

The Cinque Terre Explored 8 Days



For over a thousand years people have lived in this dramatic region, cultivating the steep hillsides and fishing the blue waters

TRIP DETAILS

GRADE MODERATE WALK

Inclusions Peregrine tour leader, transport and sightseeing.

Accommodation 7 nights comfortable hotel.

Meals 7 breakfasts, 3 dinners.

Group size Minimum 6, maximum 15.

Trip code PECT.

Trip dates starts Levanto, finishes Santa Margherita

2010	2010	2010	2011	2011
Start	Finish	Start	Finish	Start
11 Apr	18 Apr	29 Aug	05 Sep	24 Apr
25 Apr	02 May	05 Sep	12 Sep	01 May
02 May	09 May	12 Sep	19 Sep	08 May
09 May	16 May	19 Sep	26 Sep	15 May
16 May	23 May	26 Sep	03 Oct	22 May
23 May	30 May	03 Oct	10 Oct	29 May
30 May	06 Jun	10 Oct	17 Oct	05 Jun
06 Jun	13 Jun	17 Oct	24 Oct	12 Jun
13 Jun	20 Jun	24 Oct	31 Oct	19 Jun
20 Jun	27 Jun	2011		26 Jun
27 Jun	04 Jul	10 Apr	17 Apr	28 Aug

Download detailed Trip Notes at:

www.peregrineadventures.com/trips/pect

Colours of Tuscany 8 Days

A walking adventure that takes us to the heart of Tuscany

The bucolic Tuscan paradise we see so often in film and print still genuinely exists, and is the essence of this week long experience. Florence is the starting point of our tour, a treasure-trove of art, history and architecture that has captured the imagination of travellers for centuries. We also visit Siena, arguably Italy's most enchanting medieval city, with its splendid redbrick streets and elegant public square. We then head for the hills – we'll stay at our wonderful agriturismo accommodation, on a farm estate nestled in the rolling hills between Siena and Volterra. This location delivers all that Tuscany has to offer – stunning views, undulating landscapes speckled with rustic villas and a network of scenic trails. Our next base is the hilltop village of Volterra, an important Etruscan settlement rich in ancient and medieval history, possessing a relaxed ambiance. Heading out from Volterra, we enjoy walks that explore magnificent scenery and traditional local culture – offering the full spectrum of the colours of Tuscany.

FEATURE STAY

Our stay at a beautiful farm estate on the Via Francigena affords us wonderful views over San Gimignano. Impeccably refurbished with an inviting pool, our accommodation is in a postcard perfect setting.

ITINERARY AND HIGHLIGHTS

- Day 1 (Sun) Arrive in **Florence**.
- Day 2 Travel to **Siena**; sightseeing (2 hours) and free time. Continue to **agriturismo overlooking San Gimignano**.
- Day 3 Beautiful walking through classic landscapes; visit **San Gimignano** (5 hours). **Wine tasting** and dinner.
- Day 4 Walk to **medieval Colle di Val d'Elsa** (4 hours). Travel to ancient **Volterra**.
- Day 5 **Walk to hamlet of Prato d'Era**, past chestnut groves and limestone cliffs. Pass **Roman theatre** and historical centre of **Volterra** on return (4.5 hours).
- Day 6 **Walk through forest** and the spectacular **Calanchi region**. Picnic lunch; walk to **Montecatini** (4.5 hours).
- Day 7 Walk towards **Monte Voltraio** and its **crumbling castle**. Walk to **Villa Palagon**; explore its buildings, **frescos** and **perfumed gardens** (5 hours).
- Day 8 Trip ends in Volterra this morning (Sun).

HIGHLIGHT EXPERIENCE

We discover the essence of Tuscany with picnic lunches full of local specialties, wine tastings and a stay at a traditional 'agriturismo' farm estate.



Italian Lakes Discovery 8 Days

MENAGGIO

From the beginning of time, the Italian lakes have inspired poets, artists and travellers with their majestic beauty

In the shadows of the Swiss and Italian Alps, the Lake Como region is home to lavish villas and magnificent gardens – European nobility, seduced by its charm, have long flocked here for holidays. Elegant and luxurious villas line the shores of the lake and camellias, hydrangeas and azaleas are reflected in the quiet waters. Spectacular Lake Garda is bordered by impressive rocky cliffs and soaring mountains. Old cobblestone paths take us through the maze of villages and up through the hills, dominated by snowy peaks in the distance. We walk through vineyards, olive groves and wild mountains, falling upon a Roman chapel and an 18th-century palace. There is so much to discover in this truly delightful region.

ITINERARY AND HIGHLIGHTS

- Day 1 Arrive in **Milan**.
- Day 2 **Walking tour of Milan**. Drive to **Lake Como** then Menaggio.
- Day 3 **Boat trip to Tremezzo** and the delightful **Villa Carlotta**. Visit **Bellagio**; short walk through hills. **Boat to Varenna**.
- Day 4 Walk into the mountains towards **Rifugio Menaggio**. **Spectacular views** of whole lake region. (1400m, 6 hours)
- Day 5 Drive to **St Moritz**, Switzerland. Excursion to **glacier of Morteratsch**. Return to Italy on **spectacular train journey**; travel to **Riva del Garda**.
- Day 6 Boat trip to village of **Limone**. Walk through **beautiful Singol Valley** (4 hours).
- Day 7 **Boat ride to southern shores of Lake Garda**. Explore Garda. Walk along peninsula of **San Vigilio**.
- Day 8 Transfer to **Verona** by midday where our trip ends.

HIGHLIGHT EXPERIENCE

We travel on the Bernina Express, one the world's most scenic rail journeys, as it climbs through the peaks and glaciers of the Bernina Alps from St Mortitz, Switzerland to Tirano, Italy.



TRIP DETAILS

GRADE CULTURE ADVENTURE / EASY WALK

Inclusions Peregrine tour leader, transport and sightseeing.

Accommodation 7 nights comfortable hotel.

Meals 7 breakfasts, 1 lunch, 3 dinners.

Group size Minimum 6, maximum 15.

Trip code PELD.

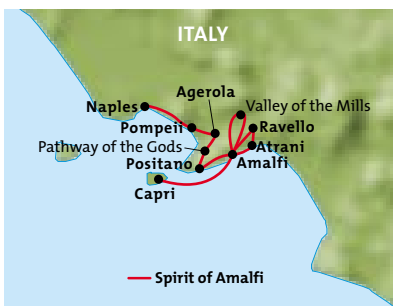
Trip dates starts Milan, finishes Verona

2010		2010		2011	
Start	Finish	Start	Finish	Start	Finish
02 May	09 May	29 Aug	05 Sep	01 May	08 May
09 May	16 May	12 Sep	19 Sep	22 May	29 May
23 May	30 May	19 Sep	26 Sep	12 Jun	19 Jun
13 Jun	20 Jun	03 Oct	10 Oct	19 Jun	26 Jun
20 Jun	27 Jun	10 Oct	17 Oct	26 Jun	03 Jul
27 Jun	04 Jul			28 Aug	04 Sep

Download detailed Trip Notes at:

www.peregrineadventures.com/trips/peld





TRIP DETAILS

GRADE MODERATE WALK

Inclusions Peregrine tour leader, transport and sightseeing.

Accommodation 3 nights comfortable hotel, 4 nights Feature Stay.

Meals 7 breakfasts, 3 dinners.

Group size Minimum 6, maximum 15.

Trip code PESA.

Trip dates starts Naples, finishes Amalfi

2010		2010		2011	
Start	Finish	Start	Finish	Start	Finish
*04 Apr	11 Apr	*05 Sep	12 Sep	03 Apr	10 Apr
18 Apr	25 Apr	*12 Sep	19 Sep	17 Apr	24 Apr
25 Apr	02 May	*19 Sep	26 Sep	*24 Apr	01 May
02 May	09 May	*26 Sep	03 Oct	01 May	08 May
09 May	16 May	03 Oct	10 Oct	08 May	15 May
16 May	23 May	10 Oct	17 Oct	15 May	22 May
23 May	30 May	17 Oct	24 Oct	22 May	29 May
30 May	06 Jun			29 May	05 Jun
06 Jun	13 Jun			05 Jun	12 Jun
13 Jun	20 Jun			12 Jun	19 Jun
20 Jun	27 Jun			19 Jun	26 Jun

*Surcharge applies to these departures.

Download detailed Trip Notes at:

www.peregrineadventures.com/trips/pesa

Spirit of Amalfi 8 Days



Amalfi's dramatic coastline offers an extraordinary palette of colours, with azure skies, white limestone cliffs, deep blue seas, and bright citrus orchards lit by the dazzling Mediterranean sun. An intoxicating aroma of rosemary and lemon fills the air and every meal here, no matter how simple, is a feast of freshness and flavour! A web of ancient pathways winds along the cliffs, leading from charming coastal towns through rustic woodlands and up to beautiful villages perched atop craggy peaks. On this enchanting walking adventure, we venture beyond the crowds to experience the hidden treasures and authentic culture of this Italian paradise. Highlights include our hike along the stunning Sentiero degli Dei (Pathway of the Gods), the mysterious 'Valley of the Mills' just behind Amalfi, the spectacular village of Positano, a day trip to the island of Capri and a visit to Pompeii. We are also based for four magnificent days in the village that lends its name to this glorious coast – Amalfi.

Set on the shores of the sparkling Mediterranean, the Amalfi Coast is one of the most beautiful coastlines in Europe

ITINERARY AND HIGHLIGHTS

- Day 1 (Sun) Arrive in Naples. Welcome dinner.
- Day 2 **Walking tour of classical Naples.** Visit **ruins at Pompeii**. Travel to Agerola.
- Day 3 Walk to **Punto Panoramico**, hamlet of **Furore**, then **Conca dei Marini** (4 hours).
- Day 4 Walk the famed 'Pathway of the Gods' with superb views to glamorous **Positano**. **Scenic boat journey to Amalfi** (6 hours).
- Day 5 Walk to beautiful town of **Atrani**; follow the 'Valley of the Dragon' up to **Ravello** (5 hours).
- Day 6 **Boat ride to stunning island of Capri** (5 hours).
- Day 7 Walk into **Valle dei Mulini** (Valley of the Mills), home to **ghostly ruins, lush forest and crystal clear streams** (5 hours).
- Day 8 Tour ends in Amalfi this morning (Sun).

HIGHLIGHT EXPERIENCE

A magnificent walk to the 'Valley of the Mills' takes us through an area that's a well guarded local secret far from the crowds of mass tourism. It's a magical place of ghostly ruins, gentle streams and welcoming shaded forests.



TRIP DETAILS

GRADE CULTURAL ADVENTURE / EASY WALK

Inclusions Peregrine tour leader, transport and sightseeing.

Accommodation 2 nights Feature Stay, 5 nights comfortable hotel.

Meals 7 breakfasts, 2 lunches, 3 dinners.

Group size Minimum 6, maximum 15.

Trip code PESI.

Trip dates starts Naples, finishes Bari

2010		2010		2011	
Start	Finish	Start	Finish	Start	Finish
04 Apr	11 Apr	05 Sep	12 Sep	03 Apr	10 Apr
09 May	16 May	10 Oct	17 Oct	08 May	15 May
23 May	30 May			22 May	29 May
27 Jun	04 Jul			26 May	02 Jun

Download detailed Trip Notes at:

www.peregrineadventures.com/trips/pesi

Highlights of Southern Italy 8 Days

A cultural adventure discovering the essence of true southern Italian hospitality

From Naples, the grand capital of southern Italy, we travel south to the magnificent Greek temples at Paestum. Standing for more than 2000 years, the three temples are quite simply spellbinding. Next we head south into one of Italy's best kept secrets – Cilento National Park. Here we enjoy a scenic boat journey around the mythical Cape Palinuro, with a chance to swim in the crystal clear waters. We settle in the charming Marina di Camerota and in the evening we celebrate the food and traditions of the region with a special local dinner. Next we explore the Basilicata region, the real epitome of the 'deep south'. We head to Matera – much of this fascinating city lies underground, built into caves – and explore the Sasso Caveoso and Sasso Barisano areas where the houses are literally carved out of the cliff faces. We end our tour in the region of Puglia, the heel of Italy's boot, and a delightful place to discover, with its whitewashed cottages, unique 'trulli' structures and the gently rolling hills.

FEATURE STAY

We stay in the heart of Matera's historical 'Sassi' district with our hotel an extension of the church of San Martino. The authentic cave-dwelling features of the hotel replicate the same style as the unique houses inhabited thousands of years earlier.



ITINERARY AND HIGHLIGHTS

- Day 1 (Sun) Arrive in **Naples**.
- Day 2 Visit **Greek temples at Paestum**. **Boat ride around Capo Palinuro**.
- Day 3 **Easy walking around coves of Cilento National Park**. Lunch with local fisherman; **scenic boatride** back to **Marina di Camerota**.
- Day 4 En route to Matera, visit **Roman site of Grumentum** and **ghost town of Craco**.
- Day 5 **Walking tour** of fascinating **Matera**.
- Day 6 Visit **Martina Franca**. Visit **tiny Locorotondo en route to Alberobello** – town of the **whitewashed 'trulli'**.
- Day 7 Tour of **Alberobello**. Lunch and stories from **Italy's last wolf hunter**.
- Day 8 Trip ends after breakfast with transfer to **Bari** (Sun).



Spirit of Sicily 11 Days

TAORMINA

Ancient civilisations, prehistoric caves, Byzantine churches, Baroque buildings and majestic landscape – the island of Sicily has all this and more. Lively and intriguing, its capital, Palermo, is a wonderful place to explore. The island has been a melting pot of cultures, but a major influence was that of the ancient Greeks and we search for their footprints on our exploration of intriguing Tyndaris and the once-powerful Syracuse. The scenic resort town of Taormina is home to one of the most spectacular ancient theatres in the world. We also discover the island's natural attractions in the Madonie Mountains, along the northern coast in beautiful Cefalù. Volcanic presence has resulted in spectacular canyons and natural swimming pools being formed from lava flows. Majestic Mount Etna (3350m), one of Europe's most active volcanoes, is omnipresent in the eastern part of Sicily and forms a dramatic backdrop to many a rural scene, as well as reflects the turbulent spirit of this intoxicating island.

HIGHLIGHT EXPERIENCE

We walk through the valley of the river Anapo, past prehistoric burial sites, Byzantine villages and beautiful baroque churches – this is one of Sicily's most intriguing places.

FEATURE STAY

Our hotel in Syracuse was once a medieval palace and is steeped in history. Under the floors of the palace is the oldest miqwe (Jewish ritual bath) in Europe, dating back to the Byzantine era.

Immerse yourself in Sicily's unique blend of scenery, culture, history and mouth-watering cuisine

ITINERARY AND HIGHLIGHTS

- Day 1 (Tue) Arrive in **Palermo**.
- Day 2 Visit **Monreale** and enjoy **coastal walk in Zingaro Nature Reserve**. Explore **charming village of Scopello** (2 hours).
- Day 3 Travel to **Cefalù** and walk in surrounding mountains. Visit **Tindari** and **ruins of old Greek city of Tyndaris**. Afternoon coastal walk before travelling to medieval **Montalbano** (3 hours).
- Day 4 Short walk through **Montalbano** and **forest of Malabotta**. Walk to **Moio dell'Alcantara** (4 hours).
- Day 5 Walk to **charming hill town of Castelmola** and explore its medieval streets. Walk down to **Taormina** with spectacular views enroute. Afternoon at leisure (3.5 hours).
- Day 6-7 Full day trip to **Mount Etna** with **expert volcano guide**. Walk on recent lava flow, along Monti Silvestri, up the southern slopes and on to the **summit** (4 hours).
- Day 8 Visit **charming Sortino**. Walk through **Anapo River Valley**, passing **prehistoric burial site, chapels, Byzantine villages** and **baroque churches**. Drive to **Ragusa** (3.5 hours).
- Day 9 Visit **baroque city of Modica**. Coastal walk in the nature reserve of **Vendicari**. Visit **Noto**, then travel to Syracuse (3.5 hours).
- Day 10 **Walking tour through historic Syracuse** (2.5 hours).
- Day 11 Tour ends after breakfast in Syracuse (Fri).



TRIP DETAILS

GRADE CULTURAL ADVENTURE / MODERATE WALK

Inclusions Peregrine tour leader, transport and sightseeing.

Accommodation 8 nights comfortable hotel, 2 nights Feature Stay.

Meals 10 breakfasts, 2 lunches, 6 dinners.

Group size Minimum 6, maximum 15.

Trip code PESY.

Trip dates starts Palermo, finishes Syracuse

2010		2010		2011	
Start	Finish	Start	Finish	Start	Finish
04 May	14 May	*14 Sep	24 Sep	03 May	13 May
18 May	28 May	05 Oct	15 Oct	17 May	27 May
*01 Jun	11 Jun	19 Oct	29 Oct	31 May	10 Jun

*Surcharge applies to these departures.

Download detailed Trip Notes at:
www.peregrineadventures.com/trips/pesy