

CALABRIA A STEP INTO ANTIQUITY



Volare Group Inc.

DAY 1: DEPARTURE FROM CANADA

Day 2: ARRIVAL CALABRIA

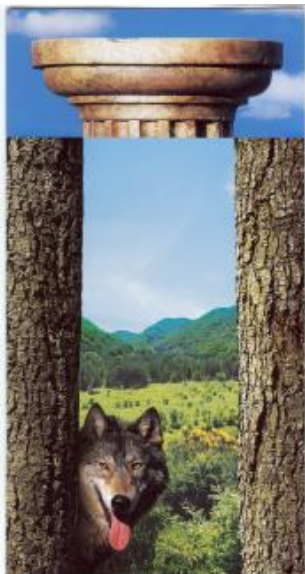
You will arrive at Lamezia Terme Airport where you will be met by the Volare team, your Calabria travel host. You will drive north approximately 40 minutes to your hotel in Cosenza. After settling in and relaxing for a few hours, the group will meet at 6pm for a briefing and introduction to the coming week activities. Tonight, enjoy and feast on a traditional Calabrese dinner. Overnight in Cosenza. (D)



Note: Cosenza is the largest city in Calabria. Home to an illustrious university and many fine aristocratic buildings, it has the somewhat sleepy air of a friendly provincial capital, and it also makes a fine starting point for a trip to La Sila, one of Europe's great forest wonderlands.

Day 3: COSENZA

You'll have breakfast at the hotel, then will set out to explore Cosenza a pretty town where you can lose yourself among narrow alleys, steep stairways and medieval squares. Visit the historic central piazzas where you will find a huge statue of the philosopher Bernardino Telesio surrounded by impressive architecture. Admire the baroque exterior and interior of the exquisite Teatro Rendano and the Romanesque façade of the 12th century cathedral which houses beautiful frescos and the sepulcher of Isabel of Aragon within, plus a nice place to do some shopping. Lunch at a typical Calabrese restaurant. Dinner and overnight in Cosenza (B, L, D)



Day 4: LA SILA

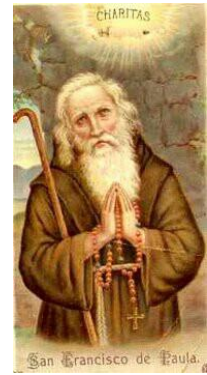
You'll have breakfast at the hotel, then will set out to explore the Green Heart of Calabria, "LA SILA" region, a zone, with its rugged and wild, yet pristine side, charms visitors with its quaint and welcoming villages. After exploring and learning about this enchanted place the day will be followed by a typical Calabrese lunch feast with complete homemade Calabrian specialties and local wine. After a leisurely lunch feast, the group will head back to Cosenza enjoying the drive admiring the vistas and countryside. Dinner at 8:30pm!. Overnight in Cosenza. (B, L, D)



Day 5: DIAMANTE & PAOLA

After breakfast, you will set out to discover Diamante and Paola. Diamante is known as the Pearl of the Tyrrhenian, famous for its murals and peperoncini (chili peppers). There you will explore the historical centre and walk among the hand painted murals, visit la Chiesa dell'Immacolata Concenzione, Lungomare Vecchjio Ruderu di Cirella, Botteghe (shops) del peperoncino and del cedro. You'll have a full Calabrese lunch in a restaurant in Diamante before continuing the tour to the city of Paola.

Guided tour of the Sanctuary of San Francisco di Paola visiting the Basilica, the new Church, La zona dei Miracoli, L'antico Romitorio e il Chiostro. After visiting Paola, the group will have a leisurely drive back to Cosenza. Dinner at 830pm. Overnight



in Cosenza. (B, L, D)

Day 6: PIZZO & TROPEA

You will have breakfast at the hotel, then leave Cosenza and will head out to explore Pizzo and Tropea. Among the Calabrian coastal areas, COSTA DEGLI DEI (Coast of the Gods) or also known as LA BELLA COSTA (the Beautiful Coast) is the most known and recognized with the area of Tropea and Capo Veticano. The first stop is Pizzo. The group will visit the historic centre, the Piazza della Republica and sample the the famous Tartufo (Truffle Ice cream), the Castello (Castle) Argonese, and the church of PIEIGROTTA, excavated entirely in the tuff rock. Lunch in Pizzo (not included).

Afterwards continue to Tropea to visit its historic centre and typical narrow streets, old squares (Piazza Belvedere) e plus a visit to Santa Maria dell'Isola Church. The group will have time to stroll the market and shops. Check in at your hotel for the next few nights Dinner and overnight stay in Tropea or Capo Veticano. (B, D)



Day 7: AMANTEA

You'll have breakfast at the hotel. This morning our journey takes to the seaside town of Amantea a village on the Tyrrhenian coast, offers diversity and attractions from churches to the historical center, old alleys in addition has the most beautiful sunsets from the Stromboli background.

In the morning on arrival walk along the promenade, meet and encounter local fishermen, visit various local foods processing plants or stores and have the opportunity to sample some of the seafood and fig products. Before lunch a visit to local artist studios to view local talent and the arts. Lunch will be at a local establishment complementing local Amanteani dishes and products. After relax and stroll for a while in a local park called Parco Della Grotta. In the afternoon visit and explore the historical quarters of the town stopping at San Francesco Church plus the Convent of San Bernardino of Siena, the Cathedral of Amantea, The Palace of the Poor Clares and The Castle. On the way back stop for dinner at PEDRITO's place a local Amanteano with a visit to his "IL VASO COLMO" a locale dating back to 1600 and sample typical Amantean snacks with wine tasting. And to end the night dinner will be dishes based on old seafood recipes accompanied with local Calabrian wines. After dinner before returning to the Hotel, have the opportunity to see Amantea by night from the various terraces. Overnight in Tropea or Capo Vaticano (B, L, D)

**Day 8: REGGIO CALABRIA & SCILLA**

Breakfast at the hotel. This morning visit Reggio Calabria and enjoy a city tour, visit the National Museum that houses the famous Bronzes of Riace, two Greek bronze statues dating back to the 5th century BC and the Duomo. Free time to shop or enjoy a walk on the promenade overlooking Sicily and the Strait of Messina, known as "the most beautiful kilometer of the Italian Peninsula". Lunch in Reggio (not included). Continue to the town of Scilla facing Charybdis (*today called Ganzirri*). Admire its Medieval Castle (Castello Rufo) that lies on a dominating position upon the Strait of Messina and its picturesque fisherman's district called "CHIANALEA" where houses are built right at the edge of the coastline and the Chiesa di San Rocco. Return to Tropea or Capo Vaticano. Dinner and overnight. (B, D)

Day 9: MINI CRUISE - AEOLIAN ISLANDS

The wonders of the Mediterranean between nature and history You will explore and visit the 3 islands Vulcano, Lipari and Stromboli. A very early morning departure to Tropea to embark for the wonderful Aeolian islands, which owe their name to the lord of the winds, Aeolus. Seven islands white, crystalline waters, history, traditions and nightlife allows you to spend a short but intense journey to discover the evocative rich lands so close, yet so different from each other. Upon the return and docking in Tropea it will be late in the evening around 7:30pm. Dinner in Tropea. Return to Capo Vaticano for overnight. (B, L, D)

Day 10 to 16: CAPO VATICANO or ROCCELLA

Breakfast at the hotel. End of tour

Today begins your second part of your vacation. You have the option of

OPTION 1:

End tour and go to visit friends OR relatives OR add an extension to your trip. Ask your travel professional for suggestions or options from our list of extension programs.

OPTION 2:

Stay at the hotel in Capo Vaticano and enjoy the beach for the next 6 nights on a half board basis (breakfast & Dinner) before the group heads back to Canada. (B, D)

OPTION 3:

Proceed to the Ionian side to Roccella Ionica. Enjoy the beach for the next 6 nights on a half board basis (breakfast & Dinner) before we head back to Canada. (B, D)



The tour to include the following:

First part

- Transfers from Lamezia (SUF) to Cosenza hotel
- Meet and greet at Lamezia Airport plus briefing at the hotel before dinner
- 4 nights in Cosenza/Rende – 4star hotel with breakfast daily
- 4 nights in Tropea or Capo Vaticano area – 4star hotel with breakfast daily
- 5 lunches at a local restaurant (day 3, 4, 5, 7 & 9)
- 3 dinners at the hotel in Cosenza/Rende
- 1 Dinner at a local restaurant near the hotel Cosenza (day 2)
- 2 dinners at the hotel in either Tropea or Capo Vaticano
- 2 dinners at a local restaurant – Amantea (day 7) and Tropea (day 9)
- Deluxe Coach for the whole duration of the tour
- Tour guides (English & Italian)
- Sightseeing as per itinerary Entrance fees where applicable



Second Part

From Day 10 – 16 (6 nights) half board basis (Breakfast & Dinner)

1. Tropea or Capo Vaticano (same hotel as the tour)
 - Transfer to Lamezia Airport (day 16)
2. Roccella Ionica (Kennedy Hotel or similar).
 - Transfers from Tropea/Capo Vaticano Hotel to Roccella hotel
 - Transfer back from Roccella hotel to Lamezia Airport (day 16)

COST – FLIGHT FROM TORONTO TO LAMEZIA & TOUR

Option 1: 8 nights tour – no extension

Departure Dates: per person on a double basis

June 26	July 10	Aug 28	Sep 11
3129.00	3399.00	3099.00	2999.00

Add taxes \$568.00 per person
Single supplement add - \$298.00

OPTION 2: 8night tour + stay at the hotel in Capo Vaticano

Departure Dates: per person on a double basis

June 26	July 10	Aug 28	Sep 11
3579.00	4149.00	3899.00	3809.00

Add taxes \$568.00 per person
Single supplement add - \$498.00

OPTION 3: 8night tour + stay at the Ionian side in Roccella Ionica

Departure Dates: per person on a double basis

June 26	July 10	Aug 28	Sep 11
3629.00	4199.00	3949.00	3859.00

Add taxes \$568.00 per person
Single supplement add - \$498.00



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