



CHEF WALTERS EAT,
DRINK, TRAVEL

SICILIA FOOD TOUR

October 8-15
2020

Leave USA on [Sunday October 7th, 2020](#) for overnight flight. Change planes to Palermo Punta Raisi Airport. Return flight from [Catania Fontanarossa airport](#) to USA

PROGRAM

Day 1 Monday October 8 / PALERMO, BAGHERIA

On arrival in Sicily you're met at airport and transferred to **Hotel Domina Zagarella** in the heart of Bagheria (about 20 minutes), to settle in. Check-in followed by a welcome cocktail. Enjoy an atmospheric introduction to the area and some far-reaching views. This evening, we enjoy a leisurely dinner at our hotel restaurant **La Zagara**, and get ready for a full-packed week of activities.

- **Inclusions:** Airport picks up / Welcome Cocktail Reception / Welcome Dinner with wine

Day 2 Tuesday October 9 / PALERMO, MONREALE

Our journey in Sicily begins with an elaborate wine tasting at **Duca di Salaparuta Winery** in nearby Bagheria. The morning session will include a variety of quality wines (paired with appropriate foods), produced by one of Sicily's oldest wine producers. We then travel to Palermo Famous throughout the world; Palermo is the regional capital of Sicily and the fifth largest city in Italy by population. **On the shores of the Tyrrhenian Sea**, it is located between Monte Pellegrino and the bay of Conca d'Oro, in the western part of Sicily. City of a thousand faces, loud but elegant, eclectic and never dull, Palermo with its architectural beauty, its traditions and its people attracts and enchants thousands of visitors from all over the world. You will be offered a guided tour of the historical center, followed by a must-stop to the outdoor markets of **Ballaro'**, a place that awakens all of the senses. Here we leave you to admire and immerse into the the '**abbanniate**', which is the Sicilian word for the stentorian yelling of the sellers. It is their way of getting passers-by's attention, showing them their goods so that taste and sight can also feast on the stands crowded with fresh fish, meat, vegetables, and traditional foods like flour and chickpea fritters. At Ballaro' you may enjoy a **lunch on your own** by selecting from the ample selections. We reconvene to visit **Monreale**. This unique place is one of the most prestigious locations in Sicily. Only 8 km from Palermo, the town enjoys a truly enviable panorama: from its height of 310 meters you can admire Palermo in all its extension. Famous throughout the world for its magnificent Norman Cathedral, intact in its entire splendor, it's one of the most visited buildings in Sicily: harmonious in size, balanced in shapes and with lavish decorations, is the symbol of the refined Norman art in Sicily. After Monreale, we go back to our host-town of Bagheria for a dinner based on local artisanal cuisine and wine at Ristorante **Don Ciccio**. Return to the picturesque setting of **Hotel Domina Zagarella**.

- **Inclusions:** Breakfast / Wine Tastings with food at Wine Tasting at Salaparuta / Dinner & Wine

Day 3 Wednesday October 10 / **ERICE, ALCAMO, BAGHERIA**

Today we travel to the western area of Sicily with a visit to the ancient medieval **Borgo of Erice**. Perched precariously on a rocky summit overlooking the coast below, the picturesque and charming town of **Erice** is one of the most attractive tourist resorts, not only in Sicily, but throughout the Mediterranean area. It is located at the height of 750 meters, from which you can admire all its medieval glory: alleys and courtyards make you feel like time has stopped. From here, you can enjoy a breathtaking view of Trapani to the Aegadian Islands where, at sunset, a fantastic set of colors appears in front of your eyes and the rays of the setting sun are reflected in the whiteness of the salt pans. Our lunch break will be in Erice at **Archi di San Carlo** Ristorante, operated by the talented and energetic **Chef Vito featuring the cuisine of Western Sicily**. After exploring the historic winding streets, we'll visit the most famous pastry shop in Sicily for a tasting. The shop is the brain-child of **Maria Grammatico** who was featured in the poignant Sicilian memoir, Bitter Almonds. On our return, we'll stop for a wine tasting with food in the town of Alcamo at **4 Cieli Winery**, operated by a young and visionary Giuseppe and sister Valentina Alcamo. Return back to Bagheria in late afternoon, where we will enjoy the famed **Pane Cunzatu** filled with eclectic fillings, paired with artisanal local beer at **Unetto owned by the Michelin and Internationally recognized Chef Tony Lo Coco**.

Pack your bags...we are moving tomorrow to the splendid city of Siracusa.

▪ **Inclusions:** Breakfast / Lunch / Dessert Tasting / Wine Tasting with food / Street Food Event



Day 4 Thursday October 11 / BAGHERIA, CEFALU', SIRACUSA

Today is long day for us, but certainly rewarding. Before we begin our second phase of our tour, we'll stop for a great **Illy Brand** espresso or cappuccino at Bagheria's famous **Don Gino Pasticceria**. Here; you will sample the **Frutta Martorana** (marzipan sweets in the forms of fruits and vegetables), invented sometime in the past by the nuns of The Martorana, a cloister, founded in **Palermo** by the noblewoman Eloisa Martorana, but the history of these small Sicilian culinary masterpieces is surrounded by various and unusual legends. We will travel toward Siracusa, with first stop in **Cefalu'** on the eastern shores of the island. Cefalù is a lovely beach town on the Tyrrhenian Sea, almost halfway between Palermo and Messina. Its long beach is one of the most sought after of Sicily. Cefalù is not only sea and sun: its historic center still conserves important symbols of the past, such as the Norman cathedral decorated with exceptional Byzantine mosaics. Seafood-based lunch at **Café' 74**, located in the heart of the town, operated by **Chef Lorenzo and his gracious wife Susanna**. In the afternoon we'll depart toward our second leg of our tour; Siracusa. Check in the elegance and comfort of **Hotel Parco delle Fontane**, followed by a welcome cocktail, some free time for you to enjoy the spectacular setting, and a leisure dinner in the evening at hotel's restaurant **Eduardo**.

▪ **Inclusions:** Breakfast / Martorana tasting / Lunch / Welcome Cocktail Reception / Dinner

Day 5 Friday October 12 / CATANIA & TAORMINA

Departing from Siracusa today, head along the coast towards Taormina on the slopes of Monte Mauro overlooking the sea. Our first stop, however will take us to a brief visit to the center of Catania and to its famous **Pescheria** (fish market). Located in the heart of the city, and the smell and sound of the fresh catch being hawked from various collapsible stands have become iconic. The entrance to the Catania fish market is just behind the Baroque Amenano Fountain. The fountain was created to adorn the market square in the 1800s, but it actually takes its name from the Amenano River that used to run on the same spot. The river was buried in 1669 during a devastating Etna eruption. Back traveling again toward the town of **Trecastagni**, for an elaborate educational wine tasting with food at Nicosia Winery. The splendid surroundings and manicured landscape will entice us to stay there all day. Perched on the side of Mt Etna, an active volcano overlooking the Mediterranean Sea, the unique climate and soil conditions of this picturesque location is the perfect setting to produce the world's most exquisite wines. The Nicosia Winery is an extraordinary vineyard that continues to cultivate a variety of wines you will savor time and time again! In the afternoon we'll descent toward Taormina. Visit the Greek theater and the sub tropical terraced gardens. Then stroll along the elegant Corso Umberto and onto the piazza for splendid panoramic views across the bay. **Lunch on your own** (if needed), followed by an afternoon sugar break stop at **La Pignolata Guinness**, for the finest cannoli in the Island. Enjoy some free time for you to absorb the ancient splendor of the city.

After a full-immersion in Taormina, we'll return to Siracusa for a tasting and dinner at local restaurant **La Mentirosa** located nearby our hotel and operated by **Chef Graziano** and lovely host-wife Lucia. At Mentirosa you will taste the famed **Pizzolo** a unique type of savory-filled pie native to Sicily's town of Sortino, topped with a base of olive oil, oregano, pepper, Pecorino Ragusano cheese, and marine salt, and few typical pasta dishes of the area.

- **Inclusions:** Breakfast / Wine Tasting with food / Cannoli and Sweets Degustation / Dinner

Day 6 Saturday October 13 / MODICA, RAGUSA, NOTO

After breakfast, this morning we head to Sicily's southeast. Flattened by an earthquake in 1693, the towns in the area were all completely rebuilt in striking Baroque style. **Ragusa, Modica and Noto**, three of the best towns to visit as their contrasting characters offer a broad overview of the region. A joy to explore, in each you'll find elaborate churches opening onto palatial squares and streets lined with the grand mansions of noble families, protected as an UNESCO World Heritage Site for their harmonious town planning and exceptional architectural detail. Our food experience will begin with an elaborate chocolate work-shop and tasting at **Bonajuto**, perhaps Italy's finest chocolates. We will then depart toward Ragusa, and enjoy a **pranzo (Italian lunch)** at one of Ragusa's most prominent restaurants. In the late afternoon we'll depart toward **Noto** for a brief visit of its splendid architecture. We'll wrap up the day with a wine tasting in the beach town of **Avola**, namesake of its splendid wine at **Assennato Winery** for some outstanding wine selections with food pairings. Return to our home-base in Siracusa.

- **Inclusions:** Breakfast / Chocolate Tasting / Lunch / Wine tasting with Sicilian street food



Day 7 Sunday October 14 / SIRACUSA, FANUSA, ORTIGIA

This is your last full day in Sicily, at least for this round, and we've decided to spend it in the Siracusa territory on the south-eastern coast of Sicily. **You will have the option to visit the ancient ruins located nearby our hotel.** Siracusa is among the most noble and elegant from all over the Mediterranean Sea. Full of charm, history and natural landscape, enviable and envied, the city is divided into two different groups: the urban part of the city and Ortigia, the beautiful island of the city, increasingly rich in tourism. In 2005, Syracuse and the nearby necropolis of Pantalica, have become part of the Unesco World Heritage. The islet of Ortigia is the historical heart of the city of Syracuse. Within its area of one square kilometer it is possible to admire the architectural beauties of different historical periods: from the first prehistoric settlements, through the numerous remains of ancient Greek Byzantine and Norman. Today Ortigia lives in a brilliant reconstruction of its old charm, finding consensus in the numerous tourists who remain entranced by the rare beauty of Syracuse. In the early afternoon we will visit the prosperous lands of **Contrada Fanusa**, to visit **Cantine Gulino Winery** for a great tasting with light lunch. The Gulino family carries on, with commitment and dedication, the noble art of winemaking, a precious family heritage dating back to 1793. After the tasting you will have some free time to walk around the island of Ortigia, admire the outdoor market, shop for souvenirs, laces and Sicilian Specialty foods. We'll reconnect in **Piazza Duomo of Siracusa** for a tasting of Artisanal gelato and Ginsana at **Fiordilatte**. In the evening our farewell dinner at **Hotel Parco delle Fontane** will wrap up our week-long together.

- **Inclusions:** Breakfast / Wine Tasting with food / Gelato Tasting / Farewell Dinner

Day 8, Monday October 15 / SIRACUSA, CATANIA

Early breakfast followed by the departure toward **Catania Fontanarossa Airport** (1 hour), for the connecting flights, based on scheduled departures.

- **Inclusions:** Breakfast / Airport Transfer to Catania Fontanarossa

