

TRAVEL GUIDE

Italy

TELAMON TRAVEL

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EDITION



Welcome to Italy

Where la dolce vita is more than a phrase. It is a rhythm.

Italy is a country shaped by beauty and intention. Renaissance masterpieces and quiet chapels. Coastal roads that curve toward the sea. Vineyards, villas, and evenings that linger long after the last course is served.

From the elegance of Milan to the romance of Venice, from the sunlit hills of Tuscany to the cinematic coastline of the Amalfi, Italy invites you to slow down and travel well. Here, luxury is often found in the details: a perfectly timed aperitivo, a private gallery moment, a table reserved just as the light turns golden.

This guide is your curated companion to experiencing Italy with comfort, ease, and elevated clarity. When you are ready, we will help you shape it into an itinerary that feels distinctly yours.



AT A GLANCE

Capital: Rome

Language: Italian (English is widely spoken in major tourist areas)

Currency: Euro (EUR)

Time Zones: Central European Time (UTC+1)

Visa Requirements: U.S. travelers may stay up to 90 days within the Schengen Area without a visa

Population: Approx. 59 million

Safety Index: Generally considered a safe destination for travelers, with standard city precautions recommended

When to Visit Italy

HIGH SEASON | JUNE - AUGUST

Ideal for: Coastal stays, lake escapes, festivals, long daylight

Italy in summer is vibrant and sun-drenched, with peak energy from the Riviera to Sicily. Expect warm weather, busy cities, and high demand along the coast. This is the season for beach clubs, island hopping, and late dinners outdoors, with pricing and crowds at their highest.

SHOULDER SEASON | APRIL - MAY & SEPTEMBER - OCTOBER

Ideal for: The best balance of weather, dining, and cultural touring

Days feel warm but not intense, vineyards and countryside landscapes are at their most inviting, and iconic sights are more enjoyable without peak-season congestion. For many travelers, this is Italy at its most effortless.

LOW SEASON | NOVEMBER - MARCH

Ideal for: City stays, holiday markets, museums, culinary travel

Winter brings a quieter Italy with an intimate feel. Rome, Florence, Milan, and Bologna remain compelling, with fewer crowds and a strong cultural calendar. The Alps open for ski season, and December adds a festive layer in northern cities.



Top 5 Experiences in Italy

01. STEP INTO HISTORY THAT STILL FEELS ALIVE

Walk the Roman Forum, explore Pompeii with an expert guide, or stand beneath Michelangelo's ceiling in the Vatican. Italy does not simply preserve history. It surrounds you with it.

02. SAVOR A MULTI-REGION CULINARY JOURNEY

From truffle-forward tasting menus in Piedmont to seafood by the sea in Puglia, Italy's cuisine is deeply regional and intensely seasonal. The most memorable meals are often the simplest, perfectly executed.

03. DRIFT THROUGH ICONIC LANDSCAPES

A private boat on Lake Como. A vineyard drive through Tuscany. A coastal day along the Amalfi. Italy's scenery is a signature, and the best way to experience it is unhurried.

04. DISCOVER ART AND DESIGN IN ITS NATURAL HOME

Florence for Renaissance masterpieces. Venice for quiet grandeur. Milan for fashion and modern design. With the right pacing, Italy's cultural depth feels inspiring rather than overwhelming.

05. INDULGE IN WELLNESS, ITALIAN STYLE

Thermal springs, coastal spa rituals, countryside retreats, and restorative food. In Italy, wellness is rarely labeled. It is woven into the way people live.

Want a private after-hours museum visit, a countryside cooking experience in a villa kitchen, or a boat day curated down to the final detail? We'll arrange it seamlessly.

EXPLORE ITALY





More to Explore

Italy reveals itself most beautifully when you look beyond the expected. These destinations offer a quieter sense of place, where culture, landscape, and daily life unfold at a more deliberate pace. Each is well suited to travelers who value depth, atmosphere, and moments that feel discovered rather than scheduled.

THE DOLOMITES (NORTHERN ITALY)

Dramatic limestone peaks, alpine meadows, and storybook villages define this mountain region. A striking choice for travelers drawn to fresh air, natural beauty, and a slower, restorative pace.

ORTIGIA (SICILY)

A golden island city of baroque architecture and sea air. Ideal for slow mornings, open-air markets, and evenings that unfold over wine and conversation.

VAL D'ORCIA (TUSCANY)

Rolling hills, cypress-lined roads, and small towns made for lingering. A beautiful choice for travelers who want privacy, wine culture, and pastoral elegance.

LAKE ORTA (PIEDMONT)

A softer, quieter alternative to Como, with romantic lakeside villages and a refined, understated pace.

LECCE (PUGLIA)

Baroque facades, sun-warmed stone, and a distinctly southern energy. Pair it with coastal time for a beautifully balanced itinerary.

Curated Tip: Italy rewards thoughtful routing. We will design your flow so each region feels like a chapter, not a sprint.



Where to See Italy's Iconic Sights

Italy's landmarks are more than visual icons. They are living expressions of history, faith, art, and daily life layered across centuries. With the right guidance and pacing, these sites feel immersive and deeply meaningful rather than overwhelming.

THE COLOSSEUM AND ROMAN FORUM | ROME

With an expert private guide, these ancient sites come to life as more than ruins. Stories of emperors, citizens, spectacle, and ceremony unfold as you walk the very paths that once formed the heart of the Roman world, offering a powerful sense of scale, ambition, and daily life in antiquity.

THE VATICAN MUSEUMS AND SISTINE CHAPEL | ROME

An unparalleled collection of art, history, and devotion, best experienced early and with a knowledgeable specialist. From grand galleries to Michelangelo's iconic ceiling, this visit rewards unhurried attention and thoughtful interpretation.

THE DUOMO COMPLEX | FLORENCE

Brunelleschi's dome, Giotto's bell tower, and the cathedral's striking marble façade form the architectural soul of Florence. Together, they tell a story of innovation, artistry, and civic pride that continues to define the city's skyline.

ST. MARK'S BASILICA AND THE DOGE'S PALACE | VENICE

These Venetian landmarks reveal centuries of power, faith, and grandeur. Gilded interiors, sweeping halls, and views over the lagoon create an experience that feels both ceremonial and unmistakably Venetian.

POMPEII | NEAR NAPLES

A remarkably preserved Roman city that offers an intimate glimpse into everyday life nearly two thousand years ago. Walking its streets feels both moving and immersive, especially when balanced with time in the surrounding countryside or along the coast.

Cultural Etiquette *and Smart Travel Tips*

Italian culture is rooted in warmth, tradition, and an appreciation for life's simple pleasures. Understanding a few cultural nuances can enhance every interaction, from dining and shopping to navigating historic spaces. These insights help travelers move with ease, respect, and confidence throughout their journey.

DO

- **Greet with a warm *buongiorno* or *buonasera*** when entering shops or restaurants.
- **Dress respectfully** for churches and sacred spaces, shoulders and knees covered.
- **Plan for an unhurried dining rhythm.** Meals are meant to be enjoyed slowly.
- **Keep small cash on hand** for tips, taxis, and smaller purchases.
- **Build in pause days.** Italy is best when it is not over-scheduled.

DONT

- **Expect every venue to operate on a strict timeline.** Flexibility is part of the culture.
- **Overpack your itinerary with day trips.** Less movement often means more magic.
- **Rely solely on cars in major cities.** Walking and private transfers are often easier.
- **Assume every restaurant opens early.** Many dinner services begin later.

Curated Tip: Approach Italy with curiosity rather than urgency. A warm greeting, unhurried meals, and respect for local rhythms often open doors to more meaningful experiences. When in doubt, slow down, observe, and follow the lead of those around you.



A Taste of Italy

Italian cuisine is deeply regional, seasonal, and expressive of place. Meals are not rushed, ingredients are treated with care, and recipes reflect generations of tradition. Exploring Italy through its food and wine is one of the most rewarding ways to understand the country and its people.

LOCAL STAPLES

- **Cicchetti (Venice):** Small bites meant for tasting and lingering.
- **Carbonara (Rome):** Simple ingredients, perfected technique.
- **Bistecca alla Fiorentina (Florence):** A classic when done well, unforgettable.
- **Risotto (Northern Italy):** Creamy, elegant, and seasonal.
- **Seafood (Coastal Italy):** Best enjoyed near the water, simply prepared.

WINES AND APERITIVO

- **Barolo and Barbaresco (Piedmont):** Structured, iconic reds.
- **Brunello di Montalcino (Tuscany):** A classic for collectors and enthusiasts.
- **Prosecco and Franciacorta:** Sparkling options for aperitivo culture.
- **Aperol Spritz, Negroni, Americano:** Rituals as much as cocktails.

SWEET FINISHES

- **Gelato:** Seek small-batch shops with seasonal flavors.
- **Cannoli (Sicily):** Crisp, creamy, and deeply satisfying.
- **Tiramisu:** Best when balanced and not overly sweet.



Wellness in Italy

Wellness in Italy is often unspoken, woven naturally into daily life. From mineral-rich thermal waters to coastal breezes and restorative cuisine, the country offers countless opportunities to slow down and reconnect. Whether through spa traditions or simple moments of stillness, Italy encourages a more balanced way of traveling.

THERMAL SPRINGS AND SPA TOWNS

- **Saturnia (Tuscany):** Warm natural pools and restorative countryside calm.
- **Ischia (Near Naples):** Thermal parks and sea views with a classic European spa feel.
- **Bormio (Lombardy):** Alpine wellness and thermal bathing in a mountain setting.
- **Dolomites (Northern Italy):** Mountain air, alpine spa rituals, and a naturally restorative pace.

COASTAL RESTORATION

The Amalfi Coast, Sardinia, Sicily, and Puglia all offer a kind of ease that resets the nervous system. Pair beach time with thoughtful privacy and the right hotel, and it becomes genuinely restorative.

MINDFUL MOMENTS

Start the day with a quiet city walk before crowds. End it with sunset by the water. Italy's version of wellness is often the simplest: beautiful surroundings and enough time to enjoy them.





Getting Around Italy

Traveling through Italy is designed to feel intuitive and well-paced when approached thoughtfully. The country's transportation network makes it easy to move between regions, allowing each part of the journey to unfold smoothly and without unnecessary complexity.

TRAIN TRAVEL

High-speed trains connect Italy's major cities efficiently and comfortably. Routes between Rome, Florence, Milan, Venice, and Naples are frequent, reliable, and centrally located, making rail travel one of the most seamless ways to explore the country.

PRIVATE DRIVERS AND TRANSFERS

In the countryside, along the coast, and around the lakes, private drivers offer flexibility and ease. Door-to-door transfers allow travelers to enjoy the scenery, avoid logistical challenges, and move at a relaxed, natural pace.

FLIGHTS, FERRIES, AND BOATS

Domestic flights are useful for longer distances, particularly when pairing the mainland with Sicily or Sardinia. Ferries and private boats play an important role in coastal and lake regions, offering both practical connections and a beautiful way to arrive.

DRIVING CONSIDERATIONS

Driving is best reserved for rural areas and is generally unnecessary in cities, where restricted traffic zones and limited parking are common. When included thoughtfully, self-driving can complement select regions without complicating the journey.

Curated Tip: We can coordinate every transfer and connection so the journey feels seamless from one region to the next.



Packing Tips for a Seamless Escape

Packing for Italy is about balance: comfort, style, and practicality. Days often involve walking historic streets, dining well into the evening, and moving between varied settings. A well-curated wardrobe allows you to feel polished and prepared without overpacking.

ESSENTIAL WARDROBE

- Breathable layers for warm days and cooler evenings
- Comfortable walking shoes for cobblestones and city touring
- Resort-casual pieces for coastal dining and evenings out
- A light jacket or wrap for shoulder season travel
- A dressier look for fine dining, opera, or special evenings

PRACTICAL MUST-HAVES

- Crossbody bag or small day bag
- Refillable water bottle
- Universal adapter (Italy uses Type C, F, and L in many places)
- Sunglasses and sun protection
- A scarf for church visits and effortless styling

Curated Tip: Pack with intention rather than excess. Italy rewards versatility. A streamlined wardrobe that transitions easily from daytime exploration to evening dining will serve you far better than overpacking for every scenario.



Gratuities & Service Tips

Service in Italy is professional and gracious, with tipping practices that differ slightly from those in the United States. Understanding what is customary helps travelers navigate dining, hotels, and private services with ease and confidence.

RESTAURANTS AND CAFÉS

- Many bills include a coperto (cover charge).
- For excellent service, consider leaving 5 to 10%, or rounding up.

HOTELS

- Housekeeping: a few euros per day
- Porters: a few euros per bag
- Concierge: appropriate for meaningful assistance or special arrangements

GUIDES AND DRIVERS

- Private guides: tip based on duration and experience
- Private drivers: tip for strong service and long days

Curated Tip: We will advise you based on your itinerary, hotel standards, and what is already included.



Travel Safety Overview

Italy is a well-established, traveler-friendly destination with excellent infrastructure, reliable healthcare, and a strong culture of hospitality. With thoughtful planning and everyday awareness, travel throughout the country feels both comfortable and secure.

WHAT TO EXPECT

- Major cities and popular regions are accustomed to international visitors and well supported by public services.
- Petty theft can occur in crowded areas such as historic centers, public transportation hubs, and busy attractions. Staying mindful of personal belongings is usually sufficient.
- Licensed taxis, private transfers, and high-speed trains are safe and widely used.

EMERGENCIES AND ASSISTANCE

- **Emergency number:** 112 (police, medical, and fire services)
- Pharmacies are easy to find and often marked with a green cross. Many pharmacists speak English and can assist with minor concerns.
- Hospitals and private clinics in major cities provide high-quality care.

HEALTH AND PREPARATION

- Tap water is generally safe to drink in most cities and towns.
- Travel insurance is strongly recommended and provides peace of mind for medical care, trip disruptions, or unexpected changes.
- If traveling during warmer months, plan for heat and hydration, especially when sightseeing on foot.

Curated Tip: A well-paced itinerary is one of the best forms of travel safety. Fewer rushed connections and thoughtfully chosen locations allow you to travel with ease and confidence.





Your Escape Awaits

Where beauty is daily life, and every journey can be designed with intention, comfort, and ease.

Italy offers a soulful kind of luxury: art that moves you, landscapes that restore you, and moments that feel quietly unforgettable. Whether you are dreaming of a multi-city grand tour, a villa-based retreat, a coastal escape, or a celebration worth traveling for, we will curate every detail so it unfolds seamlessly.

Laura + Ann



Let's curate your dream
Italian escape.

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