

# ITALY

by  
Travel By Tummy

Venice – Florence – Rome - Amalfi Coast

- I have tried to stay away from the usual sights unless there is a different way of seeing/approaching them.
  - Any particular recommendations will have an (R) next to them.



# VENICE



Tip: This is a city on water. Dine on fresh seafood in the restaurants for local cuisine. Pizza and pasta here is tourist food.

### **Bacaro (R)**

Hole in the wall bars. Venice is the home of prosecco – enjoy it at one of the many bacaros. Bar hop while you snack on chichetti (small bar bites) for dinner as locals do.

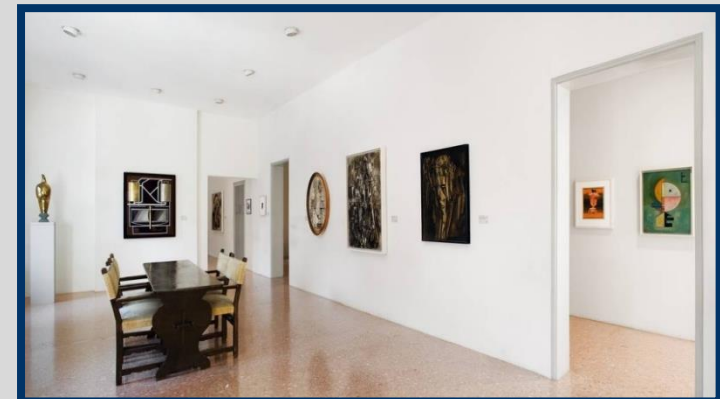
### **Water taxi (R)**

From the airport to the city approx. 90 Euros. An amazing way to enter the city.

### **Museum**

**Peggy Guggenheim** - 704 Dorsoduro, +39 04124 05411, [guggenheim-venice.it](http://guggenheim-venice.it), open 10am-6pm daily, closed Tuesday, adults €14, under-10s free) Small enough to take in the collection and not bore the family. Because it was her home, she is buried in the garden alongside all her dogs.

From here you can walk to the very end of the island and take in the view across the water.



### **Ghost walk**

Be taken around the city at night and told stories of horror and debauchery. Venice is built on blood, money and lust, as well as on water, and was the place people came to satisfy all their appetites. The carnival masks to hide their identities, or their diseases, were not just on for a couple of weeks.

### **Gondola ride**

To make it a little different try and take one at night for a more eerie experience.

### **Visit Sant'Erasmo (R)**

A quiet island with its own little beach This is the island that lies between Murano and Burano. It's called The Secret Garden of Venice, as is covered with vegetable gardens and orchards that have supplied Venice markets for centuries. There's a dock and tiny beach to take in the sun and enjoy the calm shallow water, without any crowds. There is one restaurant on the island, the Ca' Vignotto (Via Forti 71, 041 244 4000, lunch daily, dinner Sat only, reservations essential).



### **The Lido**

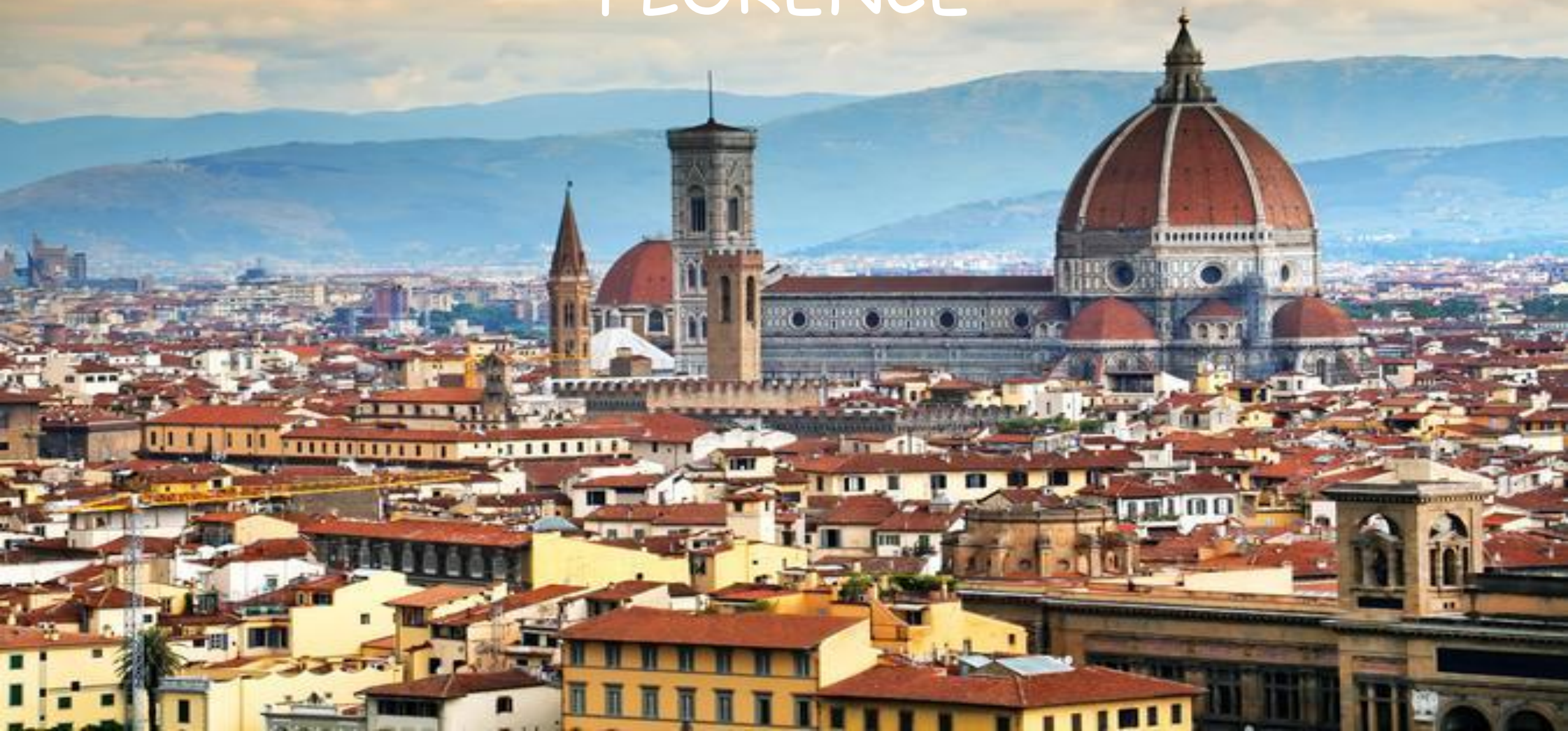
The Lido is Venice's beach. The Adriatic is safe, shallow and warm with only the very occasional jellyfish. There are pools, tennis courts and football pitches at the Sporting Club Ca'del Moro.

Archery, horse-riding and aqua sports like sailing, windsurfing, kitesurfing and water-skiing on the Lido can also be done here.





# FLORENCE





### **Ice cream**

Florence lays claim to the invention of gelato.

**Tip:** Don't go running around looking for the gelateria that is supposed to have the best gelato. Just stop into gelaterias often and sample the selection.

### **Tour the city in a different way:**

#### **Food tour**

See the city through its Tuscan cuisine. A food tour that focuses on Florentine food and traditions. The aim is to show you Florence's hidden gems and the best that Florence has to offer turning it in to a great experience full of food, fun, facts & memories that you never could have imagined.

#### **Segway tours**

See the sights while navigating a segway.



### **Mercato Centrale**

If you go it alone this is a culinary adventure not to miss. A marketplace with an impressive variety of cheeses, vegetables and meats. This is a great way to see Florentine families going about their daily shopping, sampling delectable treats along the way.

### **The Gucci Museum**

Home to an extensive collection chronicling the heritage of the luxury fashion house. Great for fashion lovers.

<http://magazine.fourseasons.com/travel-food-style/kids-family/best-bets-for-travel-with-kids-in-florence#sthash.DTm48zsr.dpuf>





**Festa di San Lorenzo** – Throughout Italy  
August 10th is San Lorenzo Day. (R)

The festivities take place in and around the San Lorenzo church, Florence's oldest basilica and the former church of the Medici.

It starts at 10 a.m. with a marching procession of the Florentine Republic from the little square, Piazza di Parte Guelfa, and goes from Piazza Signoria towards the basilica.

At 11 a.m. take part in the service at the church in piazza San Lorenzo.

At 9 pm the Florence Philharmonic orchestra perform classical music pieces at an open-air concert just outside the church. After the music, have a late dinner ... get your free pasta and watermelon at the stands set up outside. Pasta is offered to the right of the church and watermelon in piazza del Mercato Centrale, the next square over.





# ROME





## Dining in Rome

### Street food

Stalls and markets are everywhere  
Try - pizza bianca, fritti misto and suppli.

Pitstop in central Rome while seeing the sights

### **La prosciutteria** (R)

<http://www.laprosciutteria.com/roma-trevi/>

Great for a glass of prosecco and a cheese and meat board.

### Michelin dining

Rome also has many Micheline restaurants for a high end experience. Booking far in advance is a must.

Dress codes apply. Most have great views and décor.

Here are a couple of examples:

The Mirabelle:

<http://www.mirabelle.it/>

Entertainment of piano and voice can be expected.

Beautiful views

[http://www.robertonaldicollection.com/documents/  
menu\\_ita\\_degustazione.pdf](http://www.robertonaldicollection.com/documents/menu_ita_degustazione.pdf)



Michelin dining really isn't necessary in Rome and I would even add that it may do more to take you away from the true heart of Roman cuisine that bring you closer.

To really connect with the culture look for smaller trattorias, Osteria's and local spots that combine both great food and character. Trastevere is a great area for this. Here are some suggestions to help:

### **Pizzeria Ai Marmi (R)**

A little canteen-like. Be prepared to queue or go very early or late. Some may complain of the service as rushed but it is part of the atmosphere. They are very busy (for good reason) but won't rush you – though it feels like they might. Sit inside where you can watch the pizza oven in action. Amazing pizza's. Good wines and good prices.

<https://m.facebook.com/aimarmi/>

### **Trattoria Da Enzo (R)**

Very busy. Book or go early or late. Small menu, very simple interior lovely service and delicious food. Reasonable prices.

<http://www.daenzoal29.com/en/>

### **La Gattabuia (R)**

In the old palpal prison. Book in advance or be prepared to wait. Tasty food, great wines and reasonable prices in a unique setting.

<http://www.lagattabuia.it/en/>





## Dining with a difference:

### Via Appia Antica (R)

One of the earliest and most important roads in Rome. It is beautiful. With many ruins and catacombs along the way it stretches straight and far out of Rome with plenty to see on the way.

It is walkable but unless you have transport to get you there to begin with, my recommendation would be to hire a bike – a mountain bike as it is bumpy! Several cafes and restaurants dot along the way but I'd suggest going to a bakery packing a bottle of wine and having a picnic.

Aside from a picnic I would suggest one of the following spots to stop

### Café Appia Antica (R)

<http://www.appiaanticacaffe.it/new/index.php/en/>

Roadside (not any ordinary road) café with large garden, homemade ice cream and cakes.

### Fattoria Di Fiorano (R)

<http://www.fattoriadifiorano.it/contacts/>

A working farm and vineyard just a short drive from the city centre along the ancient Appian Way. As well as having a superb restaurant, the farm offers regular cooking classes and experiences for children (these can also be found elsewhere – see Amalfi coast). For parents, a tasting of the organic wines in the cellar can be arranged. Open Friday to Sunday only. Book in advance. They can also sort a picnic for you!



## Things to do

### Borghese Gardens

The [Villa Borghese gardens](#) sprawl across 148 acres and encompass merry-go-rounds, a small zoo and a boating lake. They are made for groups and they're sort-of motorized — you start pedalling and they help do some of the work.

### Tiber Island (R)

In high summer, the whole riverfront is transformed into restaurants, bars, art shows and an open-air cinema. Admission is free but gets very crowded. Get there early when merchants show up at 7pm.

<http://www.lungoiltevereroma.it/>

### Hire a bike (R)

Cycle along Tiber River or through the Borghese Gardens.





### **Torre Argentina – for cat lovers**

<http://www.romancats.com/torreargentina/en/introduction.php>

Torre Argentina is home to 150 cats, sheltered amongst the oldest temples in Rome (400-300 BC). Seven days a week volunteers, feed, clean and look after them.

Visitors are always welcome to look around, visit the cats and browse the cat shop.

Open every day from noon to 6 p.m.

### **Vespa tours (R)**

<http://scooteroma.com/tours/>

Private and customized or self drive options – Piaggio Ape Calessino (pictured), Vespa or bicycle available.





# THE AMALFI COAST





### **Food of the Region**

The area is famous for lemons, pastries, artisanal chocolates, pizza and fresh pasta. The summer festivals usually also have market stalls set up during the celebrations with rows of sweets, pastries, local delicacies and fried fish. The region is known for fluffy fried pastries with a hint of lemon zest or the infamous cannoli

### **Kayak the coast (R)**

Take in the coast by kayak with a guided tour  
Half day tours (3-4 hours) - various suppliers

### **Anton Dorhn Aquarium, Naples**

The oldest in Europe, with 200 different species of fish and marine plants. Small and charming.

### **Museo Nazionale Ferroviario**

National Railway Museum housing old engines, cars, and railway equipment.



### **Pizza making**

Attend a pizza making course with the family. Various suppliers. Sample content of the pizza course:

History and culture of the Neapolitan pizza

Ingredients

Equipment

The dough

Shaping the pizza

Toppings and garnish

The oven

Cooking

Finished product

### **Pompeii**

The city buried by a volcano

To bring the place alive a guided tour is recommended.

<http://www.guidepompei.com/>

### **Volcano**

Mt Vesuvius (the volcano that buried Pompeii) is accessible via railway and chairlift. Can be combined with a tour of Pompeii in a day trip.





### **Blue and Emerald grotto (R)**

Take a private tour to the Blue of Emerald grotto. Excursions are reliant on weather and tides and therefore changeable.

### **Praiano's Luminaria di San Domenico (R)**

August 1st to August 4th the town of Praiano celebrate San Domenico. A week of illumination in this beautiful town during early August when the piazza in front of the town cathedral is lit with thousands of votive candles and becomes the stage for nightly theatrics involving all manner of fire and ending, of course, with fireworks. A short drive from Amalfi.



**Take a boat and lunch in a cove with a swim (R)**

[Santa Croce](#) restaurant. A boat for the beach club and restaurant leaves from the dock in the town of Amalfi (it is a blue boat labelled Ristorante Santa Croce) or private taxis can be organised from the docks in Minori, Praiano or Positano. The swimming here is just perfect for kids complete with a grotto.

**Hire a boat and explore the coast (R)**

It would be silly not to. ☺





HAPPY TRAVELS