
Basilicata

Basilicata

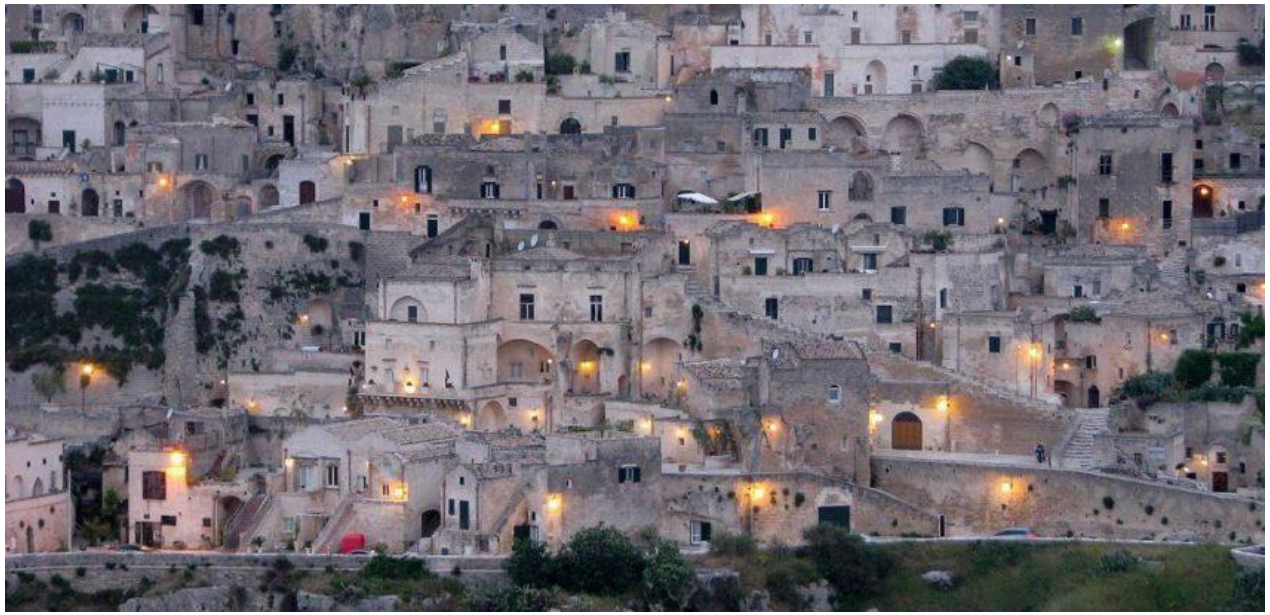
Aprìl ienghie i varlìr

Basilicata is located in the **south** of Italy, between Calabria and Apulia.
For the most part it is occupied by mountains, covered with wonderful woods and splendid forests.
Even though it is a mainly internal region, Basilicata touches two seas: the **Ionian and Tyrrhenian**.
The Ionic coast, with the two famous sea resorts of Metaponto and Policoro, offers wide beaches, either sandy or pebbly, and partially surrounded by pinewoods and rows of eucalyptus that give off a lovely scent.
The Gulf of Policastro, on the Tyrrhenian side, has higher and more indented coasts, where steep promontories alternate with small beaches washed by a crystal-clear sea.



Curiosities & Useful Hints

- Basilicata, or Lucania as it is sometimes called, has little in the way of economic clout. Agriculture plays a major role, despite the fact that dry weather and scarce underground water supplies make farming difficult.
- Waves of invaders tried to take over the region which the local Italic populations fought back; even the Romans, who were well known for their conquests, had a difficult time taking over the region.
- Basilicata is a mountainous region. Though most of the mountains are arid and craggy, the Lucanian Dolomites are a particularly nice area of the Apennines.
- Over all, Basilicata's landscape is rugged and primitive, making it a wonderful place to get back in touch with nature.
- Basilicata's greatest resource remains its people, who are friendly and helpful to travelers.
- The outdoor markets of Basilicata are also a great attraction to tourists: they offer a great array of unique handmade items, typical of this specific region, which you would not find anywhere else
- One of the greatest Italian red wines, the Aglianico del Vulture DOC, is produced in Basilicata.
- In 2019, Matera was awarded with the title of European capital of culture with its UNESCO site known as "Sassi di Matera" (rocks of Matera)
- Main cities: Potenza (regional capital) and Matera







Basilicata in numbers

- Distances: **Bari Airport** – Matera city centre approx. 1 hr
  Potenza city centre approx. 2 hrs
- Largest room number in Basilicata in one property – **112 rooms** in Melfi
- Largest conference centre in Basilicata – **4** meeting rooms and **1200** people in **Hotel Giubileo Pignola,** near Potenza
- Largest room number in Potenza in one property only, chief town in Basilicata – **112 rooms**
- **Gala Venues –** many possibilities from castles to beach resorts – largest can accomodate **500** people
- **76** meeting rooms available in the whole region.









What to do in Basilicata

- Visit of the UNESCO heritage of Matera, always looking like you are in a Nativity Play
- Only here in Italy you will find the famous “Volo dell’Angelo” (flight of the Angel). For a moment full of adrenaline try the world’s fastest zipline at speeds of up to 120kph and suspended at heights of 888m between two mountain towns Pietrapertosa and Castelmezzano.
- Cooking classes and wine tatsing of the Region’s Aglianico red wine
- Relax and Sport on the sandy beaches of Metaponto
- Photo contest in the Matera rocks
- Tour of the Rocky churches in the National Park of Murgia
- Policoro: Market tour, cooking class followed by lunch
- Visit of Altamura in the very near Puglia, pasta making and lunch
- Miglionico town private tour
- Private dining in a locals home
- Ape Calesse Tour in Matera







Regione | **Basilicata**

Fusilli al Ferretto con cacioricotta e peperoni ‘cruschi’

This dish comes directly from Basilicatat, typical of Sundays and all festivities. All ingredients are grown in Basilicata.

difficulty**: very easy**

timing**: 20 min**

cooking**: 15 min**

doses**: 4 people**

Ingredients:
600g/21oz dried sweet peppers
300-350g/10.5-12oz fusilli al ferretto pasta
1 garlic clove
Cacioricotta cheese
Parsley
Bread crumbs
Olive oil and salt

Directions:
- Clean the dried peppers with a completely dry cloth. Remove the petiole with your hands, empty the peppers of the seeds and cut them into 4 or 5 parts
- In a frying pan, with a generous layer of oil, a few at a time, cook the slices of pepper (make sure not to cook them too long or they go black!), then drain and set aside. Keep the oil
- Finely chop the garlic clove and a little parsley, add the bread crumbs
- Cook the pasta for the time indicated on the pasta and once done drain keeping aside two spoons of water and add everything to the pan.
- Now you are ready to go, place the pasta on the plates, grate a generous piece of cacioricotta, add the cruschi peppers and enjoy!

Recommended wine: Aglianico




Calabria

Calabria

‘A zagarella pe llu culuri, ‘a scumma chi frie pe’ lla furtizza, ‘u a panna ‘e ll’uoggliu pe llu sapure

Calabria is in the **extreme south** of Italy – watered by the Ionian and Tyrrhenian Seas and separated from Sicily by the **Strait of Messina**. The Calabrian territory is predominantly mountainous and hilly. The landscape is mixed between the continuous **mountainous and hilly parts** that go down almost above the sea, leaving some level lines in the zones where the rivers flow. **Two furrows** divide the Calabrian peninsula in three rich mountainous groups of green woods, pastures and spring waters. It has about 500 miles of **coastlines** with both sandy and pebble beaches.



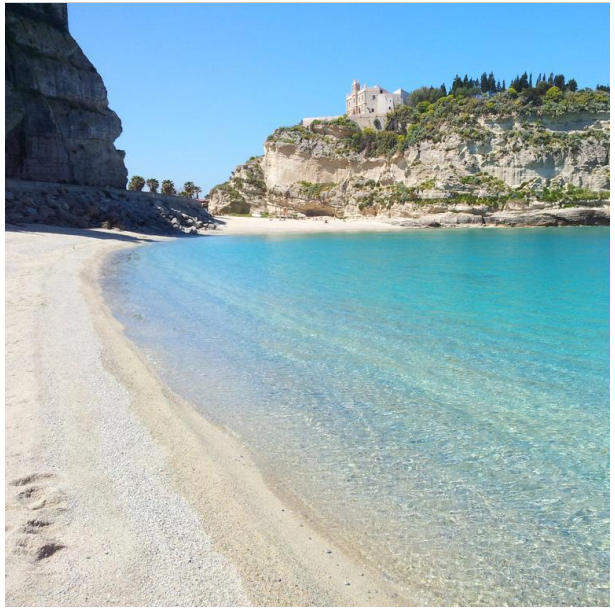
Curiosities & Useful Hints

- The toe of the boot is steeped in archeological sites, relics, and artifacts. A couple of the most well-known are the Bronze Riace Warriors
- Calabria is the main producer and consumer of the peperoncino (chili pepper) Calabrian chili peppers are eaten every way imaginable
- Steven Tyler, the lead singer of Aerosmith, has roots in the Calabrian town of Cotronei in the province of Crotone
- Calabria produces about one-third of Italy's olive oil
- Bergamot from Reggio Calabria is some of the most sought after in the world by the perfume industry and here you can find just about everything flavored with the elusive fruit
- Reggio Calabria was the home of Gianni Versace
- Tropea is not only famous for its crystal clear waters but also for the red onion
- Calabria is considered the cradle and land of ancient settlements and is full of splendid churches, castles, palaces and towns where age-old traditions still survive
- Catanzaro (regional capital) is the largest city, followed by Reggio Calabria, Cosenza, Crotone and Vibo Valentia









Calabria in numbers

- Distances: **Reggio Calabria Airport** – Reggio Calabria city centre approx. 15min
  Lamezia Terme Airport – Catanzaro city centre approx. 40 min
- Largest room number in the region in one property – **379 rooms** in Scalea
- Largest conference centre in Calabria – **10** meeting rooms and **550** people in **Vibo Valentia**
- Largest room number in **Catanzaro** in one property only, chief town in the region – **150 rooms**
- **Gala Venues –** there are several private venues and historical mansions which can be rented for gala dinner – the largest can accomodate up to 430 people seated
- **161** meeting rooms available in the whole region.









What to do in Calabria

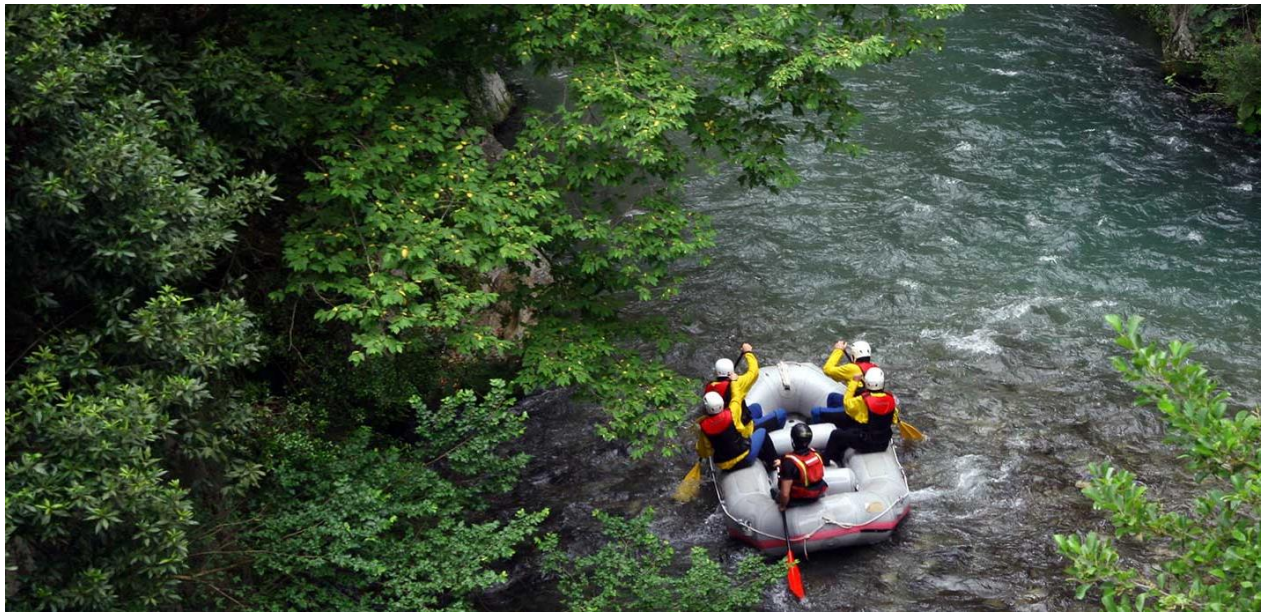
- Admire the Riace Bronzes, on display in the National Museum of Reggio Calabria

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- Go to Capo Vaticano, in the province of Vibo Valentia, defined one of the 100 most beautiful beaches in the world
- Organize a **team challenge**: rafting experience along the Lao River or through the Sila gorges
- Alternatively the rivers can be walked: just dive into the water, descending with a rope in the most difficult tracts. This is **canyoneering,** and the support of expert guides makes it a fascinating activity for all events
- Orienteering through the National Parks
- Last but not least, paragliding with a specialized instructor







Regione | **Calabria**

Polpette di ricotta al sugo

The ricotta cheese balls with tomato sauce are a simple traditional dish of the farmers from Calabria

difficulty**: easy**

timing**: 30 min**

cooking**: 20 min**

doses**: 4 people**

Ingredients:
350g ricotta cheese
140g bread
60g pecorino cheese
40g parmesan cheese
2 eggs
¼ garlic clove
1 spoon chopped parsley
Salt & pepper to taste

For the sauce:
750g tomato sauce
1 garlic clove
extra virgin olive oil to taste
salt & pepper to taste
2 or 3 fresh basil leaves

Directions:
- Crumble the bread and put it in a bowl together with the ricotta
- Add the garlic finely chopped and the beaten eggs
- Add the pecorino, parmesan, parsley, salt and pepper and mix it with a fork until it is smooth
- Subsequently start forming the ricotta cheese balls (approx. 30g each/you should be able to make approx. 25); once ready put aside
- Now make the sauce: put some oil in a pan, add the garlic until golden, remove it and add the tomato sauce, salt & pepper and basil leaves and bring it to the boil.
- Turn the heat down, put the ricotta cheese balls into the sauce and let them go gently for approximately 10 minutes
- Serve them hot

Recommended wine: Ciro’ Rosato




Campania

Campania

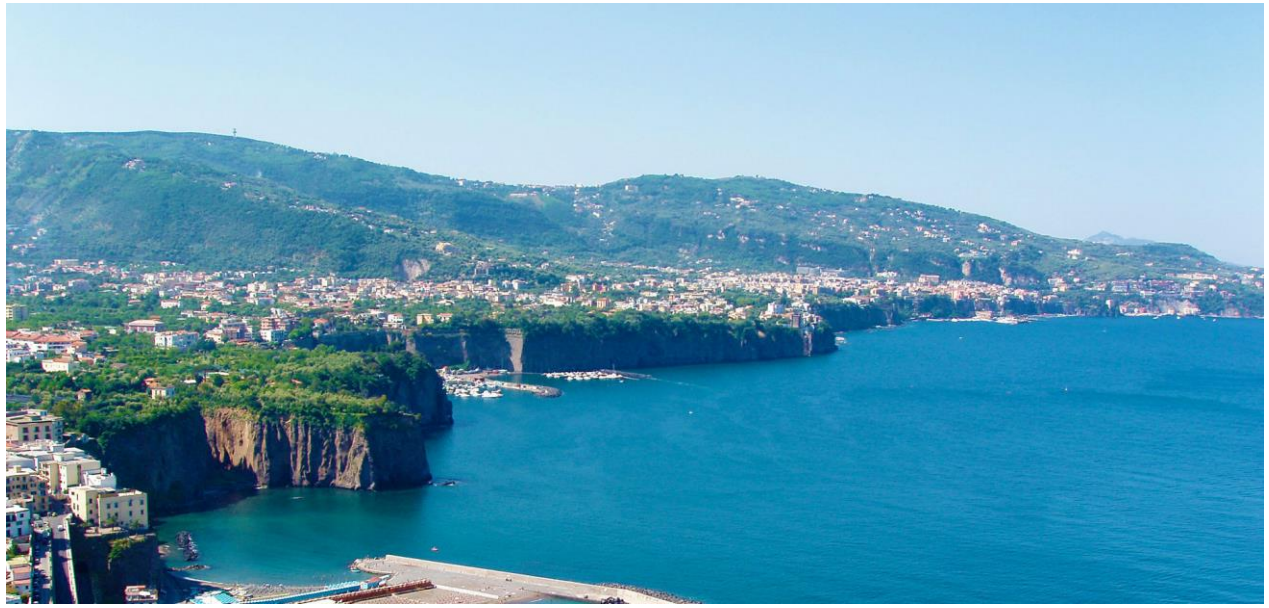
Vide Napole, e po muore

The region faces the **Tyrrenian Sea** and includes one of the finest coastlines in Italy.
The hinterland is essentially montainous, with irregular massifs broken here and there by valleys **and plains.**
In front of the Gulfs of Naples and Salerno, we can admire marvellous and enchanting islands: Capri, Ischia, Procida.
how can we forget the natural endowments that dominate this region: **Vesuvius**, gloomy and mysterious, loved for its beauty and feared for its power, **Herculanum and Pompeii**, the Imperial villa in Capri, the Royal Palace of **Caserta** with its splendid gardens….



Curiosities & Useful Hints

- In 1995 the historical centre of Naples was declared UNESCO World Heritage Site
- The very first pizzeria in Italy and the entire world, Antica Pizzeria Port'Alba, was opened in Naples in 1830. It still remains open today
- The Central Funicular in Naples opened in 1928 and is one of the longest and most used funicular railways in the world
- Mt Vesuvius destroyed Pompeii and Herculaneum in 79 AD in an eruption that lasted more than 24 hours. It last erupted in 1944 during the height of WWII. Today over 3 million people live in the immediate area of Mount Vesuvius. That is the most people living dangerously close to a volcano in the world
- The Romans brought the hazelnut to Italy and cultivated it in the province of Avellino in Campania
- Notable intellectual luminaries and celebrities have a deep history in the Sorrentine Peninsula: Luciano Pavarotti, Lord Byron, John Keats, Charles Dickens, Johann Wolfgang von Goethe, Friedrich Nietzsche, and Heinrich Ibsen
- Though not recognised as an official minority language by the Italian government, the Neapolitan dialect (known locally as *napulitano*) is considered one of the world's endangered languages by UNESCO
- The provinces of the region are: Naples (the regional capital), Caserta, Benevento, Avellino and Salerno

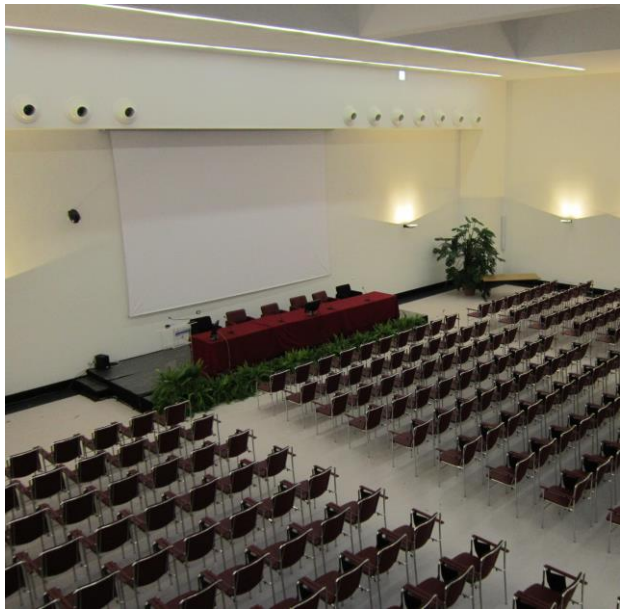




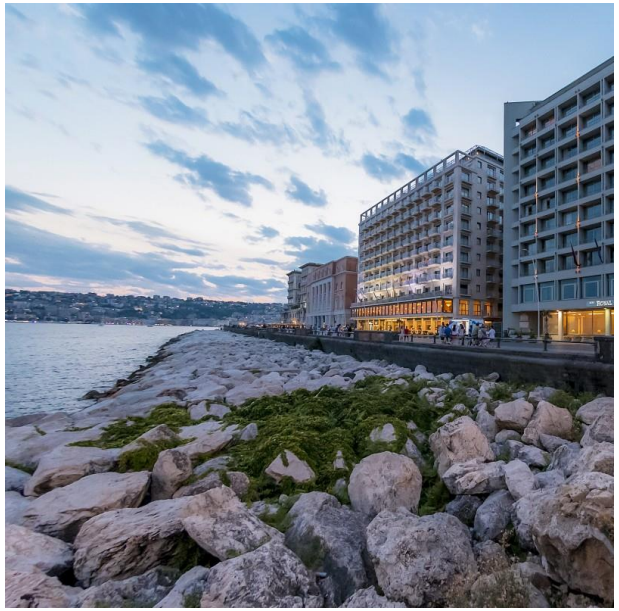


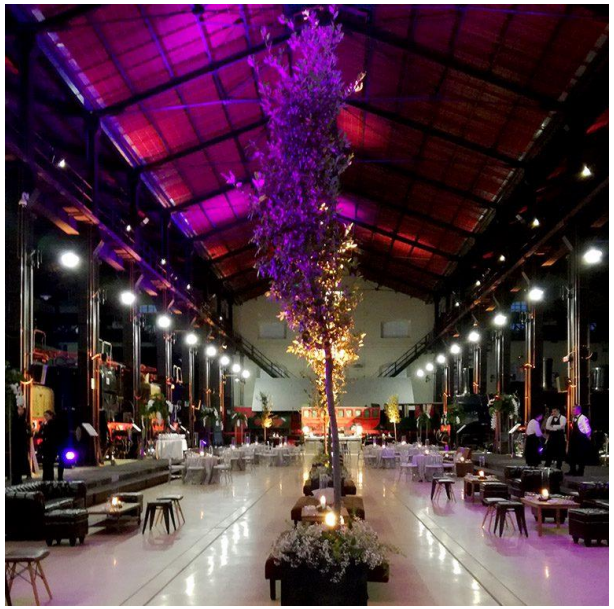
Campania in numbers

- Distances: **Naples Airport** – Naples city centre approx. 20 min
  Napoli Airport – Sorrento city centre approx. 45 min
- Largest room number in the region in one property – **397 rooms** in Naples
- Largest conference centre in Campania – **20** meeting rooms and **1500** people in **Sorrento**
- Largest room number in **Naples** (the regional capital**)** in one property only – **397 rooms**
- **Gala Venues –** there are lots of private venues and historical mansions which can be rented for gala dinner – the largest can accomodate up to **800** people seated
- **779** meeting rooms available in the whole region.









What to do in Campania

- Visit the Five UNESCO World Heritage Sites: Naples city centre, the excavations of Pompeii, Hercolanum and Torre Annunziata, The Royal Palace of Caserta, San Leucio Comples, The Amalfi Coast

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- Go to Paestum which boasts the three best-preserved Greek temples in the world
- Organize a team rally activity with cabrio cars on the Amalfi Coast, with stops and interacting activities
- Take part to a Vespa tour on Capri Island, including a stop to admire the wonderful Faraglioni
- Take your guests scuba-diving in the fascinating archaeological park underwater
- Let’s challenge in a pizza competition, great fun for everyone
- Visit Underground Naples – not to be missed, followed by a coffee and “sfogliatella” at the famous Cafè Gambrinus
- Go trekking on the Mount Vesuvious with alpine guides – the scenery is absolutely breathtaking and finish the day with a wine tasting in a winery at the foot of the Volcano
- Help preparing the world famous Limoncello







Regione | **Campania**

Gatto’ di Santa Chiara

A must on the Sunday lunch

difficulty**: easy**

timing**: 30 min**

cooking**: 30 min**

doses**: 6 people**

Ingredients:
500g potatoes
100g mozzarella cheese
60g parmesan cheese
100g cooked ham
2 eggs
Greated bread
Salt and pepper to taste

Directions:
- Peel the potatoes, boil them and mashed them when still warm
- Cut the mozzarella cheese and the ham in small dices
- Get the mashed potatoes, add the eggs, 30g parmesan cheese, salt and pepper to taste
- Once smooth, add the mozzarella and ham and mix it well
- Get a baking tray, grease the surface with extra virgin olive oil and spread evenly the grated bread
- Add the mixture and level it
- Cover the surface with the remained parmesan cheese, sprinkle it with a bit of grated bread and few drops of olive oil
- Cook it for 30 minutes, gas mark 180°

Recommended wine: Fiano d’Avellino or Lacryma Christi




Molise

Molise

Tutti i jorna si n’impara

Molise is located just above the **«ankle» of Italy’s boot** and lies between **Apennine ridge and the Adriatic Sea**. In the limited area Molise covers, the geography ranges from mountain peaks inland down to hills closer to the coast which boasts sandy beaches surrounded by **Mediterranean vegetation**.
It is the second smallest region in Italy, but it has sea, lakes, forests and the Apennine Mountains. An one-hour drive takes you from the pristine beaches of the Adriatic coast to the snow-capped mountains of **ski resorts** Capracotta and Campitello Matise.



Curiosities & Useful Hints

- Monti del Matese, where you can follow the old tratturi droving trails that join the pastures of Abruzzo with Puglia
- Termoli on the Adriatic coast is a fantastic summer holiday destination combining beach life with trademark shopping, old fishing traditions and historic drama
- Agnone is specialized in the manufacture of bells for the world's most significant churches
- Molise has a Scottish connection as Scapoli is the town renowned for bagpipes, with a museum devoted entirely to this ancient musical instrument
- Archaeological sites…. Samnites, Romans, Lombards…. Many a culture has left their mark here
- Molise is Europe's leading producer of white truffles
- Close to Isernia (one of the major cities of the region) have been found traces of Homo Erectus who apparently lived there 736.000 years ago and who seems the oldest man found in Europe
- Main cities are Campobasso (regional capital) and Isernia





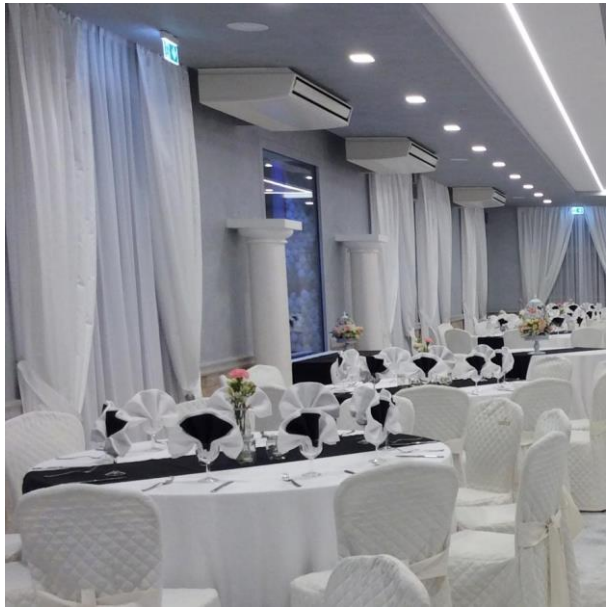


Molise in numbers

- Distances: **Naples Airport** – Campobasso centre approx. 1 hour
- Largest room number in the region in one property – **200 rooms** in Castropignano (near Campobasso)
- Largest conference centre in Molise – **8** meeting rooms and **650** people in **Campobasso**
- Largest room number in Campobasso in one property only, chief town in the region – **144 rooms**
- **Gala Venues –** there are several venues in the areas of Campobasso and Isernia, the largest of all is near Campobasso for 500 people.
- **37** meeting rooms available in the whole region.









What to do in Molise

- Visit to the Museo Paleolitico in Isernia: built around the adjacent 730,000-year-old archaeological site of La Pineta, this intriguing museum stands next to a pavilion that protects the site of the original find.
- The archaeological park of Saepinum is one of Molise's hidden treasures and the Roman ruins of Saepinum are among the best preserved and least visited in the country.
- Learn all about bell-making with a guided tour to the Marinelli Pontificia Fonderia di Campane
- Go horseback riding along the tratturi, the migratory trails dating back a thousand years, a testimony to the unique nature of Molise
- Nature lovers can go walking or trekking in several protected areas: in the typical Apennine landscape of the National Park of Abruzzo, Lazio and Molise, or in a diverse environment like that of the WWF Reserve in Guardaregia-Campochiaro
- The thrill of skiing high in the mountains on the slopes at Campitello Matese the largest ski resort in Molise, as well as in Capracotta, also renowned for its cross-country ski trails.
- Enjoy the coast, sandy beaches and water sports in Termoli







Regione | **Molise**

Caragnoli

Rose-shaped fritters covered in honey, as my friend Pino's grandma used to make

difficulty**: medium**

timing**: 60 min**

cooking**: 10 min**

doses**: 8 people**

Ingredients:

300g flour
300g honey
50g sugar
60g butter
500ml water
1 lemon
5 eggs
vegetable oil

Directions:

- In a pad add butter, water and sugar and bring to the boil
- Sieve the flour and continue mixing until it is smooth, then remove it from heat and let it cool.
- Add the lemon zest, 3 whole eggs and 2 egg yolks and make sure the mixture is blended
- Put it back on the heat until it comes off the sides of the pot
- Let it cool completely, lay it on a floured surface and cut the dough in strings
- Join the 2 extremes or each string (like tortellini)
- Deep fry the caragnoli in hot vegetable oil until they are golden.

Recommended wine: Cantine Cipressi Dulce Calicis




Puglia

Puglia

Bar ie u cor do s mangn r strascnat cu pmdor

Puglia, also known as Apulia, is the most southeastern region, occupying the **'heel**' of the **'boot'** of Italy.
Across the **Ionian Sea** to the east lies Greece and across the Adriatic lies Albania.
Puglia is the least mountainous region of Italy, consisting of broad plains and low-lying hills. The only mountainous areas, the **Gargano** promontory and the **Dauni** mountains, do not exceed 1,150 metres and are in the north of the region.
The **Tremeti Islands**, in the Adriatic, are also a part of Puglia.
Puglia lies between two beautiful coastlines
There are miles and miles of **unspoilt beaches**, spectacular cliffs and rocky coves.



Curiosities & Useful Hints

- Puglia is located right on the heel of the Italian boot and has two different seas – Mar Adriatico and Mar Ionio
- The region is home to over 50 million olive trees and many of them are centuries year old – the people of the region had to enact laws to deter people from digging up the tries and plant them in their land – it is still illegal to this day! Puglia is responsible for 60% of the olive oil produced in Italy
- Apulian cuisine is on the UNESCO World Heritage Site
- The famous Appian Way that starts in Rome actually finishes in Puglia – you can visit the site
- You cannot leave Puglia before tasting the famous Orecchiette pasta!
- Egnazia is home to archeological ruins and a museum filled with artifacts from graves of Greek and Messapii people.
- Tarantella, typical dance, has said to be originally from Taranto
- There are three UNESCO World Heritage Sites in Puglia, the most famous is Alberobello
- Lecce, is nicknamed the ‘Florence of the South’, due to all the Roman ruins and Baroque architecture
- Main cities: Bari (regional capital), Brindisi, Foggia, Lecce and Taranto, Barletta-Andria-Trani







Apulia in numbers

- Distances: **Bari Airport** – Bari city centre approx. 30 minutes
  Brindisi Airport – Brindisi city centre approx. 15 minutes
  Taranto Airport – Taranto city centre approx. 25 minutes

- Largest room number in Puglia in one property – **789 rooms** in Castellaneta Marina

- Largest conference centre in Puglia – **24** meeting rooms and **4000** people in **Bari Congress Centre**

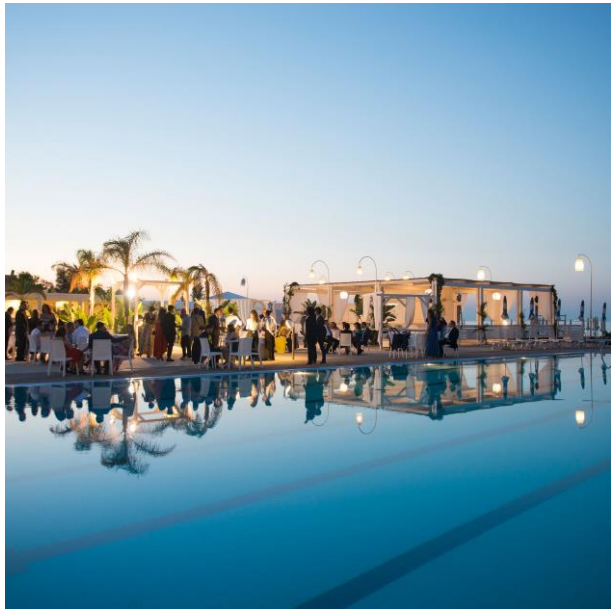
- Largest room number in Bari in one property only, chief town in Puglia – **220 rooms**

- **Gala Venues –** many gala venues available largest can accomodate up to 400 people seated

- **463** meeting rooms available in the whole region.









What to do in Apulia

- Boat trips – different kind of boats available
- Tour of the old town of Bari
- Cooking classes in typical Masseria
- Visit to beautiful villages such as Alberobello, Locorotondo, and the not so far Matera located in Basilicata Region
- Bike tours in various locations of the Region, electric bikes available too
- Dinner in the famous caves of Polignano a Mare
- Vintage car tours, driving along the beautiful scenery of villages and sea
- Wine tasting in Locorotondo and in local Masseria
- Olive oil tasting and lunch in Masseria
- Learning the Tarantella dance
- Tour of the home of Albano, Italian famous singer







Regione | **Puglia**

Orecchiette con i broccoli

This is the dish that most strongly represents the cuisine of the region. The name “orecchiette” derives from the shape of this pasta, like a little ear (in Italian “orecchiette”).

difficulty**: easy**

timing**: 30 min**

cooking**: 15 min**

doses**: 3 people**

lacto free

Ingredients:
600g/21oz cime di rape leafy broccoli
300-350g/10.5-12oz orecchiette pasta
1 garlic clove
Chili powder
Extra virgin olive oil
Optional: pecorino cheese

Directions:
- Rinse the broccoli thoroughly and discard any hard part
- Throw greens into a pan of salty boiling water (salt helps the greens stay green) and cook until soft (approx. roughly 5–7 mins
- Remove leaves from pan but keep water to cook pasta
- Put oil in a frying pan with oil, add the garlic clove and fry golden
- Add the broccoli, chili powder to taste and pinch of salt and fry for 2-3 min until excess water evaporates.
- Get the broccoli water boiling, add small spoonful of oil, and cook the orecchiette as per its packet’s instructions
- Drain pasta, add to frying pan along with a handful of grated cheese and mix through over a medium heat for 2 mins.

Recommended wine: Gravina Doc




Sardegna

Sardegna

Bona die de sa Sardigna a totus!

Sardinia is the second largest **island** in the **Mediterranean** and it is formed by a series of mountainous massifs, hills and narrow highlands.
The coasts are **jagged and rocky**, interspersed with marvellous beaches of very fine sand and countless inlets.
The seaside landscapes, especially on the **Costa Smeralda**, are among the most beautiful in the world.
Numerous small, enchanting islets are scattered in front of the coasts, like Isola della Maddalena, Isola di Carloforte and Isola Piana



Curiosities & Useful Hints

- The name Sardinia derives from the term Sandaliotis, sandal, due to the shape similar to a foot. For the same reason the Greeks called it Ichnusa (footprint). Well, while Sandaliotis is still used today, Ichnusa is now the name of a famous Sardinian beer!
- Although it is an Island and while fishing you can catch some great species, the typical cuisine is made of meat rather then fish
- If you want to buy some great quality blue or red coral, Sardegna is the place to go as it forms naturally in the sea
- Maybe Atlantide exists and some say it is Sardegna!
- The Island has now some wonderful hotels and resorts to offer… that's why so many VIPs choose it as their summer vacation!
- Sardinian people are very interesting to scientists and genetics who research constantly to identiufy "the elixir of long life" – it is said that there is something in the habits, food and DNA that brings Sardinia to have a large number of centenarians!
- Sardinian people are bound by a feeling of union and respect. Despite this, there are two places in Sardinia that stand out for their strong independence: Alghero and Carloforte. In these cities the language, origins and traditions are very different from the rest of the island.
- Main cities: Cagliari is the regional capital. Other important cities are Sassari, Nuoro and Oristano







Sardegna in numbers

- Distances: **Cagliari Airport** – Cagliari city centre approx. 15 minutes
  Olbia Airport – Porto Cervo and Costa Smeralda approx. 45 minutes
  Alghero Airport – Alghero city centre approx. 15 minutes

- Largest room number in Sardegna in one property – **870 rooms** in Villasimius

- Largest conference centre in Sardegna – **13** meeting rooms and **3000** people in **GeoVillage Olbia**

- Largest room number in Cagliari in one property only, chief town in Sardegna – **719 rooms**

- **Gala Venues –** different gala venues available throughout the territory, many options during the summer season with beach front locations, groups upto **1000**

- **356** meeting rooms available in the whole region.



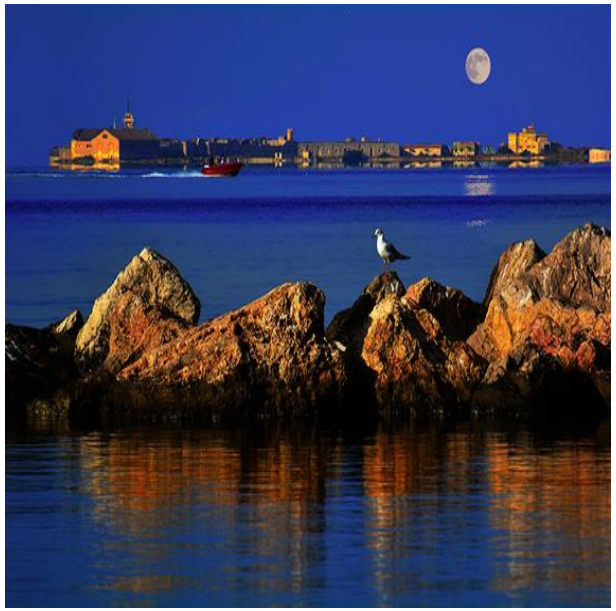






What to do in Sardegna

- Jeep tour in the Sardinian countryside, surrounded by the beauty of nature
- A day out, fishing with experts
- Sailing Regatta, starting from different ports of the Region
- Visit of Santa Teresa di Gallura, archeological site
- Cooking classes of the Sardinian culinary traditions
- Vintage cars in the countryside of the Island
- Tour of the Islands off Sardegna. Recommended: if staying in the North side, visit of La Maddalena. If staying in the South side, visit of Carloforte Island.
- Shopping thorugh the city streets of coral and many other specialites
- Tours and treasure hunts on boats (from Kayak to Caicco, from fishing boats to yacht…)
- Wine tasting of the famous wines of the region
- Relaxing bike tours through the streets of Cagliari and Olbia







Regione | **Sardegna**

Zuppa gallurese

The zuppa gallurere is a traditional sardinian dish, typical of the north east area of the island. It is a very tasty dish, preparation might seem to be a bit long but it is very easy

difficulty**: easy**

timing**: 20 min**

cooking**: 30 min**

doses**: 6 people**

Ingredients:
270g/9.5oz stale semolina bread
325g/11.5oz casizolu cheese (caciocavallo cheese)
260g/9.3oz Sardinian Pecorino cheese
1l of sheep and lamb broth
Black pepper to preference

Directions:
- To make the Gallurese soup, you will first need to prepare a good meat broth with a strong taste of lamb and sheep (or buy it!)
- Cut the Casizolu cheese in half and grate it, do the same with pecorino and collect the cheeses in a bowl
- Add pepper, stir and set aside. Cut the loaf into slices about 1 cm thick
- Take a baking dish with a high edge that measures about 20x20 cm and lay the slices of bread on the bottom (no empty spaces)
- Now spread over a layer of grated cheese in order to completely cover the slices, form 4 layers in total
- Poor the broth on the last layer and make sure it socks all of layers from the top, by pressing with hands
- Wait a couple of minutes for the broth to be absorbed, then spread the rest of the cheese over it, covering it entirely
- bake in preheated oven at 200 ° for 30 minutes, or until you will create a golden crust on the surface.

Recommended wine: Vermentino Sardegna




Sicilia

Sicily

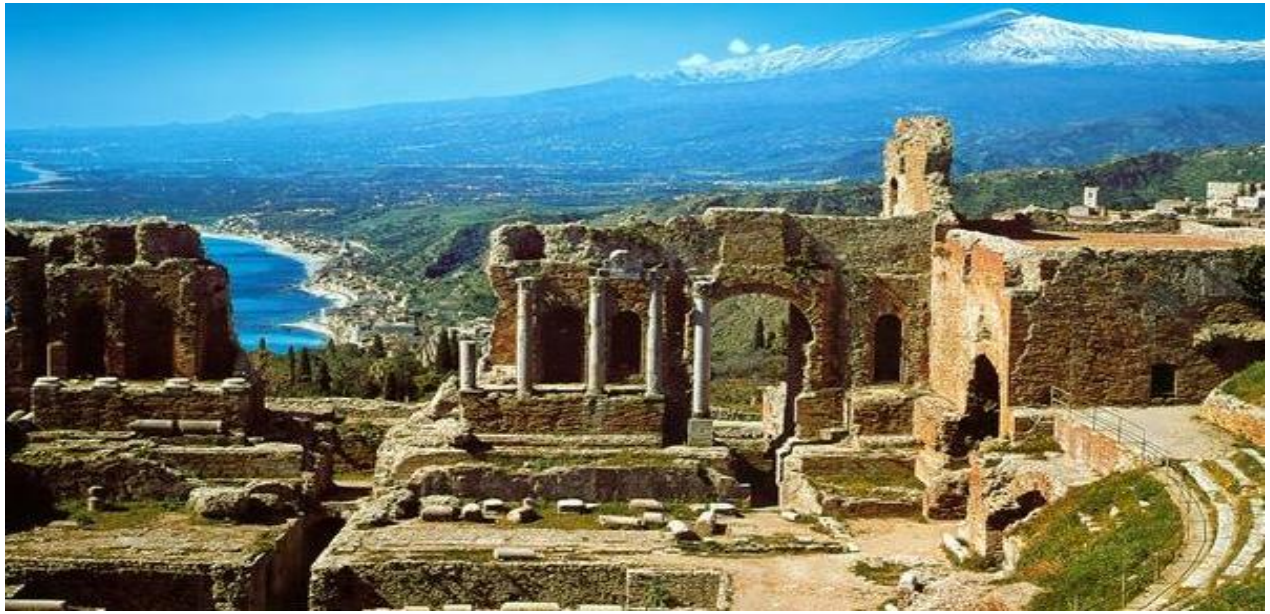
Cu' voli puisia venga 'n Sicilia

It is the **biggest island** in the Mediterranean, separated from the Italian peninsula by the strait of **Messina**.
The coasts offer a landscape of fascinating beauty almost everywhere; groups of marvellous smaller islands are scattered around.
The **Etna**, rising in the center of a volcanic area of Sicily, is the **highest active volcano** in Europe (3,323 meters).
The **Eolian Islands** are volcanic islands, the islands of Stromboli and Vulcano in fact are active volcanoes.



Curiosities & Useful Hints

- Sicily has 9 UNESCO heritage sites. These are natural beauties such as the Aeolian Islands and Mount Etna, but also ancient buildings: the most known will certainly be the Valley of the Temples and the archaeological area of Agrigento
- The protected natural areas in Sicily include: 5 Regional Parks, 72 Nature Reserves and 6 Marine Protected Areas.
- It is one of the most known locations for viewing Roman and Greek temples and ruins – still very well kept, for example the Anfiteatro di Taormina and the Agrigento temples.
- In the morning, for breakfast, Sicilians eat brioche and the famous iced coffee, typical of the region
- Still to this day there is an active volcano, called Etna – it erupts many times during the year. In the Eolian Islands you will also find the famous Stromboli, you can catch some amazing pictures at night from the boat thanks to this volcano!
- You cannot leave Sicily without tasting all the amazing street food dishes, from the famous arancino to the Cannolo Siciliano
- Sicilian is a real language. Although in Italy it is considered a simple dialect, in reality, it is a subject of study in many schools and universities in the world
- Main cities in Sicily: Palermo, regional capital. Other important cities are Messina, Catania, Agrigento, Siracusa, Trapani, Ragusa, Caltanissetta and Enna







Sicily in numbers

- Distances: **Catania Airport** – Catania city centre approx. 15 minutes
  Taormina city centre approx. 45 minutes
  Palermo Airport – Palermo city centre approx. 20 minutes
  Comiso Airport – Ragusa city centre approx. 25 minutes
  Trapani Airport – Trapani city centre approx. 25 minutes

- Largest room number in Sicily in one property – **686 rooms** in Scoglitti, near Ragusa

- Largest conference centre in Sicily – **4** meeting rooms and **1200** people in **Etna Congress centre**

- Largest room number in Palermo in one property only, chief town in Sicily – **803 rooms**

- **Gala Venues –** scattered around the whole of Sicily you will find many different and special venues, largest one for **1000** people

- **728** meeting rooms available in the whole region.



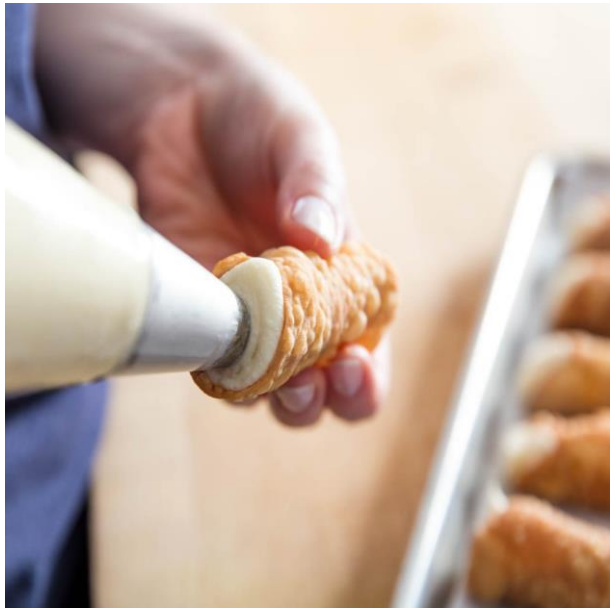






What to do in Sicily

- Cruise on the Mediterranean sea for the day, mainly by typical Gulet Caicco Boats
- Tandem jump
- Pizza and Cannolo cooking classes with experts
- Excursion to the Etna Vulcano in Jeep or trekking
- Wine tasting of the wines produced nearby the Etna
- Visit of the Eolian Islands, stops in Lipari and view of the Stromboli eruptions by night
- Visit of the Ancient Greek theatre in Taormina
- Visit of Agrigento and enjoy the walk though the famous “Scala dei Turchi”
- Visit of the Egadi islands by boat
- Visit of the UNESCO site Modica
- Gourmet street food tours, tasting the specialities of the region







Regione | **Sicilia**

Pasta alla Norma

This dish is one of the culinary symbols of the Sicilian Region. It comes from the east side of the region and it plays a big role in every home during lunches and dinners

difficult**y: easy**

timing**: 20 min**

cooking**: 60 min**

doses**: 4 people**

Ingredients:
320g/11.5oz Sedani rigati pasta (if not available other pasta)
500g/17.5oz aubergines
200g/7oz of salted ricotta cheese
2 garlic clove
10g/0.3oz basil
850g/28.2oz copper tomatoes
Olive oil and salt

Directions:
- First take the copper tomatoes, rinse them, dry them and cut them into quarters
- In a thick-bottomed pan, pour a little olive oil and add the 2 garlic cloves, when the garlic as browned, pour the tomatoes (if you wish you can remove the garlic before) cook on low heat for 20 minutes with lid, make sure to have a smooth pulp (mash if needed). Let it cook for another 10-15 minutes.
- Chop the aubergines into small dices and fry them in olive oil at a temperature of 170°c, as they become golden, drain with a slotted spoon.
- Cook the pasta for the time indicated and add the basil into the sauce
- Once the pasta is done place it on plates, add a generous quantity of aubergines and sauce, then finish with the grated salted ricotta!

Recommended wine: Etna Bianco Calderara Sottana DOC



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