

Italy Cheap & Good!

An inexpensive, non-tourist way to experience the marvelous food, people and places of Rome and Tuscany in 9 days

June 5-13, 2010

Only 4 spots available.

OVERVIEW

Spend two fun, busy days in Rome then enjoy the beautiful Tuscan coast for a week (with a break from the beach to visit the legendary city of Florence). The program is a nice balance of planned tourism and time on your own to relax by the sea or go on excursions of your own design. Pisa, Lucca, Volterra and Cinque Terre are all easy day trips*. An hour of one-on-one time with us is included if you'd like suggestions or help planning day trips, buying train/bus tickets, etc.

The Rome package includes two comprehensive guided tours (including the Colosseum and Roman Forum) lovely B&B accommodations and a gourmet dinner at one of Rome's most innovative restaurants, *Urbana 47*. Our daytrip to Florence will include a guided tour as well as lunch at the delightful new bistro, *Zeb Gastronomia*. (See the WHAT'S INCLUDED section for full details.)

Other options include (prices provided upon inquiry):

- Wine tasting at *Chiappini* winery and lunch in the Medieval hamlet of Bolgheri
- Day trip to the ancient Etruscan/medieval city of Volterra
- Overnight stay in Florence

WHAT'S INCLUDED

- 2 nights B&B accommodations in Rome
- 6 nights shared apartment accommodations in Tuscany
- Accompanied train transport from Rome to Tuscany
- One hour of personal planning time for daytrips of your own design
- Pay as you go cell phone on loan
- Staff available 24/7

In Rome:

- Afternoon aperitivi (cocktails) and gourmet dinner at *Urbana 47* on Day 1
- Breakfast and lunch on Day 2
- Guided evening tour on Day 1 (*Rome at Night*)
- Guided daytime tour on Day 2 (*Ancient Rome, including the Colosseum and the Roman Forum*)

In Florence:

- Roundtrip trainfare
- Guided tour of the city
- Lunch at *Zeb Gastronomia*

La Bella Vita ARTS WORKSHOPS

THE PHILOSOPHY BEHIND THE PROGRAM

We believe Italy is a unique place and that its culture and food should be experienced in a unique, non-tourist way, "close to the ground", mixing with the people who live there. We're also convinced this can be done in excellent fashion without spending a fortune.

We love sharing the places, people and culture of Italy in a personal way. Not only are our groups small, but you will also get a chance to meet some of our Roman and Tuscan friends. You will see the famous tourist things, but our goal is to give you a sense of *la bella vita* -- the beautiful life in which we slow down and take time to enjoy a place, its food, its art, and *each other*. But be warned; you may very well come away with an experience that revolutionizes the way you look at life.

A BIT ABOUT HOW WE WILL LIVE

The lodgings, except for bed & breakfast or hotel accommodations in Rome, are simple summer vacation apartments on the Tuscan coast south of Livorno. This makes the program much more affordable than conventionally structured tours but more importantly it gives you a chance to be surrounded by the life that exists there. The area is also well connected by bus and train, making it a peaceful, convenient home base for a week in Tuscany.

SCHEDULE**

Saturday	Arrivals Rome; cocktail reception, dinner; evening tour of Rome
Sunday	Breakfast; orientation/lunch; daytime tour of Rome
Monday	Breakfast; transfer to Tuscany; orientation
Tues/Wed	open
Thursday	Day trip to Florence; lunch
Sunday	Departures

La Bella Vita ARTS WORKSHOPS

FEES:

Double occ: \$925 per person

Please note the fee does NOT include transfers upon arrival or departure

The hotel in Rome is easily reachable on foot, even with baggage, from Termini station.

TO MAKE A RESERVATION

Online at www.labellavitaarts.com under APPLY ONLINE or write us at info@labellavitaarts.com.

Only 4 spots available.

OTHER USEFUL INFORMATION

Please visit the website at www.labellavitaarts.com for lots of great travel tips and arrival info for all programs

** Travel time by train: Pisa 45 min; Volterra 75 min; Florence and Lucca 90 min; Siena 2.75 hrs; Rome 3.5 hrs.*

***As with all things in Italy, subject to modification. If a event must be changed every effort will be made to provide a substitute of equal value and significance. A welcome package including orientation information and fully detailed itinerary will be provided upon arrival in Italy.*