Symphony of the Senses
Celebrating Food and Music in the Heart of Italy
May 31 – June 8, 2020
with Lisa Mei-Inn Wong and Lynn Chang
Discover the cultural, artistic, and culinary wealth of Italy’s heartland on a journey through the neighboring Emilia-Romagna and Lombardy regions. Using the quaint town of Reggio Emilia as a base, tour the great cities upon which modern Italy was built. Tour the world’s oldest university in Bologna, the theater where Mozart performed as a teenager in Mantua, and the fascinating three-kilometer maze hidden in the outskirts of Parma. Break bread in the kitchens of local entrepreneurs who preserve the traditions of their ancestors through delicious cheese, pasta, and balsamic vinegar. Immerse yourself in the fascinating musical tradition of the region, like the vast array of historic string instruments at the Museo del Violino to a centuries-old organ in the cathedral of Cremona. Break bread in the kitchens of local entrepreneurs who preserve the traditions of their ancestors through delicious cheese, pasta, and balsamic vinegar. Immerse yourself in the fascinating musical tradition of the region, like the vast array of historic string instruments at the Museo del Violino to a centuries-old organ in the cathedral of Cremona. Step into Emilia Romagna to discover the true definition of *italianità*—what it means to be Italian.

**Your Harvard Study Leaders are the perfect companions for this celebratory journey as Lisa Wong and Lynn Chang are steeped in science, music, and culture, and will enlighten and delight through their discussions and presentations.**

Front cover photo: Reggio Emilia, Teatro Municipale Valli (Lorenzo Gaudenzi)  
Back cover photo: A detail of the Parma Baptistery

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**TO BOOK A TRIP, CALL 800-422-1636 OR VISIT ALUMNI.HARVARD.EDU/TRAVEL**

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**Activity Level 3:** 🍎.walk 🚶️.walk 🌿.walk 🐟.walk 🏃️.walk 🏃️.walk

**A LITTLE MORE TO IT**

My walking shoes are laced up tight and I’m ready to keep up with my traveling companions, even sometimes on uneven terrain and cobblestones or climbing stairs. I look forward to getting to know them on the drives we’ll take between cities. A little mental and physical stimulation will do me good!

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**Study Leaders**

**Lisa M. Wong MD ’79** is an Assistant Professor of Pediatrics at Harvard Medical School. As a practicing pediatrician, musician and educator, she is committed to incorporating the arts and humanities into healthy living and lifelong learning. Dr. Wong served for twenty years as president of the Longwood Symphony, the orchestra of Boston’s medical community, and designed their award-winning Healing Art of Music program. In April 2012, she published *Scales to Scalpels: Doctors who practice the healing art of Music and Medicine*.

**Lynn Chang ’75** is a concert violinist on the faculty of MIT, Boston University, New England Conservatory, and Boston Conservatory at Berklee, but he has also worked with several of Harvard’s most accomplished undergraduate violinists. His discography includes *Works by William Grant Still, Made in America* with Yo-Yo Ma, and Grammy Award-winning *The Girl with Orange Lips* with Dawn Upshaw. Mr. Chang performed at the 2010 Nobel Peace Prize Ceremony in Oslo to honor Chinese dissident Liu Xiaobo. In 2011, he performed for President Obama at the Kennedy Center Awards to honor cellist Yo-Yo Ma.
### Schedule by Day

**SUNDAY, MAY 31, 2020**
**Depart the U.S.**
Depart the United States on independent flights arriving the next morning at Bologna Guglielmo Marconi Airport.

**MONDAY, JUNE 1, 2020**
**Arrival in the Heart of Italy**
Upon landing in Bologna, join a group transfer bound for the lovely Hotel Posta in Reggio Emilia. Join a local guide on a leisurely stroll through the city’s historic center, stopping in Piazza Prampolini, home to the stately Romanesque cathedral, and Piazza San Prospero, where the Renaissance Basilica di San Prospero di Castello resides. After familiarizing yourself with the hotel’s surrounds, return for a welcome lecture over drinks with your Harvard study leaders. End the first day with a lively welcome meal of Emilia Romagna’s famous handmade pasta, artisanal meats, and world-class cheeses.

**Hotel Posta, Reggio Emilia (R, D)**

**TUESDAY, JUNE 2, 2020**
**Getting to Know Reggio**
Travel northwest through Italy’s fertile plains to Cremona, a major agricultural market that is also famous for its vast history of musical legends like violin maker Antonio Stradivari and composer Claudio Monteverdi. Walk through the historic town center, which is dominated by its part-Romanesque Duomo and famed medieval bell tower, the Torrazzo. Meet a local musician for a private organ recital in the cathedral and discuss the history of Cremona’s musical tradition. A special treat is a glimpse at the city’s unparalleled collection of historical virtuoso violins at the Museo del Violino, where we are greeted by the museum’s director. The visit ends with a special violin performance by Lynn Chang. Return to Reggio Emilia and enjoy dinner together at a cozy trattoria near our hotel.

**Hotel Posta, Reggio Emilia (B, L, D)**

**WEDNESDAY, JUNE 3, 2020**
**Cremona: Violin Heaven**
Depart for Bologna, the so-called “Red City” or “La Grassa” as it is known for its fine prosciutto, cured hams, tortellini, and other mouth-watering delicacies. Visit San Petronio, ranking among one the greatest brick-built churches in Italy, with its graceful Gothic interior. Next door is the Archiginnasio palace, home to the University of Bologna’s groundbreaking Anatomical Theater. Enjoy a very special luncheon at the home of a prominent Bolognese Contessa who will prepare a delicious spread of local cheeses, fine meats, typical Bolognese pastas, and characteristic local wines to top the meal off. Our day in the Red City ends at the International Museum and Library of Music, situated in the stunning 16th-century Palazzo Sanguinetti. The collection was started by the Franciscan Father Martini in the

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*B = Breakfast, L = Lunch, R = Reception, WT = Wine Tasting, D = Dinner*
18th century and grew over the centuries to include thousands of documents, books, and portraits of musicians.

Hotel Posta, Reggio Emilia (B, L)

FRIDAY, JUNE 5, 2020
A Private Day of Food & Art

Today’s activities begin with a lecture held by your Harvard study leaders. Spend the rest of the morning at a cooking class with a local chef and learn how to make regional fare, especially handmade tortellini. After lunch, tour the charming town of Modena, most famous for its history of balsamic vinegar production. Head just outside the walls of old Reggio Emilia where the outstanding modern and contemporary art collection of Max Mara founder Achille Maramotti will be opened exclusively for Harvard alumni travelers. Then, heading into the hills just south of Reggio, visit a farmstead and family-run balsamic vinegar distillery to learn more about the process of creating authentic aceto balsamico before sampling different varieties. Join the family for a delicious homemade dinner and enjoy the fruits of their labor!

Hotel Posta, Reggio Emilia (B, L, D)

SATURDAY, JUNE 6, 2020
Mantova: The Gonzagas’ Renaissance Court

Travel once more into Lombardy today and visit Mantua (Mantova), named the “2017 European Capital of Gastronomy.” The city’s historic power flourished under the rule of the Gonzaga family, who helped make Mantova one of the main artistic, cultural, and musical hubs of Northern Italy. Discover the Palazzo Ducale on an in-depth tour of this 500-room palace built for the Gonzaga family between the 14th and the 17th centuries. By special permission, we will be granted exclusive access to the beautiful apartment of Isabella d’Este, perhaps the greatest art patron of the Renaissance. Step inside the Bibiena Theater, an exquisite early Rococo building where Mozart performed at just thirteen years old. Before leaving Lombardy, visit the sumptuous Palazzo Te, covered in gorgeous early 16th-century paintings that evoke the elegance and luxury of the Gonzaga court. Stop along the border of Emilia Romagna and Lombardy at a small vineyard to learn about the wines of the Po Valley, particularly the slightly effervescent red wine called Lambrusco.

Hotel Posta, Reggio Emilia (B, L, WT)

SUNDAY, JUNE 7, 2020
The Historic Charms of Parma & Fontanellato

Enjoy the final lecture at the Hotel Posta before departing for a morning in Parma. Famous for its prosciutto, architecture, and music, Parma is home to one of the world’s oldest universities. At the National Gallery, view the Mannerist paintings of Parmigianino and an unfinished piece attributed to Leonardo da Vinci. The Teatro Farnese sits adjacent and is perhaps one of the most breathtaking sites in Parma, if not all of Italy. The gorgeous Baroque theater was heavily bombed during World War II, but fortunately restored to near perfection. After free time to explore and enjoy lunch independently, we continue to the fairy-tale village of Fontanellato to explore two remarkable monuments: visit the town’s one-of-a-kind moated medieval castle before meandering through the elegant Masone Labyrinth, brainchild of a local art collector. Tonight, a festive dinner marks the end of a culturally rich week in the heart of Italy.

Hotel Posta, Reggio Emilia (B, D)

MONDAY, JUNE 8, 2020
Return to the U.S.

Join a group transfer to the Bologna airport to meet independent departure flights. (B)
Tour Highlights

• Gain unique insights through an exclusive lecture program by Harvard study leaders Dr. Lisa Mei-Inn Wong and Mr. Lynn Chang.

• Discover the surprising cultural and culinary capitals of the Po Valley through a diverse array of highlights, from a morning visit to a Parmesan cheese dairy to a dinner with the owners of a balsamic vinegar distillery at their historic farmhouse.

• Stay at the charming, four-star Hotel Posta in Reggio Emilia, a converted 14th-century noble palace that is a landmark in itself!

• Explore the culinary and agricultural specialties of the heart of Italy through discussions with local farm owners and vintners.

• Delight in Lynn Chang’s unparalleled talent as he performs several violin pieces throughout the week.

Hotel Accommodations

Hotel Posta, Reggio Emilia
Comfortable accommodations await you in Reggio Emilia’s ancient Palazzo del Capitano del Popolo at the 4-star Hotel Posta where art, history, and tradition merge with all the hotel’s latest modern comforts. Overlooking Piazza Prampolini and just around the corner from the Romanesque cathedral, the Hotel Posta includes an elegant frescoed event space, romantic and cozy rooms each different from the next, and a quaint Art Nouveau breakfast room.

Tour Price

$5,795 per person double occupancy | $495 single supplement

TO BOOK A TRIP, CALL 800-422-1636 OR VISIT ALUMNI.HARVARD.EDU/TRAVEL
TOUR COST

INCLUSIONS
Accommodations for seven (7) nights at the Hotel Posta, Reggio Emilia; breakfast daily, five (5) lunches, four (4) dinners; one (1) reception; one (1) wine tasting; two (2) glasses of wine with included meals and reception; one (1) group transfer upon arrival from BLQ to the Hotel Posta; one (1) group transfer upon departure from the Hotel Posta to BLQ; land transportation by private motor coach as outlined; entrance fees to sites per itinerary; services of an ISDI Tour Manager; expert, local English-speaking guides; leadership of Harvard study leaders Lisa Mei-Inn Wong and Lynn Chang; gratuities to local guides and drivers; bottled water on daily excursions by motor coach; taxes, services, and porterage fees; $200,000 emergency medical assistance and evacuation insurance.

EXCLUSIONS
Airfare, airline taxes, and fuel surcharges; airport porterage; transfers for those who do not participate in the included group transfers; excursions, activities, or meals during traveler’s free time; personal items; personal services; travel extensions; personal insurance for health, baggage, and tour cancellation; passport fees; $200,000 emergency medical assistance and evacuation insurance.

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RESERVATIONS, DEPOSITS & FINAL PAYMENT
To reserve your space on this program, a $1,000 deposit is required per person. Please either call us at 800-422-1636 or 617-496-0806, or fill out and mail or fax the registration form found in this brochure. Reservations are acknowledged in order of receipt until the maximum enrollment has been reached. Your final payment is due February 21, 2020 and must be made by check.

ACCOMMODATIONS

CANCELLATIONS & REFUNDS
Written cancellation received on or before February 21, 2020; full refund minus $500 per person administrative fee. Written cancellation on or between February 22 and April 16, 2020; full refund of any recoverable land costs, less $2,900 per person cancellation charge (includes administrative fee). Cancellations received on or after April 17, 2020 are fully non-refundable.

CHANGES IN ITINERARY & COSTS
The itinerary is subject to change at the discretion of Harvard Alumni Travels and the tour operator. Deviations from the scheduled itinerary are at the expense of the individual. All prices quoted are based on prevailing fuel prices, airfare, and currency exchange rates in effect at the time of brochure printing and are subject to change. While the tour operator will do everything possible to maintain the published trip price, it may be necessary to institute a surcharge.

INSURANCE
We highly recommend the purchase of trip cancellation insurance. An application for insurance will be provided by Harvard Alumni Travels upon confirmation.

RESPONSIBILITY

DISCLAIMER
Every reasonable effort has been made to ensure the accuracy of information presented in this publication. Neither Harvard Alumni Travels nor the tour operator is responsible for errors in or damages resulting from use of the information contained herein. Information contained in this brochure is subject to change.

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REGISTRATION FORM

To register, fill out this form and return to Harvard Alumni Travels with your deposit of $1,000 per person.

Please return this form by mail to:
Harvard Alumni Travels
124 Mount Auburn Street, 6th Floor, Cambridge, MA 02138
Or by FAX: 617-496-4011

Please call with any questions:
800-422-1636 or 617-496-0806

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PROGRAM NAME

FIRST PERSON NAME ON PASSPORT

DATE OF BIRTH

EMAIL ADDRESS

SECOND PERSON NAME ON PASSPORT

DATE OF BIRTH

EMAIL ADDRESS

ACCOMMODATIONS

CATEGORICAL PREFERENCE

NAME AS IT APPEARS ON CARD

EXPIRATION DATE

3-DIGIT SECURITY CODE

METHOD OF DEPOSIT

CHECK (please enclose check)

MASTERCARD

VISA

CARD NUMBER

HOW DID YOU HEAR ABOUT THIS TRIP?

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Trip Sampling

**LAND & RAIL**

**Tanzania Migration Safari**
MAR 6–16, 2020
Joseph Henrich

**HMSC Colombia:**
*From Bogotá to Cartagena*
MAR 12–23, 2020
Jeffrey Quilter

**Science & Cooking in Peru:**
*A Food, Art, and Cultural Symposium in Lima*
MAR 26–APR 1, 2020
Pia Sorensen

**The Holy Land:**
*Israel & Palestine*
SEP 6–16, 2020
Peter Machinist

**HMSC Silk Road Odyssey:**
*The Five ‘Stans*
OCT 5–23, 2020
Alexandra Vacroux

**Kumano Kodo:**
*The Sacred Sites & Pilgrimage Routes of the Kii Mountains of Japan*
NOV 6–14, 2020

**COURSES**

**Mediterranean Masterpieces:**
*Cadiz to Nice on Sea Cloud II*
APR 16–25, 2020
Joseph Greene

**Crossroads of Cultures:**
*Canary Islands, Morocco, & Iberia on Sea Cloud II*
APR 17–30, 2020
Susan G. Miller

**Sailing Ancient Trade Routes:**
*Helsinki To Copenhagen on Sea Cloud II*
JUN 27 – JUL 9, 2020
Timothy Colton

**Celtic Classics on the Irish Sea:**
*On Sea Cloud II*
AUG 8–16, 2020
Catherine Mckenna

**Adriatic Odyssey:**
*Venice to Catania on Sea Cloud II*
OCT 4–12, 2020
Lino Pertile

**Sicily by Sail:**
*Catania to Naples on Sea Cloud II*
OCT 11–19, 2020
Diana Sorensen

**New Year’s Galapagos on Origin**
DEC 26, 2020 – JAN 4, 2021
James Costa

**RIVERS & LAKES**

**The Pearls of the Po River:**
*From Venice to Parma on S.S. La Venezia*
MAY 9–17, 2020
Joyce Chaplin

**Iconic Christmas Markets:**
*Vienna to Nuremberg on Amaviola*
DEC 6–14, 2020

**Egypt & the Nile:**
*A Journey into Antiquity on Sanctuary Sun Boat III*
DEC 26, 2020 – JAN 6, 2021
Jay Ellison

**FAMILY ADVENTURES**

**Egypt & the Nile (A Family Adventure)**
*On Sanctuary Nile Adventurer*
DEC 27, 2019 – JAN 5, 2020
Noel Michele Holbrook

**Greece Family Odyssey:**
*The Peloponnese on Running on Waves*
JUN 18–27, 2020
James Simpson

**Japan Family Adventure:**
*(Tokyo, Kyoto & Hiroshima)*
JUN 27 – JUL 8, 2020
Ted Gilman