



FOCUS ON ROME

Pass through the Via Sacra and enter the heart of the **Roman Forum**, the religious, political, and commercial heart of Rome. History unfolds on a grand scale when you follow in the steps of Caesar and Roman Senators. At the top of the Campidoglio, or **Capitoline Hill**, discover a wealth of history and architecture.

You are free for the remainder of the day to explore on your own. We strongly suggest a visit to the **Capitoline Museums**, the oldest public museums in the world, for unequalled insight into classic civilization.

After a Roman feast, take a **night tour of Rome**. The best way to appreciate the Eternal City and its ancient past is to see it in the evening, when dramatic lighting illuminates the buildings, fountains, and squares.

Day 6: Politics to the Pantheon

Begin a walking tour of Italian political life in **Quirinal Square**, dominated by the **Palazzo del Quirinal** – the offices and residence of the President of the Italian Republic. Walk down the hill and toss a coin into the 240-year-old **Trevi Fountain**. The legendary fountain beautifully captures the characters and stories of Roman water gods.

Visit the **Pantheon**, first a pagan temple then later a Christian church, and a perfect example of classical architectural harmony. After passing through **Piazza Navona**, a meeting place for artists and famous for Bernini's *Fountain of the Four Rivers*, shop with locals at the open air market in **Campo dei Fiori**.

This afternoon, you are free to enjoy Rome on your own. You may wish to explore the popular neighborhood **Trastevere**, taking part in an Italian custom by enjoying *gelato* or *un caffè* as you people-watch in **Piazza di Santa Maria**.

Day 7: Roman Leisure Pursuits

Visit the **Spanish Steps**, a monumental cascade of 138 steps and arguably the longest and widest staircase in all of Europe. Indulge in high-class window shopping at the base of the steps as you stroll through the **Piazza di Spagna**, the place to see and be seen in Rome. This piazza is the heart of Rome's most fashionable shopping area.

Picnic in the Park

Enjoy a picnic lunch in the **Villa Borghese**, a beautiful park once owned by the Borghese family. Afterward, join in on a game of volleyball or soccer as you experience the park like a local.

Day 1

Depart from home city.

Day 2: The Eternal City

Arrive in Rome and get acquainted with the Eternal City on a **motorcoach overview tour** highlighting the major sites of Rome like **St. Peter's Basilica**, the **Colosseum**, the **Piazza Venezia**, the **Spanish Steps**, and the **Piazza Navona**.

Your **Focus Director** will familiarize you with the area around your hotel and share practical information such as banking, mail services, phone, personal security, and health care.

Enjoy your first **authentic Italian dinner**.

Day 3: Ancient Rome

Stroll along **Palatine Hill** in the footsteps of Rome's ancient elite and catch the spectacular views of the Circus Maximus below. Enter the Flavian Amphitheatre, more commonly known as the **Colosseum**. Built in 80 AD, it serves as an example of Roman architectural innovation and once showcased epic battles between gladiators, slaves, and animals.

Day 4: The Ancient City of Pompeii

Pompeii

Leave Rome and drive south to **Pompeii**, a once thriving city whose infamous demise at the hands of Mount Vesuvius preserved a wealth of information about life in the ancient Roman Empire. Pompeii was literally frozen in time in 79 AD, when ash mummified the entire city. A visit serves as a window into the past, with sites like the forum center, various temples and villas, and the tomb of Vestoria Prisco.

Day 5: Roman Faith and Feast

Leave no stone unturned when you visit **Vatican City**, the world's smallest independent state and the spiritual center of the Roman Catholic faith. Tour the extensive collection of art housed in the **Vatican Museums** – nearly two dozen galleries and period rooms, plus its grand finale, the **Sistine Chapel**.

It seems bigger is better in Rome, and **St. Peter's Basilica** is no exception. Measuring two football fields in length, it can hold 60,000 worshippers. The gold-encrusted dome, designed by Michelangelo, is one of the largest in the world. **Climb up the dome's spiraling walkway** to enjoy beautiful views of **St. Peter's Square** and Rome.

Eyes on the Pies

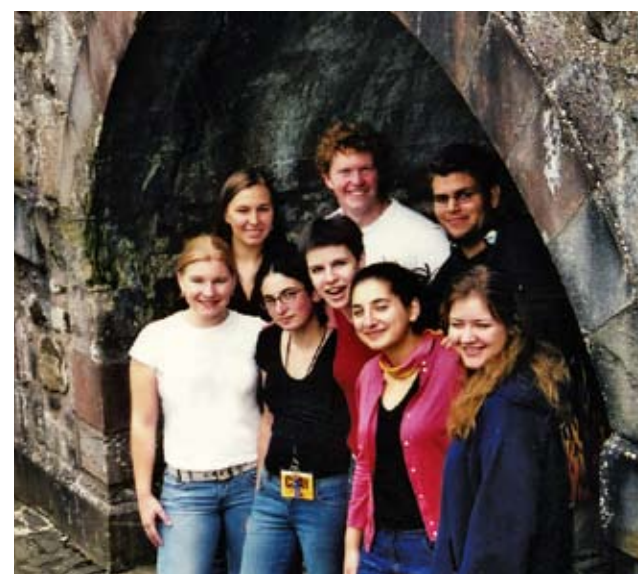
Get ready to roll up your sleeves and **prepare your own pizza**. Stretch out the dough, add fresh Italian toppings, and bake them in wood-fuelled ovens.



Nighttime view of the ancient Roman Forum



Capitoline Wolf with Remus and Romulus



Students gather under a stone archway



Ornate ceiling in the Vatican Museums

8, 9, OR 10 DAY PROGRAM

Landmarks

Vatican City, including Sistine Chapel
 St. Peter's Basilica *(with admission to top of dome)*
 Colosseum
 Roman Forum
 Capitoline Hill
 Spanish Steps
 Piazza Venezia
 Piazza Navona
 Pantheon
 Trevi Fountain
 Villa Borghese
 Ponte Sant'Angelo
 Palatine Hill
 Palazzo del Quirinal
 Quirinal Square
 Campo dei Fiori

Museums and Galleries

Vatican Museums

Interactive Insights

Eyes on the Pies
 Picnic in the Park

Eye-opening Excursions

Pompeii
 Ostia Antica *(program extension)*
 Caracalla Baths, Catacombs, and Appian Way
(program extension)



Domed rooftop of St. Peter's Basilica in Vatican City

Upon leaving the Borghese park and gardens, follow the **Tiber River** and cross the **Ponte Sant'Angelo**. The bridge was built in 239 AD, faced with travertine marble, and eventually adorned with angel statues designed by Bernini. The bridge leads to the towering, cylindrical **Castel Sant'Angelo** – a mausoleum commissioned by Hadrian in 135 AD that later became a medieval castle and fortress.

Bon Appetito! Long meals of delicious food and warm conversation are a staple of the Italian lifestyle. Bid farewell to Rome with an **authentic dinner at a traditional trattoria**.

Day 8: Arrivederci Italia

Enjoy free time in the early morning for last-minute souvenir shopping or a scoop of gelato.

Coach transfer to airport for flight home.



The Colosseum, once capable of holding 55,000 spectators

Choose to extend your program with the following options:

E Option 1: Ostia Antica

Founded by the Romans in the 4th century BC, **Ostia Antica** was a strategically important and vibrant port city. Explore ruins of restaurants, public meeting spaces, shops, and more to get a remarkable view of what everyday life was like in this Roman town of 60,000.

E Option 2: Caracalla Baths, Catacombs, and Appian Way

Take a walking tour of the famous ancient baths of Caracalla, built in 212 AD and spanning over 27 acres. Pass through **San Sebastian Gate** to reach the **Appian Way**, a road created in 312 BC to link Rome to Brindisi. In the last centuries of the Roman Empire, Christians were buried in underground cemeteries known as **catacombs**. Visit one of the catacombs that line the **Appian Way**.

Note: *This itinerary may be modified depending on your travel dates, arrival and departure times, national holidays, and hours of operation in the host country. Prices vary depending on departure city and duration of program.*



Neptune taming the waters of the Trevi Fountain