# Italy

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| Capital city | Rome (population 3.8 million) |
| Area | 301,230 km² includes Sardinia and Sicily |
| Population | 58 million |
| Language | Italian (official), German, French and Slovene-speaking communities |
| Currency | Euro (EUR) € |
| Time zone | GMT +1 (Central European Time) +2 in summer |
| Dialling code | +39 |
| Daylight savings begins | Last Sunday in March |
| Daylight savings ends | Last Sunday in October |
| Electricity | Type C (European 2-pin), Type F (German 2-pin, side clip earth), Type L (Italian 3-pin) |

# Times to go

The climate of Italy is a typical Mediterranean climate with mild winters and generally hot and dry summers.

The most crowded periods are Easter, May and June, October and Christmas. July and August are less crowded because of the heat.

Generally, the hottest months are July & August (where temperatures can reach 38°C in the south)  
the coldest month is January  
the wettest month is November, with an average rainfall of 129mm  
the driest month is July, with an average rainfall of 15mm.

Tourists flock to Italy at all times of the year for regional festivals, for fun in the sun and even skiing, so no matter what time you choose to go, Italy is a great place to travel all year round.

It is always advisable to bring warm clothes, as cold spells are common, even in summer.

# Accommodation

* We use a huge variety of accommodation in Italy from small family run properties, charming old stone buildings to international standard multi-story hotels
* Rooms and beds tend to be smaller than you would expect from similar standard hotels worldwide- space can be a premium in the ancient towns and cities in Italy
* Bathrooms are not always private - some hotels have shared bathrooms accessed from the hallway
* Bathrooms in Italy have showers and usually bidets, but rarely bathtubs
* Some of our accommodation in is old historic buildings which means there is a lot of charm and character, but also antiquated plumbing and sometimes things do not work like they used to
* Our local friends in our accommodation sometimes do not speak English so this is your chance to practise your Italian
* Please take note of the luggage limit since some accommodation does not have lifts so you will be hauling your luggage up several flights of stairs
* Air conditioning is a luxury in Europe and the Europeans have a very environmentally friendly attitude to energy consumption therefore we do not often have AC at our accommodation. Where it is available, it usually costs more and you are required to make a per day payment to the reception
* Continental breakfast (simply a hot drink and a croissant) is sometimes included at our hotels
* We choose accommodation based on convenience of location, sometimes that means we stay very centrally - meaning all the bars and restaurants are at your doorstep and other times it means we stay near the train station so we can catch that early train
* Towels and linen are always provided unless otherwise stated - there is rarely a need for sleeping bags
* But bring your own toiletries and hair drier since these are rarely provided at our accommodation
* Some accommodation has TVs, but there are no English channels
* Although rooms are cleaned every day, towels and sheets are only changed when a passenger vacates the room. Hot running water is sometimes not guaranteed throughout the day.
* Most hotels have a check in time of 14:00 and a check out time of 11:00.

# Transport

## Trains

* We use a variety of transport from trains, coaches, local buses, trams, metro, walking, bicycle, boats and vaporetto.
* We rarely use private charter transport because trains are comfortable with functional toilets and dining carts.
* Trains vary in standard from Intercity to regional trains.
* Sometimes the carriages are open with airplane style seating, other times they are closed cabins with 6-8 passengers.
* There are non-smoking sections in all trains.
* Trains do not usually have reclining seats.
* Sometimes we have assigned seating and other times you can sit anywhere.
* Trains sit quite high off the platform which means you should stick to our luggage limits as you will be required to lift your luggage onto trains and into overhead luggage storage.

## Buses

* On buses be wary of winding and narrow roads - there are many of these in Italy
* Some local buses we use are very crowded
* Luggage on buses is 'self-help' so drivers in Italy do not load your luggage for you- you are expected to lift your own luggage onto buses and ferries and trains
* Luggage sometimes goes on the bus with you and not in luggage lockers under the bus
* Toilets are not usually available on buses

## Public transport

* You always need to validate your ticket in a stamping machine when entering the public transport system.
* Keep the ticket on you until you exit the metro system.
* You will be fined up to €200 if caught without a ticket and tourists are often targeted.
* Never believe an inspector who says that the stamping machines are not working; this is a scam.

# Food & Drink

## Meals

* Eating out in Italy is an adventure and a delight but is very different to what you might be expecting. Italian cuisine has been adapted around the world so you cannot expect the same meals as you would at home
* A cover charge is often added to bills and it is customary to tip approximately 10%
* Italy can be an expensive destination and so you should budget €35 per day for meals alone
* Generally meals are not included on Sojourn trips in Italy other than Comfort or Family trips.
* A typical meal with cover charge will cost between €15-€25. If you are on a budget there are many shops that sell local produce - great for picnics
* In Italy you pay for waiter service and views and you also may pay more for sitting on the sidewalk as opposed to inside. Generally if the view is nice- the prices will be inflated
* Often restaurants have a cover charge of about 10% or €2 per person on top of the bill.
* You should order your side dishes separately in Italy.
* Usually have to pay for water at restaurants and they will not provide tap water.
* Sometimes a light breakfast is included at our hotels (simply a hot drink and a croissant)

## Must try food in Italy

There are some fabulous food experiences to be had:

* The original pizza in Naples.
* Sitting in waterfront restaurants in Sorrento, sipping Limoncello.
* Eating Umbrian cuisine on a vine covered terrace of a medieval building in Gubbio
* Trying local produce and exclusive wines in an enoteca in Umbria
* Pesto making in Levanto on the Cinque Terre
* Having a local feast in an Agriturismo near Asti in Piedmont
* Joining in the aperitivi culture - where you buy a drink and can snack on finger food - this happens at local bars from about 6:30pm.
* Sampling local food and drink in the region of origin is a highlight such as Limoncello on the Amalfi Coast, Ribollita in Tuscany, pizza in Naples and Bolognese sauce in Bologna.
* Pasta plays a substantial part in Italian recipes, but nearly all regions have developed their own special dishes.
* Some of the best cheeses include mozzarella, caciotta romana (semi-hard, sweet sheep cheese), pecorino (hard, sharp sheep's milk cheese).
* Italy has over 20 major wine regions, from Valle d'Aosta on the French border, to Sicily and Sardinia in the south. Wines are named after grape varieties or after their village or area of origin. The most widespread is the Chianti group of vineyards, governed by the Chianti Classico quality controls (denoted by a black cockerel on the neck of each bottle).
* Risotto - Rice that has been sautéed and cooked in a shallow pan with stock. The result is a very creamy and hearty dish. Meat, poultry, seafood, vegetables, and cheeses are almost always added depending on the recipe and the locale. Many restaurants, families, towns, and regions will have a signature risotto or at least style of ristotto, in addition or in place of a signature pasta dish (risotto alla Milanese is famous Italian classic).
* Arancini - Balls of rice with tomato sauce, eggs, and cheese that are deep fried. They are a southern Italian specialty, though are now quite common all over.
* Polenta - Yellow corn meal (yellow grits) that has been cooked with stock. It is normally served either creamy or allowed to set up and then cut into shapes and fried or roasted.
* Gelato - This is the Italian version of ice cream. The non-fruit flavours are usually made only with milk. The fruit flavours are non-dairy. It's fresh as a sorbet, but tastier. There are many flavours: coffee, chocolate, fruit, tiramisù... To try absolutely.
* Tiramisù Italian cake made with coffee, mascarpone, cookies and cocoa powder on the top. The name means "pick-me-up."

## Food and culture

* It is fun to try and master the dos and don'ts of food customs such as when it is an appropriate time to have different types of coffee (for example cappuccino should be consumed before lunch only).
* Or parmesan is only provided with dishes that should be accompanied by it - for example not all pasta sauces should have parmesan.
* Garlic bread is not an Italian dish, nor is Fettuccine Alfredo.
* Fruiterers don't appreciate self-service in fruit shops and squeezing fruit, like you may do at home, to test its ripeness is not appropriate.

## Water

* Tap water in Europe is considered safe to drink but to be sure to avoid any stomach upsets due to different chemicals or bacteria, bottled water is best a solution.
* Bottled water is expensive in Europe and is available everywhere.
* Don’t bother to buy water in Rome. Refill your water bottle from any of the running water fontanelle around the city. These deliver fresh water from the surrounding hills via the ancient Roman aqueducts.

# What to buy

* Avoid purchasing fake designer labels - anything cheaper than at home and NOT sold in a shop IS fake.
* There is a huge crack down on fake brands in Italy and passengers should be aware that purchasing fake brands off street vendors can result in a €5,000 fine
* Care should be taken when buying antiques since Italy is renowned for skilled imitators.
* Prices are generally fixed and bargaining is not general practice, although a discount may be given on a large purchase.
* Florence, Milan and Rome are famous as important fashion centres, but smaller towns also offer good scope for shopping.
* Some places are known for particular products, e.g. Lake Como (Lombardy) for silk, Prato (Tuscany) for textiles, Empoli (Tuscany) for the production of bottles and glasses in green glass, Deruta (Umbria) and Faenza (Emilia-Romagna) for pottery, Florence (Tuscany) for leather, Venice (Veneto) for glass and lace.
* If you have room in your luggage, Venetian masks make for a different, but beautiful wall decoration once you return home.
* Check with your local customs officials to ensure that you are able to import some items back into your home country. Australia and New Zealand for example have strict quarantine laws. 

# Major Attractions

The following is a list of the unmissable attractions you need to see in each of the major centres.

**Rome**

1. Colosseum
2. Trevi Fountain
3. Spanish Steps
4. Pantheon
5. Roman Forum and Palatine Hill
6. Vatican Museums
7. St Peter's Basilica

**Florence**

1. Duomo & Campanile
2. Galleria del Accademia
3. Uffizi Gallery
4. Ponte Vecchio

**Lucca**

1. Attend a Puccini Concert
2. Climb Guinigi Tower
3. Cycle the ramparts around the town
4. Trip to Pisa, and the leaning tower, Duomo and Baptistry

**Cinque Terra, Piedmont, Milan & the Lakes**

1. Attend a Pesto Class in Levanto
2. Walk the Cinque Terre from Riomaggiore to Monterosso al Mare
3. Archaeological Museum in Asti
4. Farmers markets in Asti
5. Winery tour, Asti
6. Climb to the roof of the Duomo, Milan
7. Castello Sforzesco, Milan
8. Villa Carlotta, Tremezzo
9. Villa del Balbianello, Lake Como (Star Wars villa)

**Venice**

1. Gondola ride
2. Rialto Bridge
3. St Mark's Piazza
4. St Mark's Campanile
5. Doges Palace and Bridge of Sighs
6. St. Mark's Basilica Treasury