

GUIDE PRACTICE

HAPPY HOLIDAY

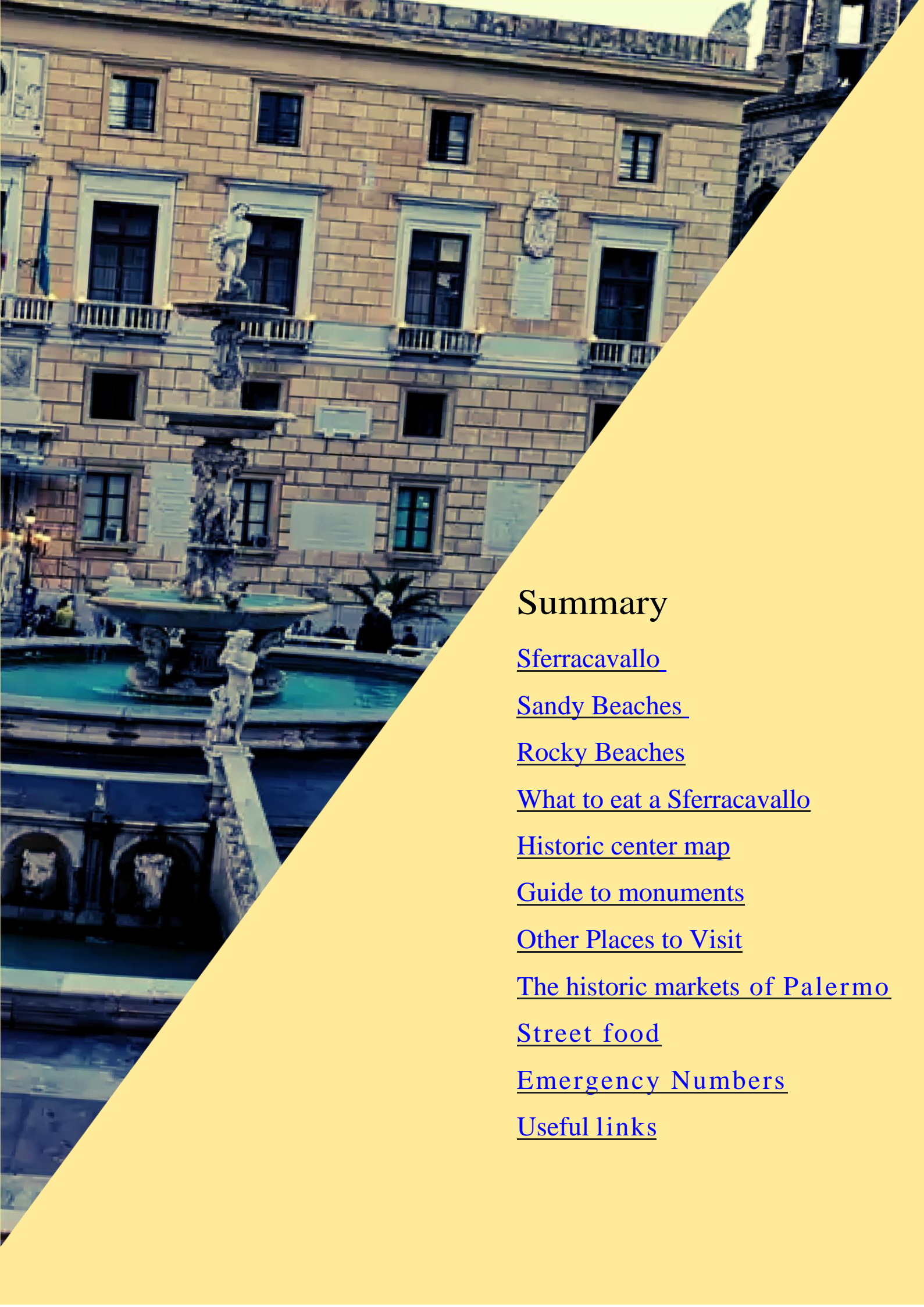
Villa Megna



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A NOTE HISTORY *SFERRACAVALLLO*



ss Cosmo e Damian

This town was born as a fishing village. There were watchtowers : one built in the 15th century and another in the 16th century. They were both part of the warning system of the Coastal Towers of Sicily, but they were destroyed when the A29 motorway was built. At Punta Barcarello there was a tower-fortress, to protect against pirates and corsairs. At the end of the 19th century the seaside village became a residential area. Today it is also renowned for its many fresh fish restaurants.

Among the oldest residences in Sferracavallo, there are the villas Arezzo, Maggiore Amari and Palazzotto (second half of the 19th century). From the early 20th century are, among others, the villas Maniscalco Basile, Donzelli, in viale Florio, and Mannino and Palazzotto in via Plauto. The villa Palazzotto, later raised and distorted, together with the villa Mannino, was built by the architect Francesco Paolo Palazzotto who lived there.,

The feast of Saints Cosma and Damiano, patrons of the village, is very characteristic and takes place every year on the last Sunday of September. The heavy fercolo with the simulacra of the saints is carried through the streets of the village by a large number of young people dressed in white with a red handkerchief tied around their hips, one around their neck and barefoot. The feast is not only religious but also civil and also includes the game of the antinna a mari, a sort of greasy pole placed on the sea. In ancient times, the procession took place at a fast pace in order to carry the simulacra of the saints to all the sick who had requested them, to have the opportunity to pray asking for liberation from illnesses. The devotion is evidenced by the numerous ex voto present in the church of the village

THE SANDY BEACHES



Mondello

The charming seaside neighborhood of **Mondello** is known for its namesake beach, a long sandy stretch of coastline with several places to rent sun loungers and water sports equipment . This lively area is dominated by an Art Nouveau pavilion at the end of a pier. **Seasonal food stalls and gourmet restaurants** line the beach and streets of the former fishing village of Mondello Paese. The nearby **Capo Gallo Reserve** offers hiking trails and sweeping sea views . I recommend going early in the morning or at sunset to fully enjoy the beauty of these places and avoid the crowds. By car you can reach it in about 15 minutes or by bus: you have to get on the bus numero **number 614** and get off at the **Regina Elisabetta bathroom**



Island of the Females

Isola delle Femmine beach takes its name from the islet of the same name that is 500 meters from the coast, a nature reserve that is home to significant terrestrial and marine fauna. The coast is occupied by several beach resorts, the seabed is shallow and the sea has particular shades of green.

By car it can be reached in about 15 minutes, by train from Sferracavallo you arrive at the Isola delle Femmine railway station and after 600 meters you reach the beach..



Cefalu

It is located on the northern Sicilian coast , about 70 km from Palermo, at the foot of a rocky promontory. It is one of the largest seaside resorts in the entire region; despite its size, every year it attracts a significant flow of local, national and foreign tourists who, in the summer, triple the population, making the main squares and most important streets crowded of the country.

From fine sands to jagged rocks, from pebbly shores to crystalline waters, the beaches of Cefalù are among the most beautiful in all of Sicily

By car, take the A20 motorway towards **Messina until Cefalù**. By train, from **Sferracavallo station**, take the **direction of Stazione Centrale** and then change towards Cefalu

THE ROCKY BEACHES



Sferracavallo

Located in a characteristic fishing **village** full of fish restaurants, the beach of **Sferracavallo** is located within one of the most beautiful and old seaside villages of western Sicily, a destination for many holidaymakers and tourists and easily reachable from the city. Along the beach there are numerous bathing establishments, alternating with **free bathing areas**. On the northern coast of the gulf there is the **Baia del Corallo** which has rocks and slides

Reachable within 10 minutes walking distance from our property.



Barcarello

The coast alternates stretches of **rocky beaches** with boats moored at the pier which add a particular atmosphere to this place. Barcarello is a favorable position to enjoy **the best sunset in Palermo**. It can be reached by car in just 5 minutes or by free bus, the number is 88; from the Barcarello car park; **from via Tritone in 5 minutes walk from the villa.**



The Capo Oriented Nature Reserve Barcarello Rooster

it is a splendid nature reserve, with crystal clear waters and white rocks. It is considered a place of local nature conservation, a reservoir of biodiversity and an assortment of priority habitats.

You can take bus 88 to go to Barcarello and then when you go inside the reserve, you have to march for another 15/20 minutes and you reach an "Outpost" platform where you can usually rent a kayak to visit the "Oil cave". A particular cave where the color of the water is incredible (depends on the weather). Don't forget to take food and water with you, because you will not find any restaurants or cafes in this area, and also snorkeling equipment

ASK FOR INFORMATION AT THE STRUCTURE FOR EXCURSIONS.

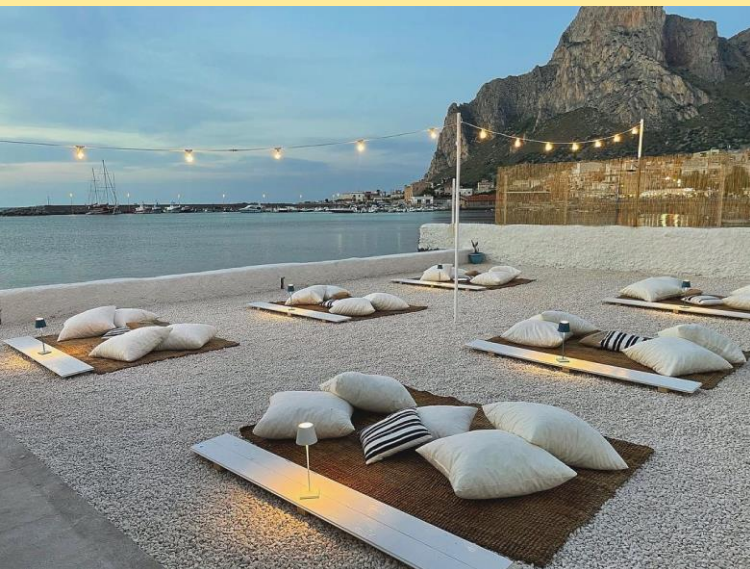
BOAT TRIPS




The Oil Cave

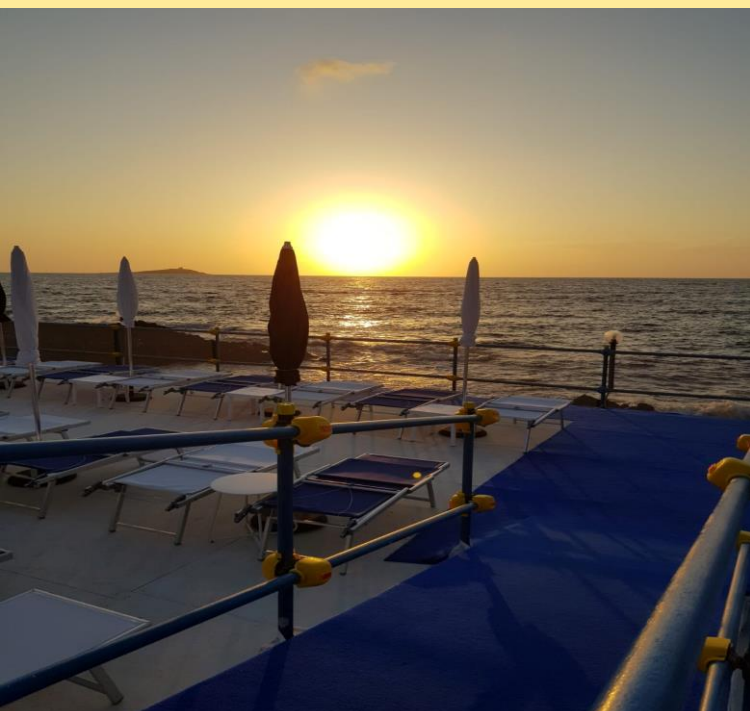
located in Sferracavallo (Palermo), it is a suggestive natural cavity immersed in the crystalline waters of the Capo Gallo nature reserve. Characterized by spectacular rock formations, the cave owes its name to the optical effect created by the light reflected on the water, which resembles the appearance of oil. An ideal destination for snorkeling and diving enthusiasts, it offers an enchanting setting, with plays of light that enhance the beauty of the seabed.

BEACHES REACHABLE ON FOOT




Season

 [Via Torretta, 47/A](#)



Amaka Sun

 [Via Barcarello, 4](#)



SMARSALA SALINES AND LO STAGNONE MARSALA LAGOON (Trapani)

The **Reserve of the Stagnone Lagoon of Marsala** is a magical place, out of time, ranked first in the special Expo ranking of the 2014 census. A suggestive, breathtaking natural landscape of rare beauty for its colors, its scents, for the slow rhythms of the sea waves that gently rock the small fishing boats, for the emotions that the sunsets arouse, for its white salt pans with windmills. For its history. The Reserve takes its name from the "Stagnone", a lagoon that extends from Punta Alga to San Teodoro and which also includes four islands: **Mozia, Isola.**

Grande or Lunga, Schola and Santa Maria. It is the largest in Sicily and is characterized by very shallow waters. The Stagnone Nature Reserve extends from the northern coast of Marsala, overlooking the Egadi archipelago, and continuing up to the city of Trapani. The Stagnone in ancient times, particularly in the Phoenician era, was a strategically important place due to the presence of Mozia, an influential and secure Phoenician commercial center for trade between East and West. The period of splendor of the Stagnone ended with the Roman conquest and remained silent until the threshold of the modern age. In fact, with a notable leap of centuries, the Stagnone returned to having an important function at the time of Spanish domination, in the 15th century, when salt pans were built along its coast and when fishing activity increased. The salt pans are still one of the peculiarities of the Stagnone Reserve today and can be visited. As well as the impressive windmills that were and are used for pumping water and grinding salt. However, among the characteristics that make the Reserve unique there is also the presence of numerous species of fish (bream, sea bass, mullet, eels, sea bream, cuttlefish, octopus, crustaceans and so on). The warm waters of the lagoon and the shallow depth of its seabed, in fact, make the Stagnone an ideal habitat for spawning and fish repopulation, which is also protected by the Reserve regulation which provides for the prohibition of hunting and underwater fishing and with the networks. Even sport fishing (using lines and pots), although permitted, is appropriately regulated. But the Stagnone is also a small paradise for ornithology enthusiasts. In certain periods of the year, various species of migratory birds, black-winged stilts, wild ducks, herons and white or pink flamingos, nest or stop here during their migrations. The Stagnone Reserve welcomes you. For lovers of Kite surfing you are in the right place, Lago dello Stagnone is famous for this activity. I recommend Kite Club Marsala

What to eat at Sferracavallo



Sferracavallo is the harem of lovers of seafood cuisine that is now famous throughout Sicily, just think that people come here from every corner of the island just to taste its sublime and delicate dishes. The restaurants in Sferracavallo offer fish-based dishes with a unique and unmistakable flavour and the raw materials are the true excellence of the place as they are always fresh and of the highest quality (restaurants that offer the classic land dishes of Sicilian cuisine cannot be excluded).

RESTAURANTS

ICE CREAM
PARKS

APERITIFS

ASK FOR INFORMATION AT RECEPTION
TO HAVE CONTINUOUS UPDATES ON
THE LOCATIONS IN OUR AREA.

SERVICE TO HOME

PIZZERIAS

HISTORIC CENTER MAP

20 cose da vedere PALERMO



17 Oratori Serpottiani

- a Oratorio dei Bianchi
- b Oratorio di San Lorenzo
- c Oratorio del SS Rosario in San Domenico
- d Oratorio del SS. Rosario in Santa Cita
- e Oratorio dei Santi Pietro e Paolo

THE CENTER OF PALERMO GUIDE TO THE MONUMENTS



How to reach the center

- ♦ By **train**: (about 650 meters from the structure) Sferracavallo station to Palazzo Reale-Orleans station.
- ♦ By **bus**: reach the stop (about 200 meters from the property) and take number 628 to Via del Fante (terminus) and then change to number 101 to the city center.

Parking in the centre

If you are by car click on this [link](#) to view the car parks Ztl map (limited traffic zone)



The Palatine Chapel: UNESCO World Heritage Site

The Palatine Chapel is present inside Palazzo dei Normanni, also called Palazzo Reale. It was built between 1130 and 1143, at the behest of Roger II of Altavilla, the first of the Sicilian Norman kings. It was originally intended for private use, but today it is open to the public, with a number of visits that grows year after year. The Palatine Chapel is a jewel of Byzantine and Arab-Norman art. Due to its beauty and uniqueness, it has become a UNESCO World Heritage Site since 2015.



Palermo Cathedral: UNESCO World Heritage Site

The cathedral was built in 1185 by the archbishop of Palermo Gualtiero Offamilio, a splendid example of Arab-Norman art. Over the centuries it has undergone many transformations, the most important in the late eighteenth century which completely upset the internal structure. Access to the church is free, it is possible to visit the monumental area which includes royal tombs, treasury, crypt and panoramic visit on the rooftops for a fee.



The Four Canti

Quattro Canti represents the culmination of a true urban revolution. Each canton is characterized by a uniform façade adorned with friezes and carvings. There are twelve statues, arranged in three orders. The first order symbolizes the four seasons.



Square of Shame

Piazza Pretoria is home to the Palazzo Pretorio, surrounded by the church of Santa Caterina and two baronial palaces: Palazzo Bonocore and Palazzo Bordonaro. What makes it so well-known and loved is the surprising fountain in its center. Created in 1554 by the Florentine sculptor Camilliani who was probably inspired by the Fountain of the Four Rivers in Piazza Navona by the great Bernini, it was originally designed for the garden of the villa of Don Pietro di Toledo and arrived in Palermo only in 1574, purchased by the Palermo Senate. The most popular name, Piazza della fama, is due to the nakedness of the bodies inside. There are also those who maintain that the “shame” derives from the onerous cost that the fountain had for the senate, in a period of epidemic and poverty for Palermo.



Church of the Martorana

The Church of Santa Maria dell'Ammiraglio was built in 1143 by Giorgio di Antiochia, admiral of King Roger II. In the 15th century it was granted to the nearby convent of Benedictine nuns, founded in 1194 by Goffredo and Eloisa Martorana; since then the church has also been called “Martorana”. The building consists of the sanctuary, which retains its original square structure with a dome supported by four pointed arches, typical of the Arab-Norman style, and the baroque naves, added at the end of the 17th century, covering the entrance hall, since, originally the church was preceded by an open courtyard on which the bell tower stood, raised during the 14th century, which became, in the 1600s, the main entrance to the church. Of notable interest are the Byzantine mosaics that cover part of the interior and the eighteenth-century frescoes of the choir, created by Olivio Sozzi and Guglielmo Borremans. The deep quadrangular presbytery from 1685 is decorated with mixed marble; on the altar there is a precious tabernacle in lapis lazuli from the end of the 17th century, and the "Ascension" work of Raphaelite style, painted by Vincenzo da Pavia in 1533. The church is part of the Eparchy of Piana degli Albanesi, Catholic diocese of Greek-Byzantine rite of the Byzantine Church in Sicily.



Massimo Theater

You may remember it from the final scenes of "The Godfather", or you may have heard of it as the third largest theatre in Europe, after the Paris Opera and the Vienna State Opera. Whatever your level of knowledge or interest, the beauty of this place will simply blow your mind! Guided tours are available daily from 9:30 am to 6 pm.



Itinerary of the Oratories of Serpotta

An itinerary that will take you to discover one of the most extraordinary artists of the Sicilian eighteenth century: Giacomo Serpotta. Moving through the streets of the ancient Loggia district, one of the oldest and most popular in Palermo, you will visit the fascinating oratories, meeting places for brotherhoods and religious companies. Inside these magical places you will discover the genius of the artist from Palermo, author of shows of incomparable grace, halfway between the sacred and the profane. You will feel projected into a magical world where allegorical figures and strange creatures possess such an intense and soft vitality that they appear incredibly alive.

With the Oratori di Serpotta tour we will start from the Oratory of Santa Cita, a plastic masterpiece by Giacomo Serpotta, to reach the Oratory of the SS. Rosario in S. Domenico, where the stucco of the sculptures stands in the way of a very interesting picture gallery. We will end our journey inside the Oratory of San Lorenzo, one of the most classic oratories, within which lies the mystery of the canvas painted by Caravaggio, which unfortunately is no longer present today and has not yet been found.



The Cathedral of Monreale

Another monument to visit in Palermo is the Cathedral of Monreale located on the hills of Palermo. The peculiarity is given by the size of the Christ that you see when entering the monument. Made with Byzantine mosaics, you have the sensation that you are observed from every angle. The Cathedral of Monreale has been included by UNESCO as a monument of the world historical heritage.

OTHER PLACES TO VISIT



The area of the tourist port “La Cala”
The Cala marina is an ideal place for a nice walk both during the day and in the evening. The modern bars overlooking the port make it ideal for a drink break, an aperitif or a dinner. Continuing walking you will find the Foro Italico park where you can enjoy the sea breeze, perhaps lying under a palm tree.



The Trapezoidal Pier

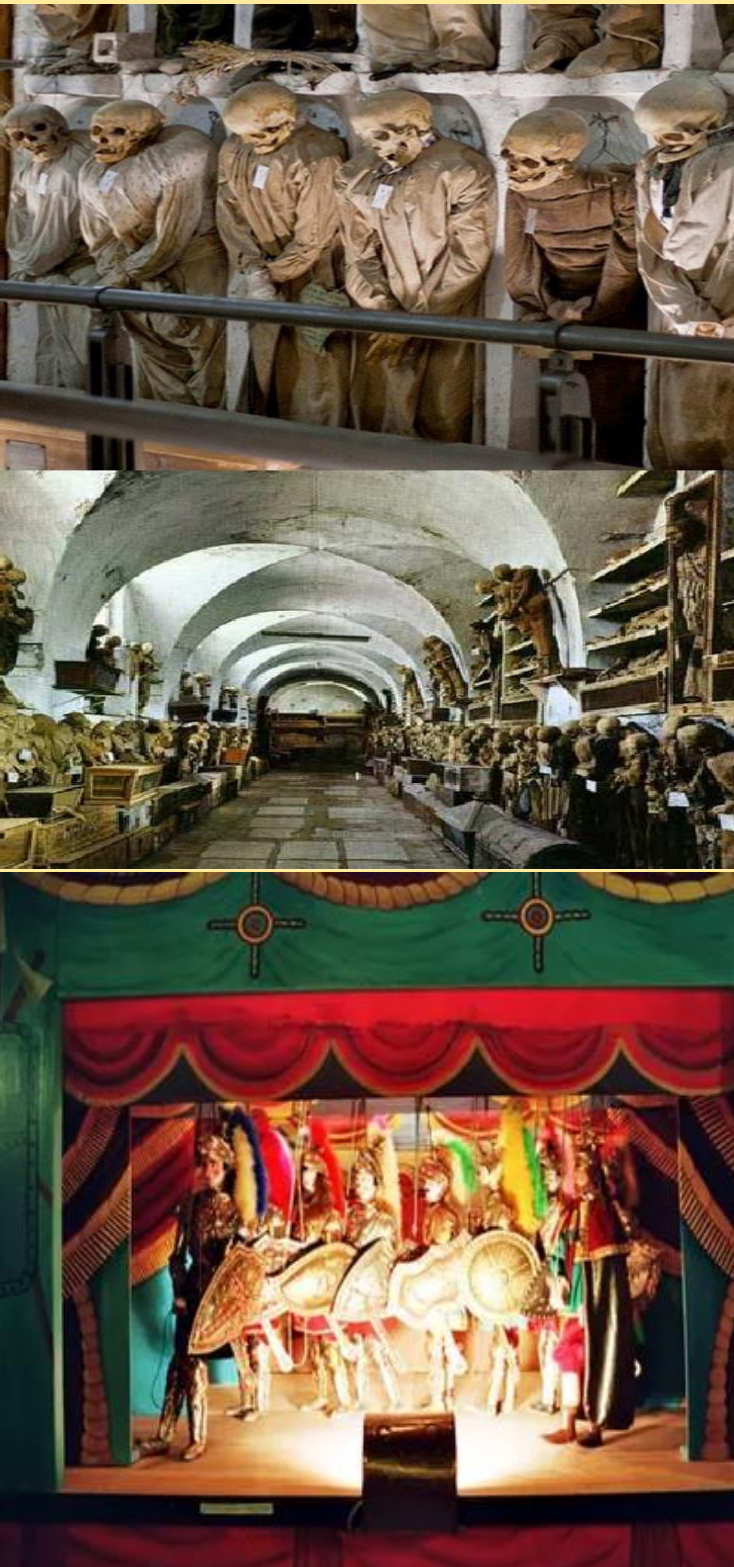
The Trapezoidal Pier of the port of Palermo hosts the Palermo Marina Yachting, a vast area (30 thousand square metres) where you can spend time in total relaxation. In fact, the pier allows you to walk in front of the sea, to taste delicious dishes in the numerous restaurants present, and to go shopping thanks to the presence of some boutiques. Certainly the main attraction is the artificial lake which houses a dancing fountain, considered one of the largest in Italy, which performs a particular show every hour: a play of water jets and lights to the rhythm of music.



The Botanical Garden

Established in 1781 to complete the Chair of Botany of the Royal Academy; represents an achievement of exceptional interest, at a European level, both for its historical value and for its scientific and educational importance. The Botanical Garden includes approximately ten thousand species, some even rare, belonging to approximately 250 families. On the front along the road, the buildings for the studies and conservation of plants and seeds were built, namely: the Gimnasium, the Library and the Herbariums.

OTHER PLACES TO VISIT



THE CAPUCHIN CATACOMBS

The Capuchin Convent of Palermo is known throughout the world for the presence of a vast cemetery in its basement. The tunnels were dug at the end of the 16th century and form a large rectangular cemetery. The bodies present have never been inventoried, but it has been estimated that there are up to 8,000. The mummies, standing or lying down, fully dressed, are divided by sex and social category, even if most belong to the upper classes, since the embalming process was expensive. In the various sectors we recognize: the prelates; traders and bourgeois in their "Sunday" clothes; army officers in full dress uniform; young virgin women, who died before they could marry, dressed in their wedding dresses; family groups arranged standing on high shelves, delimited by thin railings similar to balconies; children.

TEATRO DELLE MARIONETTE

'Puppet Opera' is one of Sicily's long-standing traditions and the Cuticchio Brothers are mostly responsible for carrying on this tradition for generations over the years. The opera is a theatrical representation of romantic poems such as Orlando's Song and Orlando Furioso. It is performed in Sicilian dialect, so even if you speak Italian it can be quite difficult to follow. It's a spectacular performance and will engage you on many different levels. There is no script, as the act is mostly improvised, and the 20 characters are played by just two puppeteers with a hand-painted set.

THE HISTORICAL MARKETS OF PALERMO AND STREET FOOD

Would you like to taste our typical Street Food? There are three reference markets: Vucciria, Ballarò and Capo. All concentrated in the historic center of Palermo. IL Capo is located near the Teatro Massimo, with the main entrance at Porta Carini near the Palace of Justice. You can venture into the markets on your own or join a Street Food tour to make the most of your time, learn some local history and meet other foodies. Whatever you choose to do, be ready to experiment and delve into these places typically rich in Palermo folklore. For example, the name Vucciria means "confusion" in Sicilian dialect. The markets of Vucciria and Capo, after sunset, transform into places of nightlife.



STREET FOOD AND TYPICAL DISHES OF PALERMO

Palermo cuisine is a journey through very different flavors and cultures. A surprising journey, full of colours, simplicity and centuries-old tradition and often also of calories and sugar! But always in the name of authenticity and economy. A true "journey within a journey" that you cannot miss if you are in Palermo.



SFINCIONE

The sfincione is a typical product of Palermo gastronomy, included in the list of traditional Italian agri-food products of the Ministry of Agricultural, Food and Forestry Policies. The sfincione is a symbol of Palermo's "street food" culture.



BREAD WITH PANELLE

In Palermo they are a true institution, a street food par excellence that can be purchased in corners, in rotisseries and in the streets of the city, to be tasted strictly with your hands between one chat and another in company. Panelle are very simple: they are made with chickpea flour mixed with a few other ingredients, and, as tradition would require, they should be presented in mafalde, the typical Sicilian bread with oil and sesame seeds..



ARANCINA

Another typical specialty of Palermo is the Arancina. The best one can be found at the Bar Touring (via Lincoln,15, in front of the orthobotanist) or Ke Palle (via Maqueda, 270)

They are small timbales suitable to be consumed both as a snack and as an appetizer, first course or even main course. In Palermo they can be found everywhere and at all times, always hot and fragrant in the many fry shops



SICILIAN CANNOLI

Before leaving the city, be sure to buy some pastries. Cannoli, Cassata, Martorana fruit are just some examples of Sicilian delicacies to try. The traditional Sicilian cannoli is made with a fried tube-shaped wafer filled with sheep's milk ricotta, but the filling can be varied: from custard to Chantilly, from buffalo ricotta to chocolate pistachio cream.



BRIOCHE WITH ICE CREAM

Brioche with ice cream is a typical Sicilian dessert. Brioche with ice cream is a round bun similar to the one used to prepare hamburgers cut into two parts and filled with ice cream. Sometimes, brioche with ice cream are also flavored with sweet ingredients such as almond milk or whipped cream.

NUMBERS EMERGENCY

| | |
|-----------------------------|---|
| EMERGENCY | 112 |
| AMBULANCE | 118 |
| MEDICAL GUARDIAN | +39 091 703 6901 |
| TAXI | +39 091 6878 oppure contattare La reception is open from 09:30 to 20:00 |

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(09:30/20:00)

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