

BREATHTAKING

SICILY

EPICUREAN TRAVEL



4-12 JUNE, 2025

Meet your Host



MELINA PUNTORIERO

-ITALIAN CHEF

-FUN TECHNICIAN

-TASTER AND WINE SAMPLER

Chef Melina Puntoriero is Culinary Director and Chef for Italian Culinary School Manuelina Culinary and lives in the mountains of Parma, the gastronomic capital of Italy. Melina was born and raised in Australia by Italian immigrant parents from Calabria, located in the south of Italy. At the age of 19, she opened her first restaurant in Australia with her brother, which was the beginning of her love affair with food. At 22, Melina went to Italy for the first time and that's where she left her heart. In 2009, Melina opened her cooking school, traveling between both countries before transferring to Italy indefinitely in 2017.

"Cooking is my biggest love but sharing is my biggest joy."

In 2015, Melina began escorted food tours after realizing that the story behind each dish, each plate is what it truly makes it special. Her love for Italy, her love for food, and her passion for sharing that is evident after spending just 5 minutes with her.

"In every tour, in every class, in every meal prepared in my restaurant and classes, my goal is always the same, to teach my guests to learn to live like an Italian, to love like an Italian .. learn to BE Italian."

Ad Pugliam Luxury Food Tour - Sicily - June 2025

For bookings or further information, call +39 347 1824249 or

email info@adpugliam.com





COMPLETE ESCORTED LUXURY
WINE AND FOOD TOURS

WINE AND FOOD

EPICUREAN TRAVEL DESIGNED
FOR THOSE WHO LIKE TO EAT,
DRINK AND EXPERIENCE ITALY
LIKE A LOCAL
AND IT'S ALL INCLUSIVE

Sicily is Italy's largest island, edged with dramatic coastlines, scattered with vestiges of Greek and Roman glory, and lorded over by a slumbering volcano. From the historic cities of Palermo and Syracuse to picturesque villages tucked into the hills, discover a legacy of great empires and a flourishing contemporary culture that have moulded its spectacular cuisine and wine

Our aim for this tour is to show you the marvel of the Sicilian Identity, through its food, wine and folklore. Remembered for its multicoloured seas and incredible landscapes, we unravel the beauty of this untouched and enigmatic culture, making it one of the most enchanting places to visit in Italy

Everything has been carefully planned and organised: from our boutique hotels, award winning wines or almost forgotten but upcoming ones, boutique restaurants or family run trattorias, sail boats on the mediterranean seas, markets and of course artisan producers. And we will meet the people behind them all .

We have rolled it all into a no fuss, nothing left to organise, nothing more to pay, just sit back and relax epicurean journey just for you. This is the tour that doesn't feel like a tour. Just a group of like minded people travelling around Italy's most well kept secrets... laughing, eating, drinking and just having a merry old time... Just being Italian!

UNIQUE EXPERIENCES



TRAVEL THE ROAD LESS TRAVELLED

UNIQUE AND EXCLUSIVE EXPERIENCES

AGRIGENTO TEMPLES AND KOLYMBETHRA GARDENS

PRIVATE TAORMINA BOAT TOUR AND ON BOARD DINNER

GUIDED TOURS AND WALKS, MODICA, SIRACUSA,

ORTIGIA, TAORMINA, CEFALU, SANT'ANGELO MUXARO

BOUTIQUE ACCOMMODATION

PRIVATE HERB FARM TOUR AND COOKING CLASSES

4X4 MOUNT ETNA EXPERIENCE

REAL ITALIAN VILLAGE EXPERIENCE

Our small group tours are designed for the traveller that would like to see the real Italy and experience it with like minded people.

Our locations are just as unique as the people who stand behind them. Experience the love and passion of our beautiful artisans that make up the heart and soul of this unique culture

The background of the entire page is a photograph of several large, round wheels of cheese, likely Casu Marzu, resting on wooden shelves. The cheese has a thick, textured rind and some visible holes. The lighting is warm and focused on the cheese, creating a rustic and artisanal atmosphere.

WHERE CULTURE MEETS
WITH OUR ARTISANS AND
WINE PRODUCERS

FINE ARTISANS

CITY FOOD TOURS, ARTISAN CHEESE
MAKER, COOKING CLASS WITH REAL
NONNAS, WINE TASTINGS, ARTISAN BREAD
MAKING, STREET FOOD TOUR AND DINNER
AT A PRIVATE HOME, HERB GARDEN AND
CAPER TASTING, FOOD MARKETS,
BOUTIQUE DINING, KOLYMBETHRA
PICNIC LUNCH

Passion is our pride and so each of our tours centres around the possibility to meet the artisans, the producers, the wine makers and real faces behind the magic, not only behind the scenes, but of course also at our carefully selected wine bars, enotecas, restaurants and of course amongst the people that make up this enigmatic culture



PALERMO STREET FOOD TO CEFALÙ

*PALERMO TO CEFALÙ, A
FLAVOURFUL JOURNEY BEGINS
WITH ADPUGLIAM*

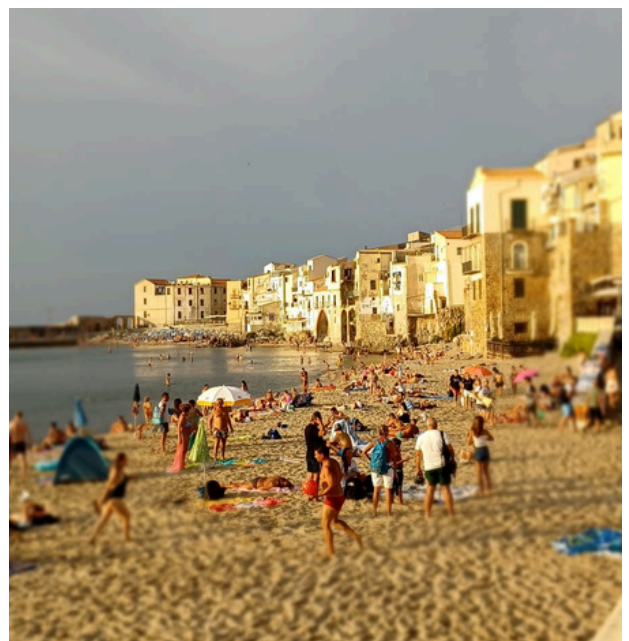
DAY 1 ARRIVAL

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: Sunset Hotel Cefalù





CASTELBUONO LUNCH, ORGANIC VINEYARD, WINETASTING, MADONIE NATURAL PARK



DAY 2 **CHARMING ABBEY IN MADONIE** **MOUNTAINS, WINE TASTING AND** **LUNCH**

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: Sunset Hotel - Cefalù



AGRIGENTO THE VALLEY OF TEMPLES

*THE BEST KEPT GREEK
TEMPLES IN THE WORLD AND A
PICNIC LUNCH IN A SECRET
GARDEN*



DAY 3 THE VALLEY OF TEMPLES AND KOLYMBETHRA GARDENS

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.

After lunch we move onto our secret Sicilian “home away 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: Mandranova Resort - Agrigento





DAY 4

DISCOVER LOCAL FOOD TREASURES

This morning, we will focus on discovering local food treasures! We will begin with a stroll through the olive groves at your Masseria, followed by a tour of the olive mill, where we will taste their extra virgin olive oils. This experience will take you on a journey through the intricacies of extra virgin olive oil production, highlighting the nutritional qualities that make it a powerful ally for our health, and exploring the aromas and sensations on the nose and palate. Next, we will visit a nearby farmhouse for a full immersion into the world of fresh cheese. We will learn about the local goat, from its origins to the characteristics of its milk and the cheesemaking techniques. Then, we will witness a “maestro casaro” in action, producing fresh ricotta, a key ingredient in the local cuisine. We will end the experience with a tasting of this delicious product, along with a selection of other regional specialties, for a rustic lunch brightened by the sounds of a local “cantastorie” (ballad singer). In the afternoon, we will return to our Masseria, where you can enjoy some free time. Dinner will be at the ancient farmhouse, where our skilled chef will craft a sensational meal for us to savour under the Sicilian night sky in the courtyard.

Accommodation: Mandranova Resort - Agrigento

DISCOVER LOCAL ARTISANS
OLIVE OIL AND CHEESE PRODUCERS

MODICA, ORTIGIA, SIRACUSA, CHOCOLATE AND CASSATA

*MEET THE CULTURAL AND FOOD
ARTISANS IN THE HIDDEN
NOOKS OF THIS ENIGMATIC
CULTURE*



DAY 5 MODICA AND CHOCOLATE MAKING AROMAS OF SICILY HERB FARM

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 as we stroll with the owner through the herb garden picking and scrunching herbs while learning about the many varieties. We then enjoy a delicious Sicilian lunch where the chef utilises the farm herbs and produce. These idyllic surroundings will certainly be unforgettable. After lunch we head to Modica, famous for its unique Sicilian Baroque architecture and chocolate! Modica is custodian of the 400 year tradition of Sicilian chocolate-making. We will visit a chocolatier, and of course enjoy a tasting and then a walking tour to take in the baroque labyrinth of this medieval centre. Next we then head to our luxury eco masseria (country estate), perched on top of a hill overlooking the Noto Valley. Dinner is at your leisure tonight. You may choose to relax by the pool, enjoy a massage or stroll through the gardens of our beautiful lodgings.

Accommodation: Luxury Eco Masseria - Noto

DAY 6 ORTIGIA MARKETS, FOOD TASTINGS AND GRANITA

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 Eco Masseria - Noto





DAY 7 TAORMINA, SAIL BOAT AFTERNOON CRUISE AND DINNER

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 fascinating guided walking tour visiting the famed Greek-Roman Theatre and then through the town along the Corso Umberto. Enjoy the afternoon free to explore Taormina further, perhaps lunch at a local trattoria , indulge in some shopping or relax at our luxury hotel set above Taormina’s beautiful Mazzaro Beach. Get ready for a memorable evening! Tonight we board a private sail boat and explore this enchanting 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 scenery of Taormina at sunset, we set sail towards the open sea where there will be a good chance of meeting some dolphins. On board our captain will serve us a glorious Sicilian dinner and drinks.

Accommodation: Luxury Hotel – Taormina





LUNCH IN THE VINES

“VISITING ETNA HELPS TO UNDERSTAND HOW SMALL MANKIND IS. A MOUNTAIN THAT CHANGES EVERY DAY, JUST LIKE US!”

DAY 8 MOUNT ETNA 4X4 DRIVE, LUNCH IN THE VINES

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 4 x 4 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. Then we drive to one of the most enchanting Etna wineries, Tennuta di Fessina, for a wonderful lunch, a walk through the vineyard, visit to the cellars and wine tasting. You will treasure the memories of this brilliant day exploring. We arrive back at our luxury beachside hotel later in the afternoon in time to enjoy some free time. This evening we meet up for our final Sicilian experience and enjoy a relaxed farewell dinner celebrating Taormina's delicious seaside location and it's produce.

Accommodation: Luxury Hotel – Taormina



DAY 9 DEPARTURE

Savour your final Sicilian breakfast, as you reflect on the incredible week you have had and the new friendships you have made

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.

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info@adpugliam.com





"Wine and dine your way around Italy, on a journey
into its' heart for an experience of a life time"

- Julia Fargo

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