

A LAKE TO LATITUDE PREMIUM GUIDE

Southern Italy & Sicily

17 days of ancient cities, the Amalfi Coast, volcanic wine & a Sicilian road trip.

Rome › Naples › Ischia › Sorrento › Tramonti › Positano › Catania › Mt Etna › Milazzo › Ortigia

Best seasons: May–Jun & Sep–Oct

17

DAYS

10

DESTINATIONS

2

RENTAL CARS

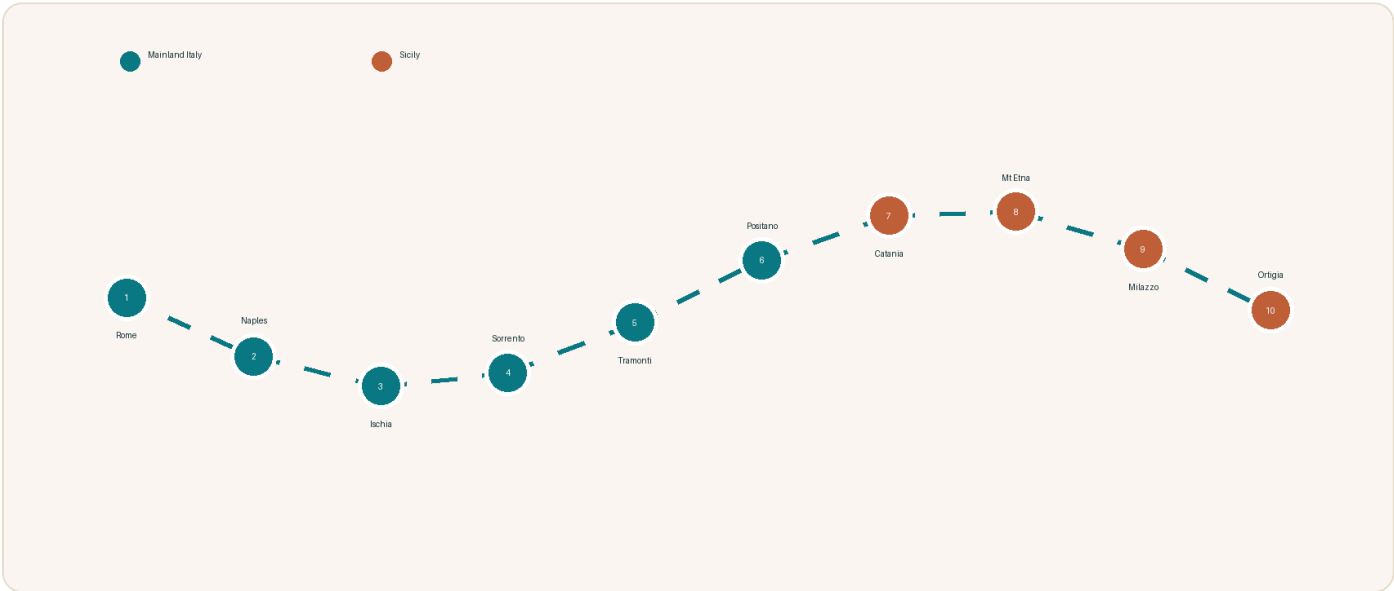
\$6.2–10.9k

CAD / PERSON

Trip at a Glance

DAYS	DESTINATION	HIGHLIGHTS
1–3	Rome	Colosseum, Vatican, Trastevere
4	Naples	Historic centre, pizza, pick up car
5	Ischia	Thermal spas, beaches, sunset
6	Sorrento	Marina Grande, limoncello
7	Tramonti	Amalfi wineries, mountain views
8–9	Positano	Beaches, boutiques, Capri boat
10–12	Catania	Fly to Sicily; baroque city & street food
13	Mount Etna	Volcano excursion & wine, farm stay
14–15	Milazzo	Castle & Aeolian Islands boat trip
16–17	Ortigia	Baroque Syracuse, Greek theatre

The transport plan: No car in Rome. Pick up a rental in Naples for the mainland, return it before flying to Catania, then rent a second car for the Sicily road trip. Avoid ZTL zones and reserve hotel parking.



ESTIMATED TOTAL, PER PERSON

\$6.2–10.9k CAD

Flights, hotels, car & ferries, food & drink, and activities. Full breakdown in Resources.



01 Rome

Lazio

Days 1–3

The Eternal City — ancient wonders, baroque piazzas & la dolce vita

★ Why you'll love Rome

- ♦ Two thousand years of history you can walk through — the Colosseum, the Forum, the Pantheon.
- ♦ Baroque piazzas, hidden fountains and the world's greatest art at the Vatican.
- ♦ Trastevere at night: cobbled lanes, trattorias and the true taste of Roman cooking.

Hour-by-hour

Day 1 • Arrive in Rome

- 14:00** Check into a central hotel and settle in.
- 16:00** Piazza Navona and the Pantheon.
- 18:00** Trevi Fountain and the Spanish Steps at golden hour.
- 20:00** Dinner in Trastevere.

Day 2 • Ancient Rome

- 08:30** Colosseum (pre-booked tickets).
- 10:30** Roman Forum and Palatine Hill.
- 13:00** Lunch — cacio e pepe near the Forum.
- 18:30** Rooftop aperitivo over the rooftops.

Day 3 • Vatican City

- 08:00** St. Peter's Basilica (early entry).
- 10:00** Vatican Museums and the Sistine Chapel.
- 14:00** Castel Sant'Angelo.
- 17:00** Stroll the Tiber and Ponte Sant'Angelo.

Where to stay — luxury, boutique & value

LUXURY

Hotel de Russie

BOUTIQUE

The Fifteen Keys Hotel

VALUE

Hotel Artemide

Eat & drink

● Restaurants & food

• Roscioli — carbonara & salumi

• Armando al Pantheon — Roman classics

• Da Enzo al 29 (Trastevere)

• Giolitti — historic gelato

◆ Wine & cellars

• Enjoy the local house wine or a cold local beer.

◆ Hidden gems

• Sunset from the Giardino degli Aranci

• A quiet coffee at Sant'Eustachio Il Caffè

● Photography spots

• The Colosseum from Via Nicola Salvi at dawn

• St. Peter's framed down Via della Conciliazione

Getting here: Arrival point

Open in Google Maps ›

Hotels ›

Tours ›

Daily budget: \$250–\$500 CAD/day (3 nights)



02 Naples

Campania

Day 4

Raw, joyful and delicious — the home of pizza

★ Why you'll love Naples

- ♦ The most alive city in Italy — chaotic, warm-hearted and utterly authentic.
- ♦ The birthplace of pizza: this is the best you'll ever eat, at the source.
- ♦ Spaccanapoli slices the old town in a straight line of churches, shrines and street life.

Hour-by-hour

Day 4 • Rome to Naples

- 09:00** High-speed train Rome → Naples (~1 hr).
- 12:00** Historic centre and Spaccanapoli.
- 13:30** Authentic Neapolitan pizza for lunch.
- 16:00** Pick up the rental car; overnight near the port.

Where to stay — luxury, boutique & value

LUXURY

Grand Hotel Santa Lucia

BOUTIQUE

Romeo Napoli

VALUE

Central historic-centre B&B

Eat & drink

🍷 Restaurants & food

- L'Antica Pizzeria da Michele
- Gino Sorbillo
- Pizzeria Starita
- Sfogliatella at Attanasio

🍷 Wine & cellars

- Enjoy the local house wine or a cold local beer.

💎 Hidden gems

- Via San Gregorio Armeno — the nativity-craft street
- A sfogliatella warm from the oven

📷 Photography spots

- Spaccanapoli's straight-line perspective
- Mount Vesuvius over the bay from the waterfront

Getting here: By train

[Open in Google Maps ›](#)

[Hotels ›](#)

[Tours ›](#)

Daily budget: \$180–\$340 CAD (1 night)



03 Ischia

Bay of Naples

Day 5

The green island — thermal spas, beaches & sunsets

★ Why you'll love Ischia

- ✦ A volcanic island of thermal spa gardens and hot-spring beaches — pure relaxation.
- ✦ Colourful Sant'Angelo and the castle-topped Ischia Ponte are storybook pretty.
- ✦ Far quieter and more local than Capri, with the same turquoise water.

Hour-by-hour

Day 5 • Ischia

- 08:30** Drive to the ferry terminal; cross to Ischia.
- 11:00** Thermal spa gardens (Poseidon or Negombo).
- 15:00** Maronti Beach or the village of Sant'Angelo.
- 18:30** Sunset by the sea.

Where to stay — luxury, boutique & value

LUXURY

Mezzatorre Hotel & Thermal Spa

BOUTIQUE

San Montano Resort & Spa

VALUE

Waterfront boutique hotel

Eat & drink

🍷 Restaurants & food

- Seafood at Sant'Angelo harbour
- Ristorante Da Peppina di Renato
- Coniglio all'ischitana (island rabbit)

🍷 Wine & cellars

- Local Biancolella island whites

💎 Hidden gems

- The fumarole hot sand at Maronti Beach
- Sorgeto Bay — free hot-spring rock pools

📷 Photography spots

- Sant'Angelo village and its rocky isthmus
- Aragonese Castle from the causeway

Getting here: By ferry

[Open in Google Maps ›](#)

[Hotels ›](#)

[Tours ›](#)

Daily budget: \$220–\$420 CAD (1 night)



04 Sorrento

Sorrentine Peninsula

Day 6

Clifftop charm, lemon groves & limoncello

★ Why you'll love Sorrento

- ♦ A graceful clifftop town over the Bay of Naples — the gateway to the Amalfi Coast.
- ♦ Lemon groves everywhere, and the limoncello to prove it.
- ♦ Marina Grande's fishing-village trattorias are a delight at sunset.

Hour-by-hour

Day 6 · Sorrento

- 10:00** Travel from Ischia to Sorrento.
- 12:00** Marina Grande fishing harbour.
- 15:00** Piazza Tasso and the historic centre.
- 17:00** Limoncello tasting at a family cellar.

Where to stay — luxury, boutique & value

LUXURY

Grand Hotel Excelsior Vittoria

BOUTIQUE

Bellevue Syrene

VALUE

Central Sorrento hotel

Eat & drink

🍷 Restaurants & food

- L'Antica Trattoria
- Marina Grande seafood
- Gnocchi alla sorrentina
- I Giardini di Cataldo — limoncello

🍷 Wine & cellars

- Enjoy the local house wine or a cold local beer.

💎 Hidden gems

- The Vallone dei Mulini ruined mills
- Sunset from the Villa Comunale terrace

📷 Photography spots

- Marina Grande's pastel boats
- The town cliffs from a boat offshore

Getting here: By ferry

[Open in Google Maps ›](#)

[Hotels ›](#)

[Tours ›](#)

Daily budget: \$200–\$400 CAD (1 night)



05 Tramonti

Amalfi Coast

Day 7

The green heart of the Amalfi Coast — wine, mountains & quiet

★ Why you’ll love Tramonti

- ♦ The Amalfi Coast’s hidden hinterland — vineyards, chestnut woods and mountain silence.
- ♦ Family-run wineries make wine from the rare, ancient Tintore grape.
- ♦ A world away from the crowds, yet minutes from the coast road.

Hour-by-hour

Day 7 · Tramonti

10:00

Drive the scenic Amalfi Coast to Tramonti.

13:00

Family-run winery visit & lunch (Tintore wines).

16:00

Mountain views and lemon groves.

20:00

Dinner at a traditional trattoria.

Where to stay — luxury, boutique & value

LUXURY	BOUTIQUE	VALUE
Monastero Santa Rosa (nearby Conca dei Marini)	Agriturismo Il Tintore	Local winery agriturismo stay

Eat & drink

🍴 Restaurants & food

- Trattoria with Tramonti pizza (its birthplace claim)
- Fresh mountain-and-coast cucina

🍷 Wine & cellars

- Tenuta San Francesco
- Cantine Apicella
- Reale — Tintore & Costa d’Amalfi DOC

💎 Hidden gems

- The medieval hamlet of Pucara
- Ancient Tintore vines over a century old

📷 Photography spots

- Terraced vineyards against the mountains
- Lemon groves overlooking the coast

Scenic drive: Drive the SS163 'Amalfitana' — one of the world's great coast roads.

Getting here: **By car**

[Open in Google Maps ›](#)

[Hotels ›](#)

[Tours ›](#)

Daily budget: \$180–\$340 CAD (1 night)



06 Positano

Amalfi Coast

Days 8–9

The vertical village — pastel houses tumbling to the sea

★ Why you’ll love Positano

- ✦ The Amalfi Coast’s icon: pastel houses cascading down cliffs to a turquoise bay.
- ✦ Boutiques, beach clubs, and sunset cocktails you’ll never forget.
- ✦ Boat trips to Capri and the Emerald Grotto, plus the cliff-top Path of the Gods.

Hour-by-hour

Day 8 • Positano	
11:00	Arrive in Positano (reserve parking/valet).
13:00	Spiaggia Grande beach.
16:00	Boutiques and Santa Maria Assunta church.
19:00	Sunset cocktails over the sea.

Day 9 • Capri or Amalfi & Ravello	
09:00	Boat to Capri, or drive to Amalfi & Ravello.
11:00	Optional: hike part of the Path of the Gods.
16:00	Ravello’s gardens (Villa Rufolo/Cimbrone).
20:00	Waterfront dinner.

Where to stay — luxury, boutique & value

LUXURY	BOUTIQUE	VALUE
Le Sirenuse	Hotel Poseidon	Hotel Savoia (central Positano)

Eat & drink

🍷 Restaurants & food

- La Sponda (Le Sirenuse) — fine dining
- Chez Black on the beach
- Da Vincenzo
- Franco's Bar — the sunset aperitivo

🍷 Wine & cellars

- Enjoy the local house wine or a cold local beer.

💎 Hidden gems

- Fornillo Beach — quieter than Spiaggia Grande
- The Fiordo di Furore hidden fjord beach

📷 Photography spots

- The classic Positano view from Via Cristoforo Colombo
- The dome of Santa Maria Assunta from above

Scenic drive: The Sorrento → Positano → Amalfi → Ravello coast road is the drive of the trip.

Getting here: By car

[Open in Google Maps ›](#)

[Hotels ›](#)

[Tours ›](#)

Daily budget: \$300–\$650 CAD/day (2 nights)



07 Catania

Sicily

Days 10–12

Sicily's baroque, lava-stone city under Etna

★ Why you'll love Catania

- ✦ A dramatic baroque city built from black lava stone, in the shadow of Mount Etna.
- ✦ La Pescheria fish market is a roaring, theatrical feast for the senses.
- ✦ Street food heaven — arancini, granita and the best cannoli in Sicily.

Hour-by-hour

Day 10 • Naples to Catania

- 09:00** Drive to Naples and return the rental car.
- 13:00** Fly Naples → Catania.
- 15:00** Pick up your second rental car.
- 18:00** Evening in Catania's historic centre.

Day 11 • Catania

- 09:00** Piazza del Duomo and the lava-stone elephant.
- 10:30** La Pescheria fish market.
- 13:00** Via Etnea and the Roman ruins.
- 19:00** Sicilian street-food dinner.

Day 12 • Catania & the coast

- 09:00** Aci Castello and Aci Trezza seaside villages.
- 13:00** Granita and a brioche; cannoli.
- 16:00** Relax before heading inland.
- 20:00** Dinner with an Etna DOC red.

Where to stay — luxury, boutique & value

LUXURY

Palazzo Sangiorgio

BOUTIQUE

Liberty Hotel

VALUE

Historic-centre B&B

Eat & drink

🍷

Restaurants & food

- Me Cumpari Turiddu
- La Pescheria market stalls
- Pasta alla Norma
- Cannoli at a classic pasticceria

🍷

Wine & cellars

- Etna DOC reds (Nerello Mascalese) all over town

💎

Hidden gems

- Sunrise coffee on Piazza del Duomo before the crowds
- The lava-stone Roman theatre hidden in the old town

📷

Photography spots

- The black-and-white Duomo facade
- Aci Trezza's Cyclops rocks offshore

Getting here: By flight

Open in Google Maps ›

Hotels ›

Tours ›

Daily budget: \$180–\$360 CAD/day (2–3 nights)



08 Mount Etna

Sicily

Day 13

Europe’s great volcano — craters, lava fields & volcanic wine

- ★ Why you’ll love Mount Etna
- ✦ Stand on Europe’s largest active volcano — otherworldly craters and black lava fields.
 - ✦ The Etna wine road: some of Italy’s most exciting reds and whites, grown on volcanic soil.
 - ✦ Sleep at a vineyard agriturismo on the volcano’s flank under huge starry skies.

Hour-by-hour

Day 13 · Mount Etna farm stay	
09:00	Drive up Mount Etna.
10:00	Guided volcano excursion — craters and lava caves.
14:00	Etna DOC winery visit and tasting.
17:00	Overnight at a vineyard agriturismo.

Where to stay — luxury, boutique & value

LUXURY	BOUTIQUE	VALUE
Monaci delle Terre Nere	Etna wine-estate agriturismo	Family agriturismo on the volcano

Eat & drink

🍷 Restaurants & food • Farm-to-table dinner at the agriturismo • Pistachio everything (from nearby Bronte)	🍷 Wine & cellars • Planeta – Feudo di Mezzo • Pietradolce • Benanti • Passopisciaro (Passopisciaro/Etna Rosso)
💎 Hidden gems • The Grotta del Gelo lava ice cave • Sunset over the vines with Etna smoking above	📷 Photography spots • Vines with the smoking summit behind • Black lava soil against green rows

Scenic drive: The Etna Wine Road loops through Trecastagni, Milo and Randazzo.

Getting here: **By car**

[Open in Google Maps ›](#)

[Hotels ›](#)

[Tours ›](#)

Daily budget: \$220–\$450 CAD (1 night)



09 Milazzo

Sicily

Days 14–15

The Aeolian gateway — a castle, a cape & island boats

★ Why you’ll love Milazzo

- ✦ A handsome castle town and the jumping-off point for the Aeolian Islands.
- ✦ A full-day boat to Lipari and smoking Vulcano is the highlight.
- ✦ The wild Capo Milazzo peninsula has clear coves and a saintly sea pool.

Hour-by-hour

Day 14 • Milazzo	
10:00	Drive to Milazzo.
14:00	Tour the castle and old town.
17:00	Waterfront and marina.
20:00	Seafood dinner by the harbour.

Day 15 • Aeolian Islands	
08:00	Full-day boat to Lipari and Vulcano.
13:00	Lunch on Lipari; swim off the boat.
19:00	Return; evening in Milazzo’s old town.

Where to stay — luxury, boutique & value

LUXURY	BOUTIQUE	VALUE
Eolian Hotel	Hotel Riviera Lido	Marina-side guesthouse

Eat & drink

🍷 Restaurants & food - Seafood at the marina - Il Covo del Pirata - Pasta with swordfish & mint	🍷 Wine & cellars Malvasia delle Lipari (sweet island wine)
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◆ Hidden gems

- Capo Milazzo's Piscina di Venere sea pool
- The lighthouse walk at the cape

● Photography spots

- Milazzo Castle above the town at sunset
- The Aeolian Islands from the boat

Scenic drive: The Capo Milazzo peninsula loop is a short, beautiful drive.

Getting here: By car

[Open in Google Maps ›](#)

[Hotels ›](#)

[Tours ›](#)

Daily budget: \$170–\$330 CAD/day (2 nights)



10 Ortigia (Syracuse) Sicily Days 16–17

A golden island of baroque, sea light & ancient Greece

★ Why you'll love Ortigia (Syracuse)

- ♦ The honey-coloured island heart of Syracuse — baroque squares and sea on every side.
- ♦ Piazza Duomo at night is one of the most beautiful squares in Italy.
- ♦ The Greek theatre of ancient Syracuse is one of the finest in the world.

Hour-by-hour

Day 16 • Ortigia

- 10:00** Drive to Ortigia.
- 13:00** Piazza Duomo and the cathedral built into a Greek temple.
- 15:00** Waterfront, Fonte Aretusa and the narrow lanes.
- 20:00** Seafood dinner by the harbour.

Day 17 • Departure

- 09:00** Neapolis Archaeological Park — the Greek Theatre.
- 12:00** Drive to Catania Airport and return the car.

Where to stay — luxury, boutique & value

LUXURY

Ortea Palace Hotel

BOUTIQUE

Algilà Ortigia Charme Hotel

VALUE

Ortigia old-town B&B

Eat & drink

🍴 Restaurants & food

- Caseificio Borderi — the legendary sandwich
- Ortigia market stalls
- Fratelli Burgio
- Seafood at the harbour trattorias

🍷 Wine & cellars

- Nero d'Avola & Moscato di Siracusa

◆ Hidden gems

- A swim off the Ortigia rocks at sunrise
- The tiny Jewish miqwe under Hotel Alla Giudecca

● Photography spots

- Piazza Duomo lit at night
- The cathedral facade in early-morning gold

Scenic drive: The Ionian coast drive Catania → Syracuse hugs the sea.

Getting here: By car

[Open in Google Maps ›](#)

[Hotels ›](#)

[Tours ›](#)

Daily budget: \$190–\$380 CAD/day (2 nights)

Premium Travel Resources

Budget breakdown (CAD / person)

CATEGORY	RANGE
Flights (int'l + Naples–Catania)	\$1,200 – \$1,700
Accommodation	\$2,500 – \$5,000
Car rentals, fuel & ferries	\$900 – \$1,500
Food & wine	\$900 – \$1,500
Activities & tours	\$700 – \$1,200
Estimated total	\$6,200 – \$10,900

Foods & drinks to try

Carbonara · Rome's egg-and-guanciale classic

Cacio e pepe · Rome's three-ingredient magic

Neapolitan pizza · The original, from Naples

Limoncello · Sorrento's lemon liqueur

Fresh seafood · All along the Amalfi Coast

Arancini · Sicily's fried rice balls

Pasta alla Norma · Catania's aubergine pasta

Cannoli & granita · Sicilian sweets

Etna DOC wine · Volcanic reds & whites

Packing checklist

Documents

Passport & driver's licence (an IDP is recommended), insurance, car docs

Clothing

Lightweight layers, a light jacket for Etna & evenings, smart-casual for dinners

Footwear

Comfortable walking shoes for ancient sites and cobbles

Beach

Swimwear, sun protection, a quick-dry towel

Driving

Coins/card for tolls & ZTL-free parking, a phone mount & offline maps

Tech

Universal power adapter, power bank, eSIM

Extras

Reusable water bottle, daypack, sunglasses & hat

Planning checklist

✓ 3 months out

— Book Rome hotels, the Colosseum & Vatican, and both rental cars

✓ 6–8 weeks

— Reserve Positano parking/valet and Ischia/Aeolian ferries

✓ 1 month

— Book Etna guided excursion + winery, and a Capri boat if wanted

✓ 2 weeks

— Buy travel insurance; get an International Driving Permit; download offline maps

✓ On arrival

— Grab an eSIM; check each hotel's parking & the local ZTL zones

Cultural etiquette

Churches	Cover shoulders and knees; the Vatican and duomos enforce it.
ZTL zones	Historic-centre 'Zona Traffico Limitato' areas fine you automatically — never drive in.
Dining	Dinner is late (8–9pm+); a coperto (cover charge) is normal; don't order cappuccino after lunch.
Tipping	Not obligatory — round up or leave a few euros for good service.
Pace	Shops and towns slow down for riposo in the afternoon; plan around it.

Practical & driving tips

- ✓ **Driving:** Avoid ZTL zones, reserve hotel parking, and keep coins/card for tolls.
- ✓ **Fuel:** Fill up before remote mountain drives on Etna.
- ✓ **Ferries:** Book Ischia and Aeolian boats in advance in high season.
- ✓ **Cash:** Carry some euros for small trattorias, markets and parking.
- ✓ **Timing:** Sep–Oct and May–Jun are ideal — warm, quieter and great for wine.

Buon viaggio.

History, coast, islands, food, wine and scenic roads — a balanced journey to remember.