

Epicurean Delights of Southern Italy & Sicily

From **10/18/2020**
to **10/25/2020**

Ship: **LE JACQUES CARTIER**

From **Civitavecchia (Rome)**
to **Valletta**

Created specially for like-minded travelers.

Join **New York Times** experts **Eric Asimov** and **Arthur Schwartz** on this very special exploration of the foods and wines of southern Italy and Sicily.

Food—its cultivation, preparation, and consumption—has always been central to the Italian way of life. This one-of-a-kind program is an extraordinary opportunity both to study and to experience the various roles food and wine play in our lives and its relation to physical, mental, and spiritual well-being. Immerse yourself in the bounty of Sicily and Southern Italy's regional cuisines as we sample the **pastas of Syracuse** and the **wines of Mt. Etna**, the artisanal **meats and cheese of Calabria**, **mozzarella from Agropoli** and **pizza from Naples**. Taking advantage of rich volcanic soils and a variety of splendid grapes, **wonderful reds and whites and sparkling wines characteristic of each region** abound. We will taste them all.

In addition to these culinary-tailored activities, we will have the opportunity to see the temples of the ancient Greeks at **Syracuse, Taormina, and Paestum**; to discover the iconic Roman sites of **Pompeii and Herculaneum**, as well as those in the Eternal City itself; and to discover inviting medieval towns, including **Noto and Tropea**. Seldom is there such an opportunity to enjoy such a rich feast.



Quintessential Collection included
cruise package



The information in this document is valid as of 2/24/2020

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YOUR STOPOVERS :

CIVITAVECCHIA (ROME)

Embarkation 10/18/2020 from 16h00 to 17h00

Departure 10/18/2020 at 18h00

Built on an Etruscan site, between the Tyrrhenian sea and the Monti della Tolfa, Civitavecchia respires the **dolce vita**. This very modern and easy going town combines art and history with panache. You can also visit superb historical sites like **Fort Michelangelo** or the Cathedral of Saint Francis of Assisi. Just 80 kilometres from Rome, the town is a beautiful first step to the Italian capital.

GAETA

Arrival 10/19/2020 early morning

Departure 10/19/2020 late evening

Gaeta takes its name from the legend of the nanny of Aeneas. This illustrious relationship can be seen in the nobility of this old town, built on a peninsula, at the end of a headland. In Roman times, Gaeta was already a renowned seaside destination; it fell under Byzantine domination then became an autonomous duchy and an independent republic. The fortifications that surround this ancient fort remind us of this rich history, as does **the cathedral** bell tower, an elegant building of both Roman and Moor influence, decorated with ceramic in the style of bell-towers of Amalfi.

NAPLES

Arrival 10/20/2020 early morning

Departure 10/20/2020 late evening

More Italian than Italy itself, **Naples** is the capital of the beautiful region of **Campania**, and is an unusual city to say the least. Its gulf, dominated by Vesuvius, is one of the world's marvels. Built by the Greeks and then occupied by the Romans, the city has retained the memory of antiquity, as **Castell dell'Ovo** illustrates. But Naples has another side to it with its hustle and bustle, narrow streets, clothes hung out to dry at windows, **Caravaggio** paintings on the walls of a church, and incessant rumour in an sleepless city. This is a head-spinning city to visit and savour: don't forget to eat a slice of **pizza Margherita**.

AGROPOLI

Arrival 10/21/2020 early morning

Departure 10/21/2020 evening

Located on the Cilento Coast along the Tyrrhenian Sea, **Agropoli** is an Italian town located in the **province of Salerno** in

Campania. You will be seduced by the beauty of its coastline, its pristine nature and its fascinating history dating back to Antiquity. The **Apennines** (from the Celtic word “pen” meaning rocky summit) form the backbone of the Italian Peninsula and serve as a majestic background to a landscape composed of small bays and coves. Listed as **World Heritage by UNESCO**, the magnificent beaches of **Trentova Bay** contribute to making this small town a very popular seaside resort.

VIBO VALENTIA

Arrival 10/22/2020 early morning

Departure 10/22/2020 late evening

Nestling in the heart of Calabria, a region of white rock at the toe of Italy’s boot, **Vibo Valentia** harbour town offers laid-back charm in the heart of pristine nature. You can wander through its historical centre, exploring its medieval past of the which the **Norman castle** is the most beautiful illustration. Now a museum, this castle houses a selection of precious pieces from Antiquity. The region is brimming with medieval villages as well as fine sandy beaches along the **Costa degli Dei**, a perfect setting to unwind.

TAORMINA, SICILY

Arrival 10/23/2020 early morning

Departure 10/23/2020 late evening

Located on Sicily’s eastern coast, in the province of Messina, the seaside town of Taormina is Sicily’s Saint-Tropez, boasting heritage sites, secluded beaches and luxury shopping. You can visit its medieval centre, suspended 300 metres above sea level, where terraces offer a spectacular view of the Mediterranean Sea. Another vestige from its past are the ruins of the **Greco-Roman theatre**. This extremely well-preserved site attracts visitors who are fascinated by the natural beauty of the area which overlooks a **turquoise bay**.

SYRACUSE, SICILY

Arrival 10/24/2020 early morning

Departure 10/24/2020 evening

Its undulating rocky coastline, the endless sandy beaches, the menacing form of Mount Etna which surveys its island like a patriarch, the flowery gardens on the hillside... Sicily lays out its varied landscapes like a shopkeeper displays his wares. Described by Cicero as “the most beautiful city in the world”, Syracuse was one of the most prestigious cities in Sicily and at her height was even a rival for Athens. A central city of Ancient Greece, it was home to a succession of civilisations, each of which has left their mark. The blend of Arabic, Roman, Norman, Byzantine and Spanish cultures makes Syracuse a town that is extraordinarily rich in fragrances, colours and flavours.

VALLETTA

Arrival 10/25/2020 early morning

Disembarkation 10/25/2020 at 06h00

The whole of the Maltese capital Valletta is **UNESCO World Heritage** listed and occupies a peninsula in the north-east of the island. From the fountain of Tritons to Saint-Elme fort, there are as many majestic streets as there are narrow staircase vennels to explore. The painted loggia and carved corbels on the tall houses will accompany you in your explorations, and you’ll rarely be bothered by traffic. You can visit the Grandmasters palace decorated with coats of

arms and frescoes. **Saint-John's cathedral** and the ramparts which have guarded the city since the 16th century are also among the most emblematic sites of the city. Arranged in terraces, the **Barrakka Gardens** will punctuate your promenade with a green and floral experience.