



Itinerari del gusto

5 itineraries through the wonders of the Trapani coast

www.itinerarideltastotrapani.it

Initiative promoted by: 

The beauties of Trapani coast in five shades: history, myths and millenial traditions, the treasures of the land and its typical flavours, the breathtaking natural landscapes bathed by the crystal-clear sea of western Sicily. Each of the five tours offers extraordinary experiences to treasure once you go back home.

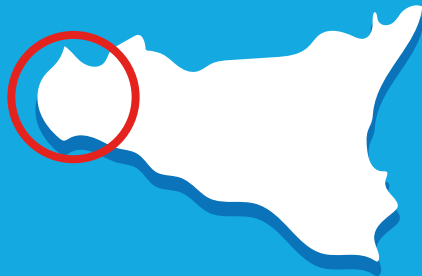
1. Tuna and tuna factories
2. Salt and its declinations
3. Traditional cuisine with local catch
4. Red prawns and the Mediterranean catch
5. Sicily without barriers



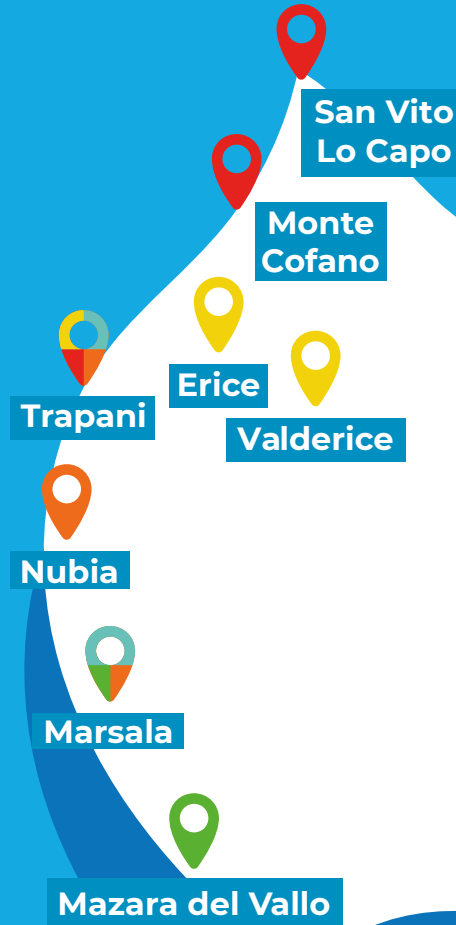
Italy



Sicily



Sicilian western coast



-  Itinerary 1
-  Itinerary 2
-  Itinerary 3
-  Itinerary 4
-  Itinerary 5

Itinerary

Tuna and tuna factories

Ancient traditions: through history, myths and legends



A tour through the history of bluefin tuna, the most prized fish in our seas. A gastronomic and naturalistic adventure along the breathtaking coastline of western Sicily, among authentic views and strong flavours.

Meetings with local chefs and visits to the historic tuna factories will show guests how the sea has always influenced people's lives and habits in these places.

From March to October



Day 1

Tuna on the table

Day 2

DOP Evo Oil and Tuna
Factory of Bonagia

Day 3

San Vito lo Capo





Itinerary

Salt and its declinations

A journey from the sea to the kitchen, the wellness, the accessories

A tour of the ancient salt pans along the coastline from Trapani to Marsala, taking us back to the Normans and to the trading importance of salt, as well as its preservation properties. Salt has long been the wealth of this land: as evidence of this glorious past, the unique windmills, peculiar of the coastal landscape.

From April to October

A wide-angle photograph of the Stagnone Lagoon in Sicily. In the foreground, numerous small, conical mounds of white salt are neatly arranged in rows. In the middle ground, a large, traditional stone windmill with a red roof and a wooden lattice structure stands prominently. Behind it are several large, rectangular stone buildings. The background shows a flat landscape with distant mountains under a clear blue sky.

Day 1
Stagnone Lagoon

A landscape photograph of a nature reserve. The foreground is dominated by tall, green reeds. In the middle ground, a calm body of water reflects the sky and the surrounding landscape. In the background, a city skyline is visible across the water, with a prominent tower. The sky is a clear, pale blue.

Day 2
Nature reserve:
from Trapani to Nubia

Day 3
Marsala and good wine

Itinerary

Traditional cuisine with local catch



The traditions of typical Sicilian cuisine: a delight for palate

Local cuisine and fish from the sea of western Sicily as a way of getting to know a land of unforgettable sounds, colours and scents. The cookery course on the couscous of Trapani, the visit to Erice to discover the local wines

and traditional sweets will satisfy the culinary expectations of even the most demanding palates. The excursion with the fisherman will be an emotion that you will treasure.

From March to October

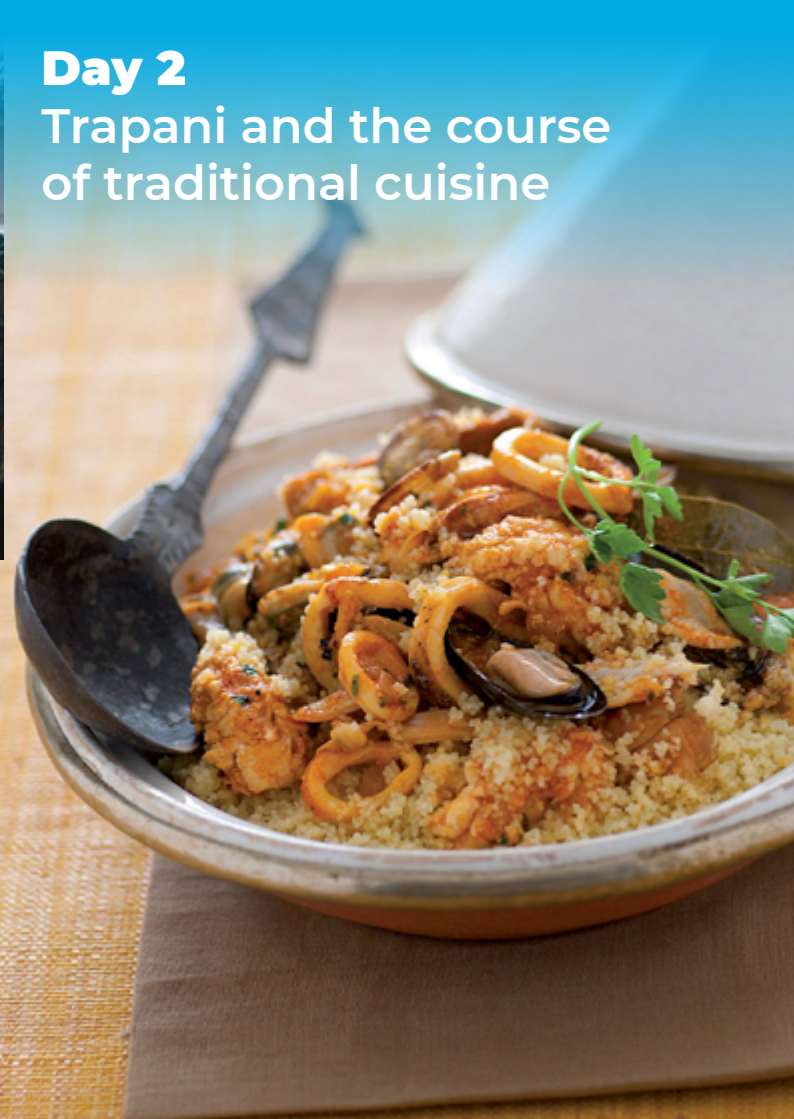
Day 1

Erice, wines and
traditional sweets



Day 2

Trapani and the course
of traditional cuisine



Day 3

The local catch



Itinerary

Red prawn and the Mediterranean catch



Discover the treasures of our local catch: there, where the sea lives



Discover Mazara del Vallo, a beautiful town famous for its beating heart, the casbah, fascinating and colourful Arab quarter, as well as for its red prawns. You will have the op-

portunity to meet a fisherman, representing Italy's largest fishing port, and to take part in a cookery lesson that will introduce you to the secrets of cooking this delicious crustacean.

From April to October



Day 1
Mazara del Vallo:
the casbah and
the satyr



Day 2
The red prawn
and fishing
tradition



Day 3
Marsala,
city of wine

Itinerary

Sicily without barriers

A breathtaking gastronomic and naturalistic itinerary

From April to October



An experience designed specifically for getting to know this amazing land to tourists with reduced mobility, while tasting its traditions in complete independence and serenity. A gastronomic and naturalistic itinerary along the breathtaking coast of western Sicily, to be undertaken as an adventure, a photographic and culinary tour in search of fantastic views and distinctive flavours.

Day 1
Tuna on
the table



Day 2
Olive oil EVO
and the Stagnone
salt pan



Day 3
Marsala and
the good
wine







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