

BESPOKE ITINERARY - LUXURY - SMALL GROUP

Salina & The Aeolian Islands

10 Days / 9 Nights

Uniquely Designed Tours

To See More, Taste More & Experience More



Fully Escorted by Chef Dominique Rizzo
Over 10 Years Experience in Touring Sicily

Dominique Rizzo

FOOD, WINE
& CULTURE
TOURS



*"Going to Sicily is better than
going to the moon."
Gabriel García Márquez*

All my life Sicily has fascinated me. My father is Sicilian and I spent almost every year of my childhood visiting my Sicilian family, and experiencing the Sicilian way of life. I fell in love with the land, its people, the cuisine and the culture.

With over 30 years of culinary experience, my unique Food Tours focus on old fashioned hospitality, quality, affordable luxury and personalised service. Above all my food tours are created for the traveller who wants to pack a bag and book a ticket. Everything has been taken care of for you.

With small groups up to 10 people, bespoke itineraries, luxury accommodation and your own private chef and local guide, my Food Tours are definitely the best for value and experience offering something different for all travel lovers, solo, couples, young and old.

Best of all, for your personal comfort there is no twin sharing unless requested, rooms are all private, fully serviced and with your own ensuite.

The Aeolian Islands, located off the coast of northeastern Sicily, are one of southern Italy's greatest natural and cultural treasures. Formed by volcanic eruptions over time, the archipelago is made up of seven islands – Lipari, Vulcano, Salina, Panarea, Stromboli, Filicudi and Alicudi – They all sound like a poetic rhyme. Just like their beautiful names suggest, the islands will captivate you in many different ways. Each island offering an astounding contrast in landscape, colours, lifestyle and cuisine. In addition, the nightlife, shopping and relaxation are all very unique.

Staying in a family run, bespoke Island resort with ancient Greek inspired thermal spa, mineral baths and Wellness centre. We base ourselves on the Island of Salina. Salina is considered by many to be the prettiest island in the archipelago. With two twin peaks, verdant valleys and charming towns It is known as the "Isola Verde" (the green island) and boasts a number of vineyards that produce sweet Malvasia dessert wine. Studded with citrus trees, olives and caper plants much of the cuisine on the island comes from Salina itself with specialty foods coming from the remainder 6 islands and some from the mainland. During this tour we explore the natural reserve that is the island and its famous picturesque villages such as Pollara, Malfa and Santa Marina. Pollara is most noteworthy for its appearance in the beautiful Italian movie "Il Postino". We take a tour to Lipari Island, the largest of the islands. It accommodates a busy centre full of gorgeous restaurants and bespoke artisan shops. Lipari is also a sought after destination for archaeology lovers.

In our private guided Aeolian Islands tour, through our cooking class, food tastings, boat tour you will see first-hand what the islands have to offer.

Most of all, the islands are an extraordinary and breathtaking destination. They have attracted travellers worldwide ever since the times of classical mythology. Our restaurants, dining experiences, hotels and activities are hand selected by myself to give you a taste of the true Aeolian culture. We meet local characters, slow food producers and passionate chefs who like all Sicilians will embrace you with their love of their homeland.

Expect to eat and drink your way through this unique island cuisine, connect with authentic people and enjoy some of the best culinary and cultural experiences. If you desire something more out of your travel itinerary then come on an Aeolian adventure with me as we explore these beautiful Islands. See you in Sicily !

Dominique - Chef, Culinary Consultant and Travel Lover

Salina & The Aeolian Islands

Day 1 – Salina Island

We meet you early at your hotel reception then board our transfer bound for the stunning Aeolian Island of Salina, stopping for a typical Sicilian lunch “on the move”. For Italian movie buffs, you will have the chance to see the house where Italian actor Massimo Troisi from “Il Postino” brought Salina to the world. Arriving on Salina Island you will feel instantly relaxed as we take you on a tour of the island. We check in to our resort in the small town of Malfa. Traditionally built to suit island life, the whitewash walls and lush gardens with sea views are a picture-perfect postcard of rest and relaxation. After check-in, we enjoy a dinner in the resort’s restaurant with one of Sicily’s most talented Michelin star female chefs. Overnight in Malfa (B/L/D)

Day 2 – Cooking on Salina and Caper tasting

With a relaxing start to the day, we dine on a delicious buffet breakfast Salina style then ease into our morning cooking class at our hotel which includes an alfresco lunch overlooking the Aeolian Islands. The rest of the afternoon is free for you to continue enjoying this little piece of paradise. We meet you in the late afternoon for our caper and wine tasting discovering the advantages of the islands agriculture and its contribution to the islands famous wine varieties. We enjoy a light dinner of Salina specialities. Overnight in Malfa (B/L/D)

Day 3 – Boat tour and visit Lipari & Volcano

Today we take you by private boat to discover the beauty the Aeolian Islands. We visit Lipari Island giving you free time to wander and explore Lipari taking in the unique, boutiques, cobbled streets and great island life. Stopping in at Volcano we visit the Praia di Vinci. We dock at the eastern port visiting the mud baths and thermal waters, rich with magmatic gas. An excursion to the Grotta del Cavallo and the Piscine di Venere for a swim and snorkeling will follow. Then we will head towards the stacks of Lipari, the cave of the Angels and we will go up the western part of the island, up to the coves of the Tivoli in front of the Pietra del Bagno. Finally the Cathedral and the Punteruoli, we finish the tour with a panoramic sea view around Salina itself, all while enjoying a relaxing late lunch on board. Your evening is free in Malfa. Overnight stay in Malfa (B/L)

Day 4 – Salina and Discovering Aeolian flavours

With a later start to the morning we take a ride to Santa Marina, the main hub of Salina visiting some of the unique boutiques renowned for offering some of the best shopping on Salina. We then venture to Lingua on the West coast to enjoy the famous Pane Cunuzata and some of the islands best Granita and Gelato. The rest of the afternoon and evening is free for you to enjoy the resort and relax. Overnight in Malfa B/L



Day 5 Boat Tour Panarea & Stromboli Island Excursion

Today is more relaxation and exploration as we enjoy a full day on the water. We venture to Panarea and see the volcanic eruptions on Stromboli. The boat tour includes a stop in the Bay of Cala Junco or Cala del Moro, above which is the prehistoric village of Capo Milazzese. We stop in the characteristic village of San Pietro then head to the islets of Dattilo and Lisca Bianca where you can admire part of the submerged volcano and the sulfur emissions, accessible only by sea. We will continue to the wild islet of Basiluzzo where we will stop for a swim, and then head towards the island of Stromboli, where we will stop to observe the hamlet of Ginostra. We will arrive at the port of Scari to visit the town characterized by black sand beaches and white houses. At sunset we will leave for the islet of Strombolicchio, and then continue towards the suggestive Sciara del fuoco, to admire the eruptions of the volcano. (B/L)

Day 6 Salina

Today is a free day for you to enjoy Salina, our spa resort and to just relax. Options are available to hire a car, vespa, book a spa treatment, or take the local bus for a ride.

We meet you in the evening for drinks and canapes on the terrace of our beautiful resort watching the sunset and Stromboli erupting in the distance.

(B/Light Dinner)

Day 7 Salina - Malvasia and Wine Tasting

Today we visit some of the other little towns on Salina island, finishing our walking and bus tour with a Malvasia wine tasting and lunch. The evening is free for you to further explore Salina and some of its reputable restaurants. (B/L)

Day 8 Salina - Palermo

With a late check out we head back to Palermo, giving you the rest of the afternoon free to take in more of this vibrant city. After check in we venture on a walking tour of Palermo historical centre finishing with dinner to enjoy some of Palermo's classic dishes (B/D)

Day 9 The Mafia in Sicily - Corleone

When travelling from the islands it's always good to have an extra day up your sleeve as Sicily's weather can be unpredictable! Today we take a tour to further explore Sicily and the history of the Mafia. This is an incredibly interesting tour that divulges the real Mafia, its beginnings and how it still effects Sicily today. We enjoy a fabulous wine and food pairing lunch in the country and the evening is yours to take in your last day of Palermo your way. B/L

Day 10 Palermo

We say goodbye as we organise all of your transfers and wish you well for your return home or your onward journey. (B)

"Sicily is more beautiful than any woman."

Truman Capote





Salina & The Aeolian Islands

PRICE INCLUDES

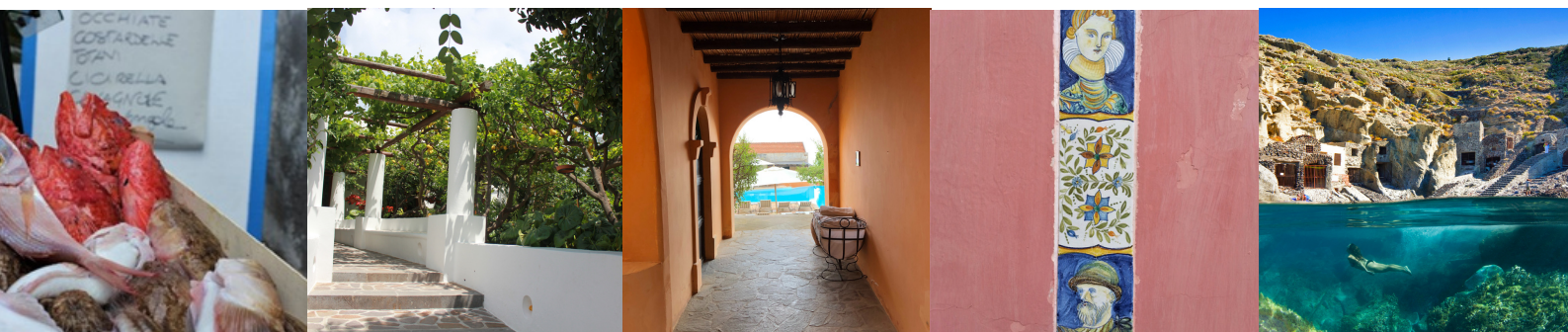
- Fully escorted tour, 10 days, 9 nights in the beautiful scenic surrounds of The Aeolian Islands.
- Specialised escorted service of Chef Dominique Rizzo, Director and Curator of Pure Food, Wine Culture Tours
- Private Italian Guides
- Pick up transfer from Palermo Airport or your hotel in Palermo on the tour start date
- Transfer to Palermo Airport/train station or hotel in Palermo on the tour finish date
- Private bus with our own private driver
- Luxury Island Spa Resort and boutique style accommodation selected for their personalised service, amenities, locations and hospitality (Room upgrades are available upon request, prices to be quoted upon application)
- Signature "My Taste of Sicily" Sicilian Cook Book
- All Private, escorted visits and tastings
- Full breakfast every day, 5 lunches and 4 dinners are also included, some morning/afternoon teas and aperitives are provided as stated—where lunches/dinners are not provided, the listed multi course meals are of ample abundance including a combination of fine dining, long lunches and street food.
- Beverages - All beverages with meals including wine, beer, juice, soft drink, tea and coffee are provided
- All guided tours as specified / All transfers by boat, bus, car, taxi as specified

HIGHLIGHTS

Hands-on cooking classes
 Wine tastings
 Salina Caper and local specialty food tasting
 Tour of Salina Island
 Bout tour to Lipari & Volcano Island
 Boat tour of Panarea and Stromboli
 Free time on Salina Island
 Guided tour of Palermo
 Visit to Corleone and Anti Mafia Museum

NOT INCLUDED IN THE PRICE

- Airfares to and from Sicily
- Everything not included in itinerary
- General expenses - phone calls, laundry, room upgrades
- Transfers outside of the tour dates, personal transport outside the tour dates, excess baggage, security and government taxes outside the tour dates, travel and medical insurance.
- Beverages and meals outside of described "Tour Inclusions"
- Room service beverages and meals when not participating in the scheduled meals
- Tourist Taxes paid directly to Hotel reception
- Travel Insurance (Compulsory)



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TRAVEL WITH DOMINIQUE RIZZO TO EXPERIENCE THE BEST

Menus' selected restaurants and dining experiences are hand chosen to give you a variety of tastes and flavours allowing you to experience foods from the land, sea, city and mountain. We consciously include zero kilometre venues and restaurants with Slow Food accolades who support sustainability, preservation of tradition and local produce.

Our 4 & 5 star Hotels, Resorts and country style accommodation is also personally selected for not only its quality, but also its location, services, hospitality and the relationships we have built up over the years. We want to ensure you are not only very comfortable and relaxed but you also get to experience all aspects of a regions terrain and lifestyle.

Our guides are personally selected for their knowledge of the regions, their spoken English and their humour. This ensures you enjoy informative, interesting and fun guided tours. We do when necessary use whispers or small group microphones to ensure you can wander at your own pace without missing out on understanding the history and unique aspects of each area we visit.

We are not about racing you around the country. We prefer to stay in each of the accommodation for a minimum of 2 -4 nights giving you an opportunity to unpack and settle in.

Moderate walking is involved on guided tours, we can certainly accommodate people who are a little slower on their feet. Luggage services are available to assist with retrieving luggage off and on our bus and to and from the hotels/rooms if required.

The places we visit do include some of the main tourist sites of a region. Although unique to Dominique Rizzo Tours are the sights and activities that are personally booked for these tours alone. You will not find these on any other Tour.

We include everything! Even days and evenings off from the tour for you to relax on your own or to further explore a destination. There are no hidden costs or payments that are further required to complete the full itinerary. You are welcome to opt out of any of the activities to do your own thing, although we have selected each of the activities to give you an opportunity to see, do and taste as much of Sicily as possible with siesta time in-between.

Our tours suit couples, solo travelers and people of all ages. Our tours are privately booked with a minimum of 10 and maximum of 14-16 guests so that you get personalised attention, comfort when travelling and opportunity to visit boutique establishments, restaurants, and unique venues not suitable for large number tours.

We can certainly cater for dietary intolerances and can accommodate coeliac, dairy free, vegans and vegetarians. This is not just a cooking tour, although our cooking classes are for everyone from the novice cook to the budding chef and are fun and informative giving you an opportunity to pick up some new skills and learn about the cuisine.



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Sharing The Love of Food

Best quality of food...loved every minute of it"

To experience Dominique's Food Tour is to experience Sicily at its best, from the best quality of food, amazing lunches at Acireale with luscious figs wrapped in smoked salmon, and tasting delicious olives, cheese, salami and bread for lunch in the olive grove. It wasn't just the food that was amazing, there was the experience of the fish market in Catania, the boat trip around the Aeolian Islands topped off with Stromboli erupting. We loved every minute of it and learnt so much about Sicily from Dom and Gian Luca, the guide.
Jay and Igor Gold Coast, Australia.



"A true holiday...more than a taste, an absolute feast"

The promotional material for the Western Sicily Food and Wine Cooking Tour, as usual, promised a wonderful experience. We, however, were treated to so much more than we could ever imagine and it was far beyond our wildest expectations. The exceptional planning and execution of the tour made for a most memorable time. The tour, fully escorted by Dominique Rizzo and her capable and friendly team, left us wanting for nothing. The diversity and quality of the food, drinks, accommodation and places of interest were superb. A true holiday! More than a taste – an absolute feast! Well, what a wonderful tour we had with Dom. It exceeded all our expectations and fulfilled our dreams.

G & B Mayes Toowoomba, Australia



"Very hard for us to top that holiday!"

Our cooking is progressing really well - a big improvement in confidence level since our classes in Sicily. We have repeated the chicken dish we cooked during your class and it is now a regular. Also working through the cookbook and I did a very small dinner party for my sister and husband for their 40th wedding anniversary last week. I tackled the potato cake which was fun to cook and actually looked great along with the zucchini carpaccio and Sicilian-style steak. Best wishes for your ventures and adventures and thank you for orchestrating the wonderful time we had on our trip in July. It will be very hard for us to top that holiday!

Carmel and Richard Brisbane, Australia



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Sharing The Love of Food

"An amazing tour...well organised and relaxing"
I wanted to thank you for an amazing tour. You are gorgeous, personable and fun, and together with Gianluca and Fortunato make a fantastic team. I had so many wonderful experiences, the tour was well organised and relaxing. And what a lovely, friendly group of fellow travellers. Carroll, Australia



"You have thought of everything."
The planning and organisation of all the events and the food we consumed was amazing; you have thought of everything. Thank you for your patience and friendliness, I felt extremely comfortable and at ease with you and everyone else on the tour. Comerford, Wagga Wagga Australia



"Experience that we will never forget"
What a wonderful time we have had on Dominique Rizzo's Food, Wine and Cooking tour. We just hadn't expected Sicily to be so beautiful. It was really a magnificent and pleasurable experience that we will never forget. Ancora mille grazie e buon viaggio for the next trip. Julie and Peter, Brisbane, Australia



"I have never eaten and drank so much"
Words cannot describe the amazing experience we had. An all-expense paid holiday seeing the most amazing sights and history and FOOD, FOOD, FOOD! My goodness, I have never eaten and drank so much food and wine, all whilst sitting in the most beautiful environments. It was something we will never forget. Nicholas Sydney, Australia



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