



## Walking & Cooking in Sicily

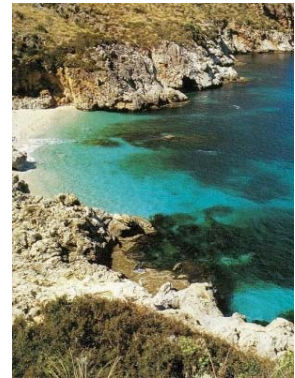
### DAY 1

Arrival at Palermo airport and transfer to **Marsala**, accommodation in a typical Baglio, a villa recently restored and converted into a charming and exclusive little Agriturismo. Dinner and overnight stay.

### DAY 2 Riserva Naturale dello Zingaro

Breakfast at the Baglio. Transfer to the "**Riserva dello Zingaro**" a really paradise for nature and sea lovers. Created in 1980, the reserve features several well-maintained paths, six beaches and diverse flora and fauna. You will adventure through the guided naturalistic paths and exploring the Mediterranean landscape.

Picnic lunch. In the afternoon transfer to the medieval town of **Erice**. Settled by the ancient Elymians, this enchanting hill town is an important historic site associated with fertility goddesses. Tasting at Pastry shop Maria Grammatico and free time to relax or dinner in a typical restaurant. Return at Baglio and overnight stay.

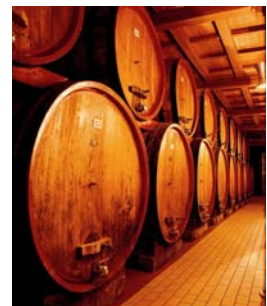


### DAY 3 Island of Mothia



Breakfast, meeting with your guide and departure for the **Salt Road** and its **Salt Pans** located on the coastline between Trapani and Marsala. Locals extract the salt from the seawater following the same procedure used by the ancient Greeks and Phoenicians who once colonized this part of the Sicily. In the middle of the pond you will see the small **Island of Mothia**, one of the most important Phoenician settlements in the Mediterranean region.

Weather permitting, you will take boats to arrive on the island. Walking tour of Mothia. Come back to Marsala and lunch on your own. In the afternoon you will visit the **Florio Winery**, today an historical brand not only for Sicilian wine making, but also one of Italy's great classical wines, one of the leading and most popular wines in the world. You will visit the Museum of Agriculture and the ancient "Bottaia". Finally you will taste delicious Sicilian wines. Come back to the Baglio, dinner and overnight stay.



### DAY 4 Cooking class and olive oil



Breakfast and departure for **Menfi** where you'll visit the **Tenuta Ravidà**. This is an old patrician family whose roots date back to the 13th century. Until the mid 1700s they were based in the western Sicilian town of Trapani and held high positions in the governments of the Kingdom of Sicily. The family acquired the estate of "**La Gurra**" in mid-1700 and began to produce mainly cork, wine and olive oil. The olive oil was already known for its excellent quality. Meeting with **Natalie Ravidà**, the author the famous "Season of Sicily" a cookbooks on Sicilian gastronomy. Cooking class and lunch at Villa. In the afternoon you will visit the farm and taste their olive oil. Relax in the garden. Dinner on your own. Return to the Baglio and overnight

stay.



Rocks of the Cyclops, imposing, spiky shards of black lava that rises up from the water. Return and overnight stay.

### **DAY 10 Arrivederci!**

Breakfast and departure for **Catania** airport.

#### **The price includes**

- 2 BB + 2 HB at Baglio Donna Franca \*\*\*\* - Marsala
- 2 BB at Hotel Domus Aurea \*\*\*\* - Agrigento
- 1 HB + 2 BB at Tenuta San Michele - Mount Etna
- Tourist Guides at Riserva dello Zingaro, Mothia and Salt pan, Valley of the Temples, Siracusa, Sant'Angelo M. and M. Etna;
- All Cooking lessons with lunch/dinner, beverage included;
- Visit and tasting at wineries and pasty shop;

#### **The price doesn't include**

- Entrance fees and tips;
- Transfer;
- Picnic lunches;
- Insurances.