

## Italy Sicilia

# The Sicilian Dolce Vita

An exceptional adventure uncovering Sicily's hidden treasures. This island, with its unique character, dazzles with the beauty of its natural, cultural and historical riches. Let yourself be swept away by the everyday life of a land unlike any other.



Sicily, a volcanic island with a fiery spirit, welcomes travellers with a warmth and authenticity that are truly unmatched. It also promises a memorable journey through a culinary tradition of exceptional richness. In Sicily, the art of living and the simple pleasures of life blend seamlessly with the bold flavours of traditional dishes and the island's breathtaking natural beauty.

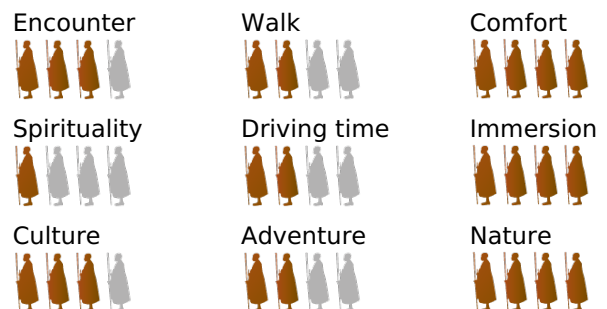
From its crystal-clear beaches to its extraordinary historical and cultural treasures, Sicily offers a wealth of experiences to savour. The place that welcomes us here is a little slice of paradise, inviting us to feel the heartbeat of an island that never ceases to amaze. This captivating journey,

just a stone's throw from home, leaves us enchanted and eager for more — with only one desire: to return and continue exploring this truly unique island.

### You will like

- 🕒 Sicily's natural beauty
- 🕒 The warmth of Sicilian hospitality
- 🕒 The generosity of its people
- 🕒 The art of Dolce Far Niente — the sweetness of doing nothing
- 🕒 A rich, varied and flavourful cuisine
- 🕒 The charm of Baroque Sicily
- 🕒 Accommodation set in a delightful, characterful setting

### Barometer





## Practical information

- 🕒 **Age & public** : For solo travellers, small groups, and families with children
- 🕒 **Duration** : 8 days on site
- 🕒 **Dates & travel periods** : All year long  
At the date of your choice (best travel period from April to November)
- 🕒 **Number of travellers** : 2 to 8 travellers (solo or groups of 9+ travellers: on request)
- 🕒 **Travel package** : people, nature and culture ("Discovery" package)
- 🕒 **Regions & landscapes** : Countryside, Beaches, Volcanos, Forests, Canyons...
- 🕒 **Accommodation** : Charming house and/or agritourism accommodation
- 🕒 **Transport** : Private transport with driver - Local bus
- 🕒 **Luggage handling** : None (luggage transported by vehicle)

## Program

**Legend: B L D** = meals included in the price of the trip (**B**reakfast, **L**unch and **D**iner)

**Note** : the outline of this program (steps, activities, etc.) is given for information purposes only.

*It may undergo modifications or adjustments depending on technical criteria, safety requirements, current climatic conditions and availability. Our guides always do everything possible to make the best possible decisions and options.*

### little note :

Tout voyage qui sort des sentiers battus comporte parfois des événements imprévus (grève, route coupée, fête locale...) ; votre capacité d'adaptation aux conditions locales (transports, nourriture, hébergements, imprévus, aléas climatiques), comme à des événements inattendus sera aussi une clé à la réussite de votre voyage.

Nous comptons sur vous pour avoir un esprit délibérément « positif » et ne jamais oublier votre sens de l'humour.

Nous vous souhaitons un très beau et riche voyage .

### Day 1: Arrival at Catania - Ragusa (Meals: -D; transport: 1h 30min)

Upon leaving Catania Airport, we are welcomed by our hosts and set off for the magnificent city of Ragusa. We settle into an intimate estate, nestled in the heart of lush nature. Here, in this little corner of paradise, we gently find our bearings and take time to enjoy the property and its surroundings. Immersed in an authentic natural setting, we delight in fragrant gardens overflowing with flowers, fruit trees, and olive groves. The picturesque, bucolic charm of the place is appreciated to the fullest. The intoxicating mix offered by La Villa Dolce Valle invites us to reconnect — with ourselves, with others, with the sweetness of life, and above all, with the timeless tranquillity of days gone by.

The swimming pool, a true oasis framed by local stone walls, is shaded by lush greenery. This stunning pool awaits, promising a moment of pure relaxation. Or perhaps we prefer to settle into one of the many quiet corners hidden within the estate's 10 hectares of natural beauty?

In the evening, we savour our first Sicilian meal, a feast for the senses. Prepared with love by a nutritionist, it's also a moment to share stories about the place with our hosts and to plan our adventures for the days ahead.

Enjoy our first night in the serenity of limitless nature.

Overnight stay at Villa Dolce Valle in a Villapart.

## **Day 2: Ragusa - Bucolic and Rural Sicily** (Meals: BLD; transport: none; 3-hour walk)

This very first breakfast, enjoyed beneath an almost-guaranteed Sicilian sun, is pure delight. Let's take the time to savour the moment! A tempting spread awaits — from sweet to savoury, with fruit picked straight from the garden, traditional Sicilian specialties and fresh local produce. And of course, no stay would be complete without tasting one of the countless Sicilian creations made with ricotta.

Let's set off on foot from our accommodation to explore one of the region's best-preserved canyons. Its many unique features never fail to surprise: rare botanical and geological curiosities, ancient mule tracks, incredibly diverse vegetation, winding riverbeds, unexpected pine groves, and little-known wild herbs. While the richness of the flora is unparalleled, the springs and caves that dot our route are equally captivating. We'll enhance this excursion with visits to old mills and a historic convent, places steeped in history and unique energy. The outing concludes with a simple yet flavoursome lunch, served as a comfortable picnic in the heart of nature.

Return to our villa and enjoy some free time. The Sicilian siesta is not to be taken lightly! Depending on our mood, a variety of other options are, of course, available during this restful pause.

At the end of the day, we embrace the gifts of nature in this season. We gather fresh produce from the estate's vegetable garden and dive into preparing a typical Sicilian meal. Then, we share our creations in a convivial table d'hôte setting, soaking up the vibrant "volcanic" spirit of Sicily.

Overnight at Villa Dolce Valle.

## **Day 3: From magical coves to a traditional fishing village** (Meals: BLD; transport: +/- 2h 30min; 3,5-hour walk)

The stunning beaches of south-eastern Sicily are among the wildest on the island. Often adorned with fine golden sand, these seemingly endless stretches can also appear as small bays or secluded crescent-shaped coves.

By car, we set off to explore places of rare authenticity, where history intertwines with the beauty of nature. Today's visit takes us to a nature reserve set in an enchanting landscape. Its dense vegetation, crystal-clear sea, and fine sandy beaches — nesting grounds for the famous loggerhead turtles — are just part of its richness. It is also a gathering point for hundreds of migratory birds, including magnificent flamingos, storks, cormorants, and many other species. The remnants of ancient civilizations, from Greek to Byzantine and Swabian, complete this extraordinary and unforgettable setting.

We explore all these wonders on foot. A beachside picnic offers a much-needed pause before a well-deserved swim.

In the mid-afternoon, let's explore a quintessential fishing village, a must-see in southern Sicily. Treat yourself to the classic Spritz, delicious pistachio granita, and enjoy a leisurely stroll among the colourful local stalls.

We end the day with a well-deserved, delicious meal at Dolce Valle!

Overnight at Villa Dolce Valle.

## **Day 4: Immersion day - Between nature, beekeeping, and cooking** (Meals: BLD; transport: +/- 2h)

A gentle start to the day by the pool with a yoga session — your body will thank you!

A hearty breakfast to start the day, followed by time spent with a dedicated farmer and beekeeper, committed to Sicily's future and the preservation of nature. Explore his estate, his crops, his projects, his daily life, the challenges he faces, and his hopes for the future.

Enjoy a lively and convivial lunch shared with Nicolo.

His estate, nestled within the Santo Pietro wood, is home to hundreds of bees. Experience the fascinating world of beekeeping alongside him and learn more about the delicate art of managing these incredible creatures.

In the early evening, Nicolo, together with his friends and family, guides us through the traditional Sicilian art of pizza-making in his wood-fired oven. A truly Sicilian atmosphere is guaranteed!

Overnight at Villa Dolce Valle.

### **Day 5: Relaxing and cultural day** (Meals: BL-; transport: +/- 1h 30min)

Let's begin the day gently and set out to explore a little-known historic and aristocratic site. Immerse yourself in the history of a Sicily that often goes unnoticed. Take the time to wander through this sumptuous and romantic setting, where the ingenuity of the past offers fascinating insights into life under the summer sun.

Let's take a moment to pause and enjoy a delicious picnic by the sea. Embrace the pace of Dolce Far Niente: on land or in the water, it's time to follow your whims (with optional paddleboarding or snorkeling). After a savoury seaside break, indulge in a sweet treat — the classic Italian ice cream or granita is a must!

Let's linger a little longer in the art of Dolce Far Niente, now mastered like true Sicilians, around the Dolce Valle pool. In the evening, we'll dress in our finest and head to a charming and unique local restaurant :-)

Overnight at Villa Dolce Valle.

### **Day 6: Baroque City - Natural pool and Antique Ruins** (Meals: BLD; transport: +/- 2h 30min; 3-hour walk)

The drive itself is an adventure! Winding roads thread through Sicilian valleys, past sun-scorched fields and countless other Sicilian treasures that punctuate this picturesque countryside route.

Let's follow in the footsteps of the ancient city of Noto, often described as a "medieval Pompeii." The old city, destroyed by the earthquake that devastated Sicily in 1693, tells its story through its ruins. Marvel at the remnants of a civilisation buried beneath the rubble, and descend into the depths of an impressive canyon.

Next, let's take a dip in an extraordinary natural pool. The spot is perfect for enjoying our picnic and taking a moment to rest before ascending the historic steps of this ancient civilisation.

Let's visit the new city of Noto, the finest example of Baroque architecture. Take in the view from above and admire the full power and beauty of the city from its rooftops. Don't miss the chance to taste some of Sicily's iconic culinary specialities.

Dinner and overnight at Villa Dolce Valle.

Note: A more cultural alternative (without hiking) is available: explore Sicilian history across the centuries. The site immerses you in the magic of ancient beliefs and offers insight into the various mystical cults of ancient Sicily (ancient temple, amphitheatre, necropolis...).

### **Day 7: Rural experiences - Villa Dolce Valle** (Meals: BL-; transport: none; 1-hour walk)

A gentle, blissful day awaits you.

If the first yoga session by the pool left you feeling refreshed, you're invited to relive that moment of happiness! The pool is always there to rejuvenate and delight you.

As every morning, we begin with a discovery breakfast, before celebrating the art of Dolce Far Niente. Let's also benefit from the knowledge of the local farmers: learn more about caring for the estate's trees, the constant and never-ending work of the vegetable garden, and, if we wish, roll up our sleeves and join in...

Next, let's savour a well-deserved free afternoon, whether relaxing by the pool, strolling around the estate, or enjoying special activities (on request) — anything is possible!

In the late afternoon, let's head on foot to the nearby Baroque town of Ragusa Ibla. Transitioning from the pastoral countryside to this Sicilian city with a rich historical past, we discover a place renowned worldwide for its fifty or so churches and numerous palaces. Don't miss the crowning jewel of Hyblan Baroque, the Cathedral of San Giorgio. As we stroll, we gradually immerse ourselves in the charming Baroque atmosphere. This legendary city is indeed welcoming, its history vividly told through the unique character of its architecture.

Let's celebrate our final evening on the terrace of a traditional restaurant in the old town.

Return by car. Overnight stay at Villa Dolce Valle.

### **Day 8: Ragusa - Catania** (Meals: B-; transport: 2h)

Final moments in this magical place, on this enchanting island, before our journey back home.

Free time depending on our flight schedule. Transfer by bus to Catania Airport.

### Trip Extension!

It would take a lifetime to discover all the often-hidden treasures of Sicily. This 8-day programme offers a wonderful glimpse of the island's riches — its history, its diverse and enchanting landscapes, and its many delights.

We can only recommend that travellers extend their stay by at least three days — and why not double it? If that's not possible, then you'll simply have to return to this fabulous island, with your heart full of joy!

### Additional days

- Exploring Mount Etna and tasting local specialities
- The stones and nature of Pantalica - Vallée dell'Anapo
- Between Baroque Sicily and magical walks and swims
- Scicli, Modica, and the Randello Nature Reserve
- Visiting Ortigia and Syracuse
- The famous Villa Casale in Piazza Armerina
- The Alcantara Gorges
- The lively town of Taormina
- The Valley of the Temples in Agrigento
- ...

### Multi-Day Extension:

- The Aeolian Islands: following in the footsteps of Stromboli
- Trekking and Exploring the Madonie Mountains ([see programme](#))
- Immersion in the Nebrodi Park
- Unexpected, the Madonie Mountains ([see programme](#))
- ...

## Prices and conditions

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**Price per person** (*varies depending on the number of travellers, including adults and children*)

- 6 to 8 travellers: €1,495 **OFFER: €1,295**
- 4 to 5 travellers: €1,695 **OFFER: €1,495**
- 3 travellers: €1,995 **OFFER: €1,695**
- 2 travellers: €2,495 **OFFER: €1,995**
- Solo traveller: [on request](#)

### Supplements

- Single room: from €395
- High season: July-August +€150
- Transfer for arrivals/departures outside the scheduled times: €50 per transfer/person

### Options

- For groups of 9+ travellers: [on request](#)

### Extensions

- Additional day with or without programme: [on request](#)
- Extension: Aeolian Islands – Stromboli [on request](#)
- Extension in the Madonie Mountains [on request](#)
- Extension in the Nebrodi Park [on request](#)
- Longer or shorter trips, and tailor-made itineraries available [on request](#)

## Flights

- Price depending on the date of booking, the airline, and the travel dates.

## Alternatives to flying

- Travel options include train, bus, and ferry all the way to Sicily

## Included in the price

- Trip organisation – travel booklet and itinerary booklet
- Round-trip shuttle: airport – accommodation
- Luggage transfer between different accommodations (depending on the chosen package)
- All transport provided, either by private vehicle or using local transport
- Entrance fees for visits to various monuments and nature reserves as outlined in the programme
- Meals as mentioned in the programme
- English-speaking guide and driver (depending on the chosen package) for the entire duration of the stay
- Local guides and nature guides
- Complete “Emotion Planet” activity programme
- Invitation to take part in relationship-based activities, a journey to the heart of oneself
- Pharmacy (first aid)

## Not Included

- Anything not mentioned in the “Included” section
- Any changes to the itinerary during your stay
- Fuel
- Transport to the destination:
  - International flight,
  - Return train journey (option to travel by train from the UK to Sicily)
  - ...
- Additional activities not included in the programme or listed as optional
- Any optional extensions of stay
- Carbon offsetting of your flight and travel (on a voluntary basis)
- Tourist taxes: included
- Travel and cancellation insurances (strongly recommended and at your own responsibility)
- Meals not mentioned in the programme
  - Budget: +/- €15 per person per meal
  - Option to cook in your accommodation
- Drinks
- Tips and personal expenses

## Contact

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Discover these colorful countries, the heart & values that drive us and comments from former travelers.

### Contact person for your trip :



📞 **Clara**  
📞 +33 (0) 619 041 473  
✉ [Travel@emotionplanet.com](mailto:Travel@emotionplanet.com)  
🌐 [emotionplanet.com](http://emotionplanet.com)

« **Emotion Planet**, the world is never far away when its men are not strangers to us. »