

Route 17

- **Tour:** Kalsa
- **Starting point:** San Vito
- **Arrival:** Cefalù
- **Points of interest:** Riserva naturale dello zingaro - Palermo - Cefalù
- **Km:** 267



Cefalù

Take it slowly to enjoy the route between San Vito and Palermo, with the curves of the mythical Targa Florio and try a fish supper made in one of the many small restaurants of Cefalù.

■ **History and traditions:**

San Vito lo Capo is famous to be a seaside town and its coast is splendid and opens into a bay which extends from S. Vito to the cape of Solanto, at the foot of mount Monaco.

Here you can find a tuna station that is inactive since 1600. The place was visited by pilgrims devoted to St. Vito, where there is a sanctuary dedicated to him. It was erected in the XIII century on an old chapel and was fortified in 1545.

There are many towers in this place, raised to signal the presence of hostile boats, such as Impiso's, Torrazzo's, Sceri's, Roccazzo's and also Isolidda's.

Palermo

The patron saint of Palermo is Santa Rosalia, who is still widely venerated. On 14th of July, people in Palermo celebrate the "Festino", which is the most important religious event of the year. The Festino is a procession in the main street of Palermo to remember the miracle attributed to Santa Rosalia who, it is believed, freed the city from the Black Death in 1624. The cave where the bones of Santa Rosalia were discovered, is on Monte Pellegrino (see above): when her relics were carried around the city three times, the plague was lifted. There is a Santuario marking the spot and can be reached via a scenic bus ride from the city below.

Cefalù

The Cathedral of Cefalù located in Piazza Duomo was built under the patronage of Roger II of Sicily, beginning in 1131. This style of Norman architecture would be more accurately called Sicilian Romanesque, the mosaics inside are among the most famous in the world.

■ Food and wine:

San Vito

In St. Vito every year, in September, takes place the "Festival of couscous". Many Sicilian, Egyptian, Palestinian, Moroccan, Algerian and Tunisian chefs take part to the competition in preparing this special dish. The competition concludes with the public tasting of couscous.

■ Sightseeing and Landscape:

Zingaro

The Natural Reserve of the Zingaro is situated in the extremity of the tyrrhenian west coast of Sicily and it is the continuity of the set of calcareous reliefs of the Mesozoic origin in the Palermo area, near to Mount Cofano. In the reserve, the general climate indicated for the vegetation has an average temperature of 19° C and a rainfall capacity of 645 mm. Also when it doesn't rain, often there are on the mountains beneficial fog banks that come from the sea and that maintain local damp microclimates.

Palermo

Palermo was once an Arabian emirate and later the seat of a Norman kingdom.

There are still Arabian style alleyways, busy fish markets, wonderful churches, excellent food and vibrant people. ...there is plenty to see.

In this jewel you can see a beautiful church like La Martorana This is Palermo's most famous church. It has an Arab-Norman bell tower. The interior is decorated with Byzantine mosaics. Cappella Palatina

In Piazza Indipendenza is a Byzantine mosaic decorated chapel. Inside it is possible to visit King Roger's former bedroom with its 12th century mosaics.

Palermo is also famous for its typical popular market: the "Vucciria". These open air markets are very loud and fun!. Here fishmonger stands have piles of swordfish and sea urchins. Other vibrant street markets with food and secondhand-junk stalls are in Ballarò.

....Sicily is above all passion for the life!

Cefalù

A gorgeous little town located on the north coast between Palermo and Messina, has about 50,000 inhabitants and is one of the major tourist attractions in the region. It has Roman baths, an ancient cathedral, marvellous beaches and is a tranquil city full of history.
