



Barcelona, Southern France & Italian Riviera with StudioB Yoga Center

12 days | 14 days with Florence extension | May 23 2026—Jun 03 2026

Discover the essence of the Mediterranean with a journey through the sun-kissed landscapes and distinctive cultures of Spain, France, and Italy—plus a glamorous surprise in the form of Monaco's iconic coastline. Begin in Barcelona, Gaudi's architectural playground, before meandering through medieval Avignon. Greet the Mediterranean, starting with Nice's azure waters, before winding through the cliffside tapestry of Cinque Terre and meander along the canals of Venice. Extend your trip to revel in the Renaissance in Florence.



Your tour package includes

- 10 nights in handpicked hotels
- Breakfast daily
- 4 dinners with beer or wine
- 8 sightseeing tours
- 4 guided yoga sessions
- Expert Tour Director & local guides
- Private deluxe motor coach
- 1 train & boat ride

Included highlights

- La Sagrada Família
- Carcassonne
- Avignon
- Papal Palace
- Aix-en-Provence
- Nice's Old Town
- Monaco
- Cinque Terre
- St. Mark's Basilica

Tour pace

On this guided tour, you'll walk for at least 2.5 hours daily across mostly flat terrain, including paved roads and cobblestone streets, with some steep hills.

For more information, contact

<https://groups.goaheadtours.com/tours/studiobyogazfq> | 151-631-90764 | studiobyogacenter@gmail.com

Barcelona, Southern France & Italian Riviera with StudioB Yoga Center

12 days | 14 days with Florence extension

Overnight Flight → 1 night

Day 1: Travel day

Board your overnight flight to Barcelona today.

Barcelona → 2 nights

Day 2: Arrival in Barcelona

Included meals: welcome dinner

Welcome to Spain! Need a little pick-me-up when you arrive? Dive right into Spanish culture with shareable small plates—tapas to locals—like croquetas: crispy, deep-fried rolls with a crunchy exterior and a savory, gooey interior. Wash it all down with an orxata—a sweet, milky drink known as horchata to the broader world but made with tiger nuts in Spain.

Tonight, meet your Tour Director and fellow travelers at a welcome dinner, served with beer or wine.

Day 3: Sightseeing tour of Barcelona

Included meals: breakfast

This morning, gather for yoga in a private area of your hotel to greet the day.

You don't have to be an architecture fan to enjoy Barcelona, but you may just leave as one by the end of your trip. Roman ruins, Gothic drama, and soaring odes to modernism fill the city with unparalleled architectural landmarks, many of which are UNESCO World Heritage Sites.

- Immerse yourself in the awe-inspiring beauty of La Sagrada Família, a testament to Antoni Gaudí's genius. Inside, marvel at the intricate details and stained glass that bathe the space in confetti-like bursts of color.
- Drive along Passeig de Gràcia, where you'll encounter Gaudí's "House of Bones" (Casa Batlló) and the sculptural Casa Milà. Feel the pulse of the city as you traverse Barcelona and see how architectural modernism interacts with everyday life.
- Venture to Montjuïc, the hill overlooking Barcelona and site of the 1992 Olympic Games. At the Mirador de l'Alcalde, breathe in panoramic views of the city, the harbor, and beyond, perfumed by a Mediterranean breeze and surrounding gardens.

- Pass through the grandeur of the Plaça d'Espanya, a hub of Catalan culture. Look for the pair of towers, inspired by the campaniles of Venice, and a classically styled fountain at the center of it all.

If you'd like to deepen your newfound love for Antoni Gaudí, we recommend joining the excursion to Park Güell, where your eyes will joyfully bounce from colorful mosaics to the tops of whimsical residential rooftops. Savor every tiny detail in the stonework—you never know what surprises you'll uncover when you take your time.

If you choose to spend your free afternoon in Barcelona exploring on your own, you can explore the Gothic Quarter and walk its narrow medieval streets. You'll find charming squares like the Plaça del Rei and spot Barcelona Cathedral, a masterpiece of Catalan Gothic architecture built between the 13th and 15th centuries.

+ Park Güell & La Pedrera

Provence → 1 night

Day 4: Provence via Carcassonne

Included meals: breakfast, dinner

En route to Provence, France, take a captivating detour to explore the enchanting, fortified city of Carcassonne. This medieval settlement, recognized as a UNESCO World Heritage Site, takes you back in time from the moment you enter its imposing fortress gates.

Well-preserved ramparts and towers encircle the city and offer glimpses of the surrounding countryside. As you go, you'll be walking in the footsteps of knights, nobles, and artisans that thrived within its formidable walls where every cobblestone tells a story.

Later tonight, enjoy an included dinner in Provence served with beer or wine.

French Riviera → 2 nights

Day 5: French Riviera via Avignon

Included meals: breakfast, tasting

Sited along the Rhône River, Avignon's place at

the confluence of history and culture dates to it being the seat of the Catholic papacy in the 14th century. Discover Avignon's legacy of architecture and art with a local guide leading the way.

- Stroll through the heart of the city, its historic center unfolding before you, past cobbled streets and imposing stone walls that still stand guard today.
- Step inside the magnificent Papal Palace, a UNESCO World Heritage Site and one of the most significant medieval Gothic buildings in all of Europe. From its cavernous chambers to its extensive courtyards, the enormous structure boasts fortress-like walls more than 160 feet tall—a surefire way to protect its residents.

End your day on a high note, leaving Provence and transferring to your hotel on the French Riviera. After settling in, use your free evening to explore the area at your leisure or cap your travels with some rest and relaxation.

Day 6: Sightseeing tour of Nice

Included meals: breakfast

Start the day with a morning yoga session before diving into the French Riviera today.

Nestled between Cannes and the Principality of Monaco on the Côte d'Azur, Nice is part cultural hub, part coastal resort, and entirely fascinating. Fall in love with "La Belle" during a guided tour of the city this morning, and see which of its quarters claims your heart.

- Drive along the Promenade des Anglais, a waterfront walkway dear to locals and tourists alike. Spot the various highlights called out by your local guide: The distinguished Hôtel Negresco, casino-hotel Palais de la Méditerranée, and the iron sculpture *La Chaise* all line the promenade.
- Stop in the upscale Cimiez neighborhood to explore a pair of legendary landmarks. First, enter the second-century Roman amphitheater—one ruin among many that formerly constituted the Roman city of Cemenelum—before moving on to the thriving gardens of the Cimiez Monastery. Monks have found solace in its peaceful surroundings since the 800s, and you can, too. Bask in a blissful moment of calm, then continue on your sightseeing tour.

For more information, contact

<https://groups.goaheadtours.com/tours/studiobyogazfq> | 151-631-90764 | studiobyogacenter@gmail.com

- Conclude your day with free time in Nice's Old Town, a labyrinth of narrow streets connecting bustling squares, quaint cafes, and the vibrant Cours Saleya market. (Looking for souvenirs? Here's your last chance! Pick up tapenades, candied fruit, and other local specialties for the gourmand in your life.)

Not done with sightseeing? Add on a visit to Cap Ferrat and the stunning Villa Ephrussi de Rothschild where you'll have a front-row seat to the dramatic sea cliffs and the glamor of the French Riviera. If you prefer to forge your own path, feel free to return to your hotel to freshen up, then enjoy an afternoon on your own to exploring.

+ Cap Ferrat & Villa Ephrussi

Italian Riviera → 2 nights

Day 7: Italian Riviera via Monaco

Included meals: breakfast, dinner

Leave France for the Italian Riviera today. Stop en route to explore the tiny Principality of Monaco with your Tour Director, who will share glimpses into its storied past, its transformation from a strategic fortress to a haven of luxury, and the fascinating legacy of the ruling Grimaldi family.

- Begin your exploration by ascending Le Rocher, one of Monaco's four quarters, or quarters, nicknamed for the elevated rock that houses the historic Old Town. Gaze at the Monaco Cathedral, an exquisite example of Romanesque-Byzantine architecture. The cathedral is renowned for its white stones, stunning facade, and being the final resting place of Prince Rainier III and Princess Grace.
- Pause outside the majestic Prince's Palace, first built as a fortress in the late 12th century. The royal residence showcases a blend of architectural styles and enjoys an unmatched view of Monaco and its crystalline coastline.

This evening, sit down for an included dinner with your group, served with beer or wine.

Day 8: Sightseeing tour of Cinque Terre

Included meals: breakfast

Head to a private space at your hotel this morning for a yoga session with your group. Occasionally, even the glossiest travel books and the most glowing reviews can't capture the overwhelming beauty of a place. Join your Tour Director today to discover Cinque Terre, Italy, an

idyllic cluster of five villages set on seaside cliffs. Perched along a jagged six-mile strip of coastline, Cinque Terre's arresting natural beauty prompted Italy to designate the entire area a national park.

- Board a train to Monterosso and feel your smile widening as you come across the pebble beach, punctuated with orange and blue umbrellas, that defines this village. Known for its cultivation of lemons, Monterosso celebrates the tart fruit with a festival each May.
- Traverse the sparkling Ligurian Sea by boat to Vernazza, a village adorned with a tapestry of pastel-colored waterfront houses. Let yourself fall under the trance of fishing boats gently bobbing up and down in its harbor.
- Continue your nautical journey to Riomaggiore, known for its rugged coastal scenery. Colorful buildings cascade down the cliffside and appear to spill into the small marina—a valley between two steep hills.
- Learn about the Via dell'Amore, a famous hiking path that connects two of the five villages. Along the Way of Love, visitors find the path strewn with nets suspended from the rocks—waiting for lovers to write their name on a padlock, attach it to the net, and throw the keys into the sea so they're bound forever to one another.
- Enjoy short walks through Cinque Terre's villages, savoring the unique atmosphere, traditions, and cuisine of each.
- Transfer back to your hotel by train and take in the changing landscapes of Liguria's dramatic coastline and vineyard-covered slopes. Bookmark them in your heart to come back to again and again.

Please note: The boat ride is weather-dependent. In the event of inclement weather, you'll visit the villages by train. In addition, the specific villages you visit may vary.

Venice → 3 nights

Day 9: Venice via Verona

Included meals: breakfast

It's easy to fall in love in, and with, Verona and its maze of ancient Romanesque, Gothic, and Byzantine architecture tucked into the bends of the Adige River. No wonder it served as the backdrop for *Romeo and Juliet*. Join your Tour Director for a walk through this UNESCO-recognized city center.

- Imagine your own "Oh, Romeo, Romeo" moment with a visit to Casa di Giulietta, site of the famous balcony built in honor of Shakespeare's tale of the ill-fated lovers.
- Soak in the history in the oldest square in Verona, Piazza delle Erbe, then enjoy some free time to explore the less crowded Gothic architecture of Piazza Dante—named for Italian poet Dante Alighieri of *The Divine Comedy* fame.
- Marvel at the grandeur of the 2,000-year-old Verona Arena, still in use today, whose pink and white stones have stood witness to gladiator shows, opera productions, and modern concerts.
- Enjoy free time to explore Verona on your own.

Continue to Venice where you'll wind down the day with free time to relax or head out to discover the area on your own.

Day 10: Sightseeing tour of Venice

Included meals: breakfast

Surrender to the beauty of Venice's labyrinthine canals, elegant bridges, and ornate Gothic and Renaissance architecture. Close your eyes and let the sound of lapping water and the passing gondolas soothe you, but not for too long—there's so much to see! You'll meet up with your local guide and explore the heart of Venice on foot and by vaporetto, or water taxi.

- Feel the energy of St. Mark's Square, with its thriving cafes and sumptuous buildings, and marvel at St. Mark's Basilica.
- See the Bridge of Sighs, named after the suggestion that prisoners would sigh at their final view of their beloved Venice through the window before being taken down to their cells in the New Prisons.
- Watch a Murano glass blowing demonstration where artisans keep the Venetian glasswork tradition alive. Observe as they skillfully use the distinctive millefiori technique—where intricate patterns are created by fusing together tiny glass rods.

Spend a free afternoon exploring Venice's canals or add an excursion.

Please note: Travelers may enter St. Mark's Basilica after the sightseeing tour based on ticket time availability.

+ Private Gondola Ride: Canal Cruise for Two
+ Gondola Ride: Venice Canal Cruise

Day 11: Free day in Venice & farewell dinner

Included meals: breakfast, farewell dinner

Prepare for the day by beginning with a yoga session this morning.

Enjoy free time for the rest of the day, or add an afternoon excursion.

Later, celebrate your trip at a farewell dinner this evening, served with beer or wine.

+ Islands of the Venetian Lagoon: Burano & Torcello

Flight Home

Day 12: Departure

Included meals: breakfast (excluding early morning departures)

Transfer to the airport for your flight home or extend your trip with a stay in the Tuscan capital city of Florence.

+ Florence extension

Not ready to say arrivederci? Continue your trip in the Tuscan capital of Florence, where Renaissance beauty and really (really) good food are practically everywhere. Travel there by train, then enjoy sightseeing with a local guide.

Florence → 2 nights

Day 12: Train ride to Florence

Included meals: breakfast

Say goodbye to Venice and travel by train to Florence—Tuscany's capital and the world's greatest treasure trove of Renaissance art and architecture. Get to know the city with a local guide.

- Head to Florence's UNESCO-listed historic center and view its exquisite, 15th-century cathedral—the Basilica di Santa Maria del Fiore, or Florence Cathedral. It remains one of the largest churches in the world and its trademark brick dome is, to this day, the largest masonry dome ever built.
- Learn about the cathedral's distinctive, marble-clad facade and its instantly recognizable dome, the latter of which was built by Filippo Brunelleschi and has become a symbol of the Renaissance and Florence itself.
- Pass Giotto's Campanile. This bell tower, a masterpiece of Gothic architecture, rises nearly 280 feet above the city and features the same red, white, and green marble found on the Florence Cathedral's facade.

- Walk past the Piazza della Repubblica, one of Florence's main squares, to the medieval Ponte Vecchio, an iconic bridge that spans the Arno River and has been lined with shops since the 13th century.
- Stroll along the Arno and through the Uffizi Gallery's courtyard to the Piazza della Signoria—a beautiful square that's situated just outside the Palazzo Vecchio and home to several notable statues, including the *Fountain of Neptune* and a replica of Michelangelo's *David*.

Please note: You will need to handle your own baggage during the train transfer.

Day 13: Free day in Florence

Included meals: breakfast

Enjoy your last day in Italy with a full free day in Florence, or add an excursion.

Celebrate your trip and raise your glass for a farewell drink with your fellow group members.

+ Accademia Gallery

Flight Home

Day 14: Departure

Included meals: breakfast (excluding early morning departures)

Transfer to the airport for your flight home.

For more information, contact

<https://groups.goaheadtours.com/tours/studiobyogazfq> | 151-631-90764 | studiobyogacenter@gmail.com

Customize your experience

Customize your tour by adding excursion options. Excursions offered on the same day will occur at different times, so there's no need to choose. Save \$10 when you book your excursion up to three days before your tour departs.* Excursions requiring advance reservation only list this discounted price. Call or go online to customize your tour: <https://groups.goaheadtours.com/tours/studiobyogazfq> | 151-631-90764

Day 3: Park Güell & La Pedrera

From \$115.00 . Visit the link above for pricing info. (4 hours, departure time varies)

On today's excursion, discover the magnificent works of Antoni Gaudí, the famed Spanish architect known for his bold, distinct designs. Casa Milà is the first stop. Take a guided tour of this building, popularly known as "La Pedrera," which was built between 1906 and 1912. Everything about it is visually unique, from its wave-like stone structure to the grandly designed roof. Next, you'll head to Park Güell, also designed by Gaudí. Your guide will lead you through the park, which contains stunning buildings, intricate stonework, and colorful mosaics. At the top of the park, marvel at the brilliant views of Barcelona.

Day 6: Cap Ferrat & Villa Ephrussi

From \$89.00 . Visit the link above for pricing info. (5 hours, departs in the afternoon)

Embark on a sunny, salty exploration of the French Riviera, a region known for its glamorous resorts and yacht-dotted coasts. Marvel at scene-stealing views of the Mediterranean Sea as you stand atop the cliffs of Cap Ferrat. Turquoise waters, washes of greenery, and coves peeking from the coastline combine to make the dreamiest vistas. Tour the opulent Villa Ephrussi de Rothschild, a magnificent mansion with lavishly decorated rooms commissioned by the Rothschild banking family. The real allure, however, lies in the meticulously landscaped, themed gardens surrounding the villa, each boasting its own unique charm—from the fragrant rose garden to the exotic Spanish garden.

Day 10: Private Gondola Ride: Canal Cruise for Two

From \$169.00 . Visit the link above for pricing info. (25 minutes, departure time varies)

More than 100 canals crisscross Venice, and boarding a sleek, black gondola to explore them has become a time-honored tradition. On this memorable excursion, you'll enjoy a private gondola cruise for two through the canals of Venice, with a gondolier deftly guiding your boat along.

Please note: This excursion requires two passengers. Cost is per person, and each traveler must book the excursion. Travelers should also feel comfortable getting into and out of the gondolas. This excursion runs as weather permits.

Day 10: Gondola Ride: Venice Canal Cruise

From \$95.00 . Visit the link above for pricing info. (25 minutes, departure time varies)

More than 100 canals crisscross Venice, and boarding a sleek, black gondola to explore them has become a time-honored tradition. On this memorable excursion, join your fellow travelers for a tour through the canals of Venice, with a gondolier deftly guiding your boat along.

Please note: This excursion runs as weather permits, and travelers should feel comfortable getting into and out of the gondolas. A private, two-person gondola ride is available for an additional cost.

Day 11: Islands of the Venetian Lagoon: Burano & Torcello

From \$85.00 . Visit the link above for pricing info. (5 hours, departure time varies)

Visit the islands of the Venetian lagoon, a favorite day trip for locals and travelers alike. First travel by water taxi to Torcello, where the story of Venice began. It was here that mainlanders sought a safe haven from invading barbarians. Step inside the Basilica of Santa Maria Assunta, whose famous mosaics depict The Last Judgement. The next stop is the tiny fishing village of Burano, where brightly colored homes greet visitors. Wander as you please throughout Burano, and be sure to stop in at the island's bakeries.

Extension excursion options

Day 13: Accademia Gallery

From \$75.00 . Visit the link above for pricing info. (2 hours, departure time varies)

Home to Michelangelo's masterpiece David, the Accademia Gallery is one of the most famous museums in Florence. Skip the ticket lines, and join a local guide on a tour of the museum as you learn about Renaissance art history and view a variety of pieces, including the marble statue of David.

*Optional excursions may be purchased up to three days prior to departure or while on tour. Pre-purchased optional excursions cannot be canceled within three days prior to departure or while on tour. Select optional excursions require advance booking and cannot be purchased or canceled after the advanced reservation deadline. Go Ahead Tours accepts payment by cash, Visa or MasterCard for optional excursions purchased on tour. Additional fees may apply for optional excursions purchased on tour. Excursions require a minimum number of participants to operate. Details and prices are subject to change. Due to seasonal hours of operation and availability, some excursions may not operate. If this occurs, you will be refunded any payments made for that excursion post-tour. Learn more at <https://www.goaheadtours.com/about/terms>.