



## CARE MEDICA ELITE LIFESTYLE TRIPS: (OCTOBER 2025 / ROME, UMRBIA, TUSCANY)

### DAY 1 (OCT. 12): ARRIVAL TO ROME

- **Arrival:** Upon arrival at Rome's Leonardo Da Vinci Airport (FCO), our **CareMedica Elite** travel group will meet for a warm, welcoming introduction. After a brief meet-and-greet, we'll whisk you away by private minivans to the **Hotel Romanico Palace**, a luxurious 4-star hotel nestled in the elegant Parioli District. Just three blocks from the fashionable Via Veneto and within walking distance of the iconic **Spanish Steps**, this charming hotel will be your home for the first two nights.
- **Hotel Check-in:** After checking in and settling into your room, you'll have time to relax and unwind.
- **Golf Cart Tour:** In the afternoon, for those eager to explore, join a fun and informative **golf cart tour** that will take you through the very heart of Rome. Visit the **Pantheon**, **Piazza Navona**, **Campo de Fiori**, and the historic **Trastevere** neighborhood, and see the famous **Mouth of Truth**, immortalized in the classic film *Roman Holiday*.
- **Welcome Dinner:** In the evening, enjoy an unforgettable **rooftop Welcome Dinner**. As you dine on exquisite Italian cuisine, you'll have the chance to mingle with fellow travelers and soak in panoramic views of the Eternal City.

## DAY 2 (OCT. 13): ROME SIGHTSEEING (PAPAL & IMPERIAL ROME)

- **Morning:** This morning, embark on a journey through the grandeur of **Imperial Rome**. Explore the colossal **Colosseum**, stand in awe at the **Circus Maximus**, and marvel at the monumental **Arch of Constantine**.
- **Lunch:** Enjoy free time to indulge in a leisurely lunch, perhaps savoring some of Rome's famed dishes.
- **Afternoon:** After lunch, we'll continue our exploration with a guided tour of the **Vatican Museums**. Be entranced by Michelangelo's legendary ceiling in the **Sistine Chapel** and the stunning **St. Peter's Basilica**, where you'll encounter Michelangelo's awe-inspiring **Pietà**. Skip the lines with fast-tracked entry and enjoy a personal listening device for an immersive, expert-led experience.
- **Evening:** The evening is yours to enjoy! Feel free to venture out and experience Rome's vibrant culinary scene. Local restaurant recommendations will be provided for a memorable dinner experience

## DAY 3 (OCT. 14): PERUGIA

- **Morning:** After a hearty breakfast, we'll depart Rome for the enchanting region of **Umbria**. Journey through the breathtaking countryside surrounding **Spoletto**, with panoramic views of the hills that will take your breath away.
- **Truffle Experience:** Arrive at a charming countryside location where we'll meet **Alessandro** for a one-of-a-kind **truffle hunting experience** with his loyal truffle-hunting dogs. The experience continues with a traditional **pasta-making demonstration** by Alessandro's mother, **Mamma**, where you'll learn how to make authentic **Umbrian pasta** from scratch!
- **Hotel Check-in:** Afterward, we'll head to **Hotel Brufani**, a **5-star** gem in the heart of **Perugia**. This elegant hotel is just a stone's throw from vibrant cafes, charming restaurants, and cultural landmarks.
- **Orientation Tour:** In the afternoon, take a leisurely stroll through the winding streets of **Perugia** with a local guide. Discover the unique charm of this medieval city perched on a hill, as you explore its hidden treasures.
- **Dinner:** Enjoy a **delicious dinner** at the hotel, followed by free time to wander the beautifully illuminated streets of **Perugia**.

## DAY 4 (OCT. 15): PERUGIA TO ASSISI, WINE TASTING, AND MORE

- **Morning:** This morning, we'll journey to the medieval town of **Assisi**, a UNESCO World Heritage site. Take a private guided tour of the awe-inspiring **Basilica of St. Francis**, where you'll marvel at the **stunning frescoes** that adorn the walls of both the **upper and lower basilicas**.
- **Afternoon:** After Assisi, we'll head to the picturesque **Montefalco region**, famed for its extraordinary wines. A private tour of a **fourth-generation family-owned vineyard** awaits, where you'll not only taste world-class Umbrian wines but also enjoy a delicious pairing of **local cured meats, pecorino cheese, bruschetta, and olive oil**.
- **Evening:** The evening is free for dinner, so take this opportunity to explore **Perugia** further and discover its own culinary delights!

## DAY 5 (OCT. 16): TUSCAN COUNTRYSIDE

- **Morning:** After breakfast, we'll make our way to the stunning **Tuscan countryside**. First, we'll stop in **San Gimignano**, a medieval village known for its **towering towers** and dubbed the "Renaissance Manhattan." Explore its quaint streets and make sure to visit **Gelateria Dondoli**, home to the **World Champion Gelato** – yes, **gelato is included** for everyone!
- **Lunch:** Enjoy free time to explore and enjoy lunch in this picturesque village.
- **Afternoon:** From San Gimignano, we'll continue to **Florence**, the city of Renaissance art, culture, and history. Before checking into our centrally located hotel, we'll stop at **Piazzale Michelangelo** for **breathtaking views** of this magnificent city – a perfect opportunity for photos.
- **Dinner:** We'll conclude the day with a special **dinner** at a local restaurant in **Florence**, the jewel of Tuscany.

## DAY 6 (OCT. 17): EXPLORING FLORENCE

- **Morning:** Start your day with a **guided tour of Florence**. Explore iconic landmarks, including the **Duomo, Ponte Vecchio**, and the **Uffizi Gallery**. Your guide will reveal Florence's rich history and its cultural masterpieces. End your tour in **Santa Croce Square**, Florence's leather and gold district.
- **Optional:** If you're interested, join a fascinating **gold and leather demonstration** to see how these ancient crafts have flourished in Florence for centuries.

- **Free Time:** The rest of the day is yours to explore! Whether you want to visit museums, stroll through beautiful gardens, shop for leather goods, or indulge in a delightful meal, Florence offers something for everyone.
- **Evening:** Free evening to enjoy dinner on your own, perhaps at a restaurant you discovered during your exploration of Florence.

## DAY 7 (OCT. 18): FLORENCE & PISA

- **Morning:** Take a **guided foodie walk** through the local **St. Ambrosia Market**, Florence's oldest market where locals shop for fresh ingredients. Sample **Schiacciato**, **Lampredotto**, **Cantuccini**, and the delectable **Coccoli** with stracchino cheese. It's a true taste of Florentine life!
- **Afternoon:** Next, we head to **Pisa**, home to the iconic **Leaning Tower**. A special train will take us as close as possible to the tower to minimize walking, giving you the perfect opportunity for photos. Meet **Roberto**, our local expert, who will share the fascinating history and legends of Pisa.
- **Evening:** After the tower experience, we'll enjoy a **'farm-to-table' Tuscan meal** at a local **Agriturismo** restaurant, where you'll indulge in freshly made pasta, local cheeses, cured meats, and world-class Tuscan wines.

## DAY 8 (OCT. 19): RETURN TO ROME

- **Morning:** It's time to say goodbye to Tuscany as we head back to **Rome**. Along the way, your **Tour Director** will provide all the details you need for your airport departure and answer any questions.
- **Hotel Check-in:** Check-in at the **Hotel Crowne Plaza**, a luxurious 4-star hotel offering spacious modern rooms, a full-service spa, and a refreshing swimming pool.
- **Afternoon:** Enjoy free time to shop, explore, or simply unwind.
- **Farewell Dinner:** In the evening, we'll gather for a **special Farewell Dinner**. This unforgettable evening will be made even more memorable by a **private concert**, making it the perfect end to our Italian adventure.

## DAY 9 (OCT. 20): AIRPORT DEPARTURE

- **Morning:** Say **arrivederci** to Italy as we transfer you from the **Hotel Crowne Plaza** to **Rome Fiumicino Airport** for your departure. Your exact departure time will depend on your flight schedule.

