

Tour
Information



Villas and Gardens of Rome and Lazio





Passports

Please ensure your 10 year British Passport is not out of date and is valid for a full three months beyond the duration of your visit. EU, Andorra, Liechtenstein, Monaco, San Marino or Switzerland valid national identification cards are also acceptable for travel to Italy.

Visas

British and EU passport holders are not required to have a visa.

For all other passport holders please check the 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.

Email: consolato.londra@esteri.it Website:

http://www.conslondra.esteri.it/Consolato_Londra

Open Mon-Fri 0900-1200



Tickets

Included with your detailed itinerary is a flight 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 45x 25cm including handles, pockets and wheels, and a personal bag (handbag or computer case) no bigger than 45 x 36 x 20cm including handles, pockets and wheels.

For more information please visit

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.

Transfers

On arrival in Rome, transfer by coach to Frascati (approx. one hour) to Hotel Colonna.

Departure Tax

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

Special Requests

If you haven't already, 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

Hotel Colonna, Frascati

Located in the centre of Frascati in an historic building, the three-star Hotel Colonna has twenty rooms all elegantly furnished in a classical style with en-suite bathroom with bath or shower, TV, telephone, wifi, air-conditioning, minibar, safe and hairdryer. The hotel offers a breakfast room and bar (located down stairs in the hotel), beautifully decorated with frescoes of some of the most important villas in Frascati, serving both sweet and savory options. The hotel does not have its own restaurant, but being in the centre of Frascati means there is plenty of choice for an evening meal. Please note the hotel does not have a lift.

For more information please visit the hotel's website:

<http://www.hotelcolonna.it/en/>



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.

Notwithstanding its imperial heritage, Roman cuisine is one of the people. Using seasonal ingredients, prepared in a simple way, Roman cuisine is based on locally grown vegetables (peas, artichokes, courgettes, and fava beans), meat (mainly goat and lamb), cod, cheese (Pecorino Romano and ricotta), and flavoured with olive oil and aromatic herbs.

Bruschetta (bread rubbed with olive oil, topped with tomatoes and garlic), is a popular appetiser (*antipasto*) and the preferred pasta form in Rome is spaghetti, accompanied with a delicious sauce, such as *amatriciana*, *carbonara* (pancetta, cheese and egg), *Alfredo* (with butter and parmesan cheese) or *cacio e pepe* (cheese and pepper).

Other local specialities include *Suppli* (fried rice croquette, filled with beef and mozzarella), *Saltimbocca alla Romana* (veal with ham and sage), *trippa* (tripe with tomato sauce and pecorino cheese), *Abbacchio alla cacciatora* (lamb chops), *Fiori di Zucca* (deep fried courgette flowers filled with mozzarella cheese), and *Coda alla vaccinara* (oxtail tomato and chocolate stew).

Traditional desserts include *Crostata di ricotta* (ricotta cheesecake, flavoured with lemons and Marsala wine), *Maritozzi* (cream filled pastry), *canoli* (tube-shaped pastry filled with ricotta), sweet ravioli with ricotta, and the Italian classic *Tiramisù*.

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

The Lazio wine region is known for being a centre of white wine, the most famous being *Frascati*, *Castelli Romani* and *Est! Est! Est!*. Mainly using Malvasia and Trebbiano grape varieties, the region's wines are generally meant to be consumed young.

Lazio also produces some excellent sweet wines, such as *Aleatico di Gradoli* and a modern version of the Ancient Roman *Falernum*.

In elegant restaurants the wine list will be separate from the main menu, but in less opulent establishments will be printed on the back or along the side of the *carte*. The waiter will usually be glad to advise an appropriate choice. If in doubt, try the house wine; this will usually be less expensive and will always be the owner's pride.

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 price of your holiday are:

Breakfast – daily at the hotel

3 Lunches & 1 Dinner - at local restaurants



Destination

Discover the hidden emeralds of the eternal city visiting the Villas and Gardens of Rome and Lazio. Some are calm oases hidden behind the walls of Rome's busy streets; others are rural retreats where the emperors and cardinals went to escape the congestion and bustle of the capital. All are famous for their beauty and are a joy to explore.

Places of interest included in the tour:

Frascati

The hills of Tivoli were chosen by various aristocrats as the nearest place to escape the heat and pressure of Roman city life. Considered the perfect summer retreat by the Ancient Romans and by the nobility of the Renaissance and Baroque periods, small and ancient Frascati was also a stop on the aristocratic Grand Tour. A wonderful town, full of charm and fabulous villas, it is the perfect base for our tour. Enjoy the typical Italian atmosphere, splendid views and delicious local food and wine.

Rome

One of the most visited destinations these past two millennia, Rome was once the most powerful city of the Western world and is seen as one of the birthplaces of western civilization. Home to an innumerable amount of archaeological and art treasures, the city's charm also lies in its unique traditions, beautiful panoramic views and majestic, magnificent villas.

Highlights here include – among others – the *Colosseum*, *St Peter's Basilica*, the *Forum Romanum*, the *Pantheon*, the *Trevi Fountain*, the *Via Condotti* and *Veneto*, the *Capitoline Museums*, the *Basilicas of Santa Maria Maggiore* and *St John Lateran*, the *Piazza del Popolo*, and the *Palazzo Barberini*.

For more information about Rome:

<http://www.turismoroma.it/?lang=en>

Villa Grazioli

Built in 1580 by Cardinal Antonio Carafa, the villa is rich in artworks by masters of the 16th and 17th century such as Ciampelli, Carracci and Pannini. It is renowned for its hanging gardens and beautiful views over Rome and the sea.

Villa Medici

A Mannerist villa founded by Cardinal Ferdinando I de Medici in the 16th century, the impressive Villa de Medici has housed the French Academy in Rome since 1803. With a richly decorated interior, that includes the cardinal apartments, and beautiful Renaissance gardens offering a wonderful view over Rome, the ensemble is simply stunning.

Rome's Botanic Garden

Rome's little known Botanic Garden houses 3000 plant species, water staircases, terraces and a Japanese Garden. One of Europe's finest Botanic Gardens, it is a haven of tranquillity away from the traffic, crowds and bustle of Rome.

Rome Rose Garden

The *Roseto di Roma Capitale*, situated opposite the Circus Maximus on the Aventine Hill, has over 1100 varieties of roses which blossom in innumerable colours and scents.

Gardens of Ninfa and Landriana

Despite periodic destruction due to disagreements between surrounding nobility and papacies, the **Gardens of Ninfa** have survived and are regarded as one of the most important English-style gardens in Italy. The plants are complimented by a range of ancient medieval ruins from the town of Ninfa, from which many plants sprout or drape to create a wonderful setting. Alongside an impressive collection of English Roses, wonderful deciduous magnolia, there is a remarkable display of exotic plants, including avocado and banana trees.

The **Gardens of Landriana** are owned by the enthusiastic horticulturalist Marchesa Lavinia Taverna who over the last 60 years has created a garden with thirty-two different sections carefully based on a mixture of English and classic Italian styles.

Gardens of the Catholic Church in Rome

The *Basilica of San Paolo Outside The Walls* features a beautiful cloister-garden dating back to 1205, one of the finest cloisters in Rome, with beautifully sculpted columns.

One of the world's smallest countries, **The Vatican** is a fascinating, intriguing and beautiful place. Highlights include *The Vatican Gardens*, a place of quiet and meditation for the popes since 1279,

the *Vatican Museums* and *Sistine Chapel*, both housing a wealth of monumental, precious works of art.

Alban Hills

Home to the *Castelli Romani*, the Alban Hills are renowned for being full of picturesque places, like *Velletri*, *Lake Albano*, *Nemi*, *Albano Laziale* and *Genzano* and for producing excellent local wines and specialities, such as spicy Ariccia pork and Roman lamb hotpot known as 'abbacchio'. Enjoy a typical 'Fraschetta' lunch, a delicious meal that is likely to include these local dishes.

Reading Suggestions

Boris Johnson, *The Dream of Rome*.

Matthew Sturgis, *When in Rome: 2000 Years of Roman Sightseeing*.

Robert Hutchinson, *When in Rome*.

Journalist lives in Rome for a year – his take on the city and the Vatican.

Jean Garrigue, *A Water Walk by Villa d'Este*

A collection of poems, united around the theme of water, some of which were inspired by the splendid Villa d'Este.

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.

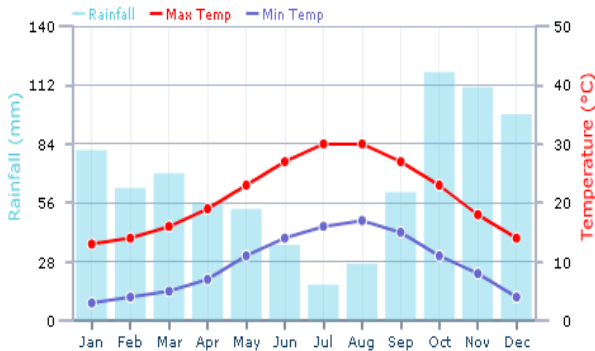
Tour manager

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 around Rome at this time of year is likely to be pleasant, but evenings can be quite 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); Feast of St Peter and St Paul (29 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're eating at a restaurant, check prior to the meal that your card will be an acceptable form of payment. Even in cities, it's 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. Please check with your guide before photographing people.

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

Telephones/mobiles – You should be able to use your mobile phone in France, depending on your operator and contract.

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 does award 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. We would like to reiterate that tipping is an entirely optional payment and this information is given purely to answer any questions you may have about it.



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

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

To be covered under your Travel Insurance Policy, if you become ill, it is essential that you contact a local doctor and also 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)

The EHIC replaced the old E111 in 2006. Valid in all EEA countries, the card lets you get state healthcare at a reduced cost or sometimes for free. It will cover you for treatment that is needed to allow you to continue your stay until your planned return. It also covers the treatment of pre-existing medical conditions.

Please note that the EHIC **is not** an alternative to travel insurance. It will not cover any private medical healthcare or costs such as being flown back to the UK, or lost or stolen property. Therefore, it is important to have both an EHIC and a valid private travel insurance policy. It is also important to note that each country's healthcare system is slightly different, so the EHIC might not cover everything that would be generally free on the NHS.

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

For more information about the EHIC please visit:

<https://www.ehic.org.uk>



Emergencies

Should an emergency arise, please call our offices on:

00 44 20 7251 0045

Outside office hours (Mon-Fri 0900-1700), telephone our emergency staff on:

00 44 20 7431 8201 or

00 44 7899 796542 or

00 44 7831 133079 or

00 44 1235 850720

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

If you find that you are in need of consular assistance during your holiday:

British Consulate Rome

Via XX Settembre 80/a

00187 Rome

Italy

Tel: +39 (0)6 4220 2431

Fax: +39 (0)6 4220 2334

Email: Italy.consulate@fco.gov.uk

Open Mon-Fri 0900-1200 and 1400-1500. Phone lines open 0900-1700. Outside these hours a consular Emergency Service is in operation and can be contacted on +44 (0) 207 008 1500

Travel Editions

3 Young's Buildings, London EC1V 9DB

Tel: 020 7251 0045

Email: info@traveleditions.co.uk www.traveleditions.co.uk

PLEASE NOTE: THIS INFORMATION IS CORRECT AT THE TIME OF PRINTING. IT IS MEANT AS A GUIDE ONLY AND WE CANNOT ACCEPT RESPONSIBILITY FOR ERRORS OR SUBSEQUENT CHANGES.