

WELCOME TO YOUR SICILY FITCATION!

BENVENUTI A NOSTRA SICILY FITCATION!

What happens when you pair up a culinary experience with a fitness adventure? You get a Culinary FitCation! We'll spend 7 nights and 6 days exploring dalle montagne al mare from the mountains to the sea.

"All of Sicily is a dimension of the imagination." —Leonardo Sciascia



DAY 1 – LIGHT ACTIVITY LEVEL

ARRIVAL IN CATANIA & WELCOME DINNER

MEET-UP: 1:00 PM CATANIA (TRAIN OR AIRPORT BY ARRANGEMENT)

We'll pick you up in Catania and get to know each other on the two-hour drive to Ragusa Ibla. As you walk through the gate to Giardino sul Duomo, you will know immediately why we chose this gorgeous boutique hotel. You'll have some time to check-in and freshen up before we meet for an aperitivo and our orientation meeting. Soon after, our expert local guide from Uncovered Sicily will join us and we'll embark on a walking tour of Ragusa Ibla. We finish up with an opening dinner, including wine, at Osteria Imperfetta. Sleep well and ha sogni d'oro.

"I was enchanted... the limpidity of the sky, the restless splendor of the sun, the beauty of the countryside, a certain excitement of the fantasy...which brought to mind the time when in the fields one encountered the divine." —Jean-Pierre Houel

DAY 2 – HIGH ACTIVITY LEVEL

HIKING & THE WINERY STANLEY TUCCI MADE FAMOUS

After an easy mobility warmup, we'll enjoy a hearty breakfast, choose your selection of snacks, and depart for Cava Della Misericordia, a 4-mile hike on fire trails and single tracks. Be prepared to get a little sweaty as there are a few good hills before we cool off and have a snack by the stream. After one more uphill effort, our drivers will sweep us off to a lovely lunch at a restored ancient farmhouse, Baglio Occhipinti. We'll offer you a glass of wine, but save your palette for wine tasting at Ariana Occhinti, featured in Stanley Tucci's *Searching for Italy*. It's a full day so after we return to Ragusa, enjoy dinner on your own in town with our list of favorites as a guide.

MEET-UP:

8:00 MORNING MOBILITY CLASS (WEAR YOUR HIKING CLOTHES)

8:40 BREAKFAST

9:30 DEPART FOR 4-MILE HIKE (TWO ROUTES AVAILABLE)

CLASSES:

MORNING MOBILITY 

4-MILE HIKE   

WHAT TO PACK:

HIKING CLOTHES & SHOES
FULL HYDRATION PACK & SNACKS
CHANGE OF CLOTHES
SUNSCREEN
HAT



"Sicilians build things like they will live forever and eat like they will die tomorrow." —Plato

DAY 3 – MODERATE ACTIVITY LEVEL

CHOCOLATE TASTING, MODICA TOUR, & COOKING LESSON

After a vigorous class to clear the cobwebs, enjoy a leisurely morning in Ragusa. This is a great time to pick up some souvenirs or take a swim in our pool. In the early afternoon, we head to Modica for a light lunch and chocolate tasting at the oldest chocolate factory in Sicily. Then, a special tour of Modica by Alessandro, the owner of Uncovered Sicily! We'll return to Ragusa where you'll have a little time to freshen up before we walk over to our first cooking lesson, wine included. We'll all be grateful to be able to walk back to our hotel after dinner! Get a good night's sleep, tomorrow is a big day. Buonanotte!



MEET-UP:

8:30 BREAKFAST
9:30 CORE CIRCUIT CLASS
10:15 FREE TIME
12:30 DEPART FOR MODICA

WHAT TO PACK:

COMFORTABLE WALKING SHOES
SUNHAT
CAMERA
WATER BOTTLE

CLASS: CORE CIRCUIT 

"Syracuse is the grandest of cities, a sojourn dear to the indomitable Ares." – Pindar

DAY 4 – LIGHT ACTIVITY LEVEL

KAYAKING, SIRACUSA, TRANSFER TO TAORMINA

It's an early start after a fun evening. Please have your bags packed and be ready to depart right after breakfast. We have about a 90-minute drive to meet up with our kayaking guides in Siracusa. After a little warm-up and instruction, we'll kayak across Ortigia Bay and learn about its history. We land at a pretty little beach where you'll have an opportunity to change in the cabanas so we can have lunch in the cool vibes at Area M. We'll have time after lunch for you to check out the stunning Piazza Duomo, built on the 5th-century BC Temple of Athena. You will see the ancient doric columns that support the 17th-century Duomo. You'll be able to relax on the ride to Hotel Villa Schuler in Taormina, where the breathtaking view will invigorate you. After we check-in, we'll meet up for a casual pizza dinner before you roll into bed, gazing at the silhouette of Mt. Etna.

MEET-UP:

7:15 BREAKFAST
8:00 DEPART FOR SIRACUSA

WHAT TO PACK:

PACKED LUGGAGE W/ BSF TAGS
BATHING SUIT, COVER-UPS, HATS, WALKING SHOES
SUNSCREEN
WATER BOTTLE
CHANGE OF CLOTHES

"Sicilians build things like they will live forever and eat like they will die tomorrow." – Plato

DAY 5 – MODERATE ACTIVITY LEVEL

GOLE DELL'ALCANTARA & WINE TASTING

After a beautiful breakfast, we'll head out for our river trekking adventure. Don't worry, Sicily Adventures will provide you with gaiters and booties for walking in the river. We'll change into more comfortable clothes at their base camp and then enjoy the scenic drive up the slopes of Mt Etna to enjoy an incredible wine tasting and food pairing at Tenuta di Fessina. We'll learn a little bit about the history of Etna wineries and enjoy some of the best wines in Sicily. Yes, they ship! You'll have a free evening to enjoy Taormina, armed with a list of our favorite places, of course.

MEET-UP:

8:00 BREAKFAST
9:15 DEPART FOR RIVER TREKKING

WHAT TO PACK:

WATER SHOES (IF DESIRED)
WATER BOTTLE
BATHING SUITS, HATS
SUNSCREEN
CHANGE OF CLOTHES



"All that nature has of great, all it has of pleasant, all it has of terrible, can be compared to Etna and Etna cannot be compared to anything." —Dominique Vivant Denon

DAY 6 – HIGH ACTIVITY DAY

MT ETNA

Have a hearty breakfast today because Mt Etna awaits. Our group will have two choices for Mt. Etna hikes. A brisk 3-mile walk along the fire trails. Or, the more rigorous option: hike up a dry creekbed and across the slopes of the volcano to its highest accessible point (6,000 feet). The second option is led by our mountain guide, Nico. It will likely be cold up there, but we're hoping to catch some of the spring blooms. Our two groups will meet up for lunch at the charming Monte Conca.

After lunch, you can head back to the hotel, or continue on with Nico to see the lava cones. We'll rejoin in the evening to stretch out those tired legs as the sun drops into the Ionian Sea.

Enjoy a last dinner on your own and perhaps grab a few more gifts for loved ones at home.

MEET UP:

8:30 BREAKFAST

9:30 DEPART FOR MT ETNA

CLASSES:

MT ETNA HIKE

SUNSET FLOW



WHAT TO PACK:

HIKING CLOTHES & SHOES (LAYERS)

SAND GAITORS

WATER PROOF JACKET

FILLED HYDRATION

SNACKS



"Taormina... It is only a landscape, but a landscape where you find everything on earth that seems made to seduce the eyes, the mind and the imagination." — Guy de Maupassant

DAY 7 – LIGHT ACTIVITY DAY

TAORMINA

Our last full day together is devoted to immersing ourselves in the magic of Taormina. We'll start the day feeling strong in our last class and then meet our expert guide from Uncovered Sicily for a walking tour of Taormina. Be sure to have your cameras ready because the Teatro Greco defies description (in fact, we feel bad for making you wait 3 days to see it). We'll take the steps down towards the beach and enjoy a wonderful lunch as we gaze at the iconic isola bella. Don't worry, you'll get a much better look at it from our two-hour private boat tour of the coastline, with time for a dip in the sea. We'll cut you some slack and take the funicular back up to the town. You'll have time to freshen up before we walk to Villa Britannia for our cooking lesson and final dinner together.

MEET UP:

8:30 LENGTHEN & STRENGTHEN CLASS

9:15 BREAKFAST

10:30 DEPART FROM HOTEL LOBBY

WHAT TO PACK:

COMFORTABLE WALKING SHOES

BEACH SHOES AND/OR WATER SHOES

FILLED HYDRATION PACK

BEACH CLOTHES, COVER-UP

SUNSCREEN, HAT, SUNGLASSES

"And anyone who has once known this land can never be quite free from the nostalgia for it." — D.H. Lawrence

DAY 8 – DEPARTURE DAY

BON VOYAGE!

Enjoy your last breakfast in Taormina. Some of you are heading elsewhere in Sicily for a few more divine days. Others are heading back to the US. Wherever you go, we hope that a little bit of Sicily goes with you.

DEPARTURE TIMELINE:

BREAKFAST ON YOUR OWN TIME

9:30 FIRST VAN DEPARTS FOR AIRPORT; OTHER VANS TBD



"On the sixth day, God accomplished His work and, please with all the beauty He had created, He took the Earth in His hands, and kissed it. There, where He put His lips, that's Sicily." — Renzo Barbera

MEET YOUR HOSTS



LISA VONNEGUT, CSCS

Lisa has been a trainer and a coach since 2000. She first got the travel bug in 2007 on a solo trip to the Amalfi Coast. She was inspired to create Body Synergy FitCation as a way to integrate her passions: travel, and health and fitness. Her experience working in clinical psych and acute rehabilitation settings has led her to facilitate a nourishing and motivating environment in her training sessions. In addition, Lisa is studying the application of neuroscience to training in Z-Health Performance and Next Level Neuro, bringing another unique and innovative facet to her coaching. She is currently living as a digital nomad, dividing her time between the SF Bay Area and Southern Germany.



PETER LEWIS

Peter Lewis is a Lieutenant Colonel in the U.S. Army and California National Guard. In his thirty years of experience he has managed training, logistics, and equipment for large scale units and training exercises at the company and battalion levels. Peter has traveled extensively throughout the world both for pleasure and for the U.S. Army. He ensures that all the logical aspects of your FitCation vacation are planned and executed to a T.



SOPHIA GOTTLIEB

Sophia has been guiding active tours and planning vacations up and down Italy since 2011. A California native with a background in wine, food and events, she first fell in love with Italy when she came for a winery job in 2008. Now officially relocated to the heel of the boot, Sophia is fluent in Italian and specializes in itinerary planning, hunting out the best trails, history guides, tastings, meals, and scenery Italy has to offer.

CLASS DESCRIPTIONS

Every class will be unique, and with our sweat drop graphic, you'll know what to expect. Guests may always opt for a "vacation" day OR choose to participate in an extra walk or stair climb in case you're worried about an extra helping of gelato (you shouldn't be). Classes may shift based on the needs of the specific group. Exertion levels:

- 💧 = Light activity: you'll "glisten" a little in the classes, but most of the effervescence will come from Prosecco.
- 💧💧 = Medium activity: be prepared to feel a little burn as the activity level will increase enough to need a mop of your brow.
- 💧💧💧 = Heavy activity. Intensity and challenge. You'll need a shower (please).

CORE CIRCUIT 💧💧💧 A circuit-style workout that targets the core to tighten the belly and provide a full-body burn.

SUNSET FLOW 💧 Dynamic stretching and flowing sequences to open your joints and stretch your muscles.

LENGTHEN + STRENGTHEN 💧💧 A full-body workout using multi-joint exercises to drive the heart rate up. Explore the full range of motion with large, complex movements.

MORNING MOBILITY 💧 The antidote to long travel days, this morning class stretches and lengthens travel-weary muscles. We'll also do some work to turn on your core – especially your abs and glutes – and take the pressure off your joints.

SUNSET STRETCHING 💧 Luscious stretches to ease tension and decompress after the exertions of the day.