

# Cooking, Culture and Country life in Sicily

**Villa Vita**  
INTERNATIONAL

Enjoy a week in the most prestigious winegrowing region and learn the recipes for some of the best Sicilian dishes.

## Day 1

Arrival at **Palermo** airport. Transfer to the hotel in the city centre. Dinner on your own and overnight stay.

## Day 2

Breakfast at your hotel. Meeting with your guide to visit the city. You'll be enchanted by Palermo's wide boulevards, traditional Sicilian Old Quarter, and baroque palaces. You'll see the city's main sights, including Quattro Canti, the twelfth-century Cathedral of Palermo, and the food market of "Capo", typical par excellence, full of colour and folkloric. Here you will taste typical street food such as "pani ca meusa", "panelled", "arancini"...Lunch at leisure. Then you'll discover the Arab-Norman magnificence of the Monreale Cathedral, this nearby treasure dates from the 12th century and shows the diverse architectural influences of both the Normans and the Arab population.

In the afternoon, transfer to **Regaleali, Tasca D'Almerita Wine Estate**, Anna Tasca Lanza's home. Tasca d'Almerita is one of the most important wine-producing estates in Sicily and here *Anna Tasca Lanza*, the cooking teacher and cookbook author, conducts cooking classes, as she has for more than 15 years, at Casa Vecchie, in the middle of the vineyards. Dinner and overnight stay.

## Day 3

Breakfast in the kitchen. Today **Anna Tasca** will share her knowledge of local cuisine and its history and you will learn how to prepare the *caponata*, *arancini* and *cannoli* with ricotta cheese. Lunch with Anna. In the afternoon you will explore the countryside and enjoy the vineyards. A look at the wine cellars of **Regaleali** with her immense barrels and tasting of the various wines will accompany the dinner. Overnight stay.

## Day 4

Breakfast and departure for **Agrigento** to visit the beautiful **Valley of the Temples**, one of the most representative sites of Greek civilization in the Mediterranean area. Visit to the Temple of Hercules, the Temple of Juno, the Temple of Castor and Pollux, the wonderful Temple of Concord and finally the beautiful Garden of Kolymbetra. Lunch on your own and transfer to **Mandranova Country House** situated in the surroundings of Agrigento.

The firm has a long tradition of specialized cultivations, and the family transmits the deep love for the care of land from father to son. Today, after a reclamation and cultivation, 40 hectares are dedicated to olive trees, with extremely innovative cultivation, gathering and processing systems. You can visit the oil press and relax your self in a beautiful garden. We suggest to have a dinner at Mandranova. Overnight stay.

## Day 5

Breakfast and transfer to **Piazza Armerina** where you'll view the extraordinary floor mosaics in the Roman Villa del Casale. The famed Roman mosaics housed in this third-century villa are among the best preserved in the world, depicting scenes from everyday life. Scenes include children at play, and big game hunts showing some of the exotic African animals brought to Rome for gladiator games. Transfer to **Caltagirone** whose ceramics are a symbol of Sicily, here you will an evocative city center full of artisan shops and enjoy shopping! Lunch on your own. Transfer to **Siracusa** accommodation in a typical **Sicilian Farmhouse** that produces organic lemons. Traditional Sicilian dinner at the farm and overnight stay.

## Day 6

Breakfast and visit of the city. Until the Arab conquest of 878, the **Siracusa** was the capital of Sicily. It was by far the most important city on the island. You will visit the Ear of Dyonisus, the Greek Theatre, the Altare di Ierone. Walk through the historical centre on the **Ortigia Island** to admire the Cathedral, constructed over the ancient Temple of Athena, the Aretusa fountain and the ancient streets. After you will admire the historical centre of **Noto**, the capital of Baroque in Sicily. A very beautiful town with amazing palaces in baroque style. In 1693 age earthquake totally destroyed the town. The current town was rebuilt by famous architect. They made the new Noto a masterpiece of Sicilian Baroque, It is currently listed among UNESCO's World Heritage Sites.

Lunch at leisure and return to the agriturismo where the owner organize a fun cooking class and you will learn how to prepare typical Sicilian dishes. Dinner and overnight stay.

### Day 7

Breakfast and departure for **Catania**, this city is dramatically situated between the Ionian Sea and the looming bulk of Mount Etna, so it often rains ash upon its streets. The town was rebuilt in the Baroque style, and it was during this era that many of the town's finest buildings were constructed. You will visit its impressive **Duomo** and experience the city's strong personality during a visit to its ebullient **Pescheria**, the daily fish and vegetable market. Lunch on your own. After you will drive to the famous **Cyclops Coast** through **Acireale**, its most important town, and **Acicastello**, with its Medieval Norman Castle built in 1076 on a prehistoric basalt lava terrace. As you gaze out over the Ionian Sea, you'll admire the Rocks of the Cyclops, imposing, spiky shards of black lava that rises up from the water. Accommodation in a four star hotel in Taormina.

### Day 8

Breakfast and visit of **Taormina** Sicily's most famous city. Dating from the fourth and third centuries B.C., Taormina is perched dramatically high on a rocky promontory overlooking the Ionian Sea. It's a charming medieval town with typical cobblestoned streets leading into spacious squares. You can admire the extraordinary classical Greco-Roman theatre and the historical centre.

( **In the afternoon you can choose an optional tour of Mount Etna or relax in Taormina**). Overnight stay

### Day 9

Breakfast and departure for Catania or choose to extend your stay in Taormina and experience a new cooking class with the famous *Eleonora Consoli* on Mount Etna.

## PRICE PER PERSON IN DOUBLE ROOM - SELF DRIVE VERSION

2 people € 1595 each

4 people € 1540 each

6 people € 1490 each

## SUPPLEMENT PER PERSON FOR ENGLISH SPEAKING DRIVER AND PRIVATE CAR

2 people € 1325 each

4 people € 680 each

6 people € 500 each

Single room supplement €350

Current Exchange Rates as of Nov 15, 2009 = \$1.50 USD to €1,00 Euro.

### The price includes

- 1 night with breakfast at Hotel Ambasciatori or similar 3 star in Palermo;
- 2 nights with breakfast and lunch at Regaleali Estate in the countryside of Palermo;
- 1 night with breakfast at Villa Mandranova – Luxury in the countryside of Agrigento;
- 2 nights with breakfast and dinner in Agriturismo in the countryside of Siracusa;
- 2 nights with breakfast at Grand Hotel Miramare or similar 4 stars hotel in Taormina;
- all cooking classes with lunch or dinner and beverages as noted.
- Tasting of Regalali Wine and olive oil Mandranova;
- Tourist guides in Palermo, Siracusa and Catania;

### The price does not include

- entrances fees;
- individual extras;
- all has not been clearly indicated in "The price includes"

*\$250 per person deposit required – Full and Final payment due 60 days prior to arrival. Please contact Villa Vita for more details and booking forms.*