Italian Lakes Walk

May 4 to 16, 2016

“Another wonderful Stanford Travel/Study walking trip through a region of great historical significance with wonderful culinary and cultural interest.”

—Mike Kahn, MS ’67, PhD ’70, Burgundy and Alsace Walk, 2014
Join faculty leader Ed Steidle and historian Peter Watson on a springtime walk from the majestic Alpine peaks and luxuriant olive and citrus groves of Lake Garda in the east to the intimate charm of little Lake Orta in the far west. Admire the Renaissance splendors of Bergamo, the sumptuous villas of Bellagio on Lake Como and the exquisite island gardens of Lake Maggiore. Sail the iconic and stunning lakes followed by walks through serene pastures and glorious mountain scenery. Dine at local trattorias by night and stop for picnic lunches by day, sampling the regional cuisine.
Faculty Leader

EDWARD STEIDLE joined the Stanford faculty in 1984. Raised and educated in Europe, Ed completed his degree in comparative literature at UC-Berkeley. Ed speaks several languages and has traveled extensively throughout Europe. At Stanford, Ed has taught in the Western Culture Program and in the literature and arts track of the English department. He also developed the successful Crossroads series for Continuing Studies. His specialties are Late Antiquity and the Middle Ages, and he has lectured on the art and literature of the ancient cultures of Europe, Asia, Africa and Central America. He is currently offering a series of classes on the Renaissance and its impact on European global expansion from the 15th through 18th centuries.

“Ed is indeed one of our favorites! His subject matter is pertinent in every way to the itinerary and he is able to readjust his lectures to be relevant to particular places or events.”

—Lynn Lowenson Marks, ‘57, Normandy and Brittany Walk, 2010

Itinerary

Wednesday & Thursday, May 4 & 5

U.S. / Verona, Italy / Sirmione

Depart the U.S. on overnight flights to Verona. Transfer from the Verona airport to Sirmione on Lake Garda’s southern shore. Join fellow travelers for a welcome reception at our hotel this evening. PALACE HOTEL VILLA CORTINE (S/S: D)

Friday, May 6

Sirmione

This morning tour the charming town of Sirmione, the Scaliger Castle and the magnificent Grotte di Catullo, the most striking example of a Roman private edifice in northern Italy. This afternoon, sail west to the tiny port at Dusano. After a picnic lunch, take a short hike (2.5 to 3 miles) around the Rocca di Manerba Natural Park before sailing back to Sirmione. This evening enjoy dinner independently at one of the charming, simple trattorie or one of the more ostentatious ristoranti which abound in Sirmione. PALACE HOTEL VILLA CORTINE (B,L)

Saturday, May 7

Malcesine / Gargnano

Leaving Sirmione this morning, board a boat to Malcesine. After a brief visit to the charming lakeside village and its Scaliger Castle, take the Malcesine-Monte Baldo funicular to the top of Monte Baldo. After lunch overlooking the whole of Lake Garda and well beyond, hike along the crest of this majestic massif (or opt for a gentler walk offering views just as splendid) before riding back down to Malcesine. Then, sail across the lake to Gargnano on the western shore. Dinner tonight is at our hotel. HOTEL VILLA SOSTAGA (B,L,D)
Sunday, May 8  
**Lake Ledro / Gargnano**  
Visit Lake Ledro, set high in the mountains to the northwest of Lake Garda, and walk through the serene pastures of Val Concei and across glorious mountain scenery. After a picnic lunch, return by vehicle to Gargnano. HOTEL VILLA SOSTAGA (B,L,D)

Monday, May 9  
**Lake Iseo / Sulzano**  
Today we travel to the north shore of Lake Iseo for a walk along the ancient Roman Via Valeriana. The trail takes us up to the slopes above the eastern shore of the lake where we walk amid glorious scenery and striking geological formations. After a picnic lunch, walk to the village of Sulzano, across the water from the massif of Monte Isola, the largest lake island in Europe where we spend the next two nights. Enjoy dinner tonight at our hotel. HOTEL RIVALAGO (B,L,D)

Tuesday, May 10  
**Monte Isola**  
Today is free to choose from various self-guided walks on Monte Isola, the mountain-island which stands across the water from our hotel. Options include a simple stroll around the island’s perimeter and a more strenuous climb to the sanctuary of Madonna della Ceriola that sits atop the island’s summit. Dinner tonight is at a charming local restaurant just a few steps from our hotel. HOTEL RIVALAGO (B,L,D)

Wednesday, May 11  
**Bergamo / Lake Como**  
En route from Lake Iseo to Lake Como, visit Bergamo and explore the wealth of art and architecture in this most beguiling city. After a morning spent discovering the city’s rich historical and cultural heritage, most notably the extraordinary Colleoni Chapel and the incomparable canvases of Renaissance master Lorenzo Lotto, continue on to Lake Como and our lakeside hotel in Bellagio. Enjoy dinner tonight at our hotel. VILLA SERBELLONI (B,L,D)

Thursday, May 12  
**Lake Como**  
On today’s walk we traverse the stunning scenery of the Triangolo Lariano among Bellagio, Como and Lecco, high above the three arms of majestic Lake Como. Stop for a picnic lunch in a high pasture with breathtaking views before descending to Bellagio. Dine independently in one of the fine restaurants of Bellagio. VILLA SERBELLONI (B,L)

Friday, May 13  
**Lake Como**  
Cross the lake to the town of Griante and hike the lake shore to the delightful villa of Balbianello before returning to Bellagio by boat. Dinner tonight is at a local restaurant. VILLA SERBELLONI (B,L,D)

Saturday, May 14  
**Lake Piano / Borromean Islands / Stresa**  
Sail northwest from Bellagio to Menaggio located on the western shore of Lake Como. Drive a short distance uphill from Menaggio and hike west from Codogna to Lake Piano above Lake Lugano, stopping for a picnic lunch along the way. This afternoon, drive from Lake Piano to Laveno on Lake Maggiore and from here ferry across to the famed Borromean Islands, adorned with sumptuous palazzi and glorious gardens all originally belonging to the Borromeo family. Arrive in Stresa and enjoy the evening independently to explore the local restaurants. GRAND HOTEL DE ÎLES DES BORROMEES (B,L)
Sunday, May 15

**Lake Orta / Orta San Giulio / Stresa**

Drive west this morning to hike on the slopes of the great Mattarone mountain massif that looms between Lake Orta and Lake Maggiore, commanding splendid vistas of both lakes and the alpine peaks beyond. After our walk, visit Lake Orta and the charming town of Orta San Giulio with its lakeside piazza and cafes. Return to Stresa on foot or by cable car and join fellow travelers for a grand farewell reception and dinner at our hotel this evening. GRAND HOTEL DE ÎLES DES BORROMEES (B,L,D)

Monday, May 16

**Milan / Home**

Drive from Stresa to Milan’s Malpensa Airport for flights back home. (B)
What to Expect

We consider this to be a moderately strenuous and physically demanding program that involves a great deal of walking. Our walks range in length of from five to 10 miles per day, with a daily average of about six miles. Most days offer two walk options, with varying distances and levels of difficulty. The terrain of the Italian Lakes region is very mountainous and several of our walks will involve significant amounts of climbing and descending. The walks will include mountain ridges, rolling hills, valleys, and some open farmland and woodland. Some of the trails will be uneven, rocky or muddy and may involve significant uphill and/or downhill grades. Sturdy, well-fitting and broken-in hiking shoes with ankle support are essential. To participate fully in this walking tour, you need to be physically fit, agile and used to moderate exercise. All participants must be able to navigate rocky paths without the assistance of handrails or tour staff. Several of our daily excursions might be considered by some participants to be hikes rather than walks. However, if you are in good shape and active, you should have no problem keeping up with the group. We welcome travelers 15 years of age and older on this program.

Walk Options

In order for you to fully enjoy this remarkable region of Italy, we’re offering two options for many of the countryside walking days. All walks are led by experienced leaders.

Option I is a relatively straightforward walk of between three and six miles at a more leisurely pace that allows you time to enjoy the scenery. These walks include undulating terrain and cover varied ground such as dirt paths, vineyard tracks and mountain trails.

Option II is a longer, more strenuous walk, or hike, of between five and 12 miles that allows more adventurous walkers to explore more remote parts of the countryside. These walking trails can be rugged, rocky and steep, and have altitude gains and/or losses of between 1,000 and 3,000 feet.
Information

Dates
May 4 to 16, 2016 (13 days)

Size
This program can accommodate 32 participants. Single accommodations are extremely limited; please call for availability.

Cost*
$9,695 per person, double occupancy
$12,110 per person, single occupancy
*Association nonmembers add $300 per person

Included
• 11 nights of luxury hotel accommodations
• 11 breakfasts, 10 lunches and 8 dinners
• Welcome and farewell receptions
• Gratuities to porters, guides and drivers for all group activities
• All tours as described in the itinerary
• Group transfers and baggage handling on program arrival and departure days
• Minimal medical, accident and evacuation insurance
• Educational program with lecture series and pre-departure materials, including recommended reading list, a selected book and travel information
• Services of our professional tour manager to assist you throughout the program

Not Included
• International and domestic airfare
• Passport and visa fees
• Immunization costs
• Meals and beverages other than those specified as included
• Independent and private transfers
• Trip-cancellation/interruption and baggage insurance
• Excess-baggage charges
• Personal items such as internet access, telephone and fax calls, laundry and gratuities for nongroup services

Air Arrangements
International and U.S. domestic airfare is not included in the program cost. Round-trip, economy-class airfare on Lufthansa from San Francisco to Verona and return from Milan is approximately $1,500 as of June 2015 and is subject to change without notice.
Terms and Conditions

Deposit and Final Payment
A $1,000-per-person deposit is required to hold your space. Call the Travel/Study office at (650) 725-1093 or sign up online at alumni.stanford.edu/trip?lakes2016. Final payment is due 120 days prior to departure. As a condition of participation, all confirmed participants are required to sign a Release of Liability.

Cancellations and Refunds
Deposits and any payments are refundable, less a $500-per-person cancellation fee, until 120 days prior to departure. After that date, refunds can be made only if the program is sold out and your place(s) can be resold, in which case a $1,000-per-person cancellation fee will apply.

Insurance
Stanford Travel/Study provides all travelers who are U.S. or Canadian citizens with minimal medical, accident and evacuation coverage under our group-travel insurance policy. Our group policy is intended to provide minimal levels of protection while you are traveling on this program. You may choose to subscribe to optional trip-cancellation and baggage insurance. Information offering such insurance will be provided to U.S. residents with their welcome materials. The product offered includes special benefits if you purchase your policy within 14 days of the date listed on the welcome letter.

Eligibility
We encourage membership in the Alumni Association as the program cost for nonmembers is $300 more than the member’s price. Families and trip companions may travel on one membership. Call (650) 725-0692 or visit alumni.stanford.edu/goto/membership for more information or to purchase a membership.

Responsibility
The Stanford Alumni Association, Stanford University and our operators act only as agents for the passenger with respect to transportation and exercise every care possible in doing so. However, we can assume no liability for injury, damage, loss, accident, delay or irregularity in connection with the service of any automobile, motorcoach, launch or any other conveyance used in carrying out this program or for the acts or defaults of any company or person engaged in conveying the passenger or in carrying out the arrangements of the program. We cannot accept any responsibility for losses or additional expenses due to delay or changes in air or other services, sickness, weather, strike, war, quarantine, force majeure or other causes beyond our control. All such losses or expenses will have to be borne by the passenger as tour rates provide arrangements only for the time stated. We reserve the right to make such alterations to this published itinerary as may be deemed necessary. The right is reserved to cancel any program prior to departure in which case the entire payment will be refunded without further obligation on our part. The right is also reserved to decline to accept or retain any person as a member of the program. No refund will be made for an unused portion of any tour unless arrangements are made in sufficient time to avoid penalties. Baggage is carried at the owner’s risk entirely. The airlines concerned are not to be held responsible for any act, omission or event during the time passengers are not onboard their plane or conveyance. Neither the Alumni Association, Stanford University nor our operators accept liability for any carrier’s cancellation penalty incurred by the purchase of a non-refundable ticket connected with the tour. Program price is based on rates in effect in June 2015 and is subject to change without notice to reflect fluctuations in exchange rates, tariffs or fuel charges.

California Seller of Travel Program Registration #2048 523-50

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Contact Information

Visit us online to reserve space:

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