



## Tailor-Made Itinerary – Christine



## TRIP OVERVIEW

**Weather**

20-25°C - Mild weather with fewer crowds, perfect for exploration.

**Budget**

€12,000 / person

**Safety**

Low Risk - Stay aware of your surroundings and avoid isolated areas at night.



## ✦ Introduction

Welcome, Christine! Based on your preferences and travel dates, we've designed a detailed, logistics-aware program combining the French Riviera and Italy's most iconic regions. This itinerary is tailored for a couple seeking culture, history, food, and authentic experiences, with a focus on charming budget hotels, guesthouses, and eco lodges. This is a preliminary proposal crafted by our expert travel designers to inspire and guide your booking process.

- **Traveler Profile:** 2 adults (couple)
- **Dates:** Sept 24 – Oct 9, 2026 (15 nights / 16 days)

- **Budget:** €6,000 per person (approx. €12,000 total)
- **Accommodation:** Budget Hotels, Guesthouses, Eco Lodges
- **Interests:** Culture, history, food, authenticity
- **Route:** Nice (France) → Cinque Terre → Naples → Rome (departure)

## **Why This Destination?**

This itinerary blends the sun-drenched elegance of the French Riviera with the dramatic coastlines and ancient cities of Italy. Nice offers a relaxed Mediterranean start, Cinque Terre provides authentic village charm and hiking, while Naples and its surroundings immerse you in Italy's richest culinary and historical traditions. September-October is ideal: fewer crowds, mild weather, and vibrant local life.

**TIP:** Late September offers mild 20-25°C weather, fewer crowds, and local harvest festivals—perfect for authentic experiences and comfortable travel.

## **Custom Program: Day-by-Day**

### **Day 1: Arrival in Nice, France**



- **Morning:** Arrive at Nice Côte d'Azur Airport. Private transfer or easy tram ride to your hotel in the Old Town (Vieux Nice).
- **Afternoon:** Stroll the Promenade des Anglais, visit Cours Saleya market, and enjoy a café lunch.
- **Evening:** Dinner at a traditional Niçoise bistro. Leisurely walk by the sea.
- **Highlight:** Sunset from Castle Hill (Colline du Château) overlooking the bay.

**Accommodation Options:**

- **Hôtel La Pérouse** (Eco-friendly Boutique Hotel) – Vieux Nice.

Locally-owned, sea views, Provençal decor, solar panels, zero-waste practices, organic breakfasts, terrace gardens. From €140-180/night.

- **Guesthouse du Vieux Nice (e.g., Chez Palmyre)** (Guesthouse)
  - Old Town. Family-run, energy-efficient renovations, locally-sourced linens, rooftop herb gardens, authentic Niçoise hospitality. From €90-120/night.
- **[To Customize]:** Arrival transfer, special welcome dinner.

**TIP:** Use electric trams in Nice to minimize emissions and enjoy a smooth transfer from the airport to the city center. Book trains early via the Trenitalia app for onward travel.

## **Day 2: Nice – Exploring the Riviera**



- **Morning:** Guided walking tour of Nice's Old Town and Belle Époque architecture.
- **Afternoon:** Short train ride (15 min) to Villefranche-sur-Mer. Explore the harbor, visit the Citadelle, and relax at the beach.
- **Evening:** Dinner in Villefranche or back in Nice.
- **Highlight:** Aperitif on a seaside terrace.
- **Hotel:** Same hotel options as Day 1.
- **Experiences:**
  - **Cours Saleya Market Tour & Niçoise Cooking Workshop:**  
3-hour guided walk and hands-on cooking of socca and salade

niçoise. €60/person. Focuses on zero-kilometer food and supporting small vendors.

- **[To Customize]:** Private guide, local food tour.

**TIP:** Bring a reusable water bottle—public fountains in Nice offer safe, fresh water. All local transport is easy and scenic by train/tram.

### 📍 **Day 3: Day Trip to Monaco & Eze**



- **Morning:** Train to Monaco (20 min). Visit the Prince's Palace, Oceanographic Museum, and Monte Carlo Casino.
- **Afternoon:** Bus or taxi to Eze Village (20 min). Explore medieval streets, Fragonard perfumery, and panoramic views.

- **Evening:** Return to Nice for dinner.
- **Highlight:** Rooftop drinks in Eze overlooking the Mediterranean.
- **Hotel:** Same hotel options as Day 1.
- **Experiences:**
  - **Castle Hill Eco-Hike & Sunset Aperitivo:** 2-hour moderate hike with vineyard tasting. €40/person. Low-impact nature immersion and Ligurian wine heritage.
  - **[To Customize]:** Perfume workshop, Michelin-star lunch in Eze.

**TIP:** Efficient train/bus connections make day trips easy. Consider an eco-hike for a unique, sustainable experience.

#### **Day 4: Nice to Cinque Terre (Italy)**



- **Morning:** Early train from Nice to La Spezia (approx. 5h, 1–2 changes; scenic coastal route). Tickets €50-70/person.
- **Afternoon:** Arrive in Cinque Terre. Settle into your guesthouse in Monterosso, Vernazza, or Manarola (10-min regional train from La Spezia, €10).
- **Evening:** Dinner at a seaside trattoria, sample Ligurian pesto and fresh seafood.
- **Highlight:** Evening walk along the harbor.
  - **Accommodation Options:**
    - **Affittacamere Le Giare** (Guesthouse) – Vernazza. Family-run,

rainwater harvesting, solar power, terraced organic gardens, authentic stone interiors, supports local trail maintenance. From €110-150/night.

- **Locanda Ca' d'Andrea** (Eco-focused Guesthouse) – Manarola. Compostable amenities, serves Sciacchetra wine from nearby vineyards, preserves Genoese maritime heritage, minimal footprint. From €100-140/night.
- **[To Customize]:** Luggage transfer, private transfer upgrade.

**TIP:** Buy the Cinque Terre Card (€18/day) for unlimited trains and hiking paths. Pack light for steep village paths and book trains early for best rates.

## **Day 5: Cinque Terre Villages**



- **Morning:** Hike or train between Monterosso, Vernazza, and Corniglia. Enjoy dramatic sea views and colorful houses.
- **Afternoon:** Wine tasting at a local vineyard (optional), swim at Monterosso beach.
- **Evening:** Dinner in Corniglia, known for its lemon specialties.
- **Highlight:** Sunset aperitivo overlooking the sea.
- **Hotel:** Same hotel options as Day 4.
- **Experiences:**
  - **Sentiero Azzurro Guided Eco-Hike:** 4-5 hour hike between villages (Vernazza to Monterosso), trail clean-up and

biodiversity talk. €35/person. Small group, low-impact cultural immersion.

- **Ligurian Pesto-Making Class in Corniglia:** 2.5-hour workshop using basil from local farms. €50/person. Supports small producers and slow food traditions.
- **[To Customize]:** Private hiking guide, boat tour.

**TIP:** Stick to marked trails to avoid erosion and help preserve the UNESCO-protected landscape. September-October is perfect for hiking and grape harvests.

## **Day 6: Cinque Terre – Leisure & Local Life**



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**Morning:** Explore Manarola and Riomaggiore. Visit artisan shops, sample local focaccia.

- **Afternoon:** Optional boat ride along the coast, or relax at a café.
- **Evening:** Farewell dinner in the village of your choice.
- **Highlight:** Evening lights of Cinque Terre from the water.
- **Hotel:** Same hotel options as Day 4.
- **[To Customize]:** Cooking class, private sunset cruise.

**TIP:** Flexible day for rest or deeper exploration. Take advantage of local

artisan shops and try regional specialties like Sciacchetra wine.

## 📍 Day 7: Cinque Terre to Naples



- **Morning:** Train from Cinque Terre to Naples (approx. 6h, 1–2 changes via La Spezia & Rome). Tickets €60-80/person.
- **Afternoon:** Arrive in Naples. Check into your hotel in the historic center (Spaccanapoli or Chiaia neighborhoods).

- **Evening:** Pizza dinner at a classic Neapolitan pizzeria.
- **Highlight:** Stroll through Piazza del Plebiscito at night.

**Accommodation Options:**

- **B&B Palazzo Alabardieri** (Guesthouse) – Chiaia.  
Locally-managed, energy-saving LEDs, recycled materials, partnerships with organic Vesuvian farms, authentic Neapolitan art, home-cooked breakfasts. From €90-130/night.
  - **Guesthouse Spaccanapoli 23** (Guesthouse) – Spaccanapoli.  
Owner-operated, zero-plastic policy, rooftop solar, supports street artists, immerses guests in vibrant UNESCO old town.  
From €80-120/night.
- **[To Customize]:** Luggage transfer, private car option.

**TIP:** Carry cash for family-run spots and use the Circumvesuviana train for easy access to Pompeii and Vesuvius. Avoid driving in Naples' center—walk or use e-bikes for a local experience.

 **Day 8: Naples – City & Culinary Delights**



- **Morning:** Guided walking tour: Spaccanapoli, San Gregorio Armeno, and the Duomo.
- **Afternoon:** Visit the Naples National Archaeological Museum or underground Napoli Sotterranea.
- **Evening:** Street food dinner: sfogliatella, pizza frita, and local wines.
- **Highlight:** Live music in a local piazza.
- **Hotel:** Same hotel options as Day 7.
- **Experiences:**
  - **Napoli Sotterranea Eco-Tour:** 1.5-hour underground aqueduct walk with sustainability focus. €12/person. Small groups

preserve fragile sites.

- **Pizza-Making Workshop at a Social Farm:** 3-hour class at a periurban organic farm near Vesuvius, using heirloom tomatoes. €45/person. Supports local youth employment and community-based agriculture.
- **[To Customize]:** Private guide, museum tickets.

**TIP:** All major sites are within walking distance or a short taxi ride. Book experiences via local co-ops for authenticity and positive impact.

## **Day 9: Pompeii & Mount Vesuvius**



- **Morning:** Circumvesuviana train to Pompeii (40 min, €3). Guided tour of the ruins.
- **Afternoon:** Transfer to Mount Vesuvius (shuttle or private car), short hike to the crater (moderate difficulty).
- **Evening:** Return to Naples. Dinner at a trattoria.
- **Highlight:** Panoramic views from Vesuvius.
- **Hotel:** Same hotel options as Day 7.
- **[To Customize]:** Private car, wine tasting at a Vesuvian vineyard.

**TIP:** September is ideal for Pompeii and Vesuvius hikes—pleasant weather and fewer crowds. Use the Circumvesuviana for easy access and avoid peak hours for a more relaxed experience.

## 📍 Day 10: Amalfi Coast Day Trip



- **Morning:** Early train to Sorrento (1h), then ferry or private car to Positano and Amalfi.
- **Afternoon:** Explore cliffside villages, lemon groves, and local shops.
- **Evening:** Return to Naples by ferry/train.

- **Highlight:** Lunch with sea views in Positano.
- **Hotel:** Same hotel options as Day 7.
- **[To Customize]:** Private boat tour, overnight on the coast.

**TIP:** Early start recommended for Amalfi Coast day trips. Ferries offer stunning views and avoid road traffic. September is perfect for comfortable weather and fewer crowds.

### **Day 11: Naples – Free Day**



• **Morning:** Leisurely breakfast, optional visit to Capodimonte Museum

or day at leisure.

- **Afternoon:** Explore hidden neighborhoods, shopping, or relax at a café.
- **Evening:** Farewell dinner in Naples.
- **Highlight:** Enjoying Naples at your own pace.
- **Hotel:** Same hotel options as Day 7.
- **[To Customize]:** Cooking class, Vespa city tour.

**TIP:** Use this day to recharge or dive deeper into Naples' vibrant neighborhoods. Try a local cooking class for an immersive food experience.

## **Day 12: Naples to Rome**



- **Morning:** High-speed train to Rome (1h 10min, €40-60/person).
- **Afternoon:** Check into your hotel in Trastevere or Monti. Begin exploring Rome's piazzas and gelaterias.
- **Evening:** Dinner in Trastevere, famous for its lively atmosphere.
- **Highlight:** Evening stroll along the Tiber River.

**Accommodation Options:**

- **Guesthouse Trastevere 48** (Guesthouse) – Trastevere.  
Family-owned, green roofs, compost programs, local zero-km sourcing, bohemian vibe, artisan workshops nearby. From €100-150/night.

- **B&B La Scalinata di Trastevere** (B&B) – Monti/Trastevere.  
Sustainable renovations, solar hot water, ties to community gardens, genuine Roman hospitality. From €95-140/night.

- **[To Customize]:** Private transfer, special welcome in Rome.

**TIP:** Validate train tickets before boarding. Use the Roma Pass for public transport and major sites. Early October is comfortable (18-22°C) and ideal for exploring Rome's vibrant neighborhoods.

### 📍 **Day 13: Rome – Ancient Wonders**



**Morning:** Guided tour of the Colosseum, Roman Forum, and Palatine Hill.

- **Afternoon:** Explore the Capitoline Museums or relax at a café on Piazza Navona.
- **Evening:** Dinner in the Jewish Ghetto (try carciofi alla giudia).
- **Highlight:** Night walk through illuminated ruins.
- **Hotel:** Same hotel options as Day 12.
- **Experiences:**
  - **Appian Way E-Bike Tour:** 3-hour ride on ancient road with eco-history guide, stops at catacombs and organic vineyards. €50/person. Low-emission, immersive exploration.
  - **Campo de' Fiori Farmers' Market & Street Food Walk:** 2-hour tour tasting sustainable Roman dishes from small producers. €35/person. Promotes zero-waste markets and local artisans.
- **[To Customize]:** Skip-the-line tickets, private guide.

**TIP:** Book experiences via local co-ops for authenticity. Early October means shorter lines at major sites and pleasant weather for outdoor tours.

## **Day 14: Rome – Vatican & Baroque Rome**



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**Morning:** Early entry to the Vatican Museums, Sistine Chapel, and St. Peter's Basilica (guided tour recommended).

- **Afternoon:** Walk to Piazza di Spagna, Trevi Fountain, and the Pantheon.
- **Evening:** Aperitivo in Campo de' Fiori, dinner at a local trattoria.
- **Highlight:** Climb St. Peter's Dome for panoramic city views.
- **Hotel:** Same hotel options as Day 12.
- **[To Customize]:** Private Vatican guide, rooftop dinner.

**TIP:** Early entry avoids crowds at the Vatican. Walking tours cover Rome's

core—wear comfortable shoes and enjoy the city's vibrant piazzas.

## 📍 Day 15: Rome – Departure



- **Morning:** Leisurely breakfast. Private transfer or train to Rome Fiumicino Airport (Leonardo Express train: 30-45 min, €14/person; allow 2h for airport procedures).

- **Afternoon:** Depart Rome for home.
- **Evening:** —
- **Highlight:** Reflect on your Mediterranean adventure.

- **Hotel:** —
- **[To Customize]:** Late check-out, VIP airport lounge.

**TIP:** Book airport transfers in advance for peace of mind. The Leonardo Express is fast and reliable; taxis take about 1 hour.

## ✦ Customizable Options

- Upgrade to private guides in each city for deeper cultural immersion.
- First-class train tickets for added comfort on long journeys.
- Hands-on cooking class in Naples or Rome.
- Private boat tour of Cinque Terre or Amalfi Coast.
- Exclusive wine tasting in Tuscany (add-on day possible).
- Pre-booked skip-the-line tickets for major museums and sites.

## ✦ Alternative Options

- **Slower Pace:** Add extra nights in Cinque Terre or Naples for more relaxation.
- **Different Region:** Swap Naples for Florence/Tuscany for a countryside and Renaissance focus.
- **Budget Shift:** Mix in more agriturismo (country guesthouses) for a rural, authentic experience at a lower cost.

## ✦ Practical Info & Budget

- **Seasonality:** Late September/early October is ideal—pleasant weather, grape harvest season, fewer tourists.
- **Comfort:** All accommodations are vetted for cleanliness, comfort, and authentic charm.
- **Health/Visa:** No visa required for EU/US/UK citizens for stays under 90 days (TBD for your nationality). Standard travel insurance recommended.


Item	Estimated Cost (per person)
Accommodations (15 nights)	€1,500–2,700
Trains/transfers	€300–500
Guided tours/activities (see above for prices)	€400–700
Meals (mix fine/casual)	€600–900
Extras/shopping	€500+
Total Estimated Cost	€3,300–4,800


**TIP:** Booking eco-friendly hotels and local experiences not only supports communities but often includes unique amenities and authentic hospitality. Book trains and key experiences early for best rates and availability.


## **Next Steps**


Let us know your thoughts—would you like to adjust the pace, change destinations, or add special experiences? Once you confirm your preferences, we'll refine the program and secure the best rates for your dates. We're here to answer any questions and help you book your unforgettable journey!

## **Why Book with Travel Differently?**

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