

Slow Travel with Lisa Itinerary:  
*Mythology Meets the Medicinal:*  
Napoli, the Flaming Fields + Isle of Ischia  
May 19 -27, 2019

Please note that, like the weather, this itinerary may be subject to change!

**Three Days on the Resplendent Bay of Naples.**



*View to Vesuvius. See the golden Castel dell'Ovo? The balcony of your luxury hotel room overlooks it!*

**If May 2019 isn't in the cards, we invite you to travel with us  
SEPTEMBER 22-30, 2019 to NAPOLI + AMALFI COAST**

**DAY 1: SUNDAY, MAY 19, 2019:** Old World Luxury, Fine Dining, *Castel dell'Ovo*, and Vesuvius

**Check-In** (after 3pm) and **Welcome Reception**. You will fall in love with the beguiling **Santa Lucia District**, host to our Old World luxury hotel. This year, I have chosen **opulent accommodations**, located in a quiet, pedestrian-only zone. Sea view balconies, richly colored rooms with marble baths will transport you back to the lavish Neapolitan Rococo Period. Why not splurge for once in your life?

You will gaze down upon the charming fishermen's cove **Borgo Marinari**. To your left, beyond the Bay, looms **Vesuvio**, shrouded in a white feather boa of cumulus clouds. Just to your right is Napoli's oldest and most curious **Castel dell'Ovo** (The Castle of the Egg), where **Gothic Conqueror Odoacer** confined the last **Roman Emperor Romulus Augustus**. Legend has it, **Virgil** placed a magic egg (symbol of life and perfect form) within a glass carafe, placed that in a cage he hung inside a tunnel now buried below this immense golden fortress. The centuries-old palladium is believed responsible for the safety and preservation of *Neapolis* (the "New City").

**Welcome to Napoli:** open-air museum! An elegant and complex woman of the world that easily synthesizes paganism, Christianity, magic, the sacred and profane into one magnificent wardrobe and wondrous style of living!

After you've settled in, we will gather for **an evening reception** and "**Brindisi del Benvenuto**" to get acquainted with each other and with the *Neapolis*. Take a stroll across the moat into the **Borgo Marinari**, before we gather for our **Welcome Dinner** in my favorite *ristorantino* for a visionary menu that combines Neapolitan creativity with age-old tradition.

Slow Travel with Lisa Itinerary:  
*Mythology Meets the Medicinal:*  
Napoli, the Flaming Fields + Isle of Ischia  
May 19 -27, 2019

Day 1 (cont'd)

**Dopocena (=After dinner):** Do as the Neapolitans do: take a relaxing *passaggiata lungomare* (seaside walk) towards **Mergellina** where you can enjoy an iced ginseng at my favorite seaside cafe before making your way back to *sogni d'oro*.

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**DAY 2: MONDAY, MAY 20, 2019:** Mythology, Seismic Geology + Greek and Roman Monuments

**Breakfast:** served each morning on the upper, outdoor terrace overlooking Paradise.



Lisa with Salvatore, Prof. of Gestures



Your hotel balcony: Borgo Marinari + Castel dell'Ovo



Old World Luxury: rich colors + sea view

**Lezione d'italiano:** My travel motto is "Go Local, Know Local." I will encourage any and all attempts to speak Italian and will facilitate your communication with the wonderful guests who will be a vibrant part of your experience. I will offer **custom-made Italian lessons with fun activities** designed to stimulate and awaken your senses and cultural awareness.

**CAMPI FLEGREI + CUMAE:** Today, we travel north to the **Bay of Pozzuoli** (originally the Greek *Dicaearchia*, then *Puteoli* in Roman times, meaning "stinking little wells" due to emission of sulphurous gases). Welcome to the home of **the first Greek settlement on the continent!** The Flaming Fields are so geologically unique as to have spawned the timeless **tales of Homer and Virgil**, and play a principal role in **Greco-Roman mythology**. Centuries after the Greeks arrived, ancient Rome's elite, like **Cicero and Nero**, would build their villas here, lured by the natural beauty, abundance of excellent fish, seafood and wines, volcanic waters, muds- all great after a tough week at the Forum. **St. Paul** stopped in and stayed for seven days on his way to Rome to stand trial, and while I'm name dropping, **Sofia Loren** grew up here (where she was discovered by **De Sica**).



Colosseum (circa 66 AD): best preserved in Italy



Macellum (1st c. AD) aka the Temple of Serapis

Among the sites is **the best preserved colosseum in Italy**, fantastical games and spectacles (**San Gennaro, Napoli's patron saint** was condemned to a death by wild beasts); the **Macellum** (aka Temple of Serapis, 1st c AD) a Roman marketplace

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May 19 -27, 2019

DAY 2 (cont'd):

and perhaps **the most important example of bradyseism in the world** demonstrating the dynamic geological forces at work below (or is as the Greeks told it, the captive **Titan gods** trying to escape?); and the peaceful **Lago d'Averno**, (Greek "Avernus" = "birdless") where according to Virgil, Apollo's priestess Sybil accompanied **Aeneas into Hades** in search of his father.

**Mangiamo!** After a morning hearing tales of hungry lions, we will visit a local *trattoria* to feast on the bounty of this marvelous bay. Then, it's on to **the original Greek settlement of Cumae**, the **Arco Felice** and the **Grotta di Sibilla**, the oracle who would write down on *foglie* (leaves) her answers to questions of leaders of the day, a mix of riddle and truth that the winds from the Tyrrhenian Sea picked up, mixed up and often carried away!

After an amazing day, we will return to *Bella Napoli*. You will have your evening free to relax, explore and dine on your own.

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**DAY 3: TUESDAY, MAY 21, 2019.** City Walk: Neapolitan for a day! Cinematic Tour + Lunch in a Neapolitan Home.



My friend Annagrazia, born in the building in background, right next to Castel dell'Ovo!



Totò, comic genius & Neapolitan treasure



Pulcinella, important symbol of Napoli

**Breakfast with *that* view.**

**Lezione d'italiano** with guest teacher. If you wanna be *napoletano*, you need to walk the walk and talk...with the hands! Your chance to get up close and personal my friend Salvatore a Neapolitan DOC! Belly laughs, priceless Neapolitan phrases and gestures are in store! You will be ready to walk the city walk.

**City Walk + Lunch.** We hit the streets; the open air museum awaits! My friend **Annagrazia** has created a true Neapolitan experience: an **exclusive "cinematic tour" of Napoli** followed by **lunch in a Neapolitan home!** You will learn about the life of comic genius **Totò**, who grew up in the **rione** (neighborhood) **la Sanità**. This **rione** has a rich history dating back to ancient Greek history and promises some awe-inspiring sites. You're sure to feast your eyes upon **Palazzo San Felice**, an architectural wonder used as a backdrop in **Passione**, **John Turturro's** documentary on Neapolitan music.

**Napoli flourished in the Bronze Age!** Hiding right in plain sight are pre-Christian Greek columns, wrapped in Roman *mattoni* that currently provide "modern" foundations for restaurants and apartment buildings—all still standing in defiance of earthquakes and Allied bombing, and centuries of eruptions from Moody *Vesuvio*. And you wonder where Neapolitans get their spirit!

**Evening & Dinner on your own.** Explore or just relax back at the hotel with a spritz, mesmerized by the changing colors of the sunset.



Slow Travel with Lisa Itinerary:  
*Mythology Meets the Medicinal:*  
Napoli, the Flaming Fields + Isle of Ischia  
May 19 -27, 2019

---

**DAY 4: WEDNESDAY, MAY 22, 2019.** Transfer. It's off to the Isle of Ischia!

**"Arrivederci, Napoli!"** Panoramic breakfast. Check out at 11AM.

**You're free all morning and early afternoon!** There is SO much to see and do in Napoli! You will have this personal time to shop and explore on your own before we say **"Arrivederci, Bella Napoli!"**.

Unhurried packing, last-minute sight-seeing, goodbyes and good buys. There is an embarrassment of choices for those of you still rarin' to go. Perhaps a guided photo walk? Visit to **Teatro San Carlo**, the oldest opera house in Italy; the beautiful glass-and-iron **Galleria Umberto**, and vast **Piazza Plebiscito**. Don't worry, there's always time to grab one last *caffè* and do some serious people watching at **Caffè Gambrinus**, historic hang for great thinkers. Window shop in the exclusive **Chiaia District** (just behind our hotel); take a thrilling tour of **la Sotterranea**, a vast underground network of *pre-Greek* aqueducts, cisterns and tunnels; visit **Parco Virgilio** and enjoy a morning swim in **Posillipo**: tour the world renowned **Museo Archeologico**, home to the greatest Greco-Roman treasures; cast your eyes on the **Cristo Svelato** (*highly recommended*), or just go enjoy one more pizza and another *caffè napoletano*!

**TRANSFER.** We will all meet up at the **Molo Beverello (Port of Napoli)**. (Don't you worry; your bags will be there for you!)

### Five Days on the Magnificent Isle of Ischia.



This will be our home, sweet home for five days.

**Afternoon Arrival.** I'm so very excited to take you to my favorite place on the island. **Sant'Angelo is truly the crowning jewel of Ischia.** You'll have time to settle in to your colorful seaside 4-star accommodations before we venture out to visit a small family **ceramic studio**. Then it's off to sample the island's best **cioccolato**, **gelato** and **liquori** (**arucolino**, **limoncello**, and my favorite, **nocello**). If you'd rather, take a pleasant hike to the adjacent beach (pictured above) or just sit enchanted by your peaceful, blue view.

**"Benvenuti ad Ischia Dinner!"** We will gather to dine by the sea and under the stars of Sant'Angelo.

Slow Travel with Lisa Itinerary:  
*Mythology Meets the Medicinal:*  
Napoli, the Flaming Fields + Isle of Ischia  
May 19 -27, 2019

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**DAY 5: THURSDAY, MAY 23, 2019.** Hike Mt. Epomeo to the Sea.

**Breakfast and Lezione d'italiano.**

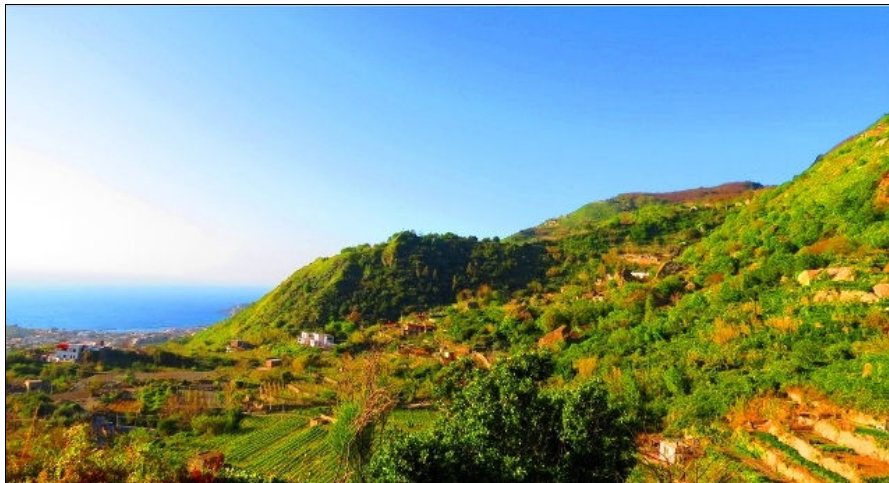


Breakfast view from our hotel.



View from beach below: our home for 5 days.

**Hike.** I am honored to announce that our guide for today's hike is my friend **Giovannangelo**, who hails from a prominent Ischian family and knows the island like the back of his *mano*. *Giò* is as skillful as he is intelligent and charming, enthusiastic about meeting us at **Serrara Fontana** to begin our trek to the **volcano Mt. Epomeo** (don't worry it hasn't erupted since 1302!). Captivated by the fawn, flora and **fumaroli** (pockets of volcanic vapors) as we make our way through forest and meadow, admiring the colorful **spring flowers** (in full bloom this time of year) and sea views.



*Ischia is nicknamed the "isola verde", a perfect mix of forest, farm, tuff and sea life.*

**Lunch.** *Giò* will take us to **lunch** in his favorite **rustic agriturismo**, off the beaten track and famous for traditional dishes of *coniglio, pesce e cinghiale*. He has even suggested that we do as the islanders do and **fare un pisolino** (=take a nap) before descending to the beautiful beach below, featured in *The Talented Mr. Ripley*! The trek stops here at the water. I leave you to take your sweet time making your way back: linger by sea, enjoy a refreshing swim, relax in medicinal heated waters that jettison directly into the sea on the adjacent **Spiaggia dei fumaroli**, and take a quick water taxi back to our Sant'Angelo harbor hotel. Yes, this *IS* the life!

**Evening.** Shadows stretch across the sands as you swoon and **dine when and where you wish.**



Slow Travel with Lisa Itinerary:  
*Mythology Meets the Medicinal:*  
Napoli, the Flaming Fields + Isle of Ischia  
May 19 -27, 2019



*Visit a family-owned ceramics studio*



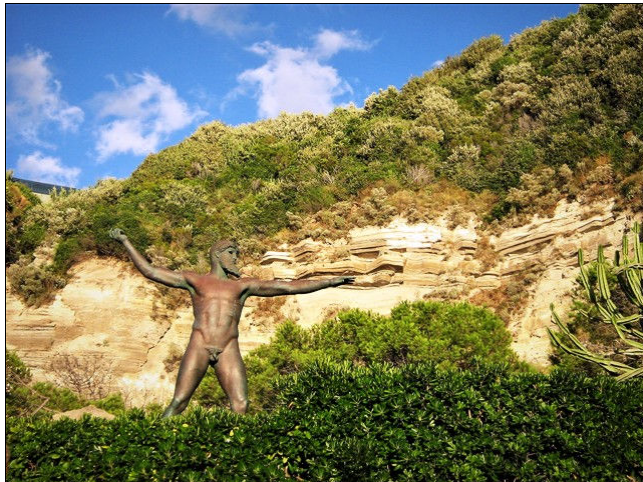
*Lisa and Giovannangelo happily discuss the hiking route!*

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**DAY 6: FRIDAY MAY 24, 2019.** Ischiaahhh: A Day in the Island's Premiere Spa.

**Breakfast.**

**Morning free.** You will probably sleep so well- and wake up transformed, still reeling from the island trek and dining experience of the day before. Ah, but why stop here?



*Poseidon in all his glory, bathed in beautiful colors of tuff and foliage.*



*Lisa relaxes in a thermal pool, enjoying the magnificent view.*

**Spa Day.** *Ringiovanire* is the word of the day as we head to Ischia's premiere spa complex. Young and old love coming here! Lavish and relaxing, you this spa features a **prescribed series of temperature-regulated mineral pools** designed to treat anything that ails ya (temps achieved by mixing thermal volcanic waters with sea waters). Experience a **natural sauna located in a cave in the side of the mountain**. Swim in a **gigantic, crystal-blue swimming pool** impeccably placed within the arms of a forested, mountain cliff. Feel like a million bucks as you lounge on the **shimmering private beach**. Extras include spa services such as massage, muds, mani/pedi's). Lunch is on your own with a variety of dining choices.

Slow Travel with Lisa Itinerary:  
*Mythology Meets the Medicinal:*  
Napoli, the Flaming Fields + Isle of Ischia  
May 19 -27, 2019



The ultimate in relax: a series of thermal pools with private beach in a beautiful natural setting.

Relaxed and restored beyond your wildest dreams, your chariot minibus awaits to take you back to the sunset panorama of your serene fishing village.

**Dinner:** On your own.

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**DAY 7: SATURDAY, MAY 25, 2019:** Ischia Porto and *Castello Aragonese* + Private Boat Excursion.

**After breakfast, it's off to the other side of the island.** We will take private minibus to Ischia Porto on the east side. *Castello Aragonese* is a feast for the eyes, its history a wonder to the mind! Cross the 200-meter walkway into rooms and sea views from a castle that **dates back to 400 BC**

After our *Castello* tour, you will have time to wade in the waters, explore Ischia's main port area that's filled with lovely caf es, shops and boutiques before we board our private boat for lunch.

**Lunch and Private Boat Excursion along the coastline back to Sant'Angelo.** There is no better way to experience the colors and cliffs of the stunning island. It's a priceless experience arriving by boat to natural springs that bubble up into the sea (nature's hot tubs!), **snorkeling and swimming in bio-diverse waters.**

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**DAY 8: SUNDAY, MAY 26, 2019.** Free Day and Farewell Dinner.

This day is free for you to explore another island, spa, beach, natural hot springs, drink the famous medicinal waters from the oldest spa (1st c. BC). Recommended: visit **La Mortella Gardens** and attend a 5pm **evening outdoor concert.**



Slow Travel with Lisa Itinerary:  
*Mythology Meets the Medicinal:*  
Napoli, the Flaming Fields + Isle of Ischia  
May 19 -27, 2019



Castello Aragonese: Greek Hiero I (478 BC) to Alfonso of Aragon, to Renaissance glamour girl Vittoria Colonna, gal-pal of Michelangelo

**Farewell Dinner:** *Mamma mia!* How the time flew by! We gather to toast new friendships with an exuberant Italian-style send-off! We will celebrate our rejuvenated spirits as we **dine at my friend's family-owned cantina**, located in the middle of their private vineyard overlooking a blue sea and glowing sunset. **Merry musicians** will round out the guest list.

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**DAY 9: MONDAY, MAY 27, 2019.** *Arrivederci!*

After breakfast, we will bid each other a fond farewell and "Arrivederci" to the signora and to our little slice of heaven known as Sant'Angelo.

11am: the boat departs from Ischia for Napoli. I won't be surprised if you don't decide to stay...

*Whether seventy or sixteen, there is in every being's heart the love of wonder,  
the sweet amazement at the stars and the starlike things and thoughts,  
the undaunted challenge of events, the unfailing childlike appetite for what next,  
and for the joy and the game of life.*

- Anonymous

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**I do hope you see that this is a truly heart-crafted itinerary!  
I warmly invite you to share this experience with me.  
If this itinerary intrigues you, please keep reading because  
the information that follows is very important!**



Slow Travel with Lisa Itinerary:  
*Mythology Meets the Medicinal:*  
Napoli, the Flaming Fields + Isle of Ischia  
May 19 -27, 2019

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### What's included:

- Opportunities to mix and practice *italiano* with “real live Italians”—Lisa’s dear friends!
- 3 Nights in an opulent Old World Luxury: with your own sea view and balcony
- 5 Nights in a stunning 4-star seaside hotel: your sea view balcony opens out onto a breathtaking panorama
- **All breakfasts, 4 lunches, and 3 D inners with wine.** All meals hosted at a variety of *ristoranti*, *pizzerie* and traditional *trattorie* or *agriturismi*.
- **Welcome Reception:** *prosecco* toast + *antipasti* and orientation to Napoli with special guests
- **Benvenuti a Napoli!** Dinner in the historic Santa Lucia neighborhood.
- **Special "Arrivederci, Ischia" Dinner** hosted in a private family *cantina*, set in the middle of the verdant vineyard overlooking the sea. Exuberant local musicians will amp up the festivities and the traditional dishes, with family-crafted wines from their private stock.
- **Local Italian Tour Guides** for all scheduled visits and hikes (in English)
- **Guided visit of Italy's best-preserved Colosseum** history & learn of unique seismic activity that preserve it.
- **Guided tour the ancient Greco-Roman ruins** that inspired beliefs, myths + ancient literature of Homer & Virgil.
- **All guided activities** (private boat tour, scheduled special events, fees for guest artists, musicians, chefs and teachers, entrance fees)
- **Transportation + Driver/Taxi Service** for majority of the group’s activities
- **Baggage Transfer** from accommodations in Napoli to Napoli port
- **Ferry transport and baggage fees** to and from Napoli to the Island of Ischia.
- **Accompanying Language Coach, Interpreter, Cultural Guide** with the “inside scoop”
- **All Italian language lessons** with Lisa and/or a special guest teacher
- **Custom-made booklet** that includes your Italian lesson outlines and cultural information relevant to our tailor-made itinerary

### What's not included:

- All flights and transport traveling to our meeting place (hotel) in Naples, Italy
- All flights and transport from your final drop-off point at the Port of Naples, Italy on last day of tour
- Travel expenses before and after the tour period
- Travel Insurance (Required)
- All alcoholic drinks, including spirits and cocktails, that are not specifically stated as included
- Some city public transportation costs
- Any extra activities (cooking class or additional private tours and activities) outside the itinerary
- All personal expenses including purchases made on hikes and City Walks (liqueurs, coffees, waters, pastries, chocolates, gelato, souvenirs, gifts, etc)
- All guided tours taken during personal time

Note: Costs of air travel and all transportation to and from the meeting and departure points of our trip are not included in the price of this trip. It is recommended that you contact us at [Info@SlowTravelwithLisa.com](mailto:Info@SlowTravelwithLisa.com) before purchasing your airline ticket(s).

Contact [info@SlowTravelwithLisa.com](mailto:info@SlowTravelwithLisa.com) if you have any questions.

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*Mythology Meets the Medicinal:*  
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May 19 -27, 2019

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## TERMS & CONDITIONS

### Reservations

Early reservations are recommended, since groups sizes are limited and airlines often sell out of their best fares many months in advance. For immediate confirmation on a Program, you can send payment of your deposit of \$800.00 by check, cash, money order, cashier's check, wire transfer (fees apply), or via PayPal (+3.5%). Space is limited to 10 guests. Acceptance of Participants is on a first come, first served basis.

### TRIP PARTICIPANT'S RESPONSIBILITIES AND REQUIREMENTS

- You must be 21+ years of age.
- You must have a valid passport. U.S. government requires that your passport be valid for at least 6 months after your date of return to the U.S.
- You must be in good physical condition as your trip will involve walking for extended periods of time (up to 3 hours) both in the city and on country terrains, a variety of uneven surfaces of various grades, climbing stairs, hiking in wondrous Ischia, and other physical activities such as swimming and snorkeling. We strongly recommend you consult your medical doctor regarding your health and abilities to successfully participate in this trip. It is also recommended that you prepare physically well in advance of the Program start date by taking up a daily practice of walking.
- You must prepare for the trip by studying the itinerary and pre-departure information sent by Slow Travel with Lisa and for bringing the appropriate clothing and equipment as advised therein.
- You must sign all documents included in the Slow Travel with Lisa Travel Welcome Packet which includes Trip Application, Terms and Conditions and Participant's Rules of Conduct, Release of Liability, Assumption of All Risks and Binding Arbitration Agreement documents.
- You must provide proof of Travel Insurance. Slow Travel with Lisa will require each guest to purchase a comprehensive travel insurance package for our tour. As we cannot make exceptions for inclement weather, personal emergencies, or any other events beyond our control, travel insurance is an affordable way to minimize your risks-both financial and medical. Your policy will include coverage of trip cancellation and medical expenses and emergency evacuation. An example of a comprehensive policy is the **Travel Guard Gold Plan**. It is strongly recommended that you also purchase the Cancel for Any Reason Policy at the same time, and within 15 days of making your initial trip payment. Slow Travel with Lisa does not endorse any one particular travel insurance plan. Should you seek assistance in selecting a plan, we are happy to refer you to our contact.

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### Detailed Itinerary and Other information

Approximately two months before your departure, you will receive detailed information of your custom-made itinerary, tips on what to pack, a Reading List and other information relevant to our planned activities. A good resource for information and travel tips is Lisa's website and Facebook Page. Website: [www.SlowTravelwithLisa.com](http://www.SlowTravelwithLisa.com)  
Facebook: <https://www.facebook.com/SlowTravelwithLisa/>

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*Mythology Meets the Medicinal:*  
Napoli, the Flaming Fields + Isle of Ischia  
May 19 -27, 2019

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## Pricing + Cancellation Policy + Travel Insurance

Pricing and Required Payment Schedule: All pricing is based on double occupancy. A non-refundable deposit of \$800 per person is required at the time of booking to guarantee your space. Balance of the full amount is due ninety (90) days prior the start date of the tour, on February 18, 2019. A single-occupancy request and private room will require an additional fee of \$850.00 added to the total cost of tour and is subject to availability. If you are traveling alone and wish to share accommodations, Slow Travel with Lisa will make every effort to match you with a suitable roommate. However, if a suitable roommate is not available, the forced single supplement will be charged.

### 9-Day Slow Travel Experience to Napoli + Flaming Fields + Isle of Ischia (May 19- 27, 2019):

Total Price: 9-Day Trip:	\$4,450*
Deposit \$800	Reserves your spot. Non-refundable and due with application to reserve place on trip.
\$600	Due November 19, 2019. (If you wish, split installments up equally.)
\$3,050	Total balance due February 18, 2019.**

\*Note: All applicable discounts will be applied to the final payment of balance due.

\*\* In the unlikely event that there is a significant change in exchange rates between the U.S. dollar and the Euro, Trip Participants will agree to make up that difference.

All prices are quoted in US dollars and all payments must be made in US dollars. Deposits and subsequent payments can be made through PayPal, by Check, Cash, Money Order, Cashier's Check or Bank Transfer. An additional bank fee of \$15 will be required on all wire transfers. An additional fee of 3.5% of amount paid will be required when using PayPal.

Please note: Your Program payments are due at the times indicated, regardless of your approval status. If the Organizer does not receive each of your Program payments on time, it may cancel your reservation, in which case you forfeit your deposit.

If there is still room available for additional guests less than ninety (90) days prior to the start date of our tour, those guests will be required to pay the full sum will be due upon booking. All payments submitted less than thirty (30) days prior to departure must be by cashier's check or wire transfer.

Special Requests: Should you have any special requests you must advise Slow Travel with Lisa at the time of the booking and clearly note it on your Trip Application form. We will endeavor to pass any reasonable requests on to the relevant third party Service Provider; however, we regret that we cannot guarantee that your special request will be fulfilled. Failure to meet any special request does not signify a breach of contract on our part.



**Slow Travel with Lisa Itinerary:**  
***Mythology Meets the Medicinal:***  
**Napoli, the Flaming Fields + Isle of Ischia**  
**May 19 -27, 2019**

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Cancellation Policy. If it becomes necessary for you to cancel your trip, all cancellations must be received by Slow Travel with Lisa in writing. The cancellation fees will be computed as of the date of receipt of written cancellation notice, which can be sent by email, express mail or by standard post.

Up to 91 days prior to start date: Full refund, less the \$800 deposit.

61-90 days prior to start date: 50% of the total cost paid, less the deposit and any and all costs/fees that Slow Travel with Lisa has already paid third party vendors, such as room reservations, transportation companies, guided visits, admission fees, etc., towards future trips or services.

60 days or less prior to start date: No refunds will be issued.

Cancellation during the trip: No refunds will be issued.

Note: Trip rates are based on group participation and no partial refunds will be given for unused trip arrangements or activities for any reason whatsoever.

Substitutions are not allowed.

Cancelled Trips: Slow Travel with Lisa reserves the right to cancel any trip prior to departure for any reason whatsoever, including insufficient signup or logistical problems that may impede trip operations. The refund of all land payments received shall release Slow Travel with Lisa from any further liability including but not limited to your personal expenses as a result of a tour cancellation such as equipment, fees, airline tickets and other transportation and travel costs or personal hotel reservations. A trip with insufficient signup would normally be cancelled a minimum of one month prior to departure.

Slow Travel with Lisa normally must make payments to its third party suppliers (hotel, transportation companies, etc) well in advance of the scheduled date of use. If a trip is cancelled due to force majeure (acts of God or government, war, labor strikes, earthquakes, flooding, weather, etc.), Slow Travel with Lisa will promptly refund the portion of the trip cost not already advanced to suppliers and use its best efforts to recover and refund the balance as promptly as possible. However, Slow Travel with Lisa does not guarantee recovery of any or all of the advance payments made, and our use of best efforts to recover these payments will not include the institution of any legal proceedings in foreign jurisdictions or otherwise.

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Travel Insurance. Slow Travel with Lisa will require each guest to purchase a comprehensive travel insurance package for our tours. The policy will include comprehensive coverage of trip cancellation and medical insurance. A travel insurance plan that includes coverage for medical insurance including emergency medical evacuation coverage is mandatory on our tours. Travel insurance will minimize your risk, both financial and medical as we cannot make exceptions for inclement weather or personal emergencies. It is highly recommended that guests also purchase the "Cancel for Any Reason" coverage.

The Travel Guard Gold Plan is an example of a comprehensive policy that includes trip cancellation and medical coverage. If you choose the Gold Plan, and wish to purchase the "Cancel for Any Reason" policy, both policies must be

Slow Travel with Lisa Itinerary:  
*Mythology Meets the Medicinal:*  
Napoli, the Flaming Fields + Isle of Ischia  
May 19 -27, 2019

purchased at the same time—and within 15 days of the date of your initial trip payment. Be sure to get a clear and thorough explanation from your travel insurance agent. Slow Travel with Lisa does not endorse or recommend any specific Travel Insurance Policy or Carrier. The trip participant is solely responsible for choosing and obtaining his/her own insurance plan. Should you seek personal assistance in deciding which policy to purchase, we will be happy to provide you our contact.

Online resources with various travel insurance policy options may be found at:

- 1 [www.squaremouth.com/travel-insurance-quotes?aid=20072](http://www.squaremouth.com/travel-insurance-quotes?aid=20072); and
2. [www.insuremytrip.com](http://www.insuremytrip.com)

FOR MORE INFO AS TO WHY TRAVEL INSURANCE IS IMPORTANT:  
[www.travelinsurancereview.net/2012/10/22/retreat-travel-insurance/](http://www.travelinsurancereview.net/2012/10/22/retreat-travel-insurance/)