



# TAVOLA TOURS

*Culinary & Cultural Adventures to Italy*

Hosted by Chef Franco Lania

**TAVOLA TOURS presents a Culinary & Cultural Adventure!**

## Splendors of Sicily

Depart: USA on September 19, 2019 | Return to USA on September 27, 2019

**9 Fun Days & 8 Nights**

**\$3,359.00** per person LAND ONLY



- **4-Star Hotels**
- **UNESCO World Heritage Sites**
- **2 Cooking Classes | Mt. Etna Winery**
- ***The Godfather* Filming Locations**
- **"Eighth Wonder of the World"**
- **Sail along the Coast of Taormina**
- **Mercedes-Benz Tour Bus**

**Visit both dramatic coasts of Sicily including a visit to the heartland of the island!** Delight your senses on this special culinary and cultural adventure. Sicily is the largest Italian region, a "little continent" rich in art, culture, archaeology, history, **20 UNESCO World Heritage Sites**, breathtaking sceneries, beautiful beaches, medieval towns, refined cuisine, fantastic wines, and great stories of myths and legends.





## ITALY: SPLENDORS OF SICILY TOUR

### DAY TO DAY ITINERARY

September 19<sup>th</sup> – 27<sup>th</sup>, 2019

**IMPORTANT:** Departure should be scheduled for September 18<sup>th</sup> in order to arrive on September 19<sup>th</sup>

#### Day 1: Arrival | Transfer to Hotel Domina Zagarella | Welcome Dinner



Upon arrival at **Falcone Borsellino Airport** in Palermo, you will meet your free transfer to the 4-star **Hotel Domina Zagarella** in Santa Flavia. This beautiful resort is located about 45 minutes from the airport. After you have **checked in** and settled into your room, you will enjoy a special welcome dinner at one of the fine dining restaurants located in the hotel. You will meet your fellow travelers as we officially kickoff our **Splendors of Sicily Adventure!**

#### Day 2: Taste of Palermo | Monreale | Eighth Wonder of the World



Your first experience will be a visit to the lively city center of Palermo. This is a city that boasts **2,700 years** of history, art, culture, and gastronomy. Here you will enjoy a local culinary adventure: **the world-famous street foods of Palermo**. This city is considered one of the world capitals of street foods. You will visit the most popular food markets and have an excellent opportunity to taste some of the city's mouthwatering street foods such as sfincione (traditional Sicilian pizza), pane e panelle (chick pea fritters), crocchè (potato croquettes with mint sauce), arancine (rice balls), granita, and many more. The historical/cultural sights that you will experience along the way will be: **Piazza Verdi, Il Mercato del Capo, the Church of the Immaculate Conception, Mercato di St. Augustine, the famous Mercato della Vucciria, Church of Gesu, and many more.** You will be surrounded by the Arab-Norman culture that is characteristic of Palermo's ancient history. You will also see **UNESCO World Heritage Sites** such as the **Cathedral and Palace of the Normans** with its magnificent Palatine Chapel. This experience will end around 2.30 pm; and from here, you will move onward to nearby **Monreale**. Your guide will introduce you to the magnificent **Norman Cathedral** (which is known as one of the finest examples of sacred architecture in the world) with its **Christ Pantocrator, beautiful Byzantine mosaics, and 12<sup>th</sup> Century cloister built by the Benedictines.** Return to Hotel Domina Zagarella. For dinner, you are free.

#### Day 3: Trapani | Sicilian Cooking Class | Wonders of Erice



Today, we head to Trapani! This enchanting area of Sicily is composed of a marvelous coast that alternates with steep cliffs and endless beaches. Here at an historical trattoria is where our first cooking class will take place. You will meet chef Pino. He will welcome you and guide you through the preparations of several **traditional local dishes**. You will prepare polpette di neonata (tuna roe meatballs sardines), sarde allinguate (Sicilian sardines marinated in vinegar and fried until golden and crisp), a couscous dish typical of the **North** (Continued)



## ITALY: SPLENDORS OF SICILY TOUR (*Continued*)

### Day 3: Trapani | Sicilian Cooking Class | Wonders of Erice (*Continued*)

**African influences** of the area, a dessert, along with a few more culinary delights. Lunch will be served with local wines. At about 3.00 pm, we head to **Erice**, a wondrous medieval town “suspended in time” at 2,460 ft. (750 m) above sea level and located on the westernmost point of Sicily. Here you will learn about Erice’s dramatic past as you walk through the ancient streets that lead to the **Venus Castle**, with its splendid peaceful views of the Aegadian Islands. Also, you will see the **Cathedral of the Assumption** (Duomo dell’Assunta), and much more. Afterwards, return to the Hotel Domina Zagarella. For dinner, you are free.

### Day 4: Mountains to Corleone | Castle of Caccamo

Today, you’ll have about an hour and fifteen minute drive through the mountainous inland area of **Corleone**. This town is known as the birthplace of the Mafia phenomenon, and it is the starting point of Mario Puzo’s novel, ***The Godfather***. We will learn about the origins of the Mafia and how the locals have fought hard to clean up the town’s image. Corleone is also known for its many beautiful churches (over 100) and for the multitude of campaigns that have taken place to promote legality. Among many points of interest, you will also visit the **C.I.D.M.A.** (International Centre for Documentation on the Mafia and Anti-Mafia Movement) which houses the documents of the Maxi trial held against “Cosa Nostra.” Lunch will be at a local restaurant. Then it’s onward to the charming Caccamo, a medieval jewel, where you will visit the grand **Castello di Caccamo**, the largest castle in Sicily dating from the twelfth century. The castle is built on a steep cliff from which it overlooks the picturesque countryside. Return back to Hotel Domina Zagarella. For dinner, you are free.



BREAKFAST  
LUNCH

### Day 5: Agrigento (UNESCO Sites) | Valley of the Temples | Transfer to Ragusa

**Check out** of Hotel Domina Zagarella. Bring all your belongings to the bus. You will cross all of Sicily and head to **Agrigento**. First, we will arrive at a local farm where you will have a fun cooking lesson dedicated to typical Sicilian cuisine. With the help of local chefs, you can learn some more secrets of Sicilian cuisine. The menu will consist of famous Sicilian caponata, pasta alla Norma, and cubaita (a typical **Sicilian dessert of Arabic origins** made with almonds). After lunch, it’s off to the **Valley of the Temples** to experience a guided cultural tour. This amazing **UNESCO World Heritage Site** is also where you’ll find some of the best architecture of the **Magna Graecia** period (8<sup>th</sup>-5<sup>th</sup> centuries BC). It is one of the most important archeological sites in the world and one of the main attractions of Sicily (and it’s where you will be awaited by the Tourist Guide that will accompany you to live an immersive experience in Magna Graecia!) (*Continued*)



BREAKFAST  
LUNCH



## ITALY: SPLENDORS OF SICILY TOUR *(Continued)*

### Day 5: Agrigento (UNESCO Sites) | Valley of the Temples | Transfer to Ragusa *(Continued)*

You will be amazed by the magnificent temples dedicated to the Greek gods: **Temple of Juno**, the **Temple of Concord** (one of the best examples of Doric art in the world), the **Temple of Dioscuri**, the **Temple of Athena**, and the **Temple of Heracles**. Also, there you will see the **Tomb of Teron** and the **Field of Olympian**, which are all recognized as a World Heritage Sites by UNESCO. After this "walk in antiquity," we will move onward to the village of Ragusa and **check in** at Hotel dell'Orologio (where you will stay overnight). Dinner will be at a local pizzeria in Ragusa.

### Day 6: Chocolate of Modica | Baroque Noto & Caffè Sicilia | Magnificence of Siracusa

**Check out** of the hotel and head to **Modica**, a UNESCO World Heritage site, which is famous for its many beautiful churches and Baroque style. You will visit the **Cathedral of San Giorgio** and the **Cathedral of San Pietro**. You will be happy to know that Modica is also famous for chocolate! Yes, you will visit one of the best chocolate producers in town and learn about the making of traditional **Sicilian chocolate**, which strictly respects the ancient **Aztec recipe** that the Spanish brought to Sicily centuries ago. The experience will take place in an ancient patrician villa, where you will learn about the history, origins, nutritional properties, and the processing of cocoa. Everything is produced strictly by hand using artisanal methods. You will have the opportunity to watch the processing of chocolate and taste the various chocolates made by the company. And finally, even more chocolate fun! Everyone will get a chance to put their "hands in the chocolate" and make their very own chocolate bar souvenirs that can be beautifully wrapped and taken with you. All will receive a certificate of participation as a memory of your time spent in the chocolate school. Afterwards, you're off to the masterpiece of Noto, the absolute capital of Sicilian Baroque style. Here you will see the beautiful **Basilica Cathedral of St. Nicholas**, also a UNESCO World Heritage Site, along with an informative guided tour. Also in Noto, you will enjoy an authentic experience of local gastronomy: you will visit the historic **Caffè Sicilia**, considered the best place in Sicily to try granita and brioche, a traditional combination. If we get lucky, we might get a warm welcome from the famous pastry chef of the establishment, Corrado Assenza, a friend of chef Franco. Finally, you will reach the breathtaking town of **Taormina** and **check in** at Hotel Villa Paradiso. For dinner, you are free.



### Day 7: Mt Etna (UNESCO Site) | Winery Visit | Savoca & The Godfather Filming Locations

This morning, we head to **Mount Etna**. Soak up the dramatic *(Continued)*





## ITALY: SPLENDORS OF SICILY TOUR (*Continued*)

### Day 7: Mt Etna (UNESCO Site) | Winery Visit | Savoca & The Godfather Filming Locations (*Continued*)

scenery of Europe's highest volcano at 10,922 ft. (3,329 m) and get ready to enjoy a fantastic once-in-a-lifetime experience: a unique and personalized Jeep tour to visit the **Bove Valley** (caves made of lava flow, and volcanic craters). You will also "Jeep it" to the **Alcantara Gorges**, a natural canyon whose walls are made of basalt stone. At lunchtime, you will reach a famous winery located on the slopes of Mt. Etna for a private wine tasting. Afterwards, we depart for Savoca, a picturesque village that was used as a filming location for ***The Godfather Trilogy*** by **Francis Ford Coppola**. You will visit Bar Vitelli, known as the place where Michael Corleone asked Apollonia's father if he could meet his daughter. You will see the Church of San Nicolo where the famous wedding took place. Return to Taormina where you can enjoy the town and do some sightseeing or shopping. For dinner, you are free.

### Day 8: Taormina Tour | Isola Bella- Boat Excursion | Farewell Dinner

Taormina is internationally known for its naturally picturesque landscapes and historical monuments. In the morning, you will depart for a guided tour of Taormina and its famous ancient **Greek theater**, which is the second largest in Sicily and nowadays home to important cultural and musical events. Afterwards, we will stop by a family-run **cannoleria siciliana**. These friends of chef Franco will greet you with warm Sicilian hospitality and tantalize your taste buds with a special Sicilian delight – their homemade cannoli! Moving on, you will enjoy an exploratory private boat ride along the coastline of the **Bay of Giardini Naxos** and **Taormina**. You will head to the beautiful **Blue Grotto**, the **Rock of the Prickly Pear**, and the **Bay of Mermaids**. Lastly, you will stop at **Isola Bella** for a refreshing swim with the opportunity to do some snorkeling to admire the seabed or for some relaxation on the beach. Isola Bella is an island/peninsula that, due to the low tide, is often connected to the mainland by a thin strip of land. To conclude this experience, on board you will be served an aperitif with seasonal fruits and vegetables, and prosecco. The rest of the day will be free to spend time at your leisure, do some packing, and enjoy Taormina. There will be a **gala goodbye dinner** at a highly-rated restaurant in Taormina.



### Day 9: Departure Day

After **checking out** of the hotel, you will be taken by bus to Catania-Fontanarossa Airport for your departure flight. **Grazie e Arrivedeci!**







## TAVOLA TOURS TRIP RESERVATION FORM – Sicily 2019

Reserve your place with a **\$1,200.00** deposit.

Reservations are processed on a first come, first serve basis. Secure your place today!

Name: \_\_\_\_\_

**IMPORTANT:** Name must be exactly the same as it appears on Valid Passport; 1 Form per Person.

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

### YOUR CONTACT INFORMATION

Home Tel. #: \_\_\_\_\_ Cell Tel. #: \_\_\_\_\_

Work Tel. #: \_\_\_\_\_ E-mail: \_\_\_\_\_

Travel Companion Name: \_\_\_\_\_

Room Type: Single\*: \_\_\_\_\_ Double: \_\_\_\_\_ Triple: \_\_\_\_\_

\*\$675 additional fee for a single room (for all 3 hotel stays).

Departure Date: \_\_\_\_\_ Return Date: \_\_\_\_\_

### YOUR PAYMENT DETAILS

Deposit or Full Payment (List Amount): \_\_\_\_\_ Payment Date: \_\_\_\_\_

**TRAVEL PROTECTION INSURANCE** is available to all participants:

We strongly recommend the purchase of Travel Insurance to protect your travel investment.

NOTE: Pre-existing medical condition clause is included if insurance is purchased within 14 days of deposit.

Travel insurance is non-refundable.

Would you like Optional Travel Insurance Protection? YES: \_\_\_\_ NO: \_\_\_\_

To purchase Travel Insurance, your date of birth is REQUIRED: \_\_\_\_\_

### TOUR RESERVATION POLICIES

- \$500.00 Deposit required to secure space. Tour Balance is due 45 days prior to travel date.
- We prefer payment by check. Credit Card payment is possible; however, a 3.75% credit card fee applies.
- \$250.00 Administration fee is charged if tour reservation is cancelled 2 weeks after initial deposit.
- Itinerary could be altered only if deemed necessary beyond control of travel agency & local tour operator.
- Full deposit, administration fee & full tour cost become NON REFUNDABLE 45 days or less from travel date.

### REQUIRED TRAVEL DOCUMENTS

**TRAVEL DOCUMENTS:** USA citizens need VALID PASSPORT with expiration date 6 months or more from US departure date.

**NON-USA:** Citizens may require a VISA. Please check with your own country's Consulate General or their Website.

### PAYMENT DETAILS

- Please make your payment out to "I-Chef, LLC": PO Box 273, Chatham, NJ 07928.
- Please write TAVOLA TOURS on the Memo line of your check.
- For questions, please contact us at [info@tavolatours.com](mailto:info@tavolatours.com).

SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_