



Itinerary For a Four Day Study Tour to Rome. Prepared For Mr. A. Watkins, Cardinal Wiseman School, Greenford Rd, Greenford, Middlesex UB6 9AW.

Dates: 14th - 17th July 2014



The itinerary is designed to balance visits of the greatest interest with recreative activities. It aims to make the maximum use of time without exhausting participants. The itinerary we have proposed is flexible and is only finalised after discussion with the Party Leader(s). Flexibility is also built into the holiday itself as changes can be made at very short notice according to weather conditions etc. The visit will be guided throughout. All excursions are well prepared and are backed by notes and a commentary. The Director is very knowledgeable about the city being visited and is able to help to run the holiday according to Party Leader wishes. In this way Party Leaders will be free to concentrate on the care of their pupils rather than on the organisation of the tour. The whole stay is underpinned by excellent accommodation, catering, transport and security.

ACCOMMODATION

Hotel Noto***

Via Catalafimi, 10, Roma, Italia. Tel. +39 06 4743866. www.romeguide.it/alberghi/Noto

The Hotel Noto offers comfort & luxury in the heart of ancient Rome. Conveniently located close to the Termini Train Station & within a twenty-five minute walk of the Trevi Fountains & the Piazza Barberini, our hotel forms an ideal base for exploring the city. All rooms have en-suite bathroom facilities, televisions, telephones, desks & lamps. Arranged over several floors, the hotel is spotlessly clean & the decor is plush & modern. The hotel staff are friendly & informative & we have found the Hotel Noto to be a popular & comfortable base for our groups in Rome.

Please note that the Hotel Noto is part of the Sebraeli Hotels group which operate 6 hotels in Rome. The final choice of hotel is decided upon two weeks prior to departure & will be one of the Sebraeli Hotels, all of which are 2, 3 or 4 star Tourist Class hotels.

DAY ONE

- 10.30 Meet at Cardinal Wiseman School. Load luggage into coach.
- 11.00 Depart Cardinal Wiseman School. Onward transfer to Gatwick Airport.
- 13.00 E.T.A. Gatwick Airport (South Terminal). Commence check in.
- 15.55 Depart Gatwick Airport on Easyjet flight 5257.
- 19.25 E.T.A. Rome Fiumicino Airport.
(Note: 1 hour time difference).
- 20.30 Coach transfer to Hotel Noto, Rome.
- 21.45 E.T.A. Hotel Noto, Rome. Storage of suitcases into hotel storage room.
- 22.00 **Dinner at La Famiglia Restaurant.**
- 23.00 Check into hotel, allocate rooms & brief meeting before bed.

DAY TWO

08.00 Breakfast.

09.00 Walk to The Colosseum.

09.45 **Guided Visit to The Colosseum.**

The Colosseum was the main arena where the gladiators used to do battle with the lions, tigers & each other. The Emperor would sit in the centre of the stadium & would have the final decision about whether or not a slave would be freed or would be executed in front of the baying crowds. The Colosseum could be flooded to create an internal lake for water-jousting and a waterproof cover could be pulled over the whole stadium to protect spectators from the rain. The Colosseum represented a high level of architectural expertise, even by modern standards. Once inside, pupils can view the gladiators' quarters, the jousting arena, the lions' cages and the seating area for the Emperor and his guests.

The visit to the Colosseum is always a highlight of the tour & gives students a powerful impression of the might & power of the Roman Empire as well as a glimpse into the life for the ordinary Roman living at the heart of the city.

11.30 **Visit to The Ancient Roman Forum.**

From the Colosseum we will walk through the Roman Forum - the political & judicial heart of the Roman Empire. Inside the Forum we will view the shrine to Caesar, near to the spot where he was assassinated, the House of the Vestal Virgins, the Temple & several Triumphal Arches. As we ascend out of the Roman Forum towards Capitoline Hill, participants will have a wonderful view of the ancient Forum with the Colosseum looming in the distance.

13.00 **Lunch & Visit to The Pantheon.**

Commissioned by Marcus Agrippa as a temple to all the Gods of Ancient Rome, & rebuilt by Emperor Hadrian in 126AD, this building contains the world's largest unreinforced concrete dome. Built over 2,000 years ago, this circular building has a portico of enormous Corinthian columns & a hole to the sky (an oculus) which is the only source of light within the interior. The Pantheon is one of Rome's best-preserved buildings & has been in continuous use throughout its long history. We will visit the interior of the building before meeting in the busy pedestrianised square outside.

We will enjoy our lunch in the popular pedestrianised piazza in front of Hadrian's Pantheon, where there are some excellent sandwich restaurants offering local specialities such as foccacia bread with porchetta & rosemary or tomato & local cheese sandwiches.

14.45 **Visit to The Piazza Navona.**

The Piazza Navona is one of Rome's most impressive squares & boasts some very important statues & fountains. The square was formerly used by the Romans as the setting for horse-drawn chariot races, with the track around the perimeter of the square. Today the square is lined with cafes & filled with street entertainers. The main pastime nowadays is people-watching from one of the cafes.

16.15 **Visit to the Castle Saint Angelo.**

The imposing Castle Saint Angelo is one of the most impressive of Rome's landmarks & was built to house the Emperor Hadrian's mausoleum. The castle overlooks the River Tiber in a dominating position on a curve of the river. The Vatican is within a short distance & the escape pathway between the Vatican & the castle bears testament to past times when a Pope would have to have a secure fortress to hide in during times of trouble. We will climb to the roof of the castle to admire the superb views over the city below.

17.30 Walk to The Trevi Fountains.

18.00 **Visit to The Trevi Fountains**

These are the most famous fountains in Rome and probably in the world. Used as the backdrop to many a black and white film classic and several well-known songs, the Trevi Fountains are best viewed at dusk when the underwater lighting makes them look spectacular. Legend has it that anyone who tosses a coin into the fountains guarantees their return to the city. The fountain was built in 1735 by the architect Salvi and was decorated by several artists from the Bernini school. The fountains are an ideal place to sit and sketch, or to simply enjoy a gelato on the famous steps facing the fountains.

19.15 **Dinner at the Pastarito Restaurant.**

20.30 Return walk to Hotel Noto.

21.00 E.T.A. Hotel Noto.

DAY THREE

08.00 Breakfast.

09.15 Metro transfer to The Vatican.

10.30 **Visit to The Sistine Chapel.**

After lunch we will visit the Sistine Chapel - the main chapel in the Vatican Palace. This has been frescoed by some of the finest artists of the 15th & 16th centuries, including Perugino, Ghirlandaio, Botticelli & Signorelli. The frescoes show scenes from the life of Moses & of Christ. The decoration of the chapel walls was completed between 1534 & 1541 by Michelangelo who painted the incredible Last Judgement. The Director of Studies will point out highlights of the frescoed walls to students, such as the impressive detail of the souls meeting the wrath of Christ in Michelangelo's Last Judgement. Students will also be given a short explanation of the ceiling, also by Michelangelo, showing the Creation of the World & the Fall of Man.

13.00 Lunch.

We will break for lunch at a very pleasant cafe just outside of the Vatican City before re-entering the city in the afternoon.

14.45 **St. Peter's Square.**

We will enter the Vatican City through the impressive Piazza San Pietro, which becomes packed with pilgrims every Sunday as they gather to hear the Pope's weekly sermon. The square was designed by Bernini between 1656 & 1667 & the colonades of the square's perimeter are exactly symmetrical. The huge obelisk in the centre of the square was erected using 150 horses & 47 winches. We will walk past the papal platform to get to the pillared entrance of The Church of St. Peter's.

15.45 **The Church of St. Peter's**

The centre of the Catholic faith, the church of St. Peter's draws pilgrims from all over the world. The highlight is Michelangelo's sumptuously decorated basilica & dome. St. Peter's took more than a century to construct & all of the great architects of the Roman Renaissance & Baroque played a part in its design.

We will enter through the central Filarete Door of 1445 to enter the church & walk along the 715ft. nave to view the spectacular dome of St. Peter's, which stands 448ft. high.

After viewing the dome, we will explore the contents of the church, which contains 11 chapels & 45 altars in addition to a wealth of precious art. The central focus of the interior is the Papal Altar. We will visit the Grottoes, the Treasury & St. Peter's Sacristy. Pupils may choose to pay to climb the spiral staircase to the top of St Peter's Dome for a panoramic view

over the Vatican Square below.

17.30 Walk to Pastarito Restaurant.

18.00 **Dinner at the Pastarito Restaurant.**

19.15 Return walk to Hotel Noto.

20.00 E.T.A. Hotel Noto.

DAY FOUR

08.00 Breakfast & storage of suitcases into hotel storage room.

09.15 Metro transfer to 'Spagna' (Spanish Steps).

10.00 **Final Shopping Time in Trevi Fountains & Spanish Steps Area.**

The historic Via del Corso & Spanish Steps area is the central shopping region in Rome, where locals stroll & take aperitifs before dinner. The road stretches from the Piazza Venezia up to the Piazza del Popolo & there are many excellent cafes & restaurants with outside tables to watch the people amble by. There are many clothes shops selling fine shirts, designer goods, handbags & shoes, sometimes at bargain prices compared to the U.K.

12.00 Metro transfer to Hotel Noto.

13.00 E.T.A. Hotel Noto. Collect suitcases & prepare for return journey to UK.

14.00 Coach transfer to The Catacombs of San Callisto.

15.00 **Visit to The Catacombs of San Sebastian.**

In ancient Roman times, no one was allowed to be buried within the walls of the city. While pagan Romans chose cremation, Christians preferred to be buried (so they could be resurrected when the time came). But land was expensive & most Christians were poor. A few wealthy, landowning Christians allowed their land to be used as burial places.

The ancient catacombs are scattered outside the ancient walls of Rome. From the 1st to the 5th centuries, Christians dug an estimated 375 miles of tomb-lined tunnels, with networks of galleries as many as five layers deep. Bodies were wrapped in linen (like that of Christ's).

When Emperor Constantine legalized Christianity in AD 313, Christians began making pilgrimages to their burial places in the catacombs. In the 800's, when barbarian invaders started ransacking the tombs, Christians moved the relics of saints and martyrs to the safety of churches in the city centre.

For a thousand years, the catacombs were forgotten. In early modern times, they were excavated and became part of the Romantic Age's Grand Tour of Europe. Abandoned plates and utensils from ritual meals were discovered deep within catacombs.

The underground tunnels, while empty of bones, are rich in early Christian symbolism, which functioned as a secret language. The dove represented the soul. You'll see it quenching its thirst (worshipping), with an olive branch (at rest), or happily perched (in paradise). Peacocks, known for their purportedly 'incorruptible flesh' embodied immortality. The shepherd with a lamb on his shoulders was 'the good shepherd' - the first portrayal of Christ as a kindly leader of his flock. The fish was used because the first letters of these

words — ‘Jesus Christ, Son of God, Saviour’ — spelled ‘fish’ in Greek. And the anchor is a cross in disguise. A second-century bishop had written on his tomb ‘All who understand these things, pray for me’. Participants will view pictures of people praying with their hands raised — the custom at the time.

17.00 Coach transfer to Rome Fiumicino Airport.

18.00 E.T.A. Rome Fiumicino Airport. Commence check in.

Important Note: Please proceed directly to the departure gate without shopping time at airport as the walking time from Security Check to departure gate is 30mns & many groups have almost missed their flights.

21.15 Depart Rome on Easyjet flight 5260.

22.55 E.T.A. Gatwick Airport (South Terminal).
(Local time)

00.00 Coach transfer to Cardinal Wiseman School.

01.30 E.T.A. Cardinal Wiseman School.

