

ROME & SOUTHERN ITALY

WITH DR THOMAS F. X. NOBLE



**FAR
HORIZONS**
ARCHAEOLOGICAL AND CULTURAL TRIPS

Updated December 2024





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with Dr. Thomas F. X. Noble



Visit Rome, Pompeii, Sorrento, Herculaneum, Naples, and Paestum

Rome, the Eternal City, has been in existence for nearly 3,000 years. At the height of its power, Rome was the center of a vast empire with control on three continents (Europe, Asia, and Africa). Today, ancient monuments still surviving in the city attest to this glorious past and make Rome the largest archaeological park in the world.

Join Far Horizons on an 11-day archaeological tour exploring the monuments of Rome's ancient past, many deeply embedded in the fabric of the modern city. The sites we visit are not only impressive in size and construction, but their endurance over the passing of time reveal the empire's lasting influences on future generations. Then move beyond the city to uncover the Roman past of Southern Italy, where we visit the UNESCO World Heritage sites of Pompeii, Herculaneum and Paestum. This trip is not to be missed!





Daily Itinerary

Day 1

Depart for Italy

Depart on a flight bound for Rome, Italy.

Day 2

Arrive in Rome, walking tour

Upon arrival in Rome, transfer to the DoubleTree by Hilton Rome Monti Hotel, our home for the next five nights. Located on the Esquiline Hill within walking distance of the Colosseum, this fine establishment includes a terrace lounge overlooking Piazza di Santa Maria Maggiore, the epitome of the Roman experience.

After lunch on our own and some time to rest at the hotel, spend the afternoon on a walking tour of Campus Martius. Begin at the Pantheon, the best-preserved building of ancient Rome, and then stop at the Column of Marcus Aurelius and the exquisite Trevi Fountain. Our welcome dinner will be at one of Rome's fine restaurants. (D)

Day 3

Servian Wall, Baths of Diocletian, Palazzo Massimo alle Terme Museum

Begin at the remains of the Servian Wall, a defensive barrier constructed around the city of Rome. Although King Servius Tullius is credited with building the wall in the 6th century BC, archaeological evidence suggests that it actually dates to two centuries later. Continue to the Baths of Diocletian, among the grandest of public baths in the Roman Empire begun in 298 AD. The fine preservation of the baths can be explained by how they were used in later times. In the 16th century the frigidarium and tepidarium were converted into a church that followed a design by Michelangelo. Later, other sections of the baths were given over to the National Museum of Rome. Finally, we spend the afternoon exploring the Palazzo Massimo alle Terme Museum. The collection housed in this 19th century, Neo-Renaissance palace includes frescoes and mosaics, coins and jewels that document the evolution of Roman artistic culture from the late Republican age through late antiquity. (B/L/D)



Daily Itinerary *(cont'd)*

Day 4

Palatine Hill, Circus Maximus, Roman Forum

Today we trace the history of Rome from its very origins on the top of the Palatine Hill. Said to be the cradle of Rome, the Palatine is the site of some very ancient remains, including traces of 10th century BC archaic houses. During the Republican era, this place was the preferred quarter for the ruling elite, and this tradition was continued when the Roman emperors built their palaces on the hill. Then it's on to the Circus Maximus, the largest racetrack in ancient Rome measuring 2,037 feet in length and 387 feet in width. Chariot races were one of the Romans' most popular forms of entertainment and in its fully developed form, Circus Maximus could accommodate approximately 150,000 spectators. Our final stop today is the Roman Forum, the political and economic center of the city. The late afternoon and dinner are free to explore Rome on our own. (B/L)



Day 5

Colosseum, Arch of Constantine, Portus

We begin today at the Colosseum, one of the most impressive – and certainly the most iconic – buildings of ancient and modern Rome. Construction of this amphitheater began in 72 AD under the emperor Vespasian and was completed in 80 AD under Titus. The elliptical building is immense, the largest ever built in the Roman Empire, and was capable of seating more than 50,000 spectators. The Colosseum was used for gladiatorial contests and public spectacles such as mock sea battles, animal hunts, executions, re-enactments of famous battles, and dramas based on classical mythology. Continue on to the Arch of Constantine, erected by the Roman Senate to commemorate Constantine I's victory over Maxentius at the Battle of Milvian Bridge in 312 AD. This afternoon, we will venture outside the city for a private tour of the excavations at Portus, Rome's ancient imperial port. Constructed in the first century by Claudius, and enlarged by Trajan, it was the main harbor for Rome for more than 500 years. Return to the hotel this afternoon with dinner on our own. (B/L)

Daily Itinerary *(cont'd)*

Day 6

Capitoline Museums, Forum Boarium, Theater of Marcellus

Continuing in our explorations of Rome, we spend this morning walking through the Capitoline Museums (both the Palazzo dei Conservatori and the Palazzo Nuovo). Inside we find treasures of ancient sculpture and paintings documenting Rome's rich past. Our tour continues to the Forum Boarium, the site of Ancient Rome's cattle market, and the Theater of Marcellus, built in the closing years of the Roman Republic in 13 BC. The theater was named after Marcus Marcellus, who died ten years before its completion, and its arcaded facade is an impressive example of what was to become one of the most pervasive urban architectural forms of the Roman world. The history of the British School in Rome dates from 1901, when it was founded as a 'school' for research in archaeology and Italian studies. Built a century ago, the magnificent Edwin Lutyens-designed British Pavilion housing BSR occupies an elevated site in the Valle Giulia. This evening, we enter this elegant building to join the director for a talk, with aperitivo, on BSR's work and then dine with the archaeological staff. (B/L/D)



Day 7

Baths of Caracalla, Drive to Sorrento

Enjoy a scenic drive as we travel south to Sorrento, the gateway to the famed Amalfi Coast. Before departing Rome we stop at the Baths of Caracalla, one of the finest examples of an ancient bath house in the Roman world capable of housing over 1,600 bathers at a time. Completed by Emperor Caracalla in 217 AD, the baths functioned for about 300 years, until the hydraulic installations were destroyed by invading Goths. Upon arrival in Sorrento we transfer to the Parco dei Principi Hotel, our home for the next three nights, overlooking the picturesque Gulf of Naples with the imposing profile of Mt. Vesuvius in the background. The afternoon is free to explore the sublime setting or relax poolside. Dinner is on our own. (B/L)

Day 8

Pompeii

Our all day trip takes us south to Pompeii, once a flourishing port and prosperous resort, and today a UNESCO World Heritage Site. An eruption of Mt. Vesuvius in 79 AD buried Pompeii under cinders and ashes that preserved the many elegant villas – down to the fresh colors of the wall paintings. Rediscovered in 1748 and under excavation since that time, the houses have yielded rare and beautiful examples of Roman art. And the everyday life in Roman times have been revealed in great detail by the plan of the streets and footpaths, the statue-decorated public buildings, and the simple shops and homes of the artisans. The streets and footpaths that outline the neighborhoods of this ancient town lead to statue-decorated public buildings, homes of the wealthy, and simple shops that allow us to experience life as a Pompeian might have. Lunch will be on our own at the café located within the ruined city. Return to Sorrento in the late afternoon. (Note: Travel to and from Pompeii will be by local train.)(B/D)

Daily Itinerary *(cont'd)*

Day 9

Naples National Archaeological Museum, Herculaneum

Begin with a visit to the Naples National Archaeological Museum, containing one of the world's finest collections of sculptures, wall paintings and mosaics from antiquity. Here we will see the Farnese Hercules, a colossal statue found in the Baths of Caracalla, and the exquisite Alexander Mosaic taken from nearby Pompeii. After exploring the impressive collection, it's on to Herculaneum, also destroyed by the volcanic eruption of Mt. Vesuvius. Unlike the more famous Pompeii, this city was covered rapidly by volcanic tuff that developed a cement-like consistency. The 50-60 foot layer of this hard material has meant that the excavations have been more difficult and thus, less has been uncovered. However, the finds are stunning, mainly because Herculaneum is thought to have been a luxurious seaside resort for wealthy Romans. The villas found here have proven to be even more elaborate than those of Pompeii. If available, we will meet with an archaeologist from the Herculaneum Graffiti Project and learn about the documentation of ancient inscriptions on site. Return to Sorrento and enjoy dinner at an elegant local restaurant overlooking the sea. (B/L/D)



Day 10

Paestum

Today we travel south to Paestum, or Poseidonia as the city was originally called, the finest remains of Greek architecture on mainland Italy and a UNESCO World Heritage site. Founded by Greek colonists from Sybaris in 600 BC, the city fell under Roman control in 273 BC. It became an important trading port until the fall of the Roman Empire. Paestum is renowned for its three massive temples in Doric style – two dedicated to Hera and one to Athena – dating from circa 550-450 BC. The National Museum onsite houses remains from the painted tombs of a small necropolis discovered just outside the city walls in 1968. The most famous of these frescoes comes from the Tomb of the Diver and depicts an enigmatic scene of a young man diving into a stream of water. In the late afternoon, we drive to Naples and overnight at the Hotel Royal Continental, located on the scenic seafront promenade. Enjoy a farewell dinner at the hotel. (B/L/D)

Daily Itinerary *(cont'd)*

Day 11

Depart Italy

Transfer to the Naples airport for your flight home. (B)

PLEASE NOTE: This is a sample itinerary that is typical of our trip offerings. In general, you can expect a very similar program, though days may be swapped depending on availability, opening hours, and other affecting factors.

Pre and Post Trip Extensions

Far Horizons offers pre or post extensions for many of our trips. We can also arrange extra nights at the arrival and departure hotel should you wish to arrive early or depart later. Please contact us for details.



Why Take This Tour?

**Led by The Great Courses lecturer,
Dr. Thomas F. X. Noble**

**Hosted by the
archaeological staff for a
lecture and dinner party
at the British School in
Rome**

**Five full days exploring
Rome and its museums**

**Private tour at
Herculaneum with an
archaeologist working
there**

**Private access to Portus,
Rome's ancient harbor,
with an archaeologist
working there**

**Five UNESCO World
Heritage Sites**



Tour Information

Pricing

For current pricing, please visit farhorizons.com and navigate to our trip page.

Inclusions

Price based on double occupancy and includes:

- Internal flights during the trip (if applicable/unless otherwise noted)
- The accompaniment of your scholar throughout the entire trip
- Local English-speaking guide
- Hotel accommodations (3 or 4 stars; or best available based in the area)
- Ground transportation
- Airport transfers for arrivals and departures
- Most meals as noted in the itinerary
- Entry fees to all included sites and museums
- Gratuities to guides, drivers, and restaurant and hotel staff
- Coordination for any private presentations or tours

Trip prices are based on a minimum number of participants. If this minimum number is not met, trip prices are subject to change. Should the prices need to change, Far Horizons will reach out to registered guests to discuss directly.

Single Supplement

Should a roommate be requested and one not be available, the single supplement will be charged.

Exclusions

- International round trip airfare
- A separate donation check of \$150.00 per person to a designated donation project
- Passport or visa fees
- Required vaccines or tests
- Airport or departure taxes
- Alcoholic drinks, beverages or food not included on set menus
- Excess baggage charges
- Personal tips and hotel incidental expenses
- Laundry or other items of a personal nature

Donation Checks

As a tour company that benefits from the cultural and natural riches of our destinations, we have a policy of donating to the scientific and cultural sites and projects which we visit. This has created a bond between Far Horizons and the academic and local communities that has helped us establish an extensive list of lecturers and contacts in each of our destinations. We ask that each participant donate to the noteworthy project we designate. The donation amount is \$150.00 per person. Note that the donation is required as part of your registration for the trip and that it is non-refundable.

Exchange Rate Fluctuations

Prices are based on currency exchange rates keeping below a projected level. While it is unlikely, if the exchange rates should change substantially, Far Horizons reserves the right to charge an additional amount to the trip cost.

Registration

A deposit of \$1000 per person is required along with your registration & health forms, which will be linked in the email confirmation you receive once you pay your deposit on our booking platform. Final payment is due 120 days before departure. Prior to departure, you will be sent a reading list and a tour bulletin containing travel information.



Tour Information *(cont'd)*

Cancellation

Cancellations received in writing at least 120 days before departure will receive a refund less a \$500 per person administrative fee. Cancellations received less than 120 days before the departure date will not receive a refund. If for any reason you are unable to complete the trip, Far Horizons will not reimburse any fees. Upon registering for the tour, the purchase of travel protection with both trip cancellation and emergency evacuation is strongly advised. Links to recommended insurance policies will be included in the email you receive confirming receipt of your deposit.

Expectations During Travel

Our trips are designed for flexible, energetic people who like to be active, have a spirit of adventure and a positive attitude. We have designed this trip to be as comfortable as possible, while also aiming to visit some remote or unique sites that other companies do not attempt to include in their itineraries. There may be days where we have very long drives and the conditions of the roads may vary. Hotels and transportation in some remote areas may not be up to western standards. There may be times when no bellhops are available; please pack with the understanding that you need to be able to handle your own luggage at times. Sometimes we may be walking over uneven trails for a mile or more; hiking boots are strongly recommended. Not every meal will be haute cuisine and several lunches may be picnics or box lunches. By maintaining a flexible attitude we will soon be captivated by the beauty of the natural scenery, the hospitality of the local people, and the fascinating sites we will see. Your flexibility and patience will be appreciated.

Air Ticketing

International round trip flights are not included in the cost of the trip. If Far Horizons must change the trip dates or cancel the trip for any reason, Far Horizons is not responsible for any air ticket you may have purchased. Please send your complete air schedule as soon as you have it. NOTE: Please contact Far Horizons if you would like for us to handle your air ticketing.

Private Tours and Talks

The private tours of archaeological sites and talks by specialists are scheduled in advance and include a donation to each. Specialists working at these sites are excited about showing their work to interested enthusiasts. However, please be aware that there may be times when the director or a member of the staff may not be on site when our groups arrive due to other commitments.

Walking and Standing

Far Horizons expects all participants to be physically active and able to walk and climb independently throughout the full touring days. This includes walking over uneven terrain (uphill and downhill) for 2 miles or more at each site. You should expect to be on your feet for much of each day, averaging as much as 5 miles of walking per day. **As such, each participant should be able to walk unaided at a pace of 3 miles per hour for at least an hour at a time, and to stand unsupported for at least 60 minutes.** Bearing this in mind, we suggest that, if you have not already done so, you begin walking several miles every day, ideally including stairs and hills. If you have questions about your ability to keep up with the group or the strenuous nature of this trip, please contact the Far Horizons staff.



Travel Insurance

We strongly recommend that you consider purchasing travel insurance. Should illness or an unforeseen event force you to cancel your travel plans after your final payment or during your trip, it would be doubly unfortunate to incur a significant financial loss. Trip cancellation protection will enable you to be reimbursed for the loss of your payment if you are unable to travel for any of the covered reasons in the "Outline of Coverage" section, or should you have an accident or suffer from any medical conditions during the trip.

Far Horizons offers customized protection plans through Travel Insured International (a Crum & Forster Company) with the following benefits:

- Trip Cancellation and Trip Interruption for covered reasons
- Trip Delay
- Baggage Loss and Baggage Delay
- Emergency Medical Expenses and Emergency Medical Evacuation
- 24-Hour Accidental Death & Dismemberment
- 24-Hour Travel Assistance & Concierge Services
- Option to upgrade to 'Cancel for Any Reason (CFAR)

We recommend reviewing the language in detail so you are aware of specific parameters; Depending on the policy, to waive the Pre-Existing Medical Condition Exclusion or to upgrade to CFAR coverage, the plan must be purchased within 14 to 21 days of the initial trip deposit, full trip cost must be insured, and traveler is medically fit at time of plan purchase. Otherwise, coverage may be purchased at any time prior to departure.

To obtain a personalized quote and/or purchase a plan through Far Horizons/Travel Insured International, simply click [HERE](#). For specific questions regarding the Worldwide Protector Plan, please contact Travel Insured International's Customer Care Center at 1-800-243-3174 or by email at customercare@travelinsured.com, and refer to Far Horizons' account number: 54070.

Itinerary Changes

Changes in our itinerary, accommodations, and transportation schedules may occur while traveling. While we are committed to keeping as close to the published details as possible, sometimes it is simply not possible. Weather events, government affairs, or other factors out of our control sometimes come into play. A good book to read as well as patience, flexible attitude, and a sense of humor are essential.





Meet Your Study Leader...

Dr. Thomas F. X. Noble

Thomas F. X. Noble received his MA in History and Latin and his PhD in Medieval History from Michigan State University. He is presently Andrew V. Tackes Professor of History Emeritus at the University of Notre Dame. A popular speaker for [The Great Courses](#) (formerly The Teaching Company), Professor Noble is a lecturer on ten different series including the 48 lecture course, The Foundations of Western Civilization. Dr. Noble is the author, coauthor, or editor of 12 books and has published more than 60 articles, chapters, and essays including From Roman Provinces to Medieval Kingdoms, and his coauthored textbook, Western Civilization: The Continuing Experiment, which is in its 7th edition.

Professor Noble has held fellowships from the National Endowment for the Humanities and research grants from the American Philosophical Society. He has been the invited speaker at many national and international conferences including in Italy, the Netherlands, Germany, France, and Scotland. Dr. Noble was the recipient of both the Edmund P. Joyce, C.S.C. and Charles Sheedy Awards for Excellence in Teaching from Notre Dame, and was awarded the Alumni Distinguished Professor Award and a David Harrison III Award for outstanding undergraduate advising, both from the University of Virginia.





What People Are Saying About...

Dr. Thomas F. X. Noble

“Tom was a great source of information and it was a pleasure to travel with him. Whoever signs up for this trip will be very pleased.”

– GAIL GITMAN

“Tom is warm, friendly, sociable and shared his knowledge readily without overdoing it.”

– SHARON LANGLEY



Why Travel with Far Horizons?

With over forty years of experience, and an 85% customer return rate, we have stood the test of time. Remind yourself what makes Far Horizons so unique.

✦ Scholar Led Tours

Every tour is led by a well-respected PhD scholar with expertise in the subject & regions we visit.

✦ Trusted Partnerships

Trusted Partnerships: Every tour is led by a well-respected PhD scholar with expertise in the subject & regions we visit.

✦ Behind the Scenes Access

Our groups have private access to closed areas and on-site specialists.

✦ Unique Trips

Our itineraries are designed to showcase sites that are off-the-beaten path; we explore places that many travelers never see.

✦ Personalized Service

We love knowing our guests and helping with the decision process. We are here to assist you.

✦ Small Groups

Our tours have a maximum of 14 travelers. So you can trust that you will have a boutique experience every time.



READY TO TRAVEL WITH US? ROME & SOUTHERN ITALY

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Email with Questions

journeys@farhorizons.com

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