



BROWN



Sicily by Sail

Catania to Naples Aboard *Sea Cloud II*

With Mary M. Flynn, Associate Professor of Medicine, Clinical, at Brown

October 10-18, 2019

CRUISE HIGHLIGHTS

EXPERIENCE the thrill of sailing aboard the elegant *Sea Cloud II* to ancient towns that were once centers of the Greco-Roman, Carthaginian and Byzantine worlds

DISCOVER a stunning cathedral in Syracuse, built on the ruins of a 2,500-year-old Greek temple

ENJOY a private tour with the owner of a Baroque *palazzo*

VISIT Agrigento, whose Valley of the Temples contains some of the finest Greek ruins in the world

EXPLORE the capital city of Palermo, dotted with Baroque churches, Arab mosques and Byzantine mosaics

TRAVELING WITH YOU



Mary M. Flynn, PhD, RD, LDN is an Associate Professor of Medicine, Clinical, at Brown and a research dietitian at The Miriam Hospital, where she has worked since 1984. Her main research interest for more than 20 years is how food can be used as medicine. Her research focus since 1998 has been extra virgin olive oil. In 2013, she founded The Olive Oil Health Initiative of The Miriam Hospital at Brown University, which has a mission of educating the public and medical community on the health benefits of extra virgin olive oil.

In 1999, she developed a plant-based, olive oil diet that she has tested for improvement in biomarkers for disease and weight loss in women diagnosed with invasive breast and men with prostate cancer; improvement in components of the metabolic syndrome; and a decrease in food insecurity in food pantry clients.

She is co-author of the books *LOW-FAT LIES, high fat frauds and the healthiest diet in the world* (Lifeline Press, 1999), on the traditional Mediterranean diet; and *A Pink Ribbon Diet* (Da Capo Press, October 2010), which is a weight loss program and cookbook for women who have had breast cancer based on her research of the plant-based, olive oil diet that she has developed.

Professor Flynn is a favorite lecturer of the Brown Travelers and always receives rave reviews from the passengers. She has accompanied our groups on six previous trips, including four to Italy.



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Dear Brown alumni and friends,

Irresistible Sicily, that stepping stone between Europe and Africa, bears traces of the many civilizations that have conquered her, from the Phoenicians, Greeks and Romans to the Arabs, Normans and more. Please join us in October to circumnavigate this stunning island aboard *Sea Cloud II*. Autumn, cooler and less crowded, is the perfect time to discover Sicily's pearls of antiquity.

Traveling with us aboard this stately sailing ship will be Mary Flynn, Associate Professor of Medicine, Clinical, at Brown. A nutritionist, Professor Flynn's research has focused on the health benefits of the traditional Mediterranean diet and extra virgin olive oil.

Begin in Catania, Sicily, to board *Sea Cloud II* and set sail for Syracuse, once Athens' rival in wealth and culture. Visit a Baroque *palazzo* whose owner will welcome us for a tour. In Agrigento, explore the Valley of the Temples. From Trapani, choose an excursion to the medieval hilltop town of Erice or to Mazara del Vallo, home to the 2,400-year-old *Dancing Satyr*, a spectacular seven-foot bronze statue. Explore Palermo, Sicily's capital city, and visit the 12th-century Palatine Chapel. Disembark in Naples, where you may wish to continue on an optional postlude to Sorrento. An optional prelude in Taormina is also offered.

The elegant appointments of *Sea Cloud II* make her the ideal ship for this splendid itinerary. Travel under billowing sails, enjoying fine dining and impeccable service. This cruise is co-sponsored by The Metropolitan Museum of Art, the World Affairs Council of Philadelphia and the alumni association of Yale University.

I hope you will join us on this unforgettable voyage, named one of 50 "Tours of a Lifetime" by *National Geographic Traveler*, to discover the fascinating history and spectacular beauty of Sicily.

With best wishes from Brown,

Beth Goldman Galer '88
Director of the Alumni Travel Program



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An optional prelude in Taormina is offered from October 7-11, 2019.

THURSDAY, OCTOBER 10: DEPARTURE

Depart on an overnight flight to Catania.

FRIDAY, OCTOBER 11: CATANIA (SICILY), ITALY / SEA CLOUD II

Arrive in Catania and transfer to the awaiting *Sea Cloud II*. Enjoy a *bon voyage* toast on deck as we sail south to Syracuse. L,D

SATURDAY, OCTOBER 12: SYRACUSE (SICILY)

Today we explore Syracuse, one of the most important cities in antiquity. On beautiful Ortygia Island, see the cathedral built on the ruins of the Temple of Athena. By special invitation we will visit the Baroque *palazzo* of Barone Beneventano, where he will welcome us for a tour and light refreshments. This afternoon discover the well-preserved Greek and Roman theaters of the Archaeological Zone. Gather in the evening for the captain's welcome reception and dinner. B,L,R,D

SUNDAY, OCTOBER 13: POZZALLO / NOTO (SICILY)

This morning arrive in Pozzallo and drive to the exquisitely preserved town of Noto. This Baroque jewel is situated on a plateau surrounded by olive and almond groves. In the beautiful historic center, see Corso Vittorio Emanuele, an elegantly manicured walkway flanked by buildings of golden sandstone, where every facade is embellished with sculptures of gods, mythical beasts, saints and angels. Spend the afternoon at sea as we sail to Porto Empedocle. B,L,D

MONDAY, OCTOBER 14: PORTO EMPEDOCLE (SICILY)

Step ashore at Porto Empedocle for a drive to Agrigento, which Pindar called "the most beautiful city built by mortal men." Tour the Valley of the Temples, with some of the finest Greek ruins in the world. Return to the ship for lunch and an afternoon at sea. B,L,D

TUESDAY, OCTOBER 15: TRAPANI / SEGESTA (SICILY)

Arrive in Trapani and depart on a morning excursion to Segesta to view its splendid Greek temple and theater. Following lunch, you may wish to visit the medieval hilltop town





Palermo



Sea Cloud II

of Erice. Alternatively, drive to the village of Mazara del Vallo to see its spectacular seven-foot bronze statue, retrieved from the sea by local fishermen. With his flying hair and goat ears, the 2,400-year-old figure was dubbed the *Dancing Satyr*. B,L,D

WEDNESDAY, OCTOBER 16: PALERMO (SICILY)

Dock in the Sicilian capital of Palermo for a morning visit to the 12th-century Palatine Chapel in the Palace of the Norman Kings. Described by Guy de Maupassant as “the most surprising religious jewel ever dreamt of,” the chapel is known for its extraordinary golden mosaics. Continue with a tour of a *palazzo* followed by a private reception. After lunch on board, drive to Monreale to discover the magnificent Norman cathedral, whose brilliantly colored mosaics depict scenes from the Old and New Testaments. B,L,R,D

THURSDAY, OCTOBER 17: LIPARI (AEOLIAN ISLANDS)

This morning arrive in Lipari, with its distinctive pumice slopes. One of the seven islands of the Aeolian Archipelago, Lipari is the mythological home of Aeolus, the god of the winds. Dominating the town is a 16th-century Norman castle built on the site of an ancient acropolis. Now an archaeological museum, it houses one of the world’s most outstanding Neolithic collections. Experience the thrill of sailing aboard the legendary *Sea Cloud II* during an afternoon at sea. Attend the captain’s farewell reception and dinner this evening. B,L,R,D

FRIDAY, OCTOBER 18: NAPLES / RETURN

Disembark *Sea Cloud II* in Naples and transfer to the airport for flights home. B

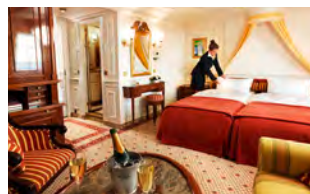
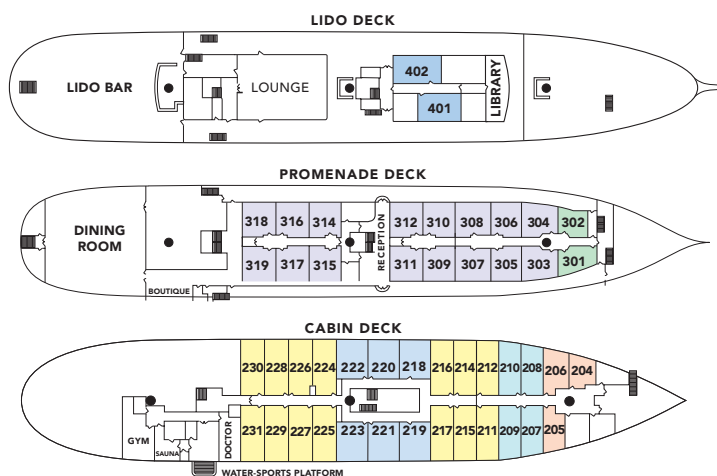
An optional postlude in Sorrento is offered from October 18–20, 2019.

DISCLAIMER: *The itinerary is subject to change at the discretion of Arrangements Abroad. For complete details, please carefully read the terms and conditions at <http://www.arrangementsabroad.com/terms>*



Temple of Concordia, Agrigento

SEA CLOUD II



Owner's Suite (top) and a Deluxe Cabin (above) on Sea Cloud II

Sea Cloud II is a three-masted sailing yacht steeped in the elegance of yesteryear and complemented with the most modern amenities. Sister ship of the legendary Sea Cloud, Sea Cloud II has 47 outside cabins and travels under 23 billowing sails trimmed by hand. From the mahogany-paneled library and gracious lounge to the fitness area and watersports platform, no detail has been overlooked. Praised by the world's most discerning travelers, Sea Cloud II receives consistent high rankings from *Condé Nast Traveler*. Passengers enjoy open seating at all meals and complimentary use of all water sports equipment. A doctor is on call 24 hours a day. ■

CRUISE RATES

Cabins	Decks	Double Rates	Single Rates
Cabins 204 to 206 Staterooms. Upper/lower twin berths, shower.	Cabin Deck	\$7,999	\$9,999
Cabins 207 to 210 Superior Cabins. Twin beds, shower.	Cabin Deck	\$8,999	\$13,999
Cabins 211 to 217 & 224 to 231 Deluxe Cabins. Twin beds, shower.	Cabin Deck	\$10,999	\$16,499
Cabins 218 to 223 Deluxe Cabins. Twin beds, shower.	Cabin Deck	\$12,999	\$19,499
Cabins 301 & 302 Deluxe Cabins. Twin beds, shower.	Promenade Deck	\$13,999	Inquire
Cabins 303 to 319 Junior Suites. Twin beds, bathtub with shower.	Promenade Deck	\$14,999	Inquire
Cabins 401 & 402 Owner's Suites. Queen-size bed, bathtub and separate shower.	Lido Deck	\$15,999	Inquire

RATES INCLUDE

- Seven nights cabin accommodations aboard Sea Cloud II
- Meals as indicated in the itinerary (B=Breakfast, L=Lunch, R=Reception, D=Dinner). Bottled water and coffee/tea with all meals; wine with lunches and dinners. Complimentary open bar throughout the cruise
- Guided sightseeing by private motorcoach; entrance fees for all included visits
- Airport/pier/airport group transfer for all participants on suggested flights
- Gratuities to local guides and drivers; customary shipboard gratuities
- Taxes, service and portage charges

NOT INCLUDED IN RATES International airfare; passport fees; personal items and expenses; airport transfers for those participants not on suggested flights; baggage in excess of one suitcase; trip insurance; optional prelude in Taormina; optional postlude in Sorrento; any other items not specifically mentioned as included.



Palermo

BROWN TRAVELERS
SICILY BY SAIL • OCTOBER 10-18, 2019
RESERVATION FORM

To reserve a place, please contact Arrangements Abroad at phone: 212-514-8921 or 800-221-1944, fax: 212-344-7493; or complete and return this form with your deposit of \$1,000 per person (of which \$500 is non-refundable for administrative fees) payable to *Arrangements Abroad*. Mail to: Arrangements Abroad, 1040 Avenue of the Americas, 23rd floor, New York, NY 10018-3721.

Name(s) in full as on passport(s). Please print. Class/Parent Year

Class/Parent Year

Address

City State Zip

Telephone (home) (business)

Fax E-mail

ACCOMMODATIONS

Sea Cloud II cabin preference (1) _____ (2) _____

I wish to share a room/cabin with _____

OPTIONAL PRELUDE & POSTLUDE

I/We would like to join the optional prelude in Taormina

I/We would like to join the optional postlude in Sorrento

Hotel room preference One bed Two beds Single

FORM OF PAYMENT

Enclosed is my check (payable to *Arrangements Abroad*) Debit card Credit card

Name on debit/credit card

Debit/credit card number

3- or 4-digit security code Expiration date

I/We confirm that I/we have carefully read and agree to the *Terms & Conditions* of this Program (see www.arrangementsabroad.com/terms to review or call for a copy). I/We agree to full payment 120 days prior to departure. Each participant must sign below.

Signature (required) Date

Signature (required) Date

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