EVENTS & TOURISM

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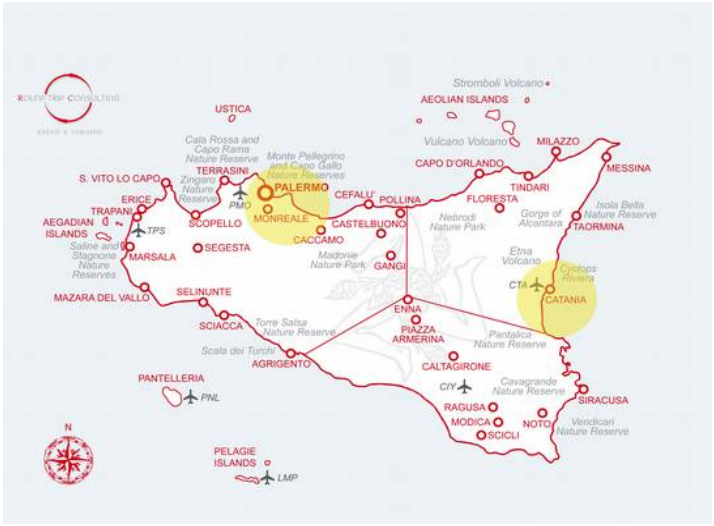
Sicily Cooking Tour

Accommodation: 4 nights at a 4-star hotel in the centre of Palermo and 3 nights at a 4-star hotel in the heart of Catania

Excursions: Palermo, Monreale, Erice, Segesta, Selinunte, Caccamo, Catania, Mt. Etna, Taormina, Syracuse.

Treatment: Half Board or Full Board.

Notes: Departure guaranteed with 2 people; English speaking courier provided.



Your bases: Palermo, located on the Northern coast, boasts more than 2700 years of history and a great cultural diversity; Catania, the second city of Sicily which lies beneath Mt. Etna, is located in strategic position on the Ionian coast.

Both are the perfect base points to explore the Island and reach the most important artistic, archaeological, cultural and natural Sicilian sites in the quickest and easiest ways possible.

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Detailed 8 days - 7 nights itinerary

Day 1 – PALERMO

Direct transfer from Falcone e Borsellino Airport (Palermo, PMO) to your 4-star hotel in the centre of Palermo, in the Northern coast of Sicily.

The hotel is close to Politeama theatre and Via Libertà, the most elegant fashion street in Palermo, rich in prestigious retailers.

Enjoy a welcome cocktail and spend your time at leisure(*). Time for leisure and dinner.

Overnight: 4-star hotel in Palermo.

(*) According the arrival time, it is possible to experience one or more of the following activities in Palermo:

- Enjoy a traditional puppet show in the heart of Palermo (it belongs to UNESCO cultural heritage list) and be mesmerized by traditional story of Norman kings in Sicily, of Charlemagne and his knights and more.
- Visit the wonderful opera house in Palermo, Massimo Theatre (built in late 19th century and featured in the last scenes of Godfather III). Enjoy a nightly performance and experience the amazing acoustic of the theatre. Enjoy a tour of Palermo by night!
- Enjoy a shopping walk in Via Libertà, the most elegant fashion street in Palermo, rich in prestigious retailers (Personal shoppers provided on request).
- Reach the neighboring small borough of Mondello, one of most popular tourist place in Italy, with a gorgeous sand beach.
- Visit Mt. Pellegrino, the most famous mountain in Palermo. During his “Italian Journey”, Goethe described it as “the most beautiful promontory in the world”. Visit the church of Santa Rosalia inside a stunning cave and then start a relaxing trail to a panoramic point over the northern coastline.

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Day 2: ERICE and SEGESTA: Cous Cous on the Phoenicians route, the mystery of the Middle Ages and the charm of a magnificent view.

After breakfast transfer to the medieval town of **Erice**, founded by Trojan exiles in the 3rd century BC and located at the top of a mountain.
Experience its amazing historic centre, walking through the narrow streets and enjoying the breathtaking view of the Aegadian Islands.
Take a look to the Norman castle and the numerous towers, churches and old houses built on the rock.

Have a cooking lesson and learn how to cook the "cous cous", an Arabic culinary speciality, now great expression of Sicilian cuisine.
Have a lunch with more Sicilian delicacies.

After lunch visit the archaeological site of **Segesta**, built by Elims during the 5th century BC: enjoy a tour of the Greek temple and the theater. Both the archaeological treasures are located at the top of a hill.
From the theatre you can enjoy a marvelous view of the picturesque and unspoilt valley below.

Return to your hotel in Palermo in the evening.
Time for leisure and dinner.

Overnight: 4-star hotel in Palermo.

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Day 3: PALERMO and MONREALE - The Unesco Arab-Norman circuit and one of the most important historic centres in Europe.

After breakfast transfer to **Monreale** (10 km from Palermo). Visit the amazing Norman Cathedral (one of the finest example of sacred architecture in the world) and the cloister built by the Benedictines during the 12nd century.

Then return to **Palermo** and visit a historic outdoor market where you will buy fresh food for your cooking class.

Experience the traditional Sicilian cuisine and learn how to prepare some typical Sicilian recipes and dishes from the "street food" (Palermo is ranked 5th among the world's best cities for quality of street food!). At the end of the lesson, you will taste what you have created. End your lunch with the Cannolo, the world famous Sicilian dessert.

In the afternoon start a guided walking tour through the magnificent historic centre of Palermo, full of heritage, art and culture: enjoy the Arab-Norman circuit (included in the **Unesco World Heritage list** in 2015) with the Normans Palace, the Palatine Chapel and the Cathedral.

Visit other beautiful monuments, buildings and churches from the Spanish period (12nd - 18th Century) such as "4 Canti", Piazza Pretoria, Martorana.

At the end take a look at the stunning theaters from the late 19th Century (Massimo and Politeama).

Time for leisure and dinner.

Overnight: 4-star hotel in Palermo.

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Day 4: SELINUNTE – Archaeology and delicacies.

After breakfast transfer to **Selinunte,** the most western Greek colony in Sicily.

Have a great culinary lesson in a refined farmhouse. Learn how to make a great jam from fresh fruits. Experience the making of Sicilian bread and enjoy it with the typical olive oil Nocellara from the South of Sicily.

After lunch discover Selinunte. Visit the biggest archaeological park in Europe and take a walk through the splendid temples of Athena and Hera (perfectly preserved) founded in the 7th century BC.

Come back to Palermo. Time for leisure and dinner.

Overnight: 4-star hotel in Palermo.

Day 5: CACCAMO - The Middle Ages and the tradition.

After breakfast transfer to **Caccamo**.

Attend a Sicilian cooking class at a typical farmhouse where an authentic Sicilian homemaker will teach how to prepare some of the most popular Sicilian dishes.

Enjoy a great lunch and learn how to prepare the “limoncello”, a typical Sicilian lemon liqueur.

In the afternoon get out from the classic tourist patterns and breathe the atmosphere of a medieval town.

With a professional guide, enjoy a guided tour of Caccamo medieval castle. The “unconquered fortress”, built by Normans directly on a rocky outcrop about 1000 years ago, is the largest in the island and has a breathtaking view.

Imagine just that you are thrown in the Middle Ages and discover the intrigues of the castle.

Overnight: 4-star hotel in Catania

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Day 6: CATANIA - **Between art and flavours.**

After breakfast start a cooking class dedicated on the typical Sicilian dessert : “cannolo”, “cassata” and almonds pastries.

After the lunch start a guided visit of **Catania**, the second largest city in Sicily, at the foot of the Mount Etna.

It has had a long and eventful history, having been founded in the 8th century BC by the ancient Greeks.

You will visit its Baroque city centre (a UNESCO World Heritage Site), famous for the Roman amphitheatre, the historical churches, the Ursino Castle and the Piazza Duomo with the famous elephant (symbol of the city).

You will enjoy a funny experience at Piscarìa, an authentic Sicilian outdoor fish market where you will be seduced by colours and flavours.

Overnight: 4-star hotel in Catania.

Day 7: TAORMINA AND ETNA - The beauty and the beast!

Have your breakfast at your hotel and reach an old winery at the slopes of **Mt. Etna** (the tallest active volcano in Europe), surrounded by vineyards and fascinating natural environment.

Experience the typical Etna wines and have a culinary lesson lunch focused on some Sicilian delicacies.

In the afternoon visit the historic centre of **Taormina**. It combines the natural beauty with the artistic and archaeological heritage: in addition to the nice cathedral and the streets of the old town, Taormina is famous for its ancient theatre (built by the Greeks around the second century BC).

Overnight: 4-star hotel in Catania

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Day 8: DEPARTURE

Have your breakfast at your hotel. Check-out and have a transfer to **Fontanarossa Airport** (Catania, CTA).

According your departure time, enjoy a guided visit of **Syracuse**.

Visit Ortigia, the heart of the ancient Syracuse, and admire the remains of Greek civilization.

Discover the temple of Apollo, the oldest one in Sicily and the temple of Athena, incorporated in the cathedral, that is also the first Christian church in Europe. During the walk, take a look at churches, palaces and fountains from the medieval and last centuries.

Visit the archaeological park of Syracuse with the Greek theatre (the largest and the best preserved in the entire Hellenic world), the Ear of Dionysius (famous for the peculiar sound effect) and the Roman amphitheatre.

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Target: this is a private tour which can be arranged for individual customers and small groups. It gives the chance to discover the Sicilian culinary tradition, its cultural heritage and visit the most stunning places of the island.
Transfers: the package includes transfers by comfortable cars or minibus.
Staff: the package includes qualified English speaking couriers, guides and drivers (other languages on request).
Accommodations: the package include a stay at a 4 stars hotels in the centre of Palermo and Catania. This solution gives you the chance to enjoy shopping, restaurants and the night life (walking distance to the hotel). On request, we can provide you with 5 stars resorts and agrirelais near the national parks or close to the sea.
Lunches: we have selected the best cooking schools and farmhouses where you can find out the most authentic Sicilian cuisine! Our packages always include complete lunches.
Tasting: packages include tastings of Sicilian food and wine excellencies.
Diners: packages can include the full-board treatment with dinners at the hotel's restaurants or at the best restaurants in the city. In the second case you can combine the dinner with a tour of the city by night.
Philosophy and Customization of the tour: our itineraries help you to relax and optimize your time in Sicily. Palermo and Catania are the perfect base points to explore the Island.
You don't have to change hotel everyday (no need to pack and unpack your luggages every time) because distances between towns and the most important Sicilian sites are short.
You can personalize this tour according your needs (you can add places to visit or extend the duration of your tour).
On request we can provide you with transfers from/to other Sicilian airports (different from the scheduled ones). According to your flights a reverse itinerary is available.
Price: the final price quote will be established in accordance with the services chosen and the number of participants.

Technical Organization:
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Insurance: Unipolsai Assicurazioni n.1/2483/319/103807707

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Office: **0039 091 540830** Mobile: **0039 380 5220620**
If you want to contact us by Skype, our Skype address is: **RoundTrip.Sicily**

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Key Facts – Sicily

Sicily is **the largest Italian region**, a "little continent" rich in art, culture, archaeology, history (a list of **20 Unesco World Heritage Sites**), breathtaking sceneries, (**4 Regional Parks, 77 Nature Reserves and 3 volcanoes**), crystal clear waters, quiet medieval towns, refined cuisine, great wines, important literary traditions, myths and legends.
Sicily is a **safe and exclusive destination** just few hours by plane from anywhere in Europe.
Thanks to its sceneries, heritage and mild climate, it attracts **5 millions annual tourists** from all over the world.

HISTORY OF SICILY

Sicily has been inhabited since the Paleolithic and Mesolithic. It had been part of the **Ancient Greece**, and then it was invaded and ruled by many different conquerors, such as Romans, Arabs, Normans, Swabians, Spanish and French. Those populations, of course, brought in the island their arts, science, culture and architecture.

GEOGRAPHY

Sicily has a roughly triangular shape, which earned it the name of **Trinacria** (in Greek "three promontories").
Sicily is in the middle of **Mediterranean Sea** and it is the **largest** of its islands. Sicily's interior offers a wide variety of landscapes: mountains, hills, gorges and two fertile large plains around Catania and Palermo.

Mount Etna (10900ft/3348 meters) is the largest and the tallest active volcano in Europe. It is also the tallest mountain in Sicily.
Palermo is the capital (population: 700.000). Sicilian population is 5.000.000. Sicily has got **6 airports** to provide easy access to the various areas of the island; they are well served by international, national and low cost airlines. A direct flight connects New York City to Palermo.
Time Difference: GMT +1 Hour. Currency: Euro

CLIMATE

Sicily has a **Mediterranean climate** with dry and warm summers and mild, wet winters.

Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Year
Average High Temp °C (°F)	15 (59)	15 (59)	16 (61)	18 (64)	22 (72)	25 (77)	28 (82)	30 (86)	27 (81)	23 (73)	19 (66)	16 (61)	20 (68)
Average Low Temp °C (°F)	10 (50)	10 (50)	11 (52)	13 (55)	16 (61)	20 (68)	23 (73)	24 (75)	22 (72)	18 (64)	14 (57)	11 (52)	16 (61)
Precipitation mm (inches)	72 (2.83)	65 (2.56)	60 (2.36)	44 (1.73)	26 (1.02)	12 (.47)	5 (.20)	2 (.08)	42 (1.65)	98 (3.86)	94 (3.7)	80 (3.15)	611 (24.06)
Hours of Daylight	10	11	12	13	14	15	14.5	14	12.5	11	10	9.5	Monthly Averages
Hours of Sunshine	4	4.5	6	7	9	11	12	10	9	6.5	5	4	Monthly Averages

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Sicilian Food and Wine

Sicilian cuisine, based on the values of the Mediterranean diet (Unesco Heritage), is a rich melting pot of flavors and unique combinations.
With the help of the most skilled chefs you will discover the ancient Sicilian culinary tradition that is the result of many foreign cultures alternating in the island during its many centuries of history.

Sicilian foods are combined with the most refined Sicilian wines because the island had a strong wine-growing vocation (Greek settlers produced wine in Sicily before the Romans started their own vineyards in the 2nd century B.C.).

If you are a food lover and appreciate culinary art, you will be welcomed in the most charming restaurants and most beautiful wineries. You will always enter in a stimulating sensory environment where you will be seduced by amazing flavours and essences.

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Since more than 6000 years Sicily has been a “Top Destination” in the center of the Mediterranean Sea: an inexhaustible source of surprises that never fails to fascinate everyone who visits her.

Sicily is the largest Italian region, a “little continent” rich in art, culture, history, breathtaking sceneries, refined cuisine and great wines.

Explore your need…
we will provide you with the best end-to-end solutions!

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