WOMEN OF THE MIDWEST

Travel Solo Together

# SICILY, SLOWLY

Eat • Live • Love

with Women of the Midwest

**October 31–November 11, 2027**







Dear Women of the Midwest,

There is Italy—and then there is Sicily.

Some say that if you want to discover the *real* Italy, you come here. I think I understand why. Sicily seems to contain every color, every flavor, and almost every contradiction imaginable. It is elegant and rustic. Calm and spirited. Ancient and very much alive. One moment you are standing beneath the golden mosaics of a magnificent cathedral; the next, you are wandering through a busy market where life unfolds exactly as it has for generations.

This is an island shaped by Greeks, Romans, Arabs, Normans, and Spaniards, yet unmistakably and proudly Sicilian. There are mountains and vineyards, fishing villages and grand palaces, ancient theaters overlooking the sea, and Mount Etna reminding us that this beautiful island still has a little fire in her soul.

And then there is the food! We'll taste our way through Palermo's markets, cook alongside a Sicilian chef, sample panettone in the Madonie Mountains, sip wine grown in Etna's volcanic soil, and discover Modica's wonderfully distinctive chocolate.

But what I love most about this journey is that we have time to slow down. Four nights in Palermo. Four in Taormina. Time to sit at a café, browse a little shop, linger over lunch, or simply watch Sicilian life go by. We won't just see Sicily—we'll have time to feel it.

Perhaps that is what Sicily, Slowly *really* means.

Come eat, live, and love your way through this extraordinary corner of Italy with me. I would be delighted to share it with you.

Mary Kay Roth
Ambassador,
Women of the Midwest



Call Women of the Midwest today at 888.549.1186. Space is limited.

**Welcome to Palermo**



## October 31, 2027 - Sunday

Our Sicilian adventure begins today!
We depart the United States on our overnight flight to Palermo, filled with anticipation for the wonderful days ahead. Sit back, relax, and enjoy the journey. Sicily is calling! In-flight meals

## November 1, 2027 - Monday

Welcome to Sicily — Palermo
Benvenuti in Sicilia! Upon arrival at Palermo Airport, we are warmly welcomed by our tour manager and transfer to our hotel in the heart of Sicily's fascinating capital. Settle into your room, unpack, and take a little time to relax and refresh after your journey. Palermo is a city unlike anywhere else in Italy—a captivating blend of cultures shaped over centuries by Phoenicians, Greeks, Romans, Arabs, Normans, and Spaniards. Golden mosaics, colorful markets, grand palaces, hidden courtyards, and irresistible aromas all hint at what awaits us in the days ahead. This evening, we gather for our welcome dinner. Over delicious Sicilian food, local wine, conversation, and laughter, we'll meet our fellow travelers and celebrate the beginning of our adventure together. In-flight meals | D

## November 2, 2027 - Tuesday

Palermo — Treasures & Street Food
Today, we discover Palermo through two of the things that define it best: its remarkable history and its food. With our local guide, we set out on foot to explore the city's historic heart. Step inside the magnificent Norman Palace and its jewel-like Palatine Chapel, where shimmering mosaics reveal Sicily's extraordinary blend of Norman, Arab, and Byzantine influences. We continue through Quattro Canti, Palermo's theatrical Baroque crossroads, and Piazza Pretoria with its impressive fountain. But Palermo's story

**Cefalù**



isn't told only in palaces and churches. It lives in its streets. At the bustling Vucciria or Capo market, we'll mingle with locals and sample Sicilian favorites along the way. Taste crispy panelle, golden arancine, and other specialties from neighborhood bakeries, cafés, and street-food stalls as we discover why Palermo is considered one of Italy's great food cities. After our delicious introduction to Sicilian life, the remainder of the day is yours. Find a café, browse the shops, or simply sit in a piazza and watch Palermo go by. B | T

## November 3, 2027 - Wednesday

The Madonie Mountains & Castelbuono
We leave the bustle of Palermo behind this morning and travel into the beautiful Madonie Mountains, where wooded hills, small villages, and centuries-old traditions reveal another side of Sicily. Our destination is medieval Castelbuono, a delightful mountain town known for its castle, narrow streets, and tempting pastry shops. Here, we'll stroll with our tour manager and enjoy the slower rhythm of village life. And there is one stop we simply cannot miss: Fiasconaro. This celebrated Sicilian family transformed the northern Italian tradition of panettone into something distinctly Sicilian, incorporating the flavors and ingredients of their island home. Naturally, we'll have to taste! Later, we continue into the countryside for a light lunch at a historic farmhouse in the heart of the Madonie. Surrounded by rural Sicily, we'll enjoy regional flavors and warm Sicilian hospitality. We return to Palermo later in the day, with the evening completely at leisure. B | T | LL

## November 4, 2027 - Thursday

Golden Monreale &
An Afternoon to Call Your Own
Perched high above Palermo, Monreale is home to one of Sicily's greatest treasures.

**Local Market Flavors**




This morning, we travel into the hills for a guided visit to magnificent Monreale Cathedral. Step inside and prepare to be amazed. Nearly every direction reveals glowing golden mosaics depicting biblical stories in astonishing detail. Created by Byzantine craftsmen centuries ago, they remain among the world's great achievements of medieval art. Our guide brings the cathedral's remarkable history to life and helps us understand how Sicily's many cultures and traditions came together in this extraordinary place. After our visit, we return to Palermo around midday, and then the rest of the day belongs entirely to you. Perhaps browse for Sicilian ceramics or jewelry, visit a museum, linger over lunch, find the perfect cannolo, or simply return to the hotel and put your feet up. Sometimes the best travel memories happen when nothing at all is scheduled. B

## November 5, 2027 - Friday

Cefalù — Across Sicily to Taormina
Today we say arrivederci to Palermo and begin our journey across the island—but first, one of Sicily's loveliest seaside towns awaits. Set beneath a dramatic rocky headland, Cefalù tumbles toward the blue Mediterranean in a maze of honey-colored buildings, medieval lanes, cafés, and little shops. Together with our tour manager, we'll stroll through its historic center before enjoying free time to explore and have lunch on our own. Then we continue east across Sicily toward glamorous Taormina, perched high above the Ionian Sea with Mount Etna rising majestically in the distance. Writers, artists, movie stars, and travelers have been drawn here for generations, and it won't take us long to understand why. After checking into our hotel, we'll have time to unwind before gathering for dinner at our hotel or a nearby restaurant. B | D

**Sicilian Ceramics** | **Taormina & Mount Etna** | **Syracuse Architecture**







## November 6, 2027 - Saturday

Cook Like a Sicilian — Art & Ceramics

Bring your appetite! This morning, we meet Chef Massimo for a Sicilian experience that begins where every good meal should—at the market. Together, we'll visit local vendors, see what's in season, stop at the fishmonger, and select fresh ingredients while hearing about Massimo's family recipes. Then it's into the kitchen for our hands-on cooking class. Under the chef's guidance, we'll prepare a complete Sicilian menu, including dessert, before sitting down together to enjoy our creations with local Sicilian wine. Our creative day continues as we enter the colorful world of Sicilian ceramics. Local artisans introduce us to the techniques, creativity, and symbolism behind this centuries-old craft. We'll see how traditional pieces are shaped, molded, and decorated and learn about the distinctive designs that make Sicilian ceramics so recognizable. We conclude in true Italian fashion—with Prosecco, appetizers, and time to relax and socialize. B | C

## November 7, 2027 - Sunday

Mount Etna — Wines of the Volcano

Today, we meet Sicily's mighty giant: Mount Etna. One of the world's most active volcanoes, Etna has shaped Sicily's landscape and the lives and traditions of those who live beneath it. As we climb through villages and fertile countryside toward approximately 6,000 feet, the scenery changes into a dramatic landscape of ancient lava flows and volcanic terrain. But Etna also gives Sicily something delicious. Its mineral-rich volcanic soil and unique climate produce distinctive wines. After exploring the mountain, we'll visit a local winery at the foot of Etna to taste wines born from this remarkable landscape and enjoy a light lunch featuring regional flavors. Afterward, we return to Taormina, where the remainder of the day is yours to enjoy. B | LL

## November 8, 2027 - Monday

Taormina — Beauty Above the Sea

This morning belongs to Taormina, one of Sicily's most enchanting towns. With our local guide, we explore its historic center and visit the spectacular ancient Greek Theatre, dramatically positioned overlooking Mount Etna and the sea. Built by the Greeks and later transformed by the Romans, this remarkable theater still hosts performances today. We continue along lively Corso Umberto, lined with boutiques, cafés, flower-draped balconies, elegant façades, and inviting side streets. Our guide shares stories behind ancient arches and Baroque buildings as we explore Taormina's charming piazzas. Then, importantly, we stop. The rest of the day is yours. Shop for ceramics, enjoy a leisurely lunch, return to a favorite café, have another gelato, or simply relax and savor your final afternoon in beautiful Taormina. B

## November 9, 2027 - Tuesday

Syracuse & The Island of Ortigia

Our journey continues south today to ancient Syracuse, once one of the most powerful cities of the Greek world. At its heart lies tiny Ortigia, an island of narrow lanes, golden Baroque buildings, graceful piazzas, market stalls, and sparkling sea views. It is wonderfully atmospheric and made for wandering. Together with our tour manager, we'll explore its historic streets, discovering tucked-away corners, tempting bakeries, local market stalls, and places that reveal the flavors and traditions of southeastern Sicily. Then there is time simply to enjoy Ortigia your own way. Browse the boutiques, find a waterfront café, wander down a lane simply because it looks intriguing, or settle into a piazza and enjoy the passing scene. Later, we check into our hotel before gathering for dinner together at the hotel or a nearby local restaurant. B | D

## November 10, 2027 - Wednesday

Noto & Modica — Baroque Sicily & Chocolate

Our final full day takes us into southeastern Sicily, where golden stone, elaborate architecture, and chocolate tell another delicious chapter of the island's story. First, we visit beautiful Noto, celebrated for its extraordinary Sicilian Baroque architecture. We'll stroll through elegant streets and squares lined with ornate churches and palaces, glowing in the honey-colored stone for which the town is famous. There will also be time to browse artisan shops or perhaps stop for one last Sicilian treat. Then we continue to Modica, a dramatic town of narrow lanes, stairways, and buildings cascading across the hillside. Modica is also famous for something irresistible: chocolate. Its distinctive chocolate-making tradition dates to the Spanish era and uses a method unlike most modern chocolate production. We'll visit a traditional chocolate shop to learn more and, naturally, enjoy a tasting. Tonight, we gather for our farewell dinner, celebrating our wonderful days together—the flavors, traditions, landscapes, artisans, and joy of discovering Sicily together. B | D

## November 11, 2027 - Thursday

Traveling Home

All too soon, our Sicilian journey has come to an end. Transfer to Catania Airport with plenty of time to check in for our flight and clear security before boarding and flying west back to the United States. B

Itinerary subject to change

B (Breakfast), LL (Light Lunch),
C (Cooking), T (Tasting), D (Dinner)




## To register contact:

**Women of the Midwest**
Travel Solo Together

1212 O Street • Lincoln, NE 68508
Phone: 888.549.1186
GroupDepartment@executivegroups.com
www.womenofthemidwest.com

ONLINE REGISTRATION LINK:
Via our website www.WomenoftheMidwest.com/journeys

**Package Price:**

| | |
|---|---|
| Per person in a shared double room: | $4,995 |
| Per person in a single room: | $6,595 |

Triple rooms are not available on this trip.

We offer our popular "Pair & Share" service. Ask us to assist in finding your roommate!

A non-refundable deposit of $500 per person is required at registration and can be paid by ACH (Automated Clearing House), check, or credit card. The balance, due on July 23, 2027, is non-refundable and can be paid by ACH, check, or credit card. When using a credit card for final payment, a 3.5% processing fee applies as assessed by the credit card processing company. Checks must be received in our office at least 100 days before the tour's departure date. If you book within 100 days of departure, ACH or credit card payment is the required payment method.

**EARLY BIRD DISCOUNT:**
Register by February 28, 2027: Save **$200!**

*This tour will be materialized with a minimum of 15 and a maximum of 22 travelers. Should the number fall below 15, all funds paid to Women of the Midwest will be refunded 90 days prior to departure.*

**Tour Activity Level: LEVEL 1 2 3+ 4**
3+: This tour involves a considerable amount of walking (city sightseeing by foot), stairs, longer periods of standing, outdoor activities, and steep areas within the places visited. We walk approximately 5 miles over the course of a day. Add to this the walking you do outside the group activities. This trip is not recommended for guests with walking difficulties.

**Travel Insurance:**
We recommend travel insurance to help protect you and your trip investment against the unexpected. For your convenience, we offer a plan provided by Travelex Insurance Services. For rates and plan highlights, please ask us.
*Travelex Insurance Services, Inc. CA Agency License #0D10209. Insurance coverages underwritten by individual member companies of Zurich in North America, including Zurich American Insurance Company (NAIC #16535, state of domicile: New York), 1299 Zurich Way, Schaumburg, IL 60196.*

**Group airfare:** Becomes available by the end of December 2026.

**Accommodation** (final hotels confirmed Sep. 30, 2027):
Palermo - Hotel Palazzo Liberty or similar
Taormina - Hotel Caparena or similar
Syracuse - Grand Hotel Villa Politi or similar

**Included:**
- 10 nights accommodations at hotels mentioned above or similar
- Porterage at hotels (one bag per person)
- 10 breakfasts, 2 light lunches, 4 dinners (water and a glass of wine/soft drink, included), 1 hands-on cooking experience
- Tastings (panettone, wine, chocolate, and more)
- Private motor coach transportation as per itinerary
- Sightseeing program as per itinerary
- All admissions as per itinerary
- Professional English-speaking tour director during the entire program in Italy
- Professional step-on guides where required (gratuities included)
- All local taxes and fees as of September 12, 2026
- Women of the Midwest Ambassador, Oct. 31–Nov. 11, 2027

**Not Included:**
- Airfare
- Airline baggage fees for your second checked bag (the first checked piece up to 50 lbs is free)
- Travel insurance
- Personal expenses
- Meals & beverages other than those mentioned in the tour program
- Entrances to monuments and/or museums other than those mentioned in the tour program
- Gratuities to tour director and drivers (estimate $15 per day in total)
- Professional fee, $100 per person, due at the time of registration
- Anything not mentioned in the inclusions

Women of the Midwest
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Forwarding registration and deposit signifies that you agree to the terms and conditions found at https://womenofthemidwest.com/journeys/

Call Women of the Midwest today at 888.549.1186. Space is limited.