

Sicily

Circumnavigation



Sailing Around Sicily and Malta

Aboard the 47-stateroom Sea Cloud II

MAY 24–JUNE 2, 2027 FEATURING DR. GIULIA FRISO



Cliffs and rocks of Lipari, Italy



Syracuse, Sicily



Narrow streets in Sicily

Dear CAU Friends,

Delight in an eight-night private charter circumnavigation of Sicily aboard the iconic *Sea Cloud II*. Beginning and ending in Malta, the journey includes one night in Valletta, the capital of the island nation and one of the most concentrated historic areas in the world. Visit Sicily's treasures with stops in Trapani, Palermo, Giardini Naxos (for Taormina and Mount Etna), and Syracuse. Marvel at archaeological and architectural wonders, including the ancient city of Segesta, the riches of Palermo's Norman Palace, and the Greek amphitheater of Taormina.

The itinerary also features a full day in the Aeolian Islands, one of six UNESCO World Heritage sites visited, along with a specially timed sunset sailing through the Strait of Messina. Sample the rich flavors of Marsala with a guided tasting of this famed Sicilian wine, where guests experience the romance of classic sailing paired with the highest standards of modern comfort.

Like Marjorie Merriweather Post's legendary *Sea Cloud*, *Sea Cloud II* embodies the elegance and romance of a bygone era while offering the highest standards of modern comfort. This magnificent windjammer is operated by a highly skilled crew who hand-set more than 30,000 square feet of canvas, a rare and captivating sight at sea. Life aboard seamlessly blends classic sailing traditions with refined service, spacious accommodations, and thoughtful amenities, creating an experience that is both timeless and luxurious.

An optional two-night pre-trip extension is available, offering an unforgettable introduction to Malta and Gozo.

To reserve your space, please visit https://account.criteriontravel.com/Booking/RefStart/CAU/270524_SIC/tour For more information, call Criterion Travel at (888) 328-2089 or email res@criteriontravel.com

Warmly,

CAU (Cornell's Adult University)
Alumni Affairs



SCAN ME WITH YOUR
SMART PHONE OR TABLET
TO REGISTER ONLINE

View from Erice Mountain



Study Leaders

Highlights



Dr. Giulia Friso

**Senior Research
Associate/Senior Lecturer
College of Agriculture
and Life Sciences,
Cornell University**

Dr. Giulia Friso obtained her B.Sc. and M.Sc. in Biology & Biochemistry and her Ph.D. in Biochemistry and Biophysics at the University of Padua (Italy). She was a graduate student and a postdoctoral fellow at the Department of Biochemistry at Imperial College, London (U.K.), and at the Department of Pharmaceutical Chemistry at U.C.S.F. in San Francisco. She was also a research scientist at the pharmaceutical company AstraZeneca's discovery unit in Stockholm (Sweden). Giulia joined the Plant Biology Department at Cornell University in 2001.

Giulia Friso's research and teaching activities focus on the complexity of plant chemical compounds, exploring their potential for solutions to health, dietary and sustainability issues. In her classroom, online and eCornell courses, she makes the connections between food and health, introduces past and current plant-based natural remedies used around the globe, and explores their relationship with indigenous people, their traditional medicine systems, and their efficacy and modes of action.

By exploring plants pharmacological properties and toxicities, and comparing how plants consumed as food, herbal extracts, dietary supplements, and western medicines are used and regulated, her students not only acquire a deeper appreciation and respect for the natural world, but also a better understanding of the potential benefit and risk of plant-based medicine.

- ◆ Customize your journey with a menu of excursion options tailored to a range of interests and mobility levels in nearly every port, including Valletta, Trapani, Palermo, Lipari, and Giardini Naxos.
- ◆ Visit six UNESCO World Heritage sites, including Monreale Cathedral, the Aeolian Archipelago (with a visit to Lipari), Mount Etna, and the historic centers of Valletta, Palermo, and Syracuse.
- ◆ Spend one night and day in Valletta, Malta's historic capital, before sailing from its magnificent harbor framed by honey-colored ramparts glowing in the sun.
- ◆ Marvel at archaeological and architectural wonders including the ancient city of Segesta, the riches of Palermo's Norman Palace, and the Greek amphitheater of Taormina.
- ◆ Sample the rich flavors of Marsala with a guided tasting of this famed Sicilian wine.
- ◆ Experience the scenic countryside and historic treasures of Lipari, one of the seven Aeolian Islands.
- ◆ Delight in a private reception with a nobleman who welcomes guests to his Baroque palazzo, dating back to the Middle Ages.



Itinerary

Monday–Tuesday, May 24–25

DEPART HOME/ VALLETTA, MALTA

Overnight flight to Valletta, a city known for its Baroque architecture, historic fortifications, and charming cafés that reflect its rich heritage. Upon arrival, transfer to *Sea Cloud II* and meet fellow travelers at a welcome orientation and reception.

Sea Cloud II (R,D)

Wednesday, May 26

VALLETTA

Start the day with two full-day excursions to choose from. Explore Malta's prehistoric and archaeological treasures with visits to the National Archaeological Museum, Tarxien Temples, and the Hypogeum, an underground site renowned for its prehistoric significance. Alternatively, tour Valletta's architecture, including the ornate interiors

of St John's Cathedral and modern works by Renzo Piano. Depart in the evening, sailing from the historic harbor toward Sicily. *Sea Cloud II (B,L,D)*

Thursday, May 27

AT SEA

Enjoy a full day under sail. As part of the educational program, attend a lecture, take a guided tour of the ship, or, weather permitting, use the tenders to photograph *Sea Cloud II*. In the evening, the Captain's welcome reception and dinner provide the perfect opportunity to mingle with your fellow travelers.

Sea Cloud II (B,L,D)

Friday, May 28

TRAPANI

Begin the day exploring the Greek Doric temple of Segesta, perched on Mount Barbaro with panoramic views over Sicily's countryside. Later,

choose between two afternoon excursions, one being a visit to the medieval hilltop town of Erice, known for its cobbled streets and Norman castle, or sample the fortified wines of Marsala with a guided tasting. *Sea Cloud II (B,L,D)*

Saturday, May 29

PALERMO

Spend the morning visiting Palermo's Norman castle, Capella Palatina with its stunning mosaics, and Monreale Cathedral, a UNESCO World Heritage site. Enjoy lunch in Palermo's Old Town, followed by two afternoon options: the Abatellis Art Museum, which houses Sicilian and Renaissance masterpieces, or the Archaeological Museum, featuring an impressive collection of ancient artifacts. *Sea Cloud II (B,L,D)*



Ruins of Ancient Theatre in Taormina

Temple at Segesta



Sunday, May 30
LIPARI, AEOLIAN ISLANDS

Discover Lipari with a walking tour that includes the Archaeological Museum, or take a scenic drive with free time to wander the town's charming streets and coastline. In the afternoon, enjoy swimming, sailing, and educational programming, followed by a sunset cruise past Stromboli to see its volcanic activity.
Sea Cloud II (B,L,D)

Monday, May 31
GIARDINI NAXOS

Embark on one of two morning excursions to Mount Etna, visiting Silvestri Crater and riding the cable car to the summit, or head to Taormina to tour the 3rd-century B.C.

Greco-Roman amphitheater and enjoy free time in town. The afternoon is dedicated to relaxation on deck while taking in Sicily's coastline.
Sea Cloud II (B,L,D)

Tuesday, June 1
SYRACUSE

Tour Syracuse Archaeological Park, then stroll through Ortygia Island, experiencing the morning market and Cathedral Square. In a private Baroque palazzo, enjoy a wine tasting hosted by a nobleman. The afternoon is spent cruising to Malta, concluding with the Captain's farewell reception and dinner.
Sea Cloud II (B,L,R,D)

Wednesday, June 2
VALLETTA, MALTA/ HOME

Disembark for flights home. (B)



Valletta, Malta

MALTA PRE-TRIP EXTENSION

May 22–25, 2027

This two-night pre-trip extension offers an unforgettable introduction to Malta beyond its capital. Discover the island's stunning landscapes and local charm, including a day trip to the idyllic island of Gozo to see the world's oldest megalithic temples. Explore the south coast, starting with the awe-inspiring Haġar Qim complex, then visit the colorful fishing village of Marsaxlokk. Dine within the ancient walls of M'dina, and spend two nights at the centrally located Excelsior Hotel. Cross to Gozo to visit the UNESCO World Heritage Site of Ġgantija and the charming city of Victoria, then return to Valletta to join the main *Sea Cloud II* tour with the rest of the group.



Syracuse, Ortygia, Sicily

GENERAL INFORMATION

PROGRAM RATES DO NOT INCLUDE

U.S. domestic and international airfare
 • Passport/visa expenses • Medical expenses and immunizations • Private airport transfers or airport transfers outside of group arrival and departure dates • Travel and trip cancellation insurance • Excursions that deviate from the scheduled tour options • Airline baggage charges • Meals not specified in the itinerary; dishes and beverages not part of the included meals; liquor or soft drinks except as noted • Laundry or dry cleaning • Telephone, internet and email charges • Room service • Other items of a personal nature

AIR ARRANGEMENTS

U.S. domestic and international airfare is not included in the program rates. Valerie Wilson Travel, Inc. can help with airline arrangements for this trip and can be reached at (877) 376-1754. You are also welcome to book your air transportation through your local travel agent, an online travel site, or the airline of your choice. Further information about making flight arrangements will be sent to confirmed participants.

WHAT TO EXPECT

This is a moderately strenuous program, at times physically demanding and busy, with considerable walking at some sites. Daily activities can involve up to two miles of walking, often on uneven surfaces; elevators may not be available and stairs may not have handrails. The ship does not have an elevator, so you will need to navigate stairs, possibly while on choppy seas. You will need to climb into and out of tenders for two shore excursions (staff and crew will be on hand to assist). Participants should be fit and in active good health. Limited medical facilities are available on board the *Sea Cloud II*.

GROUP SIZE

This program can accommodate 78 participants, including travelers from Cornell's Adult University, National Trust Tours, Harvard Alumni Travels and the Archaeological Institute of America.

TRAVEL INSURANCE

Travel insurance for trip cancellation and interruption, medical problems, baggage loss and delay, etc., is highly recommended. Trip cancellation policies that apply to this expedition are included in this brochure. Information about travel insurance will be sent to confirmed participants.

A NOTE ABOUT RATES

Tour rates are based upon current fuel prices, currency values, taxes, tariffs, and a minimum number of participants. While we will do everything possible to maintain the listed rates, they are subject to change. If there are significant changes, details and costs will be advised prior to departure.

TERMS & CONDITIONS

Complete Terms and Conditions, including Statement of Responsibility, will be made available to you at the time of registration, or in advance upon request. A signed "Terms & Conditions, Release from Liability, Assumption of Risk and Binding Arbitration Clause" is required from each applicant prior to participation on the tour.

RESERVATIONS & PAYMENTS

An initial deposit of \$1,000 per person is required to reserve space on this program. Reserve your space online at <https://account.criteriontravel.com/Booking/RefStart/CAU/270524.SIC/tour> or complete the reservation form included in this brochure and mail it with your check or credit card information to: Criterion Travel, 4250 SW Hall Blvd., Beaverton, OR

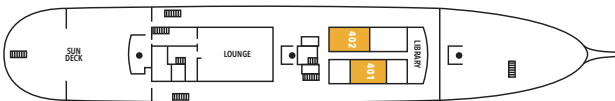


Sea Cloud II

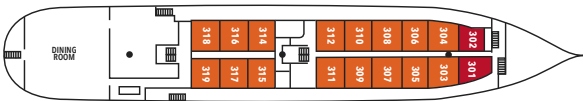
The iconic *Sea Cloud II* is perhaps the most luxurious three-masted sailing yacht on the seas today. Like Marjorie Merriweather Post's legendary *Sea Cloud*, she combines the seafaring elegance of a bygone era with the highest modern standards of luxury. In the grand tradition of the world's finest sailing vessels, guests can experience this marvelous ship under sail as the skilled crew hand sets over 30,000 square feet of canvas.

The *Sea Cloud II* offers an intimate setting with just 47 beautifully appointed staterooms, gracious common areas, world-class service, and five-star dining. Four spacious outdoor decks and al fresco dining on the Lido Deck provide ample space for relaxation. Indoors, enjoy inviting spaces such as the sizable lounge and dining room, as well as a library, gym, and spa featuring a sauna and massage therapy.

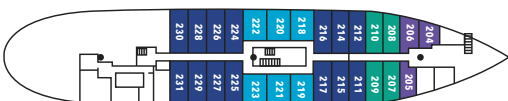
PROGRAM RATES:	Double	Single
1 CABIN DECK 150 sq ft upper & lower single beds, two portholes, shower	\$8,990	\$13,990
2 CABIN DECK 204 sq ft twins or queen bed, two portholes, shower	\$11,990	\$18,590
3 CABIN DECK 215 sq ft twins or queen bed, two portholes, shower	\$13,490	\$20,790
4 CABIN DECK 226 sq ft queen bed, three portholes, shower	\$13,990	_____
5 PROMENADE DECK 215 sq ft queen bed, panorama windows, shower	\$14,990	_____
6 PROMENADE DECK 247 sq ft twins or queen bed, panorama windows, tub/shower	\$15,990	_____
7 LIDO DECK 290 sq ft king bed, panorama windows, bathtub & shower)	\$18,990	_____



LIDO DECK Category 7



PROMENADE DECK Categories 5-6



CABIN DECK Categories 1-4



97005, or fax to (650) 560-6400. Balance of payment is due January 25, 2027. After January 25, 2027, full payment is due upon registration. Final payment may be made by check, bank transfer, or credit card (credit card payments will incur a 2% fee).

CANCELLATIONS & REFUNDS

Upon payment of a deposit, all reservations are subject to the cancellation provisions set forth below and by which the passenger agrees to be bound. Cancellations shall not be effective until they are received in writing and confirmed by Criterion Travel. Deposits are refundable (less a \$250 per person admin fee) if written notice of cancellation is received within 30 days of booking; after that, deposits are 100% nonrefundable. After the January 25, 2027 final payment deadline, all payments are 100% nonrefundable, regardless of booking date. For this reason, we strongly urge participants to purchase trip cancellation insurance. No refunds will be made for any part of this program on which you choose not to participate.

NOTE: Neither Cornell University nor Criterion Travel, the tour operator, accepts liability for any airline cancellation penalties incurred with the purchase of non-refundable tickets.

TRAVEL SAFETY POLICY

While Cornell is pleased to facilitate travel opportunities for its alumni and friends with tour operators that specialize in high-quality educational travel, please be aware that Cornell does not conduct, manage, or operate these travel experiences, or act as an agent for travelers interested in tours. Tour operators and travelers are responsible for making their own safety decisions concerning this travel, and, as a facilitator between travelers and the tour operators with whom travelers make arrangements for completing travel, Cornell's role and liability are strictly limited. Specific tour operator and national health and safety protocols will apply to each trip, and travelers should review all protocols and trip terms and conditions, including terms and conditions regarding cancellations, refunds, health and safety, and insurance prior to making a reservation. Cornell is not responsible for changes to trips or travel arrangements or for losses, expenses, damages, or injuries resulting from travel.

ITINERARY CHANGES

The itinerary presented for this tour is subject to modification and change by Cornell University and Criterion Travel. Every reasonable effort will be made to operate the program as planned; however, should unforeseen world events and conditions require the itinerary to be altered, Cornell University and the tour operator reserve the right to do so for the safety and best interest of the group. Any extra expenses incurred in this situation are the responsibility of the participant.

California Seller of Travel Program CST #2088800-40
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Sicily Circumnavigation



RESERVE
ONLINE

Sailing Around Sicily and Malta
MAY 24–JUNE 2, 2027

To reserve your space, please visit https://account.criteriontravel.com/Booking/RefStart/CAU/270524_SIC/tour For more information, call Criterion Travel at (888) 328-2089 or email res@criteriontravel.com. You may also complete and return this form with your deposit of \$1,000 per person, payable to Criterion Travel, to: Criterion Travel, 4250 SW Hall Blvd., Beaverton, OR 97005.

NAME #1 (as it appears on passport) BIRTHDATE

NAME #2 (as it appears on passport) BIRTHDATE

MAILING ADDRESS

CITY / STATE / ZIP or POSTAL CODE

HOME PHONE

MOBILE PHONE

E-MAIL 1

E-MAIL 2

Are you traveling with any other parties on this program?

Yes, _____

PAYMENT INFORMATION

Enclosed is my check for \$_____ (\$1,000 per person, payable to Criterion Travel) for _____ place(s) on the **SICILY CIRCUMNAVIGATION** cruise.

Please charge my deposit of \$_____ (\$1,000 per person) to my (circle one): VISA/MC/AMEX

NAME ON CREDIT CARD

CARD # EXP. DATE SEC CODE

SIGNATURE AS IT APPEARS ON CREDIT CARD DATE

ACCOMMODATIONS (not guaranteed)

Cabin category preference: 1st _____ 2nd _____

Bed Preference: One bed Two beds

SINGLE TRAVELERS (choose one)

I prefer to have single accommodations (limited availability)

I plan to share accommodations with:

I'd like to know about roommates. I understand that if a roommate cannot be found by the final payment deadline of **January 25, 2027** I will pay the single rate.

I/We have read the tour information section of the brochure and agree to the Terms and Conditions stated therein.

SIGNATURE DATE

SIGNATURE DATE

CAU Select

130 E. Seneca Street, Suite 400
Ithaca, New York 14850

Sicily Circumnavigation



Lipari Old Town Church

Aboard Sea Cloud II • MAY 24–JUNE 2, 2027