

A CULTURAL & CULINARY JOURNEY



Tuscany & Emilia-Romagna



SPONSORED BY

AAMC ALUMNAE ASSOCIATION OF MILLS COLLEGE 

June 10-19, 2025



Dear Alumnae and Friends of Mills College,

There's much to discover on this unique, eight-night journey through Italy's Tuscany and Emilia-Romagna regions!

Get a taste of local life during stays in Parma and Cortona, storied cities with culture and incredible cuisine to share. Spend your days visiting endearing towns, strolling along cobblestones steeped in history. Gaze at wonderfully preserved architecture in Castell'Arquato and Vigoleno and marvel at eye-catching landmarks in Bologna. Along the way, savor culinary favorites beloved around the world, including parmesan cheese, pasta and traditional balsamic vinegar. From beautiful Cortona, venture out to visit Orvieto, perched atop a stunning cliff, and learn about the making of olive oil at a family-run farm. Ample free time allows you to linger in pretty piazzas or shop like a local at neighborhood stores and markets. Get ready for unforgettable moments in Italy!

You'll enjoy comfortable accommodations, ample meals, engaging insights from expert local guides and speakers, plus worry-free travel, thanks to a dedicated Travel Director. With all these fantastic elements, this trip is sure to be popular. Act now to make your dream a reality!

Sincerely,

Deborah C Dittman
President
Alumnae Association of Mills College

UNESCO World Heritage

The Porticoes of Bologna





A World of Discovery



Sensational culture and world-class cuisine await! Uncover the beauty and heritage of Italy's delightful Tuscany and Emilia-Romagna regions. From Bologna's timeless arcades to Parma's lauded cathedral, charming medieval villages to bountiful country farms, each day will seduce your senses. Dig into culinary favorites praised around the world and learn about the history of these beloved regions!

Top: Altesino winery, Brunello di Montalcino
Above: Dining in Emilia-Romagna | Cover: Tuscan countryside
Mail panel: Ham, butcher shop, Parma | Orvieto

Inspiring Moments



- Unravel the **culinary paradise of Emilia-Romagna** within its timeless towns of Bologna and Parma.
- Discover foods famous the world over during visits to a **cheese farm, olive mill and country winery**.
- Roam history-soaked cobblestones in **Castell'Arquato and Vigoleno**.
- Encounter the **University of Bologna**, the oldest university in the Western world.
- **Sample "liquid black gold,"** the Aceto Balsamico Tradizionale di Modena.
- Indulge in heavenly **Parma foods**, including parmesan cheese and pasta.
- Fall under Tuscany's alluring spell and **linger in Orvieto**, a hilltop Umbrian town.

ALUMNI CAMPUS
ABROAD®



Parma

Day 1 | In Transit

Depart your gateway city for Milan, Italy. 🌐

Day 2 | Milan, Italy | Parma

Arrive in Milan, transfer ➡ to Parma and check in to the Sina Maria Luigia.

Later tonight, gather with your fellow travelers for a fun Welcome Reception and Dinner.

Day 3 | Parma

Parma Walking Tour. The day begins with a discovery of Parma! Perhaps most famous for its delicious ham and cheese, Parma is also packed with regal palaces, gardens and storied landmarks. During a walking tour, see the Parma Cathedral and the Teatro Regio di Parma, the performance home of composer Giuseppe Verdi. Also, enjoy an inside visit of the Palazzo della Pilotta and the Farnese Theater.

🌐 **AHI Connects | Parma's Celebrated Pastas.**

Join an expert for a hands-on pasta cooking class. Learn age-old techniques behind making tagliatelle. After, try your pasta creation as you dig into a tasty meal!

Free Time: Make your own plans in Parma. Stroll through Parco Ducale or sip wine at an outdoor café. People-watching in Parma is especially enjoyable!

Day 4 | Parma | Vigoleno | Castell'Arquato

Cheese Farm, Vigoleno & Castell'Arquato.

Venture through the country to visit a traditional cheese farm. During an intimate tour, learn how experts turn milk, salt and rennet into tasty parmesan cheese. Next, step back in time along the medieval streets of Vigoleno.

Lauded as one of Italy's most compelling and endearing villages, Vigoleno is home to a fortified castle and the Romanesque Church of San Giorgio, filled with medieval frescoes. Continue to the pretty hamlet of Castell'Arquato and see the town's incredible highlights on a walking tour. Pause to admire the Town Hall and enjoy views stretching beyond the river.

Enrichment: Culinary & Cultural History of Emilia-Romagna.

Day 5 | Parma

🌐 **PYJ | Choose one of these excursions:**

- **Maranello's Ferrari Museum.** Travel to Maranello for a special encounter with the iconic Italian sports car brand. During a panoramic tour of the Ferrari estate, witness the outside of the Ferrari workshops and racetrack. Also, learn about the car's long and storied history at the Ferrari Museum.
- **Reggio Emilia Walking Tour.** Get to know this lovely, laid-back city. Pass by the imposing Santa Maria cathedral, the old Jewish Ghetto, the Basilica di San Prospero and the baroque Basilica della Ghiara.

Balsamic Vinegar of Modena. Discover where true balsamic vinegar hails from at the Acetaia Tenuta Medici. Learn about the maturation, refinement and aging process of this unique vinegar, characterized by its lustrous umber color. Savor a tasting of this sweet yet savory syrup.

🌐 **AHI Connects | Farm Visit.** Delight in a visit to a traditional farmhouse. During a memorable dinner, dig into authentic dishes produced from



Cortona

ingredients grown on the property.

Day 6 | Parma | Bologna | Cortona

Begin your journey to Cortona via Bologna.

Bologna. “La Rossa” beckons with searing red buildings and its extensive collection of UNESCO-listed *porticoes*, the city’s covered arched arcades. A walking tour showcases the Piazza Maggiore, the Town Hall and the Archiginnasio di Bologna. Along the way, don’t forget to look above to see the city’s symbolic two towers reaching to the sky. Sit down to a group lunch during your tour.

Continue to Cortona and check in to the hotel.

Day 7 | Cortona

Cortona Walking Tour & the Museum

Below: Pasta making class | Lower: Balsamic vinegar



of the Etruscan Academy. Admire Cortona’s exceptional Etruscan features while passing the city’s historic palazzos and charming piazzas. Walk by the Piazza della Repubblica and see the prominent Museo Diocesano. Next, visit the Praetorian Palace. Inside, the Museum of the Etruscan Academy boasts archaeological finds and Etruscan, Greek, Roman and Egyptian works of art and mosaics.

Enrichment: *Contemporary Italy.*

Day 8 | Cortona | Orvieto

A Taste of Umbria in Orvieto. Orvieto stands sentry over the Umbrian countryside.

Duomo, Orvieto



Included Features



Accommodations (with baggage handling)

- 4 nights in Parma, Italy, at the first-class Sina Maria Luigia.
- 4 nights in Cortona at the first-class Villa Marsilli.

Transfers (with baggage handling)

- Deluxe motor coach transfers during the Land Program.

Extensive Meal Program

- 8 breakfasts, 4 lunches and 3 dinners, including Welcome and Farewell Dinners; tea or coffee with all meals, plus wine with dinner.

Your One-of-a-Kind Journey

- **Small group:** Sized just right at 28 guests.
- **Enrichment by expert speakers** enhances your insight into the region.
- **Engaging excursions** showcase the local culture, heritage and history.
- **Personalize Your Journey | PYJ |** A choice of excursions in selected locales.
- **AHI Connects:** Local immersion.
- Welcome and Farewell Receptions to mingle with fellow travelers.
- A personal VOX headset to hear your English-speaking guide clearly.
- Tipping of guides and drivers.
- Complimentary travel mementos.
- **AHI Sustainability Promise:** We strive to make a positive impact wherever we travel.



Join a guide along the town's timeless streets, and stop to visit the Gothic-Romanesque **Duomo** with its brilliant façade rendered in marble and colorful mosaics.

AHI Connects | Olive Oil Mill & Museum. Head into the hills to a family-run olive mill. Discover how the family makes their olive oils and enjoy the buttery flavors of this specialty. Join friends for lunch on the property.

Day 9 | Cortona | Montalcino

Tuscan Countryside & Altesino Winery.

Travel through a patchwork of burgeoning hill country blanketed with olive groves, bucolic farms, cypress trees and red poppy playgrounds. Enjoy a tantalizing culinary experience at a family-owned winery in the Brunello di Montalcino region. Tour the winery and sample vintages and savory cheeses.

Raise a toast and celebrate your adventure at a Farewell Reception and Dinner tonight.

Day 10 | In Transit

Transfer to the Florence airport for the return flight to your gateway city.

Note: Itinerary may change due to local conditions.

Flights and transfers included for AHI FlexAir participants.

PYJ experiences are included.

Note About Activity Levels

We have designated activity levels for all excursions on this program. For more details, please call or visit our website.

Excursions on this itinerary require:

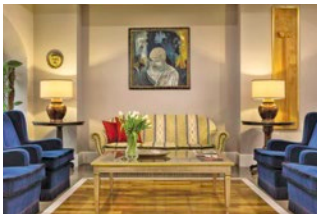
- walking on cobblestones, unpaved paths and/or uneven surfaces
- getting on/off motor coaches

Olive oil

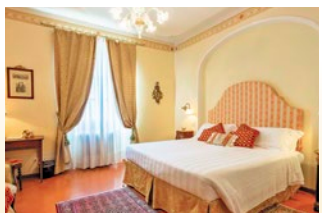


Accommodations

Our travel experts have carefully selected these first-class properties for their prime locations. They are ideally situated for exploring each region's renowned landmarks while providing opportunities to immerse yourself in local life. Of utmost importance is the superior quality of their services, amenities and accommodations, allowing you to enjoy your stay fully.



Sina Maria Luigia | Parma



Villa Marsilli | Cortona



Reserve your trip today!

To book your journey,
please call our AHI Travel Experts
at **800-323-7373** or
visit **mills.ahitravel.com**.

Program Dates

Travel dates †

June 10-19, 2025

† Travel dates include any overnights required for international travel. These dates may vary depending on air schedules.

Tour dates*

June 11-19, 2025

* Tour dates begin on the scheduled arrival date at your destination and end on the scheduled departure date from your destination.

Land Program

Full Price	\$4,940
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Special Savings	\$750
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Early Booking Special Price*	\$4,190
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*Early Booking Special Price valid if booked by date on address panel and paid in full at booking. If you pay only your deposit by early booking date, you still save \$250 per person.

VAT in the amount of \$395 per person is included in the above prices. All prices quoted are in USD, per person, based on double occupancy and do not include air transportation costs (unless otherwise stated).

Special offers, promotions and discounts cannot be combined.

Single accommodations are an additional \$795 (limited availability).

Please note: Program-specific terms and conditions are available at <https://mills.ahitravel.com/destinations/1865A?schoold=99>. You can also request a copy from our travel experts.

Any payment to AHI Travel constitutes your acceptance of the terms and conditions set out therein, including but not limited to the cancellation terms.

AHI FlexAir

Let us arrange your flights

Our experts are ready to assist you in booking flights. Our personalized air program offers the following advantages:

- **price guarantee** to protect you from fuel surcharge increases after ticket purchase
- arrival and departure **transfers** on group dates
- **flexibility** to change or cancel your reservation before departure on most flights (Fees may apply.)
- **assistance** in the event of schedule changes or delays

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Castell'Arquato



Parmesan cheese, Parma



Piazza Maggiore, Bologna

AHI Travel Expertise



From your reservation to your return home, we are here to ensure you have the adventure of a lifetime.

Before you go:

Travel Consultants stand ready to answer your questions as they guide you through the reservation process.

Travel & Air Coordinators each offer their personalized assistance with flights, electives and special requests.

Travel Information provides pre-departure details and enrichment about your destination.

Once you arrive:

Your Travel Director, a seasoned, multilingual professional, manages daily logistics so you enjoy a seamless experience.

Handpicked Expert Guides offer fascinating insights and share their passion for their country with you.

Knowledgeable Lecturers deepen your appreciation for the region and its history, culture and current events.



Clock tower, Parma

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Sip, taste and explore Italian cuisine and culture!

AHI Travel's mission is to deliver inspirational, educational and cultural programs that delight travelers.

With AHI you can rely on:

- Experienced Travel Directors who attend to every detail of your journey.
- An exceptional travel value.
- Unique access to local sites.
- Flexibility and customization.
- Safety and security.



Please call or refer to our website for the most current program information, discounts and pricing.

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