

## **Southern Italy Itinerary 1 –May 10-May 24 (Version March 20)**

### Day 1

May 10 (Tues.) Fly from O'Hare (ORD) to Palermo (PMO) via Rome

AA 5075 May 10th Cedar Rapids-Chicago Depart 1:35 pm

AA 110 May 10th Chicago - Rome Depart 4:55 pm

Flight from Rome to Palermo May 11

*Vital items* = PASSPORT, Plane tickets, luggage tags

*Recommended items* = Comfortable clothes, hoody/fleece (the plane can be chilly), entertainment (book, journal, magazine, MP3 player)

*Cash* = Snacks/airport food

*Stay in Salemi (May 11 to May 15, 5 nights) (Need vans for 5 days)*

### Day 2

May 11 (Wed.) - Arrive in Palermo Sicily

- Travel in vans to Salemi
- Walking tour of the medieval town
- Students unpack, rest not sleep, the students accompany Dr. H to get groceries and household supplies
- Logistical welcome (travel reflection, first thoughts/concerns, Q and A session)
- Sleep (Sicily is 7hrs ahead of Cedar Falls) the first night or two of sleeping may be difficult for some of you

**(Group pizza @ Eclaise)**

*Vital items* = PASSPORT, Plane tickets, luggage tags

*Recommended items* = Comfortable clothes (try to layer your clothing from day 1 to day 2, it may be hot and humid when we land in Sicily)

*Cash* = snacks/airport food

### Day 3

May 12 (Th.)

Polizzo

Segesta

- Welcome to the Southern Italy Capstone course
- Environmental driving and hiking tour of the local area (a review of Dr. H's geoarch research)
- Site visit to Segesta (one of the most well preserved Greek-style Temples in the world)
- Discussion and reflection around supper time
- Student journaling and free time

**(Supper @ Home)**

*Vital items* = Sunscreen, hat, journal/writing tools, water

*Recommended items* = Hiking clothes (shorts only if you don't mind getting your legs a bit scratched up), sturdy tennis shoes or hiking shoes

*Cash* = souvenirs, snacks

### Day 4

May 13 (Fri.)

Palermo

Drive vans to airport and take train to town

- Morning debriefing and Q/A session
- Explore the city of Palermo (drive to airport and take the train) with highlights to include...
  - Walking through the La Kalsa (an old world African-style market)
  - Teatro Massimo (Scene from the end of Godfather Part III)
  - Catacombe dei Cappucini (Creepy but a must if in Palermo) (7 Euro/person)
  - Quattro Canti (Famous Four corners area of downtown.

**(Group traditional @ Ardigna)**

*Vital items* = journal/writing tools, water/snack, comfortable shoes (lots of walking)

*Recommended items* = cool/loose/light weight clothing

*Cash* = souvenirs, ice cream, lunch

## Day 5

May 14 (Sat.)

Egadi Is.

- Morning debriefing and Q/A session
  - Vans to Trapani and board a (Ustica boat) (15? Euro/person)
  - Travel to the island of Lavanzo and visit a prehistoric caves site (10? Euro/person)
  - Travel to the island of Favignana, rent bicycles (4 Euros/person)
- (Group Sea food @ Osteria la Bettolaccia )**

*Vital items* = sunscreen, water, journal

*Recommended items* = Typical summer clothing + swim gear, swim goggles or snorkel gear, water sandals

*Cash* = Lunch and souvenirs

## Day 6

May 15 (Sun.)

Gibellina

Erice

- Morning debriefing and Q/A session
- Visit/Explore and discuss the old Gibellina
- Travel to Erice the modern City of Science and once coveted by the Greeks, Phoenicians, Normans, and Romans for its mystical powers of fertility and romance.

**(Supper @ Erice, @ Valentinos or @ home?)**

*Vital items* = Water, journal/writing tools, camera

*Recommended items* = layered clothing day will likely start off hot and then be cool/cold during our evening

*Cash* = Lunch, Dinner, and souvenirs (*probably the best place for souvenirs in Sicily!*) *Could be a pricey day, if you want...*

## Day 7 Big travel day, moving all gear...

May 16 (Mon.)

Drive Vans to and leave at the PMO airport, take train from the airport to main terminal in Palermo, take train to Milazzo, Shuttle bus to port, board an Ustica boat for Lipari (Packing/carrying all luggage with us)

## Day 7-10

**Aeolian Is.** (May 16 to 19, 4 nights @ Baia Ucci) SUNSCREEN!

May 16 (Mon.)

May 17 (Tues)

May 18 (Wed)

May 19 (Thur.)

- Travel to and explore the Aeolian Islands (Volcano, Lipari, and Stromboli)
- Highlights to include...
- An amazing Archaeological museum in Lipari
- visiting the Spiaggia Sabbie Nere (Black sand (basalt) beach)
- if people are up for it climbing Stromboli and looking into the depths of an active volcano...

**(1 Group supper and 2 or 3 Suppers @ Home)**

## **Stromboli hike day**

*Vital items* = tall/calf length hiking socks, hiking shoes (you can rent a pair), water, hoody and/or rain coat (it may be cold and winding on the top of the volcano, backpack, journal/writing tools, camera

*Recommended items* = light weight hiking pants, head light, extra t-shirt (you will sweat through the first one)

*Cash* = snacks, extra water,

## **Volcano day**

*Vital items* = old swim suit, beach gear, sunscreen, hat, beach towel, water,

*Recommended items* = beach book, snorkel gear/goggles, water shoes/sandals

*Cash* = snacks, lunch, water

## **Lipari day**

*Vital items* = comfortable shoes, water

*Recommended items* = dress for hot weather

*Cash* = souvenirs, snacks

**Day 11 Big travel day, moving all gear**

May 20 (Fri.) Travel day back to Palermo (overnight in Palermo)  
- look for activities Palermo in the evening

*Vital items* = Passport check, plane tickets check, patience,

*Recommended items* = Comfortable clothes, something to work on/read while on the train

*Cash* = lunch, dinner, snacks/water

Day 12 Train from Palermo to Falcone Airport

May 21 (Sat.) Rome Day 1 Vans (Cross Pollinate) from Fumicino to Rome

- Pza. di Spangna (The famous Spanish Steps)
- Fontana di Trevi (The Trevi fountain) – learn about the relationship between water and the Roman civilization
- Explore the Pantheon
- Take a night time stroll by the Castle di St. Angelo

*Vital items* = Passport, plane tickets, journal/writing tools, water

*Recommended items* = comfortable clothes (you can dress up or go the tourist route)

*Cash* = Lunch, dinner, souvenirs, snacks

Day 13

May 22 (Sun.)

Rome Day 2

Highlights to include...

- Explore the Rome's rise to power by warfare, political structure, and use of natural resources)
- Stroll through the Roman Forum (12 Euro/person)
- Colosseo (The Coliseum)
- Piazza Navona, and free to explore/shop/people watch/rest

*Vital items* = comfortable walking shoes, journal/writing tools, water

*Recommended items* = Typically a hot and tough walk, try to make yourself comfortable

*Cash* = gelato, water, café, lunch, dinner

Day 14

May 23 (Mon.)

Vatican City

-Highlights to include...

- The Vatican Museum and the Sistine Chapel
- St. Peter's Basilica
  - Summiting the Cupola (the top of the Basilica's dome = Amazing view)
  - Necropoli Vaticana (walk beneath the Basilica to explore the graves of St. Peter and many catholic popes
  - Witness some of the Vatican's wealth and relics by traveling through their Treasury Museum!
- Immerse yourself in a global culture by taking time to sit in St. Peter's Square
- Student free time to explore the shops and markets near the Vatican

*Vital items* = formal yet comfy clothes (not exposed shoulders or knees), journal/writing tools,

*Recommended items* = camera, comfortable shoes

*Cash* = souvenirs, snacks, lunch, dinner

Day 15

May 24 (Tues.) Head home      Cross Pollinate vans to airport  
AA 111 May 24th Rome - Chicago Depart 11:30 am  
AA 5077 May 24th Chicago - Cedar Rapids 5:20 pm

Vital items = Passport check, Plane tickets check, patience

Recommended items = entertainment, hoody for trans-Atlantic flight,

Cash = snacks, airport food

Basic check list (*The lighter you pack the easier it will be to travel abroad & the more stuff you can bring back*).

- Hoody (it will be cool on the plane and evenings in the Sicilian Mountains)
- Sundress/s
- Comfortable walking shoes
- Comfortable socks
- At least one pair of long calf length socks (hiking) for the volcano
- Swimsuits (2 – 1 good one – one old one that you don't mind possibly covering it in sulfur laden mud)
- Water shoes or sandals, flip flops are not advised... You will need something that won't come off easy...
- A mix of clothes for hot weather, in general people dress much better in Italy than in Iowa even when its 100 degrees. You will rarely/never see Italian wearing shorts. Dr. H usually still brings a pair though it's up to you.
- Make sure you have any prescription meds that you commonly take & some the basic meds you prefer (aspirin). If you have commonly have allergies, I would bring the meds you like. There's a bit of pollen in the air that might make you become congested in Sicily... Anybody deathly allergic to bees, peanut butter, or something else make sure you bring your own epipen!
- Light weight luggage and maybe a small backpack or purse that you can keep some water/snacks, journal, cash etc. in during our day hikes.
- A sarong is lighter and more functional than a beach towel, you could use the sarong for your bath towel too, but that's up to you...
- A small headlight with extra batteries, can be very handy
- A light raincoat might not be a bad idea... It might rain from time to time and you can use it on the top of the volcano where it will be windy
- Passport purse or man bag/satchel might be useful
- Camera and extra memory card or two, extra batteries/charger
- Sunglasses, Sun hat
- ATM card, make sure that you tell your bank where and when you will be using your card abroad
- Check your electronics if it is rated AC100-240V, if it is all you will need is a plug adaptor (approx.. \$8 @ RadioShack). If not and you need to bring it your 100V electronics to Italy, you will need a converter and plug adaptor to bring the 240V down to 100 so it doesn't fry your electronics. Most computer where just needs a plug, eg. Ipad. Your batter chargers will be the same way, most should be able to take the 240V, but check before you go!
- Swim goggles or basic snorkel gear, you'll have at least four or five chances (likely more) to view some cool tropical fish
- If you want, check if your cell phone will work in Italy and what the rates would be...
- One or two dress up 'outfits' When in Rome... (optional)
- Sunscreen

You can get anything that you can think of or might need there; however sometimes finding time to look around is hard, finding the exact thing want is not always easy, and things like batteries, memory cards, and sunscreen are generally a lot more expensive.