

Slow Travel with Lisa Itinerary:  
*Mythology Meets the Medicinal:*  
Napoli, the Flaming Fields + Isle of Ischia  
September 13-21, 2020

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!*

**DAY 1: SUNDAY, SEPTEMBER 13, 2020.** Old World Luxury, Fine Dining, *Castel dell'Ovo*, and Vesuvius (A, D)

**Check-In** (after 2 pm) and **Welcome Toast and Dinner**. You will fall in love with the beguiling **Santa Lucia District**, host to our Old World luxury hotel. Your **opulent Old World accommodations**, are located in an enchanting seaside district and pedestrian-only zone. Your balcony opens out onto the shimmering Bay of Napoli. Richly colored rooms with marble baths will transport you back to the lavish Neapolitan Rococo Period.

Below you is the quiet bustle of **Borgo Marinari**, a fishing village nestled under Napoli's golden fortress, the **Castel dell'Ovo**. To your left, beyond the Bay, looms **Vesuvio**, shrouded in a white feather boa of cumulus clouds.

Take time to explore the **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 and placed it in a cage he hung inside a tunnel now buried below this immense testimony of Time. The centuries-old palladium is believed responsible for the safety and preservation of *Neapolis* (the "New City").

**Welcome to Napoli!** The elegant and complex woman of the world that easily synthesizes paganism, Christianity, magic, the sacred, the pagan and profane into one magnificent wardrobe and wondrous style of living!

After you've settled in to your luxury accommodations, take a stroll across the moat into the **Borgo Marinari**, before we gather for a **"Brindisi del Benvenuto"** and our **Welcome Dinner** in one of my favorite *ristoranti* for a visionary menu that combines Neapolitan creativity with age-old tradition. After dinner, do as the Neapolitans do and take a relaxing  *Passeggiata lungomare* (seaside walk) before you drift off to your *sogni d'oro*.

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DAY 2: MONDAY, SEPTEMBER 14, 2020. Mythology, Seismic Geology + Greek and Roman Monuments (B, L)

**Breakfast:** Enjoy each morning on the outdoor terrace with a breathtaking view of the Bay.



Lisa with Salvatore, Prof. of Gestures



Your hotel balcony: Borgo Marinari + Castel dell'Ovo



Old World Luxury: rich colors + sea view

**CAMPI FLEGREI + CUMAE:** Our driver will whisk us off to the **Bay of Pozzuoli**, 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. Even **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

We will visit **the best preserved colosseum in Italy** (same architects who built the more famous *Colosseo* in Rome), site of fantastic games and spectacles (**San Gennaro**, **Napoli's patron saint** was condemned to a death by wild beasts- but survived!); the **Macellum** (aka Temple of Serapis, 1st c AD) a Roman marketplace and perhaps **the most important example of bradyseism in the world** demonstrating the dynamic geological forces at work below the earth's surface (or as the Greeks believed, all that underground commotion was caused by captive **Titan gods** trying to escape).

We'll enjoy lunch in an authentic family-owned trattoria in Pozzuoli that specializes in fresh seafood (non seafood options offered). Then we're off to the **original Greek settlement** of **Cumae**, the **Arco Felice** and the **Grotta di Sibilla**, the oracle who wrote down answers on leaves, in response to questions of great leaders of the day, a mix of riddle and truth that the winds picked up, jumbled and often carried away! On our way back to Napoli, we'll stop to admire the peaceful **Lago d'Averno**, (Greek "Avernus" = "birdless") which is the entrance to Hell, according to **Virgil**. Apollo's priestess **Sybil** accompanied **Aeneas** into Hades in search of his father.

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After a mythical afternoon, we will return to *Bella Napoli*. You will have your evening free to relax, explore and dine on your own.

DAY 3: TUESDAY, SEPTEMBER 15, 2020. City Walk + Lunch in an Authentic Pizzeria

(B, L)



Lisa with her passionate amica Sonia, who always delights with Neapolitan myths



Totò, comic genius & Neapolitan treasure



Pulcinella, important symbol of Napoli that originates back to the *Commedia dell'Arte*

**Breakfast on the Grand Terrace with *that gorgeous view*.**

**Lezione d'italiano** with guest teacher. My travel motto is “Go Local, Know Local.” I will encourage any and all of your attempts to speak Italian, and if need be, I will facilitate and interpret exchanges with the wonderful guests that are a vibrant part of your experience. I offer **custom-made, fun cultural activities** designed to stimulate and awaken your senses and cultural awareness as we explore this wondrous city.

**Talk with your hands.** If you wanna be *napoletano*, you need to walk the walk and talk...with your hands! This is your chance to get up close and personal my friend **Salvatore, professor of Neapolitan hand gestures!** Join in the fun and laughs, priceless Neapolitan phrases and gestures are in store! You will be ready then to get out and about.

**Delightful City Walk + Lunch in an Authentic Pizzeria in *Centro Storico*.** Our walk starts from the steps of our seaside digs along historic paths. We will stroll across the awesome **Piazza Plebiscito** and duck into the beautiful glass-and-iron domeworks of the **Galleria Umberto**, enjoy a *caffè* napoletano before diving into Napoli’s oldest streets of **Spaccanapoli**.

An open air museum awaits! **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 standing in defiance of earthquakes, Allied bombing, and centuries of eruptions from Moody *Vesuvio*. And you wonder where Neapolitans get their spirit! This romp will include “Christmas Alley” (Ground Zero for the famous Neapolita *presepe*), and all sorts of “must-see’s” and “must-taste’s”!

**Lunch in one of Napoli’s authentic *pizzeria*.** UNESCO has deemed the **Neapolitan Pizza a world heritage treasure** so it’s only fitting that we enjoy the tri-colored *Margherita* and some fried delicacies, shining example of culinary ingenuity and artistry. TIP: Make sure to watch John Turturro’s documentary *Passione!* to fully appreciate this pizzeria.

**Evening & Dinner on your own.** Stay out for the afternoon to continue to exploring the vast wonders of the city. Or just relax back at the hotel with a spritz, mesmerized by the changing colors of the sunset.

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**DAY 4: WEDNESDAY, SEPTEMBER 16, 2020.** TRANSFER: Our Crossing to the Magnificent Isle of Ischia! (B, D)

*"Arrivederci, Napoli!"* Panoramic breakfast. Check out at 11:00 AM.

Free Morning & Early Afternoon. 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. A photo tour; a visit to **Teatro San Carlo**, the oldest opera house in Italy; window shopping in the exclusive **Chiaia District** and **via dei Mille** (near our hotel); a thrilling underground tour of **la Sotterranea**, in the network of *pre-Greek* aqueducts and Roman ruins; a morning visit to **Parco Virgilio** in **Posillipo**: the world renowned **Museo Archeologico**, home to the greatest Greco-Roman treasures; the masterpiece **Cristo Svelato** (*highly recommended*), a leisurely seaside stroll; or just go people watch over one last *caffè napoletano* at the historic **Caffè Gambrinus!**

**TRANSFER BY FERRY.** We will meet at the **Molo Beverello (Port of Napoli)** to take our hydrofoil to the Island of Ischia. (*Don't worry, your bags will be there for you to claim and take aboard our ferry!*)

### 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 cove on the island: the stunning backdrop for *The Talented Mister Ripley*. **Sant'Angelo** is described as an "unspoiled Capri of the 1950's" and is the crowning jewel of Ischia. You'll have time to settle in to your colorful seaside 4-star accommodations before you venture out to explore. I recommend a visit the small family **ceramic studio**. Or if your sweet tooth calls, sample the island's best **cioccolato, gelato** and **liquori** (**arucolino, limoncello, and nocello**). Enjoy a pleasant walk/hike to the adjacent beach might be in the cards, or simply sit on your balcony, enchanted by your peaceful, blue view.

*"Welcome to Ischia" Dinner!"* STWL has something very special in store for you this evening and we will gather on the beach for a very unique dining experience.

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DAY 5: THURSDAY, SEPTEMBER 17, 2020. Ischiaahhh! SPA DAY: Just what the doctor ordered. (B)

**Breakfast on the restaurant patio.**

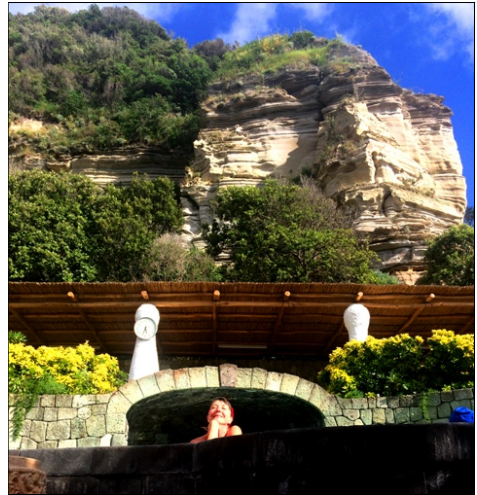
**Morning free.** Explore the fishing village and the boutiques and shops.

**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, this spa features a **prescribed series of temperature-regulated mineral pools** designed to treat anything that ails ya (temperatures achieved by mixing thermal volcanic waters with sea water). 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**. (For an extra fee, you can enjoy additional services such as massage, muds, mani/pedi's).

Lunch is on your own. There are a variety of dining choices in the complex or immediately outside its gates.



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



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



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

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Relaxed and restored beyond your wildest dreams, your chariot will take you back to watch the sunset in our serene fishing village.

Dinner: On your own.

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**DAY 6: FRIDAY, SEPTEMBER 18, 2020.** FREE DAY or HIKE TO THE TOP OF THE VOLCANO! (B) Add-on: Hike + Lunch

Breakfast with a view.



Breakfast view from our hotel.



View from beach below of our accommodations.

You will probably wake up so refreshed from our day basking in natural spa waters that you may head right back there for another glorious day. Hop a boat to Capri? But we invite you to consider a truly inspirational adventure in Nature.

**SPECIAL ADD-ON ACTIVITY: Hike Mt. Epomeo + Lunch in a Rustic *Agriturismo*.**

**HIKE** (SIGN-UP REQUIRED; minimum of 4 persons required.): This really is a crown jewel in STWL's itinerary! We warmly invite you to hike to the very top of the Island. Our guide **Agostino** is a real mountain man and passionate naturalist who knows these trails like the back of his *mano*. Agostino is dedicated to conservation, slow food practices, and natural, organic living and there *is no one better or more delightful*, to guide us.

After the hike, we will enjoy the simple and delectable organic dishes and home made wine. We will meet near **Serrara Fontana** and begin our trek to the **volcano Mt. Epomeo** (don't worry it hasn't erupted since 1302!). If you are in a nature lover, this is NOT to be missed. You will be captivated not only by Agostino, but by the fawn, flora and **fumaroli** (pockets of volcanic vapors) as we make our way through forest and meadow, enjoying the sea views below.

Additional Sign-Up Fee: \$150. Costs include round-trip transport, lunch with wine and guide fees.

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

**Lunch.** This **agriturismo** is the perfect end to an exhilarating hike to Ischia's highest point. We will enjoy Agostino's wonderful home made wine and Ischia's traditional dish of *coniglio*. Yes, this *IS* the life!



*We made it to the top! The Slow Travel Gang above the clouds with Agostino (in green jacket).*

NOTE: I will be happy to make suggestions on your free day, should you wish to explore on your own.

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DAY 7: SATURDAY, SEPTEMBER 19, 2020. PRIVATE BOAT EXCURSION

(B, L)

Breakfast with a view.

**Private Boat Excursion along the coastline from 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!), **swimming in bio-diverse waters.** Light lunch onboard.



Ischia by boat: the best way to experience the unique, rugged landscapes and blue waters.

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DAY 8: SUNDAY, SEPTEMBER 20, 2020.

(B, D)

After breakfast, we will venture to other side of the island.

**Ischia Ponte and Castello Aragonese.** Our driver will take us to **Ischia Ponte** on the east side to visit **Castello Aragonese**, a feast for the eyes and imagination that **dates back to 400 BC**. The Castello's is reached by crossing a 200-meter walkway-moat and promises magnificent sea views from high above.

After our *Castello* tour, you will enjoy lunch on your own and be free to wade in the waters on the east side of the isle, visit the shop, enjoy a leisurely *passeggiata* to the main port, or travel back to Sant'Angelo, hopping on and off the buses to visit other ports, beaches, lovely cafés, restaurants, shops and boutiques.



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Built atop a giant magma bubble the Castello Aragonese served as home to to Greek Hiero I (478 BC,) Alfonso of Aragon and Renaissance glamour girl Vittoria Colonna, gal-pal of Michelangelo.

**Farewell Dinner:** *Mamma mia!* How the time flies! 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, SEPTEMBER 21, 2020. *Arrivederci!*

(B)

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 and arrive in Napoli port at approximately 12:45 pm. 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!

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What's included:

- Opportunities to mix and practice *italiano* with "real live Italians"—Lisa's dear friends!
- 3 Nights in Napoli: opulent Old World Luxury accommodations: with your own sea view balcony
- 5 Nights in Ischia: a stunning 4-star seaside hotel: your sea view balcony opens out onto a breathtaking panorama
- All breakfasts, 4 lunches, and 3 Dinners with glass of wine. All meals hosted at a variety of *ristoranti*, *pizzerie* and traditional *trattorie* or *agriturismi*.
- Welcome Toast: *prosecco* toast welcoming you to Napoli.
- Italian Lesson: Neapolitan Hand Gestures taught by special guest teacher.
- *Benvenuti a Napoli!* Welcome Dinner in the charming and historic Santa Lucia neighborhood.
- Local, Licensed Italian Tour Guides for all scheduled visits and hikes (Tours in English)
- Special "*Arrivederci, Ischia*" Dinner hosted in a private family *cantina*, located in the middle of a verdant vineyard overlooking the sea. Exuberant island musicians will amp up the festivities and traditional dishes and wine from the family cellar.
- Guided visit of Italy's best-preserved Colosseum. Learn about its history & the unique seismic activity that preserved it.
- A luxurious day in Ischia's PREMIERE SPA COMPLEX WITH PRIVATE BEACH.
- Guided tour of ancient Greco-Roman ruins of Cuma the oldest Greek settlement on the continent, inspiration to ancient writers Homer and Virgil.
- A day out on our PRIVATE BOAT + light lunch: Experience the island, its unique geology from the best possible vantage point.
- HIKE TO THE TOP OF A VOLCANO! (Add-on adventure for additional fee.) Enjoy this exhilarating trek to the highest point, above the clouds of the "Green Island." Your local guide is a passionate and fascinating naturalist. You will

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be rewarded with a bountiful organic lunch at his slow food agriturismo. Fee: \$150. Minimum of 4 participants required. Fee includes guide, organic lunch + wine and round-trip transportation.

- Guided tour of the stunning 4<sup>th</sup> century BC Castello Aragonese (Ischia Ponte)
- Guided City Walk of Napoli's 3000-y.o. *centro storico* + lunch in an authentic pizzeria
- All guided activities (private boat excursion, fees for tour guides, 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
- Roundtrip Ferry transport and baggage fees Napoli to the Island of Ischia
- Your personal Language Coach, Interpreter and Cultural Guide with the "inside scoop"
- All Italian language lessons with Lisa and/or a special guest teacher
- Custom-made memory book that includes your Italian lesson outline and activities + 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 Hotel taxes
- Any and all expenses incurred by guest (such as bar and room service) at hotels beyond the cost of room + breakfast
- All alcoholic drinks, including spirits and cocktails, that are not specifically stated as included in trip price
- All meals that are not specifically stated as included in trip price
- Some city public transportation costs
- Any extra activities (add-on hiking activity, additional private tours and activities outside the stated itinerary)
- All personal expenses including purchases made on hikes and City Walks (liqueurs, coffees, waters, pastries, chocolates, gelato, souvenirs, gifts, etc) or consumed beyond the description at lunches and dinners (alcoholic drinks and additional wine, coffee's, additional courses, 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).

**Total Price for this Unforgettable 9-Day Luxury Adventure:     ~~\$4,295\*~~ \$4,095 FLASH SALE DISCOUNT!**  
(Offer ends January 19, 2020)

\*Note: Offer valid only with double-occupancy booking. Offer may not be used in conjunction with any other discount offer. Offer ends 01/19/2020.

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

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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 Venmo or PayPal (+3.5%). Space is limited to 10 guests. Acceptance of Participants is on a first come, first served basis. Please note: Slow Travel with Lisa reserves the right to add two additional guests for a total of twelve (12) if they can be comfortably accommodated.

### 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 inclines and descents Ischia, and other physical activities such as swimming in the ocean. 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 Preferred 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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## 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 June 15, 2020. A single-occupancy request and private room will require an additional fee of \$900.00 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 (September 13-21, 2020):

Total Price: 9-Day Trip:	<del>\$4,295</del> * <b>\$4,095 FLASH SALE! DISCOUNT</b> (Sign up by January 19, 2020)!
<b>Deposit \$800</b>	Reserves your spot. Non-refundable and due with application to reserve place on trip.
<b>\$800</b>	Due April 16, 2020. (If you wish, you may split payments up equally.)
<del>\$2,695</del> \$2,495	Total balance due June 15, 2020.**

\*Note: Offer valid only with double-occupancy booking. Discount offer ends 01/19/2020. No other discounts may be used in conjunction with this offer. 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, Venmo, by Check, Cash, Money Order, Cashier's Check or Bank Transfer. An additional bank fee of \$25 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 and or special physical and/or medical needs, you must advise Slow Travel with Lisa at the time of the booking and clearly state 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.

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

Slow Travel with Lisa Itinerary:  
*Mythology Meets the Medicinal:*  
Napoli, the Flaming Fields + Isle of Ischia  
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be 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/)