



Tour Information



Sicilian Culinary Experience





Travel

Passports

You may need to renew your British Passport if you are travelling to an EU country. Please ensure your passport is less than 10 years old (even if it has 6 months or more left on it) and has at least 6 months validity remaining from the date of travel. EU, Andorra, Liechtenstein, Monaco, San Marino or Switzerland valid national identification cards are also acceptable for travel.

For more information, please visit: [passport checker](#)

Visas

If you're a tourist, you do not need a visa for short trips to most EU countries, Iceland, Liechtenstein, Norway and Switzerland. You'll be able to stay for up to 90 days in any 180-day period. For all other passport holders please check the visa requirements with the appropriate embassy.

For further information, please check here: [travel to the EU](#)

Different rules apply to Bulgaria, Croatia, Cyprus and Romania. If you visit these countries, visits to other EU countries do not count towards the 90-day total.

For all other passport holders please check the visa requirements with the appropriate embassy.

Italian Consulate-General: "Harp House", 83/86 Farringdon Street, London EC4A 4BL.

Tel: (0)20 7936 5900. Fax: (0)20 7583 9425.

Email: consolato.londra@esteri.it

Website:

http://www.conslondra.esteri.it/Consolato_Londra

Open Mon-Fri 0900-1200



Tickets

Included with this documentation is an e-ticket, which shows the reference number for your flight. EasyJet have now replaced all of their airport check-in desks with EasyJet Baggage Drop desks. **Therefore you must check-in online and print out your boarding passes before travelling.** Checking in online also provides the opportunity for you to pre-book seats, if you wish, at an extra cost.

Online check-in is available any time prior to travel using the reference number provided. Please see the enclosed e-ticket for more information or visit;

www.easyjet.com

Please check that the details on your documentation are accurate and that all names are spelt correctly and match the names on your passport. Your flight ticket is non-transferable and non-refundable. No refund can be given for non-used portions.



Baggage allowance

We advise you to check the baggage allowances carefully as you are likely to be charged the excess if you exceed the weight limit. Maximum weights for single bags apply.

With Easyjet your ticket includes one hold bag of up to 23kg plus **one** cabin bag no bigger than 56 x 45 x 25 cm. Overhead locker space is limited on board the aircraft and on busy flights your cabin bag may have to go in the hold.

Please contact the airline for further information

<http://www.easyjet.com/en/planning/baggage>

Labels

Please use the luggage labels provided. It is useful to have your home address located inside your suitcase should the label go astray.

Transfers

On arrival in Catania, transfer by coach to Capri Leone (approx. 2 hours 20 minutes).

Departure Tax

The departure tax is included in the price of your flight tickets.

Special Requests

If you haven't already, please notify Travel Editions of any special requests as soon as possible to allow sufficient time to make the necessary arrangements. Please note that some airlines may charge for use of wheelchairs.

Border Control

You may have to show your return ticket and money.

At border control, you may need to:

- show a return or onward ticket.
- show you have enough money for your stay.
- use separate lanes from EU, EEA and Swiss citizens when queueing.



Accommodation

Hotel Antica Filanda

Set on a hillside 12 km from the Tyrrhenian Sea, this relaxed hotel is not far from Tempio di Ercole, a temple built in honour of Hercules. There's also an airy restaurant that has a cellar dining room with a vaulted ceiling. Other amenities include an outdoor pool with sun-loungers. Providing free Wi-Fi, flat-screens and minibars, the warm, individually decorated rooms come with wood furnishings, tile floors and oriental rugs. Suites add fireplaces, flat-screens, and bathrooms with whirlpool tubs. Some rooms offer sea views. There is room service.

For more information please visit the hotel's website:
<http://anticafilanda.me/#homepage>



Food

Inspired by the many cultures that have settled on the island these past two millennia, Sicilian cuisine has a touch of Greek, Spanish, Arab, and of course Italian to it. The surrounding sea provides plenty of seafood, the rich, fertile soil of the island is perfect for growing olives, citrus fruit, aubergine, tomatoes, pistachios and almonds – the results are a varied, fresh, and mouth-watering combination.

Traditional dishes include *Caponata* (side dish of aubergine, capers and sweet balsamic vinegar), *Maccu* (Fava bean soup), *Arancini* (fried rice ball – a traditional snack), and *Sfincione* (Sicilian pizza, thick base with various delicious toppings).

Pasta dishes are also popular – try *Spaghetti ai ricci* (sea urchin pasta), the aubergine, tomato, basil and ricotta *Pasta alla norma* (originally from Catania), or *Manicotti* (similar to *cannelloni*, tubes of pasta filled and baked) – as is seafood, freshly caught, served simply grilled, boiled or fried. As for meat, the most frequently seen are lamb and goat.

A result of the Arab control of the island in the 10th and 11th centuries, apricots, melons, raisins, saffron and couscous often feature in dishes – such as *Couscous al pesce*.

Typical sweets include *Cannoli* (crusted tube filled with ricotta and sugar), *Cassata* (rich, creamy

ricotta filled cake), *Gelato* (possibly invented in Sicily), and the lighter *Granita* (sweetened and flavoured crushed ice).

Table service is common in most restaurants and bars. Usually, a discretionary service charge is added to your bill in restaurants and bars, and no further tipping is required.



Drink

The world's largest wine producer, Italy is home to some of the oldest viticulture regions. Named according to their grape variety or after their village or area of origin, excellent wines are produced throughout Italy and Sicily, with local wines offering great value and quality. With an ideal climate and soil (thanks to Mount Edna) grapes have been grown in Sicily since the Greeks first colonised the island. The dry white and rosé wines are excellent accompaniments to the seafood dishes, whereas the Nero d'Avola produces sumptuous hearty reds. The most famous Sicilian wine, the fortified *Marsala*, is similar to sherry and port and comes in *oro* (golden), *ambra* (amber), or *rubio* (ruby), in a range from sweet to dry varieties. The golden, sweet, sometimes sparkling dessert wine *Moscato* is very pleasing.

Sicily also produces excellent liqueurs, such as *Ala*, *Averna*, *Fichera*, and some that can also be found on the mainland – *Limoncello*, *Grappa*, *Anisette* and *Amaretto*.

Meals included in the price of your holiday are:

Breakfast – daily

Lunches – 5

Dinners – 6 dinners at the hotel plus one pizza dinner

Taking food and drink into EU countries

You are not able to take meat, milk or products containing them into EU countries.



Destination

This wonderful tour explores the gastronomic culture of Sicily in the company of our longstanding Sicilian guide Tullio Scurria who has organised and led tours for our clients on this wonderful island for many years. This hands-on culinary tour features three cookery lessons on how to make pasta, use the famed porcini mushrooms and prepare fish antipasti as well as wine tasting, typical produce tasting and the “Palio di San Martino” feast day in Tullio’s home village including a visit to his home for a demonstration by his wife of how to make local cakes and desserts and the tasting of his very own new Etna wine, straight from the barrel. Tullio will lead you on a (tasty) voyage of discovery.

Day 2 – Pasta Day

This morning enjoy a pasta cookery lesson at the hotel, under the guidance of the hotel chef, who will teach you all his tricks of the trade. Followed by brunch of our delicious pasta dishes, served with wine. This afternoon there is an included trip to The Monastery of San Filippo Fragala, located in the small town of Frazzanò, is one of the oldest basilian monasteries in Sicily. Close to the town centre, the monastery was built by the Count Ruggero and his wife Adelasia in 1090 and was an important centre for religious studies on saints. This evening we will visit a local Sicilian Pizzeria, with a wide choice of pizzas, served with local beer or wine. You will also have the opportunity to learn how to make these wonderful pizzas after lighting the wood-burning oven.

For more information about San Filippo Fragala, please visit:

<https://www.searchsicily.com/en/info/san-filippo-fragala-abbey/>

Day 3 – Porcini Mushrooms and vegetable day

This morning’s cookery lesson in the hotel, with the hotel chef, is based on Porcini mushrooms and vegetable dishes. Once again, we will be cooking our own lunch which will be served with local wine in the hotel restaurant. This afternoon we will head to Capo d’Orlando, an important fishing village situated in the Nebrodi area, a small Sicilian mountain chain in the province of Messina. You will have free time to explore this typical Sicilian village and wander around the harbour, promenading with the locals.

For more information about Capo d’Orlando, please visit: http://www.sicily.co.uk/nearby_town/capo-di-orlando/

Day 4 – Wine Day

This morning we will visit Tindari, an ancient Greek settlement which features the remains of a Greek theatre, which is still in use today. From here we will move on to a nearby winery, Vivi Vasari, where the typical Sicilian wine, Mamertino is still produced, and has been produced in the area since Roman times. We will enjoy a wine tasting here before brunch. This evening there will be an early evening wine tasting in the hotel’s wine cellar followed by dinner in the hotel.

For more information about Tindari, please visit:

<https://www.wishsicily.com/tindari/66>

Day 5 – Fish day

This morning we will enjoy a fish antipasti cookery lesson in the hotel kitchens, again under the tutelage of the hotel chef. This will be followed by a brunch of our fish dishes, served with wine in the hotel restaurant. This afternoon we will visit Santo Stefano di Camastra, renowned for the production of one of Sicily’s oldest traditions, pottery. A walk through its streets is a walk among colourful shops rich in true masterpieces: the most traditional and picturesque mosaics, tiles, shingles... all realized with local wonderful ceramics.

For more information about Santo Stefano de Camastra, please visit:

<https://www.scent-of-sicily.com/sicily-travel-guide/santo-stefano-di-camastra-town-of-beautiful-ceramics/>

Day 6 – Castell’Umberto

Today we will have a real taste of Sicilian life as with take part in the *Palio di San Martino*, a traditional feast day celebrated by tasting the new wine. Included today we will visit Tullio’s house, where we will be taught how to make the local cakes, *cannoli*, *sfingi* and *pignolata* amongst others. We will then sample Tullio’s new Etna wine, straight from the barrel, served with home-made antipasti. Later we will join the locals in the town square to enjoy a variety of Sicilian street food and wine

during the Barrell Race Palio. Dinner this evening is at the hotel.

For more information about Castell'Umberto, please visit:

http://www.sicily.co.uk/nearby_town/castellumberto/

Day 7 – Nebrodian produce day

Today we will take a morning drive through the Nebrodi Mountain Park, through an amazing variety of landscapes and sights – volcanic Etna, wooded mountainsides, hazelnut hills and medieval villages. During our journey we will enjoy a coffee-break with home-made hazelnut cakes, and then visit a local producer of cheese, black swine sausages and salami. Lunch today will be a grilled Nebrodian black pork dish served with wine. This afternoon we will visit a local liqueur producer, and then on to an ice cream makers laboratory to see how hazelnut ice cream is made. Tonight's final dinner is at the hotel.

For more information about the Nebrodi Mountain Park, please visit:

<https://www.wishsicily.com/nebrodi-national-park/57>

Reading suggestions

The Food and Cooking of Sicily: Valentina Harris

This book opens with an evocative introduction to the history, geography and traditions that have shaped the culinary culture of these regions, as well as an intriguing commentary on the local festivals and their accompanying foods. This is followed by an essential guide to the classic ingredients. There follows a collection of 65 regional recipes, with chapters covering all the traditional courses including Antipasti, Soups and Breads; Pasta, Gnocchi and Rice; Fish and Shellfish; Poultry, Meat and Game; Vegetables, Eggs and Cheese; and Desserts and Baking. Authentic dishes are included from each region, such as Sicilian Rice Fritters, Pasta with Potenza Ragu, Trapani Fish Couscous, Lucanian Chicken Pie, Pugliese Beef Rolls, Calabrian Sweetmeats and Sicilian Cassata.

Sicilian Food: Recipes from Italy's Abundant Isle –

Mary Taylor Simeti

The author, an American married to a Sicilian, set out to discover Sicilian food first hand. She haunted former convents and palaces where Palermo's libraries have been maintained. She tested each ancient recipe herself and updated the methods. Her directions are clear and easy to follow. The book is organized so that the material reflects both the external influences of a series of conquerors,

and the domestic changes brought about by peasant, clergy and aristocrat alike. Her chapter titles hint at the enticing discoveries waiting for the reader and the recipes reflect the chapter titles.

Your Guide

Your guide is Tullio Scurria. Tullio was born in Sicily and has lived there all his life. Being a true Sicilian, he loves his island and feels very strongly about its people, its culture, its history, its nature and its glorious past. While on tour Tullio likes to show the real side to island life and how the locals live.

Tour manager

Your tour manager will be on hand throughout the tour to ensure that everything operated according to plan. If you have any problems or questions please see him or her immediately – it is often possible to resolve complaints or problems very quickly on the spot, and do everything to help you enjoy your holiday.



The Basics

Climate – The weather in Sicily should be pleasant, but there is always the chance of the odd shower. Our best advice is to come prepared.

Time – GMT +2 hours (Summer time Apr-Oct); GMT + 1 (Standard time Nov-Mar)

Language – Italian

Religion – predominantly Roman Catholic

National holidays – New Year's Day (01 Jan); Epiphany (06 Jan); Easter Monday; Liberation Day (25 Apr); Labour Day (01 May); Republic Day (02 Jun); Assumption of Mary (15 Aug); All Saints' Day (01 Nov); Immaculate Conception (08 Dec); Christmas Day (25 Dec); St Stephens Day (26 Dec).

Currency – Euro. €1 = 100 cents. Notes are in denominations of €500, 200, 100, 50, 20, 10 and 5. Coins are in denominations of €2 and 1, and 50, 20, 10, 5, 2 and 1 cents.

Banks – Cashpoints compatible with international banking networks are located in all towns and cities, as well as airports, major train stations and other spots. They usually offer an attractive exchange rate. Those banks that still exchange foreign currencies into local money will always charge a transaction fee, so withdrawing money from an ATM usually represents the most logical means of obtaining euros.

Credit cards – American Express, Diners Club, MasterCard and Visa are widely accepted across the country. If you're eating at a restaurant, check prior to the meal that your card will be an acceptable form of payment. Even in cities, it's advisable to carry a supply of cash with you at all times. Varying amounts of commission can be charged.

Electricity – 220 volt, two-pin continental plug.

Bath plugs – The hotel has plugs for basins, but it is useful to carry a 'universal' one with you.

Drinking water – Tap water is safe to drink. (Although you'll find plenty of bottled water for sale too)

Shops and museums – You will see appealing shops selling souvenirs, artisanal produce and traditional food and drink. Opening hours on small islands tend to be from 0900-1300 and 1600-1900.

Clothes & Shoes – You may like to bring a warm sweater for cool evenings. Light rain wear for the occasional storm and good grip/flat walking shoes are recommended. Although very common in tourist towns in Italy, please note that street vendors selling all kinds of designer knockoffs are illegal and could land you with a hefty fine. Care should also be taken when buying antiques since Italy is renowned for skilled imitators.

Camera – Bring plenty of memory cards/film and any spare camera batteries as these are not always available. Please check with your guide before photographing people.

Telephones/mobiles – You should be able to use your mobile phone in Italy, depending on your operator and contract. The guarantee of free mobile phone roaming throughout the EU, Iceland, Liechtenstein and Norway has ended. Check with your phone operator to find out about any roaming charges you might get from 1 January 2021. A new law means that you're protected from getting mobile data charges above £45 without you knowing. Once you reach £45, you need to opt in to spend more so that you can continue using the internet while you're abroad. Your phone operator will tell how you can do this.

Tipping – To keep our tours affordable, we do not increase the tour price by adding in tips. However, in the tourism industry, there is a certain level of expectation that when receiving a good service, one does award with a tip. Tour Managers, Representatives, Guides and Drivers appreciate a tip at the end of their involvement with the tour, but this is entirely at your discretion. We believe in allowing you to tip according to your level of satisfaction with their services, but for your guidance about £2-3 per person per day for the tour manager is the norm. We would like to reiterate that tipping is an entirely optional payment and this information is given purely to answer any questions you may have about it.



Health

Doctor/Dentist/Chemist

Please talk to your tour manager if you are feeling unwell and they will organise for you to see a doctor.

Keep receipts for insurance claims.



Hospital

Your tour manager/hotel reception will arrange hospital transport.

Keep receipts for insurance claims.

General Health Advice

We suggest you take a good supply of your own individual medicines with you and always keep some in your hand luggage in case you get delayed or your luggage goes astray. General-purpose supplies for bites, stings, or scratches, and your usual medication for headaches, or stomach upsets are always recommended. Oral re-hydration sachets are excellent for topping up salt and glucose levels.

Visit the NHS Fit For Travel website for more generally information specific to the country you are visiting – www.fitfortravel.nhs.uk

Sun Protection

Always ensure you take sufficient sun protection and moisturiser. A sun hat and sunglasses are also advisable.

Mosquitos

Like most Mediterranean islands, you might get a few mosquitos about in the evenings so it is worth taking some repellent.

Inoculations

You should check with your own doctor and take their advice as to which inoculations are required for the country you are visiting, as only they know your medical history and recommendations are liable to change at short notice.



Insurance

To be covered under your Travel Insurance Policy, if you become ill, it is essential that you contact a local doctor and also telephone the emergency number of your insurance company. You will **NOT** be covered for any claim unless this procedure is carried out. Your insurance company will then decide on the best course of medical attention.

European Health Insurance Card (EHIC)

Before you travel, make sure you've got a valid European Health Insurance Card (EHIC) or UK Global Health Insurance Card (GHIC) or travel insurance with health cover.

You may not have access to free emergency medical treatment and could be charged for your healthcare if you do not have an EHIC or GHIC when visiting an EU country, or travel insurance with full healthcare cover when visiting Switzerland, Norway, Iceland or Liechtenstein. If you have an EHIC it will still be valid while it remains in date. Your European Health Insurance Card (EHIC) or Global Health Insurance Card (GHIC) will be valid if you're travelling to an EU country.

We strongly recommend that you take out an appropriate travel insurance policy when you travel abroad.

For further information about the GHIC please visit:

<https://www.ehic.org.uk>



Emergencies

Should an emergency arise, please call our offices on:

00 44 20 7251 0045

Outside office hours (Mon-Fri 0900-1700), telephone our emergency staff on:

00 44 7841 023807

PLEASE USE THESE NUMBERS ONLY IN THE EVENT OF A GENUINE EMERGENCY.

If you find that you are in need of consular assistance during your holiday:

British Consulate Rome

Via XX Settembre 80/a

00187 Rome

Italy

Email: italy.consulate@fco.gov.uk

Tel: +39 06 4220 2431

Fax: +39 06 4220 2334

Open Mon-Fri 0900-1700.

Outside these hours, emergency consular assistance is available on +44 (0) 207 008 1500.

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