

EXPLORE!

Family In the Shadow of Vesuvius (Lite version)

8 days

Italy - Trip code FNA

Family In the Shadow of Vesuvius (Lite version)

This charming corner of Italy is renowned for its superb scenery, mouth-watering cuisine and fine weather. Based in Sorrento, travel along the spectacular coastline of chic villages overlooking the Mediterranean. Visit the Roman city of Herculaneum and climb to the summit of Mt Vesuvius famed for its violent eruption in the first century. Join us on a child friendly discovery tour of Naples, feast on classic Italian pizza (which we get to make ourselves) and choose from a range of optional additional activities including kayaking, snorkelling, hiking and fishing.

This Explore Family holiday 'lite' option has been designed to offer you maximum flexibility; a great value price with many activities included but also the option to pick and choose additional activities you want to try. If half the family want to head out to the island of Capri whilst the other half want to take it easy, relaxing overlooking the Med - no problem, everyone can be accommodated! A full breakdown of the costs of each of the activities suggested on this trip are detailed in the downloadable trip notes - optional excursions section. Please note all activities are paid locally and are in addition to the basic holiday price on this Explore 'lite' family holiday.

TRIPLE ROOMS

This trip allows the option for triple rooms to be included within the booking on a selected number of night stops within the holiday. If you would like this option, a discount may be applicable on the cost of the trip - please ask our Sales team for further information.

Trip highlights

- ★ **Sorrento Peninsula** - Make pizza for the whole group
- ★ **Vesuvius** - Drive and walk to the summit
- ★ **Pompeii** - An intact city that has taught us about the Roman way of life
- ★ **Capri** - The most beautiful island in the Mediterranean
- ★ **Amalfi Coast** - Coastal villages and the picturesque gem of Amalfi town
- ★ **Italian Food** - Sample delicious pizza, ice-cream and local produce

ACCOMMODATION GRADE:

Standard

Our standard, mid-range accommodation offers a good level of service, often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en suite facilities.

TRIP PACE:

Moderate

Moderate pace tours are ideal if you want a holiday which combines exciting activities and experiences with plenty of time to relax and unwind. Typically you'll be active and busy for part of the day but then also have time to rest and recharge your batteries.

GROUP SIZE:

14 - 20

Maximum group size ranges from between 6 to 20 people, depending on the type of trip, the transport and accommodation used and activities included. We rarely have groups that are smaller than five or six people and the average is 12 people plus an Explore leader.

Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

DAY 1 - Join trip Naples Airport, drive to our hotel just outside Sorrento

Our trip starts at Naples airport from where it is around a 1.5 hour drive to the lovely Sorrento Peninsula, our base for the week exploring the glorious beauty and historic delights along this sought after region of southern Italy.



Accommodation: La Ripetta Hotel di Piano di Sorrento (or similar)



Standard Hotel



Meals Provided: None

DAY 2 - Train to Vesuvius, guided tour of Herculaneum

This morning sees us travelling by train to Vesuvius and walk to the rim of the volcanic crater, from where there are remarkable views of Naples, the coastal plain and the glistening bay. Vesuvius is the only active volcano on the European mainland and dominates the skyline between Naples and Pompeii, rising up from the flat and fertile plains. Since the mighty eruption of AD 79, which destroyed Pompeii and Herculaneum, it has had another 18 violent eruptions, the last one being in 1944, surprising the Allied forces and destroying an entire squadron of 88 B-25 bombers belonging to the American Air Force! Don't worry though - Vesuvius is amongst the most studied and closely monitored volcanoes in the world, so we should get plenty of warning if it does blow again.

From here we continue onto Herculaneum. Like Pompeii, Herculaneum was buried by the eruption. Unlike Pompeii, however,

Herculaneum was actually more preserved than destroyed by the blast; this means that many of the buildings within the site are still well preserved. On arrival we will enjoy a guided walk around this remarkably well-preserved example of a provincial Roman city, until one fateful day some 2,000 years ago when the powerful eruption of nearby Mount Vesuvius buried the city in hot ash, preserving forever the town and its unfortunate citizens.

Return to our hotel by train. Dinner is included tonight



Accommodation: La Ripetta Hotel di Piano di Sorrento (or similar)



Standard Hotel



Meals Provided: Breakfast & Dinner

DAY 3 - Explore the clifftop towns of Positano and Amalfi

This morning we travel to the nearby towns of Positano and Amalfi. Driving one of the most famous coastal roads in the world, our visit to Amalfi is without doubt one of the highlights of this coastal region.

Stopping at Positano first, the town is perched on an enclave facing the Amalfi coast with sun bleached pastel coloured houses rising steeply from the water's edge interspersed with terraces full of lemon trees offering shade. Positano has more of an upmarket feel compared to its neighbour Amalfi, with a host of smart restaurants and highly fashionable retailers.

Continuing onto Amalfi, we have ample time to explore this compact town nestled between steep cliffs. The beautiful 11th Century Cathedral of St. Andrea dominates the town, with an impressive set of bronze doors that hailed from Constantinople, however it's well worth exploring the backstreets of Amalfi climbing up flights of steps to discover narrow alley ways of wisteria draped townhouses. Treat yourself to a gelato on the beach before heading back to our base in Sorrento.



Accommodation: La Ripetta Hotel di Piano di Sorrento (or similar)



Standard Hotel



Meals Provided: Breakfast & Dinner

DAY 4 - Free day, optional day trip in Capri and visit the Blue Grotto

Today is a free day to explore Sorrento, head down to the beach or take an optional trip getting the hydrofoil across the Gulf of Naples to the beautiful island of Capri.

Capri is a glorious island; its seductive charms have attracted many visitors for thousands of years. There is an option to visit the delightful Villa San Michele. Built on the site of the ruins of the villa once owned by the emperor Tiberius, this elegant property contains an interesting museum and the gardens have fantastic views of the island, the Sorrento Peninsula and Mount Vesuvius. If sea conditions allow, there may be time to visit the celebrated Blue Grotto, where refracted sunlight through the translucent waters produces iridescent effects of light and colour. Alternatively, you can walk to the Villa Jovis, the ruins of Tiberius' cliff top palace from where the views over the island and the Bay of Naples are nothing short of spectacular (the climb takes about 45 minutes and is fairly strenuous). More fantastic views are afforded from the top of Mount Solare, which can be accessed by chairlift at Anacapri town. Please let your Explore leader know in advance if you wish to book this activity as the hydrofoil gets very busy in the holiday season.



Accommodation: La Ripetta Hotel di Piano di Sorrento (or similar)



Standard Hotel



Meals Provided: Breakfast

DAY 5 - Guided trip of Naples focusing on ghosts and legends. Evening pizza making

After breakfast head into Naples by train and explore Naples' must-see spots, including the Royal Palace, Naples Cathedral and the Posillipo quarter, where you'll soak up incredible views of the Bay of Naples. This morning's tour has a focus on legends and ghosts of this great city, including exploring the labyrinth of tunnels and caverns that spread below the old town. Either travel back with the group to Sorrento or spend an extra few hours to explore this wonderful city, taking a later train back to our hotel.

This evening you'll get a hands-on lesson in the thing most important to Italians, food! Enjoy a pizza cooking demonstration after which we get to sample our pizza creations.



Accommodation: La Ripetta Hotel di Piano di Sorrento (or similar)



Standard Hotel



Meals Provided: Breakfast

DAY 6 - Try Gelato Italiano ice cream in Sorrento. Free afternoon for optional kayaking or snorkelling along the Sorrento coast

Our morning walking tour takes us through the centre of Sorrento. Sorrento is a rich and elegant city which straddles the cliffs overlooking the water to Naples and Mount Vesuvius and boasts plenty of good quality restaurants and cafe bars from where you can do what the Italians do best - people watching. The city is originally a favoured summer retreat of the Romans and attracted the likes of Casanova, Byron and Wagner so as you can see, we are in good company. On this tour, we see and experience some of the highlights of Sorrento such as the Cathedral, the public gardens and most importantly, a classic of Italian culture - the Gelato Italiano (Italian ice cream).

This afternoon left free to try kayaking or snorkelling along the Sorrento coast, exploring the inlets, coves and crystal clear waters of the Amalfi coast. Alternatively stroll down to the beach from our hotel



Accommodation: La Ripetta Hotel di Piano di Sorrento (or similar)



Standard Hotel



Meals Provided: Breakfast

DAY 7 - Free day


The last day on our week in Italy is left free for you to choose from a number of optional activities including taking a glass bottomed

boat, return to Pompeii to explore the Roman city that was buried by a giant mudslide, triggered by the eruption of Mt Vesuvius, the perfectly presented remains give us an amazing insight into the life of a Roman city. For food lovers, visit a mozzarella cheese making factory to create your own mozzarella with the help of professional cheese makers.


A farewell group dinner is included tonight at our hotel.



Accommodation: La Ripetta Hotel di Piano di Sorrento (or similar)



Standard Hotel



Meals Provided: Breakfast & Dinner

DAY 8 - Trip ends Naples Airport

This morning we drive back to Naples Airport where our trip ends.



Meals Provided: Breakfast

Family information

This Explore Family holiday 'lite' option has been designed to offer you maximum flexibility; a great value price with many activities included but also the option to pick and choose additional activities you want to try. If half the family want to head out to the island of Capri whilst the other half want to take it easy, relaxing overlooking the Med - no problem, everyone can be accommodated! A full breakdown of the costs of each of the activities suggested on this trip are detailed in the downloadable trip notes - optional excursions section. Please note some of the activities are paid locally and are in addition to the basic holiday price on this Explore 'lite' family holiday.

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Minimum age
7



Why book this trip

This adventure is great for families with a range of ages of children (minimum of 7 years) with included visits to highlights such as Vesuvius, Pompeii and the beautiful towns of Sorrento and Amalfi. We have a range of transport including trains, boats, ferry and bus which all give a flavour of the area and there are plenty of opportunities for family fun including making pizzas, discovering the Blue Grotto, visiting a buffalo farm and of course eating lots of Italian ice-cream. A great holiday to discover the beautiful Sorrento Peninsula area and meet other like-minded families.

What's included?



Included meals

Breakfast: 7
Dinner: 3



Transport

Bus
Boat
Ferry
Train



Trip staff

Explore Tour Leader
Driver(s)
Local Guide(s)



Accommodation

7 nights standard hotel

Trip information

Country information

Italy

Climate

April/May and October/November are pleasantly warm. June/September are the hottest months. Showers are common in Autumn.

Time difference to GMT

+1

Plugs

2 Pin Round

Religion

Roman Catholic

Language

Italian

Budgeting and packing

Optional activities

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations. Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

A selection of optional activities are listed below to help you budget for your Family adventure. Whilst the basic tour price you pay before you travel includes a great selection of highlights, we have also built in free time on this Explore 'lite' family holiday to allow you the flexibility to choose from a carefully selected range of additional excursions and activities or take time to relax, the choice is yours. At certain destinations along the way there may be several options to choose from and it may not be possible to fit all the activities in; your Explore Leader will be able to give advice on which are the most suitable for your family.

Almafi:

Day 3: Paper mill museum €3.50 per person

Day 3: Access to Villa Cimbrone, €7 adult €5 children under 10. Access to Villa Rufolo in Ravello €7 adult €5 children under 12

Capri:

Day 4: Full day trip to Capri by hydrofoil including a boat trip around the island €52 per person.

Day 4: For panoramic views of Capri get the chairlift from Piazza Vittoria in Anacapri to Monte Solaro, 589 meters above sea level €11 per person.

Day 4: Entrance to Villa San Michele with spectacular sea views and fine gardens €8 per person.

Days 6 or 7: Mozzarella factory. €32 per person

A one hour introduction to the art of mozzarella making. The tour includes the opportunity to create your own mozzarella with the help of professional cheese makers and time in the tasting room to sample all kinds of cheese from fresh mozzarella to the smoked variety accompanied of course with a glass of local wine.

Days 6 or 7: Kayaking in Sorrento. 2 hours €35 per person, 3 hours €45 per person

Single or double kayaks available - full guided tour to explore many of the archaeological sites of the Sorrento peninsula including ancient Roman villas and secluded bays.

Days 6 or 7: Snorkelling in Sorrento. 3 hour boat excursion €35 per person, departs at 0930 and 1500

Naples:

Days 4, 6 or 7: Naples hop on hop off bus, €23 adult, €11.50 children under 15, €66 family ticket (2 adults and 3 children) It's possible to purchase a card that gives access to dozens of museums and cultural sites, the artecard Napoli costs €21 adults, €12 child and lasts for 3 days.

Clothing

July and August are the hottest months, but early and late in the season go prepared with clothing to suit drops in temperature and the showers. You'll need your swimming gear and a beach towel. Light rainwear may be needed at any time of year, and a warm fleece/jacket is recommended for cooler evenings and nights.

Footwear

Light walking boots for optional day walks. Comfortable shoes, trainers or sandals for relaxing.

Luggage

20kg

Luggage: On tour

One main piece and a daysac.

Equipment

A water bottle, sunhat and high factor sunscreen are all essential.

Tipping

Explore leader

At your discretion you might also consider tipping your Explore Leader in appreciation of the efficiency and service you receive.

Local crew

Although entirely voluntary, tipping is a recognised part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. Accordingly you should allow approx. £20 for gratuities.

In order to make things easier for you, the Explore Leaders may organise a group's tips kitty and if this is the case, they will account for it throughout the trip.

Country Information

Italy

Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Lunch price

£5.00 - 10.00

Dinner price

£15.00 - 20.00

Beer price

£2.00 - 4.00

Water price

£1.00 - 2.00

Foreign Exchange

Local currency

Euro.

Recommended Currency For Exchange

GBP.

Where To Exchange

We recommend that you change any currency into Euros prior to arrival. Bureau de Change are generally only found in major cities and large airports.

ATM Availability

Major towns.

Credit Card Acceptance

Larger hotels and restaurants.

Travellers Cheques

Only in major towns. Please note, the exchange rate for cash and Travellers Cheques is poor.

Transport, Accommodation & Meals

Transport Information

Bus, Boat, Ferry, Train

Accommodation notes

Booking a Single Room

All of our group tours are planned and operated on a twin-share basis, meaning that the standard cost is based either on individual

travellers sharing accommodation with another group member of the same sex, or people who book together sharing accommodation. Please refer to the tour notes where the single room option availability is detailed on a night by night basis for this tour, and the price for the available nights is detailed on the dates & prices tab by departure date. For Self-Guided trips the Single Room supplement offers the option of a single room each and is charged per person. The Single Room supplement also applies to the third person in a party of three that will be accommodated in a single room.

Our hotel in Sorrento offers a very comfortable stay with a large pool and terrace area from where we can relax in the greenery of a small citrus grove. There is also a gym with a cardio-fitness system as well as a spa wellness area where you can have massages and beauty treatments. The restaurant serves dishes based upon the Sorrento and Neapolitan culinary traditions. Each room is equipped with satellite TV, Wi-Fi, air-conditioning, minibar and hairdryer. The hotel in Scala is a newly built family run hotel in the centre of the town with a large terrace for sunbathing, a swimming pool and solarium. Ensuite rooms have a balcony, TV and air-conditioning. There is also a bar and restaurant with a terrace that overlooks the surrounding area.

Family swimming

All the hotels have a pool

Essential Information

FCO Advice

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office advice click [here](#).

For more information from Explore about travel advice, click [here](#)

Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

Price Guarantee

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

Visa and Passport Information

Italy: Visas are not required by UK, E.U Nationals, Australian, New Zealand, US and Canadian citizens.

Other nationalities should consult their local embassy or consular office.

If you do require assistance in obtaining a visa then you may consider applying through Explore's recommended visa service in the UK, Travcour. See www.travcour.com to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

Booking conditions

Before booking your Explore trip, please ensure that you read both our [Essential Information](#) and [Booking Conditions](#).

Transfers

[Find out more about Trip Transfer Terms and Conditions before you book.](#)

Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. The exception to this rule is customers

who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Polar, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer [click here](#)

Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

Read more information about what travel insurance is required.

Flight information

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. [Read more about them here.](#)

Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

Non refundable permits

Italy

Vaccinations

Nothing required. Tetanus recommended. Please check the latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at [Explore Travel Health](#) and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.