Italian Lakes Walk

May 3 to 15, 2017

“Across the beautiful lakes, up the high mountains...incredible views, food, wine, lodging, companionship and education. It ended all too soon!”

—George Kibler, Italian Lakes Walk, 2016
Join faculty leader Roberto D’Alimonte 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 delicious regional cuisine.
Faculty Leaders

ROBERTO D’ALIMONTE is dean of the department of political science at LUISS Guido Carli, a university in Rome that prepares future leaders in the areas of economics, law and political science. Professor D’Alimonte has taught many courses over the years at Stanford’s Bing Overseas Study Program in Florence and has often served as visiting professor at Stanford’s main campus. He is also a frequent lecturer at Stanford Business School’s Executive Program. His current research focuses on political and electoral change in Western democracies, particularly Italy. Well-known throughout Europe as a political journalist, Professor D’Alimonte covers Italian political events for Il Sole 24 Ore, Italy’s major financial newspaper, and is often sought after by The New York Times along with a number of European newspapers and magazines for commentary on current Italian and European politics.

On this program, Professor D’Alimonte will lecture about Italy and the European Union from an historical, political and economic perspective. He will focus on the difficult choices that Italy and Europe face today on issues such as economic growth, immigration and the Euro. He’ll also share his thoughts with us on the rise of Italian nationalism, militarism and fascism in the 1930s when we visit locales key to the Mussolini regime. A special topic of his will be Italy’s new electoral law, which he had a hand in helping Prime Minister Matteo Renzi create when they worked together on electoral reform in 2014.

- At LUISS (Private International University for Social Studies) Guido Carli, Rome, Italy: dean, department of political science, since 2014; professor, political science, since 2011
- Director, Italian Center for Electoral Studies, since 2005
- Adjunct professor, political science, NYU Florence, Italy, since 1996
- Former professor, political science, and member, board of regents, University of Florence, Italy
- Former Ford Foundation Fellow and visiting professor, Yale University, 1974–1975, 1986; American Council of Learned Societies Fellow, Harvard University, 1979
- PhD, political science, University of Florence, 1972

“Roberto was extremely down-to-earth and accessible. A wonderful travel companion and a knowledgeable and great teacher. Fantastic.”

—Maria Bonnie Reeves, ’65, Piemonte Walk II, 2013
Itinerary

Wednesday & Thursday, May 3 & 4
U.S. / Verona, Italy / Cordevigo
Depart the U.S. on overnight flights to Verona, arriving on Thursday. Transfer from Verona to our
country house hotel located east of Lake Garda. Join fellow travelers for a welcome reception and
dinner at our hotel this evening. HOTEL CORDEVIGO (5/4: D)

Friday, May 5
Cordevigo / Lazise / Dusano / Sirmione
This morning drive to the port of Lazise and board a boat to cross Lake Garda to the tiny port at Dusano.
Take a short hike around Rocca di Manerba National Park followed by a picnic lunch. Board our boat
once more to travel to the charming town of Sirmione to view the Scaliger Castle and the magnificent
Grotte di Catullo, the most striking example of a Roman private edifice in northern Italy. Embark our
boat once more to return to Lazise and our hotel. This evening enjoy dinner again at the excellent
Michelin-starred restaurant at our hotel. HOTEL CORDEVIGO (B,L,D)
Morning, approx. 1.5 hours of walking
Afternoon, city walking

Saturday, May 6
Cordevigo / Malcesine or Lake Ledro / Gargnano
Choose between two walking options today. Those wanting a more strenuous walk will drive to
Malcesine and take the Malcesine-Monte Baldo funicular to the top of Monte Baldo followed by a hike
across the crest of this majestic massif. Lunch is at a mountain restaurant overlooking the whole of Lake
Garda before returning to Malcesine. Then, sail across the lake to Gargnano on the western shore,
where we stay the next two nights. Alternatively, those wanting a less strenuous walk will ride north by
bus to Lake Ledro, set high in the mountains to the northwest of Lake Garda. Enjoy a gentler walk
through the serene pastures of Val Concei set in glorious mountain scenery. After a picnic lunch, drive to
our hotel in Gargnano. Dinner tonight is at our hotel. HOTEL VILLA SOSTAGA (B,L,D)
Option I: morning, approx. 2 hours of walking; afternoon, approx. 1 hour of walking
Option II: morning, approx. 2 hours of walking; afternoon, approx. 2 hours of walking

Sunday, May 7
Gargnano
A choice of walks today leads us from our hotel through rocky mountain scenery towards the shores of
the lake below. After a picnic lunch with superb views over Lake Garda, descend to the port of Gargnano
for a short drive back to our hotel. HOTEL VILLA SOSTAGA (B,L,D)
Option I: morning, approx. 2.5 hours of walking; afternoon, approx. 1.5 hours of walking
Option II: morning, approx. 2.5 hours of walking; afternoon, approx. 1 hour of walking

Monday, May 8
Gargnano / Sulzano
Choose between two walking options today. The more strenuous option is a full-day hike directly west
through the mountainous landscape that separates Lake Garda from tiny Lake Idro. This is wild country
and we carry our own lunches with us. Alternatively, enjoy a local walk near our hotel and observe life in
the villages that are tucked in the folds of the hills around Lake Garda. This afternoon, drive to the
extraordinary villa called Vittoriale, home of the Italian writer and philosopher, Gabriele d'Annunzio.
After a visit to this estate, drive to the village of Sulzano on the east shore of Lake Iseo where we spend
the next two nights. Our hotel is located across the lake from the massif of Monte Isola, the largest lake
island in southern Europe. This evening dine at a charming restaurant a few steps from our hotel. HOTEL
RIVALAGO (B,L,D)
Option I: morning, approx. 2 hours of walking; afternoon, park visit
Option II: morning, approx. 3.5 hours of walking; afternoon, approx. 2 hours of walking
Tuesday, May 9  
Sulzano / Monte Isola  
Today walk on Monte Isola, the mountain-island across the water from our hotel by ferry. Opt for either a ride up the mountain by minibus or a more strenuous climb to the sanctuary of Madonna della Ceriola that sits atop the island’s summit. From here we descend to the lakeside for lunch. In the afternoon a lakeside walk brings us back to the ferry port for the return to our hotel. This evening return by boat to the island for dinner. HOTEL RIVALAGO (B,L,D)

Option I: morning, approx. 2 hours of walking; afternoon, approx. 1.5 hours of walking  
Option II: morning, approx. 2.5 hours of walking; afternoon, approx. 1.5 hours of walking

Wednesday, May 10  
Sulzano / Bergamo / Bellagio, Lake Como  
En route from Lake Iseo to Lake Como, visit Bergamo and explore the wealth of art and architecture in this most beguiling of cities. After a morning spent discovering the city’s rich historical and cultural heritage, most notably the extraordinary Colleoni Chapel and wonderful basilica, continue on to Lake Como and our lakeside hotel in Bellagio. Enjoy dinner tonight at our hotel. VILLA SERBELLONI (B,L,D)

City walking

Thursday, May 11  
Bellagio, Lake Como  
Today you have a choice from two options to 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 before descending to Bellagio. Dine independently tonight in one of the fine restaurants of Bellagio. VILLA SERBELLONI (B,L)

Option I: morning, approx. 2.5 hours of walking; afternoon, approx. 1 hour of walking  
Option II: morning, approx. 2.5 hours of walking; afternoon, approx. 1.5 hours of walking

Friday, May 12  
Bellagio, Lake Como  
Explore the justly famed village of Bellagio and some of its more refined villa gardens which grace its shores. Then enjoy a wine tasting and lunch at a graceful garden pavilion. Alternatively, hike across the hills behind the town. Dinner tonight is at a local restaurant. VILLA SERBELLONI (B,L,D)

Option I: morning, approx. 2 hours of city walking; afternoon, approx. 2 hours of city walking  
Option II: morning, approx. 2.5 hours of walking; afternoon, approx. 2 hours of city walking

Saturday, May 13  
Bellagio / Menaggio / Lake Piano / 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 western side of the lake before continuing by bus to Stresa. Arrive in Stresa and enjoy an independent evening exploring the town. GRAND HOTEL DES ÎLES BORROMEES (B,L)

Morning, approx. 3 hours of walking

Sunday, May 14  
Stresa / Lake Orta / Orta San Giulio  
Today our more stalwart walkers drive to the top of the great Mottarone mountain massif that looms between Lake Orta and Lake Maggiore, commanding splendid vistas of both the lakes below and the alpine peaks beyond. Hike south to a picnic lunch at a little farm above Lake Orta. This afternoon continue our hike down toward Orta San Giulio. Alternatively, walk the magnificent Borromean Islands with their grand palazzi, superb botanical gardens and charming fish restaurants. Return by bus from Orta to Stresa or ferry from the Borromean Islands and join fellow travelers for a grand farewell reception and dinner at our hotel this evening. GRAND HOTEL DES ÎLES BORROMEES (B,L,D)

Option I: short walks in palace gardens and parks  
Option II: morning, approx. 2.5 hours of walking; afternoon, approx. 2.5 hours of walking
Monday, May 15  
Stresa / Milan / U.S.  
Drive from Stresa to Milan’s Malpensa Airport for flights back home to the U.S. (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 12 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 offers relatively straightforward walks of between three and six miles at a more leisurely pace that allow 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 provides longer, more strenuous walks, or hikes, of between five and 12 miles that allow 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 3 to 15, 2017 (13 days)

Size
This program can accommodate 30 participants. Single accommodations are extremely limited; please call for availability.

Cost*
$9,995 per person, double occupancy
$12,595 per person, single occupancy
*Association nonmembers add $300 per person

Included
- 11 nights of luxury hotel accommodations
- 11 breakfasts, 10 lunches and 9 dinners
- Welcome and farewell wine receptions
- Gratuities to porters, guides and drivers for all group activities
- All tours as described in the itinerary
- Group transfer 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 United from San Francisco to Verona and return from Milan is approximately $1,500 as of June 2016 and is subject to change without notice.
Terms and Conditions

Deposit and Final Payment
A $1,000-per-person deposit is required to hold space on this program. Sign up online at http://alumni.stanford.edu/trip?lakes2017 or call the Travel/Study office at (650) 725-1093. 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 travelers with their welcome materials. The product offered includes special benefits if you purchase your policy within 14 days of written confirmation of your participation on the trip.

Eligibility
We encourage membership in the Alumni Association as the program cost for nonmembers is $300 more than the member’s price. A person traveling as a paid guest of a current member will not be charged the nonmember fee. 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 2016 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

© COPYRIGHT 2015 STANFORD ALUMNI ASSOCIATION. ALL RIGHTS RESERVED.
Contact Information

Visit us online to reserve space:

Questions? Call us at (650) 725-1093 or email us at travelstudy@alumni.stanford.edu

Stanford Alumni Association
Stanford Travel/Study
Frances C. Arrillaga Alumni Center
326 Galvez Street
Stanford, CA 94305

Stanford Travel/Study is a program of the Stanford Alumni Association