



# Sicily

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## Best Places to Eat

- Ferro di Cavallo (p785)
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## Best Places to Stay

- Pensione Tranchina (p839)
- Henry's House (p820)
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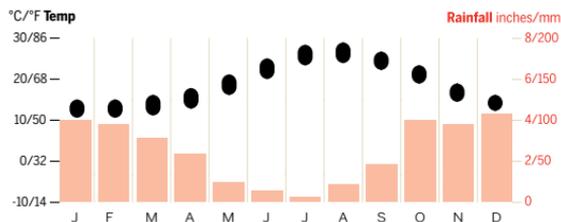
## Why Go?

More of a sugar-spiked espresso than a milky cappuccino, Sicily rewards visitors with an intense, bittersweet experience. Overloaded with art treasures and natural beauty, undersupplied with infrastructure, and continuously struggling against Mafia-driven corruption, Sicily's complexities sometimes seem unfathomable. To really appreciate this place, come with an open mind – and a healthy appetite. Despite the island's perplexing contradictions, one factor remains constant: the high quality of the cuisine.

After 25 centuries of foreign domination, Sicilians are heirs to an impressive cultural legacy, from the refined architecture of Magna Graecia to the Byzantine splendour and Arab craftsmanship of the island's Norman cathedrals and palaces. This cultural richness is matched by a startlingly diverse landscape that includes bucolic farmland, smouldering volcanoes and kilometres of island-studded aquamarine coastline.

## When to Go

### Palermo



**Easter** Colourful religious processions and marzipan lambs in every bakery window.

**May** Wildflowers, dreamy coastal walking and Syracuse's festival of classic drama.

**Sep** Warm weather and seaside fun without summer prices.

## History

Sicily's most deeply ingrained cultural influences originate from its first inhabitants – the Sicani from North Africa, the Siculi from Latium (Italy) and the Elymni from Greece. The subsequent colonisation of the island by the Carthaginians (also from North Africa) and the Greeks, in the 8th and 6th centuries BC respectively, compounded this cultural divide through decades of war when powerful opposing cities struggled to dominate the island.

Although part of the Roman Empire, Sicily didn't truly come into its own until after the Arab invasions of AD 831. Trade, farming and mining were all fostered under Arab influence and Sicily soon became an enviable prize for European opportunists. The Normans, desperate for a piece of the pie, invaded in 1061 and made Palermo the centre of their expanding empire and the finest city in the Mediterranean.

Impressed by the cultured Arab lifestyle, King Roger squandered vast sums on ostentatious palaces and churches, and encouraged a hedonistic atmosphere in his court. But such prosperity – and decadence (Roger's grandson, William II, even had a harem) – inevitably gave rise to envy and resentment and, after two centuries of pleasure and profit, the Norman line was extinguished. The kingdom passed to the austere German House of Hohenstaufen with little opposition from the seriously eroded and weakened Norman occupiers.

In the centuries that followed, Sicily passed to the Holy Roman Emperors, Angevins (French) and Aragonese (Spanish) in a turmoil of rebellion and revolution that continued until the Spanish Bourbons united Sicily with Naples in 1734 as the Kingdom of the Two Sicilies. Little more than a century later, on 11 May 1860, Giuseppe Garibaldi planned his daring and dramatic unification of Italy from Marsala on Sicily's western coast.

Reeling from this catalogue of colonisers, Sicilians struggled in poverty-stricken conditions. Unified with Italy, but no better off, nearly one million men and women emigrated to the USA between 1871 and 1914 before the outbreak of WWI.

Ironically, the Allies (seeking Mafia help in America for the re-invasion of Italy) helped in establishing the Mafia's stranglehold on Sicily. In the absence of suitable administrators, they invited the undesirable

*mafioso* (Mafia boss) Don Calógero Vizzini to do the job. When Sicily became a semi-autonomous region in 1948, Mafia control extended right to the heart of politics and the region plunged into a 50-year silent civil war. It only started to emerge from this after the anti-Mafia maxi-trials of the 1980s, in which Sicily's revered magistrates Giovanni Falcone and Paolo Borsellino hauled hundreds of Mafia members into court, leading to important prosecutions.

The assassinations of Falcone and Borsellino in 1992 helped galvanise Sicilian public opposition to the Mafia's inordinate influence, and while organised crime lives on, the thuggery and violence of the 1980s has diminished. A growing number of businesses refuse to pay the extortionate protection money known as the *pizzo*, and there continue to be important arrests, further encouraging those who would speak out against the Mafia. On the political front, anti-Mafia crusaders currently serve in two of the island's most powerful positions: Palermo mayor Leoluca Orlando and Sicilian governor Rosario Crocetta. Nowadays the hot topics on everyone's mind are the island's continued economic struggles and Sicily's role as the gateway for the flood of immigrants from northern Africa.

## Getting There & Away

### BOAT

Regular car and passenger ferries cross the strait between Villa San Giovanni (Calabria) and Messina, while hydrofoils connect Messina with Reggio di Calabria.

Sicily is also accessible by ferry from Naples, Genoa, Civitavecchia, Salerno, Cagliari, Malta and Tunisia. Prices rise between June and September, when advanced bookings may also be required.

ROUTE	ADULT FARE FROM (€)	DURATION (HRS)
Civitavecchia–Palermo	63	14
Genoa–Palermo	68	21
Malta–Pozzallo	33	1¼
Naples–Catania	42	11
Naples–Palermo	53	10
Naples–Trapani	94	7
Reggio di Calabria–Messina	3.50	35min
Tunis–Palermo	42	11