



## Cook and Hike in Sicily 2008

Hiking tour to discover the secrets of Sicilian cuisine



„Do you know the land where the lemon trees bloom, where the gold orange glows in the deep thicket's gloom, where a wind ever soft from the blue heaven blows” –

Johann Wolfgang Goethe portrayed Sicily in this picturesque manner.

Discover Sicily, not least just as Goethe explored it ... „per pedes”... on foot. Only in this way you will reach beautiful spots that you can not reach elseway.

Explore this beautiful island on a hiking tour through its diverse vegetation up to breathtaking viewpoints on the shining blue waters of the Mediterranean Sea. And since no one can easily trail on an empty tummy let yourself be spoiled by the diverse Sicilian cuisine with its unique specialties. You will have cookery classes where you will learn the secrets of Sicilian cuisine that are just as many as the people that inhabited this island.

Are you curious about that? Pack your wooden spoon in the rucksack, wear hiking shoes and let's go...



## The Package...

- welcome's cocktail
- 2 nights HB with full breakfast at a good 3\* hotel in the area of Castellammare del Golfo
- 1 night HB with full breakfast at a good 3\* hotel in the area of Marsala
- 1 night HB with full breakfast at a good 3\* hotel in the area of Agrigento
- 2 nights HB with full breakfast at a good 3\* hotel in the area of Piazza Armerina
- 1 half day hiking tour in the nature reserve **Riserva naturale dello Zingaro**
- 1 half day excursion to **Levanzo Island**. You hike to breathtaking viewpoints and enjoy a picnic based on regional specialties
- 1 Sicilian cookery course with final lunch in a traditional wine estate in Marsala, the birthplace of Marsala wines (3-course menu including ¼ l wine and water)
- half day guided tour through the fascinating **Valley of the Temples in Agrigento**
- 1 Sicilian cookery course with final lunch in a farm estate romantically set on the hills of Sicily's hinterland
- 1 half day guided tour in the marvellous **Villa Romana in Piazza Armerina**

## Prices...

**Package price 2008 per person in DBL** from **EUR 377,00**  
**SGL-Supplement** from **EUR 105,00**

... in addition to this excursion package we can arrange any further service like bus transfers, guided tours or tasting tours.

**If you like this offer, please complete this form and send it to the Gadis team;  
 we will prepare a special tailored offer as soon as possible.**

We are interested in your \_\_\_\_\_  
 Proposals and would like \_\_\_\_\_  
 To option the following dates: \_\_\_\_\_

Company name \_\_\_\_\_ Address \_\_\_\_\_

Group responsible \_\_\_\_\_ Post code/City \_\_\_\_\_

Telephone & Fax \_\_\_\_\_ Country \_\_\_\_\_

e-mail \_\_\_\_\_

Other destinations in Italy \_\_\_\_\_  
 In which we would be interested: \_\_\_\_\_



## ... Programme features ...

### Day 1

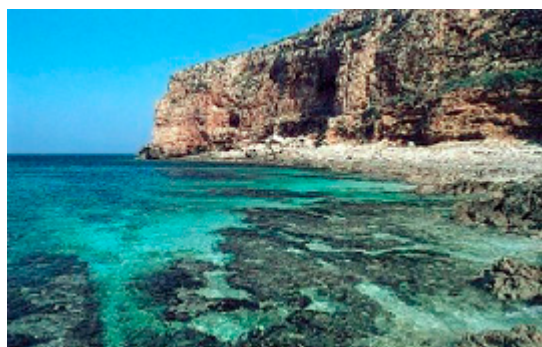
Arrival at the hotel and welcome's cocktail. Dinner and overnight stay in the area of **Castellamare del Golfo**.

### Day 2

Today we undertake a hiking tour in the **Riserva dello Zingaro**, Italy's first nature reserve opened in 1981. The reserve offers beautiful landscapes and provides dramatic views on the sea and surrounding nature. You walk on a 7 km long trail along the coastline at medium altitude. En route you see the **Grotte dell'Uzzo**, where one of Italy's most renowned necropolis dating back to 8000 BC is to be found. You can bathe in the clear waters or visit one of the park's small museums. On our way back we stop off in **Scopello** with majestic view on the sea. Take a tasteful break in the small medieval old town with a delicious hand made ice cream.



Dinner and overnight stay in the area of **Castellamare del Golfo**.



### Day 3

On the following day we head to one of Sicily's most fascinating islands, **Isola di Levanzo**. On a one hour walk you reach **Grotte del Genovese**. Here you can go down into the caves in small groups and be in the awe of walls paintings dating back to 9000 BC. as well as other wall paintings from 4000 - 5000 BC. Later we stop off for a **picnic** based on typical countryside food. Bathe in the crystal clear waters or take a boat tour if the weather is nice (extra charge). Further to Marsala. Dinner and overnight stay in the area of **Marsala**.

### Day 4

Today you discover the secrets of Sicilian cuisine. You will attend a **cookery course on a Sicilian farm estate** where you will learn more about the Marsala wine that is produced here and get some tips on Italian cuisine. The chef invites you to the kitchen and later to the dinner table. After the





classes you will relish a **countryside lunch with Sicilian live music** and wine. Further to Agrigento. Dinner and overnight stay in the area of **Agrigento**.

### Day 5

In the morning you visit the **Valley of the Temples in Agrigento**: the ancient Akragas, founded by the Greeks in the 4<sup>th</sup> century BC, was among the wealthiest and most populated and powerful cities in ancient times. The imposing site, the remains of the former city walls and the finds on display in the archaeological museum serve to document the magnificence of this wealthy town. The Temple of Concord is the best-preserved building of Magna Graecia. After this step back into the past we travel further to **Piazza Armerina**. Dinner and overnight stay in the area of **Piazza Armerina**.



### Day 6

Today you undertake another cooking tour to a farm estate romantically set on the Sicilian hills. Here you will learn more about the secrets of South Italy cuisine and enjoy a **lunch**. Let yourself be spoiled by a small glass of Nero d'Avola from own production. In the afternoon you visit **Villa del Casale** where the Romans used to enjoy wine and delicious food. The Roman Villa del Casale, discovered only a few years ago, provides one of the finest examples of mosaics dating back to Roman times. The villa boasts spectacular architecture decorated with varied patterns and scenes stretching from geometric forms, plants and animals from near Africa to everyday life and huge compositions. Dinner and overnight stay in the area of **Piazza Armerina**.

### Day 7

Today you leave Sicily, the land where lemon trees blossom, and hopefully you will come back home full of beautiful impressions from Sicily. If you have some time visit Caltagirone in the morning. Caltagirone is renown in Italy as the town of ceramics. Local handicraft includes hand painted ceramics, the so-called majolica with its bright colours being appreciated all over Italy.



## ... if you feel like hiking even more...

... you can extend your tour programme:

### Hiking on Mount Etna

The 3340 m high **Mount Etna** is fascinating, especially in winter when it is snow capped up to 1600 m height. We hike on a picturesque trail up to 2000 m height. Here you can see the lava rests from previous eruptions. If the weather is nice you can take the cable railway up to 3000 m height (extra charge). If at 2000 m you enjoy a wonderful view, just think of the spectacular sight you will enjoy after reaching 3000 m height by cable railway or special cars. You will be in the awe of the fabulous panorama of the Ionic and Tyrrhenian coastline, proving dramatic from the first light of dawn until dusk. You will visit the crater edge escorted by mountain guides.



### Hiking through Cassibile gorge

You walk down into Europe's deepest canyon and see the rushing stream that formed deep lakes during the centuries.

In the afternoon you have the possibility to visit the Baroque towns Noto and Ragusa or stop off in Modica where you can taste typical Sicilian pastries.



## Volcano hike on the Aeolian Islands

The Aeolian Islands are a very popular destination thanks to their dominant position, beautiful beaches and grottoes and the mild climate. We head for Lipari, the largest island of the archipelagos. Lipari is rich in archaeological remains and hosts an outstanding archaeological museum with a section devoted to volcanoes. The Normal cathedral is also well worth a look. Later we head to Vulcano, renowned for its thermal waters and natural fango baths. Here you climb up the volcano that is still active.



**... if you want to undertake other tours in Sicily and visit Palermo, Monreale, Cefalu, Syracuse and so on – just come and ask:**

**Price information for additional programmes and nights upon request.**

***Vittoria, Jolanda e Bianca - Incoming Sud Italien***

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