glass of Orvieto Classico wine - a magical culinary experience.

Meals: Breakfast, Dinner

Hotel: Fonte Cesia, Todi

Day 6 | Todi



Embark on a journey through the undulating splendour of the Umbrian hills, where the glossy green vineyards gleam in the warm rays of the sun. Amidst this breathtaking landscape, discover a family-owned business led by the women of the family. Explore the story of how they have cultivated their craft and built an award-winning winery, before delighting in the fruits of their labour with a tasting of their exceptional wines.

Meals: Breakfast

Hotel: Fonte Cesia, Todi

OPTIONAL EXPERIENCES:

Orvieto & Olive Mill Visit - Umbria, known as the "Green Heart of Italy," is renowned for its highly prized olive oil. Experience a local olive farm, where you can observe the production process first hand and taste the fresh, yet intense, oil for which Umbria is justly renowned. Next, with our Local Expert, you will explore the picturesque hilltop town of Orvieto, celebrated for its charming streets and stunning architecture. We will also visit the Cathedral of Orvieto, renowned for its breathtaking facade and the Chapel of San Brizio, where you can admire Signorelli's outstanding frescoes, which inspired his younger contemporary Michelangelo to produce the Last Judgment in the Sistine Chapel.

Adult: 75.00 EUR

Day 7 | Assisi and on to Perugia



In Assisi, see St. Clare's Church and the Roman Temple of Minerva. Continue to walk down the Via San Francesco and visit the huge Basilica of St. Francis with a Local Expert. Journey to beautiful Perugia, the jewel of Umbria. Your guided walking exploration begins in the main street of Perugia's Old Town. See the Collegio del Cambio, the splendid Priors' Palace, the Cathedral and the finely sculptured Great Fountain in the magnificent main square. In the evening there is the option to discover the edible treasures of a traditional Umbrian kitchen, accompanied with wines of the region.

Meals: Breakfast

Hotel: Sangallo Palace, Perugia

OPTIONAL EXPERIENCES:

Umbrian Dinner Experience - Umbria is not only a region which is culturally rich and full of beautiful vistas, it is also a region rich in its gastronomic offerings. A journey to explore the edible treasures of the traditional Umbrian kitchen and the superb wines of this region too, all served to you in a beautiful rustic restaurant!

Adult: 77.00 EUR

Day 8 | Perugia, the Jewel of Umbria



In Perugia, explore more of this gem of a town. Join a MAKE TRAVEL MATTER® Experience as you visit a women-run artisanal workshop and meet Marta, a recipient of a TreadRight Foundation grant. Learn how Marta and her weavers are preserving the ancient craft of loom-weaving. With the rest of your day at leisure, perhaps visit Cortona, one of the oldest hill towns in Tuscany. On this Optional Experience, journey to a recently unearthed Etruscan Temple before a guided exploration through the town's historic centre with views of Lake Trasimeno and the Val di Chiana.

Meals: Breakfast

Hotel: Sangallo Palace, Perugia

OPTIONAL EXPERIENCES:

Cortona Under The Tuscan Sun - Visit beautiful Cortona, one of the oldest hill towns in Tuscany and setting for Francis Mayes "Under the Tuscan Sun". A scenic panoramic drive with our Local Expert takes us to a recently-unearthed Etruscan Temple and also to see Ms Mayes' actual creative hideaway, 'Casa Bramasole'. Then we'll enjoy a walk through the historic centre to soak up the history and enjoy stupendous views of Lake Trasimeno and the Val di Chiana.

Adult: 39.00 EUR

Day 9 | Renaissance Florence and Tuscany



Embark on your journey passing Lake Trasimeno to renaissance Florence. Join a Local Expert to see the marble-clad cathedral, bell tower and Gates of Paradise on the baptistery. Enjoy time at leisure to explore Piazza della Signoria, still the political heart of Florence and an open-air gallery of Renaissance masterpieces. Spend time gazing at the fountains and sculptures along the front of the Palazzo Vecchio. This afternoon, learn the art of cocktail-making from a local mixologist during a tasty cocktail class. Later, soak up the waters of a natural thermal spa, renowned through the centuries for the beneficial effects on the body, delighting the Etruscans, Romans and modern-day visitors before arriving at your elegant hotel.

Meals: Breakfast, Dinner

Hotel: Cappuccina Country Resort & Spa, San Gimignano

Day 10 | Siena and San Gimignano



This morning, explore Siena with Insight Choice. Choose to visit the medieval Basilica of St. Domenico or alternatively, sample panforte, a traditional Tuscan dessert. Continue to the hilltop town of San Gimignano strikingly visible from every angle, its towers dominate the skyline and give it the nickname the Medieval Manhattan of Tuscany. Enjoy tasting the award-winning frozen delights of master gelato maker, Sergio Dondoli, whose great inventions include innovative and mouth-watering flavour combinations. Journey through the rolling, cypress-clad hills and vineyards of Tuscany as you return to your hotel.

Meals: Breakfast

Hotel: Cappuccina Country Resort & Spa, San Gimignano

OPTIONAL EXPERIENCES:

Local Tuscan Dinner - The secret to dining well in Tuscany is knowing where to go, picking the small towns and restaurants where locals dine. Exploiting our countryside location, this evening we'll dine locally, keeping away from the big-city crowds. We'll enjoy classic Tuscan specialities, the favourites of the Sienese province, utilising the fresh territorial produce that makes this region so well known.

Adult: 74.00 EUR



Travel to Lucca to view the churches, squares and palaces, perfectly preserved within encircling medieval ramparts. Pause a while and taste buccellato, Lucca's sweet raisin anise bread, said to be a favourite of the ancient Roman army. Later, you could take the opportunity to explore Pisa.

Meals: Breakfast, Dinner

Hotel: Villa La Principessa, Lucca

OPTIONAL EXPERIENCES:

Pisa and The Arno Valley - Visit the historical city of Pisa and with our Local Expert enjoy a guided visit of Piazza dei Miracoli, one of Italy's most impressive squares. Visit the Cathedral to discover its treasures, see the largest baptistry in Italy and of course, admire the iconic Leaning Tower of Pisa. You'll also have plenty of free time to shop and explore on your own.

Adult: 65.00 EUR



Get ready to explore the Cinque Terre, or five villages, which for years were only accessible by foot. This UNESCO World Heritage site is one of Italy's most beautiful landscapes. Join a Local Expert in one of the picturesque fishing villages, before cruising along the rugged coastline (weather permitting). There is plenty of time to explore the old medieval quarter and popular sandy beach before returning to your hotel in Lucca.

Meals: Breakfast

Hotel: Villa La Principessa, Lucca

OPTIONAL EXPERIENCES:

A Taste of Tuscany - A delightful and rustic experience, designed to bring you in touch with the enchanting Tuscan countryside, food and wine. Settle in for an authentic Tuscan feast in a traditional setting.

Adult: 71.00 EUR

Day 13 | On to Parma



Journey to the beautiful university town of Parma, world-famous for its local ham and cheese. Meet one of the locals, Paolo. Learn about the process of making Parmigiano-Reggiano as Signor Paolo shares with you his passions for Italian food, especially excellent quality Parmesan cheese. Taste samples of the famous Parmigiano-Reggiano, accompanied by a glass of wine.

Meals: Breakfast

Hotel: Starhotels Du Parc, Parma

Day 14 | Modena and on to Venice



Visit one of Modena's top producers of authentic, traditional, artisan balsamic vinegar and take a master class to understand what makes this vinegar as expensive as top-rated wines. Continue through the Soave vineyards past Padua to Venice, Queen of the Adriatic. To the tune of accompanying musicians, you will be serenaded through the atmospheric canals as you glide by gondola past water-lapped doorways and rococo palaces.

Meals: Breakfast

Hotel: Hilton Molino Stucky, Venice

OPTIONAL EXPERIENCES:

Venetian Splendour - Venice is one of the most unique cities in the world and, after the crowds have left, it's at its most beautiful. We board our private water taxis and are whisked down the most famous canal in Venice - the Grand Canal. You witness the beautiful and spectacular palazzi adorning the most famous 'street' in Venice then travel under the remarkable Rialto Bridge to arrive in the centre of it all, Piazza San Marco! There we have seats reserved outside a famous Venetian cafe, in front of a live orchestra. Enjoy a drink and gaze out at the illuminated sights of St Mark's Square while being serenaded. This is Venice at its most unique and magical, an evening not to be missed, with images and sensations you'll never forget!

Adult: 69.00 EUR

Day 15 | The Magic of La Serenissima



Join a MAKE TRAVEL MATTER® Experience during a visit to a traditional arts centre where you can see how beautiful, handcrafted glass is made by expert glassblowers, safeguarding traditional skills. Visit St. Mark's Square where the city's former wealth and power is evidenced by the riches of St. Mark's Basilica and admire the Doge's Palace with its adjoining Bridge of Sighs. Cruise the islands of the Venetian Lagoon to arrive at Burano, famous for its candy coloured houses. Conclude your women-only tour over a delightful dinner of local specialities.

Meals: Breakfast, Dinner

Hotel: Hilton Molino Stucky, Venice

OPTIONAL EXPERIENCES:

Hidden Venice - Experience Venice's big set pieces is to miss out on a hidden world full of surprises! Join a Local Expert for a fascinating walk through some of the lesser known quarters of Venice. The back lanes and 'campi', small squares, where tourists seldom tread are full of history and great places to sample local life.
Adult: 46.00 EUR

Day 16 | Arrivederci Venice



Your departure transfer arrives at Venice Marco Polo Airport.

Meals: Breakfast

This document was last updated 10 October 2025.

While all information is correct at the time of publication, occasionally details or timings may differ.

Please refer to our website or speak to your Travel Director for the latest updates.