



foodiam
Culinary Curious Travel

Indulgence - Food - Culture - Small Group Tours

SICILY

8 nights/9 days



Authentic



Flavour Filled



Culinary Adventure

Fully escorted by



foodiam



“Going to Sicily is better than going to the moon”

Gabriel García Márquez,
Spanish author and playwright



Join Food I Am for an unforgettable culinary journey to Sicily, Italy's largest island, where dramatic coastlines, exquisite food and wine, pristine beaches, charming fishing villages, picturesque Borghi nestled in the hills, baroque towns and a treasure trove of archaeological wonders await your exploration.

Sicily, basking in its warm Mediterranean climate, boasts an agricultural landscape that stretches as far as the eye can see. Through the ages, it has been a stage for Greeks, Romans, Arabs and various European powers, each leaving an indelible mark on the island's culture, art, architecture and cuisine.

Prepare to embark on a culinary journey like no other, where every bite tells a story. The gastronomic legacy of Sicily is a fusion of diverse influences spanning centuries of history. Savour time-honoured dishes, including pasta infused with the bounty of the Mediterranean Sea - sardines, tuna, anchovies and prawns - all adorned with capers, olives and aromatic herbs. From indulging in the vibrant street food scene to immersing yourself in the secrets of Sicilian cuisine, meeting local artisans, and a cooking class with Italy's original and most loved chef... Nonna, you'll uncover the heart and soul of this culture. Enjoy a delectable chocolate tasting in Modica, where centuries-old traditions meet artisanal craftsmanship. Relish traditional dishes at local trattorias and fine dining experiences. Delight in a private picnic set against the backdrop of ancient temples, creating memories that will last a lifetime. We'll take you on a journey to an exceptional herb farm, where you'll discover the aromatic treasures of Sicily and have the opportunity to meet the passionate farmer behind it all. For those with a sweet tooth, we have plenty in store for you. Sicily is renowned for its world famous sweets and desserts, from the best gelato you will ever taste to sinking your teeth into the crisp shells and luscious cream fillings of cannoli, a Sicilian specialty.

Of course, no Sicilian journey would be complete without an exploration of its globally renowned wines, which include the robust Etna Rossa and the crisp Grillo whites, each encapsulating the island's rich terroir. During your visit, you'll have the privilege of indulging in private wine tours and tastings at Mount Etna and in an ancient abbey. A visit to the Mount Etna volcanic region is a must, along with sailing the beautiful Grotto Azzurra with your private chef on board.

This tour has been curated by Food I Am in collaboration with Italian Chef Melina Puntoriero, ensuring that your journey through Sicily is an authentic experience far from the well-worn tourist track. Join Food I Am on this adventure as we immerse ourselves in some of the Mediterranean's finest culinary and cultural experiences.

Tania Sibrey
Creator & Global Food Explorer, Food I Am



Palermo to Cefalù: A Flavourful Journey Begins with Food I Am

Day 1

Palermo has been a cultural melting pot since antiquity.

This morning we meet up as a group and begin our exploration of Sicilian street food and food traditions. Each region has its own speciality throughout the island and today we will taste and experience Palermo. We enjoy a Sicilian street food lunch today, savouring a selection of typical street foods such as arancina (rice balls stuffed with ragu or caciocavallo cheese) as well as panelle and croche (chickpea and potato fritters). We meander through the markets, cafes and bars learning about the beautiful local produce. Palermo's market overflows with seasonal abundance from the land and sea, it has been this way for over 1000 years. Strong Arab influences, resembling an eastern souk, are evident. Next to mounds of ricotta and caciocavallo cheeses, barrels of olives and fat slabs of swordfish, sit saffron and other spices, as well as sacks of beans, indigenous fruits and local vegetables. Here we will have the opportunity to taste typical Palermitano street food.

Cefalù, one of the most evocative destinations on the island, is our seaside destination this afternoon and for the next two nights. After lunch in Palermo we transfer to Cefalù, you will find it charming to explore in your free time - beautiful beaches, ancient ruins and a hilltop castle. Our boutique hotel, situated opposite the beach and just a 5 minute walk from the village, is ideally located to experience it all!

This evening we meet back up for a traditional dinner with local seafood. Buon appetito!

Accommodation: Boutique Hotel - Cefalù





Castelbuono Lunch, Organic Farm, Wine Tasting & Charming Village of Cefalù

Day 2

“Sicily is more beautiful than any woman”
- Truman Capote

Castelbuono is our destination this morning. The organic soul of the farm, vineyard and abbey we visit today in the Madonie Park will captivate you. A tasting and lunch in the Abbey is a unique experience that begins with the land and continues in the cellars.

Capturing the secrets of true Sicilian cuisine, our multi course lunch will include a collection of produce picked by our chef from the garden and farm, accompanied with estate wines.

In the afternoon we return to Cefalù. The narrow, winding streets of Cefalù's old town exude charm and character. You'll find quaint shops, local eateries serving up Sicilian delicacies, and hidden corners waiting to be discovered.

Enjoy the evening free to explore this bustling seaside village or take a plunge into the Mediterranean!

Accommodation: Boutique Hotel - Cefalù





Cefalù - Sant'Angelo Muxaro - Agrigento: Village Walk, Tastings of Artisanal Delicacies

Day 3

Silence, the wine is resting...

Today, we immerse ourselves in a small village where everything moves slowly, savouring this unique way of life. Over the course of the morning, we will take a relaxing walk through the village streets, indulging in tastings of typical local specialties and engaging in genuine encounters with local people. We'll make stops to taste local cheeses, almond biscuits, honey, local wines, olive oil, and other seasonal artisanal products from the area. We aim to show you a lesser-known Sicily, directly through its people. This is an authentic experience, far from the well-worn tourist destinations.

For lunch today, we delve into true Sicilian homestyle cuisine as we spend time with Italy's original and most loved chef... Nonna! From farm to table, our morning will be spent touring the village and foraging for ingredients for our lunch. Then, we'll meet Maria, who will introduce us to the local specialty of "pani cunzatu", a regional bread, before we head off to find Nonna. Beginning with the collection of produce from the garden, we will then move on to preparing Sicilian dishes that you will treasure the recipes for forever. Lunch today will consist of what you have prepared, as we gather with Nonna's family for a family meal, of course accompanied by local wines.

After lunch we move onto our secret Sicilian "home from home" for the next two nights, a beautiful masseria (renovated farmhouse). This charming and elegant farmhouse in the Agrigento countryside is the perfect tranquil place to lay by the pool or ride a bicycle through the olive grove. Simple things done very well!

Dinner tonight is at the farmhouse, sit back and soak up Sicilian hospitality at its best!

Accommodation: Masseria - Agrigento





Agrigento: Valley of The Temples & Sicilian Picnic Delights

Day 4

Discover hidden wonders in Agrigento.

This morning we discover the incredible UNESCO listed Valley of The Temples by guided tour - the temples of Agrigento are a sight to behold. They are a collection of ancient temples and one of the largest and best preserved archaeological sites in the world.

In the heart of the Valley of temples we find a lush ancient oasis, known as Kolymbethra Garden. Here, we have the privilege of an exclusive experience that will surely leave others envious - a private and lavish Sicilian picnic. Featuring housemade preserves, locally sourced meats and cheeses, delectable cannoli and, of course, a selection of local wines to complement our feast.

In the afternoon we head back to our masseria where you can enjoy some free time. Our dinner is at the ancient farm house, our skilled chef will craft a sensational meal and we'll have the pleasure of savouring it under the Sicilian night sky in the courtyard.

Accommodation: Masseria - Agrigento



Agrigento to Modica and Noto: Aromatic Herb Farm, Baroque Architecture and Aztec Chocolate Tasting

Day 5

Modica - home of Sicily's Aztec chocolate, amongst many other things...

This morning we visit "the aromas of Sicily", a herb farm like no other. Situated on a hill between Samperi and Scicli overlooking the sea - an idyllic setting. You will love the infectious energy of this Sicilian family! Together, we will pick and scrunch herbs, all while gaining insight into the many varieties and their uses. Our journey continues with a delicious Sicilian lunch, thoughtfully prepared by the family using farm-fresh herbs and produce. The surroundings and culinary experience at this farm will undoubtedly leave an indelible mark on your memory.

After lunch we head to Modica, famous for its unique Sicilian Baroque architecture and chocolate! Modica is custodian of the 400 year old tradition of Sicilian chocolate making. We will enjoy a guided walking tour taking in the baroque labyrinth of this medieval village then visit a chocolatier, and of course enjoy a chocolate tasting.

Next stop is our luxury eco masseria (country estate), perched on top of a hill overlooking the Noto Valley.

As the evening unfolds we gather for dinner at our masseria, showcasing a commitment to organic, high quality ingredients and innovative Sicilian dishes.

Accommodation: Luxury Masseria - Noto





Ortigia to Siracusa and Noto: Street Food Walk and Market Adventure

Day 6

“Sicilians build things like they will live forever and eat like they will die tomorrow” - Plato, Philosopher

The island of Ortigia is our amazing destination today, a world heritage site and the heart of Syracuse. Our journey commences at the Apollo Temple. From there, we navigate the vibrant Ortigia food market, immersing ourselves in the local culture as we meet some of the passionate traders. We will step into a vintage delicatessen, where we'll taste typical Sicilian appetisers and savour local wines. Our culinary exploration culminates with a visit to one of Siracusa's most renowned bars for a granita tasting.

After our walking street food tour, enjoy some free time exploring Ortigia, visit the ancient ruins or catch up on some shopping in the piazza at the many boutiques and artisan shops before we head back to our masseria.

The rest of the afternoon and evening is free for you to enjoy by the pool, perhaps a hit of tennis, spa or aperitivo in the beautiful grounds.

Accommodation: Luxury Masseria - Noto





Noto to Taormina: Greek Roman Theatre and Dinner Aboard our Private Sailboat

Day 7

Uniquely beautiful, Taormina is always a good idea!

We depart our hotel this morning and drive to Taormina, the world famous resort town known as “the Ionian Pearl”. For most, Taormina’s stupendous views of Mount Etna, history and seaside location make this a destination not to be missed. Our transfer to the historic centre will be by cable car and then we enjoy a guided walking tour visiting the famed Greek-Roman Theatre. You will have some leisure time to explore the town, perhaps enjoy lunch at one of the charming hilltop trattorias and some shopping at Corso Umberto.

Get ready for a memorable evening! Late afternoon we board a private sail boat and explore this enchanted area. We visit the beautiful Grotto Azzurra, so called because of the bright colour the water takes on inside. We stop at Isola Bella for a swim or snorkelling to admire the seabed. With the backdrop of Taormina at sunset we will enjoy aperitivo as we sail the pearl of the Mediterranean Sea.

Onboard, our skilled captain and talented cook will craft a Sicilian feast showcasing regional specialties accompanied by local wines.

Accommodation: Boutique Hotel - Taormina



Taormina: Exploring Mount Etna, Winery Visit - Food & Wine Pairing

Day 8

“Visiting Etna helps to understand how small mankind is. A mountain that changes every day, just like us!”

The extreme environmental diversity of this area will surprise you: thick forests, deserted lands covered in magmatic rock, often snow capped mountains and towns clinging to slopes, make for a unique landscape. A visit to the crater is a must. This morning we will meet our off-road drivers for a private 4WD tour of the Mt Etna volcano region. Along the way we will stop to enjoy a breathtaking view of the North-East Crater and Calabrian coast.

The most enchanting of Etna wineries, Tenuta di Fessina, is our fabulous destination for lunch where we take a walk through the vineyard and visit the cellars. Then, we indulge in a wine tasting experience, where each varietal complements a selection of local recipes for a truly memorable food and wine pairing. You will treasure the memories of this brilliant day exploring.

We arrive back at our hotel in the afternoon to enjoy some free time. This evening we meet up for our final Sicilian experience and enjoy a farewell dinner celebrating Taormina's delicious seaside location and it's produce.

Accommodation: Boutique Hotel - Taormina





Sicily: Reflections on a Remarkable Journey with Food I Am Culinary and Cultural Tours

Day 9

Wow, where did that time go!

As we bid farewell to charming Sicily, it's hard to believe how swiftly time has flown by. While all good things must eventually conclude, the memories of our extraordinary adventures will linger on.

Savour your final Sicilian breakfast, allowing the experiences of this remarkable journey to wash over you. It's time to bid adieu to Sicily.

Your group transfer awaits to take you to Catania airport or train station. Alternatively, you might choose to extend your stay in the exotic allure of Sicily for a few more days.

As we conclude this tour, we want to express our heartfelt gratitude for choosing Food I Am Culinary and Cultural Tours as your trusted guide through the wonders of Sicily.

Until we meet again on another culinary and cultural exploration, may your memories of Sicily continue to inspire and delight.

The tour is now concluded.



Snapshot

PRICE INCLUDES

- Eight (8) nights accommodation - A wonderful mix of boutique hotels, five star hotels and luxury masserias (renovated farmhouses and country estates). Accommodation that is chosen for not only being beautiful but in a fabulous location.
- Most Meals - Multi course lunch and/or dinner or tastings. Our meals are a combination of fine dining, traditional and street food. Each day full five star hotel breakfast. We are a culinary tour so expect exceptional food offerings, in exceptional locations and more than you can eat!
- All ground transport
- Departure transfer - Private group transfer to Catania Airport
- Cooking Class
- Two (2) Private Wine Tastings
- Winery Lunch
- Private Sailboat experience and Dinner - Taormina
- Private 4WD Mt Etna Tour Day - Guide and private vehicles
- Private guided visit to Val di Kam village
- Two (2) Street food tours and tastings
- Three (3) Private Historical/Cultural tours with expert local guides
- All entrances to monuments during sightseeing

PRICE EXCLUDES

- International airfares
- All beverages - alcoholic and non-alcoholic (unless otherwise stated in itinerary), laundry, phone, and items of a personal nature
- Tipping
- Passport & (if needed) Visa
- Travel Insurance (COMPULSORY). You should organise travel insurance at the time of paying your deposit. Ask your travel agent or contact an insurance provider such as NRMA & Covermore.

WHY A FOOD I AM TOUR?

- Fully escorted by Food I Am
- Our itineraries are carefully thought out and put together with the assistance of our worldwide culinary connections
- Small groups - no waiting
- Unique food and wine experiences. Our tours are not cooking tours
- No decision making needed - Sit back and relax, we have done all the hard work for you
- Guaranteed the best meals without having to look for the perfect restaurant
- Experience - our tours are full of surprises!
- Authentic and cultural regional experiences balanced with free time
- Travel and share experiences with like-minded people
- Meet the passionate producers and artisans, learn about their craft
- Comfort and luxury - travel and accommodation
- Stress free - no google maps required
- Gastronomy experts and local English guides with exceptional knowledge
- Hosts that care about you as an individual

PRICING INFORMATION:

Cost Per Person (Twin Share)

\$7570 (based on 2024 tour costs. Final trip cost to be finalised 12 months prior to departure.)

Single Supplement (Room on your own)

Please contact us.

For solo travelers willing to share, please contact us.

**CLICK HERE
TO SECURE YOUR SPOT
ON THE 2025 TOUR**

From our previous Sicily Tours...

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Michael and I had the absolute privilege of attending the Food I Am tour to Sicily.

The locations and accommodation are thoughtfully hand-picked by Tania & Melina with their incredible travel experience. Visiting places not on the usual tourist tracks make this a special and easy way to experience the destination.

Looking back over the itinerary I could list every day and every location as a highlight. They were all so special. The history, the local tour guides, the food, the people, it was just perfection.

The only downside was the tour finishing!

- Nerida & Michael - Sicily 2023

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“

Another huge 'shout out' to our local guide and Melina for their care in looking after us all and creating such a fun atmosphere. Looking forward to our next Food I Am tour!

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It is so easy, all the research has been done, so you can turn your brain off and enjoy the ride.

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“

Loved the ability to taste beautiful local food that we would not have been able to find ourselves, and our brilliant local tour guide Melina.

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“

Thank you for an exceptional experience. I really enjoyed Sicily and found the tour very informative as well and luxurious and delicious.

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“

I can't express our gratitude enough as to how well organised this trip was. Melina and our local guide were simply the best. They were constantly working hard behind the scenes. We will be doing another one! Our fellow travellers were also great company, and everyone got on famously.

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Sharing the love of Food I Am Luxury Food Tours



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Having done three tours with Food I Am I can't choose a favourite day. I remember waking up after the first night on the Italian food tour and thinking "it can't get any better than this" and that was a common statement on all the tours! With great accommodation, wonderful company and terrific agritourism. Being treated with wonderful simple local produce to amazing molecular gastronomy, every day offered lasting memories. The tours were all balanced with sedentary and physical activity. Although I went as a single person I thought I was away with my best friends. I would have no hesitation in recommending Food I am and can't wait to do another tour.

- Angela Smith - Italy 2016, Spain 2017

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This was a perfectly curated and carefully considered Northern Italy experience that delighted the taste buds, stimulated the mind and generated huge appreciation for Italian food. We loved the Food I Am tour experience because the tours take you to places less touristy and really expose you to a truly local experience.

We felt very safe and supported with Melina as our guide - she is warm, upbeat and informative all the way through. The small group nature of these tours is appealing too as it keeps things pretty intimate and informal, unlike the hustle and bustle that can come with larger group tours.

We look forward to travelling with Food I Am again!

- Sarah & Rob Wardman - Northern Italy 2023

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Thank you so much for organising such a wonderful holiday. It was very relaxing as everything was organised and taken care of. I just sat back and enjoyed the ride! The group was also a perfect size - intimate yet social, lifelong friendships and amazing experiences were made. Attention to detail was excellent with a vast range of activities to enjoy.

- Jo Stroud

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“

The Food I Am Northern Italy Tour was absolutely amazing. Melina was the tour guide extraordinaire. Her connection with people and places made for a very interesting insight into local productions and cultures of this beautiful countryside. So many taste sensations. We wined and dined at such a variety of restaurants/trattorias/osterias. Nadia's was our favourite. The Antinori Winery was simply awesome. The vintage sports cars and "driving" the Ferrari simulators was such fun. We indulged in new and unique experiences every day with the best group of fun people. We loved it all. Thank you for organising this wonderful experience!

- Bryan & Sally Short - Northern Italy 2023

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For anyone that wants to experience the real Italy this is the tour for them. Brilliantly organised with personalised attention to detail to maximise the adventure for everyone. Very pleased to have made so many new friends whilst enjoying a daily aperitivo... Or two. Highly recommended for single travellers as well as couples. Will definitely be coming back to do another tour.

- Geoff Crouch

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We have had a wonderful time - THANKS so much. All of our food has been EXCEPTIONAL and choices of accommodation superb. Have really loved seeing the back roads of Italy and staying in the "countryside". Food I Am has given us beautiful and amazing memories of the tastes, landscapes and people of Italy.

- Gary & Pam Krieg

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Our trip to Vietnam was amazing! Meticulously organised, beautifully executed, with a perfect balance of busy and free time. The whole trip was a delight for the senses - the sights, sounds and oh! The food! Incredible! What better way to relax than to let someone else do all of the organising for you, where your biggest decision is a glass of wine or a cocktail? This was the best holiday I have ever had, I would travel with you guys anywhere, anytime.

- Lisa Harvey

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“

Xin Chau to you to Tania and welcome home. Firstly, let me say congratulations on such a beautifully run tour. We were just reflecting on it again last night and saying that it was perfect in every way. Accommodation, organisation, food of course, and your easy going way of dealing with everything and everyone made all of it memorable and pleasurable. Thank you so much for making available your tour and all the wonderful things of Vietnam it showed us. We are telling everyone who asks that this is a truly impressive tour. Take care.

- Anne & Philip Goldsmith

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What an amazing adventure Food I Am provided. The tour was so much more than we expected. Everything was thoroughly planned and highly organised but at no time did you feel you were on a tour, it was more like travelling with a group of friends. We saw so much more than we thought we would and got a real sense of the authentic Italian way of life. Tania and Melina's passion and enthusiasm set the tone from the moment we began our journey and remained throughout the entire adventure. This trip was excellent value for money, however the sense of belonging created amongst the group was something no amount of money could buy.

- Vicki & Anthony

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We would have no hesitation in recommending Food I Am tours because every aspect of the tour - accommodation, careful selection of restaurant and eating venues, fantastic cultural experiences, expert local guides in a variety of fields, organisation and shopping advice was top class. Thank you Tania, you make a wonderful tour guide, a tour leader with a very engaging personality who managed to cater to every individual's needs and make everyone feel welcome and special.

- Carol & Pat Ingram

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Thank you for an amazing trip. I will remember it forever and will definitely return to the beautiful country and people of Vietnam. It was a real holiday - not having to think and plan everything, especially "where and what to eat", luxury accommodation and service....such a treat!

- Debbie Webb

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This trip has set the bar so high for holidays from here on - travelling with a small group with a well thought out itinerary that provided an excellent mix of unique experiences, structured activities and free time was so relaxing. The accommodation and meals were outstanding and it was so well organised that I never had to think about what to do next. It felt more like travelling with a group of friends than a structured tour and without any of us having to do the hard work.

Thank you - for sharing your passion for food and Vietnam in creating such a wonderful holiday for all of us, and to do it so seamlessly and calmly... Amazing!

- Lee

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We travelled to Vietnam with Food I am and had an amazing, fun filled, action packed agenda which was such a unique experience.

Tania shows great love and attention for all, she knows all the secrets places.

Bring along your sense for adventure & appetite to try new things. The street food was some of the best!

- Kym & Travis

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The tour was amazing. Extremely well organised and it showed off the culinary diversity of the entire country.

The thing I liked about it the most was being guided down alleyways and into buildings that I would have never have entered myself and then discovering wonderful people serving even more wonderful food. I would highly recommend this experience to anyone.

- Tim & Camille Rose

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Everything about the Northern Italy tour was amazing. the food, the back roads we travelled, the restaurants, Melina's local knowledge, our travelling companions, the wonderful accommodation, the once in a life time experiences and our host, Tania. Be prepared for a case of the Italian blues when you arrive home!

- Adelle & Milton

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Thank you Tania, the trip to Vietnam was a wonderful experience. A taste of the unique place Vietnam is and plenty of fun and laughter along the way.

Travelicious in every sense - delicious food, culinary skills to learn, lots of things to do (even bike riding)! Can't wait for you to announce your next adventure that we can share. Cheers.

- Leeann Commins

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If you are single, couple or a group looking for a holiday idea fuelled with delicious food, culture, fun and adventure then a Food I Am culinary tour is for you. Perfectly organised with attention to detail, Tania has perfected her itinerary to cater for a wide genre. After heading on the Northern Italy Tour in 2017 I knew it wouldn't be my last.

I've just returned from the Food I Am Vietnam Tour and I know that won't be my last either!

It really is a great opportunity to be able to immerse yourself into the culture of a Country.

- Jodie Hamilton, Nth Italy 2017, Vietnam 2019

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