

Topdeck

ESPRESSO ITALIA



TRIP CODE:
EXBIRF-9



TOPDECKER, meet Australasia (TD)

Enjoy the best that Italy has to offer as we make our way from the ancient wonders of Rome to the Renaissance beauty of Florence. Along the way, we'll take in Italy's architecture, food and culture. Are you ready for this?

WORTH NOTING...

This trip forms part of the 13 Day Bravo Italia trip.

WHAT YOU NEED TO KNOW



Sail & Swim



Nights



Download app



Meals

Thanks for choosing to holiday with Topdeck

Ready for the time of your LIFE?
The countdown's on...

ABOUT YOUR TRIP NOTES

These Trip Notes contain everything you need to know before your trip departs – from where to meet your Topdeck fam to what we suggest you bring.

Read them on the train, in the supermarket queue or on the loo – we don't mind, just look through them carefully so you know what to expect on your trip. We recommend you download this document so it's with you when you travel (and give a copy to your MVPs so they know what you're up to).

INCLUDED EXPERIENCES

- Walking tour of Rome
- Walking tour of Assisi with a local guide
- Walking tour of Siena with a local guide
- Wine tasting and al fresco dinner
- Walking tour of Florence with a local guide

IMPORTANT: please refresh this doc as close to your departure as possible. This means you'll have the most up-to-date info available.

YOUR ITINERARY

DAY 1 | ROME, ITALY

Meet your Trip Leader and step back to 753 BC in one of the world's oldest open-air museums on a walking tour. Make like Caesar (the emperor, not the salad) and work up a 'colossus' hunger as you pass by the Pantheon, throw your two cents in the Trevi Fountain, sit on the Spanish Steps and visit ancient history's version of the Hunger Games set at the Colosseum. Tonight, you're in Disneyland for foodies. Have fun.



MEALS:

- Dinner



INCLUDED TODAY:

- Walking tour of Rome

DAY 2 | ROME INCLUDING VATICAN CITY VISIT

Create the ultimate Roman Holiday in one day with a whirlwind of Vespas, espresso, two-cheek kisses and pizza the way it's supposed to taste. Count your blessings on an optional tour of the Vatican City, then play 'I-spy' with two-and-a-half millennia worth of history. Want more? Then you could always shop till you drop on Via Condotti, head to Capitoline Hill for awesome views of the Roman Forum and Colosseum or just kick back in Piazza Navona for some dolce far niente (delicious idleness).



MEALS:

- Breakfast



OPTIONAL ACTIVITIES:

- Guided tour of the Vatican City

DAY 3 | ROME TO AMALFI COAST

Kick off your day with a pit stop at the UNESCO World Heritage Site and ancient city of Pompeii, which was abruptly buried one evening in 79AD by a volcanic eruption. After an optional guided tour and a chance to grab a bite to eat, we're off to the Amalfi Coast. Get your bearings, then feast at a local restaurant and soak up the atmosphere.



MEALS:

- Breakfast
- Dinner



OPTIONAL ACTIVITIES:

- Guided tour of historic Pompeii

DAY 4 | AMALFI COAST

The day is all yours. Why not head to the Isle of Capri to see the famous Blue Grotto or set off on your own down the Amalfi Coast to Positano by local bus. Tonight: follow the sound of live music and load up on carbs at a local joint of your choosing. It's a tough life.



MEALS:

- Breakfast

DAY 5 | AMALFI COAST TO ASSISI

Down that cappuccino, we're off to Assisi. Stare at the storybook landscape like a lovesick puppy on the way. See the frescoes at the St Francis Basilica with a local guide before splitting off to explore the 14th century streets on your own. Dinner's on us tonight.



MEALS:

- Breakfast
- Dinner



INCLUDED TODAY:

- Walking tour of Assisi with a local guide

DAY 6 | ASSISI TO FLORENCE

Shoot some espresso before we hit up Siena. A local guide will show you around the Renaissance sights before you get to explore. Psst... we'll need you to cover up as we're entering a sacred site. Tonight, we take Florence by storm.



MEALS:

- Breakfast



INCLUDED TODAY:

- Walking tour of Siena with a local guide

DAY 7 | FLORENCE

Next up: a local Chianti wine tasting and an al fresco dinner in the Tuscan countryside. Then: Renaissance beauty meets Italian style. Explore the streets of Florence with a local guide today. Florence has more stories than Bilbo Baggins, more culture than a Shoreditch hipster, over 1,800 restaurants and it gave the world gelato. Say ciao to cheeky David and strut along the Ponte Vecchio, gelato in hand. Later, delve into a higher state of culinary consciousness.



MEALS:

- Breakfast
- Dinner



INCLUDED TODAY:

- Wine tasting and al fresco dinner
- Walking tour of Florence with a local guide

DAY 8 | FLORENCE

We're outta here after breakfast. Wanna stick around for more Florence fun? We don't blame you.



MEALS:

- Breakfast

MEALS

Your included meals are detailed in the 'Included Essentials' section of this document.

Breakfasts (usually continental breakfasts) are included every day, except on the first morning of your trip. A typical continental breakfast may consist of cereals with milk or yogurt, bread, croissants, cold meats, and cheese – with fruit juice, tea or coffee to drink. It is rare to get a hot breakfast, though on some occasions some hot food may be available.

Included meals will be provided in a mixture of local restaurants and places in which we stay. In most cases, table water is provided with meals. If you wish to purchase additional drinks, you can do so at your own expense.

If you have any dietary requirements, we'll make every effort to cater to your needs – as long as you advise your travel agent or Customer Service Consultant when you book. You can also make a note of dietary requirements in the Topdeck app when you check-in.

PLEASE NOTE: Although we'll do everything in our power to cater to your needs, we cannot guarantee this will be possible in every restaurant we visit. We also cannot cater to tastes or dislikes, as most of our included evening meals feature a set menu.

OTHER INFORMATION

TOPDECK APP

Feeling appy? Download the Topdeck app and get PUMPED for the adventure ahead. Best bit is: from 45 days before departure you'll be able to chat with your soon-to-be tripmates.

Plus, get your itinerary at your fingertips – so you know where you'll be going and what you'll be doing on each day of your trip. Nice!

Links:

Apple <https://apps.apple.com/gb/app/topdeck/id994727866>

Android <https://play.google.com/store/apps/details?id=com.FlexiTechSolutions.TopDeck&hl=en>



YOUR SAFETY

NIGHTS OUT

We love a good night out – experiencing the nightlife and entertainment places have to offer is a big part of travelling. But alongside the fun it's important to be aware of your surroundings and personal safety.

When you're out late, remember to avoid walking alone – particularly through deserted areas like beaches and back streets. Always stick together, take a registered taxi where possible, and keep a note of your accommodation so you can find your way back to your fellow Topdeckers if you become separated. Make sure you have your trip mates' mobile numbers in case you need to get hold of them while out and about.

In some countries, alcoholic measures can be considerably larger than what you may be used to. Try to keep track of what you're drinking – and if you see one of your trip mates looking a little worse for wear, take them back to your accommodation. Never leave your drink unattended.

It's also important to be aware that what you might consider harmless flirting may be interpreted differently in some countries. Be yourself and have fun, but stay savvy – you don't want to find yourself in an uncomfortable situation.

DRUG USE

Topdeck has a strict zero-tolerance drug policy. Customers should not bring any illegal substances onto the Topdeck coach or into any of the accommodation we stay in on our trips. This includes marijuana – even if it is legal in some of the states your trip passes through. If you are found in possession of drugs, you will be removed from the trip immediately. All instances of drug possession will be reported to Topdeck Head Office, who may consider alerting the relevant authorities.

REMEMBER: if you are found in possession of drugs, not only do you risk getting in trouble with the local police, but our Driver will also be held responsible if they are found on the Topdeck coach. Trust us, you don't want that to happen to any of our Drivers – they're awesome.

MENTAL HEALTH AND WELLBEING

Culture shock, homesickness, random periods of feeling down – these things happen and are totally normal. You can rest assured that if you're feeling low, your Topdeck crew will do their utmost to cheer you up.

Measures you can take to look after your mental health and wellbeing while on the road with us are:

- Call home. Sometimes it's nice to hear a familiar voice and have a good old-fashioned catch up with your loved ones
- Eat well. Never underestimate the power of a good, wholesome meal. Nobody feels at their best when they're hungry!

- Drink responsibly. Not only will you swerve the dreaded hangover, but by keeping an eye on what you drink you could also avoid getting into any potentially uncomfortable situations
- Talk to your Trip Leader. Don't forget, they're probably far from home too – so they're sure to know some tried- and- tested ways to beat the blues
- Integrate with your fellow Topdeckers. This one is key! The more fun you're having on your trip, the less likely you are to feel homesick (fact!)

TRAVEL SINCE COVID-19

Travel looks a bit different since COVID-19. That's why we've put some new procedures in place to help keep you safe on the road.

What remains the same? Your Topdeck trip will be run hygienically, responsibly, and with your safety at the forefront of everything we do. End of.

Here's the info: <https://www.topdeck.travel/resources/travel-safely>

RESPECT ON THE ROAD

RESPECTING FELLOW TRAVELLERS

Our trips are for everyone. We're a family – and we want every Topdecker to have an incredible time.

What we're not about is excluding people or making them feel like they don't belong. That's why we always encourage Topdeckers to be kind and courteous to their fellow tripmates . The golden rules? Respect each other's space, be mindful of causing excessive noise in shared accommodation, and treat others how you'd wish to be treated. Easy!

HOW TO BE A RESPONSIBLE TRAVELLER

Responsible travel isn't difficult to achieve. With a little conscious thought and preparation, you can have an awesome adventure AND a positive impact on the places you visit. Sweet!

Here are five things you can do to ensure you're travelling responsibly:

- Conserve water. You know the drill – reuse your room towels, take short showers and remember to turn off the tap when you're brushing your teeth
- Reduce your waste. Ditch the plastic bag, refuse unnecessary packaging, dispose of your waste responsibly and recycle as much as possible
- Go local. Hunt down locally owned and operated restaurants and bars, shop in local markets, and book tours and activities run by local guides
- Consider the wildlife. Avoid any attractions that involve closely engaging with wild animals
- Respect local people and culture. Obeying local laws is a given – but also remember to dress and behave in a manner appropriate to the community. Be polite and keep an open mind!

INSURANCE

Before your trip departs, it's compulsory for all passengers to take out comprehensive travel insurance covering cancellation, medical expenses (including repatriation), loss or damage to baggage and personal belongings, money and personal liability.

Head to our FAQ for more info: <https://www.topdeck.travel/resources/faqs-0>

Got more Qs? Chat with our Customer Service team: <https://www.topdeck.travel/about-us/contact>

PASSPORTS AND VISAS

Please make sure your passport is valid for at least six months after the last day of your trip. Some countries will refuse entry if you do not have at least six months validity remaining on your passport after your departure date. Depending on your nationality, you may require a visa to enter certain countries.

It is your responsibility to obtain visas prior to your trip's departure. To determine which visas you'll need, you can consult either your own government's website or the government websites of the countries in which you will be travelling. Check out our handy interactive map showing global visa requirements:

<https://www.topdeck.travel/resources/latest-border-restrictions>

PLEASE NOTE: some visas can take up to six weeks to acquire, so don't leave it until the last minute. Also, bear in mind that the validity of a visa often runs from its date of issue rather than the date of entry into the country. Please check with the appropriate embassy/embassies prior to departure, as requirements do change periodically.

TIPPING

Basically: it's not necessary.

Your Trip Leader and Driver don't expect tips, and they won't ask for any either. Meaning? More dollar to spend on optional activities (and a souvenir for your nan).

WHAT TO BRING

Based on our experience, these items are key. Everyone's different though – so if you want to bring more or less, go for it (as long as you don't exceed your 20kg allowance, that is!).

Off to Japan? Your luggage must be no bigger than 160cm in total (height x width x length). So maybe leave the hairdryer at home.

Psst: this is a packing list for Topdeck trips in general. Obv you'd look silly splashing around the Greek islands in a snowsuit.

- 1 pair of comfortable walking shoes + 1 pair of smart casual shoes
- 1 pair of thongs/jandals/flip-flops
- 2 pairs of jeans/trousers
- 2 pairs of shorts/skirts
- 4 shirts/T-shirts
- 2 sweaters/jumpers
- Smart casual evening wear
- 1 warm jacket + 1 rainproof jacket

- Underwear and socks + swimwear
- Towel
- Toiletries
- Hat and sunscreen
- Basic medical kit (including plasters, aspirin etc)
- Adaptor plug
- Reusable water bottle
- Snow gear



THAT'S IT!