



CARE MEDICA ELITE LIFESTYLE TRAVELS 2025

ROME, UMBRIA, & TUSCANY (Oct 12th-20th)

CareMedica Elite invites you on a luxurious, all-inclusive cultural experience through the heart of Italy. From the timeless grandeur of Rome to the pastoral beauty of Umbria and the artistic soul of Tuscany, this immersive journey is carefully curated to blend comfort, cuisine, and culture. Travel in style with *private coach bus transportation* between sites, *privately guided tours*, and *exclusive culinary experiences* that showcase the best of la dolce vita.

DAY 1 (OCTOBER 12): ARRIVAL IN ROME, THE ETERNAL CITY

Your Italian adventure with CareMedica Elite begins the moment you arrive at Rome's Leonardo Da Vinci Airport (FCO)! Prepare for a **warm Italian welcome** as your dedicated travel guide and care team greets you. From the airport, you'll be seamlessly whisked away in **private minivans** to the luxurious **Hotel Romanico Palace**.

Nestled in the **elegant Parioli District**, this charming **4-star hotel** offers a perfect blend of comfort and convenience. Imagine being just a leisurely three-block stroll from the fashionable **Via Veneto** and within easy walking distance of the **iconic Spanish Steps**! After checking in and settling into your room, take some time to **relax and unwind**.

As the afternoon beckons, those ready to explore the heart of Rome can join a **fun and informative golf cart tour**. Picture yourself gliding through the ancient streets, discovering legendary landmarks such as the majestic **Pantheon**, the vibrant **Piazza Navona**, the bustling **Campo de Fiori**, and the charming historic **Trastevere neighborhood**. You'll even have the chance to see the famous **Mouth of Truth (Bocca della Verit)**, a whimsical piece of Roman history immortalized in *Roman Holiday*.

As evening falls, prepare for an **unforgettable rooftop Welcome Dinner**. Indulge in **exquisite Italian cuisine** while you mingle with your fellow travelers, all while soaking in the **panoramic views of the Eternal City** glittering beneath the stars. This is the perfect start to your Italian sojourn!

DAY 2 (OCTOBER 13): PAPAL AND IMPERIAL ROME

This morning, embark on a **guided journey** through the grandeur of Imperial Rome. Explore the colossal **Colosseum**, stand in awe at the **Circus Maximus**, and marvel at the monumental **Arch of Constantine**. After enjoying free time for a leisurely lunch, the afternoon will be dedicated to a **private and expertly led tour of the Vatican Museums**. Be entranced by Michelangelo's legendary ceiling in the **Sistine Chapel** and the stunning **St. Peter's Basilica**, where you'll encounter Michelangelo's awe-inspiring Pietà. Enjoy the convenience of fast-tracked entry and an immersive experience with personal listening devices. The evening is yours to savor the vibrant culinary scene of Rome. Local restaurant recommendations will be provided for a memorable dinner experience.

DAY 3 (OCTOBER 14): JOURNEY TO THE HEART OF UMBRIA: PERUGIA

After a hearty breakfast, we'll depart Rome and journey into the enchanting region of Umbria. Prepare to be captivated by the breathtaking countryside surrounding Spoleto, with **panoramic views of rolling hills** that will truly take your breath away. Upon arrival at a charming countryside location, we'll meet Alessandro for a **unique truffle hunting experience** alongside his skilled truffle-hunting dogs. The magic continues as Alessandro's mother, Mamma, shares her culinary wisdom with a **traditional pasta-making demonstration**, where you'll learn the art of crafting authentic Umbrian pasta from scratch!

Afterwards, we'll make our way to **Hotel Brufani**, a **5-star gem** nestled in the heart of Perugia. This elegant hotel is just a stone's throw from vibrant cafes, charming restaurants, and significant cultural landmarks. In the afternoon, take a leisurely stroll through the winding streets of Perugia with a knowledgeable local guide. Discover the unique charm of this medieval city perched atop a hill as you explore its hidden treasures. The evening concludes with a delicious dinner at the hotel, followed by free time to wander the beautifully illuminated streets of Perugia.

DAY 4 (OCTOBER 15): EXPLORING ASSISI AND UMBRIAN WINE DELIGHTS

This morning, we'll journey to the serene medieval town of **Assisi**, a UNESCO World Heritage site renowned for its spiritual significance and artistic beauty. Experience a **private guided tour** of the awe-inspiring **Basilica of St. Francis**, where you'll marvel at the stunning frescoes that adorn the walls of both the upper and lower basilicas, depicting the life of this beloved saint.

In the afternoon, we'll venture into the picturesque **Montefalco region**, celebrated for its exceptional wines. A **private tour** awaits at a **fourth-generation family-owned vineyard**, where you'll not only taste exquisite world-class Umbrian wines but also indulge in a delightful pairing of local cured meats, flavorful

pecorino cheese, crusty bruschetta, and fragrant olive oil. The evening is free for you to explore Perugia further and discover its own culinary delights for dinner.

DAY 5 (OCTOBER 16): TUSCAN CHARM AND FLORENTINE ELEGANCE

After a delightful breakfast, we'll bid farewell to Perugia and journey through the breathtaking **Tuscan countryside**. Our first stop will be **San Gimignano**, a captivating medieval village famed for its iconic towers, often called the "Renaissance Manhattan." Explore its charming cobblestone streets and be sure to indulge in a taste of award-winning gelato at **Gelateria Dondoli**, home to the **World Champion Gelato** – a treat that's included for everyone! Enjoy some **free time to wander** and savor lunch in this picturesque setting.

Continuing our scenic drive, we'll make our way to **Florence**, the very heart of Renaissance art, culture, and history. Before checking into our centrally located accommodation, we'll pause at **Piazzale Michelangelo** for **breathtaking panoramic views** of this magnificent city – the perfect opportunity to capture some stunning photographs. Upon arrival in Florence, we'll check into the **Hotel Adriatico**, a **charming 4-star hotel** where you can settle in and prepare for the Florentine delights ahead. This evening, we'll enjoy a **special Welcome Dinner** right at the hotel, providing a relaxed and convivial start to our time in Florence. **Breakfast will be included daily at the Hotel Adriatico.**

DAY 6 (OCTOBER 17): IMMERSING YOURSELVES IN RENAISSANCE FLORENCE

Begin your day with a **delicious breakfast at the Hotel Adriatico**, setting the stage for a day of exploration. Join our expert local guide for an insightful tour of Florence's most iconic landmarks. Discover the architectural marvel of the **Duomo**, stroll across the historic **Ponte Vecchio**, and delve into the artistic treasures housed within the renowned **Uffizi Gallery**. Your guide will bring to life Florence's rich history and unveil the stories behind its cultural masterpieces. Our guided tour will conclude in **Santa Croce Square**, the heart of Florence's leather and gold district. For those interested, you'll have the **optional opportunity** to witness a fascinating demonstration showcasing the intricate craftsmanship of gold and leather, traditions that have flourished in Florence for centuries.

The remainder of the day is yours to explore at your own pace! Whether you choose to visit more museums, wander through the enchanting Boboli Gardens, indulge in some exquisite leather shopping, or simply savor a delightful Florentine meal, the city offers endless possibilities. The evening is free for you to enjoy dinner at a restaurant of your choosing, perhaps revisiting a favorite spot discovered during your day's adventures.

DAY 7 (OCTOBER 18): FLAVORS OF FLORENCE AND THE TOWER OF PISA

Your day begins with a delightful immersion into local Florentine life with a **guided foodie walk** through the vibrant **St. Ambrosia Market**, Florence's oldest and most authentic market where locals shop for the freshest ingredients. Prepare your taste buds for a true culinary adventure as you **sample local delicacies** such as the savory Schiacciato, the traditional Lampredotto, the sweet Cantuccini, and the delectable Cocoli with creamy stracchino cheese. This is a fantastic opportunity to experience the true flavors of Florence!

In the afternoon, we'll embark on an excursion to the nearby city of **Pisa**, home to the world-famous **Leaning Tower**. For your comfort and convenience, a **special train** will take us as close as possible to the iconic landmark, minimizing walking and allowing for the perfect photo opportunities. Upon arrival, we'll meet **Roberto**, our knowledgeable local expert, who will share the fascinating history and captivating legends surrounding the Leaning Tower and the Piazza dei Miracoli.

Following our exploration of Pisa and the iconic Leaning Tower, we will journey into the heart of the Tuscan countryside for a truly special culinary experience. We'll be hosted at a charming local **Agriturismo restaurant** for an authentic **'farm-to-table' Tuscan meal** served in a delightful setting. Indulge in the exquisite flavors of freshly made pasta, a delectable selection of local cheeses and cured meats, and savor world-class Tuscan wines that perfectly complement the regional cuisine. This promises to be an intimate and memorable evening, offering a true taste of Tuscan hospitality and gastronomy. Following this delightful experience, we'll return to the **Hotel Adriatico in Florence** for a restful night.

DAY 8 (OCTOBER 19): FAREWELL TUSCANY, RETURN TO ROME

After a final breakfast in the heart of Florence, it will be time to bid *arrivederci* to the enchanting region of Tuscany as we journey back to Rome. Relax and enjoy the scenic Italian countryside as we travel. Your Tour Director will be on hand to provide all the necessary details for your upcoming airport departure and answer any questions you may have, ensuring a smooth transition for your journey home.

Upon our return to Rome, we will check into the **Rome-Fiumicino Hotel Isola Sacra**, a **modern 4-star hotel** conveniently located near the airport. Take some time to settle into your comfortable room and perhaps take advantage of the hotel's amenities. The afternoon is yours to enjoy at your leisure. You might choose to do some last-minute souvenir shopping, revisit a favorite spot in Rome, or simply relax and unwind at the hotel, perhaps reflecting on the incredible experiences of your Italian adventure.

As the final evening of our journey unfolds, we will gather for a **special Farewell Dinner** at the **Rome-Fiumicino Hotel Isola Sacra**. This will be an unforgettable evening, made even more memorable by a **private concert**, providing the perfect harmonious conclusion to our Italian escape. Raise a glass to the memories made and the friendships forged during your time in Italy! **Breakfast will be included at the hotel.**

DAY 9 (OCTOBER 20): DEPARTURE

After enjoying a final **breakfast at the Rome-Fiumicino Hotel Isola Sacra**, it will be time to say *arrivederci* to Italy. Depending on your individual flight schedules, convenient transfers will be arranged to take you directly from the hotel to Rome Fiumicino Airport for your departure. We trust you will leave with cherished memories of your CareMedica Elite Italian vacation. *A presto!*

CareMedica Elite Travel Program – Trip Details & Costs

Total Cost: \$8,894 per traveler

- **Initial Deposit to Confirm Interest: \$50 (Due by June 2, 2025)**
This non-refundable deposit confirms your spot on the trip and will be applied toward your total balance.
- **Main Deposit Due at Booking: \$2,600 (Due by June 22, 2025)**
Your main deposit secures your place and activates your booking.
- **Remaining Balance: \$6,244 (Due by September 2, 2025)**
Full payment must be completed by this date.

Airfare & Travel Insurance

Please note: Airfare and travel insurance are **not included** in the trip cost.

If you would like assistance coordinating your flights with the official travel group—accompanied by CareMedica Elite staff—please reach out to our Membership Department at:

 ppersichetti@caremedicainternational.com

Accommodations

Hotel arrangements are managed by our trusted partner, **Italy with Class**, a highly respected Italian travel agency: www.italywithclass.com.

Please note: Due to the high volume of travelers during this period, accommodations are subject to change until finalized.

Questions or Need Support?

Contact CareMedica Elite's Membership Department directly:

 (475) 239-8968

 **Upcoming Informational Zoom Session**

You're invited to join us for a live informational session hosted by **Debra DeAngelo**, CareMedica Elite's dedicated international travel expert.

 **Date:** Thursday, April 24, 2025

 **Time:** 5:00 PM – 6:00 PM

 **Join via Zoom:** [Click here to access the meeting](#)
