

# Gastronomy and Countryside

from the Tyrrhenian Sea to the Madonie Park

The Madonie Park, a nature reserve, is an area of great natural beauty and magnificent countryside characterised by a variety of different types of agriculture whose products are the basis for the excellent gastronomic specialities of this mountainous region.

3 days - programme for individuals Prices from € 112.50

DAY 1 Between Cefalù and Finale di Pollina, the road winds up steep slopes dotted with manna ash trees, olive groves and cork oak trees. Little by little wonderful views of the Tyrrhenian coast open up including the beautiful Rocca di Cefalù and the Eolie islands.

**Pollina**, a small medieval urban centre, is dominated by the Torre del Castello dei Ventimiglia, at the foot of which stands the Amphitheatre of Pietrarossa. From here the view over the valley of Castelbuono is absolutely enchanting!

In the area between Pollina and Castelbuono, the production of manna, a sugary lymph that seeps out from incisions made in the bark of the ash trees, is still practised today. The manna is wrapped in cloths before being used in pharmaceutical products, cosmetics and confectionary. At the Azienda Agricola "Zabbra", which specialises in organic farming, it is possible to buy excellent fresh fruit, natural vegetables and you can even taste the famous manna.

You'll soon arrive at **Castelbuono**, the town of the Ventimiglia family, where you can visit the Castle and its precious artefacts. This lovely town is also home to the most important museum in the Park, named after the naturalist Francesco Minà Palumbo, himself originally from Castelbuono.

If you telephone first, you can visit the Frantoio (Oil Press) "Oro Petra", where Signora Maddalena will let you taste the farm's highly prized Extra Virgin Olive Oil with home-made bread. If you are visiting between October and December you can also watch the different phases of the production of olive oil. Do you have any idea of the intense, fruity fragrances that pervade the air in a working olive press?

In the lovely piazza is the **confectionary of the Fiasconaro Brothers**, a truly excellent Shop of Flavours where Sicilian, and more specifically, Madonite traditions meet goodness. **You will be invited to try the famous, fragrant "Mannetto" with citrus fruit and hazel nuts...a real delight!** You will also be able to try the delicious torroncini (a kind of nougat) and jams...all accompanied by highly fragrant home-made lemon and Indian fig liquors.

Your restaurant for the evening will be "Romitaggio San Guglielmo", an authentic medieval monastery near Castelbuono. In an intimate, evocative atmosphere you will be able to try a menu based on local succulent meats and forest products such as mushrooms.

For your accommodation you can choose to sleep by the sea at the Villaggio Camping Rais Gerbi, in Finale di Pollina, or in the mountains at Agriturismo Bergi, near Castelbuono.

DAY 2 The second day will be dedicated to the discovery of small towns and their monuments, the surrounding nature and the green environment of the Madonie Park.

Not to be missed is **San Mauro Castelverde**, a medieval town situated at 1015 metres above sea level, that boasts uncommonly breathtaking views over the countryside below. For lunch we recommend the trattoria "La Posada" in countryside Karsa.

To learn more about the environment and its flora and fauna, it is possible to hire an expert guide who will help you to discover some lovely places including holm oak, beech, chestnut and centuries-old holly woods. Whilst going round you will be able to learn about the area's history and legends as well as many anecdotes regarding traditions of the Madonie.

Dinner will be served in the elegant restaurant "Nangalarruni", in the heart of Castelbuono. Here you will meet Giuseppe Carollo, the chef and owner. Mr. Carollo moves around his kitchen with innate ease and consummate skill, magically creating

the old flavours of Madonite cuisine. His skilful and refined use of herbs and flavourings that grow locally (wild fennel, mint, thyme and nettle) and the rediscovery of forgotten dishes, recreated using daring combinations, will delight the palate and ensure that you will want to return.

You will stay in the same accommodation as the first night.

Day 3 During the third day you will be able to enjoy more time exploring the wonderful area of the Park and its towns. Near Collesano you will visit the Lo Curto organic dairy farm, where you will be able to taste local fragrant cheeses such as Provola delle Madonie, delicate mozzarella, freshly-made ricotta and many other specialities. However, what will enchant your senses most will be the aromas and taste of the smoked mozzarella which is made following traditional techniques using burning hay. From the plateau on which the farm stands, you will be able to admire two wonderful views: on one side the Tyrrhenian sea and on the other the splendid mountains.







enogastronomia





Provincia Regionale di Palermo

3 days / 2 nights (minimum 2 people) Price in Euro, from January 2006 to March 2007

Price per person	Accommodation	*Supplement day
112,50	Villaggio Camping Rais Gerbi*** Finale di Po	ollina 8,00
128,50	Agriturismo Bergi*** Castelbuono	12,00
Single rooms: not available.	No reduction for adults in a 3rd / 4th bed;	Children: reduction of 20,00

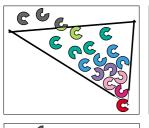
#### \*Dates subject to supplements

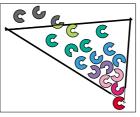
- ° All accommodation on Saturdays;
- ° 6th January; 16th, 23rd, 24th and 30th April; 2nd June; from 11th to 18th August; 8th, 25th, 29th, 31st December.

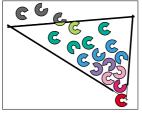
N.B. Villaggio Camping Rais Gerbi is not available in the month of August.

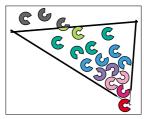
#### Prices include

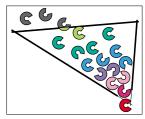
- ° 2 nights' accommodation including breakfast in the structures chosen;
- 2 dinners in restaurants, drinks not included;
- tastings of Oil and Confectionary in Castelbuono; cheese tasting in Collesano.

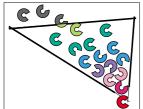


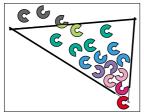


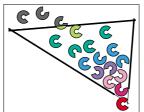


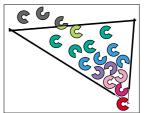


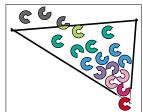












# **CLUB DI PRODOTTO** ENOGASTRONOMIA

We are Sicilians. We are in love with our land and we want to share it with you.

We are also convinced that our wines, our bread, our sweets and our cheeses (amongst a great many other things) are best tried here in Sicily where they are made. Sicily is not just sea and fish but wide open countryside where you can watch grapes mature, stroll along old paths in the woods and meet those who work and live in our beautiful island. The pleasure of living here is not only linked to eating and drinking, but also to everything you can see, smell, touch and feel.

Once, it was not so easy to explore and get to know Palermo's hinterland, but today we are proud to be able to welcome you here for a few, fascinating days of discovery.

There are many myths about Sicily: it is our aim to confirm that the one regarding our excellent sense of hospitality is true.

**Alessandro Traina**, restaurant owner in San Cipirello **Alfredo Bocera**, distribution typical Sicilian products in Palermo

Angela Gaetani, tourist courier in Palermo Annibale Alpi, manifacture of Mediterranean fresh fish in Aspra / Baheria

Antonio Barcia, rural tourism in Ficuzza

Antonio Cascio, restaurant owner in Chiusa Sclafani

Antonio Cerniglia, confectioner in Caccamo

Antonio Colletti, confectioner in Chiusa Sclafani

Antonio Gangi, local tourist authoirty in Roccapalumba

Antonio Lo Curto, organic farmer/cheese maker in Collesano

Cantina "Duca di Salaparuta", in Casteldaccia

Cantina Calatrasi, in San Cipirello

Cantina "Feotto dello Jato", in San Giuseppe Jato

Cantina Sociale Alto Belice, in San Cipirello

Cantina Tamburello, in the territory of Monreale

Carmelo Barbaccia, vehicle hire in Bolognetta

Coop. Placido Rizzotto "Libera Terra" agriturismo in Portella delle Ginestre

Daniela di Garbo, agriturismo in Castelbuono

Domenico Scimeca, Holiday homes in Caccamo

F.Ili Cucchiara, traditional cuisine in San Cipirello

F.IIi Fiasconaro, confectioners in Castelbuono

Filippo Milazzo, restaurant owner in Prizzi

Francesca Cicero, oil press in Castelbuono

Filippo Milazzo, restaurant owner in Prizzi

Francesco Sole, restaurant owner in Misilmeri

Franco Sacco, vineyard in the territory of Monreale

Fulvio Li Castri, organic farmer in Marineo

Gaetano Ferrara, agriturismo in San Giuseppe Jato

Gaspare Fiorini, agriturismo-equitourism in Godrano

Giovanni and Fabiola Fatta, agriturismo in Polizzi Generosa

Giorgio Orlando, catering/ holiday homes in Ficuzza

Giovanni Aglialoro and Santo Galbo, cultural services in

Caccamo

Giovanni Paternostro, cheesemaker in Corleone
Giovanni Savarese, organic farmer in San Mauro Castelverde
Giovanni Sparacio, restaurant owner in Prizzi
Girolamo Gelsi, organic farmer in San Giuseppe Jato
Giuseppe Baronie, cheesemaker in San Giuseppe Jato
Giuseppe Capitano, confectioner in Caccamo
Giuseppe Carollo, restaurant owner in Castelbuono
Giuseppe Dolce, agriturismo in Monreale/San Cipirello

Porticello/Santa Flavia

Giuseppe Ippolito, environmental guide in Palermo

Giuseppe Pollina and Guglielmo Rosa, dairymen in

Roccapalumba

Giuseppe Gagliano, restaurant owner in

Giuseppe Saputo, tour operator in Palermo
Illuminata Profeta, tourism services in Palazzo Adriano
Leo and Annamaria Soresi, restaurant owners in Borgetto
Lillo Amato, grocers in Camporeale

Lucrezia Panvini, agriturismo in Santa Cristina Gela Marcello Paulina-coop. La Sorgente, rural tourism in Polizzi Generosa

Maria S. Profeta, hospitality and catering in Palazzo Adriano Maria Sausa, oil press in Scillato

Maria Teresa Vellino, baker in Chiusa Sclafani
Massimo De Gregorio, vineyard in the territory of Monreale
Maurizio and Salvatore Cascino, restaurant owners in
Monreale

Palermo Musica

Palermo Cabrica

Cabric

Maurizio Giordano and Giuseppe Mollica, vehicle hire in Monreale

Natale Conoscenti, restaurant owner in Castelbuono Nicoletta Cicero, tourism services in Castelbuono

Paolo Barbon, B&B in Contessa Entellina

Paolo Pipitone, oil press in Misilmeri

Peppino Gangi, baker in Roccapalumba

Pietro Galioto, organic agriturismo in Caccamo

Pietro Mirto, agriturismo in Monreale

Pietro Pipitone, beekeeper in Misilmeri

Rosa Crini Stigliolo, restaurant owner in Caccamo

Rosaria M.Brancato, B&B in Chiusa Sclafani

Rosaria Provenzano e Vincenzo Cerrito Holiday village in Finale di Pollina

Rosetta and Salvatore Scimeca, oil producers in Caccamo Rosina Silvestri, restaurant owner in San Mauro Castelverde Salvatore Cerniglia, confectioner in San Giuseppe Jato Salvatore Di Chiara, Coop. Alberobello Chiusa Scafani Salvatore Garofano, confectioner in Lercara Friddi Salvatore Porretta, restaurant owner in Caccamo Salvatore Pulizzotto, restaurant owner in Marineo

Salvatrice Interbartolo, farmer in Cerda Salvatrice Saporito, hotelier in Corleone

Stefano Bellanca, restaurant owner/farmer in Corleone

Tina and Antonio Mascarella, agriturismo in Alia

Valerio Onorato, farmer in Pollina

Vincenzo Accardo, horsemanship in Misilmeri Vincenzo Russo, butcher in Palazzo Adriano

Vito Matranga, agriturismo in Piana degli Albanesi

Vito Pernice, mountain hut in Ficuzza

Vito Ribaudo, cheesemaker in Caccamo







## Nature and Flavour

between Piana degli Albanesi and the Wood of Ficuzza

It's amazing to think that one of the most important woods in Sicily is just a few minutes away from Palermo. In the kingdom of the golden eagle, between narrow, winding paths, endemic plants of particular botanical importance flourish. Add to this extraordinarily beautiful natural setting the fragrances, aromas and flavours offered by this territory and we are dealing with a sublime sensual experience.

3 days – programme for individuals Prices from € 102.50

Leaving behind the chaotic noise of Palermo and the last vestiges of the Conca d'Oro, the road passes through green countryside delimited on one side by the town of Monreale and on the other by Altofonte.

Suddenly the wide-open countryside of the Valle dello Jato opens up before your eyes. Making a mental note to come back to spend more time here in the future, turn off in the direction of Piana degli Albanesi, where you will immediately arrive at **Portella delle Ginestre**. Here you will see the memorial to the victims of a mafia massacre committed on 1st May 1947 by Salvatore Giuliano and his followers against a group of farmhands who were there to celebrate Labour Day: an important day in Sicilian history.

A few minutes later, immersed in some enchanting verdant countryside, capped by a **Lake**, you will arrive at **Piana degli Albanesi**. This "strange" town, which was founded in the 15th Century by a group of Albanians fleeing prosecution from the Ottoman Turks, still today maintains its ethnic-linguistic and religious identity. You can't visit Piana degli Albanesi without trying the excellent bread, made with **hard wheat and cooked in old wood-burning ovens**. However, the main protagonist of *Arbëreshë* gastronomy is without doubt the **cannolo di ricotta**, whose secret lies in the making of the wafer (shkorça), using flour, wine, starch and salt, which is filled with sieved sugared ricotta and chocolate chips. Eating a cannolo is like tasting a piece of Sicily and in Piana degli Albanesi, **we will offer you a cannolo** par excellence that will be prepared fresh so that you can appreciate it fully......an unforgettable gastronomic experience.

Continuing in the direction of Ficuzza/Corleone, the winding road will take you higher and higher. Just as you're leaving the view of the lake and the town behind you, you will suddenly come across the rocky cliff face of Rocca Busambra, which provides an ever present backdrop to the majestic Wood of Ficuzza.

The road, which winds between fields of cereal and old farmhouses, soon leads to **Corleone**. Just out of the centre of town, at the foot of the Castello Sottano, are the Cascades of the Two Rocks. In the countryside around Corleone, at the **Fattoria Giardinello**, **owned by Stefano Bellanca**, **you will be able to taste some fragrant caciotte and genuine ricotta cheeses**, the pride of the farm's production.

For dinner and accommodation you can choose between the following Agriturismos: Al Poggetto, Sant'Agata, both situated between Piana degli Albanesi and the Wood of Ficuzza, Antica Stazione Ferroviaria or Gorgo del Drago, situated on the edge of the Wood. The strong point of all these agriturismos is their cuisine. You will have a meal full of flavour thanks to the produced locally ingredients. Menus will differ according to the season.

This day should be spent in the Wood, which is one of the largest and most beautiful in Sicily. In the kingdom of the golden eagle there are still many endemic plants of great botanical interest and the area is home to 80% of the region's species of birds and wild fauna. The whole area is a **Nature Reserve** that includes not only the Woods themselves but also the Rocca Busambra, the Wood of Cappelliere and the area of the Gorgo del Drago. There are a great many **walking routes**, including the **old railway line that has been recovered as part of a Provincial Tourist Board project**, which you can experience in your own rhythm and depending on how you wish to pass your time in this natural paradise.....on foot, by bike or on horseback.

To know more about the environment, the flora and the fauna, it is possible to be pay for an expert environmental guide, Giuseppe Ippolito, to help you explore the territory and learn how to "listen to the voice of the wood". Make sure you visit the small borgo di Ficuzza and its imposing "Royal Hunting Lodge" built by King Ferdinand III in about 1803. For lunch we recommend the "Masseria Aguglia" near the borgo. Dinner, a triumph of tastes and fragrances, will be served in the agriturismo in which you have chosen to stay.

DAY 3 The territory has many other interesting things to discover, including Cefalà Diana, a town dominated by the tower of its castle. A visit to the "Bagni di Cefalà Diana", should not be missed. These old thermal baths, which have recently been restored, were probably built according to Arabic design and were still being used in the Norman period. Before leaving these places, however, you should also stop at Marineo and the "Organic Livestock Farm of Li Castri", which specialises in breeding Sicilian black pigs. You can buy tasty salamis and sausages, but also locally produced cheeses. One thing not to leave without is the spiced wild boar lard!











Provincia Regionale di Palermo

3 days / 2 nights (minimum 2 people) Price in Euro, from January 2006 to March 2007

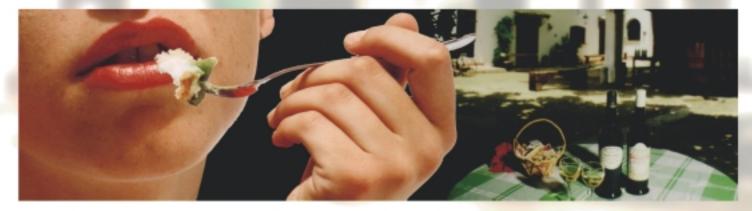
Price per person	Accommodation *:		olement days
102,50	Agriturismo Gorgo del Drago*** Godrano		8,00
118.50	Agriturismo Al Poggetto**** or Sant'Agata**** Piana degli Albanesi		12.00
110.30	Turismo Rurale Antica Stazione**** Ficuzza		12,00
Single rooms: not available.	No reduction for adults in a 3rd / 4th bed;	Children: reduction of	20,00

#### \*Dates subject to supplements

- ° All accommodation on Saturdays;
- ° 6th January; 16th, 23rd, 24th and 30th April; 2nd June; from 11th to 18th August; 8th, 25th, 29th, 31st December.

#### Prices include

- ° 2 nights' half-board accommodation in an Agriturismo, drinks excluded;
- ° 2 tasting of Sicilian Cannolo and cheeses.



## Grafts and tastes

Between the Valleys of Torto and San Leonardo

The quality of Sicilian cuisine makes Sicily the ideal place to appreciate and discover flavours and fragrances that seemed forgotten. The conviviality of good cooking and direct contact with the territory promotes a harmonious relationship between life and the existence of all things.

3 days -programme for individuals Prices from € 102.50

DAY 1 Leaving Termini Imerese behind you, the road winds up the hillsides of the Riserva Naturale di Monte San Calogero. The Sicilian countryside will keep you entertained until, suddenly, you will spot the small lake of San Leonardo down below in the valley.

Soon you will be at Caccamo, a medieval town dominated by its Norman Castle whose clean and peaceful lines can be seen from afar. At the foot of the castle, at the 'Cultural Association "Sicilia e dintorni" you will find a small ethnographic exhibition (free entrance) and if you want, you can hire a guide to accompany you around the castle and the old town centre.

It's lovely to lose yourself among the narrow streets of the town and if it's almost time for lunch you will smell the mouth-watering fragrances of home-made sauces, fried aubergines and fresh basil streaming out of the open windows of the houses nearby. And if by this point you are ready to eat, go and see **Signora Rosetta**, owner of the "Azienda Olivicola Scimeca". In a simple, family atmosphere you will be able to taste their prized organic olive oil accompanied by fragrant home-made bread and excellent olives. You will also receive a little bottle of olive oil.

If you enjoy walking, you shouldn't miss an easy but beautiful excursion to the nearby **Rosamarina Dam** on the River San Leonardo. Here, a spot of fishing will guarantee a great experience: the experts say that the river is full of fish.

Dinner will be served at the restaurant "A Castellana", built in what used to be the granary of the historic castle. The owner, Signor Salvatore Porretta, will surprise you with the clean, decisive flavours of his cooking that uses locally produced ingredients. Menus vary depending on the season. As antipasti you can try fresh ricotta cheese, cauliflower fried in batter, fried cardoons, aubergines "abbuttunate", stuffed sun-dried tomatoes, and aubergine caponata. First courses may include pasta "a frittella" and salted ricotta cheese, pasta with green vegetables, pasta with mountain fennel or pasta with fava beans. Second courses are based on locally produced meat that is simply grilled or barbecued. And finally, to finish, fruit of the season and inimitable desserts made following old recipes, such as rustic pie with ricotta cream, Sicilian cannolo or melon jelly garnished with jasmine fragrances.

For your accommodation you can choose either an apartment in the centre of Caccamo of the "U Casteddu" Association, a type of "Village Hotel" or, if you prefer to be more immersed in nature, the Agriturismo Valle del Torto, half organic farm and half teaching farm. There is, however, one further possibility: the Agriturismo Villa Dafne near Alia.

Driving towards Roccapalumba you will find yourselves in the real, totally uncontaminated Sicilian interior. Just before Roccapalumba, stop at the Caseificio Ribaudo. Here you will be enveloped in an intense fragrance of milk and cheese that hints at the genuinity of the company's products. Signori Ribaudo will welcome you and let you taste his excellent ricotta and other cheeses including primo sale, tuma, cacio cavallo, scamorza, some of which are stuffed with olives, sun dried tomatoes, hazelnuts and pistachios. All this will be accompanies by tasty home-made bread baked in a wood-burning oven and, obviously, some local wine. If you want, you can observe the various phases of production and the Ribaudo family will be happy to talk you through the whole process.

You can spend the afternoon in **Roccapalumba**, where the local specialities, bread and biscuits, have a colour, a fragrance and a taste that is virtually impossible to find in our modern cities. Amongst the **agricultural products of the area** are Indian figs, cultivated using techniques that have a minimum impact on the environment.

**Somewhat surprisingly**, in this area that is so closely linked to its agricultural roots, you will find a modern Astronomic Observatory equipped with a powerful telescope that makes it possible to view stars that are very far from the sun. It is possible to experience "A

Midsummer's Night Dream" at any time of the year if you go to the Planetarium, a complex and sophisticated structure that simulates an azure sky within a cupola measuring 6 metres in diameter.....an experience that will thrill your children.

Dinner will be served in your agriturismo or at the restaurant "A Castellana" depending on the type of accommodation you have chosen.

DAY 3 Spend more time exploring this wonderful territory. At the local tourist office you will find whatever information you are looking for. In any case, we recommend that you visit Alia and its prehistoric Grotte della Gulfa. If you are in a group of at least ten, it is possible, with prior appointment and for a small charge, to visit the Mulino Fiaccati near the railway station of Roccapalumba. The Mulino is an old rustic watermill hemmed in beneath a rugged cliff. The watermill uses the kinetic energy of the River Torto, which flows right in front, and watermill has been entirely restructured. The owners, Giuseppe Pollina and Guglielmo Rosa, will be happy to tell you about the ancient history of flour andbread and give you a demonstration of the watermill in function.











3 days / 2 nights (minimum 2 people) Price in Euro, from January 2006 to March 2007

Price per person	Accommodation *	Supplement days
102,50	Appartamenti Case Vacanza Caccamo	8,00
118,50	Agriturismo Valle del Torto**** Caccamo/Montemaggiore Belsito  Agriturismo Villa Dafne**** Alia	12,00
Cingle reamer not available	~	n of 20.00
Single rooms: not available.	No reduction for adults in a 3rd / 4th bed; Children: reduction	11 01 20,00

#### \*Dates subject to supplements

- All accommodation on Saturdays;
- ° 6th January; 16th, 23rd, 24th and 30th April; 2nd June; from 11th to 18th August; 8th, 25th, 29th, 31st December.

#### Prices include

- ° 2 nights' accommodation including breakfast in the structures chosen;
- ° 2 dinners in restaurants, drinks not included;
- ° oil tasting in Caccamo and cheese tasting in Roccapalumba.



# Paths and Small Villages

in the Valle del Sosio.

There is a part of the Sicilian hinterland that only a few people know really well: it is the Sicily of wide open spaces and pastel colours that still today has managed to retain its authentic, typical characteristics. The Valle del Sosio is an area which, thanks to its isolation, has managed to conserve elements of genuinity that are interesting for those who want to "explore" and discover a world that has very little of the modern about it.

#### 3 days - programme for individuals prices from € 98.50

DAY 1 The area of the Valle del sosio lies between the Communes of Corleone and Ribera, and delimits the Province of Palermo from that of Agrigento.

The road passes through fields of cereal spotted with old farmhouses before arriving at **Corleone**. Here you will discover a world that challenges all stereotypes. Just out of the centre of town, and something not to be missed, are the Cascades of the Two Rocks at the foot of the Castello Sottano. In Corleone, at a local **dairy farm you will be able to taste some fragrant caciotte and genuine ricota cheeses,** the pride of the farm's production.

The next stop is **Bisacquino**, a rural centre that has a clear Arabic urban layout, where, **since the 1700s, precious clocks for towers were built.** Today it is still possible to visit the old shop and see the tools of the **Scibetta family**, which, for generations, has produced clocks with great passion and professionalism. Amongst their finest works are the clocks at Palazzo Steri in Palermo, Palazzo Reale in Florence, the Cattedrale di Caccamo and one commissioned by Luchino Visconti for several scenes of his film "The Leopard".

The trip continues in the direction of **Chiusa Sclafani** where the landscape takes centre stage. Once arrived you will be able to taste some products of Mrs. Vellino's bread shop including "ranza e ciura" a type of pizza made only in Chiusa Sclafani, sfincioni, and local breads and biscuits. The Alta Valle del Sosio is characterised by gentle hills topped by a succession of green mountains. As you drive on, you will see the **Sicani Mountains**, the **Riserva Naturale di Monte Genuardo and Santa Maria del Bosco, Monte Trona**, and the imposing **Mountains of Palazzo Adriano and the Valle del Sosio**.

Your accommodation for the night will be in either Chiusa Sclafani, at the Bed & Breakfast "Il Ciliegio", or in Palazzo Adriano, at the "A Casa Vecchia".

Dinner will be in a restaurant in the town where you have chosen to spend the night.

DAY 2 The second day will spent in the Nature Reserves of the Mountains of Palazzo Adriano and the Valle del Sosio. Don't leave your camera at the hotel, because you will certainly need it. In these areas the beauty of the countryside is difficult to describe.

The great interest of the landscape in this area is due to the mix of mountains, gorges, rivers and streams, luxuriant vegetation and fauna. It is also an area of significant scientific interest, as the mountains are composed of compact limestone, some examples of which are considered extremely rare in Italy.

Of particular interest is a palaeontologic glacier dating back some 260 million years (Solomon Stone), which contains extremely important fossils of flora and fauna.

To learn more about the environment, its flora and fauna and other local information, it is possible to hire an expert environmental guide. It will be a really special experience to explore the territory with Coop. TRIPS and to learn about the extraordinary fauna and flora that characterises the Valle del Sosio.

Don't miss out on a visit to the evocative **Abbazia di Santa Maria del Bosco**, immersed in the holm oak woods of Monte Genuardo. This immense monastery is made up of a group of extremely large buildings surrounding two large cloisters that are annexed to a church of which only the facade, the cupola and a majolica bell tower remain.

Your accommodation and dinner will be in the same place as the first night.

## DAY 3 Treat yourself to another peaceful day discovering the area's nature and rural centres.

You could, for example, visit the lovely **Lake Gammauta**, created by the blocking of a deep gorge of the River Sosio. The lake is bordered by poplars, willows and tamarisks while all around is a thick forest of oaks and ash trees. As might be imagined, it is a popular stop-off for migrating birds.

Another place not to be missed is **Palazzo Adriano**. Why not have a walk around the piazza, which was used to **as a film set for the Oscar-winning film "Nuovo Cinema Paradiso" by Giuseppe Tornatore.** 

You could also stop off at **Prizzi**, with its medieval town plan that surrounds the Castle. Here, at over one thousand metres above sea level the view over the Valle del Sosio is breathtaking.







aap<sup>®</sup>t

Axienda Autonoma Provinciale per l'Incremento Turistico



di Palermo

#### 3 days / 2 nights (minimum 2 people) Price in Euro, from January 2006 to March 2007

Price per person	Accommodation	*Supplement days
98,50	Room rental <b>A Casa Vecchia</b> Palazzo Adriano Bed & Breakfast <b>II Ciliegio</b> Chiusa Sclafani	8,00
Single rooms: not available.	No reduction for adults in a 3rd / 4th bed;	Children: reduction of 20,00

#### \*Dates subject to supplements

- ° All accommodation on Saturdays;
- ° 6th January; 16th, 23rd, 24th and 30th April; 2nd June; from 11th to 18th August; 8th, 25th, 29th, 31st December

#### Prices include

- ° 2 nights' bed & breakfast accommodation in the chosen structure;
- ° 2 dinners in restaurants, drinks excluded; cheese tasting in Corleone.



# Nature, History and Wine

in the Valle dello Jato

The Valle dello Jato, which is a harmonious alchemy of wide-open countryside and colourful, fragrant Mediterranean vegetation, is home to the mysterious history of the Elymian people, who lived on the slopes of Monte Jato, and to the invention of a God: wine.

3 days - programme for individuals

Prices from € 98.50

Leave Palermo and the sea and wind up through the Conca d'Oro on a road that passes through luxuriant countryside delimited by the towns of Monreale and Altofonte. In just a few minutes you will reach Portella della Paglia. You're now at the top and suddenly the wide-open Valle dello Jato, with its intense green countryside and light blue sky, will appear before your eyes. On the right are the peaks of Pizzo Mirabella, Monte Dammusi, Monte Signora and Monte della Fiera, down below, you will be able to see Lake Poma and on the left of the wide valley, at the foot of Monte Jato, are the small rural towns of San Giuseppe Jato and San Cipirello.

This territory will allow you to experience the perfect mix of nature, history and gastronomy.

Discovering the enchanting places in this area is facilitated by the presence of 22 Historic and Naturalistic Signposted Routes put together by the Province of Palermo's Tourist Board.

At 850 m. above sea level, on the slightly sloping summit of Monte Jato, you will find the interesting archaeological site of the ancient laitas. The town was lived in continually from the 9th Century BC to 1246 and can be reached on foot by one of the several easy paths: by the "Scala di Ferro", which takes you through a forest path and a Medieval mule path; by the "Camposanto Vecchio", which goes up a mule path in the forest and through open fields; by the "Militi", on a path through open fields near the ancient city. The views while you walk through the ruins of the city are wonderful and of great note in the site are the Temple of Aphrodite, the Theatre, the Agora and the "Casa a Peristilio".

In San Giuseppe Jato, at the Bar and Confectionary Cerniglia, you will be offered a tasty ricotta cannolo, a Sicilian speciality that will be made for you on the spot so you can taste it at its best.

At **Girolamo Gelsi's Organic Farm**, in contrada Mortilli, on the other side of the River Jato, you will have the opportunity to buy **oil and fresh fruit and vegetables picked that morning**. In the immediate vicinity is the **Mulino del Principe**, a water mill for grinding grain dating back to the 1700s. It is one of the best conserved productive buildings remaining in the Valle dello Jato.

For dinner and accommodation you can choose between the **Agriturismo Villa Mirto**, the **Agriturismo "Portella della Ginestra"**, **owned by "Coop. Placido Rizzotto-Libera Terra"**, both of which are just a few minutes' drive from San Giuseppe Jato, or the **Agriturismo Casale dello Jato**, near San Cipirello.

The second day will be dedicated to exploring the territory further. There are numerous mills and farmhouses that hark back to the old agricultural traditions of the Valle.

We would advise an easy route that takes about 45 minutes following a path and a dirt road. Leave your car at the "Chiusa" car park and head down through the fields towards the 17th Century paper mill. From here you can follow the canal until you get to the Mulino della Chiusa. Being a circuitry route, you can get back to the car park by following the Fosso della Procura.

If you are keen to explore further you can leave the car park at "Chiusa" once more and set off **on another easy route** that takes about 90 minutes. The dirt road passes alongside fields that have recently been planted with chestnut and cherry trees. You will soon come to an important travertine formation full of fossils, at the top of which are the ruins of the **Masseria della Procura**, an old tollhouse of the Archbishop of Monreale. Then, climbing a little further, you can follow the route of the **Regia Trazzera Cannavera** before turning right into a path that will take you to some rapids which are full of water even during the summer. Continuing through the fields and along the foothills of **Monte Dammusi** you will come to the **little church** of the **Madonna della Provvidenza**, destination of an annual procession. You will then head back to Chiusa on a track that follows an aqueduct on the ridge of **Feotto**. If you prefer, you can hire an environmental guide from Coop. Artemisia for your walk. We recommend lunch at the restaurant "Apud Jatum", a visit to "Tipical Jato" in San Cipirello, and to "Salumi Amato" in Camporeale.

In the afternoon you can visit the small but interesting Museo dello Jato at San Cipirello.

Dinner and lodging in the same structure as the first night.

Your third day can be dedicated to a visit of some of the many vineyards in the area. The entire Valle dello Jato is given over to the production of wine. The improvement of native grape varieties and the planting of some of the best international grape varieties have guaranteed the production of wines that are not only innovative, and of great quality and structure but which also succeed in expressing all the typical characteristics of the zone of production. From among the greatnumber of vineyards in the Valle we recommend "Alto Belice", "Calatrasi", "Fattorie Azzolino", "Feotto dello Jato" and "Tamburello". These modern companies employ both nationally and internationally trained oenologists so as to guarantee the production of top quality wines. You will be able to learn about the fascinating world of viticulture and taste and buy some of their best wines.



3 days / 2 nights (minimum 2 people) Prices in Euro, from January 2006 to March 2007

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Price per person		Accommodation		*Supplement days
98,50	А	Agriturismo <b>Villa Mirto***</b> Giacalor griturismo <b>Portella della Ginestra***</b> Piana de		8,00
114,50		Agriturismo Casale dello Jato**** San Cipir	ello	12,00
Single roc	ms: not available.	No reduction for adults in a 3rd / 4th bed;	Children: reduction of _	20.00

#### \*Dates subject to supplements

- ° All accommodation on Saturdays;
- ° 6th January; 16th, 23rd, 24th and 30th April; 2nd June; from 11th to 18<sup>th</sup> August; 8th, 25th, 29th, 31st December.

#### Prices include

- 2 nights' half-board accommodation in an Agriturismo, drinks excluded;
- ° 2 tastings of Sicilian Cannolo, oil, bruschette and cheese.



# At School in a Vineyard Amongst vines and barrels

Farmbouses, agricultural strongholds, and country residences that have been transformed into comfortable agriturismos look out over the green vineyards of this breath-taking scenery. Ancient territories offering great emotions and excellent wine.....this is the Sicily we are offering. You will visit three vineyards in the Valle dello Jato and Alto Belice, both in the Province of Palermo. You will meet expert agronomists and oenologists who will welcome you in their vineyards and amongst their barrels and give you wine-tasting courses that will concentrate on local grape varieties, techniques of cultivation and production and the innovatory aspects that have made Sicily one of the most important wine-producing regions in the world.

3 days - programmes for a minimum of 15 people Prices from € 256.00

DAY 1 Arrival of participants in the late morning at the port, the train station or Palermo airport; meeting with our courier, and boarding of your G.T. Coach for transfer to the Agriturismo situated in the hills of the Province of Palermo.

Allocation of rooms and lunch consisting of traditional local dishes.

Afternoon free for relaxing at the agriturismo and presentation of the programme.

**Dinner in the agriturismo with a typical menu** based on products grown on the farm and in the surrounding territory. Overnight stay

DAY 2 Breakfast and transfer to one of the vineyards for the first of three tasting sessions, each of which will deal with different themes inherent to the world of vines and wine.

Sicilian brunch in the vineyard accompanied by the best house wines. In the afternoon, a visit to another vineyard for the second part of the course: an introduction to native Sicilian white grape varieties and, in particular, "Catarratto" and "Inzolia".

Wine tasting of the best labels. Dinner in agriturismo based on traditional Palermitan dishes.

DAY 3 Breakfast and transfer to the third vineyard to learn about native Sicilian red grape varieties and in particular Nero d'Avola.

Brunch in the winery to taste local traditional delicacies accompanied by the best wines produced in the vineyard. In the afternoon, transfer to the port, train station or Palermo airport for return home.









di Palermo



3 days / 2 nights (minimum 15 people) Prices in Euro, from January 2006 to March 2007

•	• • • •		
	Accomm	odation	
•			Agriturismo Al Poggetto**** or Sant'Agata****
(betwee	en Piana degli Albanesi and Monre	eale)	(in the area of Piana degli Albanesi)
			Casale dello Jato**** (San Cipirello)
	298,00		319,50
	272,00		294,00
	256,00		278,50
ot available.	No reduction for adults in 3 <sup>rd</sup> or	4 <sup>th</sup> bed;	Children's reduction 20,00
	(betwee	Agriturismo Portella della Ginestra*** or Villa (between Piana degli Albanesi and Monre 298,00 272,00 256,00	272,00 256,00

#### \*Dates subject to supplements

- ° All accommodation on Saturdays;
- ° 6th January; 16th, 23rd, 24th and 30<sup>th</sup> April; 2<sup>nd</sup> June; from 11th to 18<sup>th</sup> August; 8th, 25th, 29th, 31st December.

#### Prices include

- Accommodation at the chosen Agriturismo
- ° Full board, including drinks, with meals as described in the programme
- Gran Turismo Coach, for all transfers
- ° Professional, authorised courier
- Wine-tasting course, divided into three sections in the following vineyards: Calatrasi, Alto Belice, Tamburello.



# Sicily for Gourmands

with Master chefs and confectioners

History, myths, the land and the people: all these elements have contributed to the millennial gastronomic traditions of Sicily. Indeed, never has a territory's cuisine been such a perfect amalgam of influences from different cultures. What we would like to propose is an authentic gastronomic holiday.... you will stay in an agriturismo, go to famous restaurants, have lunch in historic residences with the owners, watch great chefs work and, little by little, enter their world in a convivial atmosphere created so as to allow you to fully comprehend and appreciate the gastronomic and confectionary traditions of Sicily.

3 days - programmes for a minimum of 15 people

Prices from € 256.00

DAY 1 Arrival of the participants in the late morning at the port, the train station or Palermo airport; meeting with our courier, and boarding of your G.T. Coach for transfer to the Agriturismo situated in the hills of the Province of Palermo. Allocation of rooms and lunch consisting of traditional local dishes.

Afternoon free for relaxing at the agriturismo and presentation of the programme.

In the afternoon, transfer to the restaurant "La Botte", near Monreale, where Maestro Cascino will entertain you with information about typical Sicilian and, in particular, Palermitan culinary traditions.

Themed dinner "as told" by the maestro. Return to agriturismo for overnight stay.

DAY 2 After breakfast, departure, with the owners of Villa Soresi, for a "shopping" trip in one of Palermo's liveliest historic markets ... a whirlwind of human voices in an Arabic-like atmosphere, full of colours, oriental fragrances and spices....a triumph of the senses made possible by the gifts of nature.

After completing the shopping, transfer to Villa Soresi, a delightful historic residence in Borgetto, 20 km from the provincial capital.

Under the passionate supervision of the "monsieur" of the house, **guests will prepare a Sicilian lunch** based on traditional recipes.

Return to the agriturismo in the afternoon for a little relaxation. Dinner cooked using products of the farm. Overnight stay.

DAY 3 After breakfast your gastronomic trip will end with a visit to Cerniglia's confectioners in San Giuseppe Jato. Here the Master confectioner will reveal all the secrets of ancient recipes for "cannolo" and "Sicilian cassata", a unique opportunity to get to grips with the unforgettable deliciousness of Sicilian confectionary.

Brunch will be based on typical Palermitan snack foods such as arancinette, panelline, crocchè and confectionary. **In the afternoon, transfer** to the port, the train station or Palermo airport for departure.











#### 3 days / 2 nights (minimum 15 people) Prices in Euro, from January 2006 to March 2007

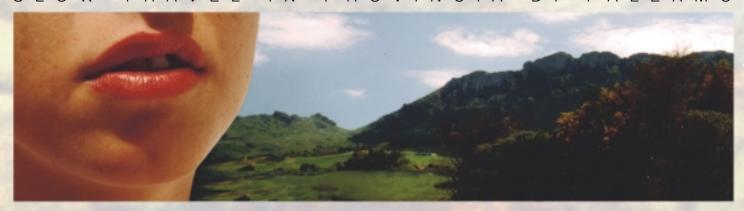
	A	
	Accommodation	<u>n</u>
Agri	turismo Portella della Ginestra*** or Villa Mirto (between Piana degli Albanesi and Monreale)	Agriturismo Al Poggetto**** or Sant'Agata****  (in the area of Piana degli Albanesi)  Casale dello Jato**** (San Cipirello)
Groups size		
from 15 to 19	298,00	319,50
from 20 to 24	272,00	294,00
from 25 to 30	256,00	278,50
Single rooms: not ava	ailable. No reduction for adults in 3 <sup>rd</sup> or 4 <sup>th</sup> be	ed; Children's reduction 20,00

#### \*Dates subject to supplements

- ° All accommodation on Saturdays;
- ° 6th January; 16th, 23rd, 24th and 30<sup>th</sup> April; 2<sup>nd</sup> June; from 11th to 18<sup>th</sup> August; 8th, 25th, 29th, 31st December.

#### Prices include

- Accommodation at the chosen Agriturismo
- ° Full board, including drinks, with meals as described in the programme
- Gran Turismo Coach, for all transfers
- ° Professional, authorised courier
- Sicilian gastronomy course at: "La Botte" restaurant with Maestro Cascino in Monreale and Villa Soresi in Borgetto; Sicilian confectionary course at the Pasticceria Cerniglia in San Giuseppe Jato.



# Trekking Parco delle Madonie

Guided trekking in the Parco Regionale delle Madonie, a nature reserve that is home to most of Sicily's flora and fauna, and where precious botanical examples give testimony to the climactic and geographic evolution of the Mediterranean. One mountain, almost 2000 metres high, is covered with beech woods, limestone rock, and sediments of an ancient barrier reef on which Karstic phenomenon were formed. Then, there are small towns with artistic treasures, great food and an extraordinary sense of hospitality.

4 days - programmes for a minimum of 8 people Prices from € 209.00

DAY 1 from Polizzi Generosa... CROSSING MONTE CERVI (1794mt).

From Polizzi Generosa we will be transferred to Portella Colla to start our excursion.

Trekking: Portella Colla (1421mt), Piano dei Cervi (1550mt), Monte Cervi (1794mt), Portella Arena (988mt),

Rifugio Orestano (1097mt).

Difficulty: E. Time: 7hours ca. (including stops). Length: 10 km. ca.

Type of route: dirt track and path.

Naturalistic elements: beech woods, Karstic polije.

Dinner and overnight stay in Polizzi Generosa at the Turismo Rurale l'Antico Casale.

DAY 2 from Polizzi Generosa ... CROSSING MONTE SAN SALVATORE (1912mt).

From Polizzi Generosa, we will be transferred to Contrada Pomieri to start our guided crossing of Monte San Salvatore.

Trekking: Piano Pomieri (1330mt), M. San Salvatore (1912mt), Cresta Ovest (1837mt), Piano Noce (1250mt).

Difficulty: E. Time: 6hours ca. (including stops). Length: 10 km. ca.

Type of route: easy path, natural terrain, dirt tracks.

Naturalistic elements: endemic Sicilian flora. Brief cultural visit of Petralia Soprana.

Dinner and overnight stay in Polizzi Generosa at the Turismo Rurale l'"Antico Casale".

DAY 3 from Polizzi Generosa ... PIZZO CARBONARA (1979mt)

From Polizzi Generosa, we will be transfered to Piano Battaglia. Round-trip guided excursion.

Trekking: Piano Battaglia (1600mt), Pizzo Scalonazzo (1903mt), Pizzo Carbonara (1979mt), Piani della

Principessa (1870mt), Sella Zottafonda (1820mt), Valle di Zottafonda, Battaglietta (1590mt), Piano Battaglia (1192mt).

**Difficulty**: <u>E</u>. **Time**: 6hours ca. (including stops); **Type of route**: path and natural rocky terrain.

Naturalistic elements: dolinas and other Karstic surface elements, fossilised corral barrier reef.

Dinner and overnight stay in Polizzi Generosa at the Turismo Rurale l'Antico Casale.

DAY 4 from Polizzi Generosa ... PIANO POMIERI – PIANO SEMPRIA

We will leave Polizzi Generosa and go to Contrada Pomieri. Guided crossing.

Trekking: Case La Pazza (1346mt), Vallone Faguare (1263mt), Sella Pizzo Canna (1415mt), Frattasella (1295mt),

Piano Pomo (1407mt), Cozzo Luminario (1512mt). Piano Sempria (1192mt).

Difficulty: E; Time: 3h ca. (including stops); Length: 6 km. ca.

Type of route: mule paths, paths.

Naturalistic elements: monumental trees, giant holly trees, oaks, holm oaks and beeches.

Our guide will say goodbye to the participants in the early afternoon at Castelbuono.

## The Trekking programme is organised by Artemisia Environmental guides

specialising in Sicilian flora and fauna.











4 days / 3 nights (minimum 8 people) Price in Euro, from January 2006 to March 2007

Groups size	Accommodation		*Supplement days
	Agriturismo Antico Casale****	Polizzi Generosa	
from 8 to 11	280,00		12,00
from 12 to 15	240,00		12,00
from 16 to 19	225,00		12,00
from 20 to 25	209,00		12,00
Single rooms: not available.	No reduction for adults in a 3rd / 4th	bed:	

### \*Dates subject to supplements

- ° All accommodation on Saturdays;
- ° 6th January; 16th, 23rd, 24th and 30th April; 2nd June; from 11th to 18th August; 8th, 25th, 29th, 31st December.

#### Prices include

- ° 3 nights' half-board accommodation, drinks included in an agriturismo
- ° 2 Environmental guide expert in the programme's routes for 4 days



# Trekking from the Wood of Ficuzza to the Monti Sicani

Unusual, evocative landscapes and some of the most fascinating naturalistic and cultural itineraries in Sicily.

Trekking through history and nature, over the Karstic mountains of northern Sicily, past the almost unreal crystalline walls of selenitic chalk hills and through the Valle del Sosio.

4 days - programme for a minimum of 8 people

Prices from € 198.00

DAY 1 The wood of Figuzza

Transfer from Palermo to the Wood of Ficuzza for the start of the excursion.

Trekking: Quattro Finaite (750mt), Pulpito Re (860mt), Castrateria (890mt), Vallone Rocca d'Elice,

Antica Ferrovia (650m), Antica Stazione (645mt).

Time: 2hours ca. (stops included).

Dinner and overnight stay in Ficuzza at the "Antica Stazione".

### DAY 2 La Pizzuta (1333mt)

From the Antica Stazione, transfer to Piana degli Albanesi for the start of the excursion.

Trekking: Piana degli Albanesi (660mt), Sella Pelavet (1236mt), Pizzuta (1333mt), Neviere (1300mt), Portella del Garrone (1144mt), Piana degli Albanesi.

Time: 5hours ca. (stops included).

Dinner and overnight stay in Ficuzza at the "Antica Stazione".

#### DAY 3 Rocca Busambra (1612mt)

From the Antica Stazione, departure on foot for the start of the excursion.

**Trekking:** Ficuzza (650mt), Fonte Ramusa (828mt), Sella Alpe Ramusa (Sciacca di Bifarera) (1170mt), Rocca Busambra (1613mt), Piano della Tramontana (1200mt), Alpe Cucco (980mt).

Length: 7hours ca. (stops included).

In the evening, transfer to Palazzo Adriano.

Dinner and overnight stay in Palazzo Adriano at "A Casa Vecchia".

## DAY 4 Valle del fiume Sosio - from Palazzo Adriano to San Carlo

Quick transfer from Palazzo Adriano, to the "Pietra dei Saracini", a paleozoic sedimentary rock that is extremely rare in Sicily.

**Trekking:** Pietra dei Saracini (717mt), Valle San Benedetto, Versante N Cozzo Danesi (612mt), Santuario di S. Adriano (570mt), Bosco di S. Adriano, Fastuchera della Gristìa (379mt), Gorges and the river bed of the River Sosio until the rail viaduct, ferroviario Gristìa (240mt).

In the last part you will ford the River Sosio (not difficult).

Length: 6hours ca. (stops included).

Your naturalistic guide will leave you in the afternoon at Palazzo Adriano.

Trekking programme organised by Artemisia Environmental guides specialising in Sicilian flora and fauna.





ENOGASTRONOM





Provincia Regionale di Palermo



#### 4 days / 3 nights (minimum 8 participants) Price in Euro, from January 2006 to March 2007

Groups size	Accommodation	*Supplement days
2 n	ights in the Antica Stazione**** in Ficuzza	
1 night in 1	A Casa Vecchia (room rentals) in Palazzo Adriano	
from 8 to 11	268,00	12,00
from 12 to 15	229,00	12,00
from 16 to 19	214,00	12,00
from 20 to 25	198,00	12,00
Single rooms: not available.	No reduction for adults in 3 <sup>rd</sup> or 4 <sup>th</sup> bed.	

### Dates subject to supplements

- ° All accommodation on Saturdays;
- ° 6th January; 16th, 23rd, 24th and 30th April; 2nd June; from 11th to 18th August; 8th, 25th, 29th, 31st December.

#### Prices include

- ° 3 nights' half-board accommodation, drinks included
- Environmental guide expert in the programme's routes for 4 days

#### The prices do not include transport

For transfers in the territory. It may, may however, be supplied on request