WOMEN OF THE MIDWEST

Travel Solo Together

ITALY

Eat, Live, Love

Rome • Puglia • Amalfi Coast

with Women of the Midwest

October 3–15, 2027







Dear Women of the Midwest,

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

Embark on our fourth journey to experience the colors, sights, and fragrance of all that Italy has to offer.
We begin in Rome, a magnificent metropolis steeped in ancient history, art, and culture. The capital 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.

Next is 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 “massaria” (farmhouses), learn all about world-class olive oil, visit the unique trulli houses, and nibble fresh focaccia in Lecce’s Baroque squares. Matera is a story by itself and one of the world’s oldest, still inhabited cities. A magical place, a complex of cave dwellings carved into the mountainside. Just wait and see!

Finally, we will 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 small pebble beaches tucked into secluded coves. The scent of citrus and lemon orchards permeates the salty air, creating a plethora of memories. We have also included a visit to Pompeii, where life came to an abrupt halt when Mount Vesuvius erupted in AD 79, nearly 2,000 years ago. We’ll explore the remarkably preserved remains of this extraordinary ancient Roman city.



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

Saluti,
Jennifer King, Ambassador
Women of the Midwest

Call Women of the Midwest today at 888.549.1186. Space is limited.

Rome - The Eternal City



Orecchiette — "Little Ears"



Baroque Alleyway in Lecce



Sunday – October 3, 2027
Traveling to Rome, Italy
Our delightful Italian culinary adventure begins as we board our overnight flight to Rome. Sit back, relax, and enjoy the anticipation of thirteen wonderful days filled with Italian history, fascinating traditions, beautiful scenery, and, of course, delicious food! Think sun-drenched piazzas, warm Italian hospitality, and those unforgettable moments that make traveling together so special. Italy, here we come! (Meals during international flight)

Monday – October 4, 2027
Welcome to Rome!
Benvenute in Italia! Upon arrival in Rome, we'll meet our Italian tour director and transfer to the heart of the Eternal City. A delightful welcome lunch awaits at a local trattoria, where we'll enjoy traditional Roman dishes and our first taste of Italy's wonderful culinary heritage. Afterward, we'll check into our centrally located hotel for three nights. The remainder of the afternoon is yours to relax, unpack, and perhaps enjoy a leisurely stroll through the neighborhood. There's nothing quite like that first Italian espresso or gelato! Our Italian adventure has officially begun! B (during flight) | L

Tuesday – October 5, 2027
Vatican City
After a delicious breakfast, we're off to another country—Vatican City! Our guided tour takes us through the magnificent Vatican Museums, a treasure trove of ancient sculptures, medieval tapestries, and extraordinary Renaissance masterpieces. We'll admire Michelangelo's breathtaking ceiling in the Sistine Chapel, where the Pope is elected. Next, we'll visit St. Peter's Basilica*, home to Michelangelo's magnificent Pietà and Bernini's towering bronze canopy above the main altar. The sheer beauty and history of this remarkable place are unforgettable. Everywhere we turn, another masterpiece reminds us why Rome has inspired artists and travelers for centuries. The afternoon is free for shopping, exploring, or simply enjoying Rome's lively atmosphere. B
**Subject to availability, depending on events scheduled by the Pope.*

Wednesday – October 6, 2027
Ancient Rome & La Dolce Vita
Today, we'll step back nearly 2,000 years as we explore Ancient Rome, including the magnificent Colosseum* and Roman Forum. Imagine the gladiators, emperors, and everyday Romans who once filled these remarkable spaces! After time for lunch around beautiful Piazza Navona, another delightful experience awaits. We'll explore Rome's famous squares, fountains, and picturesque neighborhoods by golf cart, following in the footsteps of classic movies such as Federico Fellini's La Dolce Vita and Eat, Pray, Love. From elegant piazzas to hidden corners, Rome has a way of making everyone feel like a movie star! Tonight, we'll celebrate our final evening in Rome with a special dinner at a restaurant with a little movie magic of its own. B | D

Thursday – October 7, 2027
Lecce — The Florence of the South
After breakfast, we'll leave Rome behind and journey south toward Puglia, the sun-soaked heel of Italy's boot. Along the way, we'll stop for lunch before continuing to beautiful Lecce, often called the Florence of the South. This charming city is celebrated for its magnificent Baroque architecture, honey-colored limestone buildings, and relaxed Southern Italian way of life. Here, life moves at a gentler pace, and the pleasures of good food and conversation are never hurried. Upon arrival, we'll check into our hotel, our home for the next four nights. Tonight, we'll gather for a delicious dinner featuring traditional dishes of the region. Get ready to fall in love with Puglia! B | L | D

Friday – October 8, 2027
A Culinary Adventure & Hands-on Cooking
Today is all about the delicious flavors of Puglia! We'll begin with a guided walking tour through Lecce's beautiful historic center, discovering local culinary traditions along the way. Enjoy tastings of rustico, the region's savory pastry, sweet pasticciotto, and the famous caffè leccese. Then it's time to roll up our sleeves! In the heart of Lecce, local culinary experts will introduce us to authentic recipes passed down through generations. We'll prepare traditional dishes using fresh, simple ingredients, perhaps including handmade pasta, delicious sauces, and regional specialties. Expect plenty of laughter, a little flour on our hands, and wonderful aromas filling the kitchen. The best part? We'll sit down together to enjoy the fruits of our labor at a wonderful dinner. Buon appetito! B | T | C | D

Saturday – October 9, 2027
Castellana Grotte — Alberobello — Ostuni
Prepare for a day of fascinating discoveries! Our first stop is Castellana Grotte, an extraordinary underground world of limestone caverns shaped by water over thousands of years. We'll explore its remarkable formations, including the magnificent White Grotto. Next, we're off to Alberobello, a UNESCO World Heritage Site famous for its enchanting trulli—whitewashed stone houses topped with distinctive conical roofs. It feels like stepping into a fairy tale! Lunch awaits at a traditional masseria (manor farm), where we'll enjoy regional specialties, including Puglia's famous orecchiette pasta. Our final stop is Ostuni,

The Trulli of Alberobello



The Amalfi Coast



Lemons of the Amalfi Coast



the dazzling White City, with winding cobblestone streets, whitewashed houses, and sweeping views over olive groves toward the Mediterranean. A photographer's dream, with something beautiful around every corner! Return to Lecce for a relaxing evening. B | L

Sunday – October 10, 2027

Olive Oil Traditions & Artisan Treasures
Today, we'll discover two of Puglia's most treasured traditions. Our morning takes us to Squinzano, where we'll visit a local olive oil producer and learn the secrets behind exceptional extra virgin olive oil. From harvesting and cold pressing to tasting and selecting the finest oils, our local expert will share knowledge passed down through generations. You'll never look at a bottle of olive oil quite the same way again! A delicious lunch awaits at a traditional masseria. Back in Lecce, we'll explore its magnificent Baroque architecture, including the beautiful cathedral, before discovering the fascinating art of paper-mâché. We'll visit a traditional artisan workshop and even try our hand at this centuries-old craft. What a wonderful way to experience authentic Italian traditions! B | T | L

Monday – October 11, 2027

Matera — A City Carved in Stone
After breakfast, we'll say farewell to Lecce and travel to extraordinary Matera, one of Italy's most remarkable destinations. A UNESCO World Heritage Site, Matera is famous for its ancient Sassi districts, where homes, churches, and winding passageways have been carved directly into the limestone cliffs. Our guided tour reveals a fascinating world of cave dwellings, historic churches, and spectacular views. It's no wonder this magical setting has attracted filmmakers from around the world! Few places offer such an extraordinary sense of stepping back through the centuries. We'll check into our hotel in Matera and enjoy a delicious dinner at a local restaurant. Tonight, we're surrounded by centuries of Italian history. B | D

Tuesday – October 12, 2027

Lemons, Limoncello & Coastal Charm
Today, we'll travel through the beautiful landscapes of Basilicata and Campania toward the sparkling Bay of Naples. Our destination is Sorrento, a delightful coastal town famous for its breathtaking views, fragrant lemon groves, and irresistible Italian charm. We'll settle into our hotel for three wonderful nights before enjoying an orientation walk through town. A special treat awaits at a local limoncello producer, where we'll delight in Sorrento's famous lemon liqueur. Enjoy tastings of limoncello, sweet creams, lemon treats, and handmade cookies. The fragrance of fresh lemons seems to follow us everywhere in this beautiful corner of Italy. What a delicious introduction to the Amalfi Coast! Tonight, dinner is served at our hotel. B | T | D

Wednesday – October 13, 2027

The Magnificent Amalfi Coast
Get ready for one of the most breathtaking coastal drives in the world! Our journey along the Amalfi Coast takes us past dramatic cliffs, colorful villages, fragrant lemon groves, and sparkling Mediterranean waters. We'll pause above picturesque Positano before continuing to Amalfi, once a powerful maritime republic and now a charming seaside town. Admire its magnificent cathedral overlooking the lively main square. Next, we'll visit Ravello, perched high above the coastline and celebrated for its spectacular views and beautiful gardens. A highlight is Villa Rufolo, whose enchanting setting inspired composer Richard Wagner. With the sea shimmering far below and villages clinging to the hillsides, it's almost impossible to put the camera away! Around every bend, another postcard-perfect scene awaits. Return to Sorrento for an evening at leisure. B

Thursday – October 14, 2027

Pompeii — A Journey Through Time
We couldn't end our Italian adventure without visiting remarkable Pompeii! Buried beneath volcanic ash when Mount Vesuvius erupted in AD 79, this ancient Roman city offers an extraordinary glimpse into everyday life nearly 2,000 years ago. With our local guide, we'll walk along ancient streets and discover remarkably preserved homes, shops, temples, and public spaces. It's a fascinating and unforgettable experience. Imagine the stories these ancient walls could tell! And since we're so close to Naples, the birthplace of pizza, guess what's for lunch! Afterward, we'll return to Sorrento for an afternoon at leisure. Tonight, we'll gather for a wonderful farewell dinner, celebrating the flavors, discoveries, laughter, and friendships of our Italian journey. B | L | D

Friday – October 15, 2027

Traveling Home
All too soon, our wonderful Italian adventure comes to an end. We'll transfer to Naples Airport for our flight home. From Rome's ancient wonders and Apulia's culinary traditions to magical Matera and the breathtaking Amalfi Coast, we'll return with unforgettable memories, new friendships, and perhaps a few delicious recipes to recreate at home. Arrivederci, Italia! Until we meet again! B

The itinerary is subject to change

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



To register, contact:

Women of the Midwest
Travel Solo Together

1230 O Street, Suite 204 | Lincoln | NE 68508
Phone: 888.549.1186
GroupDepartment@executivegroups.com
www.womenofthemidwest.com

ONLINE REGISTRATION LINK:
Via www.WomenoftheMidwest.com/journeys

Package Price:

Per person in a shared double room:	$5,895
Per person in a single room:	$7,895

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 at registration and can be paid by ACH (Automated Clearing House), check, or credit card. The balance is due on June 25, 2027, is non-refundable, and can be paid by ACH, check, or credit card. When using a credit card for final payment, a 3.5% processing fee applies as assessed by the credit card processing company. Checks must be received in our office at least 100 days before the tour's departure date. If you book within 100 days of departure, ACH or credit card payment is the required payment method.

EARLY BIRD DISCOUNT:
Register by February 3, 2027: Save **$200!**

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 approximately 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.

Group Airfare: Becomes available by November 31, 2026.

Travel Insurance:
Travel insurance for this particular tour is highly recommended due to the remote locations. This is to protect you and your tour 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. Insurance coverages underwritten by individual member companies of Zurich in North America, including Zurich American Insurance Company (NAIC #16535, state of domicile: New York), 1299 Zurich Way, Schaumburg, IL 60196.

Hotel Accommodations (announced 30 days prior to dep.)**:**
Rome - Hotel Romanico or similar
Lecce - Hotel President or similar
Matera - Hotel Nazionale or similar
Sorrento - Grand Hotel Vesuvio Central, or similar

Included:
- 11 nights in comfortable 4-star hotels in Italy
- 11 breakfasts
- 5 lunches including a glass of wine and water
- 6 dinners including a glass of wine and water
- Tastings of local products as per itinerary
- Cooking class and food tour as per itinerary
- All transfers and motor coach services as per itinerary
- Porterage at hotels (one bag per person)
- Admissions to sites mentioned in the itinerary
- English-speaking professional tour director in Italy
- Step-on guides where required
- Gratuities to local step-on guides
- Women of the Midwest Ambassador, October 3–15, 2027
- Detailed travel documents, handed out three weeks prior to departure (hard-copy and electronic)
- All local taxes and fees as of November 8, 2026

Not Included:
- Airfare & 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 those mentioned in the tour program
- Entrances to monuments and/or museums other than those mentioned in the tour program
- Gratuities to tour director and drivers (estimate $15 per day in total)
- Professional fee, $100 per person, due at the time of registration
- Anything not mentioned in the inclusions

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Forwarding registration and deposit signifies that you agree to the terms and conditions found at https://womenofthemidwest.com/journeys/

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