

# Italy from Sorrento to Rome

Departure Date: October 21, 2025

*Free Spirit*  
TRAVEL VACATIONS AND EVENTS

Freedom To Wander

# Italy from Sorrento to Rome



**DAY 1 Depart the USA:** Depart the USA on your overnight flight to Naples, Italy.

**DAY 2 Naples – Sorrento, Italy:** Upon arrival in Naples, you'll be met by a Mayflower Cruises and Tours representative who will assist with the transfer to your hotel in Sorrento, gateway to the Amalfi Coast. Flights should arrive by 3:30pm. The remainder of the day is free to become acquainted with this charming town, sprinkled with lemon and olive groves, in a spectacular cliff-side setting. This evening, join your Tour Manager for an included dinner. **Meal: D**

**DAY 3 Sorrento:** The day begins with a guided orientation tour of Sorrento. As you stroll through the pedestrian streets, filled with local shops, see the main sites, including Piazza Tasso, the entrance to the old quarter. Visit the Basilica of Saint Anthony, patron saint of the city, whose bones lie in the crypt below. Enjoy the afternoon at leisure to further explore the charms of the area. **Meals: B**

**DAY 4 Amalfi Coast:** Discover the stunning coastline with miles of hairpin turns and spectacular vistas. Visit the Emerald Grotto, one of the natural highlights along the coast. A boat ride through the cave showcases the stalactites and stalagmites, as well as the magnificent Emerald color of the water when the filtered sunlight hits the turquoise waves. Arrive in Amalfi by boat with free time for lunch. Stroll through this picturesque town with the guide to see some of the highlights including the Cathedral and St. Andrew's Fountain in the heart of the Piazza dell Duomo. Return to Sorrento early evening after experiencing Italy's "coast with the most". **Meal: B**

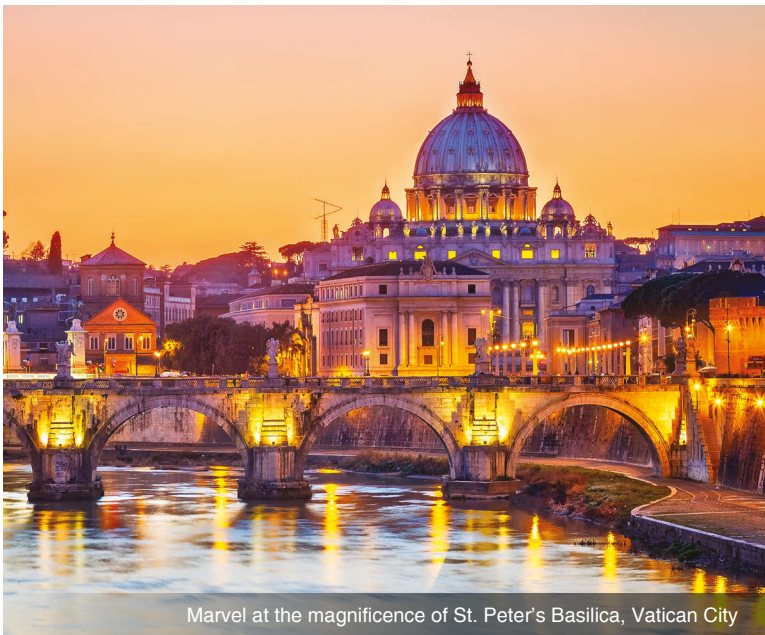
**DAY 5 Pompeii:** This morning, set off on an excursion to

Pompeii, a UNESCO World Heritage Site, to visit the most important and interesting archaeological museum in the world. The story of the rise and fall of this ancient city comes to life as your local guide explains the events of that fateful day while you stroll through the grounds of this amazing site. Archaeological excavations have uncovered remarkable relics, many fully intact, from this once prosperous city. Return to Sorrento mid-afternoon and enjoy the remainder of the day at leisure. This evening, enjoy an included dinner in Sorrento. **Meals: B, D**

**DAY 6 Capri:** The island of Capri is an area of breathtaking beauty with olive trees, grapevines and flowers providing a Mediterranean charm. Today's excursion begins with a short drive to the harbor in Sorrento to board the hydrofoil. Traverse the pristine water, in various shades of blue and emerald green, as you approach the picturesque island. You'll have time to explore Capri, and travel via mini-van to Anacapri, the highest town on the island. Wander through the town and absorb the local atmosphere and beautiful surroundings. Return to the hotel in Sorrento for an evening on your own. **Meal: B**

**DAY 7 Sorrento – Rome:** After breakfast, depart Sorrento and travel to Rome. Along the way, stop at a local farm for an included lunch of typical regional fare and a sampling of the locally produced buffalo-mozzarella cheese. **Meals: B, L**

**DAY 8 Rome:** The historic monuments you've heard and read about come to life on your guided tour of the Eternal City. Toss a coin in the Trevi Fountain to ensure your return to Rome! Visit the Coliseum, one of the greatest works of Roman architecture and engineering, and imagine what it was like in its heyday when gladiators fought to the death. As you walk through the Roman Forum, you will be strolling amongst historic ruins of



Marvel at the magnificence of St. Peter's Basilica, Vatican City

political buildings, shrines, temples and monuments, some dating back to the first kings of Rome. After a morning of historic discovery, enjoy an afternoon and evening at leisure. **Meal: B**

**DAY 9 Rome:** A culinary adventure is in store for today. Attend a cooking class where your instructor teaches you how to prepare homemade Italian pasta during this hands-on experience. Discover all the secrets of the dough, from the flour to the cutting. At the end of the lesson, relax and enjoy lunch, dining on the pasta dish you just created! Buon appetito!

**Meals: B, L**

**DAY 10 Vatican City:** This morning, enjoy a guided visit to the spiritual center of the Roman Catholic Church and the smallest independent state in the world: Vatican City. During the guided visit of the Vatican Museums you'll walk through halls containing some of the most priceless art treasures in the world. The highlight of the visit may be the Sistine Chapel which houses the single most impressive work of art by Michelangelo. Inside St. Peter's Basilica, experience the magnificence of Bernini, Michelangelo, and other great artists of the Roman Renaissance and Baroque periods. Be sure to see Michelangelo's famous statue, *Pietà*, created by the artist when he was only 25-years old. Returning to Rome, the final afternoon is free to explore independently before the farewell dinner this evening. **Meals: B, D**

**DAY 11 Rome / USA:** As you bid "arrivederci" to Italy, transfer to the airport and leave with wonderful memories of the scenery, culture, monuments, and history you encountered during your travels through this amazing country. **Meal: B**

Itinerary subject to change.



## Tour Highlights

- 14 Meals: 9 breakfasts, 2 lunches and 3 dinners
- Airport transfers on tour dates when air is provided by Mayflower Cruises & Tours
- Visit the picturesque town of Sorrento
- See Mt. Vesuvius and discover the archaeological excavations of Pompeii
- Enjoy the breathtaking beauty of the island of Capri
- Travel along the scenic Amalfi coast
- Experience a boat ride through the Emerald Grotto
- Visit the charming town of Amalfi
- Taste fresh Buffalo Mozzarella Cheese while dining at a local farm
- Indulge in a cultural culinary experience during a pasta-making class
- Explore the Coliseum and Forum in Rome
- Visit the Sistine Chapel and St. Peter's Basilica during the excursion to Vatican City

## HOTEL ACCOMMODATIONS

**Days 2 through 6** – Hotel Central or similar, Sorrento, Italy

**Days 7 through 10** – NH Collection Roma Centro or similar, Rome, Italy

# Italy from Sorrento to Rome



Ride a hydrofoil to the picturesque Isle of Capri, Italy

Tour Departure	Per Person Twin	Single Room add
October 21, 2025	\$5,599	+ \$1,799

**Includes airfare from Phoenix Sky Harbor**

*Air itineraries may not be available until documents are received. Air seats are assigned by the airline for the entire group. Seat changes can only be attempted upon receipt of tickets and documents at which time availability may be limited. If specific seat assignments are vital to your reservation, we recommend individual air reservations rather than booking air with the group.*

#### Travelers Protection Plan (TPP) – \$449 per person

This nonrefundable fee waives all cancellation fees when we are notified of cancellation one day before the tour departs. If you must leave the tour early due to personal illness, illness or death of a member of your immediate family, TPP guarantees full refund for any unused services after the departure of the tour. Other benefits include medical expenses for illness and injury, emergency transportation, 24 hour hot line, and lost or stolen baggage assistance. Return air transportation is included ONLY if your air tickets were provided by Mayflower Cruises & Tours. If you purchase the optional Travelers Protection Plan (TPP), you will be refunded all payments, including deposit amount, less the TPP premium amount.

#### Cancellation Charges Without Traveler's Protection Plan (TPP)

• 91 days or more	Deposit Amount
• 90 to 45 days prior	20% of tour cost
• 44 to 15 day prior	30% of tour cost
• 14 to 1 day prior	50% of tour cost
• Day 1 of departure	100% of tour cost
	or early departure from tour
• No refund on unused portions of the tour	

Exclusions: Mayflower Cruises & Tours reserves the right to alter its refund and cancellation policy when a substantial amount of cancellation or postponement of travel is attributable to: conditions resulting from an act of God, natural or man-made disaster, fire, government action, civil disorder, war, hostilities between nations, or unavailability of transportation through no fault of Mayflower Cruises & Tours.

#### UPGRADE YOUR FLIGHTS TO BUSINESS CLASS FOR AN ADDITIONAL \$6,000 PER PERSON\*

\*Upgrades must be purchased at least 120 days prior to departure and are subject to availability. Some domestic flights within the United States and Europe may require travel in Economy class. If our contracted levels of business class are sold out, we will advise of the price of published fares, if available, at time of confirmation and before purchase. Business Class must be ticketed immediately and is non-refundable.



FOR RESERVATIONS OR INFORMATION CONTACT:

*Free Spirit*  
TRAVEL VACATIONS AND EVENTS

**Suzanne Hagberg**

**480-926-5547**

**reservations@freespiritvacations.com**