



Experience Sicily
Let's experience Sicily together!



Stirring Sicily:
Hands-on Cooking Experience with GoSicily

Thursday, September 15, 2016 – Thursday, September 22, 2016 | (8 days/7 nights)

Experience Sicily in cooperation with **Zest!** presents *Stirring Sicily!* Combining hands-on cooking experiences with Annalisa Pompeo of **GoSicily** Sicilian Cooking Experience accompanied by beloved **Zest!** teacher **Antonino Elia**, *Stirring Sicily* will give guests the opportunity to learn valuable cooking techniques while taking in the culture and sites of the Island of the Sun. Designed in order to savor each day, we will also enjoy some of the island's most outstanding traditional and contemporary restaurants.

The total cost per person for 8 days/7 nights is \$3,200* for double occupancy**

Price includes airport transfers, all accommodations, transportation by air-conditioned coach bus, all but one meal (see day-by-day descriptions for details), excursions with English speaking guides, and hands-on cooking lessons led by local teacher. Price does not include airfare or travel insurance.

Stirring Sicily ends the same day that Experience Sicily's *Savoring Sicily*, a gastronomic-themed, comprehensive tour of Sicily, begins, enabling guests to seamlessly participate in a full tour of Sicily's sensual culture and sites.

**If you pay in-full by January 15, 2016, you'll save \$300 per person. If you pay 50% deposit by January 15, 2016, you'll save \$150 per person. (Double occupancy is encouraged.)*

***Single Occupancy Supplement is an additional \$250.00.*

****Save \$100 if you pay in-full, by personal check.*



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This itinerary is subject to change.

Day 1/ Thursday, September 15

- Transfer from Palermo airport to our 4-star *agriturismo* (farmhouse/inn) outside of Agrigento
- Settle in, enjoy the beautiful property, pools, and on-site wellness services
- Welcome meeting, review of *Stirring Sicily* week
- Tour of olive orchard and short explanation of olive cultivation and olive oil making process
- Tasting of Slow Food recognized Castelvetro black bread
- Dinner as group featuring traditional Sicilian cuisine on the premises of our *agriturismo*



Meal Included for Today: Welcome Snack (depending on arrival time), Dinner

Accommodations: Castelvetrano, 4-star *agriturimo* (farmhouse/inn)

Day 2/Friday, September 16

- **Cooking Class 1:** Lunch/hands-on cooking class with GoSicily at FARM Culture Park, Favara
 - Menu: fresh pasta, traditional tomato sauce, eggplant caponata, almond nougat dessert
- Sunset tour of the UNESCO World Heritage Site Valley of the Temples, Agrigento
- Dinner at a typical restaurant featuring regional cuisine

Meals Included for Today: Breakfast, Lunch, Dinner

Accommodations: Castelvetrano, 4-star *agriturimo* (farmhouse/inn)



Day 3/Saturday, September 17

- Experience the sacred, sunrise procession of the Madonna della Tagliata, Castelvetrano
- Vineyard and cantina tour, wine tasting, and exquisite lunch in Menfi
- Explore the seaside city of Mazara del Vallo, which boasts sublime ancient art and Europe's only Kasbah
- Time for shopping and dinner on own, Mazara del Vallo

Meals Included for Today: Breakfast and Lunch

Accommodations: Castelvetrano, 4-star *agriturimo* (farmhouse/inn)

Day 4/Sunday, September 18

- **Cooking Class 2:** GoSicily will meet us at our *agriturismo* for our lesson
 - Program: Favara Lambs (marzipan and pistachio paste lambs traditionally made for Easter)
- Lunch as a group at *agriturismo*
- After lunch, enjoy a slow afternoon on the beautiful property; take advantage of the pools, and on-site wellness services
- Dinner as a group at a nearby highly rated restaurant

Meals Included for Today: Breakfast, Lunch, Dinner

Accommodations: Castelvetrano, 4-star *agriturimo* (farmhouse/inn)

Day 5/Monday, September 19

- Early departure for Palermo center
- Street-food and market tour with expert guide, including lunch
- Visit one or two principal sites in Palermo center
- Return to *agriturismo*/Dinner as group

Meals Included for Today: Breakfast, Lunch, Dinner

Accommodations: Castelvetrano, 4-star *agriturimo* (farmhouse/inn)



Day 6/Tuesday, September 20

- Travel to countryside outside of Agrigento
- **Cooking Class 3:** Morning/Afternoon hands-on cooking course with GoSicily at a farmhouse featuring a rustic menu of pani cunzatu, pizza tipica, miscate, and sweets using the outdoor, wood-burning oven
- Visit seaside reserve for a late afternoon walk and/or dip in the sea
- Dinner as group at elegant nearby restaurant

Meals Included for Today: Breakfast, Lunch, Dinner

Accommodations: Castelvetro, 4-star *agriturimo* (farmhouse/inn)



Day 7/Wednesday, September 21

- Tour Selinunte archeological site, visit Chiesa di San Domenico in Castelvetro center
- Lunch as group at local restaurant that specializes in Western Sicily's traditional couscous
- Afternoon free to prepare for departure and enjoy property of *agriturismo*
- Final dinner as group at *agriturismo*

Meals Included for Today: Breakfast, Lunch, Dinner

Accommodations: Castelvetro, 4-star *agriturimo* (farmhouse/inn)



Day 8/Thursday, September 22

Departure from *Palermo Airport*. Ground transportation to Palermo airport will be provided for the group early in the morning. Time to be determined according to groups' itineraries.

Meal Included for Today: Breakfast (if time allows)

Contact Allison Scola today to reserve your place on this exclusive tour!

Experience Sicily

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Important Notes to Consider

- The tour officially begins at check-in on Thursday, September 15 at our family-run farmhouse/inn.
- The trip price is for double occupancy and does not include airfare. There is a single supplement of \$250. If you wish to share a room with someone, we will try to match you with another single on the trip.
- Fly into and out of Palermo airport.
- Flights from the U.S. will depart the night before (on September 14) and arrive the morning or afternoon of September 15. Please plan accordingly.
- The dates of this tour coordinate with direct flights on Meridiana airlines from New York JFK to Palermo.
- Details about our accommodations will be released once you have paid in full. All information will be emailed to you about 30 days before departure.
- Sicily is a large region that requires a lot of driving. It is also very mountainous and, as a result, has many winding roads. We have designed the itinerary to break up the driving as much as possible, but on some days, long drives will be necessary. If you suffer from motion sickness, please bring motion-sickness medication with you.
- You must be in good physical health to enjoy this tour. Although we will not be engaging in physically rigorous excursions, there is a significant amount of walking on various surfaces and types of terrain as well as standing for extended periods of time, especially at archeological sites.
- Gratuities are included, however, at the conclusion of the tour, if you are pleased with the hospitality and service of our local driver/guide, additional recognition at your discretion is appreciated.
- The cost of this tour does not include travel insurance; however, it is highly recommended that you purchase a comprehensive plan to cover the costs of your airfare, tour, loss of luggage, and medical expenses.
- The final day of this tour matches up with the first day of our *Savoring Sicily* tour—a comprehensive, 13-day tour of Sicily, please consider extending your stay in Sicily to join us!