



AROUND THE SUN

Exploring Southern Italy

(the food, wine & culture of Rome, Campania & Sicily)

in the footsteps of St Paul & St Clement

St Paul & St Clement in Rome & Southern Italy

ST PAUL

St Paul was a great traveller and the journeys he undertook, the letters that he wrote, and the account of his remarkable life are a cornerstone of Christianity. His travels took in much of the ancient world, including **Sicily**, **Pozzuoli** (a port on the Italian mainland, near Naples), the Appian Way, and **Rome**. It is believed he was beheaded between 66-68 AD at Aquae Salviae (now known as Tre Fontane) outside Rome.

Acts 28

*It was at the end of three months that we sailed, in a ship from Alexandria which had wintered at the island [Malta]... We put in at **Syracuse** [Sicily], where we waited for three days; then we coasted round the further shore, and so arrived at Rhegium [Reggio Calabria, Calabria]. When we had spent a day there, a south wind came on, and we made Puteoli [**Puzzuoli**, near Naples] on the second day out. Here we found some brethren, who prevailed on us to stay with them for a week. And so we ended our journey at Rome.*

*The brethren there, who had heard our story, came out as far as Appius' Forum [on the **Via Appia**] and on to the Three Taverns, to meet us; Paul gave thanks to God and took courage when he saw them.... And for two whole years he lived in a lodging hired at his own expense, and welcomed all who came to visit him, proclaiming God's kingdom, and teaching them the truths which concern our Lord Jesus Christ, boldly enough, without let or hindrance.*

St Paul's Epistle to the Philippians

*Therefore, my brothers and sisters, you whom I love and long for, my joy and crown, stand firm in the Lord in this way, dear friends! I plead with Euodia and I plead with Syntyche to be of the same mind in the Lord. Yes, and I ask you, my true companion, help these women since they have contended at my side in the cause of the gospel, along with **Clement** and the rest of my co-workers, whose names are in the book of life.*

ST CLEMENT

St Clement was both St Peter and St Paul's contemporary (and therefore an Apostolic Father) and he is considered by some to have been the second pope (after St Peter). He was banished from Rome to the Crimean Peninsula and martyred by being thrown into the Black Sea, weighed down by an anchor. Some of his remains are believed to be in **Rome** at the Basilica di San Clemente.

St Clement's First Epistle

*By reason of jealousy and strife **Paul** by his example pointed out the prize of patient endurance. After that he had been seven times in bonds, had been driven into exile, had been stoned, had preached in the East and in the West, he won the noble renown which was the reward of his faith,*

Having taught righteousness unto the whole world and having reached the farthest bounds of the West; and when he had borne his testimony before the rulers, so he departed from the world and went unto the holy place, having been found a notable pattern of patient endurance.

Around The Sun's 23-day, tailor-made tour of Southern Italy for St Clement's Anglican Church, with a special focus on St Paul and St Clement. \$???? per person sharing twin/double room.



ROMA

DAYS 1 TO 7
7 NIGHTS
7 BREAKFASTS
5 DINNERS
PRIVATE TRANSFERS
TRANSPORT

Your journey in the Eternal City begins with a sightseeing tour of the most important monuments of the ancient Roman Empire

We visit the **Colosseum** (above, with Arch of Constantine in foreground) one of the greatest works of Roman architecture: an impressive amphitheatre used for gladiators' games, mock sea battles, executions, animal hunts and public spectacles. From here we take a walking tour towards the ancient Roman Forum.

On the **Via Sacra** (Sacred Road), we admire the **Arch of Titus**: a 1st century arch constructed to commemorate the victory that culminated in the destruction of the Jewish Temple in Jerusalem in 70 AD. The arch provides an exceptional depiction of some of the actual contents of the Jewish Temple.



ROMA

From the **Roman Forum** (above) we start our journey in footsteps of St Paul. We visit the **Carcere Mamertino** (Mammertine Prison) where tradition maintains Peter and Paul were both held captive before their martyrdoms. We visit the Church of **San Paolo alla Regola** and **Church of Santa Maria in Via Lata** which are believed to have been built where St Paul lived and taught during his time in Rome.

We travel to the peaceful **Abbazia delle Tre Fontane** (Abbey of the Three Fountains), a Cistercian monastery complex built on what is believed to be the site of St. Paul's martyrdom. The Church of St Paul at the abbey has a stone column to which St Paul was bound, and the **Church of Santa Maria Scala Coeli** (St Mary of the Stairway to Heaven) is associated with both St Zeno and St Bernard. The monastery's Trappist fathers planted eucalyptus trees in the 1860s, believing they would drive away malarial mosquitoes that plagued the locality; a eucalyptus liqueur is now brewed from the trees and sold in a little shop along with chocolate and other products.

We visit the ancient and beautiful **Basilica Papale di San Paolo fuori le Mura** (St Paul's Outside-the-Walls) where we visit St Paul's tomb. The basilica includes Byzantine mosaics and a cloister that is considered a masterpiece of 13th century architecture.

We also visit the fascinating **Basilica di San Clemente al Laterano** (Basilica of St Clement), which incorporates three buildings in the current building's fabric. The first was the home of a Roman nobleman and dates from the republican era. The basement of this house was used as a mithraeum in the 2nd century; the altar, in the shape of a sarcophagus survives. Some time in the 4th century the mithraeum was filled in and a basilica was built over the top. The current basilica dates to the 11th century and is one of the most richly-decorated churches in Rome, with a large collection of medieval wall paintings. Irish Dominicans have been the caretakers of San Clemente since 1667.

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7 NIGHTS
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ROMA

During our sojourn in Rome we visit **Vatican City**, an independent ecclesiastical state ruled by the Pope, and a UNESCO World Heritage Site.

We visit the impressive Vatican Museums, with hundreds of galleries filled with art treasures, from Egyptian to Greek and Etruscan, and the **Pinacoteca Vaticana** (Vatican Art Gallery), which contains masterpieces from the greatest Italian artists: from Giotto to Raphael, from Leonardo to Caravaggio. The undoubted highlight is the Sistine Chapel, world famous for Michelangelo's ceiling frescoes of the Last Judgment.

Then we visit the **Basilica di San Pietro** (St. Peter's Basilica, above). It has the largest interior of any Christian church in the world, and a spectacular dome designed by Michelangelo. It has been described as 'the greatest of all churches of Christendom'. According to tradition, Peter's remains are below the altar.

We visit the 1900-year-old Roman temple dedicated to all the Gods: the Pantheon. From here, we start a lovely walking tour around the historical centre of Rome, enjoying the view of the amazing **Fontana di Trevi** (Trevi Fountain) and the **Piazza Navona** an impressive example of baroque Roman architecture and art.

Our Roman adventure also includes the **Via Appia**, the most important Roman road, the **Catacombe di San Callisto** (Catacombs of St. Callixtus), the **San Sebastiano ad Catacumbas** (Basilica of St. Sebastian at the Catacombs) and the **Mausoleo di Caecilia Metella** (the Tomb of Cecilia Metella). The catacombs contain almost half a million tombs of early Christians in a network of galleries. Paintings and epigraphs provide insight into the lives and beliefs of the early Christians.

DAYS 1 TO 7

7 NIGHTS

7 BREAKFASTS

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PRIVATE TRANSFERS

TRANSPORT



NAPOLI

On Day 8 we say “*arrivederci*” to Rome and take the express train to Naples. A private transfer takes us from the station to our centrally-located hotel.

Naples is noisy, crowded, and a bit intimidating, but it is also vibrant, fascinating and beautiful. And, of course, it is the proud birthplace of pizza. The city's long and complex history is written in the streets, the faces of its people, and the challenging reality of the present day.

UNESCO has declared the centre of Naples a World Heritage Site, but the surrounding region is dramatically beautiful and has many extraordinary sights - from Mt Vesuvius to the island of Capri.

The range of sights waiting for you in the heart of Naples includes the **Duomo di Napoli** (Cathedral of Naples), the **Chiesa del Gesù Nuovo** (Church of the New Christ, above), the **Palazzo Reale**, the **Teatro di San Carlo**, the **Museo Archeologico Nazionale di Napoli** and the **Napoli Sotterranea** - a fascinating series of underground tunnels, passageways, stairs, rooms and halls.

From our hotel we easily access the main Naples railway station from where we take a local train to the village of Ercolano, home to the ruins of **Herculaneum**. Herculaneum is smaller than Pompeii, and not as famous, but although it was destroyed during the same eruption that annihilated Pompeii it was buried by flows that allowed the preservation of wooden objects (including roofs, beds and doors).

DAYS 8 TO 14

7 NIGHTS

7 BREAKFASTS

4 DINNERS

PRIVATE TRANSFERS

TRANSPORT



NAPOLI

The **Campi Flegrei** (Phlegraean Fields) is a volcanic area just west of Naples, but effectively still within the city's suburban sprawl. Both the Greeks and Romans have left their impressive heritage dotted among craters and lakes.

The **Solfatara** is a small crater that is part of a dormant volcano. You can walk through the crater, and literally feel the heat beneath your feet. There are vents that emit sulphurous fumes, which have been used for medicinal purposes since ancient times.

We also visit the nearby ruins of the ancient Greek city of **Cumae**, which includes the famous Cave of the Cumaean Sibyl – in Greek times the most respected oracle in all the western Mediterranean, located in a interesting and unusual natural setting. The monument, entirely hollowed out of a tufa bank, is pervaded with a sense of mystery. According to Virgil's description (Aeneid, VI), it is in this place that the abode of the Sibyl, Apollo's prophetic priestess, must be located.

Then we will be transferred to **Baia**, once a popular and wealthy holiday resort: “Nothing is more sublime than the shores of Baia where it is possible to enjoy the sweetest delights and to fulfil the incomparable gift of health” (Cassiodorus' *Variae*, c AD 600).

The journey to the Campi Flegrei ends with a visit to **Pozzuoli**, also known as Puteoli meaning “little wells”, where St. Paul stayed some days before making his way to Rome via the Appian Way.

DAYS 8 TO 14
7 NIGHTS
7 BREAKFASTS
4 DINNERS
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TRANSPORT



NAPOLI

The beautiful Isle of **Capri** is a short ferry ride across the bay from Naples. This legendary island is surrounded by rose-tinted rocks and coves washed by a translucent blue sea, giving it the look of a precious marine gem. The stylish town with its busy and beautiful “piazzetta” is a labyrinth of twisting alleys, countless glamorous boutiques and fine restaurants.

The tour of the island takes us across steep and dramatic roads with amazing outlooks towards Vesuvius and rocky sea shores. The mountainous heights of the island have many stunning views. The Roman emperor Tiberius, the poet Pablo Neruda, Oscar Wilde and many others found their paradise on this island.

We enjoy a lovely walk towards the impressive Roman ruins of the **Villa Jovis**, the palace of Emperor Tiberius, before joining the coastal path along the **Arco Naturale**. Later we can choose to visit the Convent of San Giacomo and the Gardens of Emperor Augustus or relax, and enjoy a gelato, before returning to Naples by ferry.

We end our journey in Naples with the visit of **Pompeii**: the world’s most captivating Roman excavation. We reach the Pompeii ruins by local train and experience a journey through time to an ancient city. The devastating eruption of Mt. Vesuvius in AD 79 left impressive examples of everyday life in 1st Century.

DAYS 8 TO 14
7 NIGHTS
7 BREAKFASTS
4 DINNERS
PRIVATE TRANSFERS
TRANSPORT



SORRENTO, AMALFI, PAESTUM

On Day 15 we enjoy a great day tour around the Sorrento Peninsula and Amalfi Coast, visiting the main highlights and staying off the beaten track at Cava de' Tirreni.

Private transport takes us to the resort town of **Sorrento**, which lies on the southern side of the Bay of Naples, with panoramic views over the bay and Capri. According to tradition, the name is associated to the legend of the Sirens, mythological creatures who bewitched sailors with their songs.

Sorrento is surrounded by terraced orchards, and is famous for its lemons and especially for limoncello, a delicious liqueur made from lemons.

After Sorrento we reach the renowned town of **Amalfi**, once an important maritime republic: we have time to explore the picturesque town. Our next destination, **Cava de' Tirreni**, is located in a green and peaceful valley known as the green gate of the Amalfi Coast.

Cava de' Tirreni It is rich in history, but less touristy than other places along the Amalfi Coast. The beautiful colonnades and porticos of the Borgo Scacciaventi, and the town's narrow streets and alleys attest to its long history as an important market centre. It is well known for the Badia della San Trinita (Abbey of the Holy Trinity) a Benedictine abbey dating from 1011.

On Day 16 we visit **Paestum**, a place of myths, legends, and majestic Greek temples beautifully maintained.

Paestum's three Doric temples, from the fifth century BC, are among the best preserved of all antiquity. Ancient city walls rise from the coastal plains and there are three majestic temples within: the Temple of Neptune, the Basilica, and the Temple of Ceres. The first two are tied to the cult of Hera (the Greek goddess of marriage and wife of Zeus).

DAYS 15 & 16
2 NIGHTS
2 BREAKFASTS
2 DINNERS
TRANSPORT
PRIVATE TRANSFERS



SICILIA

"Without Sicily, Italy leaves no image in the soul. Sicily is the key to everything" wrote Johann Wolfgang Goethe in 'Italian Journey'.

Sicily is a distillation of three thousand years of history, a blend of traditions, cultures, outstanding natural beauty and exuberant people. It offers well-preserved Greek, Roman, Norman and Saracen ruins, vestiges of the classical world, ancient temples, Greek theatres and awe-inspiring active volcanoes like Etna, the highest volcano in Europe, one of Sicily's most iconic sights.

We reach Messina by ferry from Salerno, then our accommodation by private transfer. We visit **Siracusa**, the ancient port that St Paul visited en route from Malta to Pozzuoli and Rome.

Located on the southwest coast, Siracusa was founded in 733 BC and was once a powerful Greek port whose fleet was feared throughout the Mediterranean. It was the birth place of the scientist Archimedes and attracted visitors such as the philosopher Plato (and later St Paul).

We visit Ortigia, the island linked to Siracusa by the Ponte Umberto, strolling through the historic Piazza Archimede to the Duomo, once a 6th century BC temple dedicated to Athena before it was converted to a Christian cathedral in 640 AD. Then we explore a number of archaeological sites - the sparkling white Teatro Greco, the Ear of Dionysius, the Altar of Hieron II, and the Roman amphitheatre.

We also visit the charming village of **Taormina**. We can enjoy a walking tour of Sicily's most sophisticated and dramatic resort, celebrated by poets and writers alike! We can stroll the medieval streets of this delightful town and explore the shops along Corso Umberto, visit the Teatro Greco and the famous Villa Comunale. A scenic footpath with benches has views over the sea and Mt. Etna. Stop at the Piazza IX Aprile for a glittering view of Mt Etna before making our way across to the church of Sant'Agostino, the Palazzo Ciampoli and the Badia Vecchia.

- DAYS 17 TO 23
- 7 NIGHTS
- 7 BREAKFASTS
- 4 DINNERS
- TRANSPORT
- PRIVATE TRANSFERS



SICILIA

During our stay in Sicily we make an excursion to the summit of **Mt Etna**, the highest and largest active volcano in Europe! Feared and loved, it is both snow and fire, lush vegetation and lava. Weather permitting, we reach the summit by cable car and 4x4 bus.

We also explore the rocky **Necropolis Di Pantalica** (Necropolis of Pantalica), one of Sicily's many UNESCO Heritage Sites, and home to some 5,000 burial chambers of considerable archaeological interest, Pantalica is a place of great natural beauty, a deep limestone ravine carved out over millennia by the Anapo and Calcinara rivers. The tombs themselves were built between the 13th and 8th centuries BC.

DAYS 17 TO 23
7 NIGHTS
7 BREAKFASTS
4 DINNERS
TRANSPORT
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AROUND THE SUN

AROUND THE SUN'S TRIPS ARE *COMFORTABLE ADVENTURES

Every Around The Sun trip is based on the firsthand knowledge of Richard Everist and Lucrezia Migliore. Richard has written numerous guidebooks and had senior management roles with Lonely Planet and Peregrine Adventures. Lucrezia has worked and lived in a number of European countries. She speaks Italian, Spanish and French.

To establish Around The Sun, Richard and Lucrezia joined forces with a small number of friends who operate the best tours in the world. Together they create a range of comfortable adventures and extraordinary experiences. Around The Sun gives travellers opportunities to connect with local people, and not only to have a great holiday, but also to have a life-changing experience.

*Comfortable Adventures

- give you serious bragging rights
- are exciting and energising
- are off-the-beaten track
- connect you with culture and people
- have charming, comfortable accommodation
- use excellent, guides
- have great food
- allow you to relax
- are about enjoyment, not hard slog
- make you feel intensely alive
- make a positive difference to local people

Price: \$???? per person
sharing twin/double room

When you travel with Around The Sun, everything important is organised for you. Hotels, transport, guides and most (but not all) meals are included in the overall price. All you have to do is relax and enjoy yourself!

Hotels are charming, interesting and very comfortable.

Transport is either in a comfortable minibus with an Italian driver or on public transport when it is the most efficient alternative. We catch a 1st class train from Rome to Naples, and a comfortable ferry from Salerno to Sicily. We have private transfers to/from airports, train stations and ferry ports.

Italian cuisine is brilliant and our local knowledge guarantees you will experience the best.

Our English-speaking local guide will help lead you off the beaten track, introduce you to local people, and provide entertaining and interesting information.

Inclusions:

- 23 nights in hotels
- 23 breakfasts and 15 dinners
- Private transfers
- Public transport (bus/train/ferry) included in the program
- English-speaking local guide from day 1 to day 23

Not included:

- Visas, airfare and airport taxes
- Travel Insurance (compulsory)
- Tourist taxes to be paid locally
- Drinks
- Other meals not mentioned in the itinerary
- Entrance fees
- Anything not mentioned in "Inclusions"