

A vibrant street market scene in Sicily. The narrow street is lined with stalls and shops. On the left, a stall with a red awning displays various goods. On the right, a stall with a green awning is filled with fresh produce, including grapes and oranges. People are walking through the market, and the atmosphere is lively. The text "Flavors of Sicily" is overlaid in large white letters, with "with Chef Tonya and San Diego Mesa College" in smaller white letters below it.

Flavors of Sicily

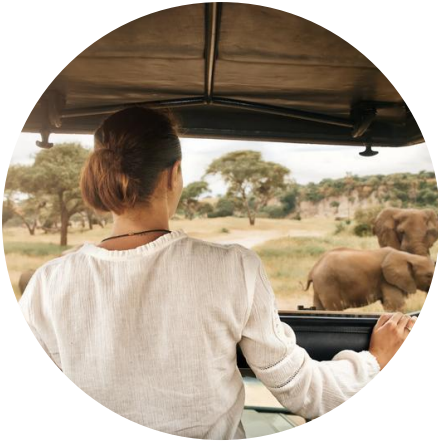
with Chef Tonya and San Diego Mesa College

March 26th – April 4th 2027



GO AHEAD
TOURS

What Our Meeting Will Cover



**Our Travel
Partner
EF Go Ahead**



**Tour Highlights
Itinerary &
Excursion Options**



**Tour Details
Pricing & Discounts**



Questions?

Guided tours, expertly crafted



Opening the World through Education

60+

years

114

countries

612

offices & schools

52,000

EF teachers & staff

LANGUAGE LEARNING – CULTURAL EXCHANGE – ACADEMIC STUDY – EDUCATIONAL TRAVEL

EF provides life-changing education for global citizens.

Why Travel Matters?



Go Ahead handles the details



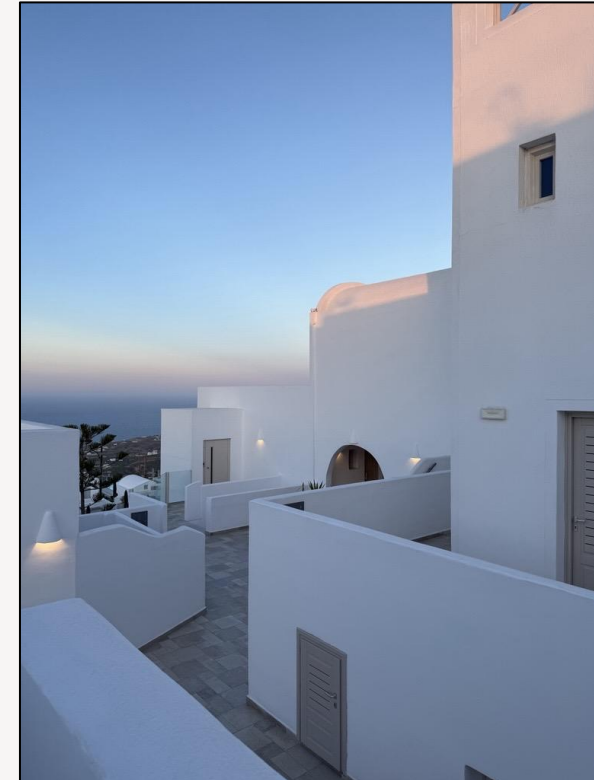
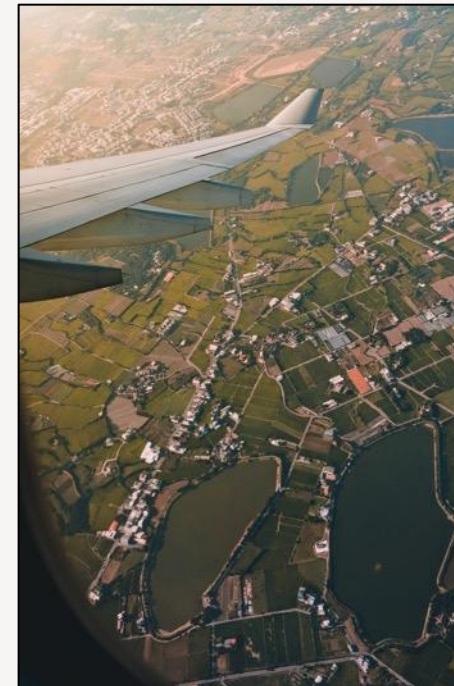
Authentic local
cuisine



Guided sightseeing
tours



Personalized flight
options



Handpicked hotels



Expert
Tour
Directors



Private Tour



Our Trip:

March 26th – April 4th, 2027

Tour Activity Level

○ Very High

○ High

○ Medium

○ Low

High

You're on the move on a regular basis and feel confident being out and about making new discoveries. You want to see all the highlights when you travel.

On these tours, you'll

- Walk about 2–3 miles a day (more if you add excursions)
- Be on varying terrain—think city streets, cobblestones, stairs, and hills
- Climb stairs of varying heights often, sometimes without a handrail
- Stand for long periods of time during guided walking tours
- Manage your own luggage
- Climb on and off a motor coach unassisted

Example activities

- Walk alongside ancient ruins
- Explore a royal palace

Inclusions

**8 nights in
handpicked hotels**

Breakfast daily

**2 Dinners with
beer, or wine**

**7 sightseeing tours
with local guides**

6 lunches

2 wine tastings

4 food tastings

3 cooking lesson

**Expert Tour
Director**

**Private Deluxe
Motor Coach**

Highlights

- Cefalu Cathedral
- Castelbuono wine tasting
- Mercato del Capo in Palermo
- Sicilian cooking classes
- Olive oil farm & tasting
- Modica chocolate tasting
- Ricotta cheese farm-to-table lunch
- Radicepura Botanical Garden picnic
- Catania region truffle hunting
- Farmhouse Contessa farewell dinner

Palermo → 3 nights

Day 1: Travel day

Board your overnight flight to Palermo today.

Day 2: Arrival in Palermo

ΨΨ Included meal: Welcome dinner

Welcome to Italy! Settle into your hotel in Palermo, Italy's fifth-largest city and the capital of the island of Sicily. Then, gather with your Tour Director and fellow group members at a welcome dinner, served with beer or wine.

Day 3: Sightseeing tour of Cefalu & Castelbuono wine tasting

ΨΨ Included meals: Breakfast, Wine tasting, Lunch

Today, head east along Sicily's Tyrrhenian coast to Cefalu, a seaside jewel with glittering highlights to match. There, follow your Tour Director on a short walk to glimpse its best sights.

- Pause in the Piazza del Duomo, the city's main square, and gaze at the imposing walls of Cefalu Cathedral. Built like a fortress, this church towers over the old medieval town.
- Roam Cefalu at your leisure, wandering down alleys in search of the perfect souvenir or getting in some extra sightseeing on your own. (For an excellent photo op, walk out onto the Molo di Cefalu and snap shots of the city, with a rugged ridgeline as a backdrop.)

Afterward, return to your bus and drive inland to Castelbuono. Named after the castle that watches over the settlement, this town also produces some excellent wines—and you'll get to sample some during a visit to the Santa Anastasia Winery. Tour its state-of-the-art facilities, housed in a restored 12th-century abbey, and stop for a multi-course lunch paired with some of the winery's own vintages.



Palermo → 3 nights

Day 4: Food tour of Palermo & arancini cooking class

Ψ Included meals: Breakfast, Tasting, Lunch

This morning, embark on a guided tour of Palermo—a beautiful bayside city on the shores of the Tyrrhenian Sea. With a local guide in the lead, you'll wind through its historic center, passing UNESCO World Heritage Sites and Baroque delights alike.

- Spot a pair of Palermitan icons: the imposing Norman Palace, once the seat of kings, and the architecturally diverse facade of Palermo Cathedral.
- Pass the Quattro Canti. Officially known as Piazza Vigliena, this vibrant square features four matching facades—each decorated with ornate sculptures, fountains, and statues representing the four seasons, as well as the patron saints of the city.
- Visit the bustling Mercato del Capo to snack on some of the city's favorite street foods: panelle, or thin chickpea fritters; crocche, or savory potato croquettes; sfincione, a thick-crust pizza topped with onions, anchovies, and caciocavallo cheese; and gelato sandwiched between fluffy brioche.

Arancini, Sicily's beloved street food, originated way back in the 10th century—and this afternoon, an expert chef will teach you how to make them yourself. Begin at a cooking school, where your instructor will explain this food's Arab roots and how local ingredients (think: saffron-infused rice and caciocavallo cheese) lend authentic arancini their inimitable flavor. Then, roll and fry your very own bites before snacking on your creations with your groupmates.



Syracuse Region → 2 nights

Day 5: Syracuse region via olive oil farm & cooking class

ΨΨ Included meals: Breakfast, Tasting, Lunch

Today, journey eastward across Sicily's sun-drenched interior. Your final destination: the Syracuse region—with a pair of pit stops en route.

- Visit a family-run olive farm outside the city of Agrigento and walk among its gnarled, centuries-old trees. As you do, your host will explain the traditional harvest, milling, and production processes that the farm follows to this day.
- Indulge in a guided tasting, training your palate to detect the slight differences between olive oils and discovering which regional dishes pair best with each.
- Continue to the Azienda Agricola Mandranova, a family-owned-and-operated agriturismo, and join your hosts in their kitchen during a hands-on cooking class.
- Roll up your sleeves and practice prepping Sicilian classics like involtini di carne (thin meat rolls) and caponata (a sweet-and-sour eggplant relish).

Finally, complete the day's travels at your hotel in the Syracuse region, where you'll have the evening to yourself.

Day 6: Modica & ricotta farm lunch

ΨΨ Included meals: Breakfast, Tasting, Lunch

Today's day trip takes you southwest to the baroque hilltop city of Modica—a place where different civilizations have left their mark since the Bronze Age, and where the locals have had centuries to perfect one very delicious art form: chocolate-making.

Stop to visit Sicily's oldest chocolate factory and sample some of its creative confections. (Jasmine? Red pepper? You could try chocolate flavored with both and more.) After, continue to a nearby ricotta farm to learn how the creamy cheese is made. Work up your appetite by hearing all the different dishes it's used in—then dig into some of them at an included lunch prepared using homemade ricotta.



Catania → 3 nights

Day 7: Catania via Radicepura Horticultural Park picnic & wine tasting

ΨΨ Included meals: Breakfast, Lunch, Wine tasting

Hit the road one final time, turning north to Catania. You'll end your day in Sicily's second city, but before that, you'll detour past Catania to visit the Radicepura Horticultural Park. Spread over roughly 12 acres in the shadow of Mount Etna, this botanical paradise nurtures some 3,000 species of plants in an elegantly manicured environment.

Once you're done in the gardens, you'll walk to the palmento—a traditional winemaking facility used as a set in "The Godfather Part II"—and sit down for a tasting of Pietradolce wines, produced a stone's throw away on Mount Etna's northern slopes. Finally, tuck into a picnic lunch amid lush surroundings before heading to Catania and checking into your hotel.

Day 8: Truffle hunt & Sicilian cooking class

ΨΨ Included meals: Breakfast, Lunch

Lace up your walking shoes and head into the forests of the Catania region, where a local guide leads you on a hands-on truffle hunt through the undergrowth—nose to the ground, eyes peeled for one of the culinary world's most prized treasures. Once you've foraged your fill, trade the forest floor for a farmhouse kitchen, where a local chef takes you through the art of traditional Sicilian cooking. The truffles you unearthed earlier take center stage as you roll up your sleeves and craft a lunch from scratch—earthy, aromatic, and entirely your own doing. Pull up a chair and savor every bite of a meal that began, quite literally, at your feet.



Day 9: Food walking tour of Catania & farmhouse contessa farewell dinner

ΨΨ Included meals: Breakfast, Tasting, Farewell dinner

Standing in the shadow of the stratovolcano Mount Etna, the ancient port city of Catania overflows with Baroque buildings—the result of extensive rebuilding after a devastating earthquake in 1693. Today, you'll meet up with a local guide and strike out for a walking tour, with a special focus on the city's cuisine.

- Start in the busy Piazza del Duomo before exploring the city's famous, open-air fish market. (You're likely to spot whole branzino, tuna, and other freshly caught delicacies neatly laid out on ice.)
- Crunch into a cartoccio—a paper cone packed with arancini, panelle, crocche, and other fried delights—to start your tasting tour on the right foot.
- Follow up your savory starter with a cipollina. This local favorite takes puff pastry and stuffs it with tomato, mozzarella, and sweet onion—the perfect snack for those on the go.
- End with a tasting of two sweets: minnuzze, rounds of sponge cake soaked in a liqueur and filled with ricotta and other goodies; and scorzette di arancia, candied orange peels coated in dark chocolate.

After your guided sightseeing of Catania, transfer to a magnificent 17th-century countryside villa—home to an Italian contessa and the perfect setting for tonight's farewell celebration marking the culmination of your Sicilian culinary journey.

- Indulge in aperitivi on the garden terrace—local wines, artisanal focaccia, buffalo mozzarella, and the like.
- Gather round a beautifully set table in the villa's former stalls and dig into a multi-course meal, served with beer or wine.
- Learn the secrets behind lemon-infused linguine, wild mushroom risotto, and more of the contessa's treasured family recipes, and take a taste of Sicily with you back home.

Catania → 3 nights + Departure



Day 10: Departure

ΨΨ Included meal: Breakfast (excluding early morning departures)

Transfer to the Catania airport for your flight home.

Your Travel Coverage Options

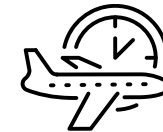
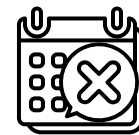


TWO COVERAGE OPTIONS:

1. BASIC TRIP PROTECTION \$349
2. TOTAL TRIP PROTECTION \$449*

*WHEN YOU ADD OUR TRIP PROTECTION PLAN WITHIN THREE DAYS OF ENROLLING ON TOUR, YOU'LL RECEIVE:

- PRE-EXISTING CONDITION WAIVER
- ANY REASON PROTECTION (\$75 VALUE)



EACH PLAN PROVIDES YOU WITH COVERAGE FOR:

- TOUR CANCELLATION & INTERRUPTION
- LOST, STOLEN, OR DAMAGED BAGGAGE & PERSONAL EFFECTS
- TRAVEL & BAGGAGE DELAYS
- ACCIDENT & SICKNESS



Go Ahead Flight Packages



**WE PLAN. YOU BOARD.
*IT'S THAT SIMPLE.***

✓ Easy & Seamless Travel

- Flights perfectly matched to your tour schedule
- One checked bag for international flights
- Airport transfers included

↻ Flexible & Customizable

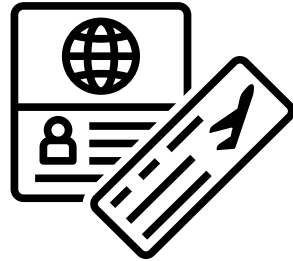
- Want to fly in early or stay longer? We've got you covered
- Choose custom routes, upgrades, and multi-city options
- Utilize our discounted fully refundable fare. Remove flights up to 71 days before your tour

🔒 Locked-In Value & Peace of Mind

- Your flight price is locked in at booking
- Interest-free payment plans for easy budgeting
- 24/7 support — including reschedules due to weather, airport changes, or other unexpected events

****Adjustments to standard flights package will come at an additional cost**

Travel Documents



What You'll Need to Travel:

Passport

If you're a U.S. or Canadian citizen, you'll need a valid passport that doesn't expire for at least six months after you return home.

Check those dates now- future you will thank you!

Country Entry Requirements

Each country has its own rules, and we'll help make sure you're ready. This could include:

-  Visas
-  Testing and/or proof of vaccinations
-  Medical documentation

We'll keep you posted on what's needed- you just focus on the fun stuff!

Flexible payment options



Pay in full at enrollment

- Pay your balance in full upon enrollment
- Accepted payment methods: Visa, MasterCard, ATM/debit card, or personal checks

Enroll in AutoPay

- \$99 Deposit
- Select a monthly date for payments to be automatically deducted from your bank account
- Accepted payment method: checking account or debit card

Pay manually

- \$450 Deposit
- Accepted payment methods: Visa, MasterCard, ATM/debit card, or personal checks

Reserve Today and You Pay:



\$150 off

per person
until 6/11/26

Double Occupancy:

\$5,289 per person without flights (or)

\$7,379 per person - flights from SAN (\$2,090)

Additional discounts for repeat travelers

Other Gateways are also available for departure if you prefer to depart from a different airport!

Single Occupancy: (\$410)

\$5,699 per person without flights (or)

\$7,789 per person with flights out of SAN

**** limited amount of single rooms** (3)**

Highly Recommended:

☐ Insurance \$449/\$349 per person

**\$728 per
month for
10 Months w
flights**

**\$519 per
month for
10 months w/o
flights**

**27
Spots!**

What You're Responsible For:



Tips

Plan for \$12–\$15 USD per day in tips. It's a meaningful way to recognize the amazing crew who help make your trip seamless.

Non-Included Meals

Some meals aren't included- your perfect excuse to try that cozy local restaurant or a quick street food stop. Your Tour Director will be your insider foodie guide!

Daily Spending Money

Whether it's an artisan scarf, a scoop of gelato, or a unique keepsake, having a little extra budget lets you enjoy the unexpected.

Overweight or Extra Luggage

Bringing home more than you packed? We get it! Just keep in mind that any airline fees for overweight or additional bags are your responsibility.

Passport Reminder

Make sure your passport is valid for at least 6 months after your return date- future you will thank you at airport security!

Reserve Your Spot Tonight!



Enrollment is open Tonight!

✓ Spots are limited and available on a first come first serve basis.

✓ Secure your spot today for as little as \$99 down



\$150 off when you reserve by June 11th!



Call our team :

1-800-438-7672



Hours:

Mon-Fri 9:00am–7:30pm Est

Sat, 9:00am–5:30pm Est



Reference: [2027 Sicily Tour with Group Coordinator Tonya Whitfield](#)



Request a Call:

- Link Shared After Meeting



Visit Trip Website: (QR CODE)

<https://groups.goaheadtours.com/tours/san-diego-mesa-2027-sicily>