



# Tour Information



## Treasures of Parma and Modena





## Travel

### Passports

You may need to renew your British Passport if you are travelling to an EU country. Please ensure your passport is less than 10 years old (even if it has 6 months or more left on it) and has at least 6 months validity remaining from the date of travel. EU, Andorra, Liechtenstein, Monaco, San Marino and Swiss valid national identification cards are also acceptable for travel.

For more information, please visit: [passport checker](#)

### Visas

As a tourist visiting from the UK, you do not need a visa for short trips to most EU countries, Iceland, Liechtenstein, Norway and Switzerland. You'll be able to stay for up to 90 days in any 180-day period. For all other passport holders please check the visa requirements with the appropriate embassy.

For further information, please check here: [travel to the EU](#)

For all other passport holders please check visa requirements with the appropriate embassy.

Italian Consulate-General: "Harp House", 83/86 Farringdon Street, London EC4A 4BL.

Tel: (0)20 7936 5900. Fax: (0)20 7583 9425.

Open Mon-Fri 0900-1200

Email: [consolato.londra@esteri.it](mailto:consolato.londra@esteri.it)

Website:

[http://www.conslondra.esteri.it/Consolato\\_Londra](http://www.conslondra.esteri.it/Consolato_Londra)



### Tickets

Included with your detailed itinerary is an e-ticket, which shows your flight reference number. You will need to quote/show this reference number at the check-in desk, and you will be issued with your boarding pass. Online check-in is not available.

Your Group Scheduled or Club Class ticket is non-transferable and non-refundable. No refund can be given for non-used portions.



### Baggage allowance

We advise you to check the baggage allowances carefully as you are likely to be charged the excess if you exceed the weight limit. Maximum weights for single bags apply.

With British Airways your ticket includes one hold bag of up to 23kg plus one cabin bag no bigger than 56 x 45 x 5 cm and a personal bag (handbag or computer case) no bigger than 45 x 36 x 20 cm.

Please contact the airline for further information.

<http://www.britishairways.com>

### Labels

Please use the luggage labels provided. It is useful to have your home address located inside your suitcase should the label go astray.

### Departure Tax

The departure tax is included in the price of your flight tickets.

### Transfers

On arrival in Bologna, transfer for visit to the Castle Torrecchiara and then on to the hotel.

### Border Control

At border control, you may need to:

- show a return or onward ticket.
- show you have enough money for your stay.
- use separate lanes from EU, EEA and Swiss citizens when queueing.

### Taking food into EU countries

You are not able to take meat, milk or any products containing them into EU countries.

### Special Requests

If you haven't already done so, please notify Travel Editions of any special requests as soon as possible to allow sufficient time to make the necessary arrangements. Please note that some airlines may charge for use of wheelchairs.



## Accommodation

### StarHotels Du Parc, Parma

Elegant four-star hotel with Art Nouveau interiors, well-located in the centre of Parma next to the Parco Ducale, and just a pleasant 15-minute walk through the park and across the river to the historic centre. Facilities include stylish wood-panelled “Canova” restaurant, bar, and very comfortable bedrooms, each with its own distinctive style and an attractive touch of Art Nouveau flair created by refined furnishings, sumptuous brocades, tapestries and beautiful fabrics in warm colours. Room facilities include all modern amenities with private bath/shower, hairdryer, air-conditioning, TV, wi-fi, minibar, and safe.

For more information, please visit the hotel’s website: <https://www.starhotels.com/en/our-hotels/du-parc-parma/>



## Food

Italian food rivals French in the hearts and taste buds of many gastronomes and the regional cuisine, of which the locals are very proud, wonderfully reflects the climate and local produce. Delicious pizza, pasta and risotto dishes are present everywhere throughout Italy with provincial specialities and sauces.

With gentle hills and lush green plains, the inland region of Emilia boasts excellent meat and dairy – prosciutto, salami, Parmigiano Reggiano, veal and pork chops, pork tenderloin, and pan-crisped chicken. Birthplace of *Tortellini*, *Mortadella*, *Tagliatelle*, and *ragù Bolognese*, side dishes of sumptuous fresh vegetables (potatoes, asparagus, tomatoes, cauliflower, peppers, sweet fennel, cabbage, aubergine, and green beans) are found throughout the region.

Traditional desserts include plenty of rich tortes, such as the *Torta di riso* (almond, rice and amaretto custard-like cake), almond and apple cream tarts, and sweet pastas, including sweet ravioli with fruits. Ice cream and sorbets are equally popular,

especially in the warmer months. A speciality in Ravenna is the exquisite grape jam.

Strong Italian espresso coffee is served after the meal and will be black, in small cups, unless a *cappuccino* is requested.

Table service is common in most restaurants and bars. Usually, a discretionary service charge is added to your bill in restaurants and bars, and no further tipping is required.



## Drink

The world’s largest wine producer, Italy is home to some of the oldest viticulture regions. The wines are named according to their grape variety or after their village or area of origin. Excellent wines are produced throughout Italy and Sicily, with local wines offering great value and quality.

One of the country’s most prolific wine regions, Emilia-Romagna’s wine production is evenly split between reds and whites. The slightly sparkling purple-red *Lambrusco* and the robust fruity *Sangiovese* are excellent accompaniments to the rich dishes of the region. For a local white, try the aromatic *Malvasia*, the dry *Albana* or delicate *Pignoletto*, which have both received DOCG recognition.

Apéritifs such as *Campari* and *Punt e Mes* are excellent appetisers, while Italian liqueurs include *Grappa*, *Stregga*, *Galliano*, *Amaretto*, *Sambuca* and *Limoncello*.

### Meals included in the holiday are:

**Breakfast** – daily

**Dinner** – is included on two evenings at the hotel



## Destination

The province of Emilia-Romagna, alongside its fine culinary reputation of fine hams, cheeses, and Balsamic vinegar, boasts a wonderfully rich artistic and architectural heritage, with a host of remarkable art and architecture waiting to be discovered.

Parma is situated in Emilia, in the Po Valley, to the west of Bologna, near the Via Aemilia, a great Roman road built by Marcus Aemilius Lepius, to link Piacenza with Ravenna and Rimini. Parma's medieval ecclesiastical centre is full of art masterpieces, wide green spaces, little and big treasures from different ages. The Piazza del Duomo is one of the most satisfying in all of Italy with the facade of the Cathedral and the fine proportions of the Baptistry, and a third side of the square bordered by the Bishop's Palace.

Modena is centrally situated right in the heart of Emilia-Romagna between Parma and Bologna. Modena offers a host of extraordinary art and architectural beauties, some of which are now recognised UNESCO sites. Many of these treasures are concentrated in the medieval centre and bear witness to a glorious past.

Join Clare Ford-Wille to discover the art and architecture of these splendid cities.

### Places of interest included in the tour:

#### Castello Torrechiara

The Castello Torrechiara, situated 18 kms from Parma, sits grandly on a hillside enjoying panoramic views across the rolling hills of Val Parma. The castle is one of the most significant and best-preserved examples of Italian castle architecture. Already mentioned in the 11th c. as Torclara, Torrechiara Castle was rebuilt by Pier Rossi between 1448 and 1462 and tells the delicate love story between the noble and powerful Pier Maria and the sweet Bianca Pellegrino Arluno, who left the refined court of Milan to follow him to the Parma lands. The fortress, standing guard over the once vast feudal territory of the valley, has remained almost unchanged through the ages and still today its majestic and distinctive outline dominates on the Langhirano hills. Inside, the most famous of the many frescoed rooms is the "Camera d'oro" (the Golden chamber) where Bianca is represented, dressed like a wandering pilgrim.

#### Parma

Parma is an ancient city, in 183 BC, 2000 Romans founded a colony here, and it became an important centre of commerce. Given that the location of Parma was strategically important from an economic-trade point of view, the city became the focus of several wars which went on for centuries. Its lands were devastated by the barbarians, occupied by the Huns, trampled on by the Lombard's and split up by the Franks.

Probably the most important period for Parma began in the 16th c. when Pope Paul III founded the dynasty and consigned the city to Pier Luigi Farnese. The Farnese family governed the city until 1731 and Parma changed radically during those years as symbolic buildings for the local aristocracy were added.

In 1860 Parma was annexed to the Kingdom of Italy and the period of development and peace began. During the Second World War the town was heavily bombed, but the inhabitants of Parma, lovers of culture, reconstructed the city and all her important architectural buildings.

#### Teatro Farnese

The impressive Theatre Farnese was designed and built in 1618 by Giovanni Battista Aleotti, who came from the Este court of Ferrera, on the orders of the Ranuccio I, Duke of Parma and Piacenza. The theatre was built to celebrate the passing of the Grand Duke Cosimo through Parma on his way to Milan to visit the tomb of San Carlo Borromeo. However, because of health problems, Cosimo cancelled the proposed trip to Milan, which meant the theatre could only be inaugurated 10 years later in 1628, for the marriage between Margherita de' Medici and the Duke Odoardo.

The theatre was built entirely out of wood and plaster and painted so it appeared to be made of expensive marble. Unfortunately, the Theatre was subjected to bombing in May 1944 and was almost completely destroyed, however, by 1956 the theatre was completely restructured using the original design.

For more information, please visit:

<https://www.theatre-architecture.eu/en/db/?theatreid=376>



## Madonna della Steccata

In the centre of Parma, is the splendid Renaissance Church of Madonna della Steccata. This 16<sup>th</sup> century building replaced an oratory of the 14<sup>th</sup> century dedicated to a miraculous image of St. John the Baptist. Between 1466 and 1483 however, this image was supplanted by one of the Virgin. A confraternity was established in around 1490 which took over the building. It was then decided to build a more imposing structure and, initial mention of this dates it to 1521. The architect, Bernardino Zaccagni, however, was dismissed and Antonio da Sangallo the Younger designed a new dome over the Greek-cross plan already constructed. The most elaborate work in the church is the fresco cycle on the arch above the presbytery, painted by Parmigianino between 1530 and 1539 with great accuracy of detail. It depicts the parable of the Wise and Foolish Virgins with a profusion of animal and plant motifs set against a red background.

For more information, please visit:

<https://www.visit-parma.com/en/history-sanctuary-of-santa-maria-della-steccata>

## Galleria Nazionale Art Museum

The Galleria Nazionale di Parma is an art museum that is housed in the historic Palazzo della Pilotta. It was founded by Philip of Bourbon-Parma in 1752. The collection considerably increased when the monasteries and churches were suppressed under Napoleon. Today it is mostly renowned for its collection of old masters' painting, including the famous 'Head of a Woman' by Leonardo da Vinci.

For more information, please visit:

<https://useum.org/museum/Galleria-nazionale-di-Parma>

## Camera di San Paolo

Camera di San Paolo (The chamber of Saint Paul), considered a hidden gem of Parma, was commissioned by the Benedictine abbess Giovanna Piacenza of the Convent of San Paolo in 1518-19, as part of the refurbishment of her private apartments. The abbess, a noble woman, is described as "a great lady in a monastic habit, who loved receptions and long conversations with cultured humanists".

The frescoes, painted by Correggio, can be considered true masterpieces of Italian High Renaissance art.

For more information, please visit:

<https://www.italianways.com/the-room-of-the-abbess-a-hidden-gem-in-correggio/>

## San Giovanni Evangelista

This church was built for the Benedictine order between 1498 and 1510 and is an important example of the early Renaissance period. It replaces a church belonging to the leading Benedictine monastery of Parma, dating from the late 10th century. However, the facade is an example of early Baroque, designed by the ducal architect, Simone Moschino. In the Latin-cross interior, a frieze running along the nave was painted in 1522-23 by Correggio, along with other areas of the church, including the famous fresco cycle in the dome, traditionally referred to as the Vision of St. John at Patmos, an uncommon subject in Christian iconography.

For more information, please visit:

<https://www.parmawelcome.it/en/place/discover-parma/what-to-see/churches/monastery-and-church-of-san-giovanni-evangelista/>

## The Duomo di Parma

The Duomo di Parma, (Parma Cathedral), located in the heart of Parma, is an important 12th-century Romanesque cathedral filled with Renaissance art. Its ceiling fresco by Correggio is considered a masterpiece of Renaissance fresco work.

For more information, please visit:

<https://www.parmawelcome.it/en/place/discover-parma/what-to-see/churches/cathedral/>

## The Baptistry

This remarkable octagonal building of brick with pink Verona marble cladding, and a sixteen-sided interior, is one of the most important monuments to display the transition between Romanesque and early Gothic architecture. It was begun in 1196 to the design of architect and sculptor Benedetto Antelami who directed the work until 1216, when it was first consecrated. Work ceased temporarily that year as the supply of pink Verona marble needed for cladding the whole building was interrupted because of political upheavals between Verona and Parma. Work was resumed in 1249 and finished by 1270. The three portals are outstanding examples of the sculpture of Benedetto Antelami.

For more information, please visit:

<https://www.piazzaduomoparma.com/en/battistero/>

## Modena

Known in Antiquity as Mutina, Modena lies in the Po Valley, west of Parma, at the cross-roads of the Via Aemilia. It has both Neolithic and Bronze Age remains and, from the 4th century BC was an Etruscan settlement. The Romans fortified it and it became a colony, like Parma, after 187 BC, when the Via Aemilia was built. It was praised by Cicero as 'the most splendid and strongest colony of the Roman people'.

Ruled by a bishop under the Carolingians, Modena prospered, and this prosperity led to the building of a new cathedral in 1099. A later period of great importance was when the Este family of Ferrara, who had controlled Modena from 1288, had to leave their main capital of Ferrara and move to Modena. They established their seat here in 1598, bringing what moveable collections they were able to and then continuing to add to and build up their collections of books, paintings and sculpture.

Modena's recent history since World War II, when, like Parma, it was bombed, is associated with the car and shoe industries.

## Duomo of San Germiniano

The 12th c. Duomo of San Geminiano is a renowned Romanesque cathedral, one of the best examples of the style to be found anywhere and is a UNESCO listed building.

A detailed description can be found via the following UNESCO weblink: <https://whc.unesco.org/en/list/827/>

## Biblioteca Estense

The Biblioteca Estense has its roots in the book and manuscript collection of the House of Este. The library, together with four other heritage sites, belongs to the 'Gallerie Estensi', a museum centred around the vast collections of this prestigious Italian dynasty. It is one of the most important collections of illuminated books, maps and other documents in the whole of Italy. It contains the masterpiece of Ferrarese miniature painting, the 15<sup>th</sup> century Borso Bible and houses the 15<sup>th</sup> century De Sphaera, a famous and beautifully illuminated book on Renaissance astrology.

## The Borso Bible

The Bible of Borso d'Este, commissioned in 1455, is one of the most beautiful and lavishly illuminated manuscripts of the fifteenth century. It was conceived both as an objet d'art and as a symbol of Christian piety and princely splendour. Its two volumes measuring 675 cm x 586 cm, with 650

parchment folios and over 1,000 miniatures, took ten miniaturists more than six years to complete.

## Estense Art Gallery

This gallery, which is considered one of the oldest and most important National Galleries of Italy, contains what remains from the Este private collections with mainly Italian paintings from the 14th to the 18th century. Originally the Este family brought many more prestigious works with them from Ferrara but one hundred of these were sold in 1746 by Duke Francesco III to Augustus III, King of Poland and Elector of Saxony and they are today in the Gemaldegalerie in Dresden.

## Duomo Fidenza

According to legend, Donnino was a Roman soldier close to the emperor, who was martyred in the 4th c. After being beheaded by the emperor's guards on the banks of the Stirone River, he stood on his feet and walked to the other side of the river, carrying his head in his hands. The place where he stopped became a holy place to Christians and a small church was built, which was restored and enlarged in the 12th century. It has been a Cathedral since the 17th century and then became a Bishop's seat.

The design of the Cathedral is attributed to the architect and sculptor Benedetto Antelami. The Romanesque facade shows a perfect symmetry, framed between its two side towers: this style, typical of Romanesque buildings in Northern Europe, is very rare in Italy.

For more information, please visit:

<https://www.parmawelcome.it/en/place/explore-the-area/museums-and-places-of-interest/churches-baptisteries/cathedral-of-fidenza/>

## Rocca Sanvitale, Fontanellato

The medieval castle Rocca Sanvitale of Fontanellato stands right in the centre of the village, surrounded by a wide moat of water. Its square structure, with four towers and crenelated walls, has the typical characteristics of military constructions. Inside, enriched by Renaissance furniture, is one of the masterpieces of Italian Mannerism: a room painted by Parmigianino in 1524, depicting the myth of Diana and Actaeon taken from Ovid's Metamorphoses. Among the other rooms, there is the 19<sup>th</sup> c. Optical Chamber, which, thanks to an ingenious system of lenses and prisms, allows one to secretly browse the life of the square in front of the castle.

For more information, please visit:

<https://www.parmacityofgastronomy.it/en/rocca-sanvitale-of-fontanellato/>

## **Mercato Albinelli - Modena's food market**

If you have time whilst in Modena, this food market is well worth exploring. Opened in 1931, the market is the oldest covered market of the town and is considered one of Italy's most beautiful markets. It is centrally situated just off the Piazza Grande and is a place where you can purchase numerous food products but also a place where you can buy lunch 'on the go' and try some of Emilio-Romagno's culinary specialities. You can also try and buy various years of aged Balsamic vinegar that Modena is so famous for.

For more information, please visit:

<https://mercatoalbinelli.it/the-market/?lang=en>

## **Reading Suggestions**

**Henry James, *Italian Hours*, 1909.**

Published at the end of his life, Henry James portrays his love of Italy through this series of essays, written over nearly four decades.

## **Your lecturer / Guide**

Clare Ford-Wille Clare has lectured in most areas of art history for over thirty-five years. She still teaches at the University of London, where she obtained her degree at Birkbeck, but also lectures regularly for Morley College, the City Literary Institute, the Victoria and Albert Museum and NADFAS societies throughout Britain, Europe, Australia and New Zealand. Every year since 1978 Clare has led art study tours to places of artistic importance throughout Europe and the USA, including Amsterdam, Padova, Vicenza, Ravenna and Bologna.

Clare has led a number of tours for Travel Editions to great acclaim and we are lucky to include her as a valued member of our team.

**Clare will deliver two lectures during the tour.**

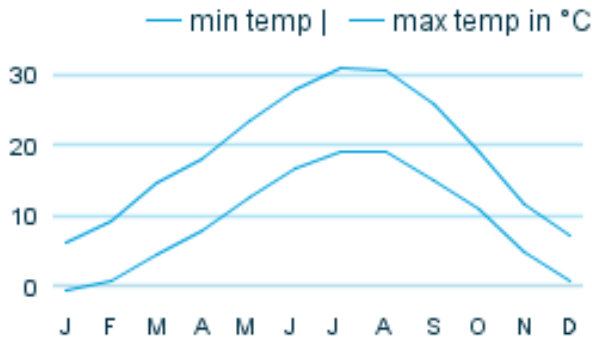
## **Tour Manager**

Your tour manager will be on hand throughout the tour to ensure that everything operated according to plan. If you have any problems or questions, please see him or her immediately – it is often possible to resolve complaints or problems very quickly on the spot and do everything to help you enjoy your holiday.



## The Basics

**Climate** – The weather at this time of year is likely to be pleasant, but evenings may get a little cool and there is the chance of the odd shower. Our best advice is to come prepared.



**Time** – GMT +2 hours (Summer time Apr-Oct); GMT + 1 (Standard time Nov-Mar).

**Language** – Italian

**Religion** – Roman Catholic

**National holidays** – New Year's Day (01 Jan); Epiphany (06 Jan); Easter Monday; Liberation day (25 Apr); Labour Day (01 May); Republic day (02 Jun); Assumption of Mary (15 Aug); All Saints' day (01 Nov); Immaculate conception (08 Dec); Christmas day (25 Dec); St Stephens day (26 Dec).

**Currency** – Euro. €1 = 100 cents. Notes are in denominations of €500, 200, 100, 50, 20, 10 and 5. Coins are in denominations of €2 and 1, and 50, 20, 10, 5, 2 and 1 cents.

**Banks** – Cashpoints compatible with international banking networks are located in all towns and cities, as well as airports, major train stations and other spots. They usually offer an attractive exchange rate. Those banks that still exchange foreign currencies into local money will always charge a transaction fee, so withdrawing money from an ATM usually represents the most logical means of obtaining euros.

**Credit cards** – American Express, Diners Club, MasterCard and Visa are widely accepted across the country. If you are eating at a restaurant, check prior to the meal that your card will be an acceptable form of payment. Even in cities, it is advisable to carry a supply of cash with you at all times. Varying amounts of commission can be charged.

**Electricity** – 220 volt, two-pin continental plug.

**Drinking water** – Tap water is safe to drink. (Although you'll find a huge amount of bottled water for sale too)

**Shops & Museums** – Department stores are open 0830-1930 Monday to Saturday. Most shops are closed between 1230-1530. Please note that some museums close on Mondays.

Although very common in tourist towns in Italy, please note that street vendors selling all kinds of designer knockoffs are illegal and could land you with a hefty fine. Care should also be taken when buying antiques since Italy is renowned for skilled imitators.

**Clothes & Shoes** – You may like to bring a warm sweater for cool evenings. Light rain wear for the occasional storm and good flat/grip walking shoes are recommended.

**Camera** – bring plenty of memory cards/film and any spare camera batteries as these are not always available.

**Bath plugs** – The hotel has plugs for basins, but it is useful to carry a 'universal' one with you.

**Telephones/mobiles** – The guarantee of free mobile phone roaming throughout the EU, Iceland, Liechtenstein and Norway has ended. Check with your phone operator to find out about any roaming charges that might be applied after 1st January 2021. A new law means that you are protected from getting mobile data charges above £45 without you knowing. Once you reach £45, you need to opt in to spend more so that you can continue using the internet while you are abroad. Your phone operator will tell how you can do this.

**Tipping** – To keep our tours affordable, we do not increase the tour price by adding in tips. However, in the tourism industry, there is a certain level of expectation that when receiving a good service, one awards with a tip. Tour Managers, Representatives, Guides and Drivers appreciate a tip at the end of their involvement with the tour, but this is entirely at your discretion. We believe in allowing you to tip according to your level of satisfaction with their services, but for your guidance about £2-3 per person per day for the tour manager is the norm.





## Health

### Doctor/Dentist/Chemist

Please talk to your tour manager if you are feeling unwell and they will organise for you to see a doctor.

**Keep receipts for insurance claims.**



## Hospital

Your tour manager/hotel reception will arrange hospital transport.

**Keep receipts for insurance claims.**

## General Health Advice

We suggest you take a good supply of your own individual medicines with you and always keep some in your hand luggage in case you get delayed or your luggage goes astray. General-purpose supplies for bites, stings, or scratches, and your usual medication for headaches, or stomach upsets are always recommended. Oral re-hydration sachets are excellent for topping up salt and glucose levels.

Visit the NHS 'Fit for Travel' website for more generally information specific to the country you are visiting – [www.fitfortravel.nhs.uk](http://www.fitfortravel.nhs.uk)

## Sun Protection

Always ensure you take sufficient sun protection and moisturiser. A sun hat and sunglasses are also advisable.

## Inoculations

You should check with your own doctor and take their advice as to which inoculations are required for the country you are visiting, as only they know your medical history and recommendations are liable to change at short notice.



## Insurance

We strongly recommend that you take out an appropriate travel insurance policy when you travel abroad.

To be covered under your Travel Insurance Policy, if you become ill, it is essential that you contact a local doctor and telephone the emergency number of your insurance company. You will **NOT** be covered for any claim unless this procedure is carried out. Your insurance company will then decide on the best course of medical attention.

## European Health Insurance Card (EHIC)

Before you travel, make sure you have got a valid European Health Insurance Card (EHIC) or UK Global Health Insurance Card (GHIC) or travel insurance with health cover.

You may not have access to free emergency medical treatment and could be charged for your healthcare if you do not have an EHIC or GHIC when visiting an EU country, or travel insurance with full healthcare cover when visiting Switzerland, Norway, Iceland or Liechtenstein. If you have an EHIC it will still be valid while it remains in date. Your European Health Insurance Card (EHIC) or Global Health Insurance Card (GHIC) will be valid if you are travelling to an EU country.

For further information about the GHIC please visit: <https://www.ehic.org.uk>



## Emergencies

**Should an emergency arise, please call our offices on:**

00 44 20 7251 0045 (Mon-Fri 0900-1700)

Outside office hours, please telephone our emergency staff on:

00 44 7841 023807

**PLEASE USE THESE NUMBERS ONLY IN THE EVENT OF A GENUINE EMERGENCY.**

If you find that you need consular assistance during your holiday:

British Consulate General Milan

Via S. Paolo, 7

20121 Milan

Italy

Tel: +39 (0)6 4220 2431

Fax: +39 (0)2 8646 5081

Italy.consulate@fco.gov.uk

Open Mon-Fri 0930-1230 and 1400-1600. Phone lines open 0900-1700. Outside these hours a consular Emergency Service is in operation and can be contacted on +39 (0)6 4220 2413.

Travel Editions

3 Young's Buildings, London EC1V 9DB

Tel: 020 7251 0045

Email: [tours@traveleditions.co.uk](mailto:tours@traveleditions.co.uk) [www.traveleditions.co.uk](http://www.traveleditions.co.uk)

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