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DREAM OF ITALY

Premiere Issue

September/October 2002

The Magic of Tuscany's Terme di Saturnia

As they have for thousands of years, people still come to Italy's oldest town for the water. What was once a rest stop for Etruscans and Romans is now home to a 4-star, soon to be 5-star, luxury spa called Hotel Terme di Saturnia. At the physical and emotional center of the spa is the thermal spring fed by water that takes forty years to travel from inside the Earth. Bathing in or drinking the water reportedly promotes relaxation, healing and sometimes even minor medical miracles.

According to legend, the Roman god Saturnio, in a fit of anger, created the spring to calm the constantly feuding men of Earth. He threw a bolt of lightning onto the planet, causing warm, sulfurous water to bubble up from the crater of a volcano. The water calmed and comforted the men and has been a

popular attraction ever since. The Etruscans and Romans soothed their bodies with the water, and now modern Italians visit for the day or for the week.

Water, water everywhere

The spa says the composition of its water helps stimulate every area of the human body: the hydrogen sulfate works directly on the cardio-circulatory system; the carbon dioxide helps increase blood circulation and lung capacity and the constant 98.6-degree temperature relaxes the body's muscles and the algae cleanse and exfoliate the skin.

Blobs of blue-green algae, used since ancient times for treating the skin, give Saturnia's water a green tint. More than a few guests rub the algae directly on their faces, knees or backs, despite

Introduction

Dear Readers,

Welcome to the premiere issue of *Dream of Italy*, a newsletter covering Italian travel and culture for those with discriminating tastes. For years I have been visiting Italy, from Milan to Montepulciano and Sicily to Sardinia, both as part of my work as a professional travel writer and editor and as an exploration of my heritage. I have studied the language, cooking and history of this amazing land. To say that I am obsessed with Italy is not an overstatement.

One of the primary goals of *Dream of Italy* is to uncover Italy's hidden gems, places that are little known on this side of the Atlantic. Terme di Saturnia, which I visited for the second time just weeks ago, is one of those places that I think you will agree embodies the spirit of *la dolce vita* that draws so many of us to Italy again and again. In the coming months and years, I will share more of my visits to Italy's most treasured places. My reporting will be complemented by advice from trusted travel experts such as Harriet Baskas, the Expedia.com airport reporter who shares her tips for navigating Rome's airport on pages 6 and 7.

So why subscribe to *Dream of Italy*? Every other month, you will receive a 12-page newsletter packed with unique articles and timely information to help make your next (or first) trip to Italy unforgettable. You won't find this information in guidebooks, which are often written a year before they are printed and tend to remain on the beaten path. A subscription to *Dream of Italy* is a small price to pay to ensure an authentic Italian adventure. Even if you are not planning to travel to Italy anytime soon, this newsletter will feed your hunger for all things Italian. As an added benefit, all subscribers will have access to our online archive and weekly news updates.

Please fill out the enclosed subscription form or follow the directions on page 3 to begin receiving your subscription at a special introductory rate. You can receive *Dream of Italy* at your home for \$45 per year or access it on the Internet with a personal password for \$35 per year.

I welcome your comments and suggestions and thank you in advance for your support. Feel free to call me at 1-877-OF-ITALY or e-mail me at kathy@dreamofitaly.com.

Grazie.

Kathy McCabe
Publisher and Editor-In-Chief

"You can have the universe, if I can have Italy." — Giuseppe Verdi



signs asking bathers not to. Swimmers sit on the stone benches built into the sides of the main pool, soaking and basking in the Tuscan sun. They look so relaxed that maybe they almost don't notice the smell of rotten eggs in the air (created by the sulfur). Fortunately, the odor becomes less noticeable the longer you stay.

Hotel guests receive robes and reserved lounge chairs. A team of pool boys provides them with towels and opens their umbrellas on demand. Day guests (because the state technically owns the water, the pools are open to the public for a small fee) tend to congregate near the new pools built away from the hotel. A virtual Disneyland of water adventures await visitors, from gushing man-made waterfalls to fast-flowing exercise pools to a mushroom-shaped statue with water spraying out of the top.

Treat yourself right

Not only does Saturnia's water provide recreation and renewal, it serves a critical role in the spa treatments offered at the hotel. The popular 20-minute multijet treatment (37 euros) is a hydromassage using 180 water jets, programmed in sequence to stimulate circulation and relieve tension. You can even get your gums treated with Saturnia's water. Oral Balneotherapy (10 euros) massages the gums with a fine shower of sulphurous water.

Terme di Saturnia is world-renowned for its skin care. Resident experts can diagnosis and effec-

tively treat almost any skin ailment. A simple 30-minute face mask costs 31 euros. An application of thermal plankton from the springs of Saturnia is available for 39 euros. Numerous other skin services are available from toning cellulite treatment to eye contour treatment. Saturnia puts out a well-respected line of skin care products incorporating minerals from the thermal water.

In addition to massages of all kinds, Saturnia offers the latest in spa treatments such as hot stone therapy, where cold and hot volcanic rocks are placed all over your body in a sequence designed for pure relaxation. You are charged

individually for each treatment unless you opt for a package that includes a variety of services in one price.

Saturnia's spa facilities tend to feel cramped. Fortunately, in March 2003, the hotel will open a huge, new state-of-the-art health center designed to house the medical staff (many Italians take advantage of their visits to get full health screenings), treatment facilities and a larger fitness center. The water from the thermal spring will flow right into the interior of the building.

Location, location

The water and ambiance make location key to the Terme di Saturnia experience. Not only is the hotel at the foot of a thermal spring, but also it is also

located in one of the least crowded and most beautiful areas of Italy.

"Not only are we in Italy, not only are we in Tuscany, but we're in Maremma," says Kirk Lemley, one of the hotel's managers and an American transplant. Maremma, now rolling horse country stretching inland from Tuscany's coast, was once the center of the Etruscan world. The Etruscan towns surrounding Saturnia offer numerous day-trip opportunities.



Yet, location alone can't be the only reason why 79% of Terme de Saturnia's guests are return clients. Facilities and service must be top notch to attract such a following, and the staff at Saturnia continues to make improvements.

Some of the changes have been made to meet the expectations of the spa's foreign guests who make up 15% of the clientele.

"The Italians would never complain about the size of the rooms but the foreigners did," says Lemley. Not only has hotel expanded the number of rooms from 90 to 140, but has improved the quality of each and every one. "These are on par with 5-star hotel rooms that you would find in any international city," Lemley adds.

The 60 spacious junior suites feature pull out couches, fine wood furniture, luxurious walk-in closets and marble bathrooms with heated towel racks.

Saturnia's \$35 million renovation touches almost every aspect of the spa experience. Part of the plan: an 18-hole golf course to be completed by the summer of 2004.

Hotel Terme di Saturnia

Saturnia (Grosseto), Tuscany
(39) 0564 600 800
www.termedisaturnia.com

Sample prices:

Visits during the Diamond season (April, May, August, October and national holidays) are the most expensive.

Comfort room: 890 euros per person, per week
Junior suite: 1337 euros per person, per night

Add 23 euros per person, per day for half board and 46 euros for full board.

Stays of one night or a few nights are also available.

Comfort room: 155 euros per person, per night
Junior suite: 233 euros per person, per night
Same food charges apply.

Saturnia offers various packages and deals including special treatments. Contact the hotel for more information.

Saturnia packages are also available through spafinder.com.

"Italy is surrounded by four seas: the Adriatic,



La cucina

Though the hotel's waters and spa treatments are the top attractions, Saturnia's restaurant, the Villa Montepaldi, gives guests something else to look forward to three times a day. Most choose the full board program (3 meals daily), costing 46 euros per person, per day. Guests are invited to eat breakfast in their robes and dress casually for lunch and dinner. Diners can also eat outside, where in the evenings, a guitar player named Francesco provides entertainment.

The breakfast spread includes local cheeses and yogurt, fresh fruit, cereal, eggs, biscotti and Parma ham. And of course, there's nothing like an authentic Italian espresso to jump-start the day.

Lunch and dinner begin with a selection of antipasto from the buffet table: grilled eggplant, breaded zucchini, stuffed tomato, fresh mozzarella and Italian meats. A first course of pasta, salad or soup is offered. Selections might include: luscious spinach dumplings in a tomato ragu; walnut agnolotti; seafood rice salad and red chicory risotto. For the second course, meat dishes such as freshly grilled fish and entrecote with arugula and Parmesan are offered. There's usually a vegetarian selection such as Scamorza, a smoked cheese simply prepared.

If you need any reminder that you're really not in Kansas anymore, just try the desserts. White truffle ice cream provides a delightful regional treat. Chocolate torte and green apple mousse also grace the menu. If you can't decide among the dessert choices, your waiter or waitress will happily

bring you samples of each. The spa also offers diet selections at every meal, but it's probably best to wait until you return home to take the low-calorie route. The food is just too good.

How to work off all of those calories? The spa offers a fourteen exercise classes a day, including kickboxing and water aerobics, but according to a fellow American at the spa, they are "not too vigorous." The spa charges 11 euros per class or a group of classes can be purchased as part of a weekly fitness program.

Most guests take the daily 8 a.m. walk Rocco, the friendly fitness director, leads through the Tuscan countryside. For those who want more activity, the hotel has a brand new tennis court and a driving range and will loan guests mountain bikes or arrange horseback riding nearby.

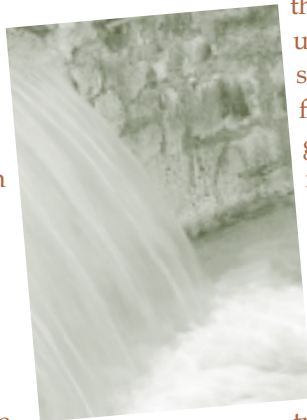
"I love the nightlife"

The Saturnia staff encourages interaction among the guests, particularly in the evenings. The clientele usually includes a nice mix of singles, couples and a few families. The good water and good wine leave guests feeling rested and relaxed and open to socializing. Each night features an event such as a movie on the lawn or a champagne reception in the hotel's art gallery. There's even a weekly evening bus trip to see the mesmerizing lights of Pitigliano, a nearby town.

No matter what the activity, the staff works tirelessly to ensure a good time is had by all. You see them so often that you sometimes wonder if they

ever go home. Leonardo, the bubbly social director, gives dancing lessons every week and usually brings out Vin Santo, a sweet Tuscan dessert wine served with biscotti. Guests are soon joining him on the dance floor. Guido, who speaks 6 languages, leads a raucous game of Bingo, called "tombola" in Italian. On one evening, competition was fierce for the Terme di Saturnia tote bags and t-shirts, though no one seemed particularly inspired to win the thick book on thermal water.

Just as its water provides the essential ingredients for health and vitality, Terme di Saturnia offers just the right combination of elements for the perfect vacation. ♦



DREAM OF ITALY

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Our Web site, www.dreamofitaly.com, premieres October 1, 2002. The site will be updated weekly with the latest news from Italy and information on travel deals.

the Ionian, the Ligurian and the Tyrrhenian."

Experience Authentic Italy With Actividayz

Following a tour guide waving a plaid umbrella and reciting a canned speech is NOT the way to experience Italy. That's why so many people choose to see the country on their own. But self-touring has its own challenges and doesn't always lead to an authentic experience.

A new program called Actividayz offers an innovative solution: planned half-day experiences, in small groups, offering interaction with Italians and a window into real-life Italian culture.

"It's the kind of experience you would have if you had friends or family in Italy," says Julie Carnevale, vice president of sales for The Parker Company, the Massachusetts-based villa rental company that started Actividayz last January.

The Parker Company initiated the program based on feedback from some of its 25,000 clients who said they wanted help filling their days in Italy. About half of Actividayz participants are in Italy renting a Parker Company villa; the other half have made their own hotel arrangements.

One hundred planned events a week fall into one of three categories: Artisans at Work Actividayz feature artist demonstrations and workshops; Buon Appetito events are food and wine related and Outdoor Adventures involve walking, hiking, trekking, boating or fishing. The outings last for 4 to 6 hours and cost about \$60 to \$95 per person.

Each outing is lead by a native who is an expert in the event of the day, the architecture of Modena or the wines of Chianti.

"They make the tour," says Carnevale

of the Italians who host the days, most of whom speak English fairly well.

Actividayz can be booked online up to 72 hours before the day of the outing. Participants, who must provide their own transportation to the meeting point, are given an Italian toll-free number to call to reconfirm the tour the night before it is scheduled. One refreshing thing about these day trips is that they will run with as few as 2 participants.

Carnevale says that the cooking classes and pasta making days in particular are among the most popular Actividayz. Those with wine elements or set in medieval towns also get a large turnout.

To experience Actividayz firsthand, we decided to try the program called Cucina de Medici, a day of cooking and olive oil tasting at an estate in Umbria. Our guide, Victoria, met us at the gate of her family's stunning country estate, La Montagnola. She introduced us to her young children and her mother, a descendant of the Medici family of Florence and owner of the estate. Over 20 members of their immediate family live in the main villa and in apartments on the grounds.

We felt immediately at home as Victoria and her mother took us on a tour through the villa, including their personal rooms, pointing out the origi-



nal 18th century mosaics on the walls. We ended the tour at the kitchen where the family's chef was waiting to teach us classic Umbrian cooking. Each participant was given an apron and invited to knead dough, trim zucchini flowers, stuff tomatoes and roll meat in preparation for a multi-course luncheon later in the day.

After all that work, we were rewarded with a break in the garden to sip wine and munch on warm prosciutto sandwiches. La Montagnola is filled with olive trees and the family produces their own olive oil. Victoria, a certified olive oil taster, took us on a tour of their small olive mill and led us in a tasting experiment.

The highlight of the relaxing and informative day was lunch in the villa's powder blue, antiques-filled main dining room. We feasted on the dishes we prepared earlier in the day: stuffed tomatoes, breaded zucchini flowers, pasta with truffle sauce, beef rolled with prosciutto and sage and biscotti for dessert.

We had such a nice day that we were sorry to leave. Victoria gave us each a bottle of olive oil and a booklet of recipes to take home. The Actividayz experience made our latest trip to Italy all the more special. ♦

Actividayz run from April through November.
For more information: www.actividayz.com

"If you're planning a long drive while visiting Italy, it's best to do it o



Traveling from the HIP



The best guidebooks are those you can refer to time and again for inspiration, even on a cold winter's night at home, far from the bridges of Venice. To call Herbert Ypma's *HIP Hotels: Italy* (Thames & Hudson, 2002, \$29.95) a guidebook would be an understatement. It is at once a travel directory, coffee table book and bible for the hopelessly fashionable. Ypma, a design expert, coined the catchy acronym HIP, meaning "Highly Individualized Places." The HIP Hotels series includes *HIP Hotels: City*, *HIP Hotels: Escape*, *HIP Hotels: France* and *HIP Hotels: Budget*.

With pen and camera in hand, Ypma recently traveled to 41 of Italy's most intriguing places to spend the night. "Italy has history — an unparalleled history. And rather than being a set of facts studied in books, this is a history that lives," says the author, whose book includes more than 500 photographs.

For Ypma, HIP doesn't necessarily mean expensive or on the beaten path. His choices range from a 45 euros per night, family-run hotel on the island of Salina, setting for the movie *Il Postino*, to the exclusive Palazzo Vendramin in Venice (853 euros per night).

One of the author's least expensive choices is also

one of the most visually appealing. The Hotel Raya, at 77 euros per night, sits majestically on Panarea, one of Sicily's Aeolian Islands. Whitewashed steps and crisp white linens, complemented by the deep blue of the ocean, create a breathtaking panorama. "Raya is my — and no doubt other people's — fantasy of what a Mediterranean island hotel should be," Ypma says.

The author also writes about the summer's most talked about Italian property, Villa Feltrinelli. The Feltrinelli family, who made their money in lumber and publishing, built this extraordinary castle on the shores of Lake Garda at the end of the 19th century. Hotelier Bob Burns bought the property and put over \$30 million into restoring the huge guestrooms and purchasing a custom-made mahogany speedboat to whisk guests to Verona. From Ypma's photos of the grand living space and breathtaking views, you can see why he describes it as "perfect in almost every detail."

HIP Hotels: Italy indulges the fantasies and imagination of both the armchair traveler and the well-traveled hotel connoisseur. ♦

Contact:

Hotel Signum
Salina, Aeolian Islands
Phone: (39) 090 9844 222
www.hotelsignum.it
Rates start at 45 euros
per night

Palazzo Vendramin
Venice
Phone: (39) 041 520 7744
www.hotelcipriani.it
Rates start at 853 euros
per night

Hotel Raya
Panarea, Aeolian Islands
Phone: (39) 090 983 013
www.hotelraya.it
Rates start at 77 euros
per night

Villa Feltrinelli
Gargnano, Lake Garda
Phone: (39) 0365 79 8000
www.villafeltrinelli.com
Rates start at 425 euros
per night

1 euro = \$.97 at press time

ASK THE EDITOR

QUESTION: On my next trip to Italy, I would like to rent a car in order to visit some out-of-the-way places. I've heard mixed things about driving in Italy. What's your advice?

ANSWER: I have driven around mainland Italy and Sardinia several times and never had a problem, but I have had a few moments of fright (not all were on the road, one was when I looked at the price of gas). When considering whether to rent a car, check the train schedules first. You will find that Italy's extensive train network covers most places of interest.

Driving in Italy is expensive. Almost all of the rental cars are manual and if you need an automatic car, you are going to pay more and better reserve early. Rental companies in Italy require you pay theft protection and collision damage waiver insurance. Filling your gas tank will cost double what it does at home. Tolls on the autostrade are outrageous; it costs about \$20 to drive the 2 hours between Florence and Rome.

As far as safety goes, be aware that traveling in the left lane of the highway is virtually unheard of unless you are going the speed of light. Blinkers and horns are rarely, if ever, used. There's a kind of dance on the highway, you just have to get an idea of the rhythm of the cars. Most of the autostrade have two lanes in each direction, but I have frequently seen Italian drivers try to create three.

Roads in medieval towns are very narrow, so you may want to rent a small car. Many of them are also steep and winding, so if you are terrified of heights, let someone else do the driving. The roads in between country towns are often one lane in each direction and you are likely to get stuck behind a tractor or some other farm vehicle. Be careful when you pass.

My other rules for driving in Italy: never drive at night; keep your lights on even during daylight hours and don't attempt the infamous Amalfi drive.

Do you have a question about Italy? Send it to editor@dreamofitaly.com. If your question is chosen for publication, you will receive a free one-year subscription or an extension on your current subscription.

The Ins and Outs of Rome's

The Leonardo da Vinci Airport (airport code: FCO) is located on a historic site in the fishing town of Fiumicino, about 16 miles southwest of Rome. When the airport was being built, contractors found the 2,000-year-old remains of the harbor that Emperor Claudius built to greet travelers. These days, travelers arriving at the entrance to the airport are greeted by a large statue of Leonardo da Vinci, flanked by a spinning bottle of Pellegrino.

Get oriented

Leonardo da Vinci Airport—also known as Fiumicino Airport—is the home of Alitalia Airlines and serves more than 100 other airlines in three terminals:

- Terminal A serves domestic flights;
- Terminal B serves both domestic and international flights;
- Terminal C, which is connected via a rail shuttle to a 14-gate satellite terminal, serves international flights.

The recently renovated Terminal A is about a three-minute walk from Terminals B and C, which are connected in one long building.

Take care of yourself

Eat: In Terminal A, you'll get table service and a great view of the airfield from the airport branch of Harry's Bar, located upstairs (pre-security) on the departure level. Terminal A also has a food court where you can choose among stations offering Mexican food, hamburgers, salads, pizza, and pasta.

Upstairs in Terminal B, in the shopping and food area called Terrazza Roma, you'll find a 24-hour snack shop as well as the Auto Grill, a cafeteria-style restaurant serving everything from crêpes and salads to pizza, oysters, and champagne.

On the Terminal C-side of Terrazza Roma you'll find another self-service restaurant called the Grand Café Panorama, which offers a variety of cuisines and a nice view of the airfield.

Post-security in each terminal, you'll find cafés, delis, and plenty of coffee and wine bars.

For more formal but relaxed dining options, head for the Hilton Rome Airport, which is linked to the terminals by a covered walkway. The hotel has a nice bar, a coffee shop (Caffe Tevere), and a more upscale restaurant (Le Colonne), which serves extravagant breakfast, lunch, and dinner buffets.

Relax and refresh: Thanks to several years of facility upgrades, both the domestic and international terminals offer plenty of bright and com-



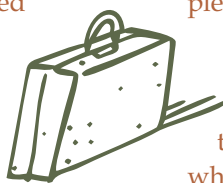
fortable places to relax, read a book, people-watch, or nap.

In Terminal A, head for the seating area near the mezzanine level food court or outside to the patio area at the far end of the first floor. In the Terrazza Roma shopping/food area (upstairs in Terminals B/C), there are several banks of comfortable chairs. Downstairs in the departure hall of Terminal C, there's a 24-hour multi-denominational chapel.

You'll find a barber shop post-security in Terminal C, but a more amenity-filled "Health Center" featuring a hair salon, sauna, showers, and massage service is in the works and will perhaps open sometime in 2003.

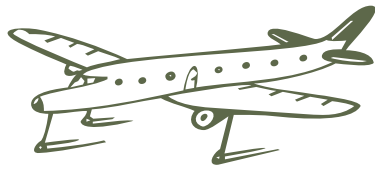
In the meantime, folks seeking more serious relaxation than a nap in an airport chair should head to the Hilton Rome Airport, which is connected to the airport. The hotel has a lovely lobby area, a lounge, two restaurants, and a day rate that includes access to the hotel's pool and health club facilities. Phone: (39) 06 65258.

Sorry smokers, the airport is



"Every road does not lead to Rome, but every road in

Airport



completely smoke-free. To light up, you'll need to join the folks lined up outside the terminals.

Take care of business

Airline club members will find club rooms for British Airways in Terminal A and in the "Transit Hall" of Terminal C. Alitalia club rooms are located in Terminal A, on the third level of the Terminal B pier, and in the Departures and Transit halls of Terminal C. There are also club rooms shared by the Star Alliance and other airline "clusters" in terminals A and B.

Non-club members who need to take care of business can head for the Executive Center in Terminal A, near Gate A7, where you can make copies, send faxes, hold meetings, and rent computers with Internet access. Phone: (39) 06 6501-0100; Web site: www.executivecenter.com/roma/

The Hilton Rome Airport, which is connected to the airport, also has a Business Center that is open to the public on a pay-as-you-go basis. Phone: (39) 06 65258.

Explore the airport

Shop: Pre-security, you'll find the most shopping options in Terminal A, which features a Rizzoli bookstore, a shoe store, and a writing accessories shop on the ticket level. Up on the mezzanine level there's a shopping street where you can browse for sports apparel, cosmetics,

name-brand clothing and jewelry (Hermes and Bulgari), chocolates, luggage, electronics, and more.

Pre-security in Terminals B and C, you'll find only a well-stocked pharmacy, a bookstore, an electronics store, and a newsstand/souvenir shop. Post-security, however, you'll find clusters of shops offering merchandise from Cartier, Gucci, and Swatch. You'll also find plenty of places where you can stock up on china and glassware, Italian foods and wine, shoes, ties, leather goods, and electronics.

Sightsee: Beyond the statue of Leonardo da Vinci at the entrance to the airport and the wooden sculpture of the airport's namesake in the Terminal C ticket lobby, there's not much else in the way of on-site art or history exhibits.

Lookout: You can get nice views of airport activity from Harry's Bar in Terminal A, from the Grand Café Panorama in Terminal C, and from the satellite terminal in Terminal C.

Play around: The airport has little to offer in terms of children's activities, so this is an airport where you'll be smart to bring your own bags of toys and entertainment. Better yet, buy the kids (and yourself) a large serving of gelato, take a seat by

a window with a good view of the airfield, and try to imagine where everyone else is going.



Go into town

A cab ride to Rome's city center can take up to 45 minutes and cost 50-70 euros. Be sure to use only official, licensed taxis, which are white or yellow and lined up at the curb outside baggage claim.

Trains to the city are faster and far less expensive, especially the non-stop "Leonardo Express," which runs from the airport to Rome's main train station, Stazione Termini. The train runs every 30 minutes, 6:37 a.m.-11:37 p.m. The trip takes about 35 minutes and costs about 9 euros. A slower train makes stops at other stations around the city and, like the Express train, provides connections to buses, the Metro, and other public transportation. ♦

— Harriet Baskas

Writer and radio reporter Harriet Baskas reviews airports for *Expedia.com* and is the author of *Stuck at the Airport*, published by Simon & Schuster, 2001. Contact her at: airstuck@aol.com

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BEST BETS



BAGGAGE

Luggage carts are available free of charge in the arrival and departure areas. There are no lockers at the airport, but there is a staffed baggage storage area at the far end of the arrivals lobby of Terminal C.



FOOD

Best bet for a carry-on meal: Sandwiches from the Auto Grill cafeteria (Terminal B, mezzanine level) or from one of the cafés on the departure level of Terminal A.

Best sinful snack: Gelato, available from cafés and snack shops in all terminals.



BUSINESS

There are two computers with free Internet access in the front window of the Ciesse clothing store on the mezzanine level of Terminal A.



SHOPPING

Best souvenir under \$10: Baci chocolate gift packages or Pinocchio key chains and ornaments, both sold in multiple spots throughout the airport.



OTHER INFO

For additional information about Leonardo da Vinci Airport, call (39) 06 65951

Rome does lead to eternity." — Arthur Symons

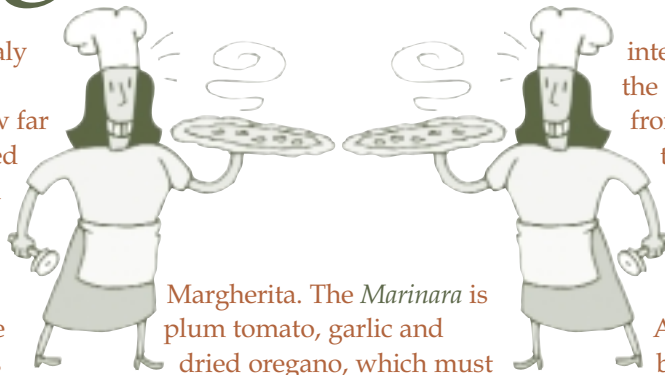
Washington, D.C.'s 2 Amys

Queen Margherita of Italy might roll over in her grave if she knew how far the world had deviated from the pizza named in her honor in the late 19th century. Neapolitan baker Raffaele Esposito created the simple pie of tomato, mozzarella and basil in the colors of the Italian flag. Esposito's creation became the standard for modern pizza. Perhaps things have gotten a bit out of hand lately with crazy concoctions of ingredients such as ham and pineapple topping many pizzas. There's still an appreciation for tradition however, and no where more so than 2 Amys Neapolitan Pizzeria in Washington, D.C.

Owners Peter Pastan and Tim Giamette named the restaurant after their wives, both named Amy, and set out to become only the 5th American pizzeria to offer Neapolitan pizza so authentic that a team of experts from Naples flew to Washington to certify their pies.

In 1998, the Italian Government declared four types of Neapolitan pizza worthy of preservation and granted them D.O.C. (Denominazione di Origine Controllata) status, which decrees everything from what ingredients can be used to the method for cooking the pizza. Only soft-grain flour, fresh yeast, water and sea salt can be used for the dough. Only Italian plum tomatoes, buffalo mozzarella, extra-virgin olive oil and fresh basil or dried oregano may be used for the toppings.

2 Amys serves three types of D.O.C. pizzas. The *Margherita* is exactly the same as the kind served to Queen Margherita many years ago. The *Margherita Extra* adds cherry tomatoes to the plum tomato, buffalo mozzarella and basil found on the classic



Margherita. The *Marinara* is plum tomato, garlic and dried oregano, which must come from Sicily.

"We import plum tomatoes, olive oil and buffalo mozzarella all from the foot of Mount Vesuvius near Naples," says 2 Amys chef Phil Stevens.



The 5 American pizzerias certified by The Verace Pizza Napoletana Association:

1. **Antica Pizzeria**, Los Angeles
2. **Copola-Niebaum Café**, Palo Alto, Calif.
3. **Il Pizzaiolo**, Pittsburgh
4. **La Pizza Fresca**, New York City
5. **2 Amys**, Washington, D.C.



Stevens, who goes through 25 pounds of fresh basil a week gets the rest of the ingredients for the D.O.C pizzas and the 10 other varieties 2 Amys offers from small, local farmers.

The ingredients for a D.O.C. pizza are only step one; step two is preparation. The pizza must be cooked in wood-burning oven that reaches temperatures over 600 degrees Fahrenheit. At that temperature, the pizza is ready in a mere 4 minutes.

The result is a pizza with a thin, chewy crust and a deliciously fresh, simple flavor, just what Raffaele Esposito

intended. The same dough is used for the other pizzas, which range in price from \$8.95 to \$12.95. The *Vongole* is topped with capers, parsley, hot pepper, cockles and cheese. The *Etna* mixes eggplant, olives, capers, oregano and cheese.

A selection of appetizers highlighted by *Suppli a telefono* (warm rice and mozzarella balls) and simple salads round out the menu. An in-house pastry chef creates classic Italian desserts such as almond cake and cannoli for dessert.

The wine list at 2 Amys includes affordable selections from the Campania and Calabria provinces in Italy. Stevens recommends patrons try Gragnano, a sparkling red wine that many Neapolitans drink with their pizzas.

Although it offers such a unique product, 2 Amys is first and foremost a neighborhood, family-friendly restaurant. The artwork of the restaurant's youngest patrons hangs on the wall next to the bar.

The décor is simple: black and white tiles on the floor; a warm yellow painted on the walls; a tin ceiling and wood tables and chairs.

The staff of 2 Amys is delighted at the success of the restaurant, which opened just two weeks after the September 11th terrorist attacks, when military planes buzzed overhead and Washingtonians were cautious about leaving their homes. Not long after, a team from Naples arrived to give the final approval to the D.O.C. pizza. 2 Amys passed with flying colors — red, white and green. ♦

2 Amys • 3715 Macomb Street, NW,
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Open Tuesday through Sunday, 11 a.m. to 11 p.m.

"Italy has the world's oldest population. For every 100 people

Who Was Garibaldi?

In almost every town in Italy, you will find a piazza, building or road named in honor of Giuseppe Garibaldi. Via Garibaldi is one of the most popular street names in the country. Who was this man who inspired such reverence? Giuseppe Garibaldi (1807-1882) won the majority of the military victories of the Risorgimento (resurgence), a fifty-year struggle to free Italian states from foreign powers, culminating in the unification of Italy in 1870.

Garibaldi was born on July 4, 1807, in Nice, the son of humble parents from Genoa. He became a sailor at fifteen. While serving in the navy for the Kingdom of Piedmont-Sardinia, Garibaldi became involved with the movement of Giuseppe Mazzini, a Genovese revolutionary who founded the secret revolutionary society Giovine Italia (Young Italy) in 1832. It was the first Italian democratic movement to embrace all classes. "Neither pope nor king," Mazzini declared. "Only God and the people will open the way of the future to us."

After participating in a failed republican uprising in Piedmont in 1834, Garibaldi fled and was condemned to death in absentia by a court in Genoa.

He sought asylum in South America from 1836 through 1848, during which time his nationalist beliefs were strengthened. Garibaldi became schooled in the art of guerilla warfare while fighting in Brazil and helping Uruguay in its war against Argentina. He married a Brazilian woman, Anita, who joined him in the fight.

Garibaldi returned to Italy in 1848 to fight against the Austrians in Milan and the French forces supporting Rome and the Papal States. Although his exploits

made him a national hero, Garibaldi and his volunteers were conquered in Rome. Determined not to surrender, he led his men in a successful retreat through central Italy in 1849. Anita Garibaldi died during this retreat.

Garibaldi was in exile several times; in Tangier, on Staten Island, New York, and then in Peru. In 1854, Count Camillo di Cavour, the prime minister of Piedmont, authorized Garibaldi's return, hoping to wrest him from the influence of the republican Mazzini. In 1858, Cavour requested that Garibaldi prepare for war against Austria by leading a group of volunteers from several Italian provinces. Garibaldi and his men succeeded in acquiring Lombardy for Piedmont.

On May 11, 1860, Garibaldi and his 1,000 Red Shirts (volunteers wearing red shirts for which they were famous) landed at Marsala, Sicily, in an attempt to capture The Kingdom of the Two Sicilies (Sicily and the southern part of mainland Italy) from the Bourbons. Cavour and King Victor Emmanuel had not sanctioned the effort but stood at the ready to help if he proved successful.

A popular revolution in Sicily helped Garibaldi capture Palermo at the end of May and Milazzo in July. He left Sicily and sailed to Naples, entering the city on September 6, 1860, proclaiming himself the "dictator of the Two Sicilies." In October 1860, he handed over the Kingdom of the Two Sicilies to King Victor Emmanuel and was the first person to hail him as the king of a united Italy.

Although a new kingdom was established in 1861, Garibaldi did not look

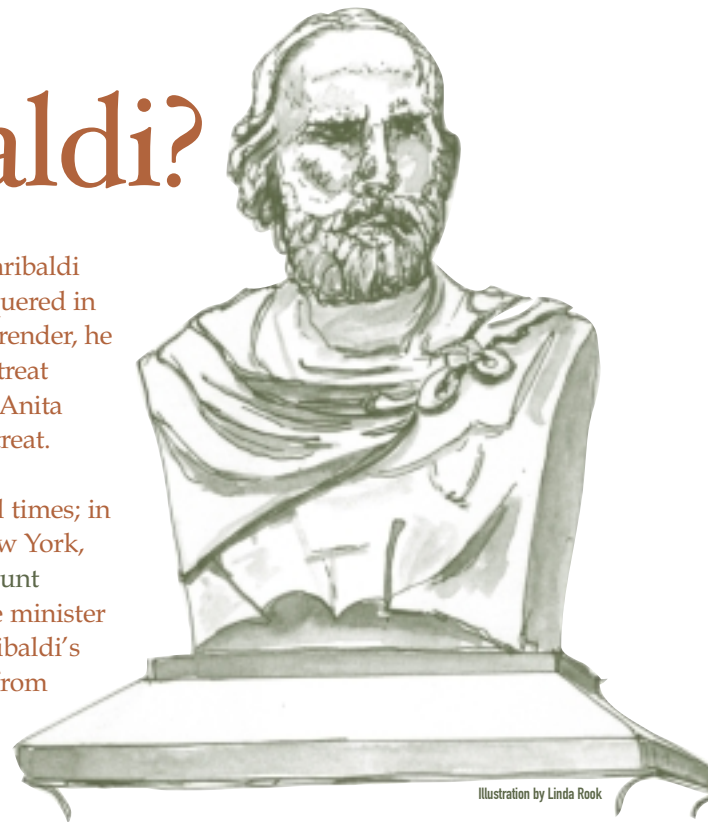


Illustration by Linda Rook

on it favorably. He opposed Cavour and criticized the lack of respect the new government showed the volunteer soldiers who helped build the new kingdom. Yet, Garibaldi continued to fight for his dream of a united Italy.

He helped the kingdom acquire Venice in 1866. Once papal Rome was annexed in 1870, the Risorgimento was complete, finally uniting Italy.

Summing up Garibaldi's contributions to the Italian state, Denis Mack Smith, a Garibaldi biographer, wrote, "There was little of the intellectual about Garibaldi, yet his simple radicalism sparked the first political awareness in many of his fellow countrymen and brought home to them the significance of nationality. Notwithstanding his turn toward socialism, he remained primarily a nationalist, but the object of his nationalism was always the liberation of peoples and not patriotic aggrandizement. To his embodiment of this aim he owes his eminent place in Italian history." ♦

Editor's note: The above summary of the life of Giuseppe Garibaldi only scratches the surface of this heroic, complicated man and the fascinating times in which he lived. Further reading is suggested.

le under the age of 15, the country has 120 people over 65."

News, Tips, Deals

Where Are The Americans?

It wasn't hard to notice something missing in Italy this past summer — Americans.

While the streets of Rome's big cities are fairly empty in August (Italians traditionally head for the beach and countryside), they were practically deserted this summer. The *New York*



Times reports the number of American visitors to major Italian cities was down 11 percent

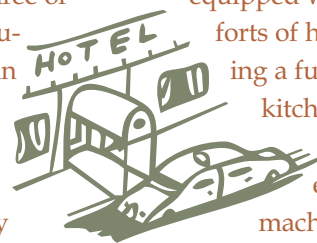
compared to previous summers.

Whereas frequent visitors to Italy might say fewer tourists make the experience that much better, the Italians aren't so happy about the trend. Tourism employs two million Italians

and accounts for one-twelfth of the economy, the *Times* reports. Japanese visitors were noticeably absent as well. The Italian newspaper, *La Stampa*, estimates Italy could lose \$2 billion in lost tourism revenue. The global economic slowdown and downturn in travel since 9/11 appear to be the culprits.

At Home in Firenze

The Ferragamo family (yes, the shoe family) has done it again. The proprietors of three of the most luxurious hotels in Florence (Hotel Lungarno, Hotel Gallery Art and Hotel Continental), the Ferragamos recently opened the Lungarno Suites, which combines apartment living with the services of a world-class hotel. Guests can stay in studios, one-bedroom or two-bedroom apartments and enjoy a concierge, 24-hour reception, daily maid service, high-speed Internet connection, business serv-



es on-demand and daily continental breakfast. Each unit comes equipped with the comforts of home, including a full-service kitchen complete with an espresso machine, dishwasher and microwave. Located directly on the Arno River in front of the Ponte Vecchio, the Lungarno Suites offers the ideal location. Sample rates: 305 euros per night for a studio; 2325 euros a per week for a one-bedroom apartment. Some apartments have balconies and terraces. For more information: (39) 05527268000; www.lungarnohotels.com

Help is Just a Phone Call Away...

Kudos to Rome's tourism gurus for creating the city's **Tourist Call Center**. Visitors to the Eternal City can get answers to any questions with a simple phone call. The phone line is open every day (including Saturday and Sunday) from 9 a.m. to 7 p.m. The professional, well-versed operators speak English, Italian, Spanish, French and German. Phone: (39) 06 36004399

Attention Spa and Wine Lovers

Through December 27th, 2002, Rome's Cavalieri Hilton is offering two luxurious packages sure to appeal to those

with fine tastes. *The Roman Spa Weekend* package includes two nights in a deluxe room with breakfast daily, plus a welcome gift of fruit, champagne and flowers. Guests receive complimentary entrance to the

hotel's 6,600 square-foot spa along with an amenities-filled sports bag. Price: 469 euros per person. The *In Vino Veritas Wine Tasting* package includes three nights in a deluxe room, breakfast daily, a bottle of wine

upon arrival and a one-hour wine tasting in the hotel's wine cellar. Additional wine tasting lessons are available. Price: 732 euros per person. For more information: (800) 445-8667; www.cavalieri-hilton.it



1 euro = \$.97 at press time

Naples Artec card

In order to keep pace with its metropolitan counterparts, Naples has introduced Artec card, a three-day pass that includes admission to six major museums and sites, public transportation and discounts on special events and exhibitions. The Artec card can be purchased online for 13 euros. For more information: www.napoliartecard.com



“One in ten Americans has

and Events



Hot Ticket in Padua

Padua's **Scrovegni Chapel**, product of famed Italian artist Giotto, reopened to great fanfare in March after a lengthy restoration. Groups of 25 visitors at a time can now see the



monumental work depicting scenes from the life of Joachim, the life of Mary and the life and death of Christ. Giotto's creation, painted in 1304 and 1305, inspired a



rediscovery of Roman and early Christian art. The chapel is part of the Eremitani Museum. Due to restrictions on the number of visitors allowed, book tickets as far in

advance as possible. Ticket price: 11 euros. For more information and to reserve tickets: (39) 049 20 100 20; www.cappelladegli-scrovegni.it

Coming to America: Michelangelo's Legacy



When *The Shadow of Genius: Michelangelo and the Art of Florence, 1537-1631* closes at Palazzo Strozzi in Florence September 29th, the collection of 160 works documenting Michelangelo's influence on his contemporaries will travel to America. The Art Institute of Chicago hosts the show from November 9 to February 2, 2003. From March 16 to June 8, 2003, the collection will be housed at The Detroit Institute of Arts. For more information: www.artic.edu; www.dia.org

Get Connected...

For those who can't live without the Internet, there's an easy solution to be found throughout Italy. **Internet Train** is the most popular Web access chain in the country. With the purchase of an access card, you can log on at any of Internet Train's locations in 53 Italian cities. Visit www.internettrain.it for locations and hours.

Something to look forward to...

Coming soon in *Dream of Italy*:

- Tuscany's Hidden Gucci and Prada Outlets
- Inside Rome's Finest Hotel Dining Rooms
- Celebrate The Holiday Season, Italian Style
- Insider's Tips for Opera Season in Verona



Noteworthy Travels

The folks at National Geographic Expeditions have put together a once-in-a-lifetime trip to Rome, the Amalfi Coast and Sicily in October 2003. Archaeologist Bob Hohlfelder, an expert in ancient Rome's maritime life, leads the 12-day tour. The tour begins in Rome where John Bredar, producer of the National Geographic special *Inside The Vatican*, gives a special insider's tour of the Holy See. Next, board a 38-passenger yacht to visit towns dotting mainland Italy and Sicily on the Tyrrhenian Sea. Stops include Capri, Pompeii, Agropolis, Reggio di Calabria and Palermo. Prices start at \$5,690 per person plus airfare. For more information: (888) 966-8687; www.national-geographic.com/ngexpeditions

Ciclismo Classico, which specializes in active vacations throughout Italy, has added an interesting new trip to its menu: Yoga Spin. The 8-day vacation, designed for all levels, features morning bicycle rides in Tuscany and afternoon yoga classes at the tour's country base, Fattori degli

Ugnoli (Farm of the Nightingales). The farm features completely renovated apartments, each with private bath. When not cycling or practicing yoga, participants have the opportunity to enjoy Italian lessons, cooking lessons and lectures on Tuscan history and art. Price: \$2,695 per person. 2003 departure dates (all Saturdays) include June 7, June 21, September 6 and September 20. For information: (800) 861-7314; www.ciclismoclassico.com

While the number of organized tours and programs in Italy drops significantly during the winter, Humanities Abroad continues to have fascinating offerings. This November, you can fill in the blanks of your knowledge of Italian history with two weeks in Florence studying The Quattrocento: Art and Politics in 15th Century Florence. The program includes 12 lectures by a university professor, guided tours and museum visits. The \$2,700 fee includes lodging at a 16th century palazzo. For more information: (800) 754-9991; www.humanitiesabroad.com

some Italian blood."

Theresa Maggio on Sicily



The granddaughter of Sicilian immigrants, author Theresa Maggio first visited her ancestral homeland more than 15 years ago. She has been enamoured with the island ever since, returning again and again to experience a world of deep tradition and bittersweet beauty. Maggio's latest book, *The Stone Boudoir: Travels Through The Hidden Villages of Sicily* (Perseus Publishing, 2002), is a collection of observations of small town Sicilian life. Based in the village of her ancestors, Santa Margherita, Maggio travels to the towns surrounding Mount Etna, describing everything from the landscape of volcanic stones to life in the shadow of the Mafia. Maggio's first book, *Mattanza: Love and Death in the Sea of Sicily* (Perseus Publishing, 2000), was named one of the best nonfiction books of 2000 by the Los Angeles Times and the Christian Science Monitor. Theresa Maggio shared her love of Sicily with Dream of Italy (DOI).

DOI: What about Sicily so captivates you that you keep returning?

TM: I have lots of friends there now and I go back to see them. But I also still have lots of territory to explore on my own, especially in the southern part of Sicily. I could say it's the people, the food, the hospitality, the varied landscapes (depending where you are it can look like the Alps, Colorado or Tunisia), but I think it's the (volcanic) stones calling me. Call me New Age.

DOI: What's your favorite place in Sicily and why?

TM: I have two favorite places: Favignana (off the west coast of Sicily) and Polizzi Generosa (inland). Favignana because it is a drop-dead beautiful island and Polizzi because of her well-preserved medieval architecture, towering position and truly generous population.

DOI: What has surprised you as you've traveled through Sicily?

TM: The survival of long expanses of sandy beaches without hotels, especially in Trapani province (Sicily's west coast). I hear they are more spectacular in Ragusa province (southern Sicily), which I don't know well. That's something that I look forward to exploring further. The way people are galvanized during religious festivals for patron saints is also interesting; they seem to

go into an altered state on a city- or town-wide level.

DOI: For those who haven't read your first book, *Mattanza*, can you explain what *mattanza* means and why you wanted to experience one?

TM: *La mattanza* means "the slaughter." It is the central rite of the tuna-hunting season. The *tonnaroti*, the traditional blue-fin tuna fishermen of Favignana, hunt with a stationary seven-chambered net. Each chamber has a name. The final room is called the chamber of death. On the day of the *mattanza*, the fishermen chant and sing a series of songs as they pull up the nets. Then teams of eight men gaff the tuna and heave them, thrashing, aboard their long boats. I didn't know what a *mattanza* was when I first saw one. I went back again and again to see a human ritual this ancient and try to understand this disappearing sub-culture.

DOI: You visited Santa Margherita, your grandparents' town destroyed by an earthquake in 1968. What did you find there?

TM: I first went there five years after the quake and found a town in ruins, the chiesa madre (church) split in two, sheep sleeping in palaces and my relatives in temporary barracks made of wood or corrugated metal. Since then, a new town has been built beside the old.

DOI: In *The Stone Boudoir*, you describe the night you spent in a cave home carved into the side of a mountain in Sperlinga (inland).

TM: Depends on the person. Somebody like me? Sure. The caves I slept in were uninhabited and so had no modern facilities. Others, which are still used as homes, have electricity and running water.

DOI: What do you recommend a traveler not miss when exploring Sicily?

TM: See Palermo: the Capella Palatina, La Martorana (an Arab-Norman church) La Vucciria street market, then get off the beaten path, pick a town in the mountains, find a bus from Palermo or Catania (on the eastern coast of the island) and go. Have no fear; most Sicilians are kind to strangers.

DOI: Do Sicilians consider themselves Sicilian rather than Italian?

TM: Yes and no. They resent the sign at the tip of the toe of the peninsula that reads "Welcome to Italy" when train travelers have just left Sicily. "What are we? Africa?" they ask. On the other hand, there are those of the south who would like to secede from the north. Or talk that way.

DOI: What's next for you? Do you plan to write another book about Sicily?

TM: I may well write another book about Sicily, but it won't be the next project. I may make a documentary about the Feast of Saint Agatha in Catania, and I have ideas for a book or film or both about an overlooked aspect of Neapolitan society. ♦

For more on Theresa Maggio, visit her Web site, www.theresamaggio.com.



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