



VERDURA RESORT

SICILY

A ROCCO FORTE HOTEL

# AUTUMN IN SICILY 2022







## Autumn in Sicily a half-term to remember

As the Summer heat fades into the gentle warmth of Sicilian autumn, Verdura Resort is the perfect destination for families seeking an escape brimming with exciting al fresco activities.

Away from the crowds, amidst beaches, orchards and olive groves, treat the whole family to a safe and soothing break, enjoying the scents of Sicily.



### FOOTBALL LEGENDS ACADEMY WITH GIANLUCA ZAMBROTTA FROM OCTOBER 24 TO 30

Calling all young football champions of the future: this is your chance to score a hat trick over the Autumn season! Under the guidance of Italian football hero Gianluca Zambrotta, junior footballers, aged six to 14, will have the opportunity to build their confidence on and off the pitch with a mixture of games, friendly matches and technical workshops.

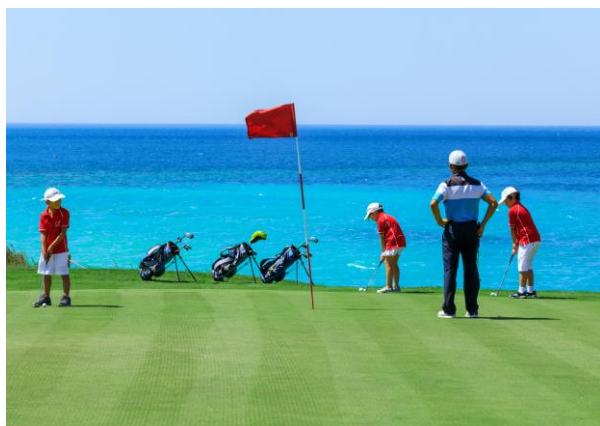
### RUGBY ACADEMY WITH GREGORIO REBECCHINI FROM OCTOBER 24 TO 28

Everyone can play rugby, whether you're small, tall, big or thin. Our special Academy held by the Italian champion Gregorio Rebecchini, will focus on the core values of this game which are: teamwork, respect, enjoyment, discipline and sportsmanship. Special classes for all levels including team tactics, tackles and kicks, on the grass by our Infinity Pool.



### TENNIS WORKSHOP WITH THE STARS FROM OCTOBER 22 TO 29

A unique event week with 3 former world class players and a fantastic programme held by Karel Novacek, Dominik Hrbatý and Jeremy Bates. Our special week will include three 90-minutes lessons in three different days, with the 3 stars on the court, exhibitions between the legends and exciting tournaments with the special assistance of the stars during the matches coaching the players.



## JUNIOR GOLF ACADEMY

AVAILABLE DAILY, UPON REQUEST

A fun way for our younger guests to discover the great game of golf, ideal for six to 16 years olds. We'll provide the perfect introduction and foundations for those that want to start playing golf to develop their skills or improve the game for budding golfers. Our courses cover every aspect of golf, from practical skills such as hitting the ball, chipping, putting, bunker shots, playing on the par-3 course, to the etiquette and rules of golf.

## SPORTING ACADEMIES

AVAILABLE DAILY, UPON REQUEST

The Resort is the perfect place to experience the favourite leisure activity or learn a new one. Start exploring the stunning Sicilian landscape by bicycle or walking, thanks to the cycling and trekking routes; meet our sporting instructors and book your private or group lesson with our instructors: tennis, fencing, swimming, calisthenics, karate, muay thai and padel.



## VERDÙLAND KIDS CLUB

OPEN DAILY

Verdùland is a lively space dedicated to Babies and Kids, offering a 450m<sup>2</sup> indoor room and two terraces with private pools. Cooking, science, arts & crafts, culture, an array of sports and much more are also offered and scheduled in a weekly programme. It's overseen by our specialised team and Verdù the hedgehog mascot. A babysitting service is also available in room or at the kids club.

## WANTED VERDÙ

FAMILY TREASURE HUNT, OCTOBER 22 AND 28

Join us on a secret mission, as you search the resort high and low for Verdù, our mascot who has mysteriously disappeared. Can your little ones help us find him? All they need to do is work as a team and pass the five outdoor tests that'll lead them from the Kid's Club all the way to the beach. Here, they will be greeted with a special gift, as we hear that Verdù is known to surprise his friends.







### FAMILY ACROYOGA

AVAILABLE DAILY, UPON REQUEST

Enjoy extra bonding time with your young ones while building strength and agility. Learn the invigorating art of Acroyoga and discover ways to strengthen your partnership with your children and build trust with this fun acrobatic yogic routine. Most importantly, your little ones will squeal with laughter and excitement as you lift them into an aerial pose.

### LA CASETTA NELL'ORTO

BY FULVIO PIERANGELINI

AVAILABLE DAILY, UPON REQUEST

Take the sustainable route to dining and enjoy a gastronomic journey through our vegetable garden, followed by a cooking class, culminating in a Sicilian feast for the senses. Cocooned by skillfully cultivated olive groves, the newest cottage in our vegetable garden is a unique space to discover and taste freshly grown food and experience the best of healthy living.



### FITNESS CLASSES

GROUP AND PRIVATE LESSONS

We offer daily classes in our fitness studio or outdoor with our qualified instructors, making exercise fun and sociable. Expect stretching, Pilates, hatha and power yoga, total body, gag, Zumba, aqua Zumba, aero mix dance, cardio pop dance, aqua gym, circuit training body pump, Salsa y Bachata, TRX, HIIT and newest Calisthenics and Acroyoga.

### IRENE FORTE SPA

RELAXATION, TREATMENTS AND PROGRAMMES

Revive your mind and body in our 4,000 square metre pavilioned Sicilian spa set around an open-air courtyard, amongst the palms, orange groves and olive trees. We fuse the regenerative powers of nature and science, complemented by innovative and high technology integrated into our advanced facials and body treatments carried out by our expert team of Therapists and Specialists.





## VALLEY OF THE TEMPLES

### INCREDIBLE GREEK RUINS

Visit Agrigento, home to one of the most famous and important cultural centres in the Mediterranean: the UNESCO World Heritage-protected Valley of Temples. The archaeology park consists of eight ancient temples thought to have been built between 430 and 510BC. Despite being around 2,500 years old, these fascinating monuments are extraordinarily well preserved and stand almost unaffected by time and weather to this day.

## OUR LOCAL INSIDER

### THE HIDDEN SIDE OF SICILY

*U Canuscituri* in Sicilian means “a connoisseur of the island”. To visit the destination with an original touch, meet Pierfilippo: a truly Sicilian insider. Meet shepherds, bakers, farmers, agronomists and artists to discover the history of the region and unlock the local secrets in a fresh way, spending a full day outdoor to learn the history of the *Sicanians*, thought to be the oldest inhabitants of the island.



## SCIACCA

### GUIDED TOURS AND EXPERIENCES

Tumbling down a scenic hillside along Sicily's southern coastline, Sciacca is a 15 minute drive from Verdura Resort. Explore its charming city centre with the local association's *Museo Diffuso dei 5 sensi* programme: book guided tours, visit artisan workshops, and see how the town's famous Carnival floats, coral jewellery and ceramics are made.

## FAMILY OFFSITE ACTIVITIES

### FUN AND DISCOVERY

Reconnecting with the magic of your childhood, enjoy a nostalgic family day out at Sciacca's playful Toy Museum, where early computer games and vintage toys will spark fond sepia-toned memories. Alternatively, make your way to Mugnaia Caterina's mill to learn all about how *tumminia* is cultivated and prepare special cocoa biscuits called 'tummicaio'.







ROCCO FORTE HOTELS