

## MALTA & SOUTHERN ITALY

featuring Sicily, Sorrento & Rome

**19 days**

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### Day 1 Arrive in Malta

Welcome to Malta!

Malta has a greater density of historic sights than any other country. Starting with its unique prehistoric temples, some of the oldest stone buildings in the world, it also has Roman catacombs, medieval towns, and the extraordinary architectural and artistic legacy of the Knights of St John (the Knights of Malta). The British left behind red letter boxes and phone booths, as well as the language, in spite of which Malta (independent since 1964) remains thoroughly Maltese. The country has thankfully shaken off the British culinary legacy and is home to some excellent restaurants specialising in Mediterranean food.

Overnight in Malta.

Included Meal(s): Dinner, if required.

### Day 2 Valetta: City Tour & Dingli Cliffs

Today we explore Valletta—Europe's smallest capital at just 1000 by 600 metres—from a vessel showcasing why this location became the Mediterranean's greatest fortress. The city commands two natural harbours whose strategic value shaped 4,000 years of history. Our harbour cruise reveals the defensive genius that saved Christian Europe from Ottoman expansion. In 1565, Jean Parisot de la Valette led 600 Knights of St. John against 40,000 Ottoman invaders in the "Great Siege of Malta." Their miraculous victory prompted Felipe II of Spain to found a new capital worthy of these heroes—Valletta, built on Renaissance military engineering principles.

From Upper Barakka Gardens, we survey Grand Harbour's fortified peninsulas—Senglea and Vittoriosa—their bastions creating interlocking fields of fire that made Ottoman conquest impossible. The Grand Master's Palace, now housing Malta's presidency and parliament, preserves the Knights' aristocratic legacy. Walking through State Apartments where European diplomacy once unfolded, we examine 17th-century Gobelin tapestries depicting scenes from the Americas—reminders that Malta's Knights wielded continental influence. The Palace Armoury houses the world's finest medieval and Renaissance weaponry collection, with thousands of armor suits testifying to the military brotherhood that dominated Mediterranean warfare for three centuries.

"The Malta Experience," screened in the Knights' former hospital, provides us the perfect historical context through a 45-minute audiovisual presentation tracing Malta's story from prehistory to modern independence.

PLEASE NOTE: Malta's Hal Saflieni Hypogeum site and tour is a popular option should you choose to extend your stay outside of our tour. We do not include it in our program as the number of visitors per day is very limited and spaces tend to sell out before many/most of our travellers commit to our tour; as such, promising the visit in our itinerary is problematic. We suggest booking your own visit once our tour is 'guaranteed' to operate.

Most of our tours are accommodated in St Julian's, a smaller seaside district located just to the north of Valletta.

Overnight on Malta

Included Meal(s): Breakfast and Dinner

### Day 3 Valletta & Prehistoric Malta

Our Valetta sightseeing continues to St. John's Co-Cathedral, transforming our understanding of Baroque religious art. Built in the 1570s by Maltese architect Gerolamo Cassar, this masterpiece served as the Knights' spiritual heart. The interior's symphony of gold leaf, marble, and masterful painting demonstrates how military monks expressed devotion through artistic magnificence. Over 300 Knights lie entombed beneath elaborate marble floor slabs, each a decorative masterwork depicting heraldry and achievements. The Cathedral Museum houses Caravaggio's largest painting—"The Beheading of St. John the Baptist"—the only work the master ever signed, created during his turbulent Malta period (1607-1608).

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The National Museum of Archaeology introduces Malta's prehistoric temple builders who created the world's oldest freestanding stone structures. These artifacts, dating to the 4th millennium BCE, represent civilizations flourishing 500-1,000 years before Egypt's first pyramids.

At Hagar Qim, spectacularly positioned on cliffs overlooking Fila islet, we encounter architecture challenging assumptions about prehistoric capabilities. Built between 3600-3200 BCE, these temples demonstrate sophisticated understanding of astronomy and monumental construction. Massive limestone blocks—some weighing over 20 tonnes—were quarried, transported, and positioned using technologies lost to history.

Nearby Mnajdra Temple complex reveals how prehistoric Maltese developed increasingly sophisticated architectural forms. Careful alignment with solstices and equinoxes suggests these weren't merely religious centres but astronomical observatories connecting earthly worship to celestial cycles.

In Marsaxlokk village, brightly painted luzzu boats preserve Mediterranean maritime traditions, their distinctive eye symbols connecting contemporary fishermen to Phoenician customs over 2,500 years old.

Overnight on Malta

Included Meal(s): Breakfast and Dinner

#### Day 4 Day Trip to Gozo

The brief ferry crossing to Gozo transports us to an island that feels like Malta's rural cousin. Gozo maintains a distinct cultural identity and dialect, with landscapes and traditions that modern Malta has largely abandoned. The prehistoric temples of Ggantija rank among humanity's oldest religious monuments, dating back to 3600-3200 BCE. Local folklore attributes their construction to giants, and the megaliths' sheer size is awe-inspiring. Victoria, Gozo's capital, clusters around the fortified citadel of Il-Kastell, which has been continuously fortified for over 4,000 years.

Within the citadel, the Cathedral of the Assumption showcases trompe-l'oeil ceiling paintings that create illusory domes. The Archaeological Museum reveals how successive civilizations adapted the same strategic location to serve their defensive needs. The Folklore Museum provides intimate insights into traditional Gozo life, illustrating how island communities maintained self-sufficiency through ingenious adaptation to limited resources.

At Dwejra, we witness geological forces at their most dramatic. Two enormous limestone caverns collapsed to create today's Inland Sea, a lagoon connected to the Mediterranean through a 100-metre tunnel. Local fishermen guide us through this natural wonder, past the Blue Hole and Fungus Rock, where Knights of St. John once harvested rare medicinal plants. The cynomorium coccineus growing on Fungus Rock was highly valued for its medicinal properties, reminding us how biological diversity creates economic value across cultures. Overnight on Malta.

Overnight on Malta

Included Meal(s): Breakfast and Dinner

#### Day 5 Mosta, Mdina & Rabat

This morning, we visit the Rotunda Church of Mosta, a remarkable architectural achievement that dominates the island's central plateau. Based on Rome's Pantheon, its dome ranks as Europe's third-largest unsupported span. The church's most famous story emerged during World War II, when a German bomb penetrated the dome but failed to explode during evening mass. The unexploded bomb remains displayed as testament to faith surviving warfare's brutal realities.

We then proceed to Mdina, Malta's ancient capital, which preserves the medieval Arab city within massive fortifications. As we walk through the narrow streets, we experience urban planning designed for shade, privacy, and defensive strength. The Cathedral of St. Paul occupies the site where tradition claims the Roman governor Publius welcomed the shipwrecked apostle.

From Mdina's bastions, we take in panoramic views of Malta's landscape, understanding why successive conquerors established strongholds here. Next, we visit the nearby Rabat, where the Domus Romana reveals how wealthy Romans lived beyond official Mdina. The excavated

villa's mosaic floors and columned courtyards demonstrate provincial luxury. Finally, we explore the Catacombs of St. Paul and St. Agatha, which preserve early Christian burial practices and feature characteristic agape tables.

Overnight on Malta.

Included Meal(s): Breakfast and Dinner

## Day 6 Valetta, Malta - Palermo, Sicily, Italy

Today we fly to Palermo.\*

Palermo is the capital of both the autonomous region of Sicily and the Metropolitan City of Palermo. The city is noted for its history, culture, architecture and gastronomy, playing an important role throughout much of its existence; it is over 2,700 years old. To gain an initial understanding of the city's unique culture, start by wandering the streets of the old city. The mix of architectural styles points to the wave upon wave of invaders who have claimed the city as their own, as does the look of the locals.

\* Due to air scheduling considerations, we may elect to fly the group to nearby Catania instead of Palermo and transfer to Palermo from there (+/- 2 hours). For our purposes, Catania often has more convenient departure/arrival times.

Overnight in Palermo.

Included Meal(s): Breakfast and Dinner

## Day 7 Palermo: City Tour

We plunge into the sensory symphony of Il Capo market, where fishmongers display magnificent sword fish alongside glistening octopus, and Sicily's agricultural bounty creates a painter's palette of colours. Mount Etna's volcanic soil produces crisp apples, while Arab-introduced citrus trees offer their golden treasures. We sample fresh ricotta and pungent pecorino cheese, understanding how this island's fertility has sustained civilizations for centuries.

We then move to Piazza Praetoria, where the "fountain of shame" shocked 16th-century locals with its renaissance nudes—a testament to Sicily's complex relationship with outside influences. The baroque Quattro Canti divides the old city into four quarters, each corner representing a season and a Spanish monarch. At the Martorana Church, we witness the extraordinary fusion of Arab-Norman architecture, its interior ablaze with Byzantine mosaics that shimmer like captured starlight.

Our journey concludes at Monreale, the "Royal Mountain," where Norman King William II constructed a cathedral to demonstrate his kingdom's sophistication. We finish at the remarkable Church and Monastery of Santa Caterina d'Alessandria, where Dominican nuns once perfected the art of sweet-making in these very cloisters. The convent's rooftop terraces provide sweeping views across Palermo's piazzas, while the onsite bakery I Segreti del Chiostro continues centuries-old traditions.

As this is a large site, we end today's formal tour here so you can choose to linger and explore on your own before gathering for dinner this evening.

Overnight in Palermo.

Included Meal(s): Breakfast and Dinner

## Day 8 Palermo - Segesta - Selinunte - Agrigento

We journey across Sicily's ancient Greek heartland, where colonies once rivalled Athens in wealth and ambition. Sicily was part of Magna Graecia—when mainland Greece grew overcrowded in the 8th century BC, bold settlers sailed west seeking new fortunes. To them, Sicily represented what the Americas would mean to 16th-century Europeans: vast possibilities, untold riches, and considerable dangers.

Our first stop is Segesta, where a perfectly preserved Doric temple stands as testimony to Greek architectural mastery. This powerful

city-state waged bitter wars with its rival Selinunte, our next destination. After a break for lunch, we explore Selinunte's magnificent ruins, once home to over 100,000 inhabitants and boasting an unrivalled temple-building program. Lost to history until a Dominican monk rediscovered its location in the 16th century, these temples rank among the ancient world's most impressive monuments.

We continue to Agrigento, where tomorrow we'll witness Sicily's most spectacular Greek legacy.

Overnight in Agrigento

Included Meal(s): Breakfast and Dinner

### Day 9 Agrigento: Site Tour - Piazza Armerina - Enna

We begin among Agrigento's magnificent temples, where five elevated structures create a picture-perfect tribute to ancient paganism's enduring power. Time, earthquakes, Punic Wars, and Christianity's rise have all tested these World Heritage landmarks, yet they remain defiant against Sicily's azure sky.

Next, we travel inland to explore Villa Romana del Casale near Piazza Armerina, a vast 4th-century complex that may have belonged to co-emperor Maximianus. This archaeological treasure houses some of the world's most beautiful Roman mosaics, including detailed hunting scenes, mythological images, and the delightful "bikini girls" performing ancient aerobics—proof that athletic fashion has ancient roots.

We then proceed to Enna, perched high in Sicily's interior. You'll have free time to explore this mountain town, perhaps visiting the Castello di Lombardia or Torre di Federico II for stunning panoramic views; your Tour Leader will point you in the right direction.

Overnight in Enna

Included Meal(s): Breakfast and Dinner

### Day 10 Enna - Siracusa: Archaeological Park

We travel toward Sicily's eastern coast, coming within sight of Mount Etna's imposing slopes. At 3313m (10,866 feet), Etna stands as one of Earth's most active volcanoes—both blessing and curse for local inhabitants. While volcanic soil creates extraordinary fertility, the constant threat of eruption looms; Catania was nearly buried by lava flows in 1669.

We arrive in Siracusa (Syracuse) and tour the Archaeological Park, including the Greek theatre where ancient dramas once echoed, the Monumental Altar of Hieron II, and the Latomia del Paradiso quarry with its famous "Ear of Dionysius." After a break for lunch, we explore Ortygia, old Siracusa's historic heart, wandering narrow streets where we discover the Temple of Apollo, Fountain of Aretusa, the main piazza, and the remarkable Duomo—a former Temple of Athena transformed into a Christian cathedral.

Overnight in Siracusa.

Included Meal(s): Breakfast and Dinner

### Day 11 Siracusa - Mount Etna - Taormina

We depart Siracusa and drive up the east coast toward Taormina, with stunning views of Mount Etna dominating our horizon. We'll make a detour and drive up Etna's slopes—have a sweater handy as we'll be approaching 1,800m (6,000 ft)! (Depending on weather, we may explore Mount Etna tomorrow instead.) This is Europe's highest volcano and one of the world's most active; its spectacular eruptions and fiery lava flows have fascinated scientists and visitors for millennia.

We continue to Taormina, arguably Sicily's most beautiful town—an ancient hilltop settlement full of history and culture, perfectly positioned between mountains and sea. Taormina's reputation for welcoming travellers spans centuries, combining incredible heritage in archaeology and architecture with genuine Sicilian hospitality.

Overnight in Taormina.

Included Meal(s): Breakfast and Dinner

### Day 12 Taormina: City Touring

We begin with a leisurely walking tour starting at the almost perfectly-preserved Greco-Roman amphitheatre, Taormina's greatest treasure. This 3rd-century cliff-side arena once seated 5,000 spectators, with Mount Etna framed perfectly as a backdrop to the 1,800-year-old stage—a setting that continues to inspire artists and performers today.

We explore the Palazzo Corvaia with its fascinating blend of Arab, Norman, and Catalan elements, where Sicily's first parliament convened in 1410. The charming Corso Umberto I pedestrian street runs the town's length, lined with shops and boutiques leading to Piazza IX Aprile, where lovely views stretch across Naxos harbour to the Italian mainland. Above us rises the medieval fortress, while in Piazza del Duomo, Taormina's 15th-century basilica stands beside a fountain topped by the town's symbol: a female centaur statue.

The afternoon is yours for independent exploration of this enchanting town.

Overnight in Taormina

Included Meal(s): Breakfast and Dinner

### Day 13 Taormina, Sicily - Paestum, Italian Mainland

We take a short ferry ride from Sicily to the Italian mainland and proceed by motor coach to Paestum, where three Doric Greek temples rank among the world's best preserved, rivalling those of Sicily and Athens. Originally built without mortar or cement—simply covered by terra-cotta tile roofs supported by wooden beams—these temples survived even the great earthquake of AD 69 that reduced Pompeii to rubble.

After periods of native Italian control in the 5th and 4th centuries BC, Paestum fell to Rome in 273 BC and was renamed. It remained a Roman town until deforestation of nearby hills turned the area into swampy marshland. Plagued by malaria and pirates, Paestum's ruins lay relatively untouched until rediscovered in the 18th century.

Overnight in Paestum

Included Meal(s): Breakfast and Dinner

### Day 14 Paestum - National Archaeological Museum - Pompeii

We travel to Naples where we see the colourful harbour front and Castel dell'Ovo, a 12th-century fortress built on ancient villa ruins, before visiting the National Archaeological Museum. This impressive facility houses one of the world's most comprehensive collections of Greek and Roman antiquities. Built on Santa Teresa Hill as military barracks, later transformed into a university campus, it was remodelled in 1790 to receive the treasures of Pompeii and Herculaneum.

We then visit ancient Pompeii, dug out from volcanic ash and pumice stone deposited by Mount Vesuvius's eruption in AD 79. This entire area provides a fantastic record of how ordinary Romans lived their daily lives. We explore the House of Vetti, the most elegant of Pompeii's villas, and examine the intriguing House of Mysteries. The nearby House of Faun occupies an entire city block with four different dining parlours and two spacious gardens.

Overnight in Pompeii

Included Meal(s): Breakfast and Dinner

### Day 15 Pompeii: Herculaneum & the Amalfi Coast

This morning we visit Herculaneum, a small town that was buried under Vesuvius's lava. Our tour here will include the baths, which were built during the reign of Augustus. An outstanding example of how the aristocracy lived is provided at the Casa dei Cervi.

We then drive along the famous Amalfi Coast on a winding road carved out of the rock in the mid-19th century. This scenic and unforgettable drive takes us to Amalfi, a resort town on the peninsula of the same name where we take a walking tour of the city. We will see the beautiful Duomo cathedral with its 13th century bell tower, the main square of the town, and the Cloister of Paradise.

After a break for lunch and some free time in Amalfi, we take the ferry to the port of Salerno where our bus will be waiting. This is a great way to truly experience the spectacular coastline with this relaxing journey (calm weather-permitting!).

On arrival in Salerno we'll rejoin our bus and return to our Pompeii hotel.

Overnight in Pompeii.

Included Meal(s): Breakfast and Dinner

### Day 16 Pompeii - Monte Cassino - Rome

Today's journey takes us to north to Rome via Monte Cassino. During the Roman Empire, the abbey located here was one of the great European centres of Christendom and one of the largest repositories of ancient learning. In 1944, Monte Cassino was destroyed by the Allied forces who suspected that it was occupied by German troops. The military cemetery on the nearby hill contains the graves of 1,100 Polish soldiers who lost their lives in the final assault.

Later we continue to Rome.

Overnight in Rome.

Included Meal(s): Breakfast and Dinner

### Day 17 Rome: City Tour

We begin our guided tour at the 2,000-year-old Colosseum, built to seat 55,000 spectators for Rome's most brutal gladiatorial combats. We walk through the Roman Forum where we see the Curia, Rostra, Temple of Vesta, Basilica of Constantine, and Arch of Titus. Continuing upward, we reach the Campidoglio (Capitoline Hill), seat of the Roman Senate since the 12th century and the city's original citadel. This beautiful square was redesigned by Michelangelo in the 16th century.

We arrive at Piazza Navona where we can break for lunch at restaurants and cafes surrounding the square. Here we admire the impressive Fountain of the Four Rivers, with detailed figures representing the Nile, Ganges, Danube, and Plate rivers.

We continue to the famous Trevi Fountain, designed by Nicholas Salvi in 1732, its water supplied by one of Rome's earliest aqueducts. Throwing a coin ensures your safe return to Rome. We also visit the temple-turned-church Pantheon and admire its perfect proportions on our way to the Spanish Steps, where we finish today's tour.

NOTE: Due to traffic problems and the fact that today's sites are reasonably close to each other, much of today's tour will occur on foot and with Rome's efficient public transit system (cost of tickets included). Any sightseeing not accomplished today will be moved to tomorrow afternoon.

Overnight in Rome

Included Meal(s): Breakfast and Dinner

### Day 18 Rome: the Vatican Museums & St. Peter's

We travel by metro to the west side of the Tiber River and begin our visit to Vatican City with a guided tour through the immense Vatican Museums. This amazing collection houses some of the world's most important Greek and Roman sculptures, Renaissance paintings, Flemish tapestries, and mosaics. Understandably, this collection attracts more than 3 million visitors annually. We also visit Michelangelo's Sistine Chapel to absorb its breathtaking frescoes.

Entering the cavernous interior of St. Peter's Basilica, we appreciate its many treasures, including Michelangelo's Pietà. At the Vatican tour's conclusion, we visit the elegantly symmetrical Piazza St. Pietro.

After a break for lunch, we continue with any sightseeing carried over from yesterday.

NOTE: The timing/order of today's sightseeing can vary depending on seasonality. Early spring and late fall tours can often begin in the morning due to lighter crowds. Busier times often dictate an afternoon/evening visit to avoid morning crowds; indeed, we may include lunch instead of dinner today to expedite our activities. Your Tour Leader will advise of any adjustments upon your arrival in Rome.

Overnight in Rome

Included Meal(s): Breakfast and Dinner

### Day 19 Departure

Departure from Rome.

VIAGGIO BUONO!

Included Meal(s): Breakfast