



**WOMEN OF THE MIDWEST**

Travel Solo Together

# ITALY

## Eat - Live - Love

Rome - Apulia - Amalfi Coast

with Women of the Midwest

October 12-24, 2025



Dear Women of the Midwest,

If you are looking for a destination and time to just enjoy life, then this trip to Rome, Apulia, the Amalfi Coast, and Pompeii is for you!

Embark on a journey to experience the colors, sights, and smells of all that Italy has to offer.

We begin in Rome, an ancient history, art, and culture metropolis. The capital of the once great Roman Empire and Christianity, a city of wonder and passion, yesterday and today, all in a remarkable mixture and imperial setting.

Next is Apulia (or Puglia, as the local says), the sun-soaked heel of the Italian boot – brimming with silvery-green olive groves, whitewashed cities, and sapphire seas. Here, a calmer way of life still thrives. We will visit the countryside “massarias” (farmhouses), learn all about world-class olive oil, slumber in an elegant trullo, and nibble fresh focaccia in Lecce’s Baroque squares. Matera is a story by itself and one of the world’s oldest, still inhabited cities. A magical place, a complex of cave dwellings carved into the mountainside. Just wait and see!

Finally, we will bask in the delights of the Amalfi Coast. Be amazed by terraced cliffs plunging into a sparkling deep blue sea, colored bougainvillea draped over sherbet-colored villages, and small pebble beaches tucked into secluded coves. The scent of citrus and lemon orchards permeates the salty air, creating a plethora of memories. A visit to the city of Pompeii is included. In the shadow of Mt. Vesuvius, this place is where life abruptly ended 2,200 years ago; we will explore the remnants of this ancient civilization.

If warm welcomes, great food, good local wine, and the Old-World appeal that Italy is so famous for intrigues you, then join me! Let’s “Eat, Live, Love” our way through Italy.

Saluti,  
Anne Moore, Women of the Midwest Ambassador



Call Executive Travel’s Group Department today at 402-435-8888. Space is limited.

## Rome - The Eternal City



### October 12, 2025 - Sunday

Traveling to Rome, Italy

Our charming Italian culinary adventure begins as we take an overnight flight to Rome. Enjoy in-flight entertainment and meal service as you embark on a trip of a lifetime.

### October 13, 2025 - Monday

Welcome to Rome! Upon arrival, we meet our private tour guide and take a short drive to the center of Rome for a delightful welcome lunch at a local trattoria with dishes of Roman culinary traditions. We will check in to our centrally located hotel in the early afternoon. The remainder of the day is yours to relax and unwind. B (during flight) | L

### October 14, 2025 - Tuesday

Rome

After a delicious breakfast, we are ready to step back in time and visit "Ancient Rome," including the Roman Forum and the Colosseum. Its real name was the Flavian Amphitheatre, after the emperors who built it in the first century AD. "Colosseum" refers to the "colossal" statue of Nero that stood at the entrance at one time. The afternoon is free for shopping, "people-watching," and enjoying life. B

### October 15, 2025 - Wednesday

The Vatican City

After a delightful breakfast, we are off to another country! Ten minutes drive from our hotel, and we are in Vatican City! We will tour the Vatican Museums, a treasure trove of ancient Greek sculptures, medieval tapestries, and Renaissance paintings. Our visit culminates at the Sistine Chapel, where the Pope is elected. Next, we visit St. Peter's Basilica\*, by far the largest church in Christendom. We will see Michelangelo's Pieta, sculpted when he was just twenty-four, and Bernini's seven-

## Lecce - Baroque Alley



story bronze canopy about the main altar. Free time for lunch before we continue with a walking tour of the center of Rome to enjoy a classic movie-lovers experience through the movie settings in Rome. This is a unique chance to experience Federico Fellini's classic "La Dolce Vita" (The Sweet Life) and take in the atmosphere of the famous movie "Eat, Pray, Love." See the top sites in Rome, including restaurants, fountains, piazza (squares), and neighborhoods featured in the books and movies. Our last night in Rome will be celebrated with an amazing dinner at a special restaurant ...for movie lovers only! B | D \*The visit to St. Peter's Basilica is subject to availability based on any events planned by the Pope.

### October 16, 2025 - Thursday

Lecce

After breakfast, we will depart for the Apulia region and the town of Lecce. Lecce is the "City of Baroque" famous for its monuments and buildings. It is considered one of the most beautiful cities in Italy; you will soon understand why! It is a relatively small city but has a lot to offer. Surrounded by luscious nature and inspiring history, stirring unexpected delights and delicate Apulian cuisine. Upon arrival, we will freshen up, unpack, and meet for a short orientation tour on foot. Our welcome-to-Lecce dinner is served at a local restaurant and includes traditional dishes of the region. B | L (road-stop) | D

### October 17, 2025 - Friday

Squinzano – Hands-on Cooking

Breakfast is enjoyed, and we are ready to take in Lecce, also known as the "Florence of the South." You will fall in love with its indescribable Baroque style with cloisters, palaces, the beauty of Santa Croce Basilica, Piazza Duomo ...an unexpected world of treasures is right in front of us, most of

## Alberobello - Trulli Houses



it built in the famous Lecce stone, a local limestone used as a structural and also as a decorative material. The city dates back to Roman times. In Lecce, you will discover an infinite mix of people. The sea surrounds the region, and everyone would land here. You will see people who are blond with blue eyes and darker-skinned people with frizzled hair, but all with the same calm, peaceful, and tranquil attitude ...that's what Lecce does to you. Today, we will take a culinary tour of Apulia, starting with a walk to the local food market. This market is for food lovers, rich in all the local produce. We continue to our hands-on cooking venue in the nearby Squinzano, the area with the best olive oil and wine in this region. Off the tourist tracks and with our local experts, we will learn about authentic Italian cuisine. Our dishes are simple, tasty, and healthy. Recipes never written down but handed down from mother to daughter; this is what it is all about. We return to Lecce in the afternoon for a relaxing evening. B | C

### October 18, 2025 - Saturday

Castellana Grotte – Alberobello - Ostuni

After breakfast, we will explore more of the surrounding area. Our first stop will be in Grotte di Castellana, a small town home to a series of caverns carved out over the centuries by water streaming through the rocky soil (expect a 2.5-mile walk). Alberobello is up next (Alberobello means the "Beautiful Tree"). This is a UNESCO World Heritage site due to its trulli ("hat") houses (around 1,500 of them). A trullo is a unique dry-stone hat with a conical roof built without mortar. They have survived quite intact and function even in the modern world. We will discover the history, architecture, mystery, and symbolism of their finials and enjoy the fairy tale atmosphere of this amazing hamlet. Lunch is served at

## Olive Oil Tasting



a Massaria (manor farm), including the area's orecchiette ("little ears") pasta, a traditional homemade pasta. Our last stop is Ostuni, known as the White City and one of the most picturesque towns in Southern Italy. Clinging onto three hills, the old center is a spiral of whitewashed houses and cobbled streets with dramatic views of a sea of olive trees and, further away, the Mediterranean. We are back in Lecce for a relaxed evening. What's not to love? B | L

### October 19, 2025 - Sunday

Olive Oil tasting class – Lecce

This morning, we will take a half-day tour of a traditional olive oil farm. We will learn about high-quality extra virgin olive oil, the importance of cold-press, how to buy and store it, how to read the label, the health benefits of EVOO, and how to use olive oil in our food. In the afternoon, we will take a guided walking tour of the center of Lecce. We will visit the Basilica Santa Croce, the site of the most important Roman ruins - a 25,000-seat Amphitheater from the 1st century BC - and a column marking the end of the Appian Way. During our walk, we will also be introduced to an exceptional local craft: the art of paper-mâché. We will visit one of the oldest workshops in Lecce; this is one of the highlights of our journey. The paper-mâché phenomenon is unique to Apulia and dates back to the 17th and 18th centuries when the development of arts was linked to the increasing number of churches and monuments. As a "Grand Finale" of our stay in Lecce, take a "passeggiata," the nightly stroll most Italians take. Everyone is coming out, young and old. Enjoy the best people-watching. B | T | L

### October 20, 2025 - Monday

Matera

After a hearty breakfast, we will pack our luggage, check out from our hotel, and

## The Amalfi Coast



board our private motor coach to enjoy a guided tour of Matera. Matera has been a UNESCO World Heritage Site since 1993. It is the "City of the Caverns," a village of houses carved in the rock with exciting sea views and vegetation rich in "fichi d'india" (prickly pears, the flower of the cactus often used for jam), imposing agaves, and capers. Matera continues to be the destination of great actors and film directors. Mel Gibson said: "In fact, the first time I saw this place, I just went crazy because it was so perfect." We will check in to our hotel in the Matera area tonight, where dinner is enjoyed. B | D

### October 21, 2025 - Tuesday

Sorrento

Breakfast is served, and we are off to the Amalfi Coast. Kick back and take in the beautiful landscape of Basilicata and Campania before we reach Sorrento, a small resort town overlooking the Bay of Naples and the beautiful Mediterranean Sea. For over 2,000 years, visitors from across the globe have been attracted to Sorrento by its breathtaking sunsets and the fragrances of the lemon trees. We will unpack our bags and enjoy three nights in this beautiful place. In the afternoon, we will take an orientation walking tour of Sorrento. Included is a visit to a limoncello factory. Smell, taste, and dream with our tasting class ...limoncello liquor, watermelon cream, lemon confetti, and hand-made cookies. Dinner is served at our hotel, Buon Appetito! B | T | D

### October 22, 2025 - Wednesday

Amalfi Coast

Breakfast at a relaxed pace before we are off to the Amalfi Coast. The Amalfi drive is said to be the most spectacular road in Europe. The winding cliff-top road offers breathtaking panoramic views at every bend. We stop just above Positano,

## Sorrento Lemons



another jewel of this coastline, boasting picturesque pink and white villas perched dramatically on the steep hillside. Then on to Amalfi, which gives its name to the entire coast on which it lies. The unmistakable cluster of tightly packed white houses rising up the hillside is dominated by the beautiful Cathedral, which stands on the top of a great flight of steps leading up from the main square. Housed in the magnificent Cathedral are the remains of the Patron Saint of Amalfi and Scotland - Saint Andrew. Lastly, Ravello, which nestles eleven hundred feet above the. We visit Villa Rufolo, which inspired the musician Richard Wagner to create one of his most famous operas, the Parsifal. This evening is ours to enjoy as we please! B

### October 23, 2025 - Thursday

Pompeii

After breakfast, we will take a short drive to Pompeii, an ancient community buried in volcanic ash and mud. Brought to an abrupt halt 2,200 years ago when the volcano erupted, daily life stopped in the middle of everyday activities. Following the city's ancient roads, we will explore the well-preserved ruins of homes, stores, temples, and public spaces, visually narrating what Roman life was like in this 1st-century city. We are close to Naples, the "home of Pizza," so guess what's up for lunch! The afternoon is at leisure; time for shopping, ladies! Our farewell dinner is served at a local, fun restaurant. B | L | D

### October 24, 2025 - Friday

Traveling Home

All too soon, your vacation has ended. Transfer to Naples airport in plenty of time to check in for our flight and clear security. Arrivederci Italy; see you soon again! B

The itinerary is subject to change.

B = Breakfast, C = Cooking Class  
L = Lunch, T = Tasting, D = Dinner



To register contact:



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ONLINE REGISTRATION LINK:

Via our website [www.WomenoftheMidwest.com/journeys](http://www.WomenoftheMidwest.com/journeys)

**Package Price:**

Per person in a shared double room: \$4,995

Per person in a single room: \$6,195

Triple rooms are not available on this trip.

We offer "Pair & Share"-service. Ask us to assist in finding your roommate!

A non-refundable deposit of \$500 per person is required upon signing up. Deposit can be paid by cash, check, or credit card. The balance is due on June 16, 2025, and is non-refundable. The balance can be paid by cash or check. Credit card payment(s) (any payment applied to the tour after the deposit) will access a 3.5% fee.

**EARLY BIRD DISCOUNT:**  
Register at least eight (8) months prior to departure and receive a **\$200 DISCOUNT!**

*This tour will be materialized with a minimum of 15 and a maximum of 22 travelers. Should the number fall below 15, all funds paid to Executive Travel will be refunded 90 days prior to departure.*

**Tour Activity Level: LEVEL 1 2 3+ 4**

This tour involves a considerable amount of walking, some stairs, longer periods of standing, outdoor activities, and steep areas within the places visited. We walk between 3 and 5 miles over the course of a day. Add to this the walking you do outside the group activities. This trip is not recommended for guests with walking difficulties.

**Group airfare:**

Group airfare becomes available by the end of November 2024. All registered travelers will be notified.

**Travel Insurance:**

We recommend travel insurance to help protect you and your trip investment against the unexpected. For your convenience, we offer a plan provided by Travelex Insurance Services. For rates and plan highlights, please ask us.

*Travelex Insurance Services, Inc. CA Agency License #0D10209. Travel Insurance is underwritten by Berkshire Hathaway Specialty Insurance Company, NAIC #22276.*

**Hotel Accommodations** (announced 30 days prior to dep.):

Rome - Hotel Orazio Palace, Dei Mellini, or similar

Lecce - Hotel President or similar

Matera - Hotel Nazionale or similar

Sorrento - Hotel Vesuvio or similar

**Included:**

- 11 nights during the tour in Italy at local 4-star hotels
- 11 x breakfast
- 5 x lunch including a glass of wine and water
- 5 x dinner including a glass of wine and water
- Tastings of local products as per itinerary
- Cooking class and food tour as per itinerary
- All transfers and motor coach services as per itinerary
- Porterage at hotels (one bag per person)
- Admissions to sites mentioned in the itinerary
- English-speaking professional tour director in Italy
- Step-on guides where required (in all local cities)
- Women of the Midwest Ambassador, October 12-24, 2025
- Detailed travel documents, handed out three weeks prior to departure (hard-copy and electronic)
- All local taxes and fees as of March 6, 2024

**Not Included:**

- Airfare
- Airline baggage fees for your second checked bag (the first checked piece up to 50 lbs is free)
- Travel insurance
- Personal expenses
- Meals & beverages other than those mentioned in the tour program
- Entrances to monuments and/or museums other than those mentioned in the tour program
- Gratuities (estimate \$15 per day in total)
- Professional fee, \$75 per person, due at the time of registration
- Anything not mentioned in the inclusions



**WOMEN OF THE MIDWEST**  
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Forwarding registration and deposit signifies that you agree to the terms and conditions of this tour found at [executivetravel.com/eti-home/vacation/escorted-tours](http://executivetravel.com/eti-home/vacation/escorted-tours)

Call Executive Travel's Group Department today at 402-435-8888. Space is limited.

3/6/2024