



italylab  
EDUCATION

# GUIDED TOURS

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CAMPANIA FULL DAY PROPOSALS



# IN THE FOOTSTEPS OF ANCIENT POMPEII

Pompeii Guided Tour and Ancient Roman meal

## DAILY PROGRAM

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- 8:00 a.m. DEPARTURE TO POMPEII WITH PRIVATE COACH
- 11:00 a.m. ARRIVAL AT ARCHAEOLOGICAL SITE
- 11:10 a.m. GUIDED TOUR LEADED BY AN ARCHAEOLOGIST (LICENSED GUIDE)
- 1.30 p.m. ANCIENT ROMAN LUNCH
- FREE TIME
- 5:00 p,m,DEPARTURE TO ROME

**RATE PER PERSON ALL INCLUSIVE FORMULA & FULL DAY ASSISTANCE :**  
**150,00 €**



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## POMPEII RUINS

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Visiting Pompeii is not like a museum, it is as if you are living again in an ancient Roman commercial town of 3 Km. Ancient Pompeii covers 44 hectares of excavated areas, it is the only archaeological site in the world that gives us the image of a complete Roman city. The ruins of the Domus, public buildings, the Theatre, the Baths, the lupanare and objects of daily use, are flanked by dramatic testimonies of life that has suddenly stopped one morning of August 79 AD.

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# ANCIENT ROMAN LUNCH

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A special meal inspired by ancient Roman recipes. Guests enjoy a seated meal based on extensive research of Apicius, the oldest collection of recipes to survive from antiquity, *De Re Coquinaria* (The Art of Cooking).

Eating in terracotta plates, drink wine in old amphorae, to recreate a roman ancient Pompeii meal, surrounded by hardwood tables and roman artifacts and frescos.





## CAMPANIA FELIX

Herculaneum Guided Tour and Food & Wine Tasting

### DAILY PROGRAM

- 8:00 a.m. DEPARTURE TO HERCULANEUM WITH PRIVATE COACH
- 11:00 a.m. ARRIVAL AT ARCHAEOLOGICAL SITE
- 11:10 a.m. GUIDED TOUR LEADED BY ARCHAEOLOGIST (LICENSED GUIDE)
- 1.30 p.m. TRANSFER TO CANTINE DEL VESUVIO
- FOOD & WINE TASTING
- VINEYARD TOUR
- 5:00 p.m, DEPARTURE TO ROME

**RATE PER PERSON ALL INCLUSIVE FORMULA & FULL DAY ASSISTANCE:**

**135,00 €**



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## HERCULANEUM

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Herculaneum nearby Pompeii, was built on a volcanic plateau overhanging the sea and at the foot of Vesuvius; During the eruption in 79 A.D. Herculaneum was buried under a thick layer of mud and lava, it preserved materials such as wood, and it sealed everything until the first eighteenth-century excavations.

About 300 bodies of victims of the eruption were found there, and you can visit the numerous domus full of frescoes and mosaics,

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# WINE & FOOD TASTING

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A special traditional neapolitan lunch, with local products from the slopes of Mount Vesuvius. Before the lunch you'll be guided through the vineyard to learn all these crests of the Lacryma Christi, a wine made from grapes indigenous of Mount Vesuvius, produced since Ancient Roman times. The first mention of this grape variety being grown in this area dates to the 5th century BC.





# NAPLES THAT'S AMORE

Food Folk & More

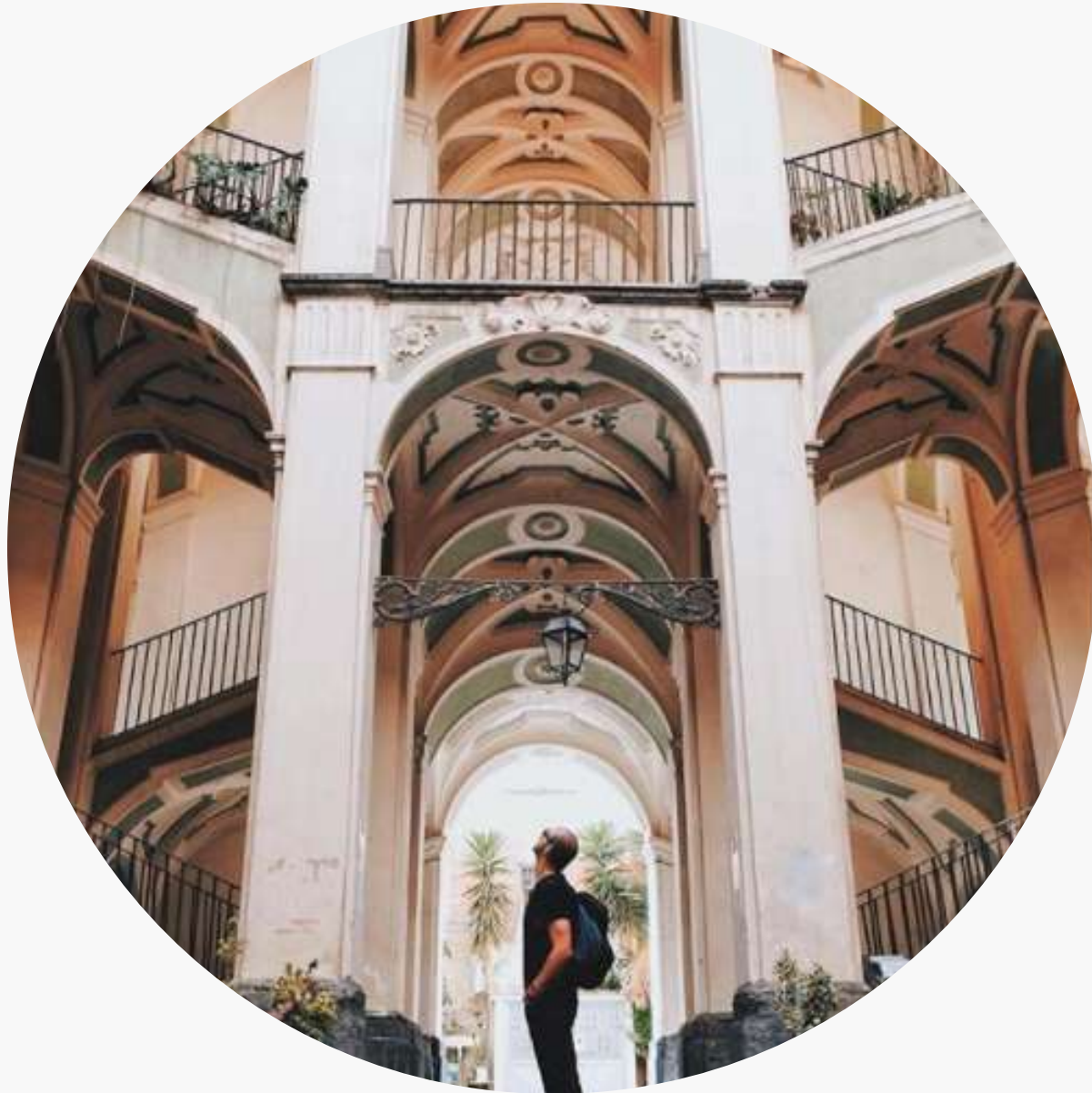
## DAILY PROGRAM

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- 8:30 a.m. DEPARTURE TO NAPLES WITH PRIVATE COACH
- 11:30 a.m. ARRIVAL IN NAPLES
- 12:00 PIZZA LAB (COOKING CLASS)
- PIZZA LUNCH
- WALKING TOUR OF HISTORICAL CENTER OF NAPLES WITH LICENSED GUIDE
- 6:00 p.m. DEPARTURE FROM NAPLES

**RATE PER PERSON ALL INCLUSIVE FORMULA & FULL DAY ASSISTANCE:  
155,00 €**





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## NAPLES

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The historic center of Naples is the heart of the city also declared a World Heritage Site. It's formed by cardines and decumans. The peculiarity of Naples is found in the deep contradictions that you can experience in each and every corner, visitors can see real jewels of art, architecture, breath-taking landscapes, there are shops of artisans excelled, narrow streets close to the majestic roads and squares, all exists in a dynamic and vibrant ambient.

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# PIZZA LAB & LUNCH

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The cuisine is an immediate representation of culture and, as such, knowing the kitchen of a city is the best way to know its history. We invite you to immerse yourself in discovering Naples, where pizza is born. You will discover all the phases and secrets that create an authentic pizza, allowing you to make it at home anytime you want!





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THANK YOU!

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