

Stanford **TRAVEL/STUDY**

Italian Lakes Walk

September 13 to 24, 2022

Accompany expert on European politics Roberto D'Alimonte and trail guide Peter Watson on this colorful autumnal walk through Italy's exquisite Lake District, which combines the scenery of the northern Alpine mountains with the wine growing regions of Lombardy region in the south. While learning about the long colorful history of the region, walk amid verdant pastures, hike along mountain ridges and sail across sparkling lakes. Visit luxurious palazzi, storied castles, island sanctuaries and churches with Renaissance masterpieces and then cap off the day with a leisurely dinner feast at a charming trattoria.

FACULTY LEADER

Roberto D'Alimonte

Roberto D'Alimonte is a professor of Italian politics in the department of political sciences at Luiss Guido Carli, a private university in Rome that prepares future leaders in the areas of economics, law and political science. Before joining Luiss in 2008, he taught at the University of Florence. He has taught many courses over the years at Stanford's Bing Overseas Studies Program in Florence and has been a visiting professor at Stanford's main campus a number of times, teaching both in the political science department and in the MBA program at the Graduate School of Business. He has also lectured frequently at the business school's Executive Program. His current research focuses on political and electoral change in Western democracies, particularly Italy. A well-known political journalist, Professor D'Alimonte covers Italian political events for Il Sole 24 Ore, Italy's major financial newspaper. His commentaries have appeared in the New York Times, Financial Times, New Yorker and Le Monde, and on Bloomberg and Reuters. He has worked on electoral reform with former Italian Prime Minister Matteo Renzi. During our program, he will lecture about Italy and the European Union from a historical, political and economic perspective, focusing on issues such as economic growth, Brexit and immigration. He'll also discuss topics ranging from the rise of Italian nationalism and fascism in the 1930s to the populist challenge occurring in Italy today.

ITINERARY

Tuesday, September 13

Verona, Italy / Lake Garda

Upon arrival in Verona transfer to our country hotel east of Lake Garda. Enjoy a welcome reception and dinner at our hotel's Michelin-starred restaurant, where we dine for the first of three evenings. VILLA CORDEVIGO WINE RELAIS (9/13: D)

Wednesday, September 14

Dusano / Sirmione

This morning take a private boat from Lazise, across Lake Garda to the tiny port at Dusano. Choose one of two short hikes around Rocca di Manerba National Park followed by a picnic lunch. Reboard our boat and travel to Sirmione to view the Scaliger Castle and the ruins of a 1st-century-BCE Roman villa. VILLA CORDEVIGO WINE RELAIS (B,L,D)

Thursday, September 5

Malcesine

Drive to Malcesine for a cable car ride to the top of Monte Baldo, followed by a choice of hikes across the crest of this majestic massif. Lunch is at a mountain restaurant overlooking Lake Garda. This afternoon walk partway down or return by cable car to explore Malcesine on foot. VILLA CORDEVIGO WINE RELAIS (B,L,D)

Friday, September 16

Lake Garda / Lake Iseo / Sulzano

Today cross Lake Garda by ferry and opt for one of two walks. Our more rigorous full-day hike between Lake Garda and Lake Idro takes us through wild, mountainous landscapes. Our gentler walk leads through rocky mountain scenery and back toward Lake Garda. After our picnic lunch descend to the port of Bogliaco and travel by road to Lake Iseo and our hotel in Sulzano, located across from Monte Isola, southern Europe's largest lake island. HOTEL RIVALAGO (B,L,D)

Saturday, September 17

Monte Isola

Today take a short boat ride to Monte Isola and opt for either a ride up the mountain by minibus or a more strenuous climb to the sanctuary of Madonna della Ceriola at the summit, from where we descend for a lakeside lunch. In the afternoon take one of two short walks back to the ferry port to return to our hotel. This evening return to the island by boat for dinner. HOTEL RIVALAGO (B,L,D)

Sunday, September 18

Sulzano / Bergamo / Bellagio

We depart for Lake Como today, stopping at Bergamo en route. Spend the morning discovering the city's rich historical and cultural heritage—most notably two Renaissance-era masterpieces: the Colleoni Chapel and the Basilica of Santa Maria Maggiore. After lunch continue on to Bellagio and our lakeside hotel. VILLA SERBELLONI (B,L,D)

Monday, September 19

Lake Como

Today choose from two options to traverse the stunning scenery of the Triangolo Lariano high above majestic Lake Como. Stop for a picnic lunch before opting for a longer descent back to Bellagio or a shorter walk and a return by road, allowing free time to explore this charming town. Dine independently tonight at one of Bellagio's fine restaurants. VILLA SERBELLONI (B,L)

Tuesday, September 20

Bellagio

Spend today exploring Bellagio and some of the more refined villa gardens that grace Lake Como's shoreline. Then enjoy lunch and a wine tasting at a lovely garden pavilion. Alternatively, hike across the hills above the town. VILLA SERBELLONI (B,L,D)

Wednesday, September 21

Menaggio / Lake Piano / Lake Maggiore / Stresa

Sail northwest from Bellagio to Menaggio on Lake Como's western shore. 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-Mombello on Lake Maggiore and cross by ferry to the west side of the lake to reach our hotel in Stresa. GRAND HOTEL DES ÎLES BORROMEES (B,L,D)

Thursday, September 22

Mottarone Mountain / Armeno

This morning drive to the top of the great Mottarone mountain massif that looms between Lake Orta and Lake Maggiore to take in the splendid vistas. Then hike south to a picnic lunch at a little farm above Lake Orta. This afternoon either return to our hotel by road or continue to hike down to Armeno and return by bus to Stresa. GRAND HOTEL DES ÎLES BORROMEES (B,L)

Friday, September 23

Borromean Islands

A gentler final day is spent on the magnificent Borromean Islands, discovering the grand Palazzo Borromeo on Isola Bella and the botanical gardens on Isola Madre. This evening join fellow travelers for a farewell reception and dinner at our hotel. GRAND HOTEL DES ÎLES BORROMEES (B,L,D)

Saturday, September 24

Stresa / Milan/ Home

Drive from Stresa to Milan's Malpensa Airport for outbound flights. (B)

INFORMATION

WALK OPTIONS

In order for you to fully enjoy the Italian countryside, we're offering two options for most of the days when walks are scheduled. All walks are led by experienced leaders.

OPTION I is a walk of between 4 and 8 miles (approximately 2.5 to 4 hours of walking). These walking trails undulate over varied and sometimes rough (muddy, rocky, uneven) terrain that has altitude gains (and losses) of up to 900 feet.

OPTION II is a longer, more strenuous walk or hike of between 6 and 13 miles (approximately 3.5 to 6 hours of walking) that allows more adventurous walkers to explore the higher areas and see the wilder 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 1,800 feet. It will not be possible for walkers on the longer walks to visit or spend as much time at some of the sites on our itinerary as those taking Option I.

Covid-19 and Travel

Due to the fluid nature of travel requirements and local Covid-19 conditions, travel protocols for our program will be shared closer to departure. To read more about Travel/Study's general approach to ensuring traveler health and safety, visit <https://alumni.stanford.edu/get/page/covidtravel>.

Size

This trip is limited to 32 participants. Single accommodations are limited.

Cost*

\$10,995 per person, double occupancy

\$14,195 per person, single occupancy

*Stanford Alumni Association nonmembers add \$300 per person.

Included

- Educational program with lecture series and predeparture materials, including an education resource list and travel information
- Services of our professional tour manager to assist you throughout the program
- All tours and excursions as described in the itinerary
- Gratuities to guides and drivers for all group activities
- 11 nights of deluxe hotel accommodations
- 11 breakfasts, 10 lunches and 9 dinners
- Welcome and farewell receptions
- Group transfer(s) and baggage handling on program arrival and departure days
- On-tour quarantine-related trip-cancellation, -interruption and -delay insurance coverage
- General medical, accident and evacuation insurance

Not Included

- Your personal flights to and from the program
- Passport and visa fees
- Immunization costs
- Meals and beverages other than those specified as included
- Independent and private transfers
- Nonquarantine-related trip-cancellation, -interruption and -delay insurance coverage
- Baggage insurance
- Excess-baggage charges
- Personal items such as internet access, telephone calls, laundry and gratuities for nongroup services

Air Arrangements

You are responsible for booking and purchasing airfare to the start location and from the end location of the program. These air purchases are NOT included in the program cost. To assist you in making these independent arrangements, we will send you details with your confirmation materials on when to arrive and depart.

What to Expect

We consider this program to be moderately strenuous to physically demanding, depending in part on your choice of the two walk options offered most days. The two options have varying distances and levels of difficulty; you should plan to walk with the group you've chosen for the entire day. Participants must be physically fit, active and in good health and must be able to navigate walking routes that are often rugged, uneven and steep, without assistance. All of our walks are led by experienced leaders. The countryside trails are often farm tracks and narrow paths that wind among fields, open scrub and shaded woodlands. The paths are sometimes rocky or have exposed roots and may be muddy or wet at times. Elevation gains and losses are no greater than 900 feet on Option I walks and 1,800 feet on Option II walks. Sturdy, well-fitting, waterproof, broken-in hiking boots with ankle support are essential. Participants will need to bring a light day pack with rain gear, extra layers, sunscreen and a water supply. "Nature" is often the only restroom available, and one must be comfortable using it and carrying out paper waste.

TERMS AND CONDITIONS

Eligibility

We encourage membership in the Stanford Alumni Association as the program cost for nonmembers is \$300 more than the members' price. The nonmember fee is waived for anyone traveling as a paid guest of a current member, as well as for emerita or emeritus faculty and staff. To purchase a membership, call (650) 725-0692 or visit <http://alumni.stanford.edu/goto/membership>.

Deposits, Payments and Cancellations

A \$1,000-per-person deposit is required to reserve space on this program. Final payment is due 120 days prior to program start. Deposits and any payments are refundable, less a \$500-per-person cancellation fee, until 120 days prior to program start. After that date, refunds can be made only if the program is sold out and we resell your place(s), 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 residents with general medical, accident and evacuation coverage, as well as on-tour quarantine-related trip-cancellation, -interruption and -delay insurance 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 nonquarantine-related trip-cancellation, -interruption and -delay insurance coverage and/or baggage insurance. Information offering such insurance will be included in your confirmation materials. The product offered includes special benefits if you purchase your insurance within 14 days of receiving your welcome email.

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, motor coach, 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 include arrangements only for the time stated. We reserve the right to make such alterations to this published itinerary as may be deemed necessary. We reserve the right to cancel any program prior to departure, in which case the entire payment will be refunded without further obligation on our part. We also reserve the right 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 on board their plane or conveyance. Neither the Stanford Alumni Association, nor Stanford University, nor our operators accept liability for any carrier's cancellation penalty incurred by the purchase of a nonrefundable ticket in connection with the tour. Program price is based on rates in effect at the time the brochure is published and is subject to change without notice to reflect fluctuations in exchange rates, tariffs or fuel charges. As a condition of participation, all confirmed participants are required to sign an Assumption of Risk.

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