



Ancestral Lineage Healing Retreat, Palermo, Sicily. 2025. with Dr. Daniel Foor.

17th February to 21st February 2025.
Grand Hotel Piazza Borsa. Pallermo Sicily.
<https://piazzaborsa.it/>



Here is some general information which you might find useful as you plan your trip to the beautiful city of Palermo, Sicily for this wonderful retreat. If we have missed anything or you have any further queries, please don't hesitate to let us know.

How to get there.....and more!!



Sicily.

The Island of Sicily:

Sicily is unlike anywhere else in Italy. The island of Sicily offers everything that makes Italy a major destination: beaches, wine, food, and architecture—but all with a Sicilian twist. Rustic fare makes the most of local produce from rich cannoli to crispy creamy arancini. When you're ready to get up from the table, tour the Baroque architecture of Catania, the holy monuments of Agrigento, and beach clubs at Mazzaro.

Winemaking on the island dates back to the Greeks and the volcanic soil leads to excellent Nero d'Avola native grapes. Offshore islands give more chances to explore. Lampedusa is the spot for white-sand beaches and clear water for snorkelling, while the volcanic island of Vulcano is a favourite for hot springs.

Palermo: The Retreat Location

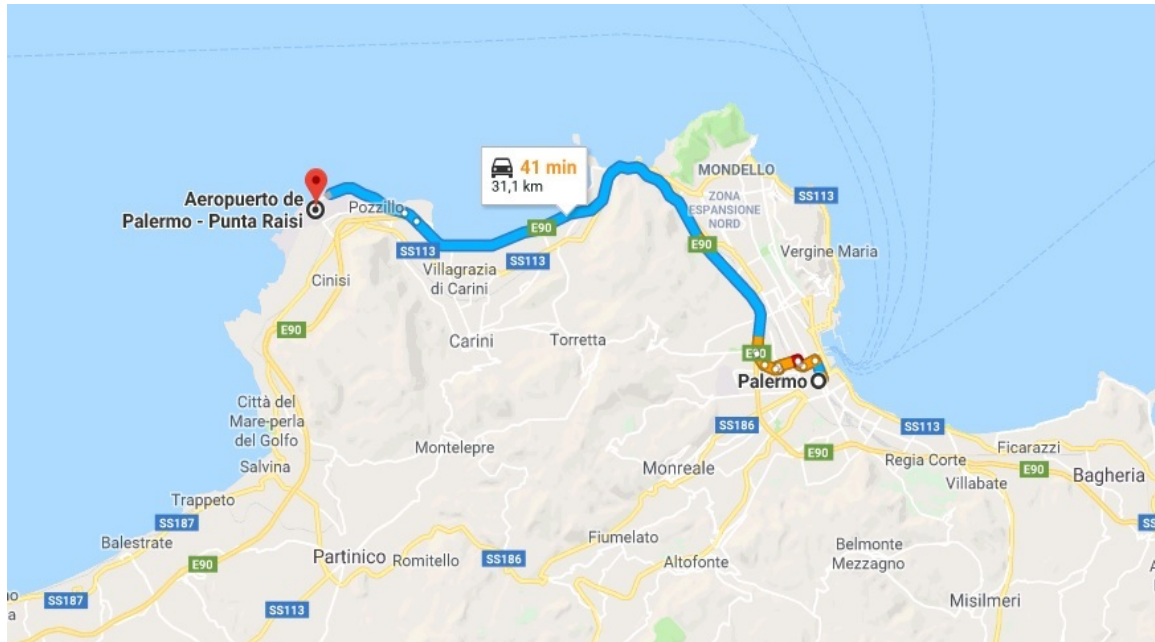


A typical street in Palermo..

Palermo, the regional capital of Sicily, is one of those cities with a very distinct, almost tangible atmosphere, a place of mystery, where reality often outperforms the traveller's imagination and preconceived stereotypes. It is a buzzing Mediterranean centre whose 1 million inhabitants are a fascinating cocktail of apparently conflicting characteristics.

Palermo's history has been anything but stable, and the city has passed from one dominating power to another with remarkable frequency. Its strategic position at the heart of the Mediterranean brought wave upon wave of invaders, including the Phoenicians, the Carthaginians, the Greeks, the Romans, the Arabs, the Normans, the Swabians, the French, the Aragonese and the Bourbons just to name the most influential. The result of this quilted history is evident today in the vast range of architectural styles, the intriguing fusion of ingredients used in many local dishes, and in the many place names whose etymology bypasses Italian linguistic traditions.

Getting to the Retreat Hotel in Palermo:



(Falcone Borsellino (Palermo) Airport 31.1km from Palermo City.

Palermo Airport - All the major airlines fly from European destinations such as Dublin, Manchester, London, Paris, Munich, Frankfurt, Madrid and Rome etc., plus many more into Palermo Airport. (PMO) Please check with your International and/or domestic airlines for direct and indirect routes into Palermo Airport.

Standard Taxi - From Palermo Airport to Palermo City centre on average costs around €35 - €65 per person depending on the time of day. Standard taxi's are available near to the arrival terminal. just look for the Taxi pickup area, which is located by the terminals arrival area.

Uber Taxi – Depending on the time of day the average pricing for one person from the airport to Palermo city centre is ranges from €30 - €60. Pick up location at the airport terminal your Uber App will direct you to the rideshare zone at the airport.

Private Transfer companies - Depending on the level of luxury car you request the average prices can vary from €60 to €100. Here are just a few Private transfer companies available from Palermo Airport.

Private Transfers continued:

Taxi Airport Transfer – Travel in Italy: <https://www.taxiaeroportopalermo.it>

Transfer Airport Palermo - <https://transferairportpalermo.it>

Taxi Aeroporto Palermo- Alex Travel - <http://www.taxipalermoaeroporto.it>

By train from Palermo Airport to Palermo city centre – The average journey time by train from Palermo Airport to Palermo Centrale is approx. 45 minutes to 1 hour. Which ever terminal you arrive into Palermo Airport you will see signage to the Airport train station. The average price for a single ticket is €6 - €8 and trains leave for the city centre every 30 minutes.



Trenitalia trains - <https://www.trenitalia.com/en/services/palermo-airport-falcone-borsellino.html>

Rental Car -: All the major rental car companies are available at the Palermo Airport.



Terravision Bus

By Bus -: From Palermo Airport to Palermo City Centre the journey time takes about 1 hour. Single ticket cost - €1.40 to €1.60. You will see signage for the bus pick up location at your arrival Terminal.

Bus companies –

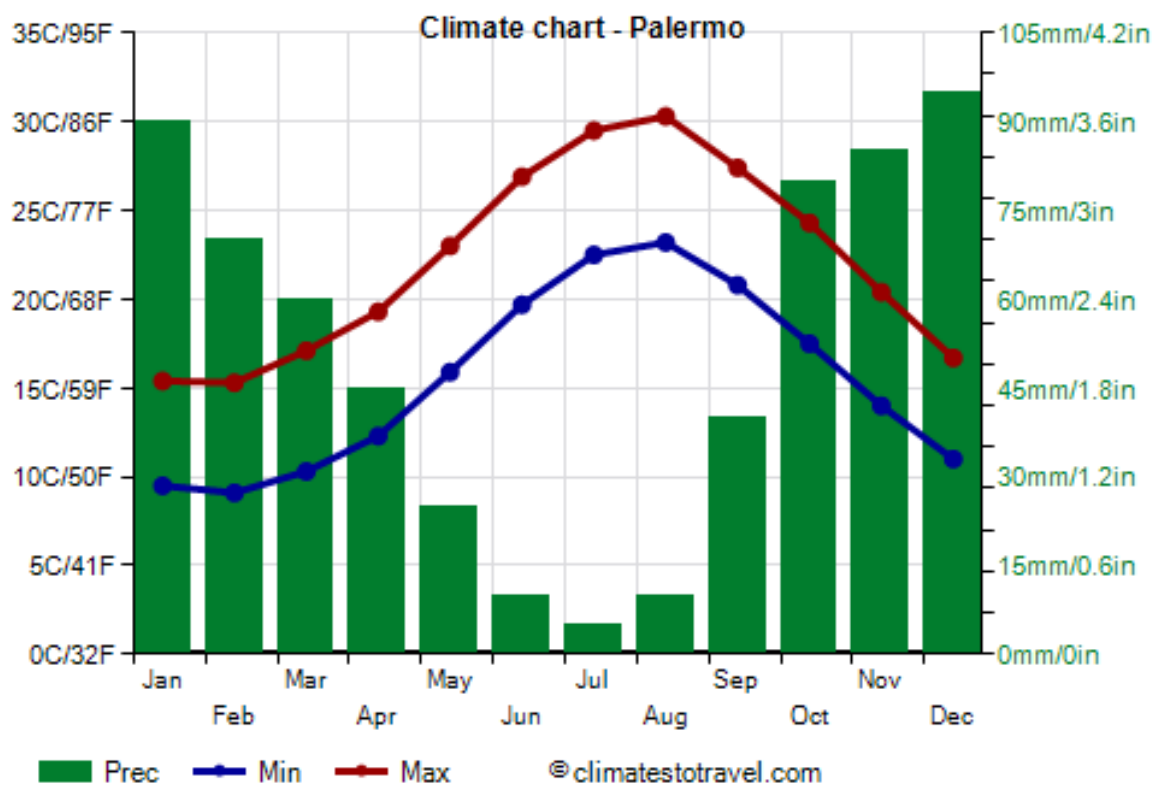
Terravision - https://www.terravision.eu/airport_transfer/bus-palermo-airport-palermo-city-center/#:~:text=The%20cheapest%20way%20to%20get,%3A00am%20to%2000%3A30am.

Palermo Airport Bus (Prestia e Comande) - <https://www.palermo-airport.com/bus.html>

The Weather:

The weather in Palermo is very mild with sunny/rainy periods in winter, sunny springs and hot summers. The Sirocco, the wind from Africa, is able to raise the temperature by several degrees it can exceed 20C (68F) in winter and reach heights of 40C (104F) in summer. In February the average daily temperature is 12.2 C (54F) to 14.2C (58F)

Average monthly temperature climate chart in Palermo -:





What to bring:

So what to bring! Firstly, swim wear for the indoor steam room, turkish baths, jacuzzi, etc. at the retreat location hotel. It is also advisable for the retreat to bring light casual clothes so light pants, shorts, t-shirts and casual relaxed wear generally. The days and evenings can be cool in Palermo during February, so it might be a good idea to bring clothes that allow you to layer up or layer down depending on the time of day. Jeans, fleece's and a warm jacket for the evenings might be a good idea. If you are a keen walker, the hotel is surrounded by wonderful streets and squares that only Palermo can offer. Please therefore ensure to bring comfortable walking shoes or sneakers.....and as much as we hate to say it, maybe pack a light raincoat...just in case!!!! Oh yes.... and sun glasses!!

Where you will be staying for the retreat:



The Grand Hotel Piazza Borsa, Palermo.

Grand Hotel Piazza Borsa, <https://piazza Borsa.it/> is a beautiful 4 star hotel in a great location surrounded by the historic old city of Palermo. The hotel in itself has a long history, the core of building around 500AD was originally a convent and a large church of the Fathers of Mercy, a monastic order who were famous in Palermo.

The existing entrance and porch into the hotel remains virtually unchanged from when the building was a monastery. The hotel lobby interior is now a mix of old Italian classical design and more modern day design. The existing restaurant has interior influences of the 1930's symbolic but simplistic design. The remainder of the hotel including the bedroom are modern, comfortable clean and quiet considering the hotel location in the heart of old Palermo.

The Hotel is renowned for its calm and comforting surroundings, good food and its wellness centre offering relaxing massages, sauna rooms, Turkish baths, jacuzzi, cold baths and more! <https://piazza Borsa.it/en/wellness> If you require a rental car, Taxi, a rental bicycle or location maps while on your stay, just contact the hotel reception.



Old City of Palermo

Given the close proximity of popular landmarks, such as Santa Maria dell' Ammiraglio (La Martorana) (0.2 mi) and Chiesa del Gesu (0.3 mi), guests of Grand Hotel Piazza Borsa can easily experience some of Palermo's most best known attractions.

If you're looking for a seafood restaurant, consider a visit to Ferro di Cavallo, Osteria Mercede, or Trattoria ai Cascinari, which are all conveniently located a short distance from Grand Hotel Piazza Borsa.

There is no shortage of things to do in the area: explore popular ancient ruins such as Chiesa di San Giovanni degli Eremiti, Catacombe Paleocristiane di Porta d'Ossuna, and Necropoli Punic.

<https://www.visitsicily.info/en/itinerario/palermo-quick-tour-in-the-historic-centre/>

<https://www.thethinkingtraveller.com/italy/sicily/towns-and-cities-in-sicily/palermo>

OUR COVID – 19 POLICY

Please review our FAQs page on our website for details about Covid-19 - <https://www.souliology.com/faqs>

Finally, in light of the current global circumstances, we recommend taking out travel insurance which includes trip cancellation insurance plus we recommend booking refundable flights to the retreat venue. While we are fully committed to hosting the retreat in person, we wish to acknowledge the uncertainties, and we believe it's wise to safeguard your financial investment. (you may be able to avail of some cover through your credit card; so please don't forget to inquire).

If you require any further information, please do not hesitate to contact us at contact@souliology.com. We are here to help.

We are looking forward to welcoming you on retreat in the beautiful city of Palermo and thank you for choosing us to be part of your personal healing journey!

