



## WOMEN OF THE MIDWEST

Travel Solo Together

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# ITALY

Eat - Live - Love

with Women of the Midwest

October 15-26, 2023



Dear Women of the Midwest,

If you are looking for a destination and time to just enjoy life, then this trip to Puglia, the Amalfi Coast, Pompeii, and Rome is for you!

Embark on a journey to experience the colors, sights, and smells of all that Italy has to offer. We begin in Puglia, the sun-soaked heel of the Italian boot – brimming with silvery-green olive groves, whitewashed cities, and sapphire seas. Here, a calmer way of life still thrives. We will visit the countryside “massarias” (farmhouses), learn all about world-class olive oil, slumber in an elegant trullo, and nibble fresh focaccia in Lecce’s Baroque squares.

We will also bask in the delights of the Amalfi Coast, be amazed by terraced cliffs plunging into a sparkling deep blue sea, colored bougainvillea draped over sherbet-colored villages and whitewashed villas, and small pebble beaches tucked into secluded coves. The scent of citrus and lemon orchards permeates the salty air, creating a plethora of memories. A visit to the city of Pompeii is included. In the shadow of Mt. Vesuvius, this place is where life abruptly ended 2,200 years ago; we will explore the remnants of this ancient civilization.

Lastly, Rome! An Ancient metropolis of history, art, and culture awaits. The capitol of the once great Roman Empire and Christianity, a city of wonder and passion, yesterday and today, all in a remarkable mixture and imperial setting.

If warm welcomes, great food, good local wine, and the Old-World appeal that Italy is so famous for sounds intriguing to you, then join me! Let’s “Eat, Live, Love” our way through Italy.

Saluti,  
Ann Bruntz  
Women of the Midwest Ambassador



Call Executive Travel's Group Department today at 402-435-8888. Space is limited.

## Lecce



### October 15, 2023 - Sunday

Traveling to Lecce, Italy

Our charming Italian culinary adventure begins as we take an overnight flight to Rome. Enjoy in-flight entertainment and meal service as you embark on a trip of a lifetime.

### October 16, 2023 - Monday

Lecce

We arrive in Rome and meet our private tour guide. Together we will take a domestic flight to Brindisi in the Puglia region and drive the last few miles to the town of Lecce. Lecce is the city of Baroque and is famous for its monuments and buildings. It is considered one of the most beautiful cities in Italy; you will soon understand why! It is a relatively small city but has a lot to offer and is surrounded by luscious nature and inspiring history stirring unexpected delights and delicate Apulian cuisine. Lecce is our home for the next five nights. Upon arrival at our centrally located hotel, we will freshen up, unpack and meet for a welcome orientation tour by foot. This evening, we gather for a welcome dinner at a local restaurant serving typical dishes of the Apulian culinary tradition. B (during flight) | D

### October 17, 2023 - Tuesday

Squinzano – Hands-on Cooking

Breakfast is enjoyed, and we are ready to take in Lecce, also known as the “Florence of the South.” You will fall in love with its indescribable Baroque style with cloisters, palaces, the beauty of Santa Croce Basilica, Piazza Duomo ...an unexpected world of treasures is right in front of us, most of it built in the famous Lecce stone, a local limestone used as a structural and also as a decorative material. The city dates back to Roman times. In Lecce, you will discover an infinite mix of people. The sea surrounds the region, and everyone would land here. You will see people who are blond with blue eyes and darker-skinned people with frizzled hair but all

## Alberobello



with the same calm, peaceful, and tranquil attitude ...that's what Lecce does to you. Today, we take a culinary tour of Puglia, starting with a walk to the local food market. This market is for food lovers, rich in all the local produce. We continue to our hands-on cooking venue in the nearby Squinzano, the area with the best olive oil and wine in this region. Off the tourist tracks and with our local experts, we will learn about authentic Italian cuisine. Our dishes are simple, tasty, and healthy. Recipes never written down but handed down from mother to daughter; this is what it is all about. We return to Lecce in the afternoon for a relaxing evening. B | C

### October 18, 2023 - Wednesday

Castellana Grotte – Alberobello - Ostuni

After a laidback breakfast, we explore more of the surrounding area. Our first stop will be in Grotte di Castellana, a small-town home to a series of caverns carved out over the centuries by water streaming through the rocky soil. Alberobello is up next (Alberobello means the “Beautiful Tree”). A UNESCO World Heritage site due to its trulli houses (around 1,500 of them). A trullo is a unique dry-stone hut with a conical roof built without mortar. They have survived quite intact and function in the modern world. We will discover the history, architecture, mystery, and symbolism of their finials and enjoy the fairy tale atmosphere of this amazing hamlet. Lunch is served at a Massaria (manor farm), including the area’s “orecchiette” (little ears) pasta, a traditional homemade pasta. Our last stop is Ostuni, known as the White City and one of the most picturesque towns in Southern Italy. Clinging onto three hills, the old center is a spiral of whitewashed houses and cobbled streets with dramatic views of a sea of olive trees and, further away, the Mediterranean. We are back in Lecce for a relaxed evening. What's not to love? B | L

### October 19, 2023 - Thursday

Olive Oil tasting class – Lecce

After an enjoyable breakfast, we will take a half-day tour of a traditional olive oil farm.

## Olive Oil Class and Tasting



We will learn about high-quality extra virgin olive oil, the importance of cold-press, how to buy and store it, how to read the label, the health benefits of EVOO, and how to use olive oil in your food. Lunch is served at Maria's local restaurant. Time to relax before we meet in the afternoon to take a guided tour of the center of Lecce. You will be impressed by the exuberant decorations on the honey-colored facades in this lovely city. We will visit the Basilica Santa Croce, the site of the most important local Roman ruins; a 25,000-seat Amphitheater from the 1st century BC and a column marking the end of the Appian Way (from Asia Minor to Brindisi). We will pass through some of the most beautiful squares. During our walk, we will also be introduced to an exceptional local craft; the art of paper-mâché. Visiting one of the oldest workshops is one of our tour's highlights; pick your special favorite figurine. The paper-mâché phenomenon is unique to Puglia and dates back to the 17th and 18th centuries when the development of arts was linked to the increasing number of churches and monuments. And tonight, remember the “passeggiata,” the nightly stroll most Italians take; in Lecce, it is almost an obsession with everyone coming out, young and old. Enjoy the best people-watching. B | T | L

### October 20, 2023 - Friday

Matera

After a hearty breakfast, we board our private motor coach to enjoy a guided tour of Matera, a UNESCO World Heritage Site since 1993. It is the “City of the Caverns,” a village of houses carved in the rock with exciting sea views and vegetation rich in “fichi d'india” (prickly pears, the flower of the cactus often used for jam), imposing agaves, and capers. Matera continues to be the destination of great actors and film directors. Mel Gibson said, “In fact, the first time I saw this place, I just went crazy because it was so perfect.” Tonight, we invite you to a cozy restaurant in Lecce. B | D

## Amalfi Coast



### October 21, 2023 - Saturday

#### Sorrento

After an early breakfast, we depart Lecce to drive to the Amalfi Coast (approximately 6 hours). Kick back and take in the beautiful landscape of Basilicata and Campania before we reach Sorrento, a small resort town overlooking the Bay of Naples and the beautiful Mediterranean Sea. For over 2,000 years, visitors from across the globe have been attracted to Sorrento by its breathtaking sunsets and the fragrances of the lemon trees. We unpack our bags and will enjoy two nights in this beautiful place. In the afternoon, we take a walking tour of Sorrento. Included is a visit to a limoncello factory. Smell, taste, and dream with our tasting class ...limoncello liquor, watermelon cream, lemon confetti, and hand-made cookies. Dinner is served at our hotel, Buon Appetito! B | T | D

### October 22, 2023 - Sunday

#### Amalfi Coast

Breakfast at a relaxed pace before we are off to the Amalfi Coast. The Amalfi drive is said to be the most spectacular road in Europe. The winding cliff-top road offers breathtaking panoramic views at every bend. Each spot is a world of its own, a fantastic world that dazzles the imagination. We stop just above Positano, another jewel of this coastline, boasting picturesque pink and white villas perched dramatically on the steep hillside. Then on to Amalfi, which gives its name to the entire coast on which it lies. Once a thriving marine republic, powerful and prosperous, and now a thriving holiday resort. The unmistakable cluster of tightly packed white houses rising up the hillside is dominated by the beautiful Cathedral, which stands superbly on the top of a great flight of steps leading up from the main square. Housed in the magnificent Cathedral are the remains of the Patron Saint of Amalfi and Scotland – Saint Andrew. We continue to Ravello, which nestles eleven hundred feet above the. We visit Villa Rufolo, which inspired the musician Richard Wagner to create one of his most

## Sorrento Lemons



famous operas, the Parsifal. This evening is ours to enjoy as we please! B

### October 23, 2023 - Monday

#### Pompeii – Rome

This morning, we say farewell to Sorrento and the Amalfi Coast and head to Rome. But before we reach the “Eternal City,” we will stop in Pompeii. In the shadow of Mt. Vesuvius, we stop to recall a moment in history; an ancient community buried in volcanic ash and mud. Brought to an abrupt halt 2,200 years ago when the volcano erupted, daily life stopped in the middle of everyday activities. Following the city’s ancient roads, we will explore the well-preserved ruins of homes, stores, temples, and public spaces, visually narrating what Roman life was like in this 1st-century city. Arriving in Rome, our home for the next three nights, we will take a walking tour of the center of Rome to enjoy a classic movie-lovers experience through the most amazing movie settings in Rome. This is a unique chance to experience Federico Fellini’s classic “La Dolce Vita” (The Sweet Life) and take in the atmosphere of the famous movie “Eat, Pray, Love.” See the top sites in Rome, including restaurants, fountains, piazza (squares), and neighborhoods featured in the books and movies. Our first night in Rome will be celebrated with an amazing dinner at a special restaurant ...for movie lovers only! B | D

### October 24, 2023 - Tuesday

#### Rome

After a delicious breakfast, we are ready to step back in time and visit “Ancient Rome,” including the Roman Forum and the Colosseum. Its real name was the Flavian Amphitheatre, after the emperors who built it in the first century AD. Colosseum refers to the “colossal” statue of Nero that stood at the entrance at one time. A fun afternoon awaits. Love Italian food? This afternoon, enjoy the “Trastevere food stroll tour.” On our 3-hour walking food tour, we will explore this photogenic neighborhood by night. In a

## The Eternal City



secret cellar, you will sample a sumptuous blend of Italian classics like pizza and pasta, real Roman street food, less-known meats and cheeses, and amazing wine – its history will blow you away. B | T

### October 25, 2023 - Wednesday

#### The Vatican City

After a delightful breakfast, we are off to another country! Ten minutes drive from our hotel, and we are in Vatican City! We will tour the Vatican museums, a treasure trove of ancient Greek sculptures, medieval tapestries, and Renaissance paintings. Our visit culminates at the Sistine Chapel, where the Pope is elected. Next, we visit St. Peter’s Basilica\*, by far the largest church in Christendom. We will see Michelangelo’s Pieta, sculpted when he was just twenty-four, and Bernini’s seven-story bronze canopy about the main altar. The afternoon is at leisure; time for shopping, ladies! Our farewell dinner is served at a local restaurant with drinks and entertainment. B | D  
\*The visit to St. Peter’s Basilica is subject to availability based on any events planned by the Pope.

### October 26, 2023 - Thursday

#### Traveling Home

All too soon, your vacation has ended. Transfer to Rome airport in plenty of time to check in for our flight and clear security. You may do some last-minute shopping at the duty-free stores before boarding and flying west, across the Atlantic Ocean, back to the United States. B

The itinerary is subject to change

B = Breakfast, C = Cooking Class  
L = Lunch, T = Tasting, D = Dinner



To register contact:



1212 O Street • Lincoln, NE 68508

Phone: 402-435-8888 (ask for Group Department)

Fax: 402-435-2735

GroupDepartment@executivetravel.com

www.executivetravel.com

ONLINE REGISTRATION LINK:

<https://fs28.formsite.com/vLu8mE/WMWIFOOD23/>

#### Package Price:

Per person in a shared double room: \$3,995

Per person in a single room: \$4,995

Triple rooms are not available on this trip.

We offer "Pair & Share"-service. Ask us to assist in finding your roommate!

A non-refundable deposit of \$500 per person is required upon signing up. Deposit can be paid by cash, check, or credit card. Balance is due on July 14, 2023, and is non-refundable. Balance can be paid by cash or check. Credit card payment(s) (any payment applied to the tour after the deposit) will access a 3.5% fee.

#### Group airfare:

We offer group airfare. Please see page 5.

*The tour will be materialized with a minimum of 15 travelers and a maximum of 21 travelers.*

#### Tour Activity Level: LEVEL 1 2 3+ 4

This tour involves a considerable amount of walking, some stairs, longer periods of standing, outdoor activities, and steep areas within the places visited. We walk between 3-5 miles over the course of a day. Add to this the walking you do outside the group activities. This trip is not recommended for guests with walking difficulties. Comfortable, sturdy shoes/boots are recommended.

#### Travel Insurance:

We recommend travel insurance to help protect you and your trip investment against the unexpected. For your convenience, we offer a plan provided by Travelex Insurance Services. For rates and plan highlights, please ask us.

Travelex Insurance Services, Inc CA Agency License #0D10209. Travel Insurance is underwritten by Berkshire Hathaway Specialty Insurance Company, NAIC #22276.

#### Hotel Accommodations (announced 30 days prior to dep.):

Lecce - Hotel President or similar

Sorrento - Hotel Vesuvio or similar

Rome - Hotel Dei Mellini or similar

#### Included:

- 10 nights during the tour in Italy at local 4-star hotels
- 10 x breakfast
- 2 x lunch
- Tastings of local products as per itinerary
- Cooking class, Food Tour as per itinerary
- 5 x dinner
- All transfers and motor coach services as per itinerary
- Porterage at hotels (one bag per person)
- Admissions to sites mentioned in itinerary
- English-speaking professional tour director in Italy
- Step-on guides where required
- Women of the Midwest Ambassador, October 15-26, 2023
- Detailed travel documents, handed out three weeks prior to departure (hard-copy and electronic)
- All local taxes and fees as per February 9, 2023

#### Not Included:

- Airfare, see separate page
- Airline baggage fees for your second checked bag (the first checked piece up to 50 lbs is free)
- Travel insurance
- Personal expenses
- Meals & beverages other than mentioned in the tour program
- Entrances to monuments and/or museums other than mentioned
- Gratuities (estimate \$10-\$15 per day in total)
- Professional fee, \$75 per person, due at time of registration
- Anything not mentioned in the inclusions



**WOMEN OF THE MIDWEST**

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Forwarding registration and deposit signifies that you agree to the terms and conditions of this tour found at [executivetravel.com/eti-home/vacation/escorted-tours](http://executivetravel.com/eti-home/vacation/escorted-tours)

Call Executive Travel's Group Department today at 402-435-8888. Space is limited.

2/9/2023

## JOIN OUR GROUP AIRFARE!

We offer group airfare with American Airlines:

October 15, 2023	Omaha* - Dallas (DFW)	9:39 AM - 11:40 AM
October 15, 2023	Dallas (DFW) - Rome	2:40 PM - 8:00 AM (October 16, 2023)
October 16, 2023	Rome - Brindisi/Salento	1:05 PM - 2:15 PM
October 26, 2023	Rome - Dallas (DFW)	10:00 AM - 2:50 PM
October 26, 2023	Dallas (DFW) - Omaha*	8:30 PM - 10:15PM

\$1,195 per person including taxes and fees, economy class.

\*We are happy to assist with airfare from a different airport than Omaha. Reach out to get your quote. If you travel from a different airport, we aim to have you meet your our group in Dallas on October 15. We also aim to have you return from Rome around the same time as the rest of the group on October 26.

### Important:

Group airfare comes with seat assignments 30 days prior to departure. Executive Travel/Women of the Midwest cannot confirm precise seat numbers earlier than 30 days prior to your departure, and therefore cannot guarantee the availability of specific seating on the aircraft. We do our best to honor your preferences (window, aisle seat).

Premium seating upgrades are usually not available when traveling on a group air contract. If you have frequent flyer miles (AAdvantage® program), please note those cannot be used to upgrade to a different class of service. Contact us if you have any questions and kindly note that certain exceptions may exist.

**SECURE YOUR GROUP AIR TICKET WHEN SIGNING UP!  
THE ITINERARY IS SUBJECT TO CHANGE!**

