SICILY & MALTA

APRIL 11 - 24

AESCLEPION ADVENTURES 2019

SPIRITUAL GROWTH THROUGH ADVENTURE

WILDEST DREAM ADVENTURE FOR WOMEN

Aesclepion Adventures has created a spiritual pilgrimage where the female natural body and the spiritual body come together to play. Or we could say… female fun meets the glittering Mediterranean. This Adventure designed to excite the senses and stimulate the soul via the islands of Sicily and Malta. The stage is set in this culturally rich and beautiful region, to spark your imagination, ignite your sensations, indulge in your female energy. Step out of your daily pattern to discover what inspires you to fuel your dreams.

On location in Sicily, you visit ancient ruins, including; The Valley of the Temples, the Temple of Hera (goddess of women), Temple of Aesclepius (god of medicine). We will saunter through local markets, enjoying the sounds, smells, and tastes offered from the region. And what's a female tour without a Chocolate tasting? Yes, it's on the itinerary.

After enjoying the offerings from Sicily, you move to Malta, the island of Dreams, crossing the Malta Straights. Here highlighted is The Hypogeum, one of the greatest remaining structures from prehistory, one commonly called "Sleeping Lady" carved from solid rock. From Malta to Gozo wraps up the tour in a Farm House stay where a Maltese chef will make dinner for us. In Gozo we enjoy the sandy Mediterranean beaches, shopping, or perhaps some snorkeling.

All of the ingredients in the itinerary, in addition to the energy work included in the trip, come together to fuel female energy and your capacity to dream for yourself.

Your deposit reserves your place on the trip and opens the door to this spiritual adventure of the female kind. Once the small group (limit to 15) is formed we will begin monthly travel meetings where we look at our female energy, our dreams and meet the other women who will be laughing and playing with you along the pilgrimage path.

Call or email with questions.
elizabeth carol
Tour Guidess

Aesclepion Adventures Presents - My Wildest Dream
Women's Trip to the Mediterranean Islands of Sicily and Malta

Sicily, a small island at the crossroads of the Mediterranean has been settled and/or conquered by Greeks, Phoenicians, Romans, Saracens, Normans, Swabians, Angevins, Aragonese, Spaniards, Bourbons, Republican troops from mainland Italy, and Allied troops during World War II. Today we find a marvelous stew of different cultures and eras from Doric temples, a Roman amphitheater, medieval mosaics to Spanish Baroque churches. All of it layered within an island the size of Vermont.

Day 1 April 11: Depart the US to Palermo Sicily
Flights: Most flights arrive early afternoon after a stop in Europe

Day 2 April 12: Arrive in Palermo where the group will be met and transferred to the hotel.
Hotel Vecchio Borgo, 2 nights stay, includes breakfast
Hotel Vecchio Borgo is a four-star boutique hotel located in the heart of Palermo, in the Borgo Vecchio district, one of the most typical and ancient markets of the city, a few minutes walk from the central Piazza Politeama, the main monuments and cultural attractions and few steps from the most famous pubs, clubs and wine bars of the city.
Free Afternoon
7:30pm You will reach independently the restaurant where you will enjoy a typical Sicilian dinner (walking distance)

Day 3 April 13: Palermo B/L
Full day tour: Palermo food market and Monreale with lunch at a local restaurant.
You will meet your local English-speaking guide at the hotel for a walking tour of the city center and the market food.
You will start your visit through the crowded, picturesque streets of the ancient town; its unique Byzantine-Saracen-Norman architecture is a fascinating amalgam of this rich and remarkably diverse heritage. Visit the impressive Cathedral, originally built as a church and thence transformed into a mosque by the Arabs. Next stop will be made in a very famous and typical open air market in Palermo, where the colors, the screams ("vuci") of the vendors, and animation of the stalls, will give you an essential element of Palermo city's character. You will end the walking tour at the famous Ballarò Food market.
Lunch
Palermo's Ballarò market is a place that awakens all of the senses. Hearing is incited by the 'abbanniate', which is the Sicilian word for the stentorian voice of the sellers. It is their way of getting the attention of passers-by, showing them their goods, including fresh fruit, meats, fish, and traditional foods like flour and chickpea fritters. The eyes almost need to shield themselves from the light and colors; so bright they seem tangible. Ballarò is the "oldest food market in

Palermo". You will then proceed to Monreale by bus for the second part of the tour. The town of Monreale, from the Latin "Mons Regalis" ('Royal Mountain'), is located 300 meters above sea level, on a terrace overlooking Palermo and the Conca d'Oro, as the valley beyond Palermo is known.
Monreale is world famous for its magnificent Cathedral, situated in its beautiful old town. Monreale Cathedral was built from 1174 to 1185. The project employed both Sicilian and Byzantine craftsmen, resulting in a magnificent fusion of eastern and western influences. The exterior of Monreale's Duomo is pleasant enough, but gives no indication of the golden splendor within.
The undisputed highlight of Monreale Cathedral is its richly mosaicked interior. Dating from the 12th and 13th centuries, the golden mosaics completely cover the walls of the nave, aisles, transept and apse - amounting to 68,220 square feet in total.
Driving time Palermo-Monreale approx. 1/2hr

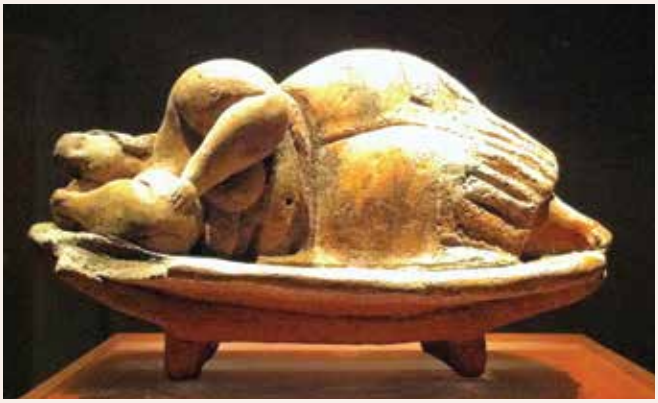
Day 4 April 14: Palermo ~ Agrigento B/L/D
Check out and transfer to Agrigento with a stop in Selinunte
Palermo-Agrigento 2hrs
The reason to visit Selinunte is for its splendid ruins. The acropolis is a chalk massif with a cliff face falling into the sea in the south, while the north end narrows to 140 metres wide. The settlement in the form of a massive trapezoid, extended to the north with a large retaining wall in terraces (about eleven meters high) and was surrounded by a wall with an exterior of squared stone blocks and an interior of rough stone. It had five towers and four gates. To the north, the acropolis was fortified by a counter wall and towers from the beginning of the fourth century BC. At the entrance to the acropolis is the so called Tower of Pollux, constructed in the sixteenth century to deter the Barbary pirates, atop the remains of an ancient tower or lighthouse.
At the end of the tour, you will continue to Agrigento and enjoy a typical Sicilian lunch on the way to Agrigento.
Check in at Foresteria Baglio della Luna, one night including breakfast. Foresteria Baglio della Luna in Agrigento is a boutique hotel with 23 rooms and suites that overlook the Valley of the Temples. This 13th century building, carefully restored to guarantee all the modern conveniences of today, is an oasis of peace and silence in graceful Sicily and offers the unique experience of sleeping in a medieval watchtower.
The Foresteria Baglio della Luna provides an ideal setting for those who wish to spend their holiday relaxing in a tranquil corner of paradise.
The hotel is located in the countryside but just a few minutes from the city centre, from the beach of Maddalusa, and from the fantastic Scala dei Turchi, an ideal place from where to start discovering the beauties of Western Sicily.
Dinner at your hotel is included.

Day 5 April 15: Agrigento ~ Noto B
Morning tour Valley of the Temples and transfer to Noto.
You will meet your driver and your local English speaking guide at your hotel and you will be transferred to Noto.
Agrigento to Noto 2 1/2 hrs
You will first visit the valley of the Temples in Agrigento. The archaeological area known as the Valley of the Temples in Agrigento, Sicily is one of the most important archaeological sites in the world and a Unesco world heritage site since 1998. Along a long rocky scarp, chosen as the southern limit of the town, are the great temples of ancient Akragas: the Temple of Hera (Juno), Lacinia, Concordia, Heracles (Hercules), Olympian Zeus (Jupiter), Castor and Pollux (Dioscuri) and Hephaistos (Vulcan). Further down, on the bank of the Akragas River, near a medical spring, stood the **Temple dedicated to Asclepius (Eusculapius), the god of medicine**.

The archaeological site at Agrigento, in Sicily, was inserted onto the UNESCO World Heritage List in 1997. The remains from the Hellenic city, additionally from the successive Punic-Roman era, the imposing Doric temples – to this day almost completely intact – the agora, the pagan and Christian necropolises, and the crawling network of subterranean aqueducts, constitute the richness of this site. Extending over approximately 1,300 hectares, it recounts a millenary history that began in the 6th Century B.C. with the foundation of the ancient Greek colony of Akragas.
Check in at Sveva Rooms B&B, 2 nights including breakfast.
Sveva Rooms B&B is the ideal accommodation for those who want to experience the heart of the Baroque, the town of Noto, which is a UNESCO World Heritage Site.
After Valley of the Temple visit - Remainder of the day free to explore.

Day 6 April 16: Noto B/D
Full day tour in Ragusa and Modica with chocolate tasting.
Ragusa – a UNESCO WORLD HERITAGE site - provides outstanding testimony to the exuberant genius of late Baroque art and architecture. It is the province's capital city, interesting for both its artistic and historical heritage. Set on a wide limestone hill between two deep valleys, it is divided into two distinct areas: Ragusa Ibla (the lower side) and Ragusa (the upper side), separated by the so-called valle dei ponti (valley of the bridges), a deep valley that is crossed by four successive bridges, among this the renowned dei cappuccini (of the Capuchins), dating from the 18th century. Agriculture, as in all of Sicily, is still a mainstay, notably for hothouse cultivation and breeding. The latter related to the production of world famous "caciocavallo" cheese, that is still handmade along with the ricotta and other food specialties. Ragusa's craft production is most notably copper, wrought-iron, and embroidery.
Modica - a UNESCO WORLD HERITAGE site. Today, Modica is depicted in several different ways: it is the "one-hundred churches town", including the ruins of churches in the city surroundings. It is the town of the famous bridge, among the tallest in Europe (300m), overlooking the whole city and joining the new and the old Modicas. It is the town of the Baroque and of the County, both testifying to its glorious past. Modica is one of the most lovely cities in all Sicily. At the end of the visit to the city center you will enjoy a chocolate tasting of Modica chocolate. Upon arrival at the chocolateria, your visit will start with a short historical introduction to the chocolate tradition. Then it's 'hands on' making your own chocolate bar. You will also taste Modica chocolate products: different flavored chocolate, chocolate cookies and empanadillas, and chocolate liquor.
Dinner will be at a restaurant in Noto city center. Once there you will enjoy a typical Sicilian dinner. Farewell to Sicily.

Day 7 April 17: Noto ~ Pozzallo ~ Valletta (Malta) B/D
Meet driver & guide at the hotel headed to Pozzallo Port 40min approx
FERRY RIDE TO MALTA - Proposed departure Sicily 9am
Arrival in Malta at 11am
We take a ferry from Sicily to Malta crossing the Malta Straights in the Mediterranean Sea. Malta is a beautiful green-carpeted land, with blue skies and surrounded by crystal-clear azure sea.
'The Island of Dreams' with honey-colored temples. Temples were built on amazing sites as a celebration to the abundance of the Mother. Malta is known as the 'island of honey' and the 'island of beautiful temples', with underground chambers and sculptures.
Half day tour to Medina - and Dingli cliffs then check in to Hotel Palace, 4 nights includes breakfast.
Located in Malta's central city of Sliema with scenic rooftop views of the Mediterranean Harbour and Malta's Capital city Valletta.
A 5 star luxury hotel in Malta.
Dine at a Restaurant walking distance from the hotel.



Day 8 April 18: Valleta B/L
South Temple Tour
Mnajdra is found in an isolated position on a rugged stretch of Malta's southern coast overlooking the isle of Fifla. It consists of three temples which adjoin one another but are not connected and each has its own entrance. Ħaġar Qim is a megalithic temple complex, dating from the Ġgantija phase (3600-3200 BCE). In 1992 UNESCO recognized Ħaġar Qim as a World Heritage Sites.
Lunch
After lunch we will continue to Ghar Dalai and Tarxien Temples. Ghar Dalam is a prehistoric cave which was discovered in the latter half of the 19th Century. The unique and beautiful art has made these temples part of the UNESCO World Heritage Sites. The Hypogeum is one of the greatest remaining structures from prehistory. Its pristine condition allows us to see the past through the eyes of our ancestors. The most impressive find is a figure showing a woman lying on a bed or 'couch', popularly known as the 'Sleeping Lady' carved from solid rock. It is at least three stories deep, and contains rock-cut features such as a 'speaking chamber', trilithons, lintelled-doorways, a large cistern and a 'holy of holies' surrounded by 'embryonic' chambers.

Day 9 April 19: Valetta B/L
Visit of Three Cities
The Three Cities offer an insight into Malta and its history. Left largely unvisited, these cities are a slice of authentic life as well as a glimpse into Malta's maritime fortunes. The Three Cities of Vittoriosa (Birgu), Senglea and Cospicua provided a home and fortress to almost every people who settled on the islands.
Lunch included
Misrah Ghar il-Kbir (informally known as Clapham Junction) is a prehistoric site in Siggiewi Malta near the Dingli Cliffs. It is best known for its 'cart ruts' - a complex network of tracks gouged in the rock. The age and purpose of the tracks are still a mystery of Maltese history. In general, most archaeologists presume that the site developed about 2000 BC after new settlers came over from Sicily to start the Bronze Age in Malta.
From there, we will continue the tour to the Dingli Cliffs.

Day 10 April 20: Valletta B/L
Valletta : A World Heritage Site
The foundation stone of Valletta, Malta's Capital City, was laid in 1566 and the city was named after Grand Master Jean Parisot de la Valette who had led the Order to victory after having successfully withstood the prolonged siege of 1565 against Turkish invaders and emerging as the defenders of Christianity. Behind the foreboding fortifications you'll find a living city that still has plenty of stories to tell, home to groundbreaking contemporary architecture, delicious cuisine and a thriving nightlife scene.
Enjoy a guided tour including a visit to St. John's Co-Cathedral with its extravagant interior.
Next a walking tour and visit to the Upper Barakka Gardens, which has spectacular views across the Grand Harbour and the Three Cities.
Lunch included
Among the many historic things Malta is famous for, bread baking is certainly one of the oldest and most traditional trades which have retained their authenticity throughout the years. You will be taken to one of Malta's oldest underground bakeries in Valletta. You will have free time for shopping before returning to the hotel.

Day 11 April 21: Gozo B/D
In the morning we will transfer to the pier for ferry ride to the island of Gozo. Upon arrival in Gozo transfer to our Farm house for a two night stay. Join your Maltese Chef for a cooking demonstration and dinner.

Day 12 April 22: Gozo B/L
Cultural Tour of Gozo
Gozo is a third the size of Malta, greener and more rural featuring hills and deep valleys as well as rugged cliffs, which give natural protection to the island's small harbors and inlets. Life here moves at a leisurely pace, revolving around farming and fishing.
Ggantija Temples: Considered to be the oldest free standing structures in the world, these megaliths were constructed about 5,500 years ago, which means not only are they hundreds of years older than Stonehenge in England but also date further back in history than the earliest pyramids in Egypt.
Xaghra Stone Circle: With the Ġgantija temples only 350 metres away from the Xagħra circle, the Xagħra plateau seems to have been a hub of prehistoric activity.
Dwejra Bay: With its dramatic coastal formations and sea spilling over the rocks, Dwejra is a magical attraction. Guests can swim in the spectacular deep sea of the bay, in the calm shallows of the inland sea or in the foamy waters around the Blue Hole. Marsalforn Bay is one of the most popular beaches in Gozo, providing an ideal place to swim, sunbathe and enjoy the Mediterranean climate. Marsalforn is the largest and most developed seaside resort in Gozo with plenty of restaurants, hotels and cafes.
Salt Pans: The Xwejni Saltpans on Gozo's northern coast just outside the resort of Marsalforn are still used today for the collection of sea salt.
Lunch included
After lunch we will have a short visit to Victoria and its Citadel.
The history of this strategic location dates back to the medieval times when corsairs and pirates used to raid the islanders.

Day 13 April 23: Gozo - Valletta B/D
Morning leisure. Afternoon return to the main island (valleta) for overnight.

Day 14 April 24: Malta - USA
Transfer to the airport for our flight home. End of tour.

An insert page is included with this brochure with the Terms and Conditions, Pricing Schedule, and Registration Form. If it is missing or you have any questions, you may contact me at **415-453-6196** or by email at **hello@aesclepion.com**

Thank You

Elizabeth Carol
Guidess