

FLAVORS & SECRETS of WESTERN SICILY



Eight days to get to know the deeper roots of the Sicilian western coast, molded by millennium of invasions from: Phoenicians, Greeks, Romans and Normans, that influenced landscape, culture and cuisine.

To know the deeper roots of the Arab-Norman Sicily history (Palermo, Monreale and Cefalù, today a UNESCO site) passing through the majestic Madonie where the corals are fossilized over 200 million years ago and you can admire breathtaking landscapes

A rich gastronomic culture: the "Trapanese" and the "palermitana" specialties such as "Fish Cous Cous", the famous "Pesto alla Trapanese", the "street food". And don't forget the Wine!

8 Days / 7 Nights

DAY BY DAY PROGRAM



DAY 1: ARRIVAL Palermo- Scopello - Castellamare - Marsala

Arrival at Palermo Airport. A warm welcome by our English speaking driver - guide and transfer to our special hotel either in **Scopello or Castellamare**.

Dinner in a local restaurant “to meet“ the Trapanese cuisine, unique melting of Arab, Spanish and Mediterranean tastes. Back to the hotel for overnight stay (**welcome dinner included**).

Day 2: TRAVELING INTO THE PAST : Segesta - Buseto Palizzolo – Custonaci

Breakfast at the hotel. Departure for **Segesta**, a 5th-century BC ruins set in a magical site. Visit the temple by yourself to take a great picture of this giant. Transfer to **Buseto Palizzolo**, bucolic landscape surrounded by green hills, cultivated valleys and ancient rural buildings, immortal charm of the province of Trapani.



A “trattoria” (typical small restaurant) will welcome you with an inviting atmosphere, to enjoy hearty meals and dishes of excellent quality, cooked with passion and experience.

After lunch we visit a solitary country place which shows the real part of rural life in Sicily, to taste one of the most famous Sicilian delicacies : “**Cannolo**”. They say their pastries are the biggest in Sicily.



It’s time to be back to the hotel to rest . Dinner on your own and overnight (**Breakfast and lunch included**)

Day 3 : PASTRY - SALT and OLIVE OIL - Discovering the history of salt and olive oil in charming Marsala

Breakfast at the hotel. Departure for **Erice**, the best preserved medieval town in the world, rich of castles and churches. Enjoy a breathtaking view from the hilltop..

Stop in a historical pastry shop in Erice to learn about the tradition of dolci Siciliani, made by nuns. Then tasting.



Typical lunch in a baglio under the olive trees, followed by an olive-oil tasting and visit of the resort.

And now, are you ready for a special “trip”? The coast from Marsala to Trapani is characterized by one of the landscapes most peculiar to Sicily: **the saltworks**. We will reach **Mothia islet**, walking to the ancient streets and



visiting the Whitaker Museum, with the well known marble statue of the “Giovinetto” of Mozia dated 450 BC.

Back to the Stagnone and head to the **Museum of Salt**, that recounts the different stages involved in collecting salt from the salt pans .

Have a Tasting: “There is salt and salt”. **Aperitif-dinner** in a “trattoria” that overlooks the salt-pans. A very charming place , Back to the hotel for overnight (**Breakfast, lunch and dinner included**).

DAY 4: THE GLORY of THE PAST - AGRIGENTO – CEFALU’

Breakfast at hotel and check out. departure **Agrigento** to visit the beautiful **Valley of the temples**, You will have a private guided tour. The archeological ruins of the Greek domination are numerous and they were visited and narrated by Goethe in his work “ Viaggio in Italia”. In the middle of the valley the most spectacular structure is the Concordia temple.

And now a surprise awaits us: a **Picnic lunch** at the Kolymbetra park..

This Garden has fruit trees from every part of the world and some of the



trees are over 1000 years old! Then surrounded by pomegranate, pistachio, orange and lemon trees you will enjoy a typical Sicilian lunch served to you outdoors. This is sure one of the highlight of your trip.

Transfer to **Cefalù**. Check in at hotel 4*. Dinner on your own and overnight

Dinner on your own and overnight (**breakfast and lunch included**)



Day 5 : SUSPENDED BY LAND AND SEA : Castelbuono and Cefalù

Breakfast at the hotel. Departure for **Castelbuono** .

An Highlight awaits us: learn about **beekeeping in the Madonie Park...** Discover honey, Propolis, royal jelly, pollen.

A sensory lesson and tasting of several different kinds of honey to learn and recognize smells and honey “color” Lunch/tasting: The Madonie cuisine with typical dishes, some of which made with honey.

Walk around the medieval streets of **Castelbuono**

Our visit would not be complete without tasting the famous **Fiasconaro’s Panettone**.





Departure for **Cefalù** and visit: The Norman Duomo that contains precious mosaics which adorn the apse and a representation of Christ Pantocrator; The Giudecca and the Jewish ghetto; the striking medieval wash-house and the Mandralisca Museum, the latter preserving the famous portrait of an unknown man by Antonello da Messina. Enjoy a delicious fish dinner facing the sea in a local restaurant. Overnight at the hotel. (**breakfast , lunch and dinner included**)

DAY 6: BETWEEN NATURE and ART – A unique tour in Cefalù and Palermo

Breakfast at hotel and check out

This morning our Special urban trekking will start along the slopes of the “Rocca” with an exceptional narrator guide that will make you live unique emotions through the story of Cefalù: megalithism and the East, the temple of



Diana and the cult of water.

And now, a surprise awaits us: a Pic nic lunch at

Rocca, a magical place where you can admire the city while taste local products

Transfer to **Palermo** . Check in at our 4* hotel.

We are ready for a visit of **Palermo**, discovering monuments and artisan small workshops on tiny side streets .

Back to the hotel. Dinner on your own and overnight (**breakfast and lunch included**)



DAY 7: The CHARME OF UNESCO SITES : Palermo and Monreale

Breakfast at the hotel . The morning will be spent with a special walking tour of Palermo dedicated to “**Street food**”. A 3 hour walking tour where you will sample the best of Sicily’s street food, led by a local expert guide , you will explore the fascinating culinary world of Sicily’s Capital. You will taste five different Sicilian treats along



the way .Pass major Palermo monuments during the tour: "Palermo Arabo-Normanna", "Palermo Barocca". Round out your tour with some local sweet wine and seasonal dessert.

Lunch on your own

Afternoon In **Monreale** with a guide that will explain us the splendid 12th century mosaics and the cloister.

Free time to wander the city and do the last shopping.

Farewell dinner in a nice restaurant. Back to the hotel and Overnight (**Breakfast , street food taste and farewell dinner included**)



DAY 8: DEPARTURE

Buffet breakfast at the hotel . Check out . A private transfer will transport you at Palermo's airport

The curtain falls Goodbye Sicily and see you at next " experiential tour" in an other corner of Sicily !

PRICE per person sharing double room : € 4200,00

single supp: € 700,00

GUARANTEED DEPARTURES

Our guaranteed departure tour program will require a minimum of 2 participants to qualify for a guaranteed departure.

Are you going to join the group? Take this opportunity with our guaranteed tour. Choose the suitable date and send us your inquiry .

Our Tour Operator will contact you as soon as possible

Items Included

8 Days / 7 Nights

- All accommodations in charming 4* Hotels as mentioned (based on double occupancy)
- 7 breakfasts
- Transfer from the Palermo to Airport of Palermo the last day
- Private minivan and driver – guide speaking English from the 1st day to 7th day
- Half day excursion with a local guide in Palermo – Monreale /Valley of the temples
- Welcome dinner day 1
- Trattoria lunch day 2
- Taste cannolo day 2
- Pastry taste day 3
- Olive oil lunch day 3
- Visit Mothia island day 3
- Aperero-dinner day 3
- Picnic Kolymbetra park day 4
- Sensory lesson and lunch in an honey factory day 5
- Taste Panettone day 5
- Fish dinner day 5
- Pic nic on the Rocca day 6
- Street food tour day 7
- Farewell dinner day 7
- Taxes and Vat

Not included in the Price

- Entrance fees to museums and other attractions
- Drinks during Dinner/Lunch
- Meals not mentioned
- Tips