

ATLANTIC TRAVEL & TOURS

SOUTHERN EUROPE AND ATLANTIC ISLANDS SENIOR TRAVEL

**RELAX AND CULTURE: UNMISSABLE EXPERIENCES FOR SENIOR
TRAVELERS IN SPAIN, PORTUGAL, ITALY, MALTA, GREECE, THE
CANARY ISLANDS, THE AZORES AND MADEIRA**



FROM THE CEO - FOUNDER

Dear travelers,

Imagine rediscovering the pleasure of traveling at a gentle pace, without rush, allowing yourselves to be guided by curiosity and the landscapes that surround you.

Every place has a story to tell, every experience is an invitation to live in the moment, to **feel the rhythm of each destination and to savor its true essence.**

Picture leisurely walks through historic towns, along narrow streets that preserve ancient traditions, or moments of tranquility immersed in timeless natural landscapes. Let yourselves be embraced by the atmosphere of cultural cities, museums, local markets, rolling hills, and lakes that invite pause, reflection, and enjoyment.

This brochure is an invitation to dream with open senses: each page offers ideas, colors, scents, and inspirations to help you imagine a journey designed entirely for you. It is not just a collection of destinations, but a guide to experiences that combine **culture, nature, and comfort**, allowing you to fully enjoy every moment.

Turn these pages with curiosity, **let yourselves be inspired**, and begin planning a journey that celebrates the joy of discovering the world in your own way.



Steve Tabacchi

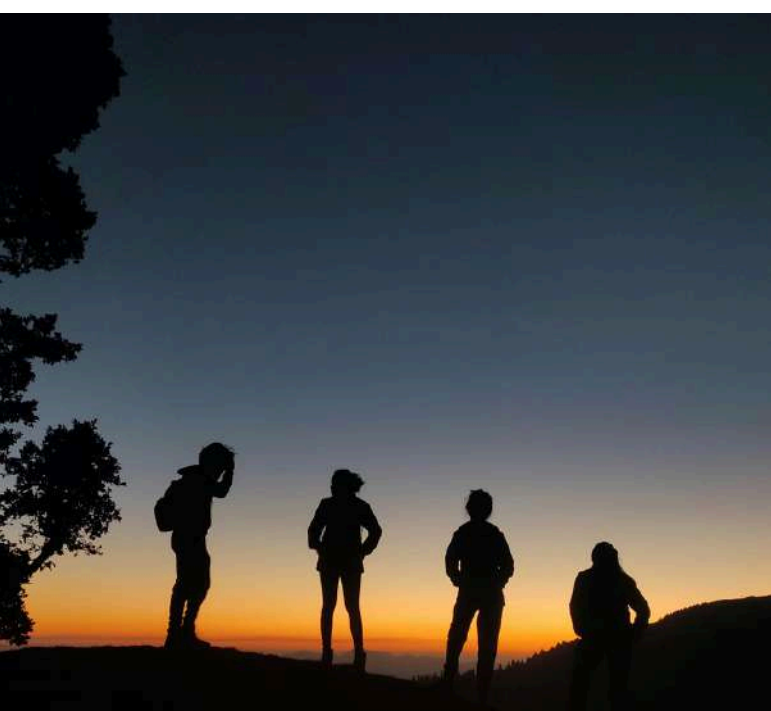
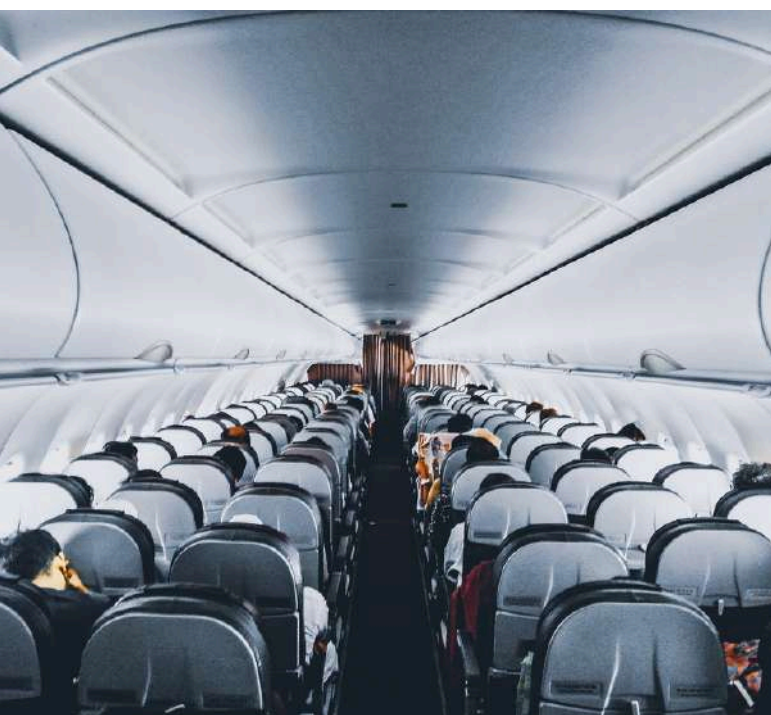
DR. STEVE TABACCHI
CEO - FOUNDER
ATLANTIC TRAVEL & TOURS



**WHY TRAVEL
WITH US**

**DISCOVER WHY OUR
TOUR OPERATOR IS
UNIQUE AND
UNRIVALED!**

BESPOKE TRAVEL FOR EVERYONE



OUR TRAVEL ITINERARIES

We exclusively curate itineraries for innovative and original travel experiences that diverge from the conventional paths of mass tourism. Our aim is for each customer to be the protagonist of their own journey.

OUR TRAVEL CLASSES

We arrange travel for the following categories:

- **FIRST**
- **PREMIUM**
- **ECONOMY**

WE ORGANIZE ITINERARIES USING THE FOLLOWING TRANSPORTS



CAR

- ✓ RENTAL



VAN

- ✓ RENTAL
- ✓ SCHEDULED TOURS WITH DRIVER



COACH

- ✓ RENTAL WITH DRIVER
- ✓ SCHEDULED TOURS WITH DRIVER



MOTORHOME

- ✓ RENTAL



MOTORCYCLE

- ✓ CHARTER SERVICES
- ✓ TAILOR MADE TRAVEL ITINERARIES

PRIORITY CHECK-IN AND CHECKED BAGGAGE

Bid farewell to lengthy check-in queues! With our priority check-in service, you can swiftly obtain your boarding pass and check in your baggage. We are consistently prepared to provide this option, contingent upon airline availability, to enhance your travel experience, whether you are flying in premium or economy class. **Do not squander time; opt for comfort!**



NO QUEUES AT THE AIRPORT WITH THE FAST TRACK SERVICE



We understand the frustration of enduring lengthy waits at airport security. Therefore, we consistently incorporate fast track access into our travel packages, allowing you to bypass the queue and enjoy a stress-free experience.

The service is contingent upon the availability at each airport, thus we cannot assure its constant accessibility. Nevertheless, we are pleased to announce that it has been implemented in the majority of the airports we utilize. **Seize this opportunity!**





COMFORT IN AIRPORT LOUNGES

Once reserved solely for business and first-class passengers, airport lounges are now available to travelers in other classes as well. We provide the highest level of comfort and luxury to ensure your airport experience is memorable. In our travel packages, we consistently strive to include access to these exclusive areas at both departure and arrival points (subject to airport and airline availability). Relax, indulge in culinary delights, savor fine beverages, and enjoy refreshing showers, all within elegant and tranquil settings. **Seize this exceptional opportunity!**









OTHERS SERVICES

OUR EXCEPTIONAL PARTNERSHIPS WITH DIVERSE SUPPLIERS ENABLE US TO PROVIDE OUR CUSTOMERS WITH THE FINEST OF THE FOLLOWING SERVICES

ADVANCED LUGGAGE SHIPPING
TOURIST VISAS
CURRENCY EXCHANGE
INSURANCE POLICIES



	AUD	7.01
	NZD	5.05
	JPY	0.0913
	GBP	11.23
	EUR	9.71
	SGD	5.35
	CHF	7.01



ALWAYS TRAVEL WITH A PREMIUM DISCOUNT!



-20%

- **ACTIVE YEAR-ROUND**
- **FOR ALL CATEGORIES OF TRAVELERS**
- **NO MINIMUM SPENDING THRESHOLD REQUIRED**



TRAVEL PHOTOGRAPHER

FOR AN UNFORGETTABLE TOUR
FOREVER



Certain journeys hold a unique significance: a honeymoon, a wedding anniversary marked by the renewal of vows, or cherished moments spent with close friends or family. Such beautiful occasions will be immortalized through professional photography and videography. Should you wish to incorporate this option into your upcoming trip, we are pleased to provide assistance with photographers who can transform your experience into a lasting memory.



ONE FREE INDIVIDUAL FOR EVERY 15 PAYING CUSTOMERS

Take advantage of our **perpetually active** promotion. If you can gather a **minimum of 15 individuals**, one person will receive a **complimentary** trip. Consider anyone who might be interested among family, friends, colleagues, or others. Additionally, if you require a tour leader or tour guide to assist you and your group throughout the entire tour, we can provide this service as well



OUR COMMITMENT TO ENVIRONMENTAL PROTECTION AND CANCER RESEARCH



THROUGH OUR TRIPS, WE AIM TO PROVIDE OUR CUSTOMERS WITH THE OPPORTUNITY TO **SUPPORT** NON-PROFIT ORGANIZATIONS DEDICATED TO ADDRESSING THE FOLLOWING GLOBAL CHALLENGES.



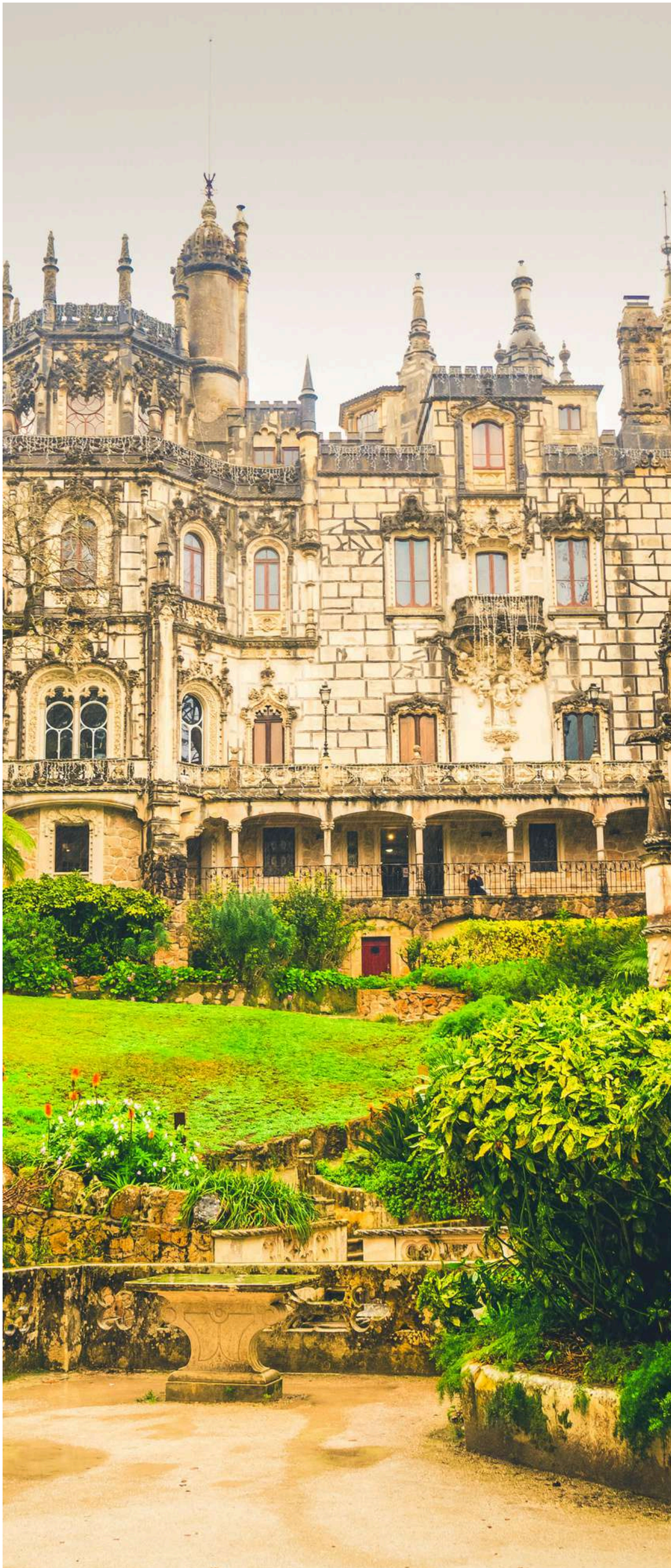
- **CONSERVATION OF PLANT AND ANIMAL LIFE**
- **GLOBAL WARMING**
- **CANCER RESEARCH**



**WHY CHOOSE SOUTHERN
EUROPE AND THE ATLANTIC
ISLANDS FOR SENIOR
TRAVELERS**

DISCOVER SPAIN, PORTUGAL, ITALY, MALTA, GREECE AND THE ATLANTIC ISLANDS, AND LET YOURSELVES BE INSPIRED BY ITINERARIES DESIGNED TO BE ENJOYED AT A RELAXED PACE, THROUGH AUTHENTIC LANDSCAPES, CULTURAL EXPERIENCES, AND PLACES FAR FROM MASS TOURISM, FOR A JOURNEY THAT IS RELAXING, COMFORTABLE, AND DEEPLY MEANINGFUL

SOUTHERN EUROPE FOR OVER-65S: BALANCED PACE, ACCESSIBLE LANDSCAPES, AND WIDESPREAD CULTURE



Some journeys don't need to be intense to be meaningful. For those over 65, the experience is built on balance, understanding places, and quality time, rather than the number of stops. The journey becomes more linear, with targeted movements and greater attention to comfort, usability of spaces, and the ability to experience each context without being forced.

Southern Europe, including Spain, Portugal, Italy, Malta, and Greece, along with the archipelagos of the Canary Islands, the Azores, and Madeira, offers a variety of settings particularly suited to this type of trip, thanks to a combination of mild climate, well-established infrastructure, and a strong presence of historic centers and easily accessible landscapes.

In these destinations, the landscape presents itself in diverse yet generally understandable and accessible forms. The Mediterranean coasts offer continuous seafronts, developed urban centers, and simple connections, while the Atlantic islands feature more natural yet often well-organized environments, with structured routes and accessible viewpoints. The alternation between sea, city, and rural areas allows for a seamless journey.

Pace is a key element. Itineraries tend to reduce frequent travel, favoring longer stays in the same place and less fragmented days. This allows for the integration of cultural visits, relaxation, and light activities without overwhelming the experience.

The cultural component is particularly significant, but is experienced more selectively. In Italy and Spain, museums, archaeological sites, and historic centers are often easily accessible and well-organized; in Greece and Malta, the historical heritage is concentrated and easily accessible even in a short time; in Portugal, a more relaxed dimension emerges, linked to medium-sized cities and coastal landscapes.

A distinctive feature of this area is the ability to create flexible itineraries: city breaks with comprehensive services, short trips to natural settings, or stays on well-connected islands. The Atlantic archipelagos also offer interesting options, with natural environments but adequate infrastructure and a generally slower pace.

In this context, travel is defined by simplicity, continuity, and the quality of the experience. It's not about reducing options, but rather selecting them more consciously, creating a journey that values time, comfort, and the opportunity to experience each place without pressure.

WHY CHOOSE SOUTHERN EUROPE FOR AN OVER-65 TRIP?

A WAY OF TRAVELLING BUILT ON TIME, SIMPLICITY AND THE CONTINUITY OF PLACES

Travel for those over 65 isn't measured by the amount of travel, but by the quality of the experience and the ease with which places can be explored. It's a way of traveling that prioritizes regular rhythms, short distances, and contexts where the enjoyment of spaces doesn't require logistical complexity. Southern Europe is particularly suited to this approach because it offers a balanced combination of well-organized cities, accessible coastal areas, and island territories with consolidated infrastructure. The context of Spain, Portugal, Italy, Malta, and Greece, along with the Canary Islands, the Azores, and Madeira, allows for the creation of very different itineraries, all united by the presence of widespread tourist services and good general accessibility.

EASILY ACCESSIBLE URBAN AND NATURAL CONTEXTS

In Italy, beyond the major cities, less central locations are more suitable, such as Trieste, with its Adriatic views and flat paths along Molo Audace, or Lucca, where the fully walkable Renaissance city walls create a continuous, level route. Areas like Lake Iseo, with towns like Iseo, also offer a slower and less crowded pace.

In Spain, rather than the more well-known large cities, more suitable destinations are San Sebastián with the Playa de la Concha bay, or Oviedo, with its compact historic center and easy access to the surrounding green spaces. Cáceres also offers a less crowded medieval city, fully preserved and easily walkable.

In Portugal, instead of the more well-known areas, better places are Évora, nestled in the Alentejo hinterland and characterized by a compact historic center, or Coimbra, where the university dimension creates a balance between services and livability. The Alentejo region, with villages like Monsaraz, also offers a very uncongested environment.

In Greece, quieter alternatives to the main destinations include Nafplio, with a continuous seafront and a compact urban structure, or Kalamata in the Peloponnese, less touristy but well-organized and flat. Islands like Syros also offer elegant urban centers but less crowded than the more popular destinations.

In addition to the main hubs, Malta's small size also allows for a good experience in more secluded areas such as Marsaxlokk, known for its traditional port and local pace, or inland areas of Gozo such as Xaghra, where tourism is less concentrated and movement is more fluid.

AN EXPERIENCE BUILT ON STABILITY AND USABILITY

Travel at this stage of life tends to favor longer stays in the same place, reducing frequent changes and favoring better daily organization. This allows for a mix of cultural visits, relaxation, and light activities without pressure. The Azores and Madeira add a broader yet still accessible natural dimension, with landscapes organized to be experienced through scenic routes and well-distributed observation points. Overall, Southern Europe offers a travel model suitable for those over 65, based on balance, accessibility, and continuity: an experience that doesn't require complexity, but allows you to experience the region with peace of mind, adapting your pace to your needs.





UNFORGETTABLE TAILOR-MADE TRIPS FOR OVER-65S

A trip to Southern Europe for those over 65 is more than just a vacation: it's an opportunity to explore extraordinary landscapes, discover authentic villages, immerse yourself in the local culture, and experience moments of relaxation far from the frenzy of mass tourism.

For this reason, it should never be a standard package, but a carefully and attentively designed experience, conceived for your pace, your passions, and your history.

Our approach to creating trips for seniors 65 and over is based on a fundamental principle: each itinerary must be unique and reflect the needs of those who travel slowly, seeking comfort, accessibility, and authenticity.

We listen to your desires, understand your pace and travel style, and create an itinerary that makes every stage of this experience special.

Every detail is carefully studied:

- Choice of destinations, from historic villages to little-known hamlets, quiet beaches and natural parks with accessible trails
- Pace of the itinerary, to enjoy every experience without rushing and without stress
- Experiences along the way, such as scenic walks, visits to local museums and galleries, food and wine tastings, and short excursions immersed in nature
- Selection of the most comfortable, welcoming and charming facilities, away from the most crowded tourist routes

The result is an authentic, balanced, and deeply personal journey, designed to offer moments of relaxation, discovery, and pleasure, transforming each stop into a lasting and precious memory.

EXPERIENCES THAT MAKE A TRIP FOR OVER-65S IN NORTHERN EUROPE UNIQUE BETWEEN USABILITY, CONTINUITY AND SIMPLIFIED PACE



A JOURNEY BUILT ON THE LEGIBILITY OF SPACES AND EASE OF MOVEMENT

In the travel experience for those over 65, the experience is defined by simple travel, clear itineraries, and the opportunity to experience the places without logistical complexities. Southern Europe lends itself to this approach because it offers a combination of well-organized urban centers, linear coastal regions, and island areas where distances are short and services are widespread. Spain, Portugal, Italy, Malta, and Greece, along with the Canary Islands, the Azores, and Madeira, allow for itineraries where movement is gradual and easily manageable.

EXPERIENCES BASED ON REAL ACCESSIBILITY AND SIMPLE USE OF THE TERRITORY

In Italy, travel can unfold through contexts where urban use is linear and connections are intuitive, with cities that combine culture and services without requiring complex travel. In Spain, many coastal and urban areas are organized across large, flat surfaces, with a strong presence of waterfront promenades and modern infrastructure. In Portugal, the structure of urban centers favors gradual mobility between well-connected historic and contemporary areas. In Greece, the distribution of cities and islands allows for measured travel and a concentrated experience of the main points of interest. In Malta, the small size of the territory eliminates long distances and facilitates continuous, organized visits.

A JOURNEY BUILT ON STABILITY, PREDICTABILITY AND QUALITY OF TIME

Traveling for those over 65 isn't about the sheer variety of experiences, but rather the ability to maintain a stable and predictable pace. What becomes important is the continuity of the stay, the reduction of complex travel, and the presence of easily accessible services, allowing the trip to be enjoyed without interruptions or frequent adjustments. In this type of experience, the value isn't tied to the number of places visited, but to the quality of the time spent in each context, with a progressive reduction in logistical stress and greater attention to the daily usability of spaces.

WHEN TO GO ON A TRIP FOR OVER-65S IN SOUTHERN EUROPE AND THE ATLANTIC ISLANDS



Spring in Southern Europe marks a transitional phase in which the climate stabilizes and the landscapes gradually become accessible again after the more variable months. In Spain, Portugal, Italy, Greece, and Malta, along with the Canary Islands, the Azores, and Madeira, the landscape boasts mild temperatures, vibrant vegetation, and less tourism than in the summer months. It's a season suited to itineraries spanning coastal cities, historic town centers, and uncrowded rural areas.

Summer represents the region's greatest openness and accessibility. The Mediterranean coasts become fully accessible, as do the islands and inland areas, connected by more active tourism infrastructure. During this period, Southern Europe displays its greatest diversity: from historic cities to coastal regions, to the Atlantic islands where the climate remains more stable compared to the high continental temperatures. It is a season characterized by long days and a strong continuity of outdoor activities.

Autumn ushers in a more balanced phase of travel, with still favorable weather conditions but a significant decrease in crowds. Urban areas are more easily accessible, coastal landscapes maintain mild temperatures, and inland regions take on a slower, more regular feel. It's a suitable time for those seeking a more organized experience of the region, with less compressed visit times and a greater continuity of experience.

Winter in Southern Europe varies by geographical area, but generally remains accessible and more basic than in other European regions. The main cities remain accessible and well-organized, while the Atlantic island areas offer relatively milder weather than the mainland. It's a season that favors a more intimate experience, with less intense itineraries and a greater focus on staying in place rather than traveling frequently.

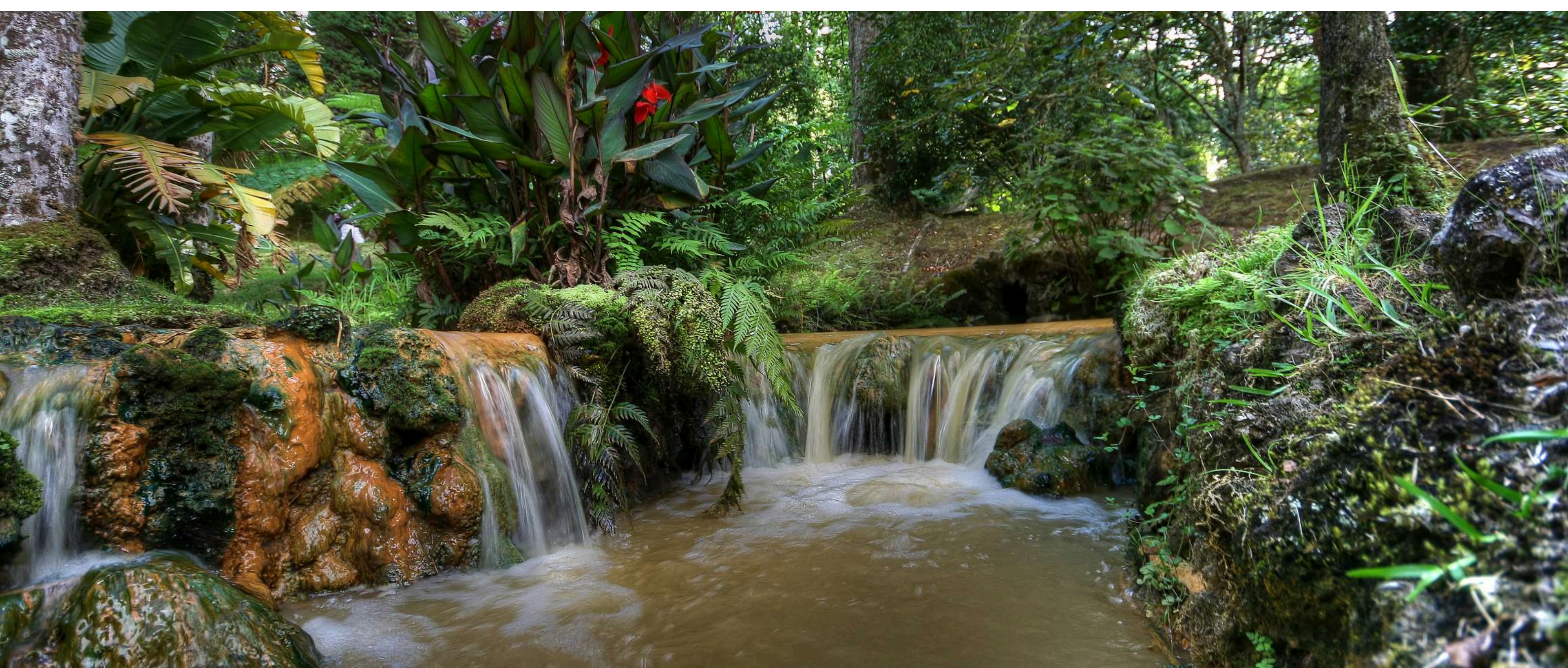
10 TRAVEL SCENARIOS THAT EXIST ONLY IN SOUTHERN EUROPE AND THE ATLANTIC ISLANDS

In Southern Europe—including Spain, Portugal, Italy, Malta, and Greece, along with the Canary Islands, the Azores, and Madeira—there are activities that are not built around the major tourist capitals, but in lateral, coastal, or island territories where daily life follows local rhythms and spaces are still fully identifiable. These are forms of travel that arise from sparsely urbanized, rugged coastlines, sprawling archipelagos, rural hinterlands, and secondary cities, where tourism has not altered the original structure of the places. The value lies not in fame, but in the continuity between the environment, human presence, and landscape.

Among the most suggestive:

- Travel the quiet coasts of the Alentejo, between cliffs and isolated villages - In the Alentejo, the coast between Vila Nova de Milfontes and Zambujeira do Mar is characterized by high cliffs, wide beaches, and quiet roads. Connections between small towns are along scenic stretches where the landscape dominates over the urban sprawl.
- Traveling around Greece's smaller islands at a local pace and through secondary ports - In the Cyclades archipelago, islands like Sifnos and Amorgos offer an experience based on local maritime connections, small ports, and towns scattered along the coast, where movement between one bay and another occurs without major tourist infrastructure.
- Experience Galicia's coastal countryside between the ocean and small ports - In Spain, Galicia alternates stretches of Atlantic coast with fishing villages like Muxía and Combarro, where the landscape is defined by the open sea, stone, and small settlements still linked to traditional fishing.
- Exploring Sicily's interior, through rural villages and hilly landscapes - In Italy, the Sicilian hinterland between Noto and Ragusa Ibla offers a hilly landscape of small historic towns, secondary roads, and agricultural lands where tourism is less concentrated than on the coast.
- Traverse the less-traveled volcanic regions of the Azores - In the Azores, islands such as São Jorge and Flores feature volcanic landscapes, crater lakes, and small settlements scattered along the coast, with local transport links that follow the natural contours of the land.
- Traveling around the less touristy Canary Islands - In the Canary Islands, in addition to the main destinations, islands like La Gomera and El Hierro offer routes through forests, volcanic craters, and small towns where the tourist density is much lower.
- Travelling along Malta's eastern coast among fishing villages - In Malta, the Marsaxlokk area and the coastal stretches towards Delimara retain a local feel linked to fishing and small ports, with a slower pace of life than the main urban areas.
- Trekking through the mountainous hinterland of Epirus in northwestern Greece - In Greece, the region of Epirus between Zagori and stone-built villages like Papigo offers a remote mountain landscape, with stone bridges, natural gorges, and small, isolated settlements.
- Crossing the Western Algarve between cliffs and secluded bays - In Portugal, the strip between Sagres and Costa Vicentina features cliffs, hidden beaches, and small villages far from the region's more developed centers.
- Navigate the less-frequented coasts of the Northern Aegean - In addition to the more popular destinations, the Northern Aegean region of Greece offers islands like Icaria and Lemnos, where the landscape is characterized by open bays, small local ports, and sparse maritime connections. Travel is regulated by regional ferries and a limited tourist presence, with coastal villages that retain a strong local identity.

Taken together, these experiences tell the story of a Southern Europe parallel to the more well-known itineraries: a system of secondary territories made up of less urbanized coasts, peripheral islands, agricultural hinterlands, and local villages, where the journey is built on a direct relationship with the landscape rather than its touristic representation.





THE MOST CHARMING ACCOMMODATIONS FOR A TRIP FOR OVER 65S

A trip to Southern Europe isn't defined solely by the destinations, but also by the places you stay, where the connection with the landscape and local history becomes an integral part of the daily experience. Between Spain, Portugal, Italy, Malta, and Greece, along with the Canary Islands, the Azores, and Madeira, accommodations aren't just bases, but different ways to experience the light, the sea, the historic cities, and the rural landscapes.

In Spain, we move from rural cortijos in Andalusia to contemporary oceanfront structures in the Canary Islands, where the volcanic landscape becomes part of the experience.

In Portugal, your stay alternates between historic quintas in the Alentejo hinterland, small hotels overlooking the Atlantic in the Algarve, and accommodations immersed in the pristine nature of the Azores, where the volcanic landscape and the islands' isolation make the experience even more essential and connected to the surrounding environment.

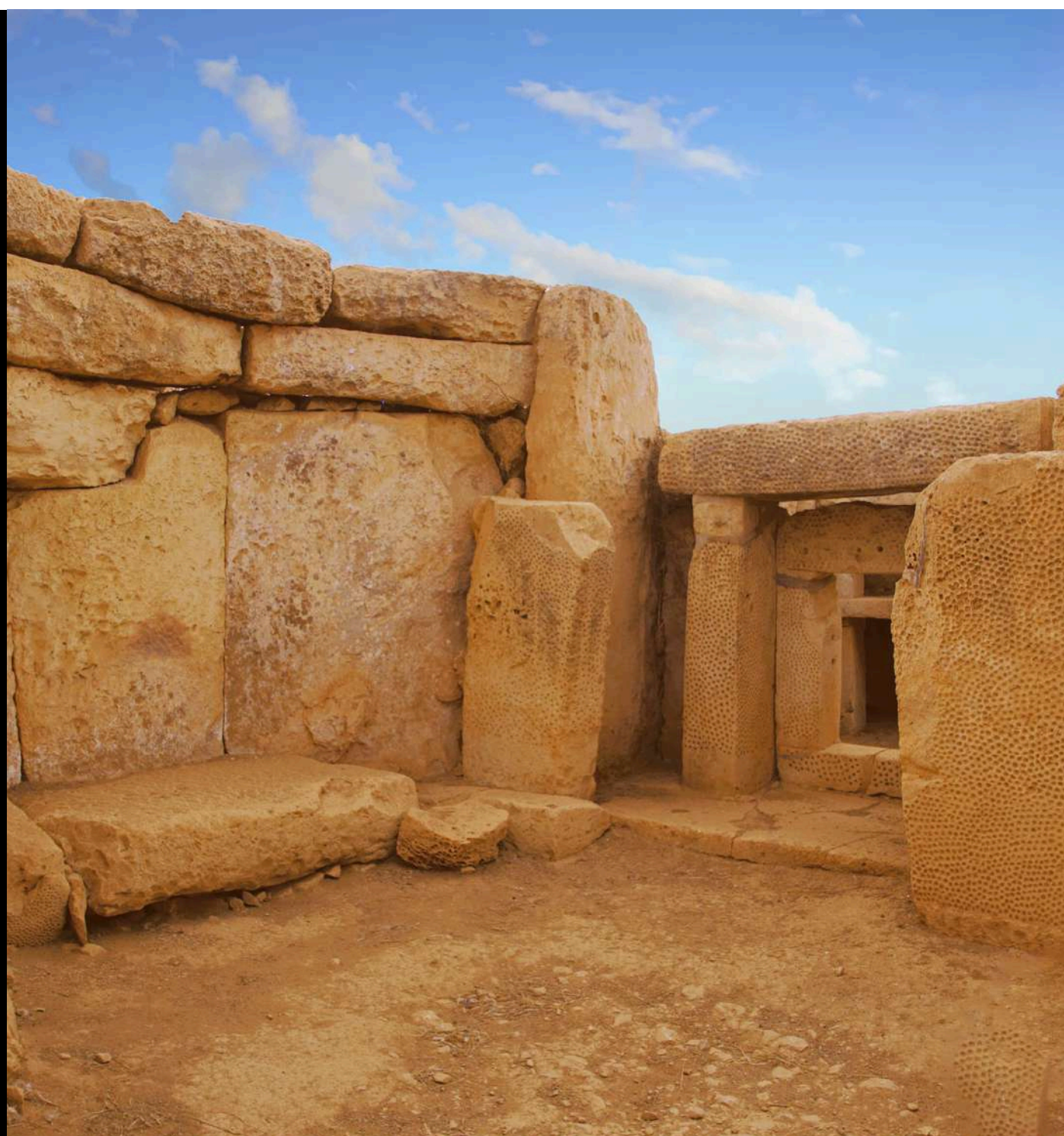
In Italy, holidays often take place in historic homes and rural settings, such as farmhouses and farmhouses in Puglia or Tuscany, where traditional architecture blends with olive groves and open countryside.

In Greece, accommodations range from traditional whitewashed houses on the Cyclades islands to boutique hotels housed in historic buildings in Rhodes or Nafplio, where the connection with the sea and ancient stone is constant.

In Malta, your stay will take place between historic buildings transformed into hotels in Valletta and more intimate structures on the island of Gozo, where the rural and coastal landscape remains very close.

In Southern Europe, accommodation is never just a place of passage: it becomes an active part of the journey, capable of defining the rhythm of the days and the way one perceives places. Whether it's a historic residence, a rural home, a hotel overlooking the sea, or a property immersed in nature, every choice contributes to creating a more direct experience, connected to the surrounding context.

MISTAKES TO AVOID WHEN ORGANIZING A TRIP FOR OVER 65S IN SOUTHERN EUROPE AND THE ATLANTIC ISLANDS



BUILDING ITINERARIES THAT ARE TOO DENSE AND UNREALISTIC

One of the most common mistakes is trying to "pack it all together," choosing multiple destinations on the same itinerary without any real geographical or pacing coherence. Even when it comes to Spain, Portugal, Italy, Greece, or Malta, in practice a well-planned trip almost always focuses on just one of these countries, possibly combining it with a nearby area or a very limited extension. The same goes for the Canary Islands, the Azores, and Madeira, which are typically chosen as stand-alone destinations or as a targeted extension, not as part of a single grand tour. This mistake stems from the idea of wanting to "see it all," but a balanced trip works best when it remains focused and uncluttered.

IGNORING THE COMPLEXITY OF MOVEMENT BETWEEN CONTINENTS AND ARCHIPELAGOS

Another common mistake is underestimating travel times. In Italy and Spain, internal travel can already be articulated between coasts, cities, and rural areas; in Portugal, the transition between the mainland and islands like the Azores and Madeira requires precise planning; in the Canary Islands, travel between islands isn't always straightforward; in Greece, maritime connections can significantly impact time management. Without a realistic vision, the journey loses its flow.

LEAVE NO ROOM FOR TRAVEL FLEXIBILITY

The climate and environmental conditions in Southern Europe and the Atlantic islands are not constant. The sea, light, and wind can alter your experience even within the space of a single day. A rigid schedule prevents you from adapting to these variations and reduces the chance to experience the places at their best.

CONCENTRATE EVERYTHING ON THE MOST POPULAR DESTINATIONS

A common mistake is to limit yourself to the capitals and most popular destinations, neglecting the lesser-known areas. In reality, many more interesting places are found in coastal villages, inland regions, and less-frequented islands, where the pace is more authentic and less influenced by tourist flows.

UNDERESTIMATING THE ROLE OF THE STAY IN THE OVERALL EXPERIENCE

In Southern Europe and the Atlantic islands, the accommodation you stay in directly impacts the experience. It's not just about sleeping, but about experiencing the landscape from within. Choosing accommodations that don't fit the context means reducing the overall quality of the trip.

APPLYING A SINGLE SCHEME TO PROFOUNDLY DIFFERENT TERRITORIES

Each area has its own identity: Mediterranean cities, Atlantic coasts, volcanic islands, and rural areas don't follow the same logic. Treating everything as a single whole loses the differences that make these places interesting. A well-constructed trip must instead adapt to the specific nature of each territory.



QUALITY AND SERVICE UPDATES

The experiences and services presented in this brochure have been selected based on qualitative criteria focused on comfort, accessibility, and the personalization of the travel experience.

As operational conditions, dedicated services, and policies may be subject to updates or changes over time, each proposal will be reviewed and confirmed at the quotation stage, in order to ensure full alignment with the traveler's specific requirements and the expected quality standards.



SPAIN - BETWEEN INLAND HIGHLANDS, MULTIFORM COASTS AND A HISTORICAL STRATIFICATION THAT CONNECTS EUROPE, THE MEDITERRANEAN AND THE ATLANTIC



Located in southwestern Europe, Spain occupies most of the Iberian Peninsula and boasts one of the continent's most complex territorial structures, defined by the interplay of inland plateaus, mountain ranges, river basins, and a highly diverse coastal network facing the Mediterranean Sea, the Atlantic Ocean, and the Cantabrian Sea. The geographical configuration is primarily dominated by the Meseta Central, a vast plateau that structures the country's interior, bordered by mountain ranges such as the Cordillera Central and the Sierra Morena. Along the edges, complex mountain ranges develop, such as the Pyrenees, the Cantabrian Mountains, and the Betic Mountains, which include mountain ranges such as the Sierra Nevada. From a hydrographic perspective, the territory is traversed by major river systems such as the Tajo, the Duero, the Ebro, and the Guadalquivir, which have historically favored agricultural and urban development. At the same time, the coastline is divided into very different systems: the cliffs and estuaries of Galicia along the Atlantic coast, the green belt of the Costa Verde in the north, the Mediterranean beaches of the Costa Brava, the Costa Blanca, and the Costa del Sol, all the way to lagoon and delta environments like the Ebro Delta and the southern Atlantic coasts of the Costa de la Luz. To understand Spain's identity, it is necessary to begin with the pre-Roman populations, including the Iberians and Celtiberians, followed by the Phoenician and Greek colonizations along the coast. From the 3rd century BCE, the peninsula fell under the influence of the Roman Empire, during which cities such as Tarragona (Tarraco), Mérida (Emerita Augusta), and Córdoba developed, equipped with advanced urban infrastructures. With the fall of Rome, the Visigothic kingdom with Toledo as its capital was established, followed in 711 by the arrival of Islamic populations who gave rise to Al-Andalus, with cultural and scientific centers such as Córdoba and Granada. Continuing over time, between the 11th and 15th centuries, the long process of the Reconquista unfolded, during which political entities such as the Crown of Castile and the Crown of Aragon emerged. Dynastic unification occurred with Ferdinand II of Aragon and Isabella I of Castile, known as the Catholic Monarchs, who completed the conquest of Granada in 1492 and laid the foundations of the modern state, simultaneously initiating Spain's global expansion. Between the 16th and 17th centuries, the country became a major world power, with a vast colonial empire. In the following centuries, it experienced phases of crisis and transformation, including the war against Napoleon Bonaparte, the instabilities of the 19th century, the civil war (1936–1939), and the subsequent evolution towards a contemporary democratic state.

In this framework, the Spanish territory is divided into complete geographical macro-areas that include all the regions and island systems:

- NORTHERN ATLANTIC SPAIN – INCLUDES GALICIA, ASTURIAS, CANTABRIA AND THE BASQUE COUNTRY, CHARACTERISED BY RUGGED COASTLINES ON THE CANTABRIAN SEA, RÍAS, CLIFFS AND CITIES SUCH AS BILBAO AND SANTANDER
- NORTHEAST AND PYRENEES AREA – INCLUDES NAVARRE, ARAGON AND THE INTERIOR OF CATALONIA, WITH MOUNTAIN SYSTEMS, ALPINE VALLEYS AND PARKS SUCH AS THE ORDESA AND MONTE PERDIDO NATIONAL PARK
- CENTRAL SPAIN (MESETA) – INCLUDES MADRID, CASTILE AND LEÓN AND CASTILE-LA MANCHA, WITH HISTORIC CITIES SUCH AS SEGOVIA, TOLEDO AND SALAMANCA
- EASTERN MEDITERRANEAN SPAIN – INCLUDES COASTAL CATALONIA, THE VALENCIAN COMMUNITY AND THE REGION OF MURCIA, WITH CITIES SUCH AS BARCELONA AND COMPLEX COASTAL SYSTEMS
- ANDALUSIA (SOUTH) – INCLUDES ANDALUSIA WITH CITIES SUCH AS SEVILLE, CORDOBA AND GRANADA, AND ENVIRONMENTS RANGING FROM THE SIERRA NEVADA TO THE COASTS OF THE COSTA DEL SOL AND THE COSTA DE LA LUZ
- INNER WESTERN SPAIN - INCLUDES EXTREMADURA, A LESS URBANIZED AREA WITH HISTORIC CITIES SUCH AS MÉRIDA AND CÁCERES
- ARCHIPELAGOS AND ISLAND TERRITORIES - INCLUDE THE BALEARIC ISLANDS (MAJORCA, MENORCA, IBIZA, FORMENTERA) IN THE MEDITERRANEAN AND THE CANARY ISLANDS (TENERIFE, GRAN CANARIA, LANZAROTE, FUERTEVENTURA) IN THE ATLANTIC, WITH GEOGRAPHICAL AND CLIMATIC CHARACTERISTICS COMPLETELY DIFFERENT FROM THE CONTINENT

As for the main access points, the airport network allows direct access to all macro-areas of the country:

- Madrid-Barajas Adolfo Suárez Airport – Main hub and access to the Meseta Central
- Barcelona El Prat Airport – Gateway to Catalonia and the northeastern Mediterranean coast
- Malaga-Costa del Sol Airport – Gateway to Southern Andalusia
- Bilbao Airport – Gateway to Northern Atlantic Spain
- Santiago de Compostela Airport – Access to Galicia and the Northwest
- Valencia Airport – Access to the East Coast
- Palma de Mallorca Airport – Access to the Balearic Islands
- Tenerife South Airport – Gateway to the Canary Islands

In short, Spain is a complete and interconnected territorial system, in which inland plateaus, mountain ranges, Atlantic and Mediterranean coasts, large river basins, and archipelagos are not isolated elements, but integrated parts of a single geographical and historical structure. It is precisely this continuity between the interior, the coast, and the island systems, combined with a historical stratification spanning from antiquity to the contemporary world, that defines the country's identity within the European and Mediterranean context.

OVER-65 TRIPS THROUGH RELAXED HINTERLAND, FLAT CITIES, AND ACCESSIBLE NATURAL LANDSCAPES

PLACES AND EXPERIENCES FOR AN OVER-65 TRIP OFF THE BEATEN PATH

A trip to Spain for travelers over 65 takes in accessible areas, short distances between points of interest, and flat urban centers, avoiding major coastal tourist routes and other popular areas.

From a naturalistic perspective, one of the most suitable settings is the Gallocanta Lagoon, between Aragon and Castile-La Mancha, where a seasonal lake system develops in an easily navigable open plain, with small towns like Gallocanta and Berrueco. In Navarre, the Bardenas Reales area offers a semi-desert landscape accessible via circular roads, with access points like Arguedas and Tudela.

The historical and cultural dimension unfolds in compact, flat cities with well-organized museum itineraries. In Salamanca, in Castile and León, the University of Salamanca is one of the oldest university complexes in Europe, with its Plateresque façade and historic lecture halls open to visitors. Also in Salamanca, the Museo de Art Nouveau y Art Déco Casa Lis displays collections of artistic glass, historic dolls, and early 20th-century furniture in a stained-glass building overlooking the Tormes River. In Zaragoza, the Museo Goya – Colección Ibercaja collects works and engravings by Francisco Goya, while the Basilica del Pilar blends into the urban fabric along the Ebro River. In Cuenca, the Museo de Arte Abstracto Español houses works by 20th-century Spanish artists within the famous Casas Hangdas (Hanging Houses).

In Extremadura, the city of Mérida offers a flat archaeological system with the Roman Theatre of Mérida and the National Museum of Roman Art, which houses mosaics, sculptures, and Roman artifacts in a building designed by Rafael Moneo. In Castile-La Mancha, the Alcázar de San Juan and Campo de Criptana offer rolling hilly landscapes and historic mills associated with Don Quixote, with easily accessible trails.

In this context, Spain for travelers over 65 is configured as a territorial system based on inland lagoons like Gallocanta, accessible semi-desert plains like the Bardenas Reales, flat historic cities like Salamanca, Zaragoza, and Mérida, and well-structured museum centers like Casa Lis, the Goya Museum, and the Museo Nacional de Arte Romano, creating a coherent, stable, and physically accessible experience.





DID YOU KNOW?

Spain is one of the few countries in the world where an ancient language, Basque, is still spoken today with no clear relationship to other European languages: Basque is considered a linguistic isolate, having survived centuries of linguistic evolution on the Iberian Peninsula.

The Spanish legal system features a phenomenon unique in Europe: the so-called “derecho foral,” or foral estate. Different civil law systems are still active in some autonomous communities, such as Navarre and the Basque Country, which maintain historical rules on succession and property that differ from the national civil code.

Historically, Spain was the first European state to create a stable global administrative network during the Habsburg and later Bourbon Empires, with institutions such as the Council of the Indies that managed the American territories as early as the 16th century.

Salamanca is home to one of the oldest universities in Europe, founded in 1218, where fundamental debates on international law and the rights of indigenous peoples of the New World took place in the 16th century.

In the world of popular traditions, Spain preserves some of the oldest festivals still active in Europe: the Feria de Abril in Seville is an event that combines music, dance, and equestrian traditions, while San Fermín in Pamplona has been documented in local chronicles since at least the 16th century.

Elche is home to Europe's largest palm grove, the Palmeral de Elche, recognized by UNESCO as a unique example of an agricultural landscape introduced in the Islamic era and still in productive use today.

In the artistic field, Spain is one of the countries with the highest concentration of "monographic" museums: the Prado Museum in Madrid houses one of the most important collections of European painting, with works by Velázquez and Goya that profoundly influenced modern painting. In Guernica, the 1937 bombing during the Spanish Civil War inspired one of the most famous paintings of the 20th century, Pablo Picasso's "Guernica," which became an international anti-war symbol.

On a scientific level, Spain was one of the pioneering countries in the construction of modern astronomical observatories in Europe: the Teide Observatory in Tenerife is today one of the main solar research centers in the northern hemisphere.

From this combination of elements, Spain emerges as a country where historical legal systems still active coexist, popular traditions documented for centuries, centers of advanced scientific research, and a cultural stratification that has had direct impacts both in Europe and globally.



PORTUGAL – BETWEEN ATLANTIC COASTS, RIVER VALLEYS AND A HISTORICAL CONTINUITY PROJECTED ON THE OCEAN



Located in the western part of the Iberian Peninsula, Portugal extends along the Atlantic Ocean in a compact yet extremely diverse territory, where coast, rivers, plateaus, and island systems integrate into a single continuous geographical structure. The landscape is dominated by a long Atlantic strip alternating between cliffs, bays, and sandy beaches, while the interior features moderate relief and large river valleys. Hydrographically, the country is crossed by three major Iberian river systems: the Douro, the Tajo, and the Guadiana, which shape deep valleys and connect the interior to the Atlantic coast. Around these axes, very diverse landscapes develop, from the wine-producing Douro Valley to the plains of Alentejo. To understand Portugal's identity, it is necessary to begin with the pre-Roman populations of the Iberian Peninsula, particularly the Lusitanians, followed by the Roman conquest that established the province of Lusitania with centers such as Évora and Braga. After the fall of Rome, the territory came under the Visigoths and then under Islamic influence starting in the 8th century, especially in the south of the country, with effects still visible in the urban and agricultural organization. Between the 12th and 13th centuries, the Kingdom of Portugal was established under Afonso I of Portugal, who consolidated independence and defined the first stable borders. In the following centuries, the country became one of Europe's leading maritime powers thanks to the Age of Discovery, led by figures such as Henry the Navigator and Vasco da Gama, who opened routes to Africa, Asia, and the Americas, strengthening the role of port cities such as Lisbon and Porto. In 1580, the country joined the Iberian Union with Spain, remaining there until independence was restored in 1640. After the Lisbon earthquake of 1755, the country embarked on a profound urban and political reorganization. In 1910, it became a republic, and after the dictatorship of the 20th century, the decisive turning point came with the Carnation Revolution of 1974, which ended the authoritarian regime and ushered in contemporary democracy.

In this framework, the Portuguese territory is divided into integrated geographical macro-areas, also including the island systems:

- **NORTHERN PORTUGAL (NORTE) – INCLUDES THE NORTE REGION WITH CITIES SUCH AS PORTO AND BRAGA, CHARACTERISED BY RELIEFS, DOURO RIVER VALLEYS AND A MORE RUGGED AND GREEN ATLANTIC COAST**
- **CENTRAL PORTUGAL – INCLUDES THE CENTRO REGION WITH CITIES SUCH AS COIMBRA AND MOUNTAIN RANGES SUCH AS THE SERRA DA ESTRELA, AS WELL AS VAST INLAND AREAS AND SANDY COASTS**
- **LISBON AND TAGUS VALLEY METROPOLITAN AREA – INCLUDES LISBON AND THE ENTIRE TAGUS SYSTEM, WITH AN URBAN-RIVER CONTINUUM THAT CONNECTS THE INTERIOR AND THE ATLANTIC**
- **ALENTEJO (SOUTH INTERIOR) – ALENTEJO REGION, CHARACTERIZED BY EXTENSIVE PLAINS, LOW POPULATION DENSITY AND HISTORIC CITIES SUCH AS ÉVORA**
- **ALGARVE (SOUTH COAST) – THE ALGARVE REGION, WITH LIMESTONE CLIFFS, ATLANTIC BEACHES, AND RESORTS SUCH AS LAGOS AND ALBUFEIRA**
- **ATLANTIC ARCHIPELAGOS (AZORES AND MADEIRA) – INCLUDE THE AZORES AND MADEIRA, AUTONOMOUS VOLCANIC TERRITORIES LOCATED IN THE ATLANTIC, WITH LANDSCAPES, CLIMATE AND MORPHOLOGY COMPLETELY DIFFERENT FROM THE CONTINENT**

With regard to the main access points, the airport network is structured in a manner consistent with the country's macro-areas:

- **Lisbon Airport – Main hub and gateway to the central region and the capital**
- **Porto Airport – Access to the North and the Douro Valley**
- **Faro Airport – Access to the Algarve**
- **Ponta Delgada Airport – Access to the Azores archipelago**
- **Funchal Airport – Access to the Madeira Archipelago**

In short, Portugal is a continuous territorial system in which Atlantic coasts, great rivers, inland regions, and oceanic archipelagos are not separate elements, but rather interconnected components of a single geographical and historical structure. It is precisely this constant relationship between ocean, land, and global reach, combined with a historical stratification spanning from pre-Roman origins to the contemporary democratic revolution, that defines the country's identity.

OVER-65 TRIPS TO SPA TOWNS, PEACEFUL RIVER LANDSCAPES, PROTECTED COASTAL SYSTEMS, AND ACCESSIBLE ISLANDS

PLACES AND EXPERIENCES FOR AN OVER-65 TRIP OFF THE BEATEN PATH

A trip to Portugal dedicated to travelers over 65 favors spa settings, small cities, linear river landscapes, and protected coastal systems, where enjoyment is continuous, accessible, and not fragmented.

From a natural perspective, one of the most suitable settings is the Mondego River valley, between Penacova, Vila Nova de Poiares, and Montemor-o-Velho, where the river landscape unfolds in a linear and easily discernible fashion. In the north-central region, the Caldas de Aregos spa system, along the Douro River, and the Curia spa system, near Anadia, offer relaxing settings with historic structures integrated into the landscape.

Along the coast, in the Centro Region, the Lagoa de Óbidos system between Foz do Arelho and Nadadouro offers calm waters and flat paths along the lagoon. Further north, on the Costa Verde, towns like Vila Praia de Âncora and Caminha offer an open but uncongested coastal setting, with walks along the ocean and the Minho River.

The historical and cultural dimension unfolds in orderly and easily navigable cities. In Viseu, the Museu Nacional Grão Vasco preserves works of Portuguese Renaissance painting, while the historic center is organized around the Sé (cathedral) with regular routes. In Braga, the Museu dos Biscainhos offers a glimpse of aristocratic interiors from the 17th and 18th centuries with original furnishings. In Tavira, in the eastern Algarve, the Museu Municipal de Tavira documents local history from the Islamic to modern times, integrated into a flat urban fabric along the Gilão River.

The island dimension maintains this logic of accessibility and continuity. In the Azores, on the island of Santa Maria, towns like Vila do Porto and São Lourenço offer a gentler landscape than other islands, with accessible bays and simple coastal paths. In the Madeira archipelago, the southwest coast between Calheta and Madalena do Mar boasts mild microclimates, seaside promenades, and direct connections between towns.

In this context, Portugal for over-65s travel is configured as a territorial system based on relaxed and continuous contexts: river valleys like the Mondego, thermal systems like Curia and Caldas de Aregos, coastal lagoons like Óbidos, orderly cities like Viseu, Braga and Tavira, and accessible islands like Santa Maria and the southwestern coast of Madeira, building coherent and progressive experiences.





DID YOU KNOW?

Portugal is one of the European countries with the most direct and continuous relationship with the Atlantic Ocean: over 80% of the population lives within a few kilometers of the coast, a demographic distribution strongly influenced by the country's maritime history.

Between the 15th and 16th centuries, Portugal was a major player in the age of ocean exploration. Navigators such as Vasco da Gama opened the sea route to India in 1498, directly connecting Europe to the Indian Ocean for the first time. This context also saw the birth of the administrative and commercial system of the Estado da Índia, with strategic bases along the African and Asian coasts.

Lisbon, the city spreads across seven hills overlooking the Tagus River, with historic neighborhoods like Alfama that retain a medieval urban layout of narrow streets and steep stairways. The city was almost completely rebuilt after the 1755 earthquake, one of the most destructive ever recorded in Europe, which influenced the development of modern earthquake-resistant engineering.

In Porto, the historic Ribeira district is built on terraces descending towards the Douro River, representing one of the finest examples of a still-intact medieval port city in Europe. It is here that the production of Port wine originates, regulated by one of the world's oldest controlled designations of origin.

In the south of the country, the Algarve region is characterized by a coastal system of limestone cliffs and sea caves, including the famous Benagil Cave, accessible only by sea. This area also has a long tradition of fishing and sailing in the Atlantic.

Culturally, Portugal is known for fado, a musical genre recognized by UNESCO as an intangible heritage of humanity, born in the working-class neighborhoods of Lisbon and Coimbra and characterized by a strong emotional and narrative component.

Sintra's cultural landscape is unique in Europe: Pena Palace represents one of the first examples of European Romantic architecture, while Quinta da Regaleira is known for its symbolic systems, wells, and gardens designed according to philosophical references.

Scientifically and geographically, Portugal also includes island territories in the Atlantic. The Azores are located on a tectonically active zone of the Mid-Atlantic Ridge, with visible geothermal phenomena such as the Furnas caldeiras on the island of São Miguel. The island of Madeira, meanwhile, is characterized by a unique irrigation system called "levadas," artificial canals built to transport water across mountainous terrain.

Within this complex of elements, Portugal stands out for its combination of a strong historical maritime identity, an internationally recognized cultural heritage, and a territorial system that includes not only the Iberian Peninsula but also Atlantic archipelagos with unique geological and environmental characteristics in Europe.



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ITALY – BETWEEN THE MEDITERRANEAN, THE ALPINE ARC, AND A HISTORICAL STRATIFICATION THAT HAS DEFINED THE IDENTITY OF THE WEST



Located in Southern Europe, Italy occupies a central position in the Mediterranean basin and is distinguished by a highly complex morphology, alternating between the Alpine arc to the north, the Apennine ridge that traverses the peninsula, and a large and historically integrated island system. First, the territory is delimited by the Alps, which form a natural barrier to the rest of Europe, while the Apennines extend across the entire peninsula, shaping the landscape from the hinterland to the Tyrrhenian, Adriatic, and Ionian coasts. From a hydrographic perspective, the main system is dominated by the Po River and its vast plain, the Po Valley, one of Europe's most important agricultural and industrial areas. It is flanked by rivers such as the Adige, Arno, and Tiber, which have historically favored the development of cities and urban systems along their courses. To understand Italy's identity, it is necessary to begin with pre-Roman civilizations, including the Etruscans, the Greeks of Magna Graecia, and the Italic peoples, followed by the rise of Ancient Rome, which represents the founding nucleus of the cultural, legal, and urban structure of the Western world. Cities such as Rome, Pompeii, and Ravenna bear witness to the evolution from the Republican period to the Empire. After the fall of the Western Roman Empire (476 AD), the peninsula underwent a period of political fragmentation, followed by Lombard and Byzantine rule, and subsequently by the emergence of medieval communes and maritime republics such as Venice, Genoa, Pisa, and Amalfi. During the Renaissance, between the 15th and 16th centuries, Italy became the cultural and artistic center of Europe with cities such as Florence, Milan, and Rome, while important dynasties and regional states such as the Duchy of Milan, the Republic of Venice, and the Papal States developed. Political unification took place in the 19th century through the Risorgimento, with figures such as Giuseppe Garibaldi, Camillo Benso di Cavour, and Vittorio Emanuele II, which led to the proclamation of the Kingdom of Italy in 1861. In the 20th century, the country went through a monarchic phase, the period of the world wars, the dictatorship, and finally the birth of the Italian Republic in 1946, consolidating the current institutional structure.

In this framework, the Italian territory is divided into complete geographical macro-areas, including all the regions and island systems:

- NORTHWESTERN ITALY – INCLUDES PIEDMONT, VALLE D'AOSTA, LOMBARDY AND LIGURIA, WITH CITIES SUCH AS MILAN, TURIN, GENOA AND THE ALPINE AND PRE-ALPINE SYSTEMS
- NORTHEASTERN ITALY – INCLUDES VENETO, TRENTO-ALTO ADIGE, FRIULI VENEZIA GIULIA AND EMILIA-ROMAGNA, WITH CITIES SUCH AS VENICE, VERONA, BOLOGNA AND TRIESTE
- CENTRAL ITALY – INCLUDES TUSCANY, UMBRIA, MARCHE AND LAZIO, WITH ROME, FLORENCE AND THE APENNINE HILL SYSTEMS
- SOUTHERN ITALY – INCLUDES ABRUZZO, MOLISE, CAMPANIA, PUGLIA, BASILICATA AND CALABRIA, WITH CITIES SUCH AS NAPLES, BARI AND REGGIO CALABRIA AND THE TYRRHENIAN, ADRIATIC AND IONIAN COASTAL SYSTEMS
- MAJOR ISLANDS – INCLUDING SICILY AND SARDINIA, CHARACTERISED BY DISTINCT GEOLOGICAL SYSTEMS, EXTENSIVE COASTLINES AND AUTONOMOUS HISTORICAL IDENTITIES
- MINOR ISLANDS AND ARCHIPELAGOS – INCLUDE SYSTEMS SUCH AS THE AEOLIAN, EGADI, PELAGIE, TREMITI ISLANDS AND THE TUSCAN ARCHIPELAGO, INTEGRATED INTO THE ITALIAN MEDITERRANEAN MARITIME SYSTEM

As regards the main entry points into the country, the airport network is distributed according to the macro-areas:

- Rome Fiumicino Airport – Main national and international hub
- Milan Malpensa Airport – Access to the Northwest
- Milan Linate Airport – Access to the Milan metropolitan area
- Venice Marco Polo Airport – Access to the Northeast
- Bologna Airport – Access to Central and Northern Italy
- Naples Capodichino Airport – Access to the Southern Continent
- Palermo Falcone e Borsellino Airport – Access to Sicily
- Cagliari Elmas Airport – Access to Sardinia

In short, Italy is an extremely complex and stratified territorial system, in which the Alps, Apennines, alluvial plains, Mediterranean coasts, and island systems are not separate elements, but integrated parts of a single geographical and historical structure. It is precisely this continuity between land, sea, and millennia-old cultural stratification that defines the country's identity within the European and Mediterranean context.

OVER-65 TRIPS TO SPA CITIES, FLAT VILLAGES, ACCESSIBLE LAKES AND SLOW-PACED HISTORIC CENTERS

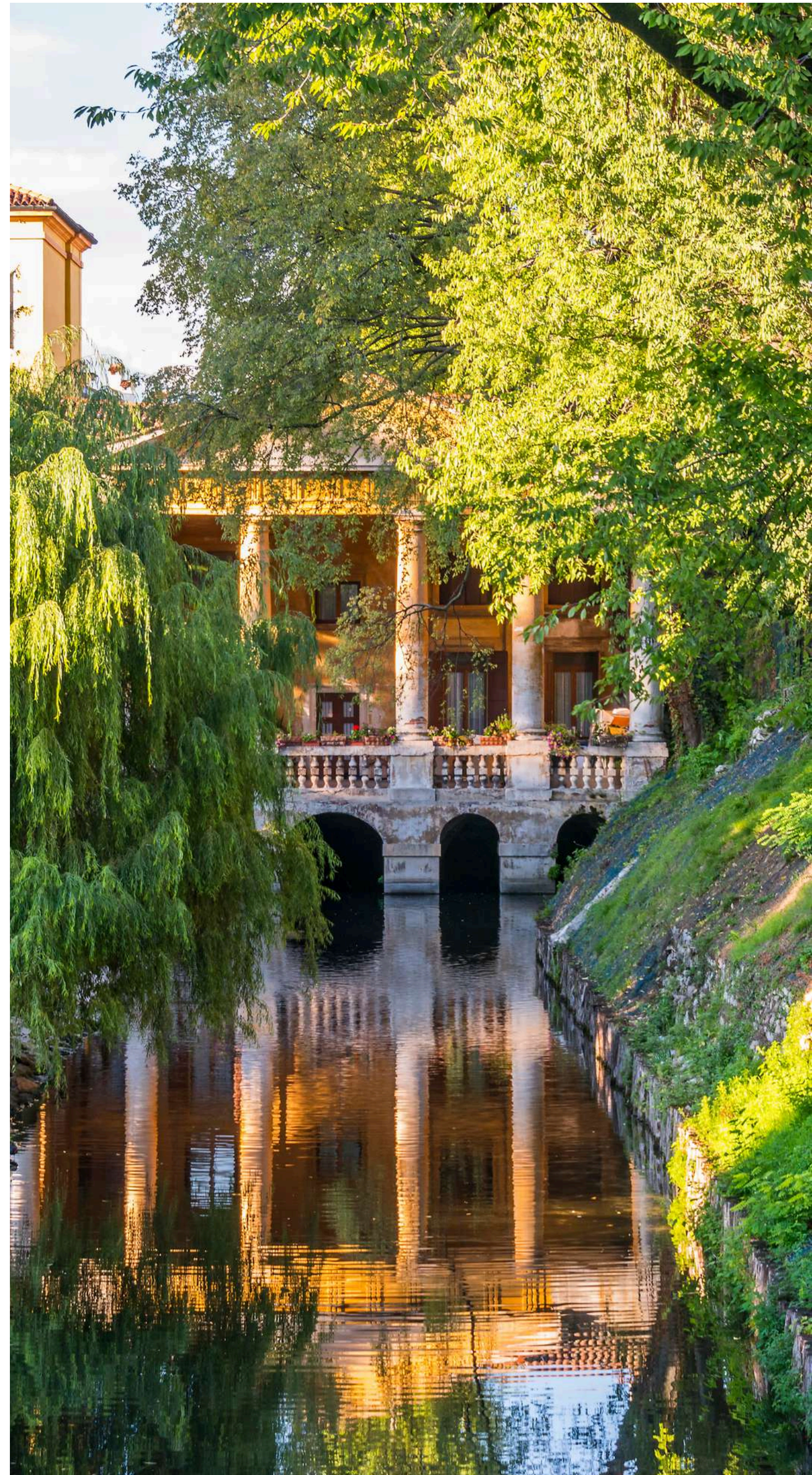
PLACES AND EXPERIENCES FOR AN OVER-65 TRIP OFF THE BEATEN PATH

A trip for over-65s in Italy takes in completely different destinations than the previous ones, favoring easily accessible centers, compact villages, spa towns, lakes with flat walks, and areas where travel is easy and the pace is naturally slow.

In Veneto, the spa area of Abano Terme and Montegrotto Terme offers a flat urban system with thermal parks, tree-lined avenues, and concentrated accommodations, ideal for long, relaxing stays. Also in Veneto, the city of Vicenza offers easy visits to its historic center, featuring Palladian works and short walks. In Emilia-Romagna, the village of Brisighella offers a compact structure with the "Via degli Asini," a covered street in the historic center, while Dozza is known for its painted village, with medieval walls and short, flat walks. In the same region, Bagno di Romagna combines natural spas with a compact historic center. In Piedmont, the Lake Orta system between Orta San Giulio and the Island of San Giulio offers leisurely strolls, short boat rides, and a pedestrian-only historic center overlooking the lake. In the same region, Stresa on Lake Maggiore offers easy access to the Borromean Islands. In the Aosta Valley, the city of Aosta boasts a compact Roman historic center, while the villages of Saint-Pierre and Bard, with its Bard Fortress, offer cultural visits without significant elevation changes. In Friuli-Venezia Giulia, the city of Cividale del Friuli boasts an easily navigable UNESCO historic center with the Devil's Bridge (Ponte del Diavolo), while Venzone is a reconstructed medieval village with short, organized routes. In the Marche region, the city of Urbisaglia, with its Urbs Salvia Archaeological Park, and the village of Sarnano offer compact, easily accessible historic centers. In Calabria, the village of Gerace, with its medieval center and Gerace Cathedral, offers short, scenic routes, while Stilo, with its Cattolica di Stilo, is a compact cultural site.

Among the islands, in Campania, Ischia boasts a widespread thermal spa system spanning Forio, Casamicciola Terme, and Lacco Ameno, with thermal parks and flat seafront promenades. In Sardinia, the Barbagia region between Orgosolo and Oliena boasts compact historic centers and sprawling museums such as the Museum of Mediterranean Masks.

In this context, over-65 travel in Italy is characterized by experiences centered on easily accessible centers like Abano Terme, Orta San Giulio, and Aosta; compact villages like Brisighella, Gerace, and Venzone; cultural cities like Vicenza and Cividale del Friuli; and island and spa resorts like Ischia and Lake Orta, where travel is defined by genuine comfort, short distances, and strong historical and scenic value.





DID YOU KNOW?

Italy is one of the places with the highest density of cultural heritage in the world: according to UNESCO, it hosts the highest number of sites recognized as World Heritage, distributed among historic centers, cultural landscapes, and archaeological sites.

In Rome, the historical stratification is visible in the urban space itself: from the Colosseum to the Roman Forum, all the way to the Vatican, over two thousand years of continuous history are concentrated. The city also preserves ancient hydraulic and infrastructural systems still integrated into the modern urban network.

In Pompeii, the eruption of Vesuvius in 79 AD crystallized an entire Roman city, allowing direct study of the homes, workshops, and frescoes preserved under the volcanic ash. The nearby site of Herculaneum preserves wooden structures and organic materials rarely found in other ancient contexts.

In northern Italy, Milan Cathedral is one of the greatest examples of European Gothic architecture, built over nearly six centuries. A few kilometers away, the canal system, designed in part with contributions from Leonardo da Vinci, has for centuries been a fundamental hydraulic network for transportation and irrigation.

On a natural level, Vesuvius is one of the few active volcanoes in continental Europe, while Etna in Sicily is the highest active volcano in Europe and one of the most studied in the world due to its almost continuous activity.

Among its islands, Italy boasts one of the most complex configurations in the Mediterranean. Sicily boasts sites such as the Valley of the Temples in Agrigento, while Sardinia is characterized by the Nuragic complex of Su Nuraxi in Barumini, evidence of a prehistoric civilization unique in the Mediterranean.

In Venice, the urban system is built entirely on canals and stilts, with the Grand Canal still representing the city's main axis. Its water and tidal management system is considered unique in the world due to its historical and engineering complexity.

On a cultural level, Italy has contributed decisively to the development of European music, art, and literature: Dante Alighieri codified the Italian language with the "Divine Comedy," while the operatic tradition born in Florence and developed in Venice and Milan has influenced Western music to this day.

Within this complex of elements, Italy stands out for the coexistence of stratified cities like Rome and Venice, exceptionally preserved archaeological sites like Pompeii, active natural systems like Etna and Vesuvius, and a regional fragmentation that unites peninsulas, large islands, and micro-territories with highly differentiated historical identities.



MALTA - BETWEEN THE CENTRAL MEDITERRANEAN, HISTORICAL STRATIFICATION, AND AN INTEGRATED ISLAND SYSTEM



Situated in the central Mediterranean Sea, south of Sicily and along the main historical routes between Europe, North Africa, and the Middle East, Malta is one of the most compact yet stratified island systems in the Mediterranean. Primarily, the territory is composed of a small archipelago in which the three main islands—Malta, Gozo, and Comino—form a single geographical and functional system, characterized by rocky coastlines, natural inlets, and limestone plateaus. Geographically, the archipelago is primarily composed of the island of Malta, which is home to the majority of the population and infrastructure, the more rural and hilly island of Gozo, and the smaller island of Comino, characterized by nearly pristine natural environments. The landscape is dominated by limestone formations, rugged coastlines, and an arid Mediterranean climate, with strong exposure to winds and few permanent waterways. To understand Malta's identity, it is necessary to begin with the first traces of human settlement dating back to the Neolithic, among the oldest in Mediterranean Europe, with megalithic sites such as Haġar Qim and Mnajdra, which testify to a developed and autonomous prehistoric culture. Subsequently, the archipelago underwent a long sequence of external dominations and influences: Phoenicians, Carthaginians, and Romans, who integrated Malta into the trading systems of the central Mediterranean. During the Roman period, the island became a strategic maritime and administrative hub. In the Middle Ages, Malta came under Byzantine and later Arab control, a period during which linguistic and agricultural elements, still present in the local culture, consolidated. In 1530, the archipelago was entrusted to the Order of St. John, known as the Knights Hospitaller, who transformed the island into an advanced military fortress in the Mediterranean. The capital, Valletta, was founded in the 16th century after the Great Siege of 1565, a decisive event in the history of European defense against Ottoman expansion. In the 19th century Malta came under British control, becoming a strategic naval base in the Mediterranean until independence in 1964 and the subsequent proclamation of the Republic in 1974.

In this framework, the Maltese territory is divided into a unitary island system, without internal administrative macro-regions, but with a coherent functional subdivision:

- MALTA ISLAND (POLITICAL AND ECONOMIC CENTER) – INCLUDES THE CAPITAL VALLETTA AND THE SURROUNDING URBAN AREA, AS WELL AS HISTORIC CENTERS SUCH AS MDINA AND BIRGU, WITH A COASTAL FORTIFICATION SYSTEM UNIQUE IN THE MEDITERRANEAN
- GOZO (RURAL AND HISTORICAL AREA) – CHARACTERISED BY HILLY LANDSCAPES, MORE NATURAL COASTLINES AND CENTRES SUCH AS VICTORIA (RABAT GOZO), WITH A STRONG AGRICULTURAL AND CULTURAL IDENTITY
- COMINO (PROTECTED NATURAL AREA) – ALMOST UNINHABITED, WITH COASTAL ENVIRONMENTS AND THE FAMOUS BLUE LAGOON, REPRESENTS THE NATURALISTIC COMPONENT OF THE ISLAND SYSTEM

AS REGARDS THE MAIN ACCESS POINTS, THE CONNECTION NETWORK IS CONCENTRATED AND FUNCTIONAL TO THE ISLAND DIMENSION:

- Malta International Airport – Main international entry point located between Luqa and the capital, connected to all major European and Mediterranean destinations
- Ports of Valletta and Ċirkewwa – Main maritime accesses to Gozo and regional routes

In short, Malta is a unified island system in which history, sea, and territory are inseparable: from prehistoric megalithic structures to the fortifications of the Knights, up to contemporary European modernity, the archipelago represents a continuous stratification of civilizations in the heart of the Mediterranean.

OVER-65 TRIPS THROUGH FLAT VILLAGES, MUSEUMS, QUIET SEASIDE PROMENADES, AND NEARBY ISLANDS

PLACES AND EXPERIENCES FOR AN OVER-65 TRIP OFF THE BEATEN PATH

A trip to Malta for over-65s includes destinations with a focus on flat towns, short trips, compact urban areas, and easily accessible coastlines, where the archipelago's small size allows for slow, continuous exploration without long distances.

In the north of the main island, the center of Meliċha is a particularly suitable base, thanks to its urban layout spread across gentle terraces and its proximity to the Ghadira Nature Reserve, a flat area with simple and accessible nature trails. Also in the same area, Golden Bay beach offers a coastal setting easily accessible with short walks. Moving toward the center of the island, Attard and Balzan offer a quiet residential environment with historic gardens and flat streets. In particular, the San Anton Gardens offer shaded, uninterrupted strolls, while nearby Mdina offers a compact visit to the medieval, entirely pedestrianized old town.

From a cultural perspective, Valletta's museum system is concentrated and easy to visit: the Malta National Museum of Archaeology offers insights into the archipelago's prehistoric history, while the MUŻA – National Museum of Fine Arts is organized into accessible, intimate spaces. The capital's compact urban layout makes it easy to get around on foot without significant elevation changes.

On the coastal level, the Sliema and St. Julian's area offers continuous promenades like the Sliema Promenade, with benches, flat paths, and regular connections. From here, the capital is easily accessible via short ferry connections from the Valletta Waterfront. To the south, the village of Marsaxlokk offers a flat promenade and a traditional harbor, while nearby Birżebbuġa maintains a quiet residential setting with direct access to the sea. Both areas offer easy strolls and frequent stops.

On an island level, the island of Gozo is one of the most suitable destinations: the center of Victoria (Rabat Gozo) is compact and flat in its historic part, with the Citadel of Victoria easily accessible. The areas of Xlendi and Marsalforn offer quiet seafronts and small coastal towns.

In this context, over-65 trips to Malta are configured as experiences based on accessible centers such as Meliċha, Attard, and Valletta, flat seafronts such as Sliema and Marsaxlokk, compact cultural areas such as Mdina and the capital's museums, and the island of Gozo with Victoria and its coastal towns, offering a system of short, continuous, and easily manageable journeys.





DID YOU KNOW?

Malta is one of the smallest but most historically stratified territories in the Mediterranean: in a small area, prehistoric remains, Phoenician and Roman dominations, the long period of the Knights and the subsequent British influence overlap.

One of the most striking aspects of the archipelago is the presence of some of the oldest megalithic structures in the world. At Haġar Qim and Mnajdra, on the southern coast of the main island, are temple complexes dating back to approximately 3600–3200 BC, predating the Egyptian pyramids, built from enormous limestone blocks without the use of mortar.

In Mdina, known as the "Silent City," the city center retains a nearly intact medieval structure, with narrow streets and fortified walls. It was the island's capital for centuries and retains Phoenician, Roman, and Arab influences.

In Valletta, the city was designed in the 16th century by the Order of the Knights Hospitaller after the Great Siege of 1565. Its grid-like urban layout is one of the first examples of modern planning in Europe and is now recognized as a UNESCO World Heritage Site.

One of the most distinctive features of the Maltese territory is the presence of natural harbours deeply incised into the coast. The Grand Harbour and Marsamxett Harbour have for centuries been strategic military and commercial hubs in the central Mediterranean, controlling routes between Europe, North Africa, and the Middle East.

From a historical-military perspective, Malta played a central role during the Second World War: its location made it one of the most bombed bases in Europe between 1940 and 1942, an event which led to the awarding of the George Cross to the entire population in 1942 for their courage.

In Gozo, the atmosphere is more rural, characterized by coastal and hilly landscapes. The Citadel of Victoria dominates the island from above and bears witness to the archipelago's long defensive history.

Culturally and linguistically, Malta is one of the few places in the world where a Semitic language, Maltese, is written in the Latin alphabet and incorporates Arabic, Italian, and English influences, directly reflecting the island's complex history.

Within this mix, Malta stands out for its unique combination of prehistoric temples among the oldest in Europe, fortified cities designed in the modern era, strategic natural harbours, and a hybrid linguistic and cultural identity, a direct result of its location at the centre of the Mediterranean.



GREECE - BETWEEN THE EASTERN MEDITERRANEAN, ARCHIPELAGOS, AND A HISTORICAL CONTINUITY THAT HAS DEFINED EUROPEAN CULTURE



Located in southeastern Europe, Greece occupies a strategic position between the Aegean, Ionian, and Mediterranean Seas, making it one of the most fragmented yet coherent territories in the Mediterranean due to the presence of peninsulas, mountains, and a vast island system. First, the country's morphology is dominated by the Hellenic Peninsula and a sprawling archipelago that physically and culturally connects the country's diverse areas. Geographically, Greece is characterized by a strong prevalence of coastlines and islands. Among the main islands and archipelagos are the Cyclades, the Dodecanese, the Ionian, the Sporades, and the large islands of Crete and Euboea. This island system is integrated with the mainland through rugged coastlines, deep gulfs, and peninsulas such as the Peloponnese. The interior is predominantly mountainous, with ranges such as Mount Pindus and reliefs that have historically favored the formation of autonomous city-states. The plains are limited but strategic, especially in Thessaly and Macedonia, where major urban centers are concentrated. To understand Greece's identity, it is necessary to begin with the civilization of Ancient Greece, which between the 2nd millennium BC and the classical period developed a political and cultural system based on the polis, including Athens, Sparta, and Corinth. During this period, philosophy, theater, mathematics, and political systems developed that profoundly influenced Western civilization. Subsequently, Greece entered the orbit of the Roman Empire and then the Byzantine Empire, with Constantinople as the political and religious center of the Greco-Eastern world. After the fall of Constantinople in 1453, the territory came under the control of the Ottoman Empire for several centuries. Independence was achieved in the 19th century with the Greek War of Independence (1821–1829), which led to the birth of the modern Greek state, initially as a monarchy and later evolving into its current republican structure.

In this framework, the Greek territory is divided into integrated geographical macro-areas that include both the mainland and all the island systems:

- NORTHERN GREECE – COMPRISES GREEK MACEDONIA AND THRACE, WITH CITIES SUCH AS THESSALONIKI AND INLAND MOUNTAINOUS AREAS, IN CONTINUITY WITH THE NORTHERN AREAS OF THE AEGEAN SEA AND THE ISLAND SYSTEMS OF THE NORTH AEGEAN
- CENTRAL GREECE – INCLUDES BOEOTIA, PHOCIS AND ATTICA, WITH ATHENS, AND DIRECTLY OVERLOOKS THE AEGEAN SEA INCLUDING THE ISLANDS OF EUBOEA AND PART OF THE SOUTHERN SPORADES
- PELOPONNESE – SOUTHERN PENINSULA WITH HISTORIC CITIES SUCH AS CORINTH AND SPARTA, SURROUNDED BY THE IONIAN AND AEGEAN SEAS AND IN MARITIME CONTINUITY WITH THE SOUTHERN IONIAN ISLANDS
- AEGEAN GREECE – INCLUDES THE CYCLADES ISLANDS, THE DODECANESE ISLANDS, THE SPORADES AND THE NORTH AEGEAN ISLANDS, ALONG WITH LARGE ISLANDS SUCH AS EUBOEA
- IONIAN AND WESTERN GREECE – INCLUDES THE IONIAN ISLANDS AND THE REGIONS BORDERING THE IONIAN SEA, WITH STRONG HISTORICAL VENETIAN INFLUENCE AND COASTAL CONNECTIONS WITH EPIRUS AND WESTERN GREECE
- CRETE – INCLUDES CRETE, A MACRO-AREA AUTONOMOUS IN SIZE AND IDENTITY, WITH AN INTERNAL MOUNTAIN SYSTEM AND STRONG GEOGRAPHICAL INDEPENDENCE IN THE EASTERN MEDITERRANEAN

AS REGARDS THE MAIN ACCESS POINTS, THE AIRPORT NETWORK IS DISTRIBUTED ACCORDING TO THE STRONG INSULARITY AND THE MACRO-REGIONS:

- Athens Airport – Main international hub and gateway to central Greece
- Thessaloniki Airport – Gateway to Northern Greece
- Heraklion Airport – Access to Crete
- Corfu Airport – Access to the Ionian Islands
- Rhodes Airport – Access to the Dodecanese

In short, Greece is a highly fragmented yet coherent territorial system, in which the sea, islands, mountains, and historic cities are not separate elements, but interconnected parts of a single geographical and cultural structure. It is precisely this continuity between insular space and mainland, combined with a historical stratification stretching from Ancient Greece to the modern state, that defines its identity in the Eastern Mediterranean.

OVER-65 TRIPS THROUGH COMPACT CITIES, QUIET ISLANDS, ACCESSIBLE ARCHAEOLOGICAL SITES, AND THE SLOW-TRAVELING COASTS OF THE MEDITERRANEAN

PLACES AND EXPERIENCES FOR AN OVER-65 TRIP OFF THE BEATEN PATH

A trip to Greece for over-65s takes in destinations with flat or easily accessible urban centers, slow-paced islands, organized archaeological sites, and coastlines with continuous seafront promenades, where short trips and a gradual exploration of the landscape are central to the experience.

In the Attica region, Athens represents a key hub: the historic center is compact and connected by continuous pedestrian areas between the Plaka neighborhood and cultural sites such as the Acropolis of Athens and the Acropolis Museum, both of which are organized with accessible and structured routes. The Piraeus waterfront also offers easy connections to the islands.

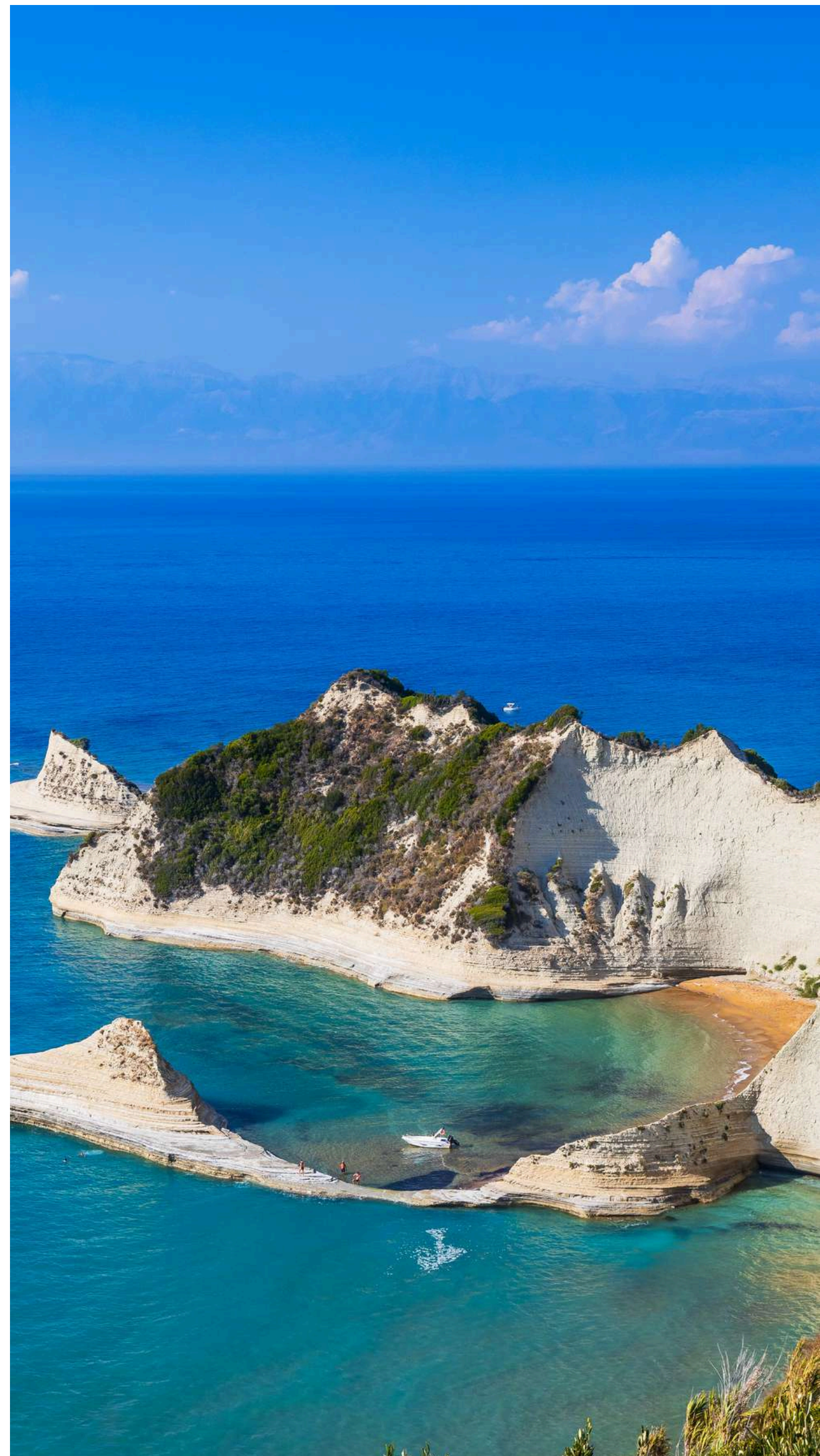
In the Peloponnese, the city of Nafplio is one of the most suitable destinations: a flat historic center, a continuous waterfront, and access to cultural sites such as the Theater of Epidaurus and the archaeological complex of Mycenae. The area is well-organized with short distances and good accessibility to points of interest.

In northern Greece, Thessaloniki offers a flat urban center along the sea, with the White Tower of Thessaloniki and the Museum of Byzantine Culture of Thessaloniki, which tells the story of the region's Byzantine history in organized and accessible spaces.

On the island front, the Cyclades include islands suited to a slower pace such as Naxos, with the centre of Chora of Naxos and easily walkable seafronts, and Paros with the towns of Parikia and Naoussa, both characterised by short and accessible routes.

In the Ionian Sea, Corfu offers a compact historic center like the Old Town of Corfu, with squares and flat streets, while towns like Paleokastritsa allow for a slower and more scenic coastal experience.

In this context, over-65 trips to Greece are configured as experiences based on accessible cities like Athens, Thessaloniki, and Nafplio, islands with moderate paces like Naxos, Paros, and Corfu, and organized archaeological sites like Epidaurus and Mycenae, where the combination of culture, sea, and short routes allows for a gradual and effortless enjoyment of the territory.





DID YOU KNOW?

Greece is one of the places in the world with the longest documented cultural continuity: many Western words, philosophical concepts, and political systems derive directly from ancient Greek civilization, which developed as early as the 2nd millennium BC with the Minoan and Mycenaean civilizations.

In Athens, democracy was born in the 6th century BC with the reforms of Cleisthenes, who introduced a political system based on territorial divisions and citizen participation. The Acropolis of Athens still preserves the Parthenon, built in the 5th century BC during the age of Pericles.

In Delphi, the sanctuary of Apollo was considered in ancient times the “center of the world” according to Greek tradition, marked by the omphalos stone, still visible today in the archaeological area.

One of the most peculiar aspects of Greece is its insular fragmentation: over 6,000 islands and islets, of which approximately 200 are inhabited, distributed across several archipelagos.

In the Cyclades, the island of Santorini is the result of one of the largest volcanic eruptions in Mediterranean history (around 1600 BC), which contributed to the collapse of the Minoan civilization. The current caldera is one of the most studied geological structures in the world.

In the Ionian Sea, the Ionian Islands display a strong Venetian influence still visible in the urban architecture of Corfu, particularly in the Old Town of Corfu, where the defensive structure reflects centuries of maritime dominance.

In the northeastern Aegean Sea, the islands of Lesbos and Chios preserve medieval fortified villages such as Mesta and Pyrgi, characterised by defensive architecture against medieval raids.

Crete is home to the Palace of Knossos, linked to the Minoan civilization and the myth of the Minotaur and Daedalus's labyrinth. Crete is also one of the largest islands in the Mediterranean and features mountainous landscapes, deep gorges, and a diverse coastline.

In the Dodecanese, Rhodes preserves one of the best-preserved medieval fortified cities in Europe, the Medieval City of Rhodes, built by the Knights Hospitaller between the 14th and 16th centuries.

On a natural level, Greece is one of the most seismic destinations in Europe: it lies at the meeting point of the African and Eurasian plates, a phenomenon that has shaped its geography, made up of young mountains, jagged coastlines, and deep sea trenches.

Within this complex of elements, Greece stands out for its continuity between myth and history, its extreme island fragmentation, the presence of some of the most influential archaeological sites in the Western world, and a natural landscape still undergoing active geological evolution.



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