

Italy tourist guide for renal patients

Choosing your holiday destination

23 Italian destinations
tailored to your needs





23 Italian destinations
tailored to your needs

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Welcome

Dear patient,

we are pleased to present the Italy Tourist Guide for renal patients, produced by Diaverum. Our activities are focused on kidney patients, and one of our main priority is to improve their quality of life, through excellent medical care and tools that help them to enjoy a fulfilling life. We believe that travel is a right that should not be affected just because you suffer from renal disease.

During the last few years we have opened new dialysis centres in a number of very popular tourist and holiday destinations, so you can combine a well-deserved holiday with the highest quality treatment.

All Diaverum dialysis centres in the world work with a standardised system, both in Italy and in other countries, thus ensuring that the treatments provided offer the same level of quality regardless of the location, so you have one less thing to worry about when travelling.

All our internal rules and procedures are at a very high level, and adapted where necessary, to ensure continuity of care and guarantee the health and safety of both patients and professionals.

In this guide we present our Italian tourist destinations where you can enjoy your holiday, while undergoing dialysis treatment and personalised quality care in any of our clinics throughout Italy.

Our network of clinics is available to all patients, whether their original centre is Diaverum or not.

Our team will check all the medical informations necessary to ensure continuity of treatment with the highest quality standards.

All you need to do is choose your destination and, of course, enjoy your holiday. Italy is a world leader when it comes to health and tourism.

Italian healthcare, both public and private, is recognised for its high quality and for the high level of training of its professionals, offering state-of-the-art healthcare and a totally safe environment.

We are at your disposal and we hope that the guide will be of interest to you, and that we can count on your full confidence during your holiday.

Diaverum Italy d.Holiday team



Medical recommendation

Why are holidays important for kidney patients?

They are medically recommended. Each and every one of us has the right to rest, to explore, to travel, to enjoy our free time, or in other words, to go on holiday.

This is part of what we mean by “quality of life”. In the case of those suffering from Chronic Kidney Disease (CKD) on haemodialysis replacement therapy, this right cannot be forgotten. On the contrary, it should be encouraged.

Living with CKD can be considered a full-time second job, requiring meticulous and constant dedication; a daily obligation that is often exhausting for the patient and their family and/or caregivers, which is a very important factor that we must take into account.

Caring for a person, even a close relative, requires a significant investment of time and effort, which can lead to physical and psychological exhaustion.

As such, caregivers should not forget that taking care of themselves means they can take better care of their family member, as they are a pillar of support for them. This is why holidays are important for both patients and family members and/or caregivers.

As medical specialists, we cannot offer a holiday from CKD, but we can recommend enjoying a few days of rest, leaving behind your usual surroundings to discover new places. A few days to do nothing but relax and cultivate good spirits and positive energy, essential for building strength and continuing the daily work of protecting your health and wellbeing.

We are proud to help challenge the idea that families and/or caregivers of CKD patients on haemodialysis cannot travel safely and also enjoy stays in the various Diaverum centres available make sure you continue to take all the necessary precautions during your trip, to reduce the risk of any type of infection.

Stay safe and enjoy your well-deserved holiday.

Diaverum Medical Team Italy

“A few days to do nothing but cultivate good spirits and positive energy, and enjoy new experiences, essential for continuing the daily work of protecting your health and wellbeing.”



Holidays are necessary and recommended
for the physical and psychological health of patients



23 Clinics in Italy

Lazio

1 - Diaverum Fondi

Via Arnale Rosso, 124 - 04021 Fondi
Tel.: +39 0771512947

2 - Diaverum Ladispoli

Via Aldo Moro, 32 - 00055 Ladispoli
Tel.: +39 069947443

3 - Diaverum Latina

Via dei Cappuccini, 26 - 04100 Latina
Tel.: +39 0773610001

4 - Diaverum Roma

Via Luca Gaurico, 215 - 00143 Roma
Tel.: +39 0651962854

Apulia

5 - Diaverum Bari

Via Solarino, 1 - 70124 Bari
Tel.: +39 0805046285

6 - Diaverum Copertino

Via Goffredo Mameli, 26 - 73043 Copertino
Tel.: +39 0832934357

7 - Diaverum Corato

Via Trani, 140 - 70033 Corato
Tel.: +39 0803591721

8 - Diaverum Grottaglie

Via Partigiani Caduti, 15 - 74023 Grottaglie
Tel.: +39 0995623749

9 - Diaverum Mesagne

Via Francesco Muscogiuri, 43-47 - 72023 Mesagne
Tel.: +39 0831735106

10 - Diaverum Taranto

Via Angelo Latartara, 29/31 - 74123 Taranto
Tel.: +39 0997795185

Sicily

11 - Diaverum Adrano

Viale della Regione, 129 - 95031 Adrano
Tel.: +39 0957693285

12 - Diaverum Barcellona Pozzo di Gotto

Via Generale Cambria, 2
98051 Barcellona Pozzo di Gotto
Tel.: +39 0909715061

13 - Diaverum Brucoli

Contrada. Oliveto P.D.L.-Brucoli Mare - 96011 Brucoli Mare
Tel.: +39 0931982703

14 - Diaverum Castelvetro

Via Centonze, 3 - 91022 Castelvetro
Tel.: +39 0924932100

15 - Diaverum Catania

Via Giuseppe Morgia, 4 - 95121 Catania
Tel.: +39 0957221455

16 - Diaverum Lentini

Via Fratelli Bandiera, 13 - 96016 Lentini
Tel.: +39 095901981

17 - Diaverum Marsala

Via F. Crispi, 86/bis - 91025 Marsala
Tel.: +39 0923719560

18 - Diaverum Nissoria

Via dell'Orto, 1 - 94010 Nissoria
Tel.: +39 0935669580

19 - Diaverum Palagonia

Via Palermo, 40 - 95046 Palagonia
Tel.: +39 0957951016

20 - Diaverum Paternò

Via dei Coralli angolo Via Nazario Sauro - 95047 Paternò
Tel.: +39 095846416

21 - Diaverum Petralia Soprana

Via XXV Aprile, 95 - 90026 Petralia Soprana
Tel.: +39 0921640189

22 - Diaverum Ribera

Via Roma, 63 - 92016 Ribera
Tel.: +39 092562455

23 - Diaverum Sciacca

Via Einaudi Angolo Via Segni - 92019 Sciacca
Tel.: +39 092526422

What positive impact has travelling had on your life as a kidney patient?

For many people, there is no better feeling than travelling and connecting with the world. Not only do you discover other ways of understanding life, facing daily challenges, living and engaging with the world, you also learn a lot about yourself. From my travels I have been able to discover other cultures and enjoy unique and authentic experiences.

By travelling, I have met a lot of different people, many of whom are still very important to me, while also discovering other cultures, art forms, architecture and interesting places. Over the years, I have learned that my disease does not define me.

The only time I feel like a kidney patient is during haemodialysis sessions. When I finish my treatment, I am just like everyone else, with my own dreams, hobbies and aspirations. My goal is to live a full life, just like any other healthy person. I try to stay active, both physically and mentally, to be on the move and to go and see other places.

More than anything, I value my independence and being able to make my dreams come true, which include travelling and discovering other cultures. It is true that people like me depend on a machine to survive, but this machine is available all over the world.

At the EKPF (European Kidney Patients' Federation), we promote and encourage world travel for people with kidney disease, including those who are dependent on haemodialysis.

Holiday dialysis programmes must allow kidney patients to move freely so they can travel, and, as president of the EKPF, I hope this guide will show you how this is possible.

The goal is to reach for the horizon, which is full of new experiences. Personally, I believe that experiences, like travelling, are much more important than possessions.

Travelling has taught me to enjoy every moment and to always seek out new goals. Despite living with kidney failure, I always try to find the best new destinations in every situation: whether it's a few days of rest, an adventure or a grand tour of a city.

All these moments allow you to switch off and take a break from your exhausting routine, to remind you that life can offer many wonderful opportunities.

“Travelling has taught me to enjoy every moment and to always look for new goals”



Daniel Gallego

President of the EKPF and the Alcer Federation

Kidney patient since 1995

Nutritional advice for your trip

When we're on holiday, we forget about our daily routine and go with the flow. Our schedules become more flexible and we eat out much more often. For kidney patients, taking care of their diet and eating a suitable and balanced diet is essential to not neglect their quality of life, even when on holiday.

However, this level of control need not stop you enjoying your holiday and your chosen destination to the fullest. Each patient has their own special requirements and should follow the nutritional advice provided by their healthcare professionals, in addition to taking care with their consumption of liquids, potassium, sodium and phosphorus.

At Diaverum, we understand how important it is for a patient to watch what they eat, so we wanted to provide some practical tips to help you follow a healthy diet, even when travelling and visiting bars and restaurants.



- Do not skip meals
- Follow a stable schedule
- Control your consumption of liquids
- Avoid fried and fatty foods
- Keep active**

Above all, it is very important to try and follow a stable routine and not to skip meals; your body should follow its normal rhythm.

If you change meal times and stop yourself from eating, you'll be more likely to choose larger portions and will find it more difficult to opt for healthy foods. Furthermore, if you go to a restaurant, it is a good idea not to arrive on an empty stomach and always opt for the healthiest option; avoid fried and fatty foods in favour of boiled or grilled dishes.

Even if you're planning on trying that tasty speciality, try to limit the portions of any foods that are not recommended and complement your dish with foods that are recommended for your diet.

For example, it might be a good idea to choose restaurants that offer half portions on their menu, so you can combine more dishes.

You might also want to contact the restaurant in advance and ask about any options that suit your needs as a kidney patient. They would be delighted to help!

Finally, every good meal should be accompanied by a good walk.

Do not forget that, even on holiday, it's important to keep active: the best complement to a healthy diet to make you feel good.



Eating a balanced diet is essential to avoid neglecting **your quality of life**





The Colosseum in Rome

Italy

The land of art, culture, history, fashion, good food and sunshine.

Italy has something to offer everyone, all year round, from the beautiful coastline and beaches, to its mountains, from cities full of incredible art to unspoilt countryside.

The capital city of Rome is home to the Vatican, while other major cities include Florence, famous for Michelangelo's "David", Naples with beautiful Plebiscito square and Mount Vesuvio, Palermo with its Norman Cathedral and much more.

Whether you are seeking art galleries and excellent cuisine, or a tranquil, rural or coastal escape, you will not be disappointed.



Polignano a mare



Ancient theater of Taormina

- Fondi
- Ladispoli
- Latina
- Rome



Lazio

With its rich history, stunning natural beauty, sun and beaches and delicious cuisine, Lazio in Central Italy, is a region that has it all. The capital city of Rome is the region's most famous attraction, with its ancient ruins, impressive architecture, and lively culture.

To name just a few famous landmarks, visitors can spend hours exploring the Colosseum, St Peter's Basilica with Vatican museum, Villa Borghese museum, Navona Square and the Trevi Fountain. Lazio is not just about the city, though. The region boasts picturesque natural landscapes, including the charming Castelli Romani, and the stunning Lake Bracciano.

These areas offer breathtaking views, tranquil hiking trails, and plenty of opportunities to relax and soak in the natural beauty. The coastal beaches are also nice and relaxing. With so much to explore and discover, a trip to Lazio will surely be an all year round unforgettable experience.



St. Peter's Basilica, Rome

Fondi

Province of Latina

Fondi is a city in the province of Latina, halfway between Rome and Naples and that makes it the ideal starting point for the exploration of two of Italy's most beautiful cities. Before the construction of the highway between the latter cities in the late 1950s, Fondi had been an important settlement on the Roman Via Appia, which was the main connection from Rome to much of southern Italy.

Fondi is the main town of the Plain of Fondi (Piana di Fondi in Italian), a small plain between the Ausoni and Aurunci mountains and the Tyrrhenian Sea. The plain includes three lakes and is agriculturally very fertile. Especially rich in arts and culture Fondi offers 15 km of beach and a wonderful sea, winner of Blue Flag award. The beach stretches from Sperlonga in the south-east to Terracina in the north-west and lies along the Gulf of Gaeta, with views to the beautiful Pontine Islands. It is marked by a somehow well-preserved, typical Mediterranean coastal dune landscape.

The territory of Fondi is partially included in the Regional Natural Park of Monti Aurunci. Fondi's main sights include: the Castle, the adjacent Palazzo del Principe ("Prince's Palace"), the Cathedral of St. Peter, the Collegiata di Santa Maria Assunta, the medieval churches of San Domenico and San Francesco.



Sperlonga

How to get there

The closest Airports are: Naples Airport 89.4 km, Rome Ciampino Airport 85.1 km and Rome Fiumicino Airport 135 km.



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Discover our cuisine

Fondi and Latin province cuisine is heavily influenced by Roman and Neapolitan traditions. It's well known for its fresh seafood, milky mozzarella, briney olives, fresh and dried pastas. Fondi is also known for its excellent wine, for a typical dish "cod with roasted peppers" and for the Zavardella. This dish comes from the peasant tradition which provides that the Zavardella is characterized by typical summer vegetables and it is precisely in the summer that (in a time that sees the absence of methods of conservation and refrigeration), the heat was responsible for the early loss of the products of the earth. Often these were leftovers from meals that some kept in the cellars, others in ceramic or porcelain plates placed on the thresholds of the windows, given the cold surface of the marble. Therefore, to prevent the humble classes from losing these sources of livelihood, Zavardella was created to recover them; not only that, it was the dish that some peasants ate in the countryside when they went there to work the land.

Sites you shouldn't miss

In **Fondi**: the Castle, the adjacent Palazzo del Principe, the Cathedral of St. Peter, the Collegiata di Santa Maria Assunta, the medieval churches of San Domenico and San Francesco.

Gaeta, around 24 km from Fondi, set on a promontory stretching towards the Gulf of Gaeta where you can try the delicious Tiella and the local olives.

A day trip to **Ponza island**, the largest island of the Italian Pontine Islands archipelago in the Tyrrhenian Sea. Ponza is known for its pristine beaches, scenic beauty, and its amazing Blue Grottos. Archeological sites dating back to the times of the Egyptians, the Phoenicians, and the Canaanites populate this beautiful island.

In 14 km you can visit **Sperlonga**, best known for the ancient Roman sea grotto discovered in the grounds of the Villa of Tiberius containing the important and spectacular Sperlonga sculptures.



Fondi's castle

Ladispoli

Province of Rome

Ladispoli is a town and comune in the Metropolitan City of Rome. It lies about 35 km west of Rome, on the Mediterranean Sea. Ladispoli is a busy city beach, famous for its sand's beneficial therapeutic effects on rheumatism and arthritis. There are many small bays protected by the breakwaters, as well as a long beach faced to the open sea. Sunbeds rental is available everywhere, and free zones can also be found.

A little to the south, there is Palo Laziale coast - a huge green area with a beautiful castle, and not far there is the Cerveteri Necropolis, major centre of Etruscan civilisation that was declared a UNESCO World Heritage Site in 2004, the Necropolis stretches for more than two kilometres.

Between Ladispoli and Santa Marinella you can visit the Torre Flavia oasis and Macchiatonda nature reserve, placed nearby Santa Severa castle, bordered on the sea with a wonderful Norman tower. Ladispoli is just next to Rome and is therefore the perfect starting point also to discover the eternal city.

Rome - modern and old, past, and present go side by side here, all the time. The city combines ancient architecture, eventful history, modern urban life, and the Italian way of life in a very charming way.



Palo Laziale's castle

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How to get there



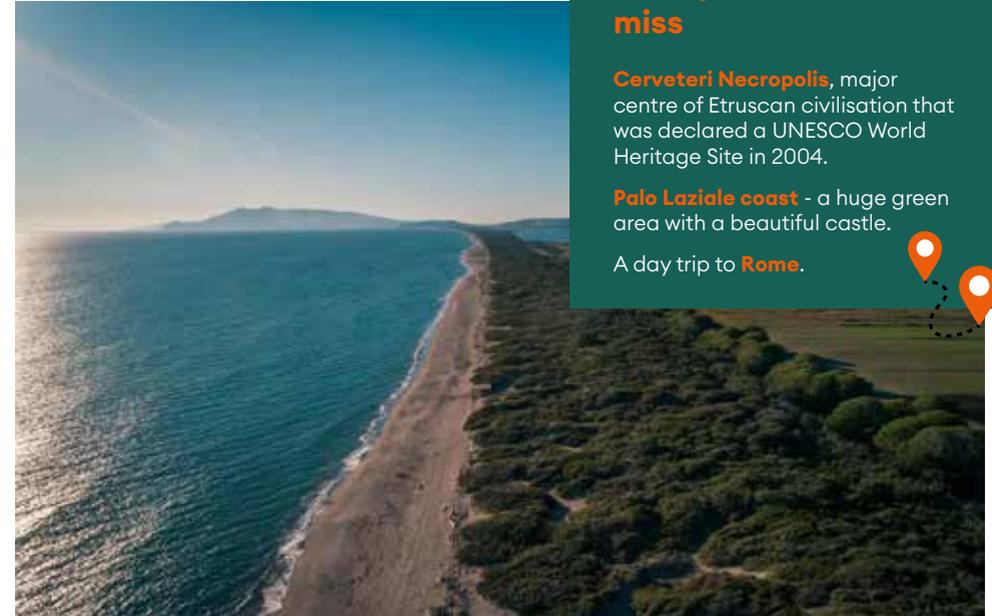
The closest Airports are: Rome Fiumicino Airport 40 km and Rome Ciampino Airport 59 km

Sites you shouldn't miss

Cerveteri Necropolis, major centre of Etruscan civilisation that was declared a UNESCO World Heritage Site in 2004.

Palo Laziale coast - a huge green area with a beautiful castle.

A day trip to **Rome**.



Macchiatonda nature reserve

Discover our cuisine

Latina province cuisine is heavily influenced by Roman traditions. It's well known for its fresh and dried pastas, broad beans, pecorino cheese, wild herbs, the typical Gaeta dish called Tiella - a savory pie consisting of two layers of crispy dough filled with boiled octopus or squid, tomatoes, capers. Special from Ladispoli: "broccoli trascinati" dragged broccoli, bean and lentil salad, olives and pumpkin and among desserts "crostata di ricotta" ricotta tart and mustaccioli, a sort of biscuits covered with a chocolate glaze and, inside, characterized by a soft paste with a taste of honey and candied fruit.



Latina

Province of Latina

Latina is one of the youngest cities in Italy, pretty much built from scratch in 1936 during the Fascist era. Differently from other towns, Latina doesn't really have any ancient historical elements, and all the buildings seem to be square and to follow the classic/futuristic style that Mussolini wanted in the modern cities: functionality, large spaces, and truly organized dwellings. The surrounding area is rich in agriculture and besides ordinary vegetables, today this area specializes in the growth of kiwis, actually being the second-largest kiwi producer in the world, just after New Zealand.

The province of Latina in Italy is also very beautiful from a natural point of view, featuring Mount Circeo with its national park, the gorgeous beach of Sabaudia, and the very pretty city of Terracina. Being so close to Rome, just one hour drive, that area is a phenomenal place to enjoy the sea and visit Rome. Many actors and wealthy people own estates there, making Sabaudia and Circeo a sort of little Hamptons of Rome.

Anzio just 28 km from Latina is well known for its seaside harbour setting; it is a fishing port and a departure point for ferries and hydroplanes to the Pontine Islands of Ponza, Palmarola, and Ventotene. Moreover, the Lake of Fondi, the widest of south Lazio, is separated from the sea by picturesque sand dunes and is characterized by "Fish's Tower" and aquatic flora and fauna.

Discover our cuisine

Latina province cuisine is heavily influenced by Roman traditions. It's well known for its fresh and dried pastas, superior artichokes and zucchini, wild herbs, the typical Gaeta dish called Tiella - a savory pie consisting of two layers of crispy dough filled with boiled octopus or squid, tomatoes, capers. Not to mention the famous soup Bazzoffia, traditional Italian soup originating from Lazio, particularly the villages of Sezze and Priverno. This peasant dish is prepared in spring and summer and it's made with a combination of peas, beans, artichokes, lemon, lettuce, onions, stale bread, olive oil, eggs, pecorino cheese, salt, and pepper.

The soup is covered and cooked over low heat until all the vegetables become tender and fully cooked. When served, the bread slices are divided among bowls, an egg is broken over each slice, and the hot soup is ladled over the top. All that's left is to grate some pecorino over each bowl and Bazzoffia is ready to be enjoyed.



Sites you shouldn't miss

The sandy **Sabaudia beach**.

Mount Circeo with its national park and San Felice Circeo village, very picturesque.

Anzio where to get ferries and hydroplanes to the Pontine Islands of Ponza, Palmarola, and Ventotene.

A day trip to **Rome**.



San Felice Circeo



Latina

How to get there

The closest Airports are: Rome Ciampino Airport 45 km and Rome Fiumicino Airport 77 km



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Rome

Province of Rome

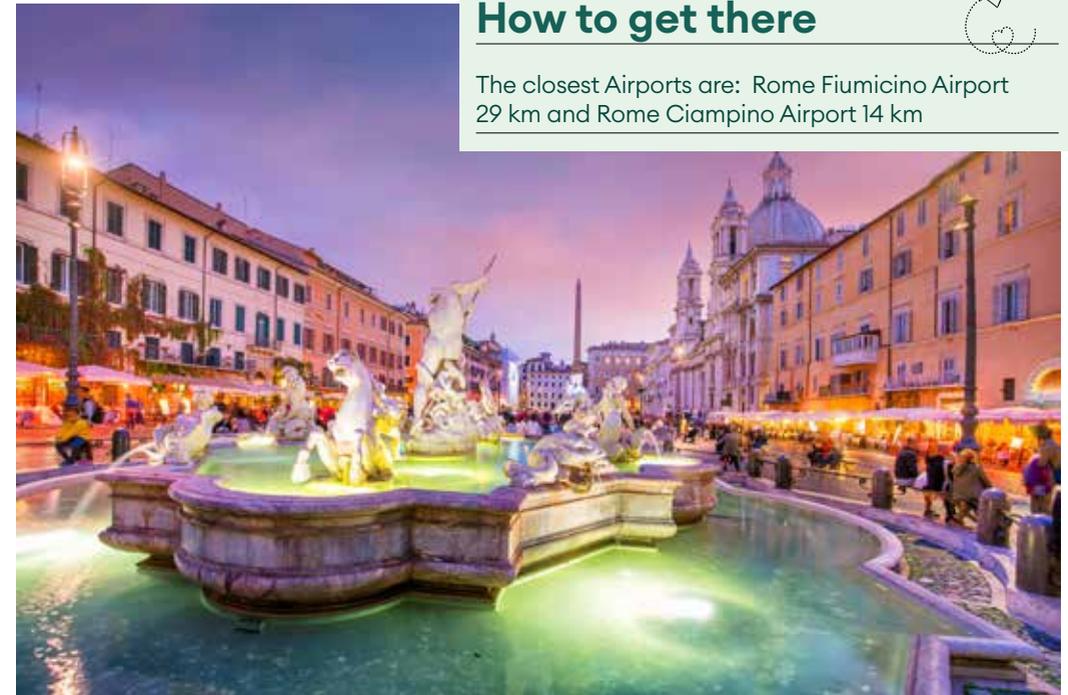
The eternal city

Whether you are in Rome for one day, one week or one month, be prepared to step into the world's biggest open-air museum. Rome offers countless historical sights, but it is also a romantic place for honeymoon, favourite holiday destination, and city of fashion.

The Italian capital is regarded as one of the world's most beautiful ancient cities, and contains vast amounts of priceless works of art, palaces, museums, parks, churches, gardens, basilicas, temples, villas, piazzas, theatres, and other venues in general. You will not be able to decide what to see first: the Vatican, the Trevi Fountain, St Peter's Square, Spanish Steps, Colosseum...

Rome - modern and old, past, and present go side by side here, all the time. The city combines ancient architecture, eventful history, modern urban life, and the Italian way of life in a very charming way. Discover the eternal city and enjoy unforgettable holiday any time of the year, from winter to summer!

Navona Square



How to get there

The closest Airports are: Rome Fiumicino Airport 29 km and Rome Ciampino Airport 14 km

Sites you shouldn't miss

St Peter's Square and a guided tour of the basilica with the heartbreaking Pietà of Michelangelo.

The **Vatican museum** and Sistina Chapel, book your ticket on line to skip the queue.

The **Colosseum** and a walk in the Fori Imperiali.

Campo de Fiori market, one of the oldest markets in Rome.

Piazza Navona ("Navona Square"), built on the site of the Stadium of Domitian in the 1st century AD with its 3 beautiful fountains. Around Christmas don't miss the Christmas market.

A traditional **roman food tour**, organized by different tour operator, can include a visit to a market.

Piazza di Spagna ("Spanish Square"), at the bottom of the Spanish Steps, is one of the most famous squares in Rome and a good start from some shopping. Don't miss a coffee at The Antico Caffè Greco an historic landmark café which opened in 1760 in Via dei Condotti. It is the oldest bar in Rome and second oldest in Italy, after Caffè Florian in Venice.



Discover our cuisine

Roman food was influenced by the Mediterranean and other cultures, and used a variety of ingredients such as seafood, cheese, eggs, meat, vegetable, fruit, herbs and spices. Roman food was also processed and conserved using techniques such as pickling and storage in honey. Some famous dishes of Roman cuisine include saltimbocca (veal escalope with bacon), bucatini all'amatriciana (thick pasta with tomato and bacon sauce), carciofi alla romana (artichoke with herbs and garlic), and spaghetti alla carbonara (pasta with row eggs, cheese and bacon).

Trevi Fountain



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- _____ Bari
- _____ Copertino
- _____ Corato
- _____ Grottaglie
- _____ Mesagne
- _____ Taranto



Apulia

Some people say it is the most beautiful part of Italy, rural and wildly romantic. With Italy's oldest olive trees, today, as much as 40% and probably at least half of Italy's olive oil is produced in Apulia, endless red poppy fields and tiny places in the middle of nowhere that you cannot get enough of.

The "heel of Italy's boot," Apulia is a charming region that can be visited all year round and is suspended among nature, history, art, tradition, tastes, and spirituality. Apulia spreads lengthwise along the sea - marvelous beaches that will delight every traveler, from the sandy Taranto to the rocky, boulder-encrusted Riviera of Otranto. Nature is the protagonist again in the numerous parks and forest areas, salt pans and lakes in the hinterland of the region.

The Apulia region of Italy is a fertile region fast becoming a favorite destination among foodies and lovers of traditional Italian food. While that may be new, the high heel of Italy's boot has long been a hot vacation destination for Italians looking for fun in the sun. But it's the food in Puglia that turns a foodie's head. Thanks to ideal growing conditions boasting an arid climate with cooling sea breezes, the region was once known as the breadbasket of Italy for its abundance of wheat, and therefore pasta, that was produced here. Enjoy this diversified region and discover the picturesque landscape of Apulia.



Otranto's old town

Bari

Province of Bari

Bari, the capital of the Apulia region and the second biggest city in the South of Italy after Naples, it is a port and university city, as well as the City's Patron Saint Nicholas and its amazing Basilica. One of the highly magnificent and eye-catching buildings in Bari, the Teatro Petruzzelli is a worthy sight not to be missed.

The Italian port of Bari has a beautiful seafront and the wonderful ancient area of "Bari Vecchia", where you can walk among narrow stone-lined streets of fading pastels and white, wrought-iron balconies and, of course, those beautiful shuttered windows.

Discover our cuisine

Bari cuisine can be reach and helthy at the same time. The Orecchiette alle Cime di Rapa are among the most typical dish of Puglia, made with an ear-shaped pasta, turnip top and garlic. This dish is also known for being one of the healthiest foods in Apulia, so it is perfect for vegans and for people who want to stay fit. Fave e Cicia is by far the simplest dish that you will find in Bari, and consist only in a broad beans puree and the bitter taste of chicory. It is also an excellent dish for people who wants to lose weight (broad beans fill you up fast). The Cozze Grattinate are an appetizer made with mussels, bread crumbs, garlic, and olive oil. This baked dish is so tasty because of the crunchy stuffing that you find inside the shells. The Pasta al Forno is a classic baked pasta made with cheese, mortadella, and tomato sauce. There are a lot of versions of this dish, and some of them include bechamel sauce, eggplants, or meatballs. The Focaccia from Bari is a soft bread made with simple ingredients: cherry tomatoes, olives, yeast, potatoes, and salt. You can eat it as an aperitif, at noon as a snack or even as dinner. Last but not least the The Tiella Barese, a traditional recipe made with rice, potatoes, and mussels and Taralli, the Signature Snack of Puglia.

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How to get there

Closest Airport is Bari Airport 14 km



Sites you shouldn't miss

To explore the best of **Bari**, focus on these two: Old Town (**Bari Vecchia**) and the Murat. These two parts of Bari hold the key to unlocking the rich history wherein you can be a spectator of Baroque churches, historic piazzas, a lot of narrow alleyways with laundry hanging down from balconies and Vespas parked in doorways, probably a sight that discloses the raw Bari.

The **basilica of San Nicola**, in the heart of the old city of Bari, probably one of the best things to do in Bari is to pay it a visit. The historical significance of this basilica is that it was one of the first Norman churches to be built in southern Italy. Adding to this fact, it is also a spectacular example of amazing Pugliese-Romanesque architecture. The Basilica is home to the valuable remains of St Nicholas which are said to emanate miraculous myrrh with special powers is enconced in a shrine in the beautiful and vaulted crypt.

The **Teatro Petruzzelli**, constructed in 1903, the original theatre completely got lost in the flames when a fire broke out in 1991. The building standing today was reconstructed and completed in 2008. The building doesn't have much ornate walls rather has stuck to the original design and retained the original essence too. It was always famous and a favourite stage for world-class performers like Frank Sinatra, Ray Charles, Liza Minnelli, and Luciano Pavarotti. Although, in today's date, the stage is home to the finest performances of opera and ballet.

The **Cathedral of San Sabino**, built-in the 12th-13th century, has a lot of historical connections and mentions over the years. As believed, the cathedral is built over the original Byzantine church and has gained fame for being one of the highly influential and important churches in Bari.

The **Castello Normanno-Svevo**, an imposing fortress and a symbolic building in Bari, is guarding the city by standing on its edge. The first glimpse of the great fortress justifies how well its grand exterior has weathered the years given the fact that it's nearly 900 years old. History states that it was built around 1132 by the Norman King Roger and was refortified after 100 years when it was under attack.

Polignano a Mare – medieval village, perched on the high and jagged coast, retains its original charm, with a succession of alleyways, and typical white houses and loggias overlooking the sea. The elegant promenade, where the statue of "Mister Volare" embraces the old city.

Bari



Polignano a Mare

Copertino

Province of Lecce

Copertino is a village of history and flavours, a village that enhances its past by projecting itself into the future. Home to the many wine cellars that have made its red wine famous, the land of production of an excellent olive oil, Copertino is a maze of narrow streets that lead to its historical fulcrum: the castle. The city is also home to the famous Madonna della Neve Basilica.

Sites you shouldn't miss

In Copertino:

the **Castle** built by architect Evangelista Menga in 1540 on a previous Norman and Angevin fortress, is an imposing building, where Isabella di Chiaromonte, the future ruler of the Kingdom of Naples, was born in the 15th century and it represents one of the most impressive defensive structures in the entire Salento region.

the **Basilica of the Madonna della Neve** is the mother church of Copertino; it was built in 1088 by the will of the Norman count Goffredo di Conversano and was originally dedicated to the Virgin of the Assumption. In 1255 Manfredi, prince of Taranto and count of Copertino elevated it to a royal basilica, naming it after the Virgin of the Snows; on 3 July 2011 it was elevated to the dignity of a minor basilica.

In the surrounding area:

Lecce – capital of the province of the same name and cultural hub of Salento, Lecce, is one of the most beautiful cities in Southern Italy. Known as “the Florence of the South,” Lecce will amaze and fascinate its visitors. Its ancient Messapian origins and archaeological Roman remains mix with the richness and exuberance of 17th century Baroque churches and palaces in the city centre.

Gallipoli – this beautiful city has the scent of spirituality. Also known as Città Bella, Gallipoli is a seaside city lying like a mirage on the Ionian coast.

The **Grotta della Poesia** in Roca, between San Foca and Torre dell'Orso, is an area characterised by cliffs and small, inviting inlets. Considered one of the most beautiful natural pools in Italy, this cave is full of charm and mystery.

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How to get there

The closest Airport is Brindisi Airport 64 km



Copertino

Gallipoli



Discover our cuisine

The typical Salento cuisine (part of Apulian cuisine) is essentially poor, but at the same time tasty: pasta, wheat, vegetables, small fish and portions of non-precious meats are the protagonists of the canteens of farmers, shepherds and fishermen. The pasta and bread are made out of poor cereals: barley, spelled, rye with which bread and pasta were mixed. Vegetables were predominant, as well as legumes and extra virgin olive oil. Years of poor harvest, or of scarcity of the same, have led the farmers of Salento to know and to value the so-called “wild vegetables”, which in the absence of anything else have in many cases constituted an alternative meal or real subsistence. Fish and meats, as well as milk and cheeses, especially the most valuable ones, were for the tables of the lords. However, the prevalence of typical dishes of the Mediterranean diet here in Salento should not let us think that seafood specialties or those with meat are missing: even if they consist of parts, pieces or species that were not consumed in the most highly-placed canteens they often and willingly constituted – when there was a chance – a precious supplement for our people, who have always been used to work in the countryside, with animals or in the two seas that surround the Salento Peninsula.

Salento, the Province of Lecce are lands to be tasted that have created succulent dishes from nothing ... and every real Salento inhabitant is able to explain, cook and serve them to you ... both in the sunny summer evenings with a splendid “sea view” or sitting in a “courtyard” of an ancient palace, with a glass of Primitivo or Negramaro by the fire, on a winter evening.

Corato

Province of Bari

Corato is a charming town in the metropolitan city of Bari. Is well known for its rich history, culture, and gastronomy. You can admire the Romanesque architecture of the Santa Maria Maggiore church, the medieval castle of Corato, and the mysterious prehistoric tombs of the Dolmen of Corato.

You can also enjoy the local specialties, such as the almond-based ricci di mandorle, the cheese-filled focaccia, and the crisp white wine of Castel del Monte. Founded by the Normans, it became subject to Alfonso V, king of Aragon, at the end of the 15th century, and later to the Carafa family. The chief feature of the old town centre, which is surrounded by modern buildings, is the Romanesque church. Corato was founded in 1046 by Peter I of Trani, adding a castle, four angular towers, the perimeter enclosing walls, four access gates, and two main perpendicular streets. These elements, typical of a mediaeval town, were preserved until the 16th century.

From the 17th century onwards, Corato grew beyond its historic center, and numerous churches and aristocratic palaces were built. Corato is now an agricultural and industrial centre of the hinterland of Bari, located 43 kilometres west from it and at 232 metres above sea level. The town is well-known olive production, and is the source of the name of the Coratina olive.



Discover our cuisine

Corato is well known of the olive production called Coratina, for local specialties, such as the almond-based ricci di mandorle, the cheese-filled focaccia, and the crisp white wine of Castel del Monte. Apulia is one of Italy's most famous cheese producing regions, and they produce many different types including cacio cavallo, burrata, stracciatella and cacioricotta (goat cheese) among others. Far more readily available than meat in Apuglia is an excellent source of protein – the bounty of fresh, locally-caught seafood.

Pugliese cuisine features also a wide selection of fish and seafood dishes with local species like swordfish (pesce spada), sea bass (spigola and branzino), mullet (triglia), and bream (orata). The most commonly raised meat consumed in the Apulia region is by far lamb meat or mutton.

Castel del Monte



Sites you shouldn't miss

The **town hall**, built in the 16th century as a monastery.

The **cathedral**, Corato's oldest church, together with the San Vito church. It was built in the 12th century in Romanesque style. The portal features the statues of Jesus Christ, the Virgin and St. John the Baptist.

De Mattis Palace (15th century). It has a stone with diamond point covering the first level of the palace. At the corner is Patroni Griffi's emblem, an aristocratic family which owned this palace.

The **museum**, once a prison. It includes two sections, devoted to historical-archeological and anthropological findings respectively.

Catalano Palace, also from the 15th century.

In the surrounding area: Trani, Barletta, Altamura, Monopoli, Alberobello with the famous **Trulli of Alberobello** that have been designated as a UNESCO World Heritage Site since 1996 and **Castel del Monte** a 13th-century citadel and castle on a hill in Andria.

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How to get there

The closest Airport is Bari Airport 38 km



Corato's town hall

Grottaglie

Province of Taranto

Grottaglie is located in the province of Taranto and was built on a whole rock of limestone. The countryside that surrounds the city is full of deep ravines that open the ground into the hearth of limestone-rock which have formed breathtaking caves. The town is named for these caves that litter the hills and ravines, deriving from “grottoes”. Those natural caves gave refuge to the population during Saracen raids and other perils.

This small town famous for its ceramics is an irresistible mix of elegance, history and lots of art. The middle ages brought prestige to the town, when it became a well-known center of ceramic industry. The Normans donated the territory to the Archbishop of Taranto, who maintained the area as feudal lands for centuries. They enriched the town with palaces and churches, fortified with protective walls and a defensive castle, and embellished it all with baroque adornments.

Sites you shouldn't miss

There are several lovely **palazzi** and **churches** to see. Don't miss the “chiesa madre” dedicated to Santa Maria Annunziata, built in the 1370s in Apulia Romanesque style, capped by a ceramic-studded dome.

You'll also want to see the rich and refined riot of painting in the sanctuary called “**la Muttata**” a few km outside town. We won't ruin the surprise of it; you have to walk inside and be amazed by the beauty.

The **Chiesa del Carmine** is worth a visit, as well, especially to see the incredible stone-carved painted nativity scene dating to 1530 by artist Stefano di Putignano, placed (of course) in a grotto setting (also hand carved).

A highlight is the sprawling **monastic complex** at the edge of town dedicated to San Francesco di Paola. The church and convent date to the 1400s and are still operated by the Order of the Minims. (The “minimi” order, of St. Francis of Paola, were “the least of all the faithful”, dedicated to humility, chastity, poverty and obedience). The “mendicant friars” lived a monastic life in the hermitage, dedicating themselves to prayer. They followed the example of St. Francis of Assisi, for whom St. Francis of Paola was named, and he emulated his mentor, following his example. The small chapel and humble cells of the hermitage eventually grew and expanded to become the complex you see today. The cloister is lovely and its arcades are decorated with frescoes.

Explore nearby towns:

Ostuni, Ceglie Messapica, Taranto, Oria.



Grottaglie



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Discover our cuisine

The typical Salento cuisine (part of Apulian cuisine) is essentially poor, but at the same time tasty: pasta, wheat, vegetables, small fish and portions of non-precious meats are the protagonists of the canteens of farmers, shepherds and fishermen.

The pasta and bread are made out of poor cereals: barley, spelled, rye with which bread and pasta were mixed. Vegetables were predominant, as well as legumes and extra virgin olive oil. Years of poor harvest, or of scarcity of the same, have led the farmers of Salento to know and to value the so-called “wild vegetables”, which in the absence of anything else have in many cases constituted an alternative meal or real subsistence. Fish and meats, as well as milk and cheeses, especially the most valuable ones, were for the tables of the lords.

In Grottaglie, the orecchietta is the queen of the table, as well as in the rest of Apulia. It is appreciated in all sauces and for all tastes, but the classic recipe remains an evergreen for connoisseurs. The orecchiette in Grottaglie are so important that they have dedicated an annual event, “Orecchiette nelle ‘nchiosce”, usually in August, a two days of delicacies that allows you to eat them with turnip tops or in revisitations with almonds and black figs, gluten-free, with the percoca, white wild boar ragout, with mussels and with juniper berries.

How to get there



The closest Airport is Brindisi Airport 118 km



Ostuni



Mesagne

Province of Brindisi

Mesagne, located in the province of Brindisi, was an important Messapian settlement before being ruled by the Romans, during which time it was an important stop on the Via Appia.

It is not far from Ostuni, easy to reach by car, parking just outside the centro storico is straightforward, and the modern parts of the town are handy for shopping. However, it is the centro storico which is the real draw. Clean, well kept and bright, the usual very narrow streets frequently open up into small open spaces, with various buildings and points of interest, so it has a somewhat different feel from many other local places, less enclosed, less secretive.

There are several important churches, like Santa Maria degli Angeli, a religious building dating back to the 13th century, and the medieval castle, which dominates the town from above. A good number of excellent restaurants and bars will give you the choiche to taste amazing food. We wonder why it does not feature much on the tourist trail - all the better for the people who do get there.

Discover our cuisine

Mesagne is not only a place rich in history and culture, it is also an ideal destination for food lovers. Apulia is known for its typical cuisine, characterized by strong flavors and simple ingredients, and Mesagne is no exception. Here you can taste the typical dishes of Apulian cuisine, such as the famous orecchiette based on fresh handmade pasta and seasoned with a turnip top sauce, garlic and chilli pepper. Another specialty is caponata, a dish made with aubergines, onions, tomatoes, olives and capers. Furthermore, you cannot leave Mesagne without having tasted the famous puccia, a sort of piadina filled with vegetables or meat, or the friselle, a type of dry bread, usually seasoned with fresh tomato and oregano. And don't forget to accompany your dishes with a glass of local wine, such as Primitivo di Manduria or Negroamaro.



Sites you shouldn't miss



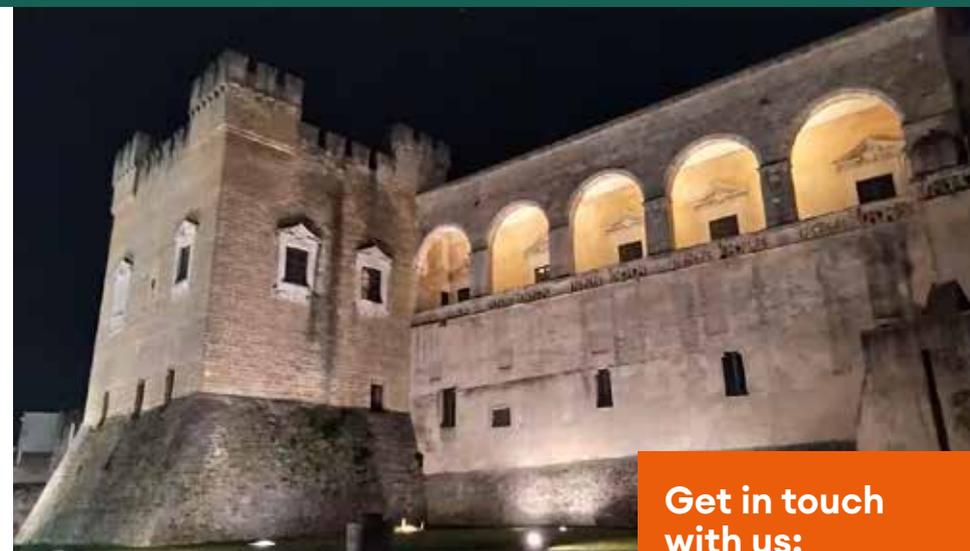
The **castle**, existing from the 11th century; in 1195 it was given to the Teutonic Knights. Today it houses an archaeological museum. The Messapic necropolises 15th century walls. The Palaeo-Christian church (tempietto) of St. Lawrence (7th century), the Basilica del Carmine (14th century), Mater Domini church (1598–1605).

Popular destinations near Mesagne: **Brindisi** is a charming port city where you can enjoy the Mediterranean breeze, the rich history, and the delicious cuisine. You can explore the ancient Roman columns, the impressive Castello Svevo, and the Basilica of San Leucio, or take a ferry to the nearby islands of Salento and Corfu. Brindisi is also a gateway to the UNESCO World Heritage Site of Alberobello, where you can admire the unique trulli houses, or to the stunning beaches of Torre Guaceto and Punta della Contessa.

Canosa di Apulia is a historic town known for its ancient tombs, Roman ruins, and Byzantine mosaics. You can explore the archaeological park of San Leucio, where you can see the impressive mausoleum of Bohemond, a Norman crusader prince, and the Basilica of San Sabino, a masterpiece of Romanesque architecture.

Cerignola is a charming town known for its rich history, art, and gastronomy. You can admire the impressive Romanesque cathedral, the elegant Palazzo Belvedere, and the ancient Torre Alemanna, a medieval tower that offers panoramic views of the countryside.

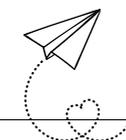
Vieste is a charming seaside town on the Gargano Peninsula, known for its white sandy beaches, dramatic cliffs, and medieval old town. Vieste is also a great base for hiking, biking, or horseback riding in the Gargano National Park, where you can admire the diverse flora and fauna, the ancient forests, and the sacred shrines.



Mesagne's castle

How to get there

The closest Airport is Brindisi Airport 21 km



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Taranto

Province of Taranto

Taranto is the capital of the Province of Taranto, is a coastal city serving as an important commercial port as well as the main Italian naval base. Founded by Spartans in the 8th century BC during the period of Greek colonisation, Taranto was among the most important poleis in Magna Graecia, becoming a cultural, economic and military power that gave birth to philosophers, strategists, writers and athletes.

Taranto is divided in two, the Old town situated on a low rocky island with the oldest buildings, connected to the Borgo, the industrial and commercial area, via a swinging bridge (Ponte girevole). Taranto is well known for its rich history, seafood cuisine, and natural beauty. You can explore the ancient ruins of the Greek and Roman civilizations, such as the Temple of Poseidon and the Aragonese Castle, or visit the impressive National Archaeological Museum of Taranto, which displays artifacts from the Bronze Age to the Middle Ages. Taranto is also famous for its mussels, which are cultivated in the large lagoon that surrounds the city. You can taste the local delicacy in one of the many restaurants along the waterfront, or join a boat tour to see the mussel farms and the dolphins that live in the bay. Taranto is a destination that offers a unique blend of culture, nature, and gastronomy.

Sites you shouldn't miss

The remains of **Temple of Poseidon**, **Aragonese castle** with 4 tours and a quadrangular courtyard from 15th century, the National archeological museum, **Saint Cataldo Cathedral** from 1071 that undergone several renovations over the centuries showing now different styles from Baroque to Byzantine, **Carmines Church**, **Palazzo Pantaleo** and the **Ponte Girevole**: a rotating bridge that connects the old and new parts of the city.

Popular destination near Taranto:

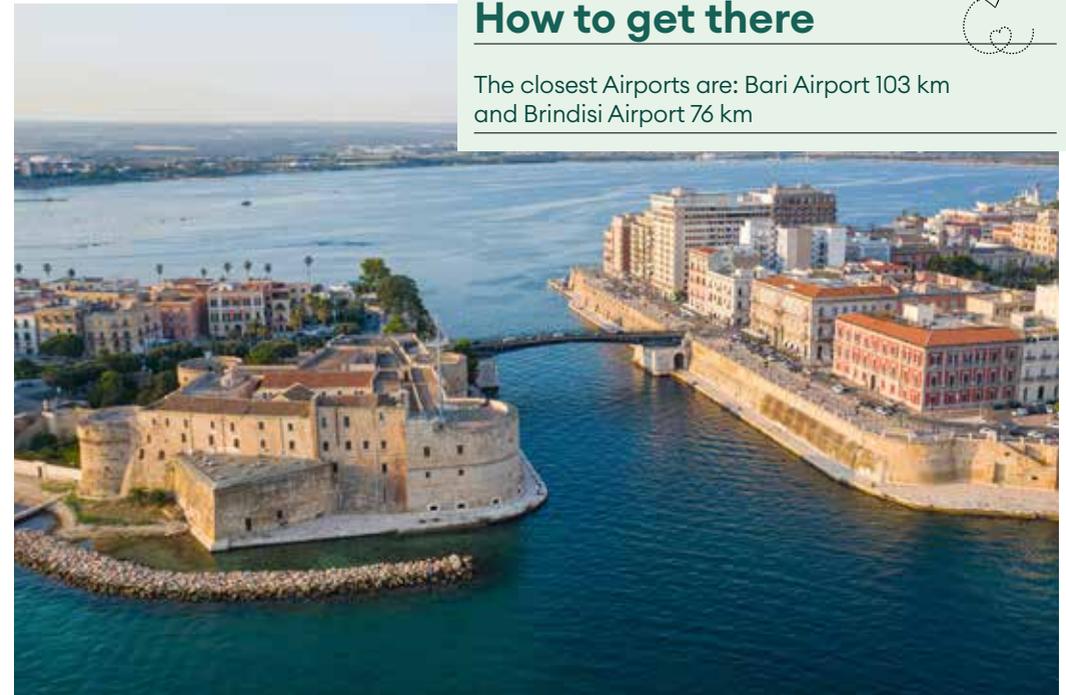
Andria is a charming city, known for its medieval castles, cathedrals, and art. You can explore the impressive Castel del Monte, a UNESCO World Heritage Site that blends Romanesque, Gothic, and Islamic influences. Andria is also a gastronomic destination, where you can taste the local specialties such as burrata cheese, taralli biscuits, and almond sweets.

Massafra is a small town known for its traditional pottery and ceramics, as well as its annual Jazz Festival. Massafra is also home to the Museo delle Tradizioni Popolari, which houses a collection of folk art and artifacts from the area. Visitors can explore the town's medieval streets, visit the local churches, and enjoy the views of the nearby mountains.



Taranto

Rotating bridge



How to get there

The closest Airports are: Bari Airport 103 km and Brindisi Airport 76 km

Discover our cuisine

Taranto's cuisine is characterised by local products, especially vegetables like artichokes, eggplants, tomatoes, olives, onions, and fish like shrimps, octopus, sardines, squid and, above all, mussels. A very important role is also played by the olive oil and bread produced in the city and in all the villages of its province. Some PDO (Protected Designation of Origin), PGI (Protected Geographical Indication) and PAT (Tradizionale Agribusiness Product) are made in the countryside of Taranto and in the villages around the city: among them we can find some extra-virgin olive oil like Terre Tarentine PDO and Terra d'Otranto PDO, fruits like Uva di Apulia PGI and Clementine del Golfo di Taranto PGI, vegetables like the Barattiere PAT, Pomodorino di Manduria PAT, types of cheese like Burrata di Andria PGI and Ricotta Forte PAT, a type of bread called Pane di Laterza PAT and the Capocollo di Martina Franca PAT, a type of capocollo.



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- Adrano
- Barcellona Pozzo di Gotto
- Brucoli
- Castelvetrano
- Catania
- Lentini
- Marsala
- Nissoria
- Palagonia
- Paternò
- Petràlia Soprana
- Ribera
- Sciacca



Sicily

Sicily, one of the five Italian autonomous regions of Italy, is the largest and most populous island in the Mediterranean Sea with the Strait of Messina dividing it from the region of Calabria in Southern Italy. Around it there is a series of smaller islands: to the north the Aeolian Islands and Ustica, to the west the Egadi, to the south the Pelagie and Pantelleria. Its coast, mainly rocky to the north, and sandy to the south, is 1000 km. long. There is great movement in the Sicilian landscape: the island is mountainous and hilly, with only one big plain near Catania.

The most important massif is the Etna one (the whole area of which is protected by a big nature park), in the eastern part of Sicily. The volcano, 3300 m. high, is active, and is the biggest one in Europe. Sicily is the perfect and unique destination for those who want to spend a holiday surrounded by art, history and culture. There are so many reasons to love Sicily: the sea, all the natural beauties, the artistic and cultural heritage, but also the flavors and the people. Not to mention Sicilian gastronomy, though in general it is quite homogeneous, varies greatly in details from province to province. The varying distance from the sea and the availability of different products have caused this difference, but the variety of dishes is also due to the different dominations that followed one another in Sicily over the last two millenia, which felt the influence of both Europe and Africa. Thanks to his climate with hot summers and short and mild winters, it can be visited all year round.



Scopello, faraglioni

Adrano

Province of Catania

Adrano is a tiny village located in the Province of Catania rich in history and wonderful cultural attractions. Adrano has ancient origins dating back to the Neolithic period, but the most important tracks of its ancient history is connected to the Siculi domination who settled in the territories around Mount Etna founding the city of Mendolito, which is just 8 kilometers away from Adrano. All that remains of the old city are its walls, the gates and its necropolis. It lies near the Simeto River on a lava plateau on the western slopes of Mount Etna, 41 km northwest of Catania city.

It is the commercial center for a region where olives, citrus fruit, grapes are grown and honey is produced. Neighbouring towns include: Biancavilla, Bronte, Paternò, Randazzo, Santa Maria di Licodia and Centuripe.

Discover our cuisine

Sicilian cuisine is a fusion of flavors and influences from different cultures that have ruled the island over the centuries, such as Greeks, Arabs, Normans, and Spanish. One of the most iconic Sicilian dishes is arancini, fried rice balls stuffed with cheese, meat, or vegetables, not to mention caponata, the perfect example of external influences over the island's cuisine. Sicilian pasta features fresh seafood, tomatoes, herbs, and spices, with dishes like pasta alla Norma and pasta con le sarde. An arabic dish, popular in the western part of the Island, is the famous fish cous-cous. Sicilian desserts feature almonds, pistachios, ricotta, and citrus fruits in cannoli, cassata, and other pastries. A refreshing treat for the hot summer days is granita, a semi-frozen dessert made with fruit juice, sugar, and ice. Granita is often served with brioche, a soft and buttery bread, for a typical Sicilian breakfast.



Norman castle

Sites you shouldn't miss



This small town offers to its visitors many interesting attractions, such as The **Norman Castle**, founded by the Count Ruggero in 1070. The castle was built on the ruins of an Arabic building, of which remain only the two doors on the first floor that connect the two big internal areas of the castle. Nowadays the castle houses the Regional Archeological Museum, where it is possible to discover the history of the village and the civilizations that used to live in its territory during the different ages. The **Mother Church**, dedicated to the Virgin Mary, was built by the Normans; its interiors have been enriched by majestic baroque decorations, two chapels and shining bricks from Valencia. The **Monastery of Saint Lucia**, considered as one of the most important historical monument of the village, was founded by the countess Adelasia. It was built to host the young and poor virgins of the town, who could take the vows and become nuns without having to pay any kind of fee, because the monastery owned lands, vineyards and many kind of cultivations that were sufficient for its autonomous maintenance.

Another main attraction of the town is the **Bridge of the Saracens**, which is one of the most beautiful examples of the Sicilian Middle Age construction. The **Castle of Solicchiata**, built by Baron Don Antonio Spitaleri, has a slight medieval style. The castle was erected using igneous stones. Finally, in the **Mendolito County**, just 8 kilometers away from Adrano, can be found the larger and more evolved Greek city of Sicily: the Sicilian city of Mendolito. Adrano is famous for the celebrations dedicated to Saint Nicolò. Here it is possible to assist to the "flight of the angel", a play that aims to recall the call to the skies of the young Nicolò.

In 30 km don't miss **Catania**, all the noise, chaos and scruffiness that hit the visitor at first glance, Catania has a strong magnetic pull. This is Sicily at its most youthful, a city packed with cool and gritty bars, abundant energy and an earthy spirit in sharp contrast to Palermo's aristocratic airs. In Catania don't miss: the **Cathedral**, a simply beautiful structure, a masterpiece of Norman and Baroque architecture, the **Ursino Castle** a relic from the 13th century that was built as part of the Kingdom of Sicily by Emperor Frederick II. The **Benedictine Monastery** complex located in the centre of Catania, which is one of the most important and largest examples of its kind in Europe. Listed as a UNESCO World Heritage Site, this monastery is a stunning piece of architecture and was originally founded in 1558. Last but not least, the Unesco protected volcano of Mount Etna – Europe's largest and most active.

Bridge of the Saracens



Get in touch with us:

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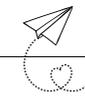
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How to get there

The closest Airport is Catania Airport 30 km



Barcellona Pozzo di Gotto

Province of Messina

Barcellona Pozzo di Gotto is a town in the north coast of Sicily, 40 km from Messina towards Palermo. It is near a beautiful coastline with choices of beaches in 12 to 25 km. The first settlements of Barcellona Pozzo di Gotto is dating back to the Bronze and Iron Ages. This small town had great importance during the Norman domination. In fact Normans built the famous Monastery of the Mother of God, which is considered to be one of the most important ancient buildings of the whole Messina's area.

One of the most interesting monuments of the village is the Mandanici Theatre, built in 1844. It was the second most important theatre of the whole area and was named after a famous musician, Placido Mandanici, who had been born and raised in the city. Barcellona Pozzo di Gotto is the home of many sacred and important buildings characterised by an impressive Baroque style with beautiful decorations.



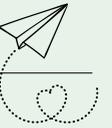
Isola Bella, Taormina

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How to get there



The closest Airports are:
Catania Airport 150 km
or Palermo Airport 222 km

Sites you shouldn't miss



The famous **Monastery of the Mother of God**, which is considered to be one of the most important ancient buildings of the whole Messina's area.

The **Mandanici Theatre**, built in 1844. It was the second most important theatre of the whole area and was named after a famous musician, Placido Mandanici, who had been born and raised in the city.

The **Ethnohistorical Museum Nello Cassata**, named after the city's most important poet and historian. Inside the museum there is an accurate reconstruction of forty-five ancient arts and crafts workshops filled with about twenty thousands ancient tools and objects.

In an hour and a half driving you can visit beautiful **Taormina** heading to **Catania** or amazing **Cefalù** heading to **Palermo**.



Barcellona Pozzo di Gotto

Discover our cuisine

Sicilian cuisine is a fusion of flavors and influences from different cultures that have ruled the island over the centuries, such as Greeks, Arabs, Normans, and Spanish. One of the most iconic Sicilian dishes is arancini, fried rice balls stuffed with cheese, meat, or vegetables, not to mention caponata, the perfect example of external influences over the island's cuisine. Sicilian pasta features fresh seafood, tomatoes, herbs, and spices, with dishes like pasta alla Norma and pasta con le sarde. An arabic dish, popular in the western part of the Island, is the famous fish cous-cous. Sicilian desserts feature almonds, pistachios, ricotta, and citrus fruits in cannoli, cassata, and other pastries. A refreshing treat for the hot summer days is granita, a semi-frozen dessert made with fruit juice, sugar, and ice. Granita is often served with brioche, a soft and buttery bread, for a typical Sicilian breakfast. Typical from Barcellona Pozzo di Gotto: the Giaurrina, a sweet dish made during the celebration of the Patron Saint Sebastiano, the Orange Marmalade, the Ossa di Morto (translated in Bones of the Dead) made during the commemoration of the dead, Black rice, and Candied orange peels.



Brucoli

Province of Syracuse

Brucoli smells of sea, sun and Sicily. An ancient and enchanting seaside village in the province of Syracuse, a splendid area, rich in historical echoes and landscapes of rare beauty.

Located between Catania and Syracuse and just 7 km from Augusta by the Ionian Sea coast it can be a nice base to visit the nearby area with beautiful beaches.



Discover our cuisine

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How to get there

The closest Airport is
Catania Airport 43 km



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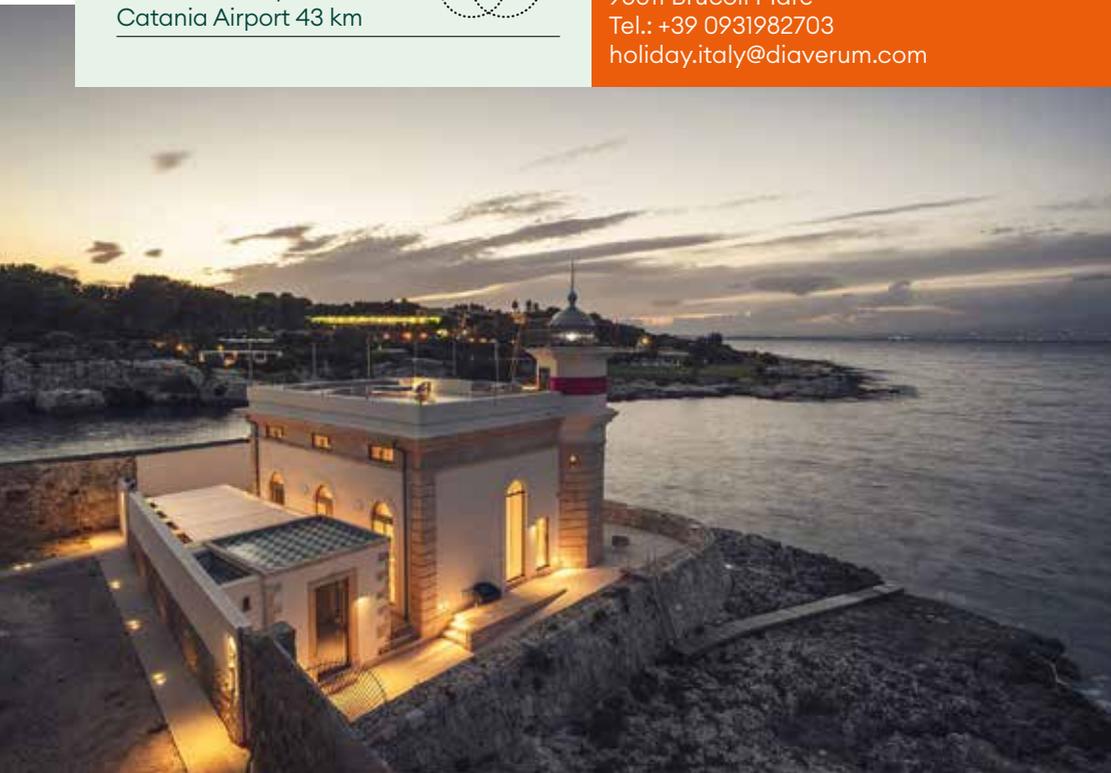
Cathedral of Santa Lucia, Syracuse

Sites you shouldn't miss

The **Castle of Brucoli** is an Aragonese castle built in 1467 by Giovanni Cabasrtida from Barcellona who used this building as a terrible prison.

In 40 km you can enjoy **Syracuse** a timeless Sicily's beauty. **Ancient Greek ruins** rise out of lush citrus orchards, cafe tables spill onto dazzling baroque piazzas, and honey-hued medieval side streets lead down to the sparkling blue sea. Its 'once upon a time' begins in 734 BC, when Corinthian colonists landed on the island of Ortygia (Ortigia) and founded the settlement, setting up the mainland city four years later. Almost three millennia later, the ruins of that then-new city constitute the **Parco Archeologico della Neapolis**, one of Sicily's greatest archaeological sites. Across the water from the mainland, Ortygia remains Syracuse's most beautiful corner, a deeply atmospheric quarter with an ever-growing legion of fans enamoured with its beautiful streetscapes and attractive dining, drinking and shopping options.

In 50 km don't miss **Catania**, all the noise, chaos and scruffiness that hit the visitor at first glance, Catania has a strong magnetic pull. This is Sicily at its most youthful, a city packed with cool and gritty bars, abundant energy and an earthy spirit in sharp contrast to Palermo's aristocratic airs. In Catania don't miss: the **Cathedral**, a simply beautiful structure, a masterpiece of Norman and Baroque architecture, the **Ursino Castle** a relic from the 13th century that was built as part of the Kingdom of Sicily by Emperor Frederick II. **The Benedictine Monastery** complex located in the centre of Catania is one of the most important and largest examples of its kind in Europe. Listed as a UNESCO World Heritage Site, this monastery is a stunning piece of architecture and was originally founded in 1558. Last but not least, the Unesco protected volcano of Mount Etna – Europe's largest and most active.



Brucoli's lighthouse

Castelvetro

Province of Trapani

Castelvetro is a medieval village in the province of Trapani that epitomises history, beauty and culture.

Characterised by a rich history that can be divided into three important eras: the Middle Age where farmers settled at the village, creating the new aristocracy; the Modern Age which was hit by a dramatic epidemic and period of famine under the government of King Filippo II of Spain; and at last the Contemporary Age where people of Castelvetro fought alongside Garibaldi during the Risorgimento for the independence of Italy.

Castelvetro is closed to the Archeological site of Selinunte.

Discover our cuisine

Sicilian cuisine is a fusion of flavors and influences from different cultures that have ruled the island over the centuries, such as Greeks, Arabs, Normans, and Spanish. One of the most iconic Sicilian dishes is arancini, fried rice balls stuffed with cheese, meat, or vegetables, not to mention caponata, the perfect example of external influences over the island's cuisine. Sicilian pasta features fresh seafood, tomatoes, herbs, and spices, with dishes like pasta alla Norma and pasta con le sarde. An arabic dish, popular in the western part of the Island, is the famous fish cous-cous. Sicilian desserts feature almonds, pistachios, ricotta, and citrus fruits in cannoli, cassata, and other pastries. A refreshing treat for the hot summer days is granita, a semi-frozen dessert made with fruit juice, sugar, and ice. Granita is often served with brioche, a soft and buttery bread, for a typical Sicilian breakfast. Castelvetro has an ancient traditional local foods such as the Black Bread of Castelvetro made with Sicilian durum wheat flour and an ancient grain called Timilia, and the Belicino, a typical cheese made with sheep's milk, olives and the extra virgin olive oil of the Belice.

The village also produces a significant selection of red wines such as the Kirón (Syrah), Calviano (Nero D'Avola), Calviano (Catarratto), Grillo.



Sites you shouldn't miss



Castelvetro provides lots of cultural attractions: the **Museo Civico** built in the old town centre in 1997 hosts important masterpieces such as the "Efebo di Selinunte" dating back to the 5th century BC (the Bronze Age); **Palazzo Pignatelli** is the richest building of the village. It was built in the thirteenth century and designed to accommodate 119 rooms, its most notable feature is a long staircase equipped with benches on either side where servants used to sit waiting for their weekly payment; the Baroque church of **Chiesa del Purgatorio**, **Chiesa di San Giovanni Battista** that includes the popular masterpiece of Madonna di Loreto, and the Chiesa della Trinità della Delia which is considered the best expression of the Islamic-Norman architecture of Sicily.

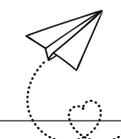
In addition the **Theatre Salinus** and the **Castle of Bellumvider** are two amazing places famous for their architectural structures, here you can discover the more modern history of the village.

Nearby it is possible to visit the **Cave di Cusa**, an archeological site where the people of Selinunte extracted the stone for building their temples, and the breathtaking Archeological site of Selinunte.

In 61 km you can visit **Trapani**, an important fishing port as well as a gateway to the nearby **Egadi Islands** and **Pantelleria**. It also has a number of protected areas like the **Zingaro Natural Reserve** and the Trapani and **Paceco Saline Natural Reserve**. **Erice**, the **island of Mothia** and especially the **archaeological area of Segesta**, are all suggestive cultural sites not to be missed in the area.

Castelvetro

How to get there



The closest Airports are: Trapani Airport 61 km and Palermo Airport 83 km

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Catania

Province of Catania

Catania is a charming and energetic city with a splendid old town centre.

The city of Catania is a large urban complex with a lovely historic centre ideal for a cultural and fun holiday. Charming and a bit chaotic this energetic city probably due to the massive presence of student population, it is full of bars, clubs and restaurants, offering many socialisation opportunities, as well as cultural sightseeing. Often referred to as “the city that rose from the ashes”, Catania owes its current glory to two natural disasters that occurred in the late 1600’s: the devastating eruption of Etna in 1669 covered the city in lava and then the earthquake in 1693 shook the city to the ground. After these events Catania had to be completely rebuilt.

For the splendid historic centre all the anti-seismic precautions were taken: straight and wide streets, large squares as a hideout incase of another earthquake, and sturdy and strong buildings. The Unesco protected volcano of Mount Etna – Europe’s largest and most active – has been Catania’s curse and blessing for centuries with its recurring eruptions and fertile soil on its slopes.



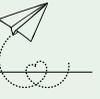
Cathedral of Sant'Agata

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How to get there

The closest Airport is Catania Airport 8 km



Sites you shouldn't miss

The **Cathedral**, a simply beautiful structure, a masterpiece of Norman and Baroque architecture. The **Ursino Castle** a relic from the 13th century that was built as part of the Kingdom of Sicily by Emperor Frederick II. The **Benedictine Monastery** complex located in the centre of the city, one of the most important and largest examples of its kind in Europe. Listed as a UNESCO World Heritage Site, this monastery is a stunning piece of architecture and was originally founded in 1558. Last but not least, the Unesco protected volcano of **Mount Etna** – Europe’s largest and most active.

Just 11 km out of Catania you can visit the **Alcantara National Park**, a wonderful nature reserve which includes the famous Gola (Gorge).

And in 50 km a must have is a day in **Taormina**, known worldwide for its landscape, natural beauties, seashore and its wonderful monuments. This charming city is located 200 meters above the sea level on a piece of land shaped like a natural terrace, from which it is possible to enjoy an amazing view of the surrounding area framed by the majestic **Mount Etna**. The most famous and stunning attraction is The Greek-Roman Theatre built in the 3rd century B.C. from the greeks, it was then modified by the romans.

Discover our cuisine

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Lentini

Province of Syracuse

Lentini is an ancient Greek city founded in 729 BC. Located in the province of Syracuse between Catania and Syracuse 10 km inland by the Ionian Sea coast it can be a nice base to visit the nearby area with beautiful beaches. Lentini's economy is mainly based on agriculture and, to a lesser extent, on woodcraft and handicraft production. The city is also known for the production of the blood orange, specifically the types tarocco, moro, and sanguinella.



Sites you shouldn't miss

This tiny village provides many cultural attractions such as the **Mother Church of Santa Maria la Cava** and **Sant'Alfio**, rebuilt in 1693 with the typical Baroque style, it has three naves and a highly decorated wooden main entrance, while inside holds the wonderful Byzantine painting of the Madonna Odigitria. In Lentini you'll also find the **Church of Santissima Trinità** and **San Marziano** which preserves a stunning floor made with the precious **Ceramics of Caltagirone** from the eighteenth century. **The prison of Tre Santi** is a rock cave where the **Church of Sacro Carcere dei Tre Santi** is located. In addition the **Archaeological museum** shows the history of Lentini from the Prehistorical period to the Medieval age displaying many incredible findings.

In 48 km you can enjoy **Syracuse** a timeless Sicily's beauty. **Ancient Greek ruins** rise out of lush citrus orchards, cafe tables spill onto dazzling baroque piazzas, and honey-hued medieval side streets lead down to the sparkling blue sea. Its 'once upon a time' begins in 734 BC, when Corinthian colonists landed on the island of Ortygia (Ortygia) and founded the settlement, setting up the mainland city four years later. Almost three millennia later, the ruins of that then-new city constitute the **Parco Archeologico della Neapolis**, one of Sicily's greatest archaeological sites. Across the water from the mainland, Ortygia remains Syracuse's most beautiful corner, a deeply atmospheric quarter with an ever-growing legion of fans enamoured with its beautiful streetscapes and attractive dining, drinking and shopping options.

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How to get there

The closest Airport is
Catania Airport 29 km



Discover our cuisine

Sicilian cuisine is a fusion of flavors and influences from different cultures that have ruled the island over the centuries, such as Greeks, Arabs, Normans, and Spanish. One of the most iconic Sicilian dishes is arancini, fried rice balls stuffed with cheese, meat, or vegetables, not to mention caponata, the perfect example of external influences over the island's cuisine. Sicilian pasta features fresh seafood, tomatoes, herbs, and spices, with dishes like pasta alla Norma and pasta con le sarde. An arabic dish, popular in the western part of the Island, is the famous fish cous-cous. Sicilian desserts feature almonds, pistachios, ricotta, and citrus fruits in cannoli, cassata, and other pastries. A refreshing treat for the hot summer days is granita, a semi-frozen dessert made with fruit juice, sugar, and ice. Granita is often served with brioche, a soft and buttery bread, for a typical Sicilian breakfast. Typical from Lentini are frogs ("Larunchi") considered as one of the most important food of the area and the bread baked with durum wheat flour and sesame seeds.



Artemis Fountain, Syracuse



Marsala

Province of Trapani

Marsala is a charming town in the province of Trapani famous for being the landing place of Garibaldi and the Mille (his thousand men) on 11 May 1860 and for the delightful production of the Marsala wine. It is built on the ruins of the ancient Carthaginian city of Lilybaeum, and includes in its territory the archaeological site of the island of Motya, an ancient Phoenician town.

Many know about its sweet dessert wines, but few people realise what a charmer the town of Marsala is. Though its streets are paved in gleaming marble, lined with stately baroque buildings and peppered with graceful piazzas, Marsala has pleasures that are simple – a friendly passeggiata (evening stroll) most nights, plenty of aperitif options and family-friendly restaurants aplenty.

With its 14 km coastline of sandy beaches and clear sea, access to the nearby Aegadian Islands and the natural environment of the Saline Della Laguna and Stagnone Lagoon, Marsala is an important Sicilian tourist destination.



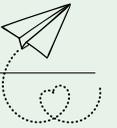
Trapani

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How to get there

The closest Airport are:
Trapani Airport 15 km
Palermo Airport 100 km



Sites you shouldn't miss

The main **Cathedral**, built on the site of an old Norman church, dedicated to Thomas Becket, an English Saint and the Baroque old town centre. Last but not least, its wineries where tourists can take tours to discover the great variety of wines and of course the famous Marsala. In addition there are stunning ancient churches, the **"Baglio Anselmi" Archaeological Museum**, the **Natural Reserve of the Stagnone** and the **archaeological site of Capo Beo**.

In 30 km you can visit **Trapani** an important fishing port as well as a gateway to the nearby **Egadi Islands**, **Pantelleria**, **Tunisia** and **Cagliari**. It also has a number of protected areas like the **Zingaro Natural Reserve** and the **Trapani and Paceco Saline Natural Reserve**. **Selinunte**, **Erice**, **the island of Motya** and especially the **archaeological area of Segesta**, are all suggestive cultural sites not to be missed in the area.

In about 2 hours driving, **Palermo** well worth a visit.



Marsala salt pans

Discover our cuisine

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Nissoria

Province of Enna

Nissoria is a small comune in the province of Enna, around 700 mt above the sea level. In 28 km you can reach Enna, Italy's highest provincial capital.

Enna stands above the hills and valleys of central Sicily. The town is a dramatic sight, seemingly impregnable atop a precipitous mountain. Inside you'll discover a calm working centre with a handsome medieval core and, cloud cover permitting, some mesmerising views.

Nissoria and the surrounding area are a great place to escape the tourist pack and enjoy some cool mountain air, particularly in summer when the sun bakes everything around to a yellow crisp.



Church of San Giuseppe

Sites you shouldn't miss

Enna, Sicily's highest city at almost 1,000 meters, Enna is also one of the few that is not on the coast, lying inland in almost the exact center of the island. The hilltop setting not only makes it more pleasant in Sicily's often scorching summer heat, but also means that it has views from nearly every terrace, giving it the nickname of Sicily's Belvedere. The town is split in two, with a historic hilltop center known as **Enna Alta** and the modern town, **Enna Bassa**, below. Several of the major tourist attractions are in the old town of Enna Alta. Enna is known throughout Sicily for its elaborate processions during Holy Week, when the various robed brotherhoods carry statues through the streets.

In the countryside around Nissoria, **Villa Romana del Casale**. Buried in a landslide in the 12th century, the Roman villa was forgotten until the discovery of a few mosaic fragments in 1929 led to its excavation. The villa that was discovered, with most of its original decoration intact, is one of the best-preserved villas anywhere in the Roman Empire and is now a UNESCO World Heritage Site.

In 40 km The **Archeological Park of Morgantina**, it is an extensive archeological park, where you can still see the mint for which it was famed in the ancient world, along with a **Greek amphitheater** dating from the third century BC and ruins of a temple dedicated to Demeter and Kore.

Catania is in about 79 km if you fancy some social life, beaches and a trip to **Mount Etna**.

Enna



How to get there

The closest Airport is Catania Airport 77 km



Discover our cuisine

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Palagonia

Province of Catania

Palagonia is one of the oldest village in the province of Catania which preserves impressive testimonies of its ancient past. The old town centre includes some incredible holy places such as the Early Christian Basilica of San Giovanni which was built in 17th century BC, and the Church Immacolata del Convento, erected in 1592 by Ferdinando Gravina de Cruyllas and dedicated to Sant'Antonio di Padova.

Discover our cuisine

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Sicilian cart decoration



Sites you shouldn't miss

The old town centre includes some incredible holy places such as the Early **Christian Basilica of San Giovanni** which was built in 17th century BC, and the **Church Immacolata del Convento**, erected in 1592 by Ferdinando Gravina de Cruyllas and dedicated to Sant'Antonio di Padova. The church shows a late Baroque style with a large portal and two niches with stone statues representing the two Franciscan monks, St. Anthony of Padua and St. Bonaventure. The interior has a single nave highly decorated with stucco and frescoes made by the artist Giuseppe Barone in 1954. As well Palagonia has the **Mother Church of San Pietro Apostolo**, built in the 11th century, it is the oldest sacred building in the village.

Close to the village it is possible to visit the ancient **Pozzo Blandini**, which is a building included in a complex of wells built in the 16th century to store enough water to irrigate the citrus groves.

In 37 km don't miss **Catania**, all the noise, chaos and scruffiness that hit the visitor at first glance, Catania has a strong magnetic pull. This is Sicily at its most youthful, a city packed with cool and gritty bars, abundant energy and an earthy spirit in sharp contrast to Palermo's aristocratic airs. In Catania don't miss: the **Cathedral**, a simply beautiful structure, a masterpiece of Norman and Baroque architecture, the **Ursino Castle** a relic from the 13th century that was built as part of the Kingdom of Sicily by Emperor Frederick II. The **Benedictine Monastery** complex located in the centre of Catania is one of the most important and largest examples of its kind in Europe. Listed as a UNESCO World Heritage Site, this monastery is a stunning piece of architecture and was originally founded in 1558. Last but not least, the Unesco protected volcano of Mount Etna – Europe's largest and most active.



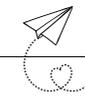
Catania

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How to get there

The closest Airport is Catania Airport 37 km



Paternò

Province of Catania

Paternò is an ancient village located in the province of Catania well known for its wonderful Norman Castle and Pietralunga Roman Bridge.



Discover our cuisine

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Sites you shouldn't miss



The most important monuments of the area are the **Basilica of Santa Maria dell'Alto** which displays a wonderful Romanic style; the **Church of Santa Barbara**, a sacred building erected in the 16th century, has a majestic facade enriched by stuccos and decorations.

The **Norman Castle**, considered the symbol of Paternò, is located on the top of the hill where visitors can enjoy a stunning view of the surrounded natural environment and its coastline.

Close to the village, tourists can visit the **ruins of a Pietralunga Roman bridge** which is one of the most complex construction made by Romans in Sicily; it is 23 km long and was built to meet the high water demand of Catania useful for the many spas and the Naumachia, a building used to show the naval battles.

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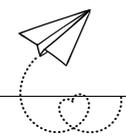


Norman Castle

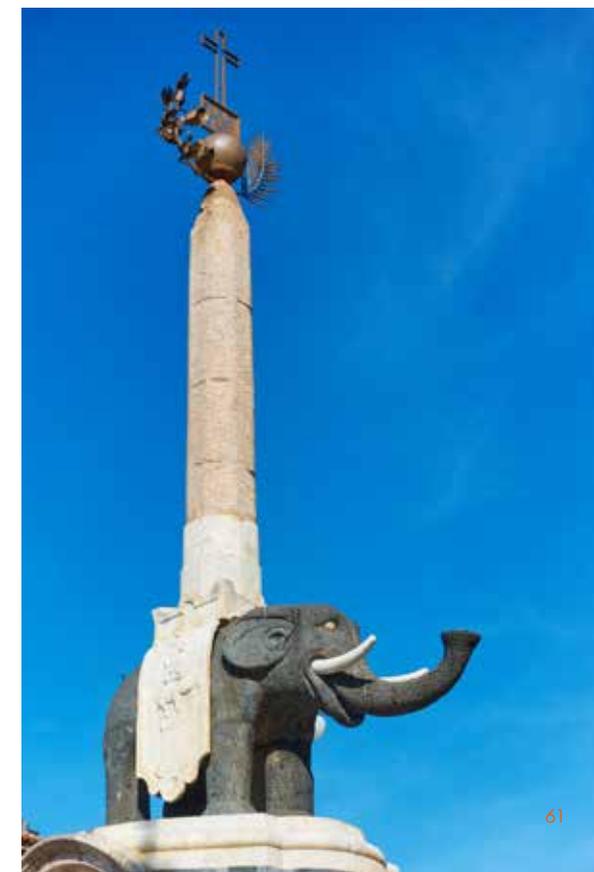
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How to get there



The closest Airport is
Catania Airport 27 km



Elephant obelisk, Catania

Petralia Soprana

Province of Palermo

Petralia Soprana in the province of Palermo is a small town on the slopes of Madonie mountains, more or less at the same distance from Palermo and from Catania. It provides lots of traditional events such as the celebrations of the patron saint SS.Pietro and Paolo and the Sagra del Salgemma in Ruffo.

From the town of Petralia Soprana it is possible to admire the impressive panorama of the snowy peak of Etna Park, the city of Enna and charming wide valleys.

Discover our cuisine

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Sites you shouldn't miss

The most important churches of Petralia Soprana are the **church of San Giovanni Evangelista**, the church of SS Salvatore, the church of SS. Apostoli Pietro and Paolo, the church of Santa Maria di Loreto.

During the summertime this beautiful village provides lots of traditional events such as the celebrations of the patron saint SS.Pietro e Paolo, that takes place on the 29 of June, the **Sagra del Salgemma** in Ruffo a gastronomic fair and the Matrimonio Baronale, a historical commemoration where people wear the typical costumes of 1700.

In about 1 hour driving don't miss **Cefalù** one of the greatest seaside resorts of Sicily with a fascinating old town centre. The **Duomo of Cefalù** is an old charming Norman church built in 1131, the Teatro Comunale S.Cicero which became famous thanks to Giuseppe Tornatore who used it as the set of Nuovo Cinema Paradiso(1988). Noted for its prominent Sicilian Barocco style, a fascinating place of worship is the Santuario di Gibilmanna placed in the **Natural park of Madonie**. But one of the most important landmarks of Cefalù is **the Rocca**, a mountain of 270 meters above the sea level which offers a breathtaking view of the city, here it's possible to visit the **Temple of Diana** and many ruins of different civilisations that have inhabited the land.

How to get there

The closest Airport are:
Palermo Airport 135 km
Catania Airport 136 km



Cefalù



Petralia Soprana

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Ribera

Province of Agrigento

Ribera, in the province of Agrigento, is a medieval village with interesting cultural attractions. It was founded in 1635 by a group of people coming from the village of Caltabellotta. The name of the village honours the beautiful Prince's wife, Maria Afan de Ribera.

The Platani River, the third Sicilian river, flows nearby. It has enormously contributed to developing both farming and tourism in the area. Its mouth has been designated as a natural reserve. Ribera, is also known as 'the city of oranges', and it is part of the international circuit of cities where life is good. It is set like a precious stone in a landscape of great beauty, between mountains, rivers and the sea.

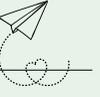


Valley of the Temples

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How to get there



The closest Airport are: Palermo Airport 137 km and Trapani Airport 138 km

Sites you shouldn't miss

The most important monuments of the village are the **Mother Church** and the **Poggiodiana Castle**, built in 9th century by Saracen, it was named Misilcassim. Here visitors can enjoy a stunning viewing of the coastline and the fascinating **Valle di Verdura Gardens**. In the 16th century the name of the castle changed in Moncada to honour the noblewoman Diana Moncada.

You can't miss **La Valle dei Templi** or Valley of the Temples, in around 50 km, one of the most outstanding examples of ancient Greek art and architecture of Magna Graecia, and is one of the main attractions of Sicily. The nearby town of Agrigento with a good range of restaurants, cafes and accommodation make the town an excellent base to explore the Valley and good beaches further west along the coast.

A bit further on, in 80 km it well worth a visit to **Palermo**.



Discover our cuisine

Sicilian cuisine is a fusion of flavors and influences from different cultures that have ruled the island over the centuries, such as Greeks, Arabs, Normans, and Spanish. One of the most iconic Sicilian dishes is arancini, fried rice balls stuffed with cheese, meat, or vegetables, not to mention caponata, the perfect example of external influences over the island's cuisine. Sicilian pasta features fresh seafood, tomatoes, herbs, and spices, with dishes like pasta alla Norma and pasta con le sarde. An arabic dish, popular in the western part of the Island, is the famous fish cous-cous. Sicilian desserts feature almonds, pistachios, ricotta, and citrus fruits in cannoli, cassata, and other pastries. A refreshing treat for the hot summer days is granita, a semi-frozen dessert made with fruit juice, sugar, and ice. Granita is often served with brioche, a soft and buttery bread, for a typical Sicilian breakfast.



Mother Church, Ribera

Sciaccia

Province of Agrigento

Sciaccia is one of the most important Baroque villages of the province of Agrigento. The village of Sciaccia is well known for its impressive Baroque old town centre. Its charming location allows visitor to discover an impressive natural environment typical of the area.

The village has ancient origins probably dating back to the Greek domination. Thanks to its abundance of hot spring, Greeks named the village "Therma" and later Sacca.

Sites you shouldn't miss

The most important monuments of the village are: the **Church of Santa Maria delle Giummare**, founded at the beginning of 12th century by the Norman countess Giulietta, shows a wonderful facade enriched by a Gothic-Catalan style and precious Baroque decorations; the **Church of Carmine**, dedicated to San Salvatore, was built in 1200 by Count Roger. The facade is characterized by a majestic Gothic rose window and Norman decorations. The interior includes a number of frescos and sculptures from the 15th and 19th century; the **Church of San Calogero**, built in the 16th century and later renovated in the 17th century, displays a gorgeous facade made with the local limestones; the **Luna Castle** is a medieval building erected in 1380 by Guglielmo Peralta, count of Caltabellotta which rises on the highest part of the village where visitors can admire a beautiful view of Sciaccia.

You can't miss **La Valle dei Templi** or Valley of the Temples, in around 64 km, one of the most outstanding examples of ancient Greek art and architecture of Magna Graecia, and is one of the main attractions of Sicily. The nearby town of **Agrigento** with a good range of restaurants, cafes and accommodation make the town an excellent base to explore the Valley and good beaches further west along the coast.

Marsala in around 75 km with its **Main Cathedral**, built on the site of an old Norman church and the Baroque old town centre. Last but not least, its wineries where tourists can take tours to discover the great variety of wines and of course the famous Marsala. In addition there are stunning ancient churches, the "Baglio Anselmi" Archaeological Museum, the **Natural Reserve of the Stagnone** and the **archaeological site of Capo Lilibeo**.

Trapani in around 116 km, an important fishing port as well as a gateway to the nearby **Egadi Islands** and **Pantelleria**. It also has a number of protected areas like the **Zingaro Natural Reserve** and the Trapani and **Paceco Saline Natural Reserve**. **Erice**, the **island of Mothia** and especially the archaeological area of Segesta, are all suggestive cultural sites not to be missed in the area.

In less than 2 hours driving, **Palermo** well worth a visit.

Get in touch with us:

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How to get there

The closest Airport are: Trapani Airport 119 km and Palermo Airport 117 km



Discover our cuisine

Sicilian cuisine is a fusion of flavors and influences from different cultures that have ruled the island over the centuries, such as Greeks, Arabs, Normans, and Spanish. One of the most iconic Sicilian dishes is arancini, fried rice balls stuffed with cheese, meat, or vegetables, not to mention caponata, the perfect example of external influences over the island's cuisine. Sicilian pasta features fresh seafood, tomatoes, herbs, and spices, with dishes like pasta alla Norma and pasta con le sarde. An arabic dish, popular in the western part of the Island, is the famous fish cous-cous. Sicilian desserts feature almonds, pistachios, ricotta, and citrus fruits in cannoli, cassata, and other pastries. A refreshing treat for the hot summer days is granita, a semi-frozen dessert made with fruit juice, sugar, and ice. Granita is often served with brioche, a soft and buttery bread, for a typical Sicilian breakfast.



Who is Diaverum?

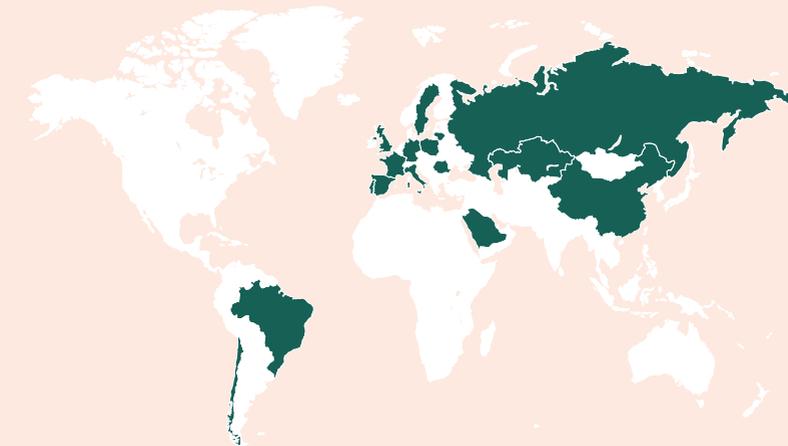
A leading independent supplier in Europe

Diaverum provides renal care focused on improving the quality of life of patients with Chronic Kidney Disease (CKD).

Without any ties to product companies, we are free to choose the suppliers that offer the best, most cutting-edge technology so we can focus and concentrate on what is most important: patient care. We provide efficient and transparent management.

Our vision is to transform renal care and provide the highest quality patient care.

International presence



441
Clinics



38.000
Patients



13.000
Healthcare professionals



24
Country

Focused on renal care

Our main focus is haemodialysis but we also offer preventive care, dialysis in alternative days, treatment of comorbidities, patient transport service.

We work in coordination with nephrology services at leading hospitals to meet the individual needs of patients and help them to better understand their disease.

In Italy, Diaverum has 23 clinics open to all temporary patients who wish to receive their regular dialysis treatment with us.

Italy presence



3
Region



23
Clinics



400
Healthcare professionals



1.000
Patients

Warm and comfortable atmosphere

On average, patients undergo haemodialysis treatment for over four hours at least three times a week in our units.

For us at Diaverum, it is essential that patients receive excellent quality medical treatment, but also that they don't feel like they are in a hospital environment.

We have 23 dialysis centres throughout Italy, with different sizes and capacities, depending on the needs of the areas where they are located and the patients who are treated in.

They are also designed to be able to accommodate patients who are not treated there on a regular basis, in anticipation of potential urgent cases, emergencies that may come from the hospital, or temporary patients (in the latter case places must be arranged with the dialysis centre with enough notice to allow the centre to confirm availability for treatment, and also to make sure the patient can meet the requirements in full and within the appropriate timescales).



Highly qualified and trained personnel

Our goal is to ensure that all patients receive renal care with a high degree of medical excellence, regardless of the clinic where they are treated, and this is only possible thanks to the professionalism and competence of our personnel. People who care and want to make a difference.

Diaverum's international presence and our network of clinics provide our staff with great opportunities for professional growth and development. Our more than 25 years of experience in haemodialysis, and our highly trained, skilled and committed professionals, have enabled us to position ourselves as one of the leading companies in kidney treatment.

Our clinics have multidisciplinary teams that work in coordination to provide the best patient care, with the highest standards of medical quality and an individualised care plan for each patient.



What is the d.Holiday programme?

What all travelling dialysis patients have in common is the need to receive their regular treatment while away from home.

It is for this reason that Diaverum has developed the d.HOLIDAY programme, a service for all dialysis patients worldwide.

A pioneering initiative by Diaverum that offers patients on renal replacement therapy, regardless of their origin, a seamless experience that gives them easy access to Diaverum dialysis care in another city or country, making it possible for them to visit family, travel for work or go on holiday.

Diaverum has 441 dialysis centres in 24 countries throughout four continents, so we can offer kidney patients looking for a place to receive their treatment all the necessary guarantees and high standards of medical quality, with numerous different options and locations. Thanks to our high standards of medical quality, patients who visit one of our centres can be assured that they will receive treatment personalised according to their needs, with all medical guarantees and total security, regardless of the clinic they choose to travel to.



Feel at home even when away - The Diaverum approach step by step:

With our help, you are just a few steps away from enjoying a holiday or a business trip.

Your Diaverum clinic will be happy to explain the process to you.

Booking your place has never been so easy!



1 Patient request

Patient sends a request by e-mail, or through our website: <https://d.holiday/en> or www.diaverum.it.

2 The Diaverum clinic makes a provisional reservation

Once the request for a place has been made, Diaverum d.Holiday team sends an e-mail confirming receipt of the request and informs the applicant about availability.

3 Documentation

When making the provisional booking, your chosen Diaverum clinic will request all the necessary documentation, according to local requirements.

4 Final confirmation of your place

Once the centre's nephrologist has received and approved all the required documentation, a final confirmation of the dialysis place will be sent to the applicant.

5 Arrival of the patient at the Diaverum clinic

Once at the clinic, the patient will be welcomed by the staff of the clinic and assisted during his treatment and the next ones.

Our Centres



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Your adventure starts here

Visit the **d.HOLIDAY** website and book your holiday treatment in just 3 steps

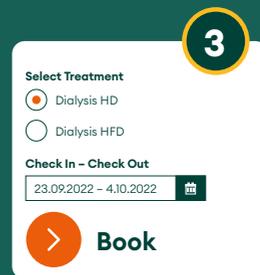
www.d.holiday



Enter your destination and select the dates you wish to travel



Apply filters to your search, including treatment options, specific medical requirements and desired facilities



Select your clinic, register and book your slot (availability confirmed within 72 hours)

Contact us:

 holiday.italy@diaverum.com

Subscribe to our **newsletter** on the booking platform for our latest news



Diaverum is a leading provider of renal care services that improve the lives of patients with chronic kidney disease, enabling them to live a fulfilling lives.

Our vision is to transform kidney care by providing the highest quality care to patients.

Our values are competence, passion and inspiration, with a focus on people.

Our teams are made up of highly qualified and competent personnel who care and want to make a difference.

If you want to know more about Diaverum and its d.HOLIDAY programme, please visit our websites www.diaverum.it or <https://it.diaverum.com/it/en/kidney-care/our-services/d.holiday/>

Contact us at

holiday.italy@diaverum.com



To download the electronic version of the Italy tourist guide scan the qr-code on the left or visit our website: <https://it.diaverum.com/it/en/kidney-care/our-services/d.holiday/>

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