

# Sicily, Italy – A Taste of the Islands

Join Us in Sicily for a Taste of the Island

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***Join us on a journey and path of discovery in Sicily. La Foresteria is an estate immersed in the vineyards which stretch to the beach of Porto Palo on the Crystalline Sea at***

***Menfi in the Province of Agrigento near the Planeta wineries. It is the perfect place for a gourmet holiday in the heart of ancient sun kissed Sicily.***

**Janice Thomas will guide your culinary senses and daily adventures:**

Sicily's kitchen is packed with fresh ingredients, shiny fish fresh from the Mediterranean, almonds, pistachios and delectable combinations of pasta, sardines and saffron.



We will fly into Palermo on the west coast of Sicily, which has one easily accessible airport. A driver will pick you up and transport to our Hotel. Upon arrival on our first two nights in Palermo, we will stay at one of our favorite hotels, The Grand Hotel Wagner. The location is perfect for getting around the city and a day trip to the village on the sea of Cefalu.

Our private driver will transport us the next day to Menfi and the Foresteria Planeta; a lovely estate known for its great wine and agritourism. Our location near the sea is the perfect destination for our daily adventures to surrounding areas to sip, savor and shop. We have planned the perfect combination of cooking, cultural touring and relaxation. Spring in Sicily by the sea is breathtaking.

Each day we will venture out on side trips especially designed for us to give a true taste of the traditional Sicily and an intimate look at the soul of the island. Aside from history, architecture and natural beauty, one of Sicily's greatest

attractions is its great food. Every village, town and city have markets exploding with fresh produce, fish and a lively culinary scene. Sicilians' attitude towards food is much like its character, including lots of tradition and just a taste of the modern.

Our accommodations in the countryside will be at Foresteria Planeta.

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## Itinerary Sicily May 2020

**Saturday, May 16th** Our welcome dinner will be at one of my favorite restaurants that features a variety of scrumptious local flavors. A taste of Sicily you will not forget.



**Sunday, May 17th** We will enjoy a day outing to Cefalu on the sea. This picturesque historic village is known for its unpretentious charm perched on a rocky headland. It has grandeur in its past and fabulous ceramics in its present. Lunch by the sea will give us breathtaking views while we dine. Dinner in Palermo this night at a historic restaurant.

**Monday, May 18th** Our morning visit to Monreale will be magical and memorable, too! We will enjoy a walking tour of Palermo's Mercato del Capo, which is the most famous in Palermo. We will have a flavorful lunch and city tour with a local guide. In the afternoon, we will drive into the countryside to Menfi and our Estate Foresteria Planeta, where we will call home for the rest of the week. We will enjoy poolside relaxation, a walk

and a great sunset before dinner with wine pairing at Planeta.

**Tuesday, May 19th** Our morning will include a hands-on cooking class with Chef Angelo Pumilia at our own Foresteria. The class will feature all the best of the local flavors and the culinary crafts of the true authentic Sicily, in their state-of-the-art blue and white tiled kitchen, followed by feasting on the lunch we have prepared. Afternoon tour at Selinunte and then our evening at Porta Pala at the sea for our dinner at Da Vittorio, one of the area's best restaurants.

**Wednesday, May 20th** Our adventure today will lead us to the village of Trapani, which hugs the harbor and is the capital of the province. Trapani is laden with elegant baroque palazzi and impressive churches. We will also visit the famous salt flats of Trapani and the town of Marsala with a tour



of the prestigious Marsala house of production. Our lunch will be Alfresco and by the sea. Our afternoon will take us to the age old village of Erice, perched on a mountaintop with spectacular views up and down the coastline and history galore. We will enjoy a light dinner at Planeta on our return to our peaceful Estate.

**Thursday, May 21st** Our day trip to Ulmo, one of Planeta's famous wineries is a very special place tucked between mountains and a lovely lake. We will stroll through the vineyards toward the lake and enjoy a tour of the winery and learn how they create the wines from this region. After wine tasting under the shade of an ancient tree, we will enjoy an

Alfresco cooking class in the outside kitchen and then feast on the dishes prepared. The Ulmo winery makes this day idyllic for a Sicilian memory. We will return to La Foresteria for relaxation and a lovely dinner with wine pairing.



**Friday, May 22nd** Today's cooking class will feature the best of local favors. After class we can relax by the pool or visit a local winemaker, and tour the small winery which is next door to Planeta's property. Our farewell dinner will feature the delicious foods we have prepared in our cooking class.

**Saturday, May 23rd** Depart Planeta Estate to Palermo Airport.

Download the [contract](#)

## Booking Conditions

We invite you to join us, and invite your best friend or partner.

We will be a small group of no more than 10, so early sign up is suggested.

Room styles are given on a first sign up preference.



Due to unforeseeable circumstances, it may sometimes be necessary to alter the scheduled activities or itinerary. All efforts will be made to keep any changes to a minimum and, where they are necessary, to make alternative arrangements which are of an equally high quality.

The Savory Spoon Cooking School and Janice Thomas are not responsible for any injury, loss or damage to person or property while guests are in route to and from or while on this culinary trip or participating in any of our activities.

Bring comfortable shoes since we will be walking in ancient villages and an umbrella since it is spring. Dress is smart casual and a dress for the farewell dinner if you wish.

**Trip Cost is \$5,595.00**

**\$1,000.00 deposit** due with reservation by **December 20th, 2019.**

Balance of **\$4,495** due by **February 1st, 2020.**

**\$700** single supplement.

## Price includes:

- 2 nights in Palermo
- 5 nights at the Planeta estate in Menfi
- All meals with the group
- Delicious breakfasts daily
- Cooking classes and all ground transportation
- Airfare not included
- Sign up early

Sign up early – *Maximum of 10 guests*

Download [the contract](#)

## Cancellation Policy

Refund considered only if we can fill your place.



We highly recommend Travel Insurance, which is valuable planning. Ask your travel agent when planning your flight:  
[www.travelguard.com](http://www.travelguard.com), [www.globaltravelinsurance.com](http://www.globaltravelinsurance.com)  
[www.travelex-insurance.com](http://www.travelex-insurance.com)

**MedJet Assist:** [MedjetAssist](#) is a membership program that arranges air-medical transport to the member's hospital of choice within their home country.

Checks written to:

**Savory Spoon Cooking School**

Send your deposit checks to:  
Savory Spoon Cooking School  
P.O. Box 423  
Ellison Bay, WI.54210

## **Janice Thomas**

Janice owns the Savory Spoon Cooking School in Ellison Bay WI and is known for her personal approach to cooking, creating memories with every recipe. She is the primary cooking instructor at the Savory Spoon and a Culinary Guide in Mexico, France, Italy and China. Traveling with her students gives her creative and imaginative cultural ideas to share with her students year after year. She is a member of the International Association of Culinary Professionals and Women Chefs of America and has over 25 years of experience in the culinary world. Janice invites you to join her and indulge yourself in an unforgettable experience.

