Flavors of Sicily

A 9-Day Banquet of History, Culture, and Sicilian Cuisine
SEPTEMBER 29, 2016 – OCTOBER 07, 2016

FLAVORS OF SICILY

No other part of Europe embraces you as warmly and feeds you as well as Sicily. We invite you to explore the many layers of the island’s history, its delectable cuisine and vintages, and its engaging culture.

Visit Sicily’s many marvelous sites, admire her stunning vistas, and relax in the cozy opulence of the Taormina’s San Domenico Palace Hotel, a 15th-century Dominican monastery converted tastefully into a 5-star deluxe hotel with a view of Mount Etna.

Dear Alumni and Friends,

We’re eager to share with you another of our popular “Flavors” programs. Indeed, what could be more inspiring than the renowned cuisine and wines of Sicily and the fabulous hotel that we have chosen as our home base?

Once again, this latest “Flavors” program will provide an intimate, immersive approach to an authentic cultural and culinary experience. We’ll converse with winemakers whose vineyards thrive on the flanks of Mount Etna and enjoy these boutique wines paired with savory antipasti. We’ll prepare such iconic dishes as *pasta all Norma* with Sicilian chefs, then enjoy them in the shade of citrus groves near the coastal town of Catania. The beautiful landscapes of Sicily are populated by the spirits of ancient Greeks and the Romans who found paradise on this island. Excellent guides will lead us on many memorable discoveries of Sicily’s celebrated past. We’ll also enjoy Taormina from our deluxe hotel only a few steps from her renowned Greek theater and pedestrian mall.

Veteran W&L travelers are well aware that space on these distinctive, superbly priced programs is limited. We encourage your prompt registration. You may reserve online at [http://wlu.orbridge.com](http://wlu.orbridge.com), by phone at (540) 458-8723, or by returning the enclosed reservation form. We look forward to pairing our own hospitality with Sicily’s warm embrace.

Sincerely,

Robert Fure
Director
The W&L Traveller

_Please note: The information contained in this document is current as of 11/18/2015_
Program Highlights:

- Enjoy seven nights in the luxury and elegance of the 5-star San Domenico Palace Hotel in Taormina.
- Work side-by-side in the kitchens of distinguished chefs, learning time-tested techniques and modern twists with ingredients grown in the mineral-rich, volcanic soil of Mount Etna’s fertile lowlands.
- Take a cable car down to the shore for a lunch beside the sea.
- Spend time exploring the coastal towns of Taormina and Siracusa—including a stop at a local outdoor market.
- Visit Benanti, a family-owned boutique winery with a strong international focus, and winner of over 80 awards since 1994.
- Stop by the award-winning Planeta winery for a wine tasting and lunch.
- Visit Sicily’s archaeological masterpieces—the ancient theatres of Taormina and Siracusa, and the Villa Romana del Casale mosaics in Piazza Armerina.
- Explore Mount Etna, a natural marvel and UNESCO World Heritage Site.
- Day after day, experience the fusion of tradition and modernity, and see for yourself how Greek, Roman, Byzantine, Arab, Norman, German, French, and Spanish influences have formed this magnificent island of fertility.

What’s included: 7 nights accommodations; 7 breakfasts, 5 lunches and 3 dinners served with wine; all lessons, private tours, and unique small-group excursions noted on the 9-day itinerary; private motor coach transportation; luggage handling; gratuities to Orbridge Travel Director, local guides, drivers and porters; and airport transfers for guests arriving and departing during the suggested times.
Day-by-Day Itinerary*:

Day 1: En Route from U.S.

Day 2: Arrive Catania, Sicily / Taormina
Settle in at the San Domenico Palace Hotel, an enchanting property that’s carved into a hillside, overlooking the Ionian Sea. Explore the lush grounds and take in the magnificent views. Get acquainted with your travel companions at a welcome reception followed by dinner served with Sicilian wines and specialties of the region.
*Overnight: San Domenico Palace Hotel (R,D)*

Day 3: Taormina
Spend the day touring Taormina, an idyllic town perched on a rocky hillside. With your local guide, delight in exploring the town’s network of winding streets and ancient Greek theatre—one of Sicily’s most picturesque and well-preserved. Charming streets open to stunning panoramas of popular beaches, the warm Ionian Sea, and snow-capped Mount Etna. Take a cable car down to the shore for a lunch beside the sea.
*Overnight: San Domenico Palace Hotel (B,L)*

Day 4: Piazza Armerina
Today visit Sicily’s archaeological masterpiece and UNESCO World Heritage Site, the Villa Romana del Casale. Our guide will lead us on an exploration of the famous 4th-century site considered a display of the best preserved and extensive examples of Roman mosaics in the world, offering you a glimpse of a wealthy Sicilian family’s lifestyle of centuries past. Before heading back to the hotel, indulge in a lunch featuring Sicilian specialties.
*Overnight: San Domenico Palace Hotel (B,L)*

Day 5: Viagrande / Catania
Learn how to cook the Sicilian way! Join award-winning chef and author Eleonora Consoli’s team in her 18th-century home in Viagrande. First, browse the colorful and culture-rich market in nearby Catania for fresh, local ingredients. Then gather in Eleonora’s spacious kitchen to prepare a complete four-course menu. After lunch, venture to Benanti, a local award-winning winery, for an afternoon tasting filled with delightful conversation with fellow travelers.
*Overnight: San Domenico Palace Hotel (B,L)*

Day 6: Mount Etna
Today you can opt to visit Sicily’s greatest natural attraction, Mount Etna—another UNESCO World Heritage Site and the highest active volcano in Europe. Lovingly known locally as “The Etna,” at almost 11,000 feet, it has four craters at the summit and more than 300 vents on the flanks. Marvel at its enormity as you take in its unique, dominant features and view the destruction of previous eruptions and lava flows.

Guests opting to remain at the hotel in the morning to relax and enjoy the fine amenities instead of the high-elevation hike at 6,000 feet can view Mount Etna’s splendor from the hotel’s hilltop location. Later, rejoin the group for a wine tasting and a delicious lunch in the afternoon at award-winning Planeta winery. Here, focus on how the cultivation of the ancient fertile lands around Mount Etna influences the wine.
*Overnight: San Domenico Palace Hotel (B,L)*

Day 7: Siracusa / Ortigia
Welcome to the historically notable town of Siracusa, a 2,700-year-old seaside city founded by Greek Corinthians and Teneans. Cicero was said to have described Siracusa as the greatest Greek city and most beautiful of them all. A UNESCO World Heritage Site, it flaunts many structures from as early as the 5th century B.C. Become a part of coastal Ortigia, a small island often called the heart of Siracusa. Indulge your senses with the sights, sounds and flavors as you follow cobblestone walkways. The kaleidoscopic markets overflow with local seafood, dairy, meat, and succulent produce such as ruby-red tomatoes, tender figs, and dark green capers. In the evening, have a relaxing dinner at the hotel.
*Overnight: San Domenico Palace Hotel (B,D)*
Day 8: Taormina
After breakfast, embark on a brief journey to Villa Britannia and experience a hands-on cooking class of traditional Sicilian fare with celebrated Chef Carmelo U Boss. The chef chooses only locally grown, hand-picked ingredients to concoct a unique menu for our group. Create mouth-watering dishes like marinated prawns, caponata, pasta alla Norma, seafood risotto, zuppa di pesce, veal rolls, chicken alla cacciatore, plus amazing desserts such as Sicilian cassata, tiramisu, or crespe. Your farewell dinner is a celebration at The Principe Cerami, a 2-Michelin-star restaurant run by Chef Massimo Mantarro and features his refined haute cuisine.

Overnight: San Domenico Palace Hotel (B,L,D)

Day 9: Depart Sicily
After breakfast, guests departing during the suggested times take a complimentary transfer to the airport for a flight home. (B)

B = Breakfast, L = Lunch, D = Dinner, R = Reception

*Itinerary subject to change

What’s Included:

* Seven nights accommodations at San Domenico Palace Hotel (or similar)
* 7 breakfasts, 5 lunches, and 3 dinners served with wine
* Full services of an Orbridge Travel Director in addition to expert local guides
* All private tours and unique small-group excursions noted on the 9-day itinerary
* Intimate cooking classes with celebrated chefs
* In-depth, guided exploration of Sicily’s main attractions—Taormina, Mount Etna, Villa Romana del Casale, Siracusa, and Ortigia
* Private motor coach transportation, luggage handling, and airport transfers for guests arriving and departing during the suggested times
* Gratuities to Orbridge Travel Director, local guides, drivers and porters

Your Guide(s):

Chiara: Insider, Interpreter, Epicure, Host

Chiara’s opinion is that wine and food are the best ways to understand and get to know a country. Chiara is Milano-born and lived in Northern Italy for many years. After studying art and literature, she relocated to Tuscany where she worked with the producer of the famous Chianti Classico in the hills between Siena and Florence. In charge of export, grape harvest, and olive oil production, she is expert in her knowledge of Italian foods and wine. Having owned an Agriturismo working farm in the Siena countryside, she understands what people appreciate most about the significance of Italy’s ‘slow food’ roots. Speaking five languages and a gifted sommelier, she is among the founders of the national association “Donne del Vino” (women of wine). Catch Chiara’s enthusiasm and explore the flavors of this wonderful region with added confidence, understanding, and appreciation. Cheers!

Guide subject to change.
Program Accommodations:

San Domenico Palace Hotel

Built in an ancient Dominican monastery, San Domenico Palace Hotel’s luxurious, 5-star accommodations provide the ideal balance between style and comfort. Carved into a rocky hillside on the east coast of Sicily, this enchanting property overlooks Taormina Bay with mesmerizing views of nearby Mount Etna. Stroll the grounds and discover the fragrant gardens, and enrich your senses breathing in the fresh breeze off the Ionian Sea.

Property Amenities: Two restaurants (one is rated 2-Michelin-stars and is run by Chef Massimo Mantarro), two bars, free Wi-Fi zone, spa, and fitness center.

Classic: Spacious and bright, these classically appointed rooms overlook either the Cloisters or the town of Taormina.

Deluxe: Perched from this delightful room’s balcony, you will have spanning views of either Taormina Bay or the Greek theatre.

Room Amenities: Air conditioning, LCD television with satellite channels, Wi-Fi internet (charges apply), telephone, en suite bathroom with bathtub and shower, hair dryer, safe deposit box, mini-bar.

Activity Level:

Moderate

Activities are generally not very strenuous, however, we expect that guests on this program can enjoy two hours or more of walking, are sure-footed on cobbled surfaces, and can walk up and down stairs without assistance. Historic city centers are usually more accessible by foot than vehicle. Due to the structure of some buildings, facilities for the disabled may be limited. Also, dexterity to use kitchen tools and participate in lessons is not necessary, but adds to the enjoyment of this program.
Optional Extension:

ADD DAYS 9-12 IN PALERMO

Enjoy Sicily’s fascinating and bustling capital, Palermo. The city, which is over 2,700 years old, is rich in history, culture, art, music, and gourmet cuisine.

Itinerary:

Day 9: Depart Taormina / Arrive Palermo
Begin your panoramic tour of Palermo, including glimpses of the opera house Teatro Politeama, “La Cala” (the old harbour), Piazza Indipendenza, Porta Nuova, Piazza del Parlamento and Villa Bonanno Garden, and Monreale Cathedral.
Overnight: Grand Hotel Villa Igiea (B)

Day 10: Palermo / Cefalù / Guided Sightseeing
After breakfast, enjoy a half-day, walking tour of the historical center of Palermo. Stop at Teatro Massimo, then stroll through Mercato di Capo market and the Jewish Quarter, and visit Palermo’s cathedral, Martorana. Later, travel to picturesque Cefalù for an introductory tour to see the old walls, and a popular beach.
Overnight: Grand Hotel Villa Igiea (B)

Day 11: Leisure
Today includes activities at your leisure. Enjoy Palermo for all it has to offer. Visit one of the extraordinary monuments not yet seen or simply explore one of its lively markets. Or, take advantage of the lovely amenities at the Grand Hotel Villa Igiea.
Overnight: Grand Hotel Villa Igiea (B)

Day 12: Depart Sicily
In the morning, transfer to the airport for your flight home. (B)

B = Breakfast

Please note: extensions are not escorted by an Orbridge Travel Director. Included sightseeing is accompanied by a local guide. Group space may not be available within 90 days of departure.
Accommodations:

Grand Hotel Villa Igiea (or similar)

Located in the sun-soaked capital city of Palermo, the luxurious, 5-star Grand Hotel Villa Igiea was restored from a private family home at the end of the 19th century by renowned Art Nouveau architect Ernesto Basile for the Florio family and still proudly displays its original frescoes and period-themed decoration and furniture. Relax in the villa’s modern comforts and enjoy its breathtaking coastal views. Or, opt for nearby resort activities that include tennis, golf, or a romantic evening cruise (additional fees apply).

Property Amenities: Free Wi-Fi zone, outdoor swimming pool, tennis court, business center, fitness center, spa, two fine-dining restaurants and a pool bar/grill.

Room Amenities: Individually controlled heating and air conditioning, Wi-Fi Internet access (charges apply), telephone, LCD satellite television, mini-bar, safe, and en suite bathroom with shower and/or tub and hair dryer.

What’s Included:

- Transfer from Taormina to Palermo
- Three nights accommodations at Grand Hotel Villa Igiea (or similar), with breakfast each morning
- Guided sightseeing of Palermo and Cefalù, as well as entrance fees to Monreale Cathedral
- Transfer from hotel to airport with luggage handling
Reservation Form

Flavors of Sicily

SEPTEMBER 29, 2016 — OCTOBER 07, 2016
EXTENSION: OCTOBER 07, 2016 — OCTOBER 10, 2016

☐ Option 1: Call now to reserve at (540) 458-8723, or go online to http://wlu.orbridge.com to complete your reservation.

☐ Option 2: Secure your reservation with a deposit charged to the credit card below, or with an enclosed check payable to: Orbridge LLC.

**Guest Information:**

Guest #1 (as printed on passport): ___________________________ Class Year ______

Guest #2 (as printed on passport): ___________________________ Class Year ______

Address: ________________________________________________

City: ___________________________ State: _______ Zip: _______

Email: ___________________________ Phone: ___________ Alt. Phone: _______

Category Preference (if applicable): 1st choice__________ 2nd choice__________

**Deposit:**

(#) ______ guests joining program ($850/person) +

(#) ______ guests joining extension ($500/person) = Total deposit: $ ___________

**Deposit Payment:**

☐ Check enclosed ☐ Online Check/ACH ☐ MasterCard/Visa ☐ American Express ☐ Discover

Card #: _________________ Exp. date: _______ CVV: _______

Name (as printed on card): ____________________________________________

Billing address (if different from above): ___________________________________

City: ___________________________ State: _______ Zip: _______

I/we have read, understand, and agree to the full Terms & Conditions at http://terms.orbridge.com and detailed in program documents; and that Orbridge LLC is authorized to charge my credit card above and/or take my/our deposit for this program.

Signature: ___________________________________________________________ Date: ___________

Mail or fax reservation form and deposit to: The Office of Special Programs

Washington and Lee University

204 West Washington St., Lexington, VA 24450

Fax: (540) 458-8478

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*Special group rates; limited offer. Rates are per person based on double occupancy except where noted as Single, in U.S. dollars. Single availability limited. Airfare not included. **Extension rate is per person based on double occupancy except where noted as Single, in U.S. dollars. Single availability limited. Airfare not included.
Travel Insurance. Orbridge strongly recommends that you purchase travel and cancellation insurance to protect your interests in the event of unexpected or unforeseen circumstances, including travel documents. In the event of a canceled program, including without limitation, the cost of non-refundable airfare, other transportation, lodging and meal expense, visa fees, medical expenses, equipment and clothing purchases, insurance premiums and deductibles and the cost of any additional or alternative arrangements you elect or are required to incur as a result of a canceled program.

Travel Documents. For U.S. citizens, valid passports are required for travel to foreign destinations and some countries require specific visas prior to entry. Please direct any questions in respect to preparing for or arising from a canceled program, including without limitation, the cost of non-refundable airfare, other transportation, lodging and meal expense, visa fees, medical expenses, equipment and clothing purchases, insurance premiums and deductibles and the cost of any additional or alternative arrangements you elect or are required to incur as a result of a canceled program.
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Force Majeure. In addition and without limitation, Orbridge shall not be liable for any injury, loss, death, inconvenience, delay or damage to personal property in connection with or resulting from acts of God, illness, disease, acts of war, riot, civil unrest, insurrection or revolt; flood, cyclone, hurricane, fire, earthquake or other natural occurrence, weather event or disaster, animals, strikes or other labor activities, criminal or terrorist activities of any kind, overbooking or downgrading of services, food poisoning, mechanical or other failure of aircraft, vessels or other means of transportation, termination or cancellation of services by suppliers for any reason or for failure of timely arrival or departure.

Other. Dates, program details and costs, although given in good faith and based on tariffs, exchange rates and other information current at the time of printing, are subject to change at any time. While we do not anticipate material revisions of the itinerary or its included features, we do reserve the right to substitute accommodations or modes of transportation and to make any changes in the itinerary Orbridge, in its sole discretion, deems necessary and in that case any additional expense or cost will be paid by the individual guest. Your baggage and personal effects are your sole responsibility at all times. There are many inherent risks in travel, which can lead to illness, injury, or even death. These risks are increased by the fact that some of our programs take place in remote locations, far from medical facilities. You acknowledge and agree to assume all such risks associated with participating in this program.

Orbridge may at any time and without notice modify these terms and conditions, and any modification so made will be effective for all reservations made from and after the posted Effective Date.

In the event any term in these terms and conditions is deemed unenforceable by a court of competent jurisdiction, the unenforceable clause shall be interpreted to give effect to the parties’ intentions to the greatest enforceable extent, and all other provisions hereof shall remain fully enforceable according to their terms.

Acceptance of Contract. ANY PAYMENT TO ORBRIDGE, INCLUDING BUT NOT LIMITED TO DEPOSITS, CONSTITUTES YOUR ACKNOWLEDGEMENT OF AND AGREEMENT TO THE TERMS AND CONDITIONS SET FORTH ABOVE AND IN MORE SPECIFIC TOUR DOCUMENTS.

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