

A photograph of the interior of a grand, ornate theater. The theater features multiple tiers of balconies with intricate gold-colored scrollwork and red velvet curtains. The stage is visible at the far end, framed by a large, ornate archway. The floor is covered in rows of red velvet seats, and the ceiling is high and decorated with gold. The overall atmosphere is one of elegance and grandeur.

2020

HARVARD ALUMNI TRAVELS

DISCOVER • LEARN • CONNECT • EXPLORE

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










Wolfgang Amadeus Mozart performed at the exquisitely intimate Bibiena Theater in Mantua, just after it was inaugurated in 1769 (Hans A. Rosbach).

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. 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 Baptistry*

Activity Level 3:     

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.





(above) The Archiginnasio is home to the University of Bologna's Anatomical Theater (Paolo Piscolla), and (right/next page) Giulio Romano's dramatic fresco soars overhead in the Sala dei Giganti at Palazzo Te (Lux Machina).

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

Early this morning visit a family-owned traditional *caseificio*, or dairy farm, where the process and regulations involved in producing world-class Parmigiano-Reggiano cheese will be demonstrated. This is a

chance to savor and bring home the freshest, most authentic parmesan cheese available. Return to Reggio for a deeper dive into the city's intriguing history, from its time as a Roman citadel to its current place as a prominent Italian metropolis. Admire the awe-inspiring Teatro Municipale Valli, which sponsors concerts, operas, and ballet performances. The structure was designed by architect Cesare Costa and constructed in the neoclassic style in the 1850s. Lunch today is a feast of fresh, local specialties at a charming restaurant. After lunch, enjoy independent pursuits or optionally learn more about Reggio by touring the city's excellent civic and art museums with our local guide. Gather this evening for a lecture on the history of the violin in anticipation of tomorrow's visits.

Hotel Posta, Reggio Emilia (B, L)

WEDNESDAY, JUNE 3, 2020

Cremona: Violin Heaven

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)

THURSDAY, JUNE 4, 2020

Bologna: Cultural Capital of Emilia Romagna

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

B = Breakfast, L = Lunch, R = Reception, WT = Wine Tasting, D = Dinner

FOR DETAILED ITINERARIES, VISIT ALUMNI.HARVARD.EDU/TRAVEL



Schedule by Day

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 home-cooked 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.



(above right) Wheels of Parmigiano Reggiano (Matt Lewis)
and (right) the Museo del Violino in Cremona (Pom)

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

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Terms & Conditions

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 portorage fees; \$200,000 emergency medical assistance and evacuation insurance.

TOUR COST EXCLUSIONS

Airfare, airline taxes, and fuel surcharges; airport portorage; 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; visa fees; gratuities for hotel housekeeping.

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.

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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

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

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Certain other provisions apply regarding limitations of liability and rights of Harvard Alumni Travels and the tour operator. The statement of responsibility is available at alumni.harvard.edu/travel/trips/italy-2020.

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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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FIRST PERSON NAME ON PASSPORT	DATE OF BIRTH
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HOME TELEPHONE	WORK TELEPHONE
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SECOND PERSON NAME ON PASSPORT	DATE OF BIRTH
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HOME TELEPHONE	WORK TELEPHONE
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METHOD OF DEPOSIT

<input type="checkbox"/> CHECK (please enclose check)	<input type="checkbox"/> MASTERCARD	<input type="checkbox"/> VISA
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EXPIRATION DATE	3-DIGIT SECURITY CODE
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<input type="checkbox"/> DOUBLE ROOM	<input type="checkbox"/> SINGLE ROOM
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Masone Labyrinth

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

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Peter Machinist

HMSC Silk Road Odyssey:

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Alexandra Vacroux

Kumano Kodo: The Sacred Sites & Pilgrimage Routes of the Kii Mountains of Japan

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Susan G. Miller

Sailing Ancient Trade Routes:

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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

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