



SICILY



Sicilian routes: between nature and culture



Sicily captivates its visitors with an extraordinary variety of landscapes, unique in the world: from golden sandy beaches caressed by crystal-clear waters to majestic mountains rising towards the sky, passing through lush plains dotted with olive groves, citrus orchards, and vineyards. Every corner of this island is a living painting, an experience that engages all the senses.

Whether you are a sea lover, a nature enthusiast, a history buff, or a food connoisseur, Sicily will win you over. From the rugged, rocky coasts of the north to the softer, sandy shores of the south—through hidden coves, white cliffs plunging into the sea, and urban beaches steeped in local life—this land offers unforgettable views and authentic atmospheres.

The island is home to two of Europe's most active volcanoes, Etna and Stromboli, where you can enjoy thrilling excursions among craters, lava flows, and breathtaking landscapes. Completing the picture are cities and villages rich in history and beauty, where Norman, medieval, Baroque, and Rococo art blend into a centuries-old narrative.

Get ready to embark on a journey through spectacular landscapes, invaluable archaeological sites, vibrant art cities, and culinary traditions that leave a lasting impression.

Browse through our eBook: inside, you'll find information, tips, and curiosities to help you make the most of your vacation in Sicily.

AEOLIAN ISLANDS



The Aeolian Islands, a volcanic archipelago off the northeastern coast of Sicily, are a true masterpiece of nature—waiting to be discovered and experienced.

Known as the “seven pearls of the Mediterranean,” these islands enchant with their raw beauty and timeless atmosphere. Lipari, Salina, Vulcano, Stromboli (with the striking Strombolicchio), Filicudi, Alicudi, and Panarea (surrounded by its charming islets such as Basiluzzo, Dattilo, and Lisca Bianca) offer breathtaking landscapes and a crystal-clear sea in countless shades of blue.

Wild and mysterious, the Aeolians have been shaped by fire and wind. Two still-active volcanoes, Stromboli and Vulcano, dominate the horizon and offer unforgettable experiences to those who explore them—with lava flows, steaming craters, and otherworldly panoramas. A journey to the Aeolian Islands is a deep dive into unspoiled nature, with scenic hikes, rejuvenating swims, and picturesque villages overlooking the endless blue



Vulcano is the southernmost and one of the most accessible of the Aeolian Islands, separated from Lipari by a narrow stretch of sea. Covering an area of 21 km², the island is dominated by the imposing presence of the Gran Cratere, which silently watches over a unique landscape of fumaroles, thermal mud baths, and pristine coastal views. Ideal for exploring by scooter or bicycle, Vulcano offers a slow-paced atmosphere, far removed from mass tourism. Here, human intervention has always coexisted with nature, adapting to its rhythms and shapes without ever disturbing its delicate balance.

Arrival on the island is through Porto Levante, at the foot of the Gran Cratere (also known as La Fossa), which stands 386 meters high. The ascent, though not difficult, provides a truly unique thrill: from the summit, you can enjoy spectacular views over the entire archipelago, with sulfurous vapors all around. Among the must-do experiences are the warm thermal waters, active year-round thanks to underwater fumaroles, and the famous sulfur mud baths, known for their therapeutic properties. To the south, the quiet village of Gelso is home to the picturesque Spiaggia dell'Asino—a perfect spot for those seeking peace and relaxation. On the western side, Spiaggia di Sabbia Nera, located in the Golfo di Ponente, is one of the island's most captivating beaches, with its black sand.

Lastly, the Vulcanello Peninsula, born from a submarine eruption in 183 BC, is a fascinating site: here, lava has created bizarre rock formations, shaped by time and wind, which locals have named the "Valley of Monsters" for their eerie and fantastical shapes.

Lipari is the largest and most populated of the Aeolian Islands, and also the liveliest in terms of tourism. Despite its wide range of services, the island retains a peaceful, authentic, and captivating spirit. Sailing along its rugged coastline reveals a succession of towering cliffs, hidden coves, golden beaches, and crystal-clear waters that invite you to dive in.

As you approach Lipari Town, the island's main port, you're greeted by the silhouette of the Castle Rock (Rocca del Castello), an ancient Greek acropolis. At its base lies a lively village with narrow alleys, artisan workshops, traditional taverns, and seaside restaurants with panoramic terraces. A visit to the Aeolian Archaeological Museum, housed in the 17th-century Bishops' Palace, is a must for those interested in exploring the 5,000-year history of this extraordinary archipelago.

But the true magic of Lipari unfolds along its coastline. Among the most spectacular beaches is undoubtedly Spiaggia Bianca, or Papesca Beach, famous for its bright, almost white sand made of pumice residues, which gives the seabed a dazzling clarity. More secluded and accessible only by boat, Praia di Vinci is a favorite among sailors—an untouched corner framed by rocks and silence. Other must-see stops from the sea include: – Valle Muria, with its dark sand and sweeping views of the open sea; – Porticello, near the old pumice quarries, where the water takes on an unreal turquoise hue; – Canneto, lively and well-equipped, ideal for a comfortable stop; – Acquacalda, quieter and perfect for a peaceful anchorage.

There are also hidden gems like Spiaggia dei Gabbiani and the wild, dramatic Punta del Pericato, waiting to be discovered.



In **Salina**, you immediately sense a different energy. Green, majestic, and untamed, this island—with its soft contours and vibrant colors—is a paradise for those seeking tranquility, authenticity, and a deep connection with nature. With its two ancient extinct volcanoes, Monte Fossa delle Felci and Monte dei Porri, Salina is the second-largest island in the archipelago but the greenest, thanks to its freshwater springs that make it surprisingly fertile.

Salina is one of the most fascinating destinations: its coastline offers numerous sheltered bays and breathtaking landscapes, perfect for scenic anchorages or extended stays.

To the northeast, the tourist port of Santa Marina Salina welcomes visitors with well-equipped docks, an elegant waterfront promenade, and a lively village where you can savor local cuisine and sip a glass of Malvasia, the island's famous dessert wine. A short walk uphill from the port leads to a spectacular viewpoint overlooking the entire archipelago.

Continuing along the eastern coast by boat, you reach Lingua, a charming seaside village known for its saltwater lagoon and lighthouse. A stop here is a must to taste the island's famous granita with brioche, best enjoyed while sitting on the pier, watching the boats gently sway on the water.

The island's western side offers a wilder, more intimate experience. The bays of Pollara—famous as the setting for the film *Il Postino*—offer enchanting scenery: sheer cliffs, sea caves, natural arches, and deep, crystal-clear waters perfect for silent immersion.

Salina is also an island of flavors: the aromas of capers, Malvasia wine, and Aeolian cuisine accompany every stop. Its terraced hillsides tell a story of heroic agriculture and deep respect for the land, resulting in authentic and generous flavors.

Perfect for those seeking a balance between nature, relaxation, and daily discoveries, Salina is an island to be experienced slowly, letting the rhythm of the sea and the wind be your guide.

Panarea, the smallest of the Aeolian Islands, is also one of the most charming and sought-after. Despite its modest size, it holds a rich concentration of natural beauty, ancient history, and exclusive allure. Viewed from the sea, with its whitewashed houses dotting the hillsides and colorful bougainvillea cascading toward the deep blue, the island appears like a dream suspended between sea and sky.

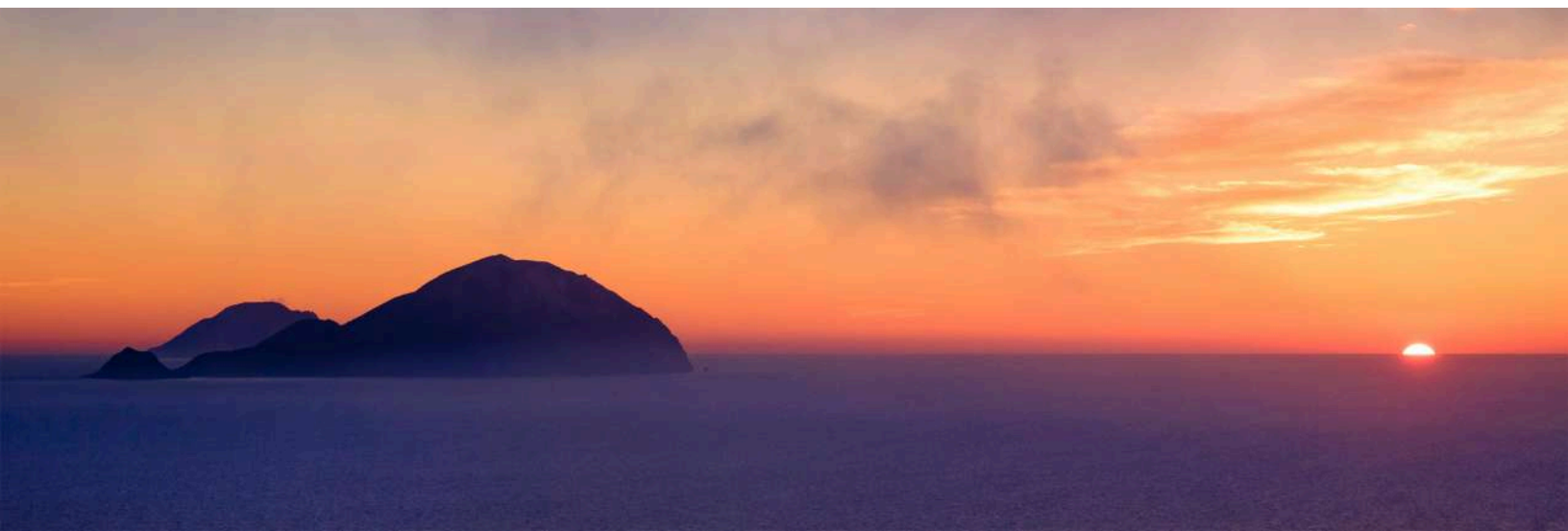
Panarea offers two of the most protected and picturesque anchorages in the archipelago: Cala Zimmari and Cala Junco. The latter, nestled between volcanic rock headlands, is renowned for its natural amphitheater shape and the stunning turquoise and emerald shades of its waters. From here, a short path leads to the prehistoric village of Capo Milazzese, an archaeological site that reveals human presence on the island dating back to the Bronze Age.

On land, Panarea is best explored on foot: there are no paved roads or cars—only stone-paved alleys and ancient mule tracks winding through prickly pears, agave, heather, blooming capers, and whitewashed cottages. Climbing to the island's higher points reveals spectacular views of the sea and nearby islets, including Basiluzzo, Dattilo, and Lisca Bianca.

For snorkeling and diving enthusiasts, Grotta del Cavallo and the stunning Grotta Milazzese are not to be missed—explorable by sea amid sheer cliffs, sea caves, and an abundance of marine life. Despite its glamorous reputation, Panarea retains an authentic and relaxed soul, where a touch of sophistication blends seamlessly with the stillness of the Aeolian landscape.

Filicudi, with its volcanic cliffs and hidden coves, is a true paradise for sailors. As you sail along its coastline, you'll encounter sea caves, secluded little beaches, and crystal-clear seabeds—ideal for peaceful anchorages. Don't miss the Grotta del Bue Marino, famous for its light reflections and natural acoustics, and make sure to stop at the fishing village of Pecorini a Mare, perfect for a seaside dinner at sunset.

Alicudi is the most remote and tranquil island of the archipelago. With no paved roads and only ancient mule tracks, the island remains untouched by modern development. Its beaches lie in small inlets, accessible almost exclusively by boat. From the sea, you can admire the rugged beauty of the stone terraces, the intense hues of the sea, and an atmosphere that feels completely suspended in time.





Stromboli is without a doubt the most fascinating and awe-inspiring island of the Aeolian archipelago: an active volcano rising 926 meters above sea level and extending another 1,700 meters below the surface, forming a massive submerged mountain. Sailing around Stromboli means experiencing majestic, untamed nature—towering lava cliffs, jet-black sandy beaches, and caves carved by time and fire.

The true protagonist is “Iddu,” as locals affectionately call the volcano, also known as the “Lighthouse of the Mediterranean.” It erupts regularly every 10–15 minutes, launching glowing volcanic fragments that are visible even from the sea—especially at sunset or during the night—offering one of Europe’s most thrilling natural spectacles. One of the most breathtaking experiences is watching the Sciara del Fuoco from the boat, either anchored or under sail in the evening.

For the more adventurous, guided hikes to the crater are available. The trek is of moderate difficulty, requiring good health and a basic level of fitness, but it rewards hikers with stunning views and the unforgettable sensation of standing atop an active volcano.

The main settlement, located on the northeastern coast, is Stromboli village, made up of the charming hamlets of San Vincenzo and San Bartolomeo, with typical whitewashed houses clinging to the volcano’s slopes. This is the only area suitable for mooring, as the seabed here is shallower; the rest of the island has depths too steep for safe anchoring.

On the southwestern coast lies the tiny village of Ginostra, a timeless place reachable only by sea, with no roads—perfect for a quiet and authentic stop. Just nearby, the Grotta di Ginostra is a captivating natural formation, ideal for exploring by tender or kayak.

Stromboli is a total sensory experience: the power of the volcano, the energy of the sea, and the enchantment of sailing come together in one unforgettable adventure.

A vibrant underwater photograph showing a variety of fish swimming in clear blue water. On the right side, there is a dark, rocky reef structure covered in green and yellow marine life. The word "USTICA" is written in large, white, sans-serif capital letters across the top center of the image.

USTICA

Ustica: the Black Island of Caves, Seabeds, and Silence

Located about 36 nautical miles north of Palermo, **Ustica** is a small volcanic island that captivates visitors with its authenticity, extraordinary seabeds, and relaxed atmosphere. Known as the "black pearl of the Mediterranean", its lava cliffs and landscapes shaped by fire and sea make it truly unique. Sailing around the island means discovering sea caves, quiet coves, and turquoise waters protected by Italy's first Marine Protected Area.

From the sea, Ustica reveals its truest charm: the Blue Grotto, Green Grotto, and the many inlets accessible only by boat are perfect for anchoring, swimming, or snorkeling among fish, Posidonia meadows, and submerged basalt columns. The seabeds are among the richest in the Tyrrhenian Sea, making the island one of the top destinations for scuba diving.

The best harbor for enjoying Ustica by sailboat is Cala Santa Maria, located on the island's northeastern side. Well-sheltered from northern winds, it offers several berths, including a dozen for transient boats, and a full range of nautical services: fuel station, small repair shop, and a refill station for scuba diving air tanks.

The main town, Ustica village, is compact and peaceful, with colorful houses, small squares overlooking the harbor, and local taverns serving ultra-fresh seafood. Inland, the island features a mosaic of ancient terraced fields, prickly pear groves, and panoramic trails that offer stunning sea views.

Perfect for a stop far from mass tourism, Ustica offers days of peace, unspoiled nature, and authentic beauty.

EGADI ISLANDS



The Egadi Islands, an enchanting archipelago off the western coast of Sicily, are a Mediterranean gem waiting to be explored.

Comprising Favignana, Levanzo, and Marettimo, these islands captivate visitors with their turquoise waters, wind-shaped cliffs, sea caves, and the tranquility that envelops them. Each island has its own unique soul: Favignana is the largest and most vibrant, with its hidden coves and ancient tuna fishery; Levanzo is the most intimate and peaceful, with crystal-clear seabeds and a charming whitewashed village overlooking the harbor; Marettimo is the wildest, rich in trails, springs, and underwater caves.

The archipelago is part of the largest Marine Protected Area in Europe, a natural sanctuary that protects extraordinary biodiversity. Here, you can sail through transparent waters, cliffs, rock arches, and seabeds perfect for snorkeling and diving.

The Egadi Islands offer a journey through unspoiled nature, maritime tradition, and fiery sunsets over the sea—a perfect place to experience from the water, rocked by the wind and the slow rhythm of the waves.





Favignana, the largest of the Egadi Islands, is a true paradise for sailors. Its distinctive shape—earning it the nickname “butterfly island”—hides a series of crystalline bays, sea caves, and rock-carved views, all waiting to be explored strictly from the sea.

The must-see stops by boat begin with Cala Rossa, famous for the contrast between the turquoise waters and the ancient tuff quarries that surround it—one of the most iconic landscapes on the island. Just south, Cala Azzurra is perfect for swimming and snorkeling, with shallow, sandy seabeds that have Caribbean-like hues. Continuing along the coast, Bue Marino surprises with its towering rock walls and cavities carved into the stone, while Grotta Perciata and Grotta degli Innamorati offer enchanting explorations by tender or swim.

To the northwest, Punta Faraglione and Scogliera del Preveto are great spots for more peaceful stops, with clear waters and deep seabeds. If the wind allows, you can sail to Lido Burrone, one of the few sandy beaches equipped for visitors, easily accessible by sea.

Arriving at the Favignana port, you step into the heart of the village: among lively narrow streets, local restaurants, and shops, you’ll experience an authentic atmosphere. Don’t miss a visit to the ex Florio factory, the historic tuna fishery that symbolizes the island’s maritime culture, now a museum full of history and charm.

Favignana reveals its best side from the sea: relaxing days at anchor, swims in crystal-clear waters, and dives among caves and Posidonia meadows. An island that blends wild nature and tradition, perfect for a sailing holiday filled with silence, beauty, and a gentle breeze.

“

Curiosity: In 2010, a monk seal was sighted again in the waters of Favignana! This animal hadn't been seen since the 1950s, but in the past, they were so abundant that a cove on the island was named “La cala del Bue Marino” after them, as many used to swim there regularly.

Levanzo is the smallest and wildest of the Egadi Islands, perfect for those seeking peace and unspoiled nature. With just one tiny village and no cars, the island is best explored by sea, among rocky coves and crystal-clear waters.

By boat, don't miss a stop at Cala Fredda and Cala Minnola: turquoise waters, pine trees along the shore, and an extraordinary underwater archaeological site with Roman remains. Further north, Cala Tramontana and Cala Calcara offer quiet anchorages and untouched landscapes.

A must-see is the Grotta del Genovese, reachable by sea or via a short hike: inside, you'll find some of the most important prehistoric cave paintings in the Mediterranean.

The tiny village overlooking the little port is ideal for a simple but authentic dinner. Levanzo is silent, bright, and genuine—an island to discover slowly and respectfully, cradled by the sea.

Marettimo is the most mountainous, remote, and untouched of the Egadi Islands—perfect for those seeking raw nature and spectacular landscapes. The island is distinguished by its towering cliffs, sea-facing rock walls, and one of the most stunning networks of sea caves in the Mediterranean.

By boat, circumnavigating Marettimo is an unforgettable experience. To the south, the Grotta del Cammello, Grotta della Pipa, and Grotta della Bombarda are ideal for tender excursions or snorkeling. Light reflections, turquoise waters, and rock formations take your breath away.

There are only a few anchorages, but they are incredibly scenic: Cala Bianca, Scalo Maestro, and Punta Troia are among the most sheltered. On the island's northern tip rises Punta Troia Castle, perched above the sea and offering a breathtaking view. It can also be reached by a panoramic hiking trail.

On land, Marettimo village preserves the simple charm of a traditional fishing community, with whitewashed houses and narrow alleys. The island is also crisscrossed by hiking trails, including those leading to the ancient Roman cheese factory or the Casa Romana, Marettimo is a place where time slows down, where nature takes center stage, and the sea reveals a different shade every day. An island to experience with respect—through sailing, silence, and wonder.

THE NORTH COAST OF SICILY



The northern coast of Sicily, stretching from Messina to Capo San Vito, is a spectacular stretch of shoreline overlooking the Tyrrhenian Sea—rich in history, nature, and tradition. Sailing along this coast means discovering enchanting beaches, fishing villages, cultural cities, and secluded bays perfect for anchoring.

Palermo, the beating heart of Sicily, is one of the main stops: facing the sea, the city offers an extraordinary concentration of art, history, and local life. From the marina, it's easy to reach the historic center to visit landmarks such as the Cathedral, Quattro Canti, Teatro Massimo, and the historic markets like Ballarò and Il Capo. Just outside the city, the shores of Mondello and Capo Gallo offer turquoise waters, rocky seabeds, and scenic anchorages sheltered from southern winds.

Heading east, you'll find the stunning town of Cefalù, one of northern Sicily's most iconic destinations. The village overlooks a long golden beach and features a charming historic center dominated by its Norman Cathedral, a UNESCO World Heritage Site. Don't miss the climb to La Rocca for a panoramic view, and enjoy a swim in the picturesque Mazzaferno Bay or at Sette Frati Beach, both accessible by sea.

To the west of Palermo, the landscape changes with the jagged cliffs of Capo Zafferano, an ideal anchorage protected from southern winds, and small ports like Porticello and San Nicola l'Arena, where you can still breathe the authentic atmosphere of traditional fishing villages. These spots offer safe moorings, fresh seafood, and beautiful sea sunsets.

Further west, Terrasini boasts the stunning Cala Rossa, with pink-hued rocks and clear waters, while Castellammare del Golfo, with its ancient seaside castle, is a perfect base for exploring the magnificent Zingaro Nature Reserve by boat. Accessible only by foot or by sea, the reserve shelters hidden coves like Cala Tonnarella dell'Uzzo, Cala Marinella, and Cala dell'Uzzo, ideal for a day of sea and solitude in pristine nature.

Further east, near Messina, the coast reveals lesser-known but breathtaking spots such as San Saba, Capo Calavà, and Punta Marinello, the latter located within a nature reserve—perfect destinations for those seeking peace, crystal-clear waters, and snorkeling-friendly seabeds.



In the area of the **Zingaro Nature Reserve**, nature reveals itself in all its magnificence: crystal-clear sea, vibrant underwater life, enchanting beaches, and an unspoiled landscape that invites exploration. Along the park's hiking trails, you'll discover hidden coves, transparent waters, and a unique variety of flora and fauna that showcase the wild beauty of Sicily. This corner of paradise is ideal for those seeking peace and untouched nature, with breathtaking views at every turn.

One of the main gateways to the reserve is the picturesque San Vito Lo Capo, a charming fishing village on the island's northwestern coast. Famous for its fine sandy beach and turquoise waters, San Vito also serves as an ideal starting point for exploring the Zingaro Reserve. The bay is sheltered by Monte Monaco, a towering peak that rises nearly 1,000 meters above the town.

In the village center, the San Vito Sanctuary (dating back to the 15th century), with its Arab-Norman architecture, stands like a formidable fortress. For an unbeatable panoramic view, don't miss the walk to the Capo San Vito Lighthouse, located at the westernmost point of town. With its 43-meter-high tower, the lighthouse is one of Sicily's most iconic landmarks, its beam reaching up to 20 nautical miles out to sea, guiding sailors under starlit skies.

Sailing along this coast means immersing yourself in one of the most beautiful and evocative corners of Sicily, where unspoiled nature meets the warm hospitality of traditional fishing villages.



Palermo, the main city of Sicily, is a city steeped in history, culture, and tradition—where the past and present blend in a continuous flow of emotion. Facing the sea, Palermo is a true crossroads of civilizations, a place where art, architecture, and popular customs merge into a unique atmosphere. Walking through its streets means diving into a sensory experience of colors, sounds, and scents that tell the story of centuries.

The historic center of Palermo is an open-air museum, filled with priceless monuments. The Palermo Cathedral, with its majestic architecture combining Gothic, Norman, and Arab elements, is one of the city's most important landmarks.

Not far away is the Palazzo dei Normanni, home to the Palatine Chapel, a gem of Byzantine art and another must-see. Don't miss Palermo's historic markets, such as Ballarò or Il Capo, where you can soak in the aromas and colors of authentic Sicilian cuisine.

Just a short stroll from the center lies the Teatro Massimo, one of Europe's largest and most prestigious opera houses, a symbol of Palermo's cultural life. Its grand staircase and the surrounding square are perfect for an early evening walk, especially at sunset when the city glows in warm hues.

For sea lovers, Mondello Beach, only 12 km from the city center, is a little paradise with golden sands and crystal-clear waters—ideal for a relaxing break. From here, you can also admire the Capo Gallo Nature Reserve, a protected area offering scenic hiking trails and breathtaking views.

Sailing around Palermo means discovering a city that embraces the sea through its historic port, where the wind and waves still seem to echo the tales of sailors from centuries past. With its lively, welcoming spirit, Palermo is the perfect starting point for exploring Sicily by boat—among cliffs, bays, and hidden beaches that dot its stunning coastline.



Cefalù is one of the jewels of Sicily's northern coast—a town that captivates with its perfect blend of natural beauty, history, and culture. Nestled at the foot of a towering cliff that rises 270 meters above the town, Cefalù is one of the island's most enchanting destinations, where every corner tells a story.

The historic center of Cefalù is a maze of narrow, winding streets steeped in centuries of tradition. The Cefalù Cathedral, one of the finest examples of Norman architecture in Sicily, dominates the town's main square with its majestic towers and the stunning mosaic of Christ Pantocrator inside. Next to the cathedral, the Mandralisca Museum houses a remarkable collection of artworks, including the famous portrait by Antonello da Messina, a masterpiece of Sicilian Renaissance painting.

Just a few steps from the center, Cefalù's beach stretches along the coast with golden sand and crystal-clear waters—ideal for a relaxing break or a refreshing swim. The seafront promenade offers a charming view of the sea, with the landscape changing color throughout the day, from the warm glow of sunset to the cool tones of dawn.

For nature lovers and hikers, the Rocca of Cefalù is a must-see. Climbing to the top of the cliff rewards you with breathtaking views over the town, the sea, and the surrounding coastline, as well as the chance to explore archaeological remains and ancient temple ruins.

THE EASTERN COAST OF SICILY



The eastern coast of Sicily, stretching from Messina to Portopalo di Capo Passero and overlooking the Ionian Sea, is a breathtaking sequence of bays, lava cliffs, art cities, and beaches lapped by crystal-clear waters.

Sailing along this coastline means journeying through centuries of history and awe-inspiring nature, with Mount Etna ever-present, dominating the landscape. Along the way, you'll encounter active volcanoes, ancient ruins, Baroque cities, and stunning beaches—then taste food and wine you'll never forget.

Taormina is one of the must-see destinations: suspended between sky and sea, it offers spectacular views both from land and offshore. The bay of Isola Bella, a nature reserve and a perfect spot for a scenic anchorage, is ideal for a swim among vibrant marine life. Further south, Giardini Naxos makes for another excellent stop to relax and visit the first Greek settlement in Sicily.

Catania, with its vibrant urban life and well-equipped port, provides access to the eastern slopes of Mount Etna, where numerous excursions begin. From the sea, you can admire the striking contrast between the dark lava cliffs and the deep blue waters, especially around Aci Trezza, home to the legendary Cyclopean Isles.

Further south lies Syracuse, the quintessential historic and Baroque city: Ortigia's natural harbor offers a safe and scenic mooring, ideal for exploring the city's rich archaeological and architectural treasures. Not far away, the coves of Plemmirio, part of a protected marine area, offer great snorkeling opportunities in a pristine natural setting.

Sailing the eastern coast of Sicily is a voyage through myth, nature, and culture—a fascinating route through Baroque towns, volcanoes, marine reserves, and underwater worlds waiting to be explored.



The eastern coast of Sicily offers an itinerary rich in history, charm, and breathtaking views, with art cities, Caribbean-like beaches, and villages nestled between sea and mountains.

Catania is one of the most authentic and vibrant cities on the Ionian coast. Walking along Via Etnea, admiring Piazza del Duomo with its iconic Elephant Fountain, and getting lost in the lively alleys of the historic center is a unique experience. The city is also renowned for its cuisine—don't miss the arancini from Savia, best enjoyed nearby in Giardino Bellini.

Just a bit further north, **Taormina** offers unforgettable panoramas: the Ancient Greek Theatre, overlooking both Mount Etna and the sea, is one of the most spectacular sites on the island. Be sure to visit Piazza IX Aprile, the Villa Comunale Gardens, and take in the view from the Madonna della Rocca. The crystal-clear waters of Isola Bella, just below the town, are perfect for anchoring.

Heading south, **Syracuse** captivates with its Greek and Roman heritage. The Neapolis Archaeological Park features the Ear of Dionysius and the grand Greek Theatre. But the true heart of the city is Ortigia, an island connected to the mainland by bridges, filled with narrow streets, Baroque churches, and charming squares like Piazza del Duomo.

Between Syracuse and Noto, **Fontane Bianche** is worth a stop, with its light sand and turquoise waters—perfect for a relaxing swim. Not far away, the Cavagrande del Cassibile Nature Reserve offers dramatic canyons and natural pools.

Finally, **Noto**, a jewel of Sicilian Baroque, enchants visitors with its golden stone, elegant palaces, and the spectacular Cathedral of San Nicolò. Strolling along Corso Vittorio Emanuele feels like walking through an open-air museum.

ETNA PARK



The **Etna Park** covers approximately 59,000 hectares and protects one of the most fascinating and dynamic volcanic environments in the world: Mount Etna, the highest active volcano in Europe. This extraordinary area, declared a UNESCO World Heritage site, offers a mosaic of landscapes ranging from ancient forests to lava flows, from snow-capped peaks to smoking craters, creating a unique and irreplaceable natural setting.

Visiting the park means immersing oneself in a territory where nature blends with culture and local traditions. The towns within the park preserve picturesque historic centers, offer excellent local products, and serve as a perfect base for exploring the natural and panoramic trails, open throughout the year to those who love hiking, photography, sports, and fine food.

The southern slope is the most accessible and frequented, easily reachable from Catania and also served by the Fontanarossa Airport. Here you'll find Rifugio Sapienza, the ideal starting point for the most popular excursions, and the Etna Cable Car, which takes you to 2,900 meters, from where you can continue, accompanied by authorized guides, up to the summit craters, in complete safety.

Among the most recommended trails is the one leading to the Silvestri Craters, very close to the refuge, and the famous Schiena dell'Asino trail, which offers spectacular views of the Valley of the Bove, a vast natural depression that tells the millennia-old history of eruptions.

The park is an experience to enjoy all year round: in summer, it's perfect for exploring chestnut and beech forests; in autumn, it's ideal for the colors and flavors of the season; in winter, for snowshoeing and skiing on the snow-covered slopes; and in spring, when nature bursts into an explosion of fragrances and colors.



TRADITION AND TASTE

the authentic soul of Sicilian cuisine

Sicily is much more than a tourist destination: it is a sensory experience that manifests itself through its extraordinary gastronomic tradition. Born from a millennia-old history of conquests, exchanges, and cultures, Sicilian cuisine is a harmonious fusion of Greek, Arab, Norman, Spanish, and French influences. Every people who have inhabited this island has left a mark on the cuisine, contributing to the birth of one of the richest and most distinctive culinary traditions in Italy.

The basic ingredients of Sicilian cuisine reflect the generosity of the land: citrus fruits, almonds, pistachios, tomatoes, capers from Pantelleria (IGP), olives, prickly pears, aromatic herbs, cereals, fresh fish, and quality meats. Many of these products boast quality certifications such as DOP and IGP marks, including the Sicilian blood oranges IGP, Modica chocolate IGP, Bronte green pistachios DOP, Ragusano cheese DOP, and extra virgin olive oil from the Iblean Mountains DOP.

The first courses are a true symbol of island cuisine: the famous pasta alla Norma, originating from Catania, with fried eggplant, tomato sauce, basil, and salted ricotta; pasta with sardines, a traditional Palermo dish made with fresh sardines, wild fennel, pine nuts, and raisins; and the fish couscous from the Trapani coast, a legacy of Arab influence. Also not to be forgotten is the minestra di tenerumi, a light summer soup made with long zucchini leaves.

Among the second courses, tuna stands out (one of the best in the Mediterranean, especially in the Egadi islands), prepared in various ways: grilled fresh tuna, bottarga, tuna meatballs in sauce, and artisanal tuna in oil. There is also a wide variety of meats and vegetables cooked in sweet and sour, a method that originates from Arab cuisine. The caponata is a must-try, a triumph of eggplant, tomatoes, onion, olives, and celery, all wrapped in a delicious sweet and sour sauce.

The historic markets of Palermo and Catania offer a unique culinary experience, with the chatter of the vendors, the aroma of spices, and street food specialties. Sicilian street food is a world of its own: among the most famous are arancini (stuffed with ragù, mozzarella, pistachio, butter, eggplant, or other variations), panelle (chickpea flour fritters), sfincione (focaccia with onion, tomato, anchovies, and cheese), stigghiola (grilled offal), and pane con la milza, a Palermo specialty with a strong flavor.

There are also iconic desserts, among the most famous in the world. The Sicilian cannolo is perhaps the most representative, with its crunchy shell filled with sweet ricotta and candied fruits or chocolate chips. The cassata siciliana, an heir to both Arab and Norman traditions, is a triumph of colors, sugar, candied fruit, ricotta, and sponge cake. Other typical sweets include fruttine di marzapane (marzipan fruit), almond cookies, teste di turco (in Scicli), minne di Sant'Agata (in Catania), and the famous cioccolato di Modica, with its distinctive grainy texture.



Drinks also deserve attention: Sicilian wines are among the most appreciated in Italy and the world. From the powerful Nero d'Avola to the fragrant Cerasuolo di Vittoria, through volcanic whites like Carricante from Etna, to the sweet and fortified wines like Marsala, Moscato di Pantelleria, and Malvasia delle Lipari.

Finally, an experience not to be missed is the Sicilian breakfast, which in its most authentic version includes artisanal granita – made with mulberries, almonds, coffee, or lemon – accompanied by a brioche col tuppo, a soft pastry perfect also as an afternoon snack.

“

Curiosity: Sicily is the Italian region with the largest area planted with vineyards. It could almost be said that every Sicilian has a family wine. In Sicily, prestigious and famous wines with a long history are produced, such as Marsala, as well as fragrant dessert wines like Passito di Pantelleria and Malvasia delle Lipari, not to mention Moscato from Noto and Syracuse, the robust red wines Nero d'Avola and Cerasuolo di Vittoria, and the interesting white wines from the Etna area.

RESTAURANTS



Ristorante Comparello Bello - Portorosa: With the best of Sicilian and Italian culinary tradition.

Casual Restaurant & Lounge Bar - Portorosa: With a casual and welcoming atmosphere.

Ristoranti Cincotta - Lipari: With dishes made from fresh ingredients.

Caffè la vela - Lipari: With a sea view and a relaxing atmosphere.

Trattoria da Pina - Isola di Vulcano: Traditional Sicilian dishes.

Trattoria da Gaetano - Isola di Vulcano: Renowned for its homemade and genuine cuisine.

Ristorante Osteria al Duomo - Taormina: Famous for its traditional Sicilian cuisine.

Ristorante La Capinera - Taormina: Offers creative gourmet dishes with artistic presentations.

Ristorante La Tavernetta - Taormina: Serves classic Sicilian dishes.

Osteria da Rita - Taormina: Offers traditional Sicilian dishes with a homemade touch.

Ristorante Quattroventi - Palermo: Known for its attention to local ingredients.

Ristorante Vossia Mediterranean Cuisine - Palermo: Offers refined and creative Mediterranean cuisine.

Ristorante Di Bacco - Palermo: Celebrates Sicilian gastronomic traditions with authentic dishes.

L'Ottava Nota - Palermo: With dishes inspired by Sicilian tradition.

Ristorante Puti - Catania: Offers traditional Sicilian dishes.

Giardino Bacco - Catania: Sicilian cuisine with a twist.

Il Gambero Pazzo - Catania: A restaurant specializing in seafood cuisine.

Scirocco Sicilian Fish Lab - Catania: Dishes that highlight Sicilian culinary traditions.

Ristorante La Cambusa - Cefalù: Typical Sicilian cuisine with a sea view, perfect for enjoying fresh seafood in an elegant setting.

Trattoria da Nino - Taormina: A family-friendly and authentic atmosphere, specializing in traditional dishes made with local ingredients.

Osteria dei Vespri - Palermo: Refined contemporary cuisine that reinvents the flavors of Sicilian tradition.

Da Vittorio - San Vito Lo Capo: Renowned for its fish couscous and seafood raw dishes, in a lively and colorful setting.

Ristorante Al Vicoletto - Trapani: Home-style cooking and typical Trapani dishes, like pasta with pesto alla trapanese, in a cozy atmosphere.

Osteria Il Gallo e l'Innamorata - Marsala: Elegant and welcoming, with a traditional and creative menu, offering an excellent selection of local wines.

WEATHER AND WINDS

Sicily holds the record as the sunniest region in Europe, with long summers, short winters, and relatively low rainfall. The average annual temperature in the central areas of Sicily is around 16 degrees Celsius.

Rainfall is scarce and primarily occurs between late autumn and spring. The southern and western parts of the island are the driest, while the Ionian and Tyrrhenian coasts are the wettest. In general, temperatures are influenced by both the season and the presence of mountains and winds.

The prevailing winds in Sicily are the Maestrale and the Scirocco.

The Scirocco blows from the southeast, originating from the western regions of Libya and Egypt. It is most common in spring and summer, bringing hot waves and dust from the North African deserts.

The Libeccio blows predominantly in spring and autumn. In winter, the Tramontana winds cause sudden drops in temperature.

Winds from the northwest and northeast, such as the Maestrale, Tramontana, and Grecale, cause precipitation on the exposed slopes of Sicily, as they meet the warm currents of the southern Tyrrhenian Sea and the Ionian Sea.





SEA FOLK

BY PRIVATE TRAVEL



WWW.SEA FOLK.IT