



CIAO ITALIA

Your Lifetime Travel Newsletter

November 2019

All essentials about **ITALY**

Itinerary	2
NAPLES	3
POSITANO	4
ROME	5
TUSCANY	6
FLORENCE	7
DOLOMITE	8
VENICE	9



John Seo

British Columbia Institute of Technology
3700 Willingdon Avenue Burnaby,
British Columbia Canada V5G 3H2

All of the **ITALY** you want to see!

Unforgettable summer vacation...



Getting Around

Train would be the most preferable option. You can sit back and relax as you cross the beautiful countryside, plus they are efficient and offer many high-speed routes. If you want to be more flexible without worrying about time, or you want to enjoy lovely small towns and landscapes, car rental is a must even though it's a bit tiring from long driving time.



Italy is the country that captures my heart every time I visit. From its vibrant cities to the gorgeous Italian lakes and coast, the landscapes will get you first. And then there's the food and culture. There is truly something to enchant everyone.

There are so many highlights in this beautiful country — from the canals of Venice to the Tuscan wine lands to the cobblestone streets of Rome to the Arno river running through Florence to the cliffs of Positano... and beyond.

Florence was one of my favorite cities because of the architecture and natural beauty— the sun setting over the Arno River is something you can't soon forget.

Rome is one of the most iconic and most traveled cities in Europe and you could spend days getting lost in this magnificent destination.

Positano is the gem of the Amalfi Coast and is arguably the most picturesque and most romantic town in the whole of Italy.

Photographer

John Seo
British Columbia
Institute of Technology



Writer

Various Sources
- Lonely Planet
- travellandleisure.com
- mikesroadtrip.com
- theblondeabroad.com



NAPLES

Naples is raw, high-octane energy, a place of soul-stirring art and panoramas, spontaneous conversations and unexpected, inimitable elegance. Welcome to Italy's most unlikely masterpiece.

Art & Architecture

Naples' wealth of cultural assets is extraordinary. You'll find two royal palaces, three castles, and ancient ruins that include some of Christianity's oldest frescoes. The city's Museo Archeologico Nazionale claims the world's finest collection of Pompeian frescoes and mosaics, while its Cappella Sansevero holds Italy's most extraordinary marble sculpture. You'll find Caravaggio masterpieces in the Pio Monte della Misericordia, Palazzo Zevallos Stigliano and Museo di Capodimonte, the latter palace home to countless masterpieces. Of course, we could also mention all those frescoed baroque cupolas, but that would just be boasting.

History & Legend

Naples' millennia-old backstory could bust a bookshelf. Settled by the Greeks and conquered by the Romans, it's a nail-biting tale where myth and fact entwine into one bewitching whole. Did Queen Joan II really throw her lovers to a peckish crocodile in the Castel Nuovo? Do the skulls inside the Cimitero delle Fontanelle have esoteric powers? And just how did alchemist prince Raimondo di Sangro create those inexplicably perfect arterial systems inside his Cappella Sansevero? Curious tales and unsolved mysteries seep out of every Neapolitan stone, casting a strange, hypnotic spell.

Glorious Food

Blessed with rich volcanic soils, a bountiful sea, and countless generations of culinary know-how, the Naples region is one of Italy's epicurean heavyweights. It's here that you'll find the country's best pizza, pasta and espresso, its most appetising street markets, not to mention some of its most celebrated dishes. From garlicky spaghetti alle vongole (spaghetti with clams) to sultry ragù (meat and tomato sauce) and silky parmigiana di melanzane (eggplant parmigiana), the food on these streets is all about intensity and pleasure. After all, life is too short for diets, so follow the locals' lead and succumb to your gluttonous whims.



POSITANO

Dramatic, deluxe and more than a little dashing, Positano is the Amalfi Coast's front-cover splash, with vertiginous houses tumbling down to the sea in a cascade of sun-bleached peach, pink and terracotta. No less photo-worthy are its steep streets and steps, flanked by wisteria-draped hotels, smart restaurants and fashionable retailers.

Look beyond the facades and the fashion, however, and you will find reassuring signs of everyday reality: crumbling stucco, streaked paintwork and even, on occasion, a faint whiff of drains. There's still a southern-Italian-holiday feel about the place, with sunbathers eating pizza on the beach, kids pestering parents for gelato and chic signore from Milan browsing the boutiques. The fashionista history runs deep – moda Positano was born here in the '60s and the town was the first in Italy to import bikinis from France.

When you travel to Positano, the first thing you'll notice is the breathtaking natural beauty of this part of Italy: high craggy cliffs rise like curtains from the azure sea below. When you plan your Positano travel itinerary, you'll want to

consider the same thing that has drawn celebrities like George Clooney and Julia Roberts before you: **the serenity of the coastline.**

Things Not to Miss in Positano

Visit the beautiful domed Church of Santa Maria Assunta, which houses a famous black Byzantine Madonna icon that dates from the 13th Century.

If you visit Positano during the summer, consider planning around the Feast of the Assumption on the 15th of August.

Positano's white sandy beaches, grottos, and sea caves offer sea pleasures for explorers and vacationers in need of a relaxing few days.

When to Go to Positano

There's never a bad time to visit Positano. Keep in mind that May until October are the warmest months, with temperatures peaking in July and August. Winter temperatures are mild and have minimal rainfall, so you may not be able to swim, but you can still enjoy the outdoors.



ROME

A heady mix of haunting ruins, awe-inspiring art and vibrant street life, Italy's hot-blooded capital is one of the world's most romantic and charismatic cities.

Monumental History

The result of 3000 years of ad hoc urban development, Rome's cityscape is an exhilarating sight. Ancient icons such as the Colosseum, Roman Forum and Pantheon recall the city's golden age as *caput mundi* (capital of the world), while monumental basilicas tell of its history as seat of the Catholic Church. Lording it over the skyline, St Peter's Basilica towers over the Vatican, testifying to the ambition of Rome's Renaissance popes and the genius of its game-changing architects. Elsewhere, ornate piazzas and showy fountains add a baroque flourish to the city's captivating streets.

Artistic Treasures

Few cities can rival Rome's astonishing artistic heritage. Throughout history, the city has starred in the great upheavals of Western art, drawing top artists and inspiring them to push the boundaries of creative achievement. The result is a city awash with priceless treasures. Ancient statues adorn world-class museums; Byzantine mosaics and Renaissance frescoes dazzle in art-rich churches; baroque facades flank medieval piazzas. Stroll through the centre and without even trying you'll come across masterpieces by the titans of European art – sculptures by Michelangelo, paintings by Caravaggio, frescoes by Raphael and fountains by Bernini.

Living the life

A trip to Rome is as much about lapping up the *dolce vita* lifestyle as gorging on art and culture. Idling around picturesque streets, whiling away hours at streetside cafes, people-watching on pretty piazzas – these are all central to the Roman experience. The tempo rises in the evening when fashionable drinkers descend on the city's bars and cafes for a sociable *aperitivo* (drink with snacks) and trattorias hum with activity. Elsewhere, cheerful hordes mill around popular haunts before heading off to hip cocktail bars and late-night clubs.



Road Trip to TUSCANY

TUSCANY embodies everything that traveler's look for in a vacation—deep history, romantic setting, rolling hills that kiss the horizon, world-class wine and so much more. Most everyone visiting Toscana will fly into Rome or Florence depending on your departure city. If you fly into Rome, be prepared to wait a long time to pick up your rental car.



Montepulciano

This is another medieval hilltop town surrounded by vineyards and is known for its Nobile red wine. Here you'll see artisans at work, with lots of wine bars and vinegar & olive oil shops. There are caves and tunnels under the town that were used to connect the grand palaces. Today, these tunnels are the perfect environment for aging wine and vinegar. Almost all wine shops in town have their slice of the underground.



Cypress Trees

Siena

Siena has a very long history, dating back to the Etruscan times some 500 years B.C. The city saw most of its growth during the Middle Ages. Today, its urban skyline is visible from the surrounding hills, which is rich in monuments, palaces and churches; it is one of the most beautiful cities in Tuscany and is much less crowded than Florence.



Taste of Tuscany

Tuscany Wine

When it comes to wine production regions that have stood the test of time, few can compare to Tuscany, one of the most-loved parts of Italy by wine lovers worldwide. Grapes were first cultivated by the Etruscans nearly 3,000 years ago, grown in such wide abundance that they were often sold overseas and quickly became the area's most trusted cash crop.



Wine cave of Montalcino

FLORENCE

Cradle of the Renaissance, romantic, enchanting and utterly irresistible, Firenze is a place to feast on world-class art and gourmet Tuscan cuisine.

Art & Architecture

Few cities are so compact in size or so packed with extraordinary art and architecture masterpieces at every turn. The urban fabric of this small city, on the banks of the Arno river in northeastern Tuscany, has hardly changed since the Renaissance and its narrow cobbled streets are a cinematic feast of elegant 15th- and 16th-century palazzi (palaces), medieval candle-lit chapels, fresco-decorated churches, marble basilicas and world-class art museums brimming with paintings and sculptures by Botticelli, Michelangelo et al. Unsurprisingly, the entire city centre is a Unesco World Heritage Site.

Boutique Shopping

Italy's fashion industry was born and bred here. Homegrown designers Guccio Gucci and Salvatore Ferragamo opened haute-couture boutiques in Florence in the 1920s and shopping in the Tuscan capital has been stylish ever since. A-list fashion houses lace Via de' Tornabuoni and a Pandora's box of specialist boutiques selling all manner of beautiful objects parade alongside family-run botteghe (workshops) in a glorious tangle of medieval backstreets. Watch fourth-generation Florentine goldsmiths and shoemakers at work, buy artisan scents evocative of the Florentine countryside and Tuscan sea breeze, and know the tag '*Fiorentina*' is one of the finest international labels going.

Food & Wine

Quality produce sourced locally, seasonally and sustainably is the holy trinity and Florentines share an enormous pride in their culinary tradition. Their city, surrounded by wine-rich hills, is a gourmet paradise where eating and drinking exceedingly well is mandatory. Be it a traditional bowl of earthy ribollita (bean, bread and veg soup), a tripe panino at a family-run food truck or a blue T-bone steak served in a market trattoria unchanged since 1915, dining in Florence is timeless and memorable. Raw cuisine, fish bistros, craft cocktails and the dazzling creativity of modern young Tuscan chefs add contemporary edge.



Night view from Michelangelo Plaza



DOLOMITE, The Italian Alps

DOLOMITE is often visited as a winter destination, but in the summer, the snow melts to reveal wildflowers and hiking trails, wild protected parks and glistening lakes. The cuisine, incorporating both Italian and German heritage, is laden with local produce: Apples picked from the region's orchards, cheeses produced from nearby pastures, and wines pressed from the local vineyards. Our Dolomites travel guide will point you to the can't-miss sights and activities among these majestic peaks.



The Weather in Dolomite

No matter what time of year you're traveling to the Italian Dolomites, you'll find the air is always invitingly cool and crisp. For hiking, the best time to travel to the Dolomites is between June and September, when the temperatures are comfortably warm. Earlier, in the springtime, hikes will be perfumed by wildflower blooms (crocuses, Daphne, rhododendrons). Winter can be quite cold, but is perfect for downhill skiing.

VENICE

Veneto Province

Imagine the audacity of building a city of marble palaces on a lagoon – and that was only the start.

Epic Grandeur

Never was a thoroughfare so aptly named as the Grand Canal, reflecting the glories of centuries of Venetian architecture in the 50 palazzi and six churches lining its banks. At the end of Venice's signature S-shaped waterway, the Palazzo Ducale and Basilica di San Marco add double exclamation points. But wait until you see what's hiding in the narrow backstreets: neighbourhood churches lined with Veroneses and priceless marbles, convents graced with ethereal Bellinis, Tiepolo's glimpses of heaven on homeless-shelter ceilings, and a single Titian painting that mysteriously lights up an entire basilica.

Venetian Feasts

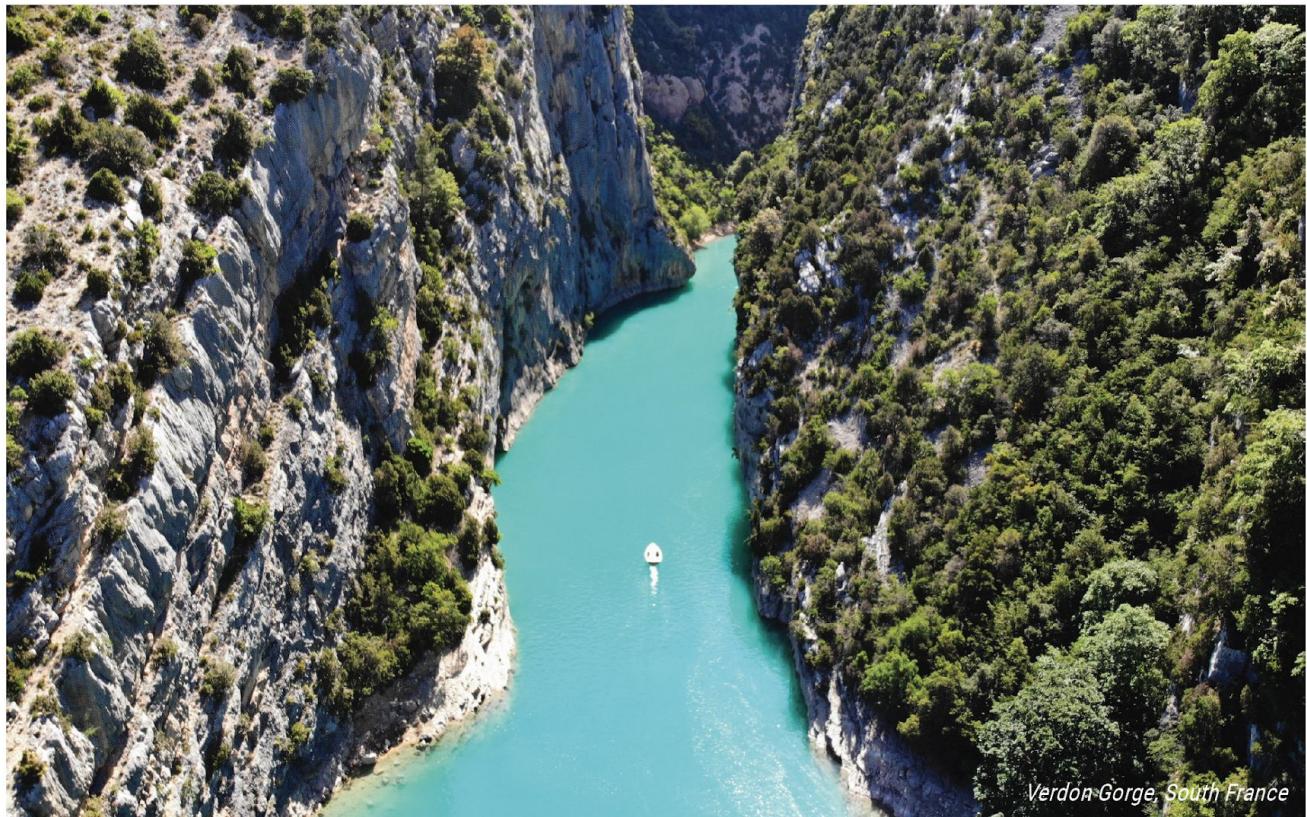
Garden islands and lagoon aquaculture yield speciality produce and seafood you won't find elsewhere – all highlighted in inventive Venetian cuisine, with tantalising traces of ancient spice routes. The city knows how to put on a royal spread, as France's King Henry III once found out when faced with 1200 dishes and 200 bonbons. Today such feasts are available in miniature at happy hour, when bars mount lavish spreads of cicchetti (Venetian tapas). Save room and time for a proper sit-down Venetian meal, with lagoon seafood to match views at canalside bistros and toasts with Veneto's signature bubbly, prosecco.

An Artful Lifestyle

Pity the day trippers dropped off at San Marco with a mere three hours to take in Venice. That's about enough time for one long gasp at the show-stopper that is Piazza San Marco, but not nearly enough time to see what else Venice is hiding. Stay longer in this fairy-tale city and you'll discover the pleasures of *la bea vita* (the beautiful life) that only locals know: the wake-up call of the gondoliers' '**Oooeeeeee!**', a morning spritz in a sunny campo (square), lunch in a crowded bacaro (bar) with friends and fuschia-pink sunsets that have sent centuries of artists mad.



Grand Canal, Venice



Verdon Gorge, South France

Coming up next

BONJOUR FRANCE

Your Lifetime Travel Newsletter / December 2019

WHEN

Jun 02 ~ Jun 18, 2019

WHERE

South France (Provence)
Avignon, Arles, Marseille,
Verdon Gorge

THEME

Stunning views, Gorgeous
taste of south France,
Roman ruins

France is about world-class art and architecture. It seduces with iconic landmarks known the world over and rising stars yet to be discovered. This country's cultural repertoire is staggering – in volume and diversity. And this is where the beauty of la belle France lies: when superstars such as Mademoiselle Eiffel, royal Versailles and the celebrity-filled French Riviera have been ticked off, there's ample more to thrill. France is, after all, the world's top tourism destination with some 89 million visitors each year who flock to the land of the Gauls to feast on its extraordinary wealth of museums, galleries, ateliers (artist workshops) and hands-on cultural experiences.

Visit www.lifetimetavel.com and subscribe our online newsletter.