EVENTS & TOURISM

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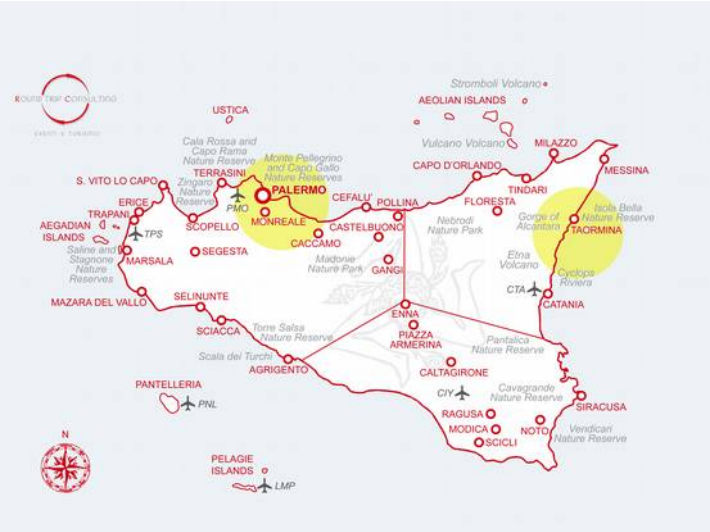
Sicily Wellness Tour

Accommodation: 3 nights at a 4-star hotel in the centre of Palermo and 4 nights at a 4-star hotel in the heart of Taormina (room with Etna and sea view)

Excursions: Palermo, Monreale, Erice, Segesta, Piazza Armerina (Roman Villa), Taormina, Mt. Etna, Aeolian Islands, 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; Taormina, the jewel of Sicily, 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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EVENTS & TOURISM

Sicily Wellness Tour

Detailed 8 days - 7 nights itinerary

Day 1 – PALERMO

Direct transfer from Falcone e Borsellino Airport (Palermo, PMO) to your 4-star hotel equipped with spa 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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EVENTS & TOURISM

Sicily Wellness Tour

Day 2: ERICE and SEGESTA: the mystery of the Middle Ages and the charm of a magnificent view.

After breakfast spend your time relaxing at your hotel: enjoy a health and beauty treatment in the spa.
In late afternoon move to the medieval town of **Erice**, in the westernmost point of Sicily. Erice has been founded by Trojan exiles in the 3rd century BC and is located at the top of a mountain.
Have a lunch at a typical restaurant in Erice, where you can taste special seafood and “cous cous”, an Arabic culinary speciality, now great expression of Sicilian cuisine.
After lunch, experience the amazing historic centre of Ericwe, 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.

Then 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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EVENTS & TOURISM

Sicily Wellness Tour

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

After breakfast spend you time relaxing at the spa of your hotel or (alternatively) visit **Monreale** (10 km from Palermo). with 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.

In late morning start the guided walking tour of **Palermo** through its magnificent historic centre, 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.

Experience a true immersion in Palermo and visit Ballarò, a typical historic outdoor market where you will be surrounded by different colors, amazing scents and funny vendors singing or shouting out their offerings. Have your lunch at a great restaurant in the heart of Palermo.

Enjoy the traditional Sicilian cuisine and some typical Sicilian street food (Palermo is ranked 5th among the world's best cities for quality of street food!). After a complete meal, enjoy the Cannolo, the world famous Sicilian dessert. After the lunch resume your tour and visit other beautiful monuments, buildings and churches from the Arabian-Norman period to 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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EVENTS & TOURISM

Sicily Wellness Tour

Day 4: PIAZZA ARMERINA - The Roman Villa del Casale.

After breakfast move to **Piazza Armerina** to discover the world's finest mosaics from the Roman period!
Piazza Armerina, almost in the middle of Sicily, is a nice small town famous in the world for the Archaeological Park which includes the **Villa Romana del Casale**. The Roman Villa (from the 4th century) includes many magnificent mosaics and representations of classical mythology, in excellent condition.

Have a great lunch at a typical Sicilian restaurant and depart to Taormina.

Check-in at your hotel equipped with spa and located in the heart of the town.

Time for leisure and dinner.

Overnight: 4-star hotel in Taormina.

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EVENTS & TOURISM

Sicily Diving Tour

Day 5: AEOLIAN ARCHIPELAGO

After breakfast transfer to the harbour of Milazzo and start the navigation to **Aeolian Islands**, one of the most stunning archipelagos of the world.
Reach **Lipari** and visit its historic centre and its important museum of archaeology.
Enjoy "Cave di Pomice" (Pumice quarry), a white coastline where waters have an incredible kind of blue. Spend your time diving and snorkeling.
Reach **Vulcano**, the 3rd Sicilian active volcano and also an island with beautiful black sand beaches.
Have a lunch at a typical Sicilian restaurant. Spend your time relaxing at the black sand beach or enjoying the thermal springs, where you can bathe in a mixture of sea water and mud.
Come back to Milazzo and reach Taormina in late evening. Time for dinner.
Overnight: 4-star hotel in Taormina.

Day 6: TAORMINA BAY AND MT. ETNA

After breakfast spend your time relaxing at your hotel: enjoy a health and beauty treatment in the spa.
Then chose between a guided visit of Taormina (with a typical Sicilian lunch there) or an excursion to **Mt. Etna**, the tallest active volcano in Europe.
In the second case you would enjoy a pleasant walk to Silvestri Craters and have a lunch at an old winery at the slopes of Mt. Etna, surrounded by vineyards and fascinating natural environment.
Overnight: 4-star hotel in Taormina.

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EVENTS & TOURISM

Sicily Wellness Tour

Day 7: SYRACUSE – The most beautiful city of Magna Grecia.

After breakfast spend you time relaxing at the spa of your hotel. Then have a direct transfer to **Syracuse** for a full day guided excursion. Start the visit from Ortigia, the heart of the ancient Syracuse, "The most beautiful city of Magna Grecia", in the opinion of Cicero (Syracuse it was included in the Unesco Heritage Site list in 2005). The town is almost 2700 years old: it was founded by ancient Greek Corinthians and Teneans on the island of Ortigia.
Right in Ortigia it is possible to admire the remains of Greek civilization, first of all 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.
Enjoy a great lunch at a traditional Sicilian cuisine restaurant.
After lunch, 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.
Return to your hotel in Taormina in late afternoon.
Time for leisure and dinner.
Overnight: 4-star hotel in Taormina.

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EVENTS & TOURISM

Sicily Wellness Tour

Day 8: DEPARTURE

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

According your departure time, spend the morning on the beach of **Isola Bella** (close to Taormina) or have a guided visit of **Taormina**, and enjoy its artistic and archaeological heritage: visit the nice cathedral, the streets of the old town and of course the Greek theatre from the 2nd century BC.

Alternatively have a guided visit of **Catania**.

During a pleasant walk you can visit its Baroque city centre (a UNESCO World Heritage Site), famous for the Roman amphitheatre, the historical churches, the Ursino Castle, the Benedictine Monastery of “San Nicolò” and the Piazza Duomo with the elephant (symbol of the city).

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ROUND TRIP CONSULTING

EVENTS & TOURISM

Target: this is a private tour which can be arranged for individual customers and small groups. It gives the chance to experience every day a new exciting and stimulating treatment and discover the cultural heritage in the most beautiful locations of Sicily.
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 with spas in the centre of Palermo and Taormina. 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 restaurants and farms where you can find out the most authentic Sicilian cuisine! Our packages always include 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 Taormina 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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EVENTS & TOURISM

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

ROUND TRIP CONSULTING

EVENTS & TOURISM

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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EVENTS & TOURISM

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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