

Historic Preservation and Sustainable Design in the Etruscan Hill Towns of Central Italy

October 21-31, 2019

36 AIA-Approved HSW Learning Units



Civita di Bagnoregio

Travel to the Etruscan Hill Town region of Italy to discover these intensely beautiful towns, landscapes and culture.

This 10-day travel program focuses on modern and historic design, sustainability, preservation, art and architecture in ancient hill towns and world-renowned UNESCO World Heritage Sites.

Email us at programs@civitainstitute.org for more information



CrossCulture



Perugia, Piazza IV Novembre

The Etruscan hill town civilization of central Italy was crucial to the development of Western culture, art, agriculture, and architecture.

But these environments have always been fragile, with geological instability, conflicts and time taking their toll on these rich cultural landscapes, requiring continual creativity, rebuilding, and stabilization.

These hill towns present a living laboratory of sustainable design efforts across history.

Join us in Italy for this small group tour and explore historical and modern design culture in an unforgettable series of experiences.

Your experiences will include:

- An insider's connections with The Civita Institute and the **famed hilltown of Civita di Bagnoregio**, an ancient Etruscan site that predates the founding of Rome.
- Travel to the **Etruscan hill town of Perugia** and a first hand look at a modern city with a highly preserved historic center.
- **Experience beautiful and evocative Siena**, with its high level of preservation plus modern insertions.
- Journey to the **mystical hill town of Assisi**, a World Heritage Site, with an array of preservation interventions that have made this a center for European art and architectural culture in the modern era.
- **View the sustainability efforts** spanning centuries in the fascinating Renaissance era "Ideal Town" of **Pienza**.
- Tour the phenomenal sites of **Tarquinia, Cortona, Tuscania** and the architectural masterpiece of the **Villa Farnese at Caprarola**.



Siena, Piazza del Campo

This small group tour features 36 AIA-approved HSW Learning Units, but is also designed to include individual exploration and unstructured solo time.

Intended not only for architects - but for anyone with an interest in experiencing the art, architecture and environments of this phenomenal part of the world, a region that has played such a crucial role in the history of world culture.



Civita di Bagnoregio. Photo by Tom Miller

Your travel guides and compatriots for this remarkable journey:



Nancy Josephson is current President of The Civita Institute, a nonprofit arts and architecture organization with facilities in Civita di Bagnoregio, Italy. Nancy has been connected with the architecture of Italy for over 35 years, which has deeply informed her career and leadership in sustainable design and development of schools and educational environments. She worked closely in Rome with the renowned Professor Astra Zarina, founder of the University of Washington Rome Center and one of the founders of The Civita Institute. Nancy is spear-heading various adaptive re-use projects with the Civita Institute in Italy.



Stephen Day is past President and chairperson for the Educational Programs and Facilities committees for The Civita Institute. Stephen also worked with Professor Astra Zarina in Rome and with others in developing The Civita Institute. Stephen is owner of Stephen Day Architecture in Seattle, a design firm specializing in the restoration and re-invention of historic properties. Stephen has lectured at national and international conferences on historic preservation and modern design in the context of historic architecture, including co-presentations on design with the U.S. National Park Service, the AIA and the National Trust for Historic Preservation.



In this collaboration between the Civita Institute and the nonprofit organization CrossCulture, this unique art and architecture-focused tour is **based in the ancient hill towns of Civita di Bagnoregio, Perugia and Siena.**

Participants will travel outward from these amazing towns to a fascinating series of world heritage sites in the center of the Etruscan hill town region, **including Tarquinia, Caprarola, Tuscania, Pienza, Orvieto, Cortona and Assisi.**

Join us in this amazing adventure.

Siena: Piazza del Duomo



Itinerary and Program Summary

First: Travel to Orvieto, Italy by your preferred means and route.

Day 1:

Monday October 21
Orvieto and Civita di Bagnoregio

Travel on your own to the beautiful Etruscan hill town of Orvieto, located on the main train line running between Rome and Florence, with many trains serving Orvieto daily. Arrive for your pick up at the Orvieto train station by mid-afternoon. Transport from Orvieto to Civita di Bagnoregio is included in the program costs. Check-in accommodations in Civita. Group Dinner and Welcome.

Stay in Civita di Bagnoregio at the historic Civita Institute houses and other historic lodging in Civita. All accommodations in Civita are private and include private bathrooms, some with private kitchens.

Dining: Dinner included, in the Renaissance era “Sala Grande” at The Civita Institute historic facilities.

Day 2:

Tuesday October 22
Civita di Bagnoregio

5 HSW Credits

Introduction and Tour of the phenomenal hill town of Civita di Bagnoregio, and the environmental sustainability features of the Etruscan Hill Towns.

Presentation focusing on seismic improvements to archaic masonry structures, with tour of typical Civita historic buildings, with various seismic conditions.

Visit nearby Lubriano to tour a modern seismic upgrade to a medieval tower in the center of this historic town and observe its system of naturalistic pathways into the ancient valley.

Tour the Museo Geologico e delle Frane in Civita di Bagnoregio to learn about the geological structure supporting the hill towns in this region, the seismic issues at play and design and engineering interventions completed in Civita and environs.

Stay in Civita di Bagnoregio at the Civita Institute houses and other historic lodging in Civita.

Dining: Breakfast, Lunch, Dinner included, in the “Sala Grande”, Civita Institute.

Day 3:

Wednesday October 23
Perugia

5 HSW Credits

Travel to Perugia, arrive late morning.

Tour Perugia, a world-renowned center of art, and its major modern interventions woven into the context of world heritage historic architecture and urbanism.

Tour Perugia’s “Minimetro” transit system integrated into the historic Etruscan hill town geology, designed by Atelier Jean Nouvelle (Paris), connecting newer areas to the ancient town.

Tour Perugia’s unique system of vertical transportation (escalators, elevators) carefully integrated through the rock base of the hill town, linking parking garages and transit to the largely auto-free historic center crowning the top of the hill town.

Tour the Rocca Paolina, a historically-unique Renaissance era enclosure of a large medieval quarter of the city, all under one common series of roofs, with ancient streets and buildings gathered, intended as both a means of protection and control.

Stay in Perugia at the Hotel Locanda Della Posta, located in the historic center.

Dining: Breakfast, Dinner included, Lunch on own.

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Itinerary and Program Summary

Day 4:

Thursday October 24
Perugia and Assisi

5 HSW Credits

Travel from Perugia to nearby Assisi, arrive late morning. Assisi is one of the most significant religious/cultural/architectural pilgrimage sites in the world.

Tour the landscape and approach to hill top Assisi, seeing the remarkable environmental relationships between the hill town, cathedral and surrounding Umbrian countryside.

Tour the extremely important seismic installations in the Basilica of San Francesco, installed following the collapse of vaulting and destruction of world-renowned frescoes in a 1997 earthquake. These structural and public safety campaigns resulted in an innovative series of preservation and restoration interventions that protects people and cultural heritage.

Tour the town of Assisi, with numerous examples of both vernacular and civic architecture dating from Roman, Medieval, Renaissance and more recent eras, showing various seismic improvements means and methods for archaic masonry and wood structures.

Tour the modern parking and transport infrastructure supporting Assisi's enormous influx of visitors each year, allowing the flow of huge numbers of visitors while still protecting the historic preservation integrity of this UNESCO World Heritage site.

Stay in Perugia at the Hotel Locanda Della Posta, located in the historic center.

Dining: Breakfast, Dinner included, Lunch on own.

Day 5:

Friday October 25
Perugia and Cortona

4 HSW Credits

Perugia morning: Tour examples of seismic upgrades and public safety improvements added to notable historic structures in the city center.

View a series of Perugia's Etruscan, Roman and Medieval walls and portals surrounding the city to illustrate both historic preservation and historic layering through the centuries.

Travel in the afternoon to nearby Cortona, one of the oldest human settlements in Europe. The hill town of Cortona is believed to have been occupied long before the Etruscans arrived, and eventually became part of the Etruscan confederation. Cortona is a quintessential Etruscan hill town, with a beautiful, well-preserved historic center situated on a high butte with extraordinary views and agricultural landscapes surrounding it.

Tour Cortona's historic preservation of its Etruscan/Roman/Medieval town plan, its layered Etruscan and Roman walls, with important buildings constructed here through the Renaissance and beyond.

Stay in Civita di Bagnoregio at the Civita Institute houses and other historic lodging in Civita.

Dining: Breakfast, Dinner included, Lunch on own.

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Itinerary and Program Summary

Day 6:

Saturday October 26
Tarquinia, Tuscania,
Caprarola

5 HSW Credits

Travel to Tarquinia, ancient center of Etruscan culture, situated above the Mediterranean Sea.

Tour the UNESCO World Heritage site of Tarquinia's Etruscan acropolis, an example of the integration of a cultural landscape and a naturalistic ancient landscape.

Tour the beautiful medieval town with its evocative displays of Etruscan art, and view modern seismic interventions made at the town hall and neighboring structures.

Travel to the ancient hill town of Tuscania, an Etruscan walled city of great beauty; observe historic restoration and seismic improvements since an earthquake caused extensive damage and loss of life in 1971.

Travel to the Villa Farnese at Caprarola, one of the most famous examples in architectural history of a villa that integrates landscape design, naturalistic features, dynamic architecture and geography into an environmental tour de force.

Return to Civita di Bagnoregio.

Stay in Civita di Bagnoregio at the Civita Institute houses and other historic lodging in Civita.

Dining: Breakfast, Dinner included, Lunch on own.

Day 7:

Sunday October 27
Pienza and Siena

3 HSW Credits

Travel to Pienza and onward to Siena.

In Pienza, tour significant historic structures in this architecturally-renowned, UNESCO World Heritage site, an "Ideal Town" of the Renaissance era that includes a series of structural interventions attempted over the past 500 years aimed at enhancing the safety of the town's inhabitants, geological sustainability and preservation of this beautiful (but fragile) hill town.

It was in Pienza that Renaissance era idealized urban planning concepts were first put in place in a deliberate and substantial manner, based on the work of Leon Battista Alberti.

Travel from Pienza to the historic center of Siena, a UNESCO World Heritage site, and one of the largest, most intact, medieval hill towns in Europe. Situated on a series of dramatic ridges and promontories, Siena was created and added to by successive generations as a living, sustainable work of culture, art and architecture that is integrated into the geological and natural environment.

Stay in Siena at the Hotel Athena, located in the historic center.

Dining: Breakfast, Dinner included, Lunch on own.

Itinerary and Program Summary

Day 8:

Monday October 28 **Siena**

4 HSW Credits

Tour Siena, one of the great cities of Italy, and in particular Siena's Ospedale di Santa Maria della Scala, a highly significant heritage site, opposite Siena's famed Duomo. Important in the history of world art, architecture, and urbanism, the vast Ospedale complex was one of the first hospitals and social welfare establishments in Europe for children, the poor, travelers and pilgrims on a large urban scale.

The Ospedale stands out in modern times as an extraordinary example of adaptive re-use/historic preservation, a rehabilitation completed under the direction of architect Guido Canali. Now operating as a multi-story museum that is arranged on various strata of this complex structure, built up over centuries, in some parts excavated directly into the geology of Siena. It presents one of the most significant examples in Europe of a modern series of museum and interpretive interventions, woven into a structural assembly of remarkable art and architectural spaces, created across several centuries.

Learn about Siena's extraordinary complex of historic structures and gardens, woven together across time, creating a self-sustaining system encircled by medieval walls, with water supplies, vegetable gardens and fruit orchards that historically supplied the population within the protected City-State. Siena presents an early and significant example aimed at urban balance and sustainability, with lessons for modern cities.

Stay in Siena at the Hotel Athena, located in the historic center.

Dining: Breakfast included, Dinner and Lunch on own.

Day 9:

Tuesday October 29 **Siena and Orvieto**

3 HSW Credits

Travel from Siena to Orvieto, a highly significant hill town with Etruscan underpinnings and important cultural treasures dating from the past 2,500 years.

Tour Orvieto's massive geological/environmental sustainability projects, integrating structural reinforcement of this ancient Etruscan hill town with parking garages and vertical transportation: infrastructure as a means of geological stabilization, erosion control and traffic control.

Tour Orvieto's historic center as an example of a sustainable and sophisticated historic preservation of a delicate, ancient cultural center, largely free of automobiles.

Tour Orvieto's series of public spaces linked to the train station below by a funicolare, leaving the town dominated by pedestrian-friendly streets.

View Orvieto's Cathedral (architecturally related to the Cathedral of Siena).

Return to Civita di Bagnoregio.

Stay in Civita di Bagnoregio at the Civita Institute houses and other historic lodging in Civita.

Dining: Breakfast, Dinner included, Lunch on own.

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Itinerary and Program Summary

Day 10:

Wednesday

October 30

Civita di Bagnoregio

2 HSW Credits

Tour Civita di Bagnoregio and environs and an innovative system of modern geological sustainability measures, designed to prevent loss of life and protect irreplaceable cultural features of this ancient but fragile hill town. Observe the effects of intense tourism pressures that can at times exacerbate environmental degradation and discuss possible solutions.

Stay in Civita di Bagnoregio at the Civita Institute houses and other historic lodging in Civita.

Dining: Breakfast, Lunch, Dinner included.

Day 11:

Thursday October 31

Civita di Bagnoregio

Departure Day

Farewell Breakfast in Civita di Bagnoregio included.

Program ends, depart Civita di Bagnoregio, transportation to Orvieto train station provided.

Grazie e Buon viaggio!

Additional notes regarding AIA learning units and this program. AIA requires notification of the following information. This program course material level is intermediate. Delivery method is face-to-face and will be given on the dates indicated in this Itinerary only. Pre-requisite knowledge that would be helpful includes a general awareness of art and architectural history. Payment for this course is non-refundable. However, if this program and its courses are cancelled, payment will be refunded in full. Any complaints about this program of courses may be directed to programs@civitainstitute.org. The Civita Institute is a recognized provider of the AIA Continuing Education System and is responsible for reporting attendance at this class to AIA within 10 business days after the conclusion of the program. Learning units shown for a particular day will be earned by a participant to the extent that such participant is present for that full day course. A participant may opt out of a specific day-long course but if so will not earn the AIA credits for that day.



Basilica of San Francesco, Assisi

The Traveler Experience and Expectations:

This 10-day program involves extensive walking, typically in rustic historic hill towns, often involving stairs, without handicap accessibility. Travelers must be in good physical condition and comfortable with all-day walking explorations. Motor excursions between sites involve passenger van trips, traveling over a variety of road types.

Traveler costs:

\$3,850 per person, based on single occupancy. For double occupancy, \$3,600 per person.

Deposit: A nonrefundable \$500 deposit per person is required to hold a space. Capacity is very limited in this small group program. Deposits may be made by check payable to CrossCulture and mailed to The Civita Institute at 1326 5th Avenue, Suite 650, Seattle, WA 98101 USA. Tel: (206) 625-1511, Attention Stephen Day. Simultaneously email your intent to register by contacting us at programs@civitainstitute.org and note you are sending a deposit and enrolling in the Historic Preservation and Sustainable Design in the Etruscan Hill Towns of Central Italy program.

Final Payment (less the \$500 per person deposit) is required on or before July 1, 2019, with payment by check as described above regarding deposits.

Included: All ground transportation in air-conditioned passenger van, beginning with pickup in Orvieto and concluding with return to Orvieto at the conclusion of the program; 10 nights of accommodations divided between Civita di Bagnoregio, and 4-star hotels in Perugia and Siena (accommodations in Civita include a choice between historic house lodging at the Civita Institute facilities and historic B&B, first come first served); meals included/excluded as summarized in the itinerary attached; tour guides and museum fees that are part of the program; AIA learning units; one-year membership in The Civita Institute.

Exclusions, Conditions: Airfare and other transportation required to reach Orvieto prior to the program and from Orvieto after the program ends; passport and visa fees; personal expenses; laundry; meals not specified in the itinerary; travel and trip cancellation insurance; medical insurance (required); all other items not specifically mentioned in the itinerary. Although unlikely, this program, prices, hotels and itinerary are subject to change due to circumstances outside our reasonable control. We reserve the right to modify the program and to make final decisions on the selection of program participants. Civita Institute Visitor Conditions apply to all participants and are available at www.civitainstitute.org (under "Civita Houses" tab).

Accommodations in Civita di Bagnoregio (6 Nights)

The central home base for the program for 6 out of 10 nights is the renowned hill town of Civita di Bagnoregio.

Civita is an ancient Etruscan hill town known internationally for its great beauty and remarkable historical integrity. The town has no automobile traffic, and this fact combined with its medieval and Renaissance era buildings gives it a remarkable and evocative character.

Program participants will have a choice (first come, first served) between lodgings in the Civita Institute's restored historic, private apartments, or in one of the historic restored bed & breakfast establishments that we have arranged for this program.

Program group meetings and dining in Civita, when not at restaurants in the town, will be in the Renaissance-era "Sala Grande" gathering space in The Civita Institute's facilities, with its grand fireplace and atmosphere.

More information on these accommodations and how to reserve your lodging space and your place in the program is available by contacting us at: programs@civitainstitute.org.



Accommodations in Perugia (2 Nights) and in Siena (2 nights)

Perugia accommodations will be in the Hotel Locanda della Posta, located in the heart of the historic center of this ancient city. The 4-Star Locanda della Posta has been welcoming guests to Perugia since the late 18th Century.



Detail of Siena decorative stucco and stonework



Perugia: Palazzo dei Priori

Siena accommodations will be in the Hotel Athena, in Siena's historic center, with views of the surrounding countryside. The 4-Star hotel is located just within Siena's historic walls, within walking distance of Piazza del Campo, Piazza del Duomo and Santa Maria della Scala.

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