

STAR FLYER**9-NIGHT: AMALFI SICILY & GREECE****Jul 5, 2018****Civitavecchia – Ponza / Palmarola –
Sorrente – Lipari – Syracuse – Pulos –
Elafonissos – Hydra – Athens**

All tours are offered with English speaking guides. The length of the tours is given as an indication only as it may vary depending on the road, weather, sea and traffic conditions and the group's pace.

Time spent on site is also given on an indicative basis only. Minimum number of participants indicated per coach or group.

Some excursions are only available on certain dates and/or are dependent on the ship's arrival and departure times.

Fitness requirements vary according to the chosen activity, hiking, snorkelling and boating require an average to good level of fitness.

PALMAROLA, ITALY

A ruggedly beautiful island cradled in the Golfo de Gaeta about half-way between Rome and Naples, Palmarola is the perfect stop for a beach day. The water is remarkably clear, and between the islands of Ponza and Palmarola, archeologists have uncovered a number of wrecks of Roman galleys dating from the Republican Period.



PONZA, ITALY

Pompeii

By air-conditioned motor-coach and by foot

Minimum 20 participants, no maximum

Duration: 4h30

Euros 66

Ancient Pompeii was a prosperous provincial center with an estimated population of 20,000. An earthquake destroyed much of the town in 63 AD. Rebuilding was still in process when the volcano erupted again 16 years later. The whole town was buried beneath more than 20 feet of ash and pumice stone. Many residents were killed by lethal sulphur fumes or struck by lava and pumice stone that rained down upon the city, but others escaped. Abandoned until the 18th century, Pompeii was frozen in time until excavations revealed this amazing archaeological site. Plaster was poured into empty spaces in the lava to make body casts of some of the victims, such as a young man stretched out to protect his mother and the famous twisted body of a dog still tethered by its chain.

The eruption of Vesuvius on August 24, 79 A.D. not only preserved structures but also evidence of the ancient way of life, such as a fully-equipped tavern with the last customer's money still on the counter. Admire the luxurious mansions and fabulous art of wealthy patricians who came to Pompeii to escape the turmoil in Rome. Their houses were designed around an inner garden with few windows on the exteriors, so residents could forget the outside world and get sunlight from their own courtyards. Visit some of the more modest homes, and explore ancient baths, temples, theaters, markets and the huge forum.

- Large coaches cannot drive to the pier, so a minibus will shuttle tour participants between the pier and a main parking lot in Sorrento. (Same on the way back; a minibus will take you down to the pier)
- The drive to Pompeii takes about one hour. We suggest comfortable shoes to walk on cobblestone streets.
- Attractions are behind bars and glass windows in Pompeii.

- Most of the shops in Italy are closed between 1 and 4 p.m.
- At the end of the tour, you may choose to stay in Sorrento and explore the village on your own.
- The site of Pompeii is very busy; it is important to stay with your guide at all times. The pace of the tour is moderate, as there are many highlights to visit in this vast city.
- This tour is not recommended for guests with walking difficulties.
- Timing is subject to traffic on the Sorrentine drive, especially during high season and weekends.



Ercolano**By air-conditioned motor-coach and by foot****Minimum 15 participants, no maximum****Duration: 4h30****Euros 66**

Herculaneum was destroyed by the eruption of Vesuvius on August 2, 79 AD. Unlike Pompeii, an important commercial centre, Herculaneum was a smaller city but wealthier residential town. Because Herculaneum wasn't a commercial town, there was no central open space or forum, just streets of villas and shops, cut as usual by two very straight main streets that cross in the centre.

Vesuvius destroyed the two ancient towns in different ways. Pompeii was buried under layers of ash, while Herculaneum, much closer to the volcano, drowned under a sea of mud. Over time the mud hardened to a soft stone, preserving the city and nearly everything in it as a sort of fossil, so that the furniture, clothing and even some of the goods in the shops have survived. Excavations began by accident in 1709 when some workers were digging a well - they discovered a wall which was later found to be one of the stages of the ancient theatre. Later, there were many human skeletons uncovered at the ancient shoreline, suggesting that numerous inhabitants attempted to escape but perished when mountains collapsed and volcanic gases were released.

The excavation work since has brought to light sumptuous villas, baths, theatres and even a villa thought to have belonged to the father-in-law of Julius Caesar, called Villa di Pisone (Villa dei Papiri). Much of the town is still buried and excavation work continues today. The preservation of the structures and their contents is surprisingly in good state.

- Large coaches cannot drive to the pier, so a minibus will shuttle tour participants between the pier and a main parking lot in Sorrento. (Same on the way back; a minibus will take you down to the pier)
- The drive to Ercolano takes about an hour.
- The tour is not recommended for Guests with walking difficulties.
- At the end of the tour, you may choose to stay in Sorrento and explore the village on your own.

- Large coaches cannot drive to the pier, so a minibus will shuttle tour participants between the pier and a main parking lot in Sorrento. (Same on the way back; a minibus will take you down to the pier).



Capri On Your Own

Transfer by boat to Capri

With an escort – this is not a guided tour

Minimum 15 participants, maximum 40

Duration: 6 hours (depending on local boat schedule)

Euros 69

Discover Capri on your own, with the help of some tips from a local guide to ensure you make the most of your visit

Capri is the outpost of Sorrento's peninsula. It is called the jewel of the Bay of Naples because of its unmatched scenery, clear skies and beautiful climate. Geologically, Capri is built on limestone. Dolomite cliffs, which at many points tower out of the sea, have been cut by time into fantastic shapes and marvelous grottoes. There are two main massifs: to the east is Monte Tiberio at 1,095 feet, and to the west Monte Solaro rises 452 feet above sea level. Capri itself is 452 feet high and sits between them. Capri has the Marina Grande to its north and the Marina Piccola on its southern side. The island's second residential center, Anacapri, lies in a sweep of lush countryside to the west of Monte Solaro. Capri is derived from Greek *kapros* (wild boar). Inhabited since the Paleolithic age, the island was, in classical times, first Greek then Roman. Many emperors lived part-time on Capri, and Roman nobles resided on or visited the island until the 6th century. The island endured Saracenic incursions in the 6th and 7th centuries and thereafter became the dominion of the Lombards, then Spain, then the French and British. Around the beginning of the 19th century, the island faced a more welcome artistic invasion when artists, writers and poets settled here.

Capri's Faraglioni and the Blue Grotto are very famous and beautiful. The Blue Grotto is the most celebrated of all the grottoes of Capri. It was already renowned in ancient times but was rediscovered in 1826 by Augusto Kopisch, a German. Many tourists visit the Grotto each year and never fail to be stunned by its magical atmosphere. The walls and the concave ceiling of the Grotto are so imbued with blue that every object has a silvery outline and even swimmers in the water look blue. Delightful climate, brilliant skies and scenery and a bounty of attractions make

the island a perfect holiday resort in any season. Have the chance to discover Capri on your own! With the help of the local Guide you will treasure of some tips to spend your time on the island.

- The price includes: Escort and the Hydrofoil ticket. Prices are subject to local regulation of entrance tax and maritime transportation monopoly.
- The visit in Capri is entirely on your own. No visit is included.



Sorrento Countryside and the Terranova Farm

Transport by air-conditioned motor coach

Minimum 15 participants, maximum 35

Duration: 4h30

Euros 80

Tasting Lunch included

Your guide will be waiting to greet you at the pier and will accompany you throughout the tour to Sant'Agata.

The area is known as a gourmet paradise because of the excellent quality of locally produced food. Lemon groves abound and the variety of lemon cultivated here, the « femminello ovale », is known for its highly aromatic zest which is used in many delicious culinary specialities and also the famous Limoncello liqueur.

After a 30 minute drive you will arrive at the Fattoria Terranova situated on the hills of Sant'Agata overlooking the sea and the Galli islands. The farmhouse building is characteristic of the region and has been in the hands of the same family for four generations.

The tour begins with a visit to the plant nursery where you will discover the history of the sorrentino lemon and learn about its cultivation, planting and pruning. You will also be initiated into the art of limoncello making, and of course get a chance to sample the local elixir. Limoncello is not the only local speciality to be showcased on the tour, you will also learn how mozzarella is made.

The name derives from the italian verb « mozzare »: to cut, which is the last stage in the cheesemaking process. Mozzarella cheese is made from cow or buffalo milk; a homegenous paste is formed by stirring the cheese continuously with a wooden stick. When the cheese is ready it is formed and « cut » by hand, this is the traditional « mozzatura » carried out with the thumb and index finger. The cheese is then left to cool in tubs of cold water before being salted.

The tour culminates in a flavourful and appetising tasting Lunch, composed exclusively of farm produce.

- The tasting lunch consists of local specialities such as bruschetta (baked bread) with tomatoes, seasonal vegetables, salami, cheese and homemade cake, washed down with ¼ of local wine and ½ bottle of mineral water.

- Big coaches cannot drive to the pier, so a minibus shuttle will take participants from the pier to a parking lot in Sorrento. The return procedure will be the same with a minibus ride back to the pier.



LIPARI, SICILY

Island Tour

by air-conditioned motor coach

Minimum 20 participants, maximum 80

Duration: 3 hours

Euros 49

The volcanic islands known collectively as the Aeolian or Lipari Islands emerge from the deep blue waters of the Tyrrhenian sea between Sicily and Southern Italy.

Legend has it that they were once the exclusive realm of Aeolus, God of the Winds, but now visitors are welcome to enjoy the unspoilt natural beauty of the islands with their pristine beaches, volcanoes and thermal spas, not to mention the excellent local cuisine.

Our ship anchors off Lipari, the main island in the archipelago, and guests will take a tender boat ashore to Marina Corta. Here in the bustling heart of the village, amidst the lively cafés, restaurants and attractive shops, you will meet your guide and walk to the motor coach for a scenic tour of the island.

Lipari is the largest of the Aeolian Islands and the first inhabitants can be traced back to a few centuries before 4000 BC. Nowadays the island is a highly prized tourist destination, appreciated as much for the beauty of its coastline with its crystal waters and its unique geological features: obsidian streams and pumice stone quarries, as for the archaeological interest of the site.

The excursion begins with a drive inland towards the hills to reach Quattrocchi, a panoramic look out post 300m above the sea. This lofty eyrie affords magnificent views of Vulcano Island with its stacks, sulphur springs and fumaroles, openings in the earth's crust once thought to be the entrance to the Underworld. From our next view point you can admire not only Salina, the second largest Aeolian island, situated close to Lipari, but also, weather permitting, the other islands of the archipelago.

The excursion continues with a visit to the pumice stone quarries where the light porous stone is extracted; here the white mountain sides are in dramatic contrast to the black obsidian lava flows.

The last stop before driving back to Lipari is the little village of Canneto on the east coast of the island. During this panoramic tour there will be a short stop at "Marisa's place", where you will have the opportunity to sample local Malvasia wine and cookies. Malvasia grapes have been cultivated since time immemorial in the Mediterranean region and produce a sweet desert wine, fortified by the strong rays of the island sun. Traditional Aeolian delicacies include Nacatuli – small cookies stuffed with almonds, cinnamon and mandarin. Sesamini, flavoured with vanilla and orange and covered with sesame seeds and Spicchitedda : made with almonds mulled wine and cinnamon.

- For those who wish to do a little exploring, there will be time to walk around the city before going back to the ship.



Vulcano

By boat

Minimum 25 participants, maximum 50

Duration: 3h30

Euros 60

Disembarking from the tender you will reach Marina Lunga, in the port of Lipari, where you will meet your guide and embark a private motorboat for a short ride to Vulcano. Vulcano is a small volcanic island in the archipelago of the Eolie. The island has three volcanoes. One is ancient and has been dormant since the Prehistoric Era. It forms the main mass of the island. The points of highest elevation are Monte Saraceno at 481 meters, Monte Aria at 500 meters, and Gran Cratere (or Fossa di Vulcano) at 386 meters. Gran Cratere, which is still active, dominates the northern part of the island. It is characterized by strange formations and coloration, especially near the summit. Upon arrival in Vulcano you will either walk towards the base of the volcano, enjoy a short visit of the village, or go to the thermal wells. The wells, from which sulphurous steam rises, are composed of salt water and clay mud with a very high sulphur content that prohibits the growth of pathogens. The renowned therapeutic complex can treat three groups of health problems: those of the joints, skin, and respiratory system. The tour continues to the hot sea waters (you can swim in there if you wish), the fumaroles.

Return to the boat and sail back to Lipari on a scenic cruise past the west coast of Vulcano, Vulcanello, Spiaggia di Ponente, Grotta del Cavallo, I Faraglioni, and Lipari.

- The ride from Lipari to Vulcano is 20 to 30 minutes.
- On the way back you will enjoy a scenic sailing of approximately one hour.
- If you plan on taking a mud bath, wear dark colored bathing suits. Do not wear jewelry, as the sulphur may cause a chemical reaction. Be aware that eye-irritation can occur (goggles, beach towel and water shoes can come in handy).
- The guide will take you to the thermal wells, those choosing to walk to the village or to the volcano base will be on their own.

SYRACUSA, SICILYPrincess Borghese's Gardens and
Lunch in a Farmhouse

By air-conditioned motor coach

Minimum 15 participants, maximum 30

Duration: 5 hours

Euros 95

Lunch included.

You will leave the port and take the coast road leading to Catania. Here you will turn inland and head towards the village of Lentini. Just outside Lentini lies the Borghese Estate, granted to the family in 1392 by King Martino. You will be welcomed by Princess Borghese herself, who will take you on a tour of her beautiful gardens. The gardens which are situated beside a lake were set out in 1967 and feature a vast variety of Mediterranean plants as well as rarer more exotic plants from all over the world. Princess Borghese will comment on the gardens as you walk around and also take you on a visit to her home. After the visit of the Borghese estate you will be drive to your lunch venue. The farmhouse, built from lava rock, dates from the early 1800s and overlooks Lentini lake. Enjoy a hearty Sicilian lunch in this serene rural setting with Mount Etna in the background. After lunch you are welcome to check out the local farm produce and buy something to take home. The drive back to the port in Siracusa takes one hour.



Highlights of Syracuse

By air-conditioned motor coach and on foot

Minimum 20 participants, no maximum

Duration 4h30

Euros 50

Departing from the port, the tour begins with a 15 minute drive to the archaeological park. During the one and a half hour walking tour your guide will show you some of the site's major highlights, for example, Paradise Quarry and the "Ear of Dionysius", a name coined by the painter Caravaggio when he visited the cave. Legend has it that Dionysius, who incarcerated political dissidents in the cave, used the acoustics to eavesdrop on prisoners' conversations to find out if there were any conspiracies afoot. You will also get to see the Greek Theatre, the largest and most complete theatre still in existence, and the impressive Roman amphitheatre with its enormous arena. You can almost hear the baying of the crowds thirsting for blood, the roars of the wild animals and sense the tension and fear of the gladiators.

After your visit to the Archaeological Park, you will be driven back to the old town of Ortygia. Buses are not allowed in the Old Quarter and so you will have to leave the coach at the car park and continue on foot. During the walking tour of the historic town centre your guide will show you the Arethusa Fountain. The nymph Arethusa was the patron figure of ancient Syracuse, and according to Greek mythology it was here that she returned to the earth's surface after escaping from her undersea home in Arcadia. You will also see the cathedral and other attractions such as the ruins of the Apollo Temple, Archimedes' Square with the Fountain of Diana and Corso Matteotti, the best shopping area in Ortygia. At the end of the visit you will walk back to the car park to board you coach for the short drive back to the pier.

PILOS, GREECE

Nestor's Palace and Methoni Fortress

By air-conditioned motor coach and on foot

Minimum 20 participants, no maximum

Duration: 4 hours

Euros 62

The drive from the Port of Pylos to Ano Eglianos and the ruins of Nestor's palace takes 20 minutes. King Nestor was one of the legendary rulers who took part in the Trojan wars to wrest Helen away from Paris. The site dates from the Mycenaean era and the buildings were once richly decorated with frescoes and consisted of private apartments, baths, storage space, workshops, vast courtyards and a sophisticated drainage system. The Palace was burnt down in the 12th century BC.

The site was discovered in 1939 by the American archaeologist C.W Blegen and the Greek archaeologist K. Kourouniotis. During the excavations they unearthed hundreds of clay tablets bearing inscriptions, and this discovery contributed greatly to the understanding of the Mycenaean language, an early form of Greek.

The excursion continues with a visit to the Fortress of Methoni, 11 km distance from Pylos. The Castle of Methoni lies at the southernmost end of the west Peloponnesian Coast. The site was fortified as early as the 7th century BC and in the period between 395 A.D and 1204 A.D was used as a Byzantine fortress. In 1209 the Venetians became rulers of the area. During this period the magnificent castle was erected with its massive fortification walls and the town flourished, becoming known as a financial centre and busy commercial port. However in 1500 Methoni was captured by the Turk Bayazit Pasha and entered into a long period of decline before once again coming under Venetian occupation from 1685 until 1715. Thereafter the Ottomans held sway, and their domination remained unchallenged until the Greek war of independence in the early 19th century. It was liberated by the French General Nicolas Maison in 1829, along with other Peloponnesian towns.

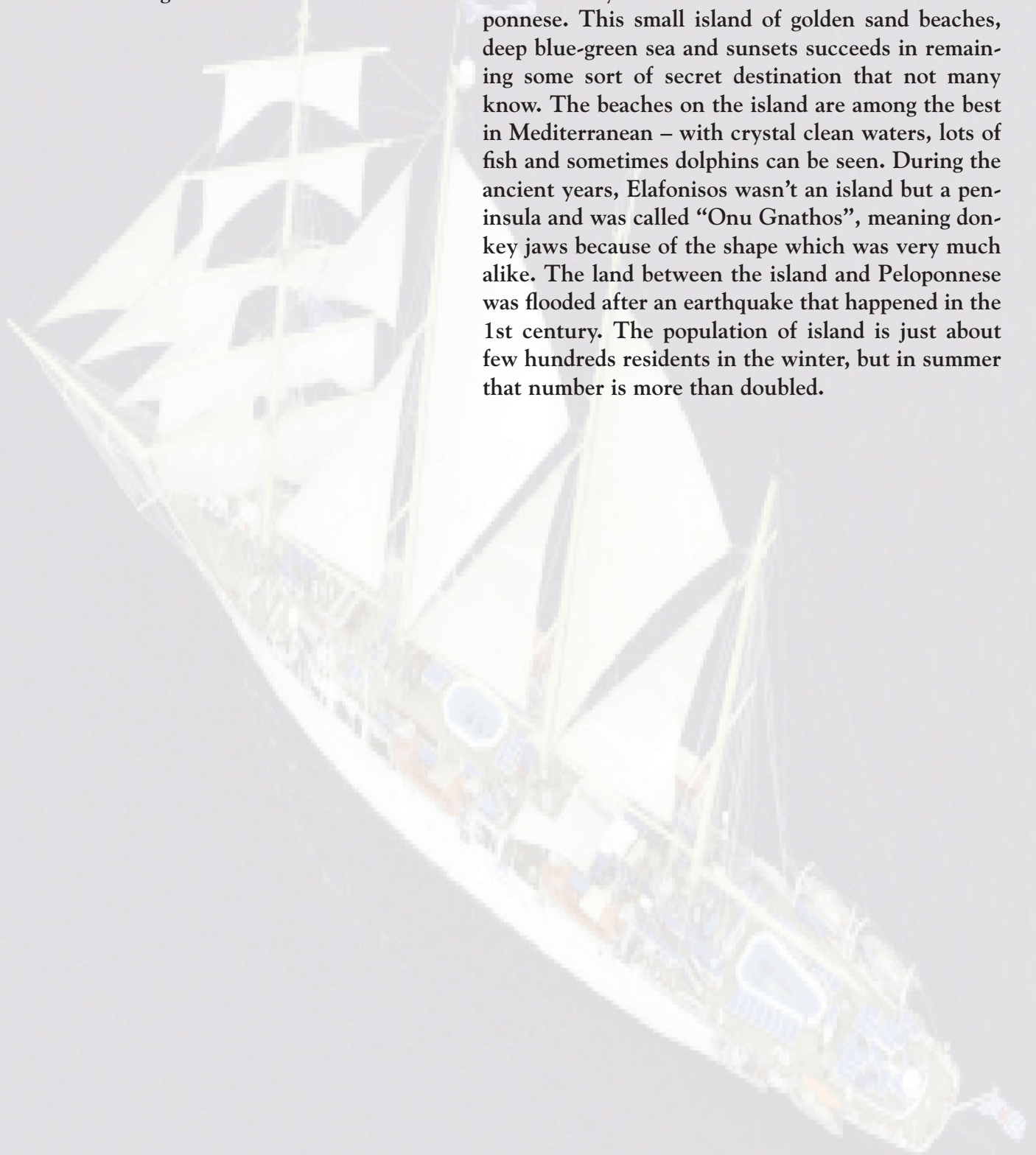
- The drive to the ruins of Nestor's palace takes 30 minutes.



- The drive to Methoni fortress takes 45 minutes.
- The return drive to the port takes 25 minutes.
- There is some uphill walking during the visits so guests are advised to wear comfortable, non-slip shoes
- This is an archaeological site with some remains.

ELAFONISSOS, GREECE

Elafonisos is situated next to the southeastern tip of Peloponnese with area of 19 square kilometres and distance only 570 metres from the shores of Peloponnese. This small island of golden sand beaches, deep blue-green sea and sunsets succeeds in remaining some sort of secret destination that not many know. The beaches on the island are among the best in Mediterranean – with crystal clean waters, lots of fish and sometimes dolphins can be seen. During the ancient years, Elafonisos wasn't an island but a peninsula and was called "Onu Gnathos", meaning donkey jaws because of the shape which was very much alike. The land between the island and Peloponnese was flooded after an earthquake that happened in the 1st century. The population of island is just about few hundreds residents in the winter, but in summer that number is more than doubled.



HYDRA, GREECE

According to legend this beautiful island was once the home of the Hydra, the many headed monster killed by Heracles, hence its name. These days it is considered the most cosmopolitan of the Greek islands and many celebrities from Greece and abroad spend their vacations here. It is also beloved by artists from all over the world for its natural beauty and distinctive architecture, which have also made it a favourite film making location.

The town rises up like an amphitheatre from the port area, remaining hidden until the very last moment for those approaching by sea. It owes its unique character to the impressive mansions that were built in the late 18th century for wealthy Hydriot ship-owners by architects from Venice and Genoa. These houses differ from the usual Greek island architecture because of their individuality, size and sloping tiled roofs. During this period, Hydra possessed an important fleet and was sometimes called "Little England" because of its seafaring prowess and flair for commerce. The old ship's canons in front of the harbour bear witness to this glorious past. In some measure the long naval tradition is upheld to this day, as the island is home to the Merchant Navy Officer's training school.

No motor vehicles are allowed on Hydra, a designated Landmark Preservation area, and all transport is by boat, on foot or by donkey.

The island is an irresistible mixture of old and new with night clubs, bars, waterfront cafés, restaurants, and boutiques blending harmoniously with picturesque lanes and bare hills dotted with dazzling white chapels and windmills.

ATHENS, GREECE

Athens and Acropolis Museum

By air-conditioned motor coach

Minimum 10 participants, maximum unlimited

Duration: 5 hours

Euros 70 (ends at the airport)

Duration: 4 hours

Euros 55 (Possibility to be dropped off in Athens)

From the port of Piraeus you pass the charming yacht harbour of Zea, where the foundations of the dock dating from the 5th century BC are clearly visible. Next is the attractive Mikrolimanon waterfront lined with inviting al fresco fish restaurants. It is but a short drive into cosmopolitan Athens, a mixture of modern buildings and great monuments. You will pass by the Temple of Zeus, the Panathenaic Stadium, the Parliament at Syntagma (Constitution) Square, the National Academy, the University, Library and Hadrian's Arch, before you finally arrive at the New Acropolis Museum. This building, located only 300 metres south east of the Rock of the Acropolis, was designed by Bernard Tschumi.

The museum was opened to the public in 2009 and nearly 4000 objects are exhibited on three levels with an area of 14.000 square metres. Exhibits include findings from the Acropolis archaeological site as well as artefacts from the Greek Bronze Age to Roman and Byzantine Greece. For those returning to the ship, the tour ends in the centre of Athens; the rest of the passengers will be transferred to the airport.

- The tour will end at Syntagma Square in Athens. The guide will then leave and the coach will continue to the airport (arrival 13h00/13h30).
- For the tour to carry on to the airport a minimum of 6 departing guests is required.
- Passengers staying on board for the following cruise will be dropped off in Athens (return on your own to the pier).
- The duration of the tour very much depends on the traffic in Athens; if traffic is light the coach will arrive sooner at the airport.
- You will spend about two hours in the museum.



