SEDUNIA LUXURY



PONANT

Sicilian Gastronomy, Diplomacy and Heritage

DURATION
9 days, 8 nights

WHERE
Italy, Malta

FROM, PER PERSON
RM 26,989

Overview

A PONANT Gastronomic Journey round-trip from Valletta aboard L'Austral. Circle Sicily – the Valley of the Temples, Trapani, Palermo, Lipari and Stromboli, Taormina and Syracuse – with an escapade to Calabria, while the chefs who have cooked for heads of state share the dishes of official State dinners and how gastronomy serves diplomacy.

Highlights

- ? Tasting of dishes served during official State dinners, cooked by Fabrizio Boca, peppered with anecdotes and exclusive insights.
- ? Exclusive talks, lectures and conversations with those who have cooked at the highest levels of State, revealing how gastronomy has become a strategic tool in the service of international relations.
- ? Discovering Sicily, with an escapade in Calabria, featuring passionate thousand-year history and breathtaking Mediterranean landscapes.

Itinerary

DAY 1

VALLETTA

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.

DAY 2

PORTO EMPEDOCLE, SICILY

Huddled on the south-western coast of Sicily, Porto Empedocles bears the name of the philosopher Empedocles, who lived in the region in the 5th century BC. An age-old city offered up to sun and sea, this is your doorway to the exceptional archaeological site of Temple Valley, a high place of Greek civilisation listed as a UNESCO World Heritage site. You can admire the remains of many temples dedicated to Zeus, his wife Hera and Hephaestus. Make sure you take in the magnificent Italian countryside, with its olive orchards that cover the hillsides.

DAY 3

TRAPANI, SICILY

Bathed in the cobalt waters of the Tyrrhenian sea, Trapani is the former port of the Greek city of Erice, boasting a privileged natural position in western Sicily. As you wander through its little streets, you will discover a secular cultural heritage, bearing witness to the many influences of civilisations that came here: San Lorenzo Cathedral, Maria Santissima Annunziata sanctuary, the fountain of Triton. On the shaded restaurant terraces, savour some fresh fish from the morning's catch. Or else you can opt for a seafood couscous, a culinary legacy from their Arab neighbours.

DAY 4

PALERMO, SICILY

Palermo is the guardian of the Sicilian soul. Many have been attracted to this city, the largest capital of the Italian islands. Phoenicians, Carthaginians, Romans, Byzantines, Arabs, Normans... Palermo is a rich culmination of so many cultural influences as seen in the Moorish designs on the cathedral, and the Byzantine mosaics of the Palatine chapel, which is itself housed within the precincts of the Norman palace. You will fall under the spell of the palaces, baroque splendours that grace the town with their obsolete beauty. It is thrilling to stumble upon one of those fabulous markets, high in colour, and headily picturesque.

DAY 5

LIPARI, AEOLIAN ISLANDS - SAILING IN FRONT OF STROMBOLI

Of the seven Aeolian islands, this is the largest and the most populated. Lying off the north coast of Sicily, in the Tyrrhenian sea, Lipari is one of UNESCO's marvellous World Heritage sites. Its lava stone quarries and obsidian flow of Rocce Rosse are indications of its volcanic nature. The town, the largest urban area in the whole archipelago, proudly houses its citadel and its castle, both rooted in Antiquity. If you head further into the centre, you'll be surprised to come across a Norman cathedral, complete with a magnificent baroque façade. Like Ulysses during his Odyssey, you will have the opportunity to admire the Stromboli, the capricious volcano that looms over the Aeolian Islands. Its activity, uninterrupted for thousands of years, has earned it the nickname the "Lighthouse of the Mediterranean".

DAY 6

REGGIO DI CALABRIA

At the southern tip of the Italian boot, Reggio di Calabria guards the eastern shore of the Strait of Messina. From the lungomare, the sea front promenade, there are magnificent views over Sicily, a little over 3 km away, and Etna. Rebuilt after the 1908 earthquake, Reggio is set out in a grid pattern and has Art Nouveau and Belle Époque architecture that add to its charm. And the fragrance of bergamot, the citrus fruit that dominates the region's confectionery and perfumery.

DAY 7

TAORMINA, SICILY

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.

DAY 8

SYRACUSE, SICILY

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.

DAY 9

VALLETTA

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Rates and dates

Current rates in Malaysian Ringgit per person, correct on 8 November 2026. Subject to availability.

SAILING	SHIP	FROM, PER PERSON
20 Jun - 28 Jun 2028	L'AUSTRAL	RM 26,989

Included

- 8-night cruise aboard L'Austral
- Welcome and farewell cocktail receptions aboard ship; including Captain's gala dinner
- All meals aboard ship including Fine Dine, coffee & pastry breakfast, lunch, afternoon tea and dinner
- Open bar aboard ship, including select wines with lunch & dinner
- Onboard activities during the cruise & entertainment
- Lectures and discussions by guest speaker
- Complimentary Wi-Fi aboard ship
- Port taxes and charges
- Gratuities to shipboard personnel, porters, guides & drivers

Not included

- International air ticket
- Airport transfer

Sailings and suites are reserved with Sedunia Travel Cruise:
https://cruise.seduniatravel.com/trip/9d8n-sicilian-gastronomy-diplomacy-and-heritage/

Speak with a specialist

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