

TOUR 1

Retracing the routes of Saint Rosalia

A journey through nature, religion and history along the trails of Monte Pellegrino, "the most beautiful promontory in the world", according to W. Goethe: the views of the city, the amazing rocks rich in biodiversity and the sacred sanctuary where the remains of Saint Rosalia were found.

Distance: 4 km

Duration: 4 h (stops included)

Degree of difficulty: medium/easy

Elevation: 400 mt (ascent)

DATE

8 aprile ITA

22 aprile ENG

6 maggio ITA

20 maggio ENG

3 giugno ITA

17 giugno ENG

14 luglio (festino Rosalia) ITA

14 luglio (festino Rosalia) ENG

5 agosto ITA

26 agosto ENG

4 settembre (Santa Rosalia martedì) ITA

4 settembre (Santa Rosalia martedì) ENG

7 ottobre ITA

21 ottobre ENG

The route starts from Largo Antonio Sellerio (at the slopes of Monte Pellegrino) through the Old Stairway and the Medieval Route. It goes through the Goethe forest and ends at Piazzale di Santa Rosalia for a visit to the Sanctuary and the Pond. The itinerary follows what was theoretically the last part of the pilgrimage of Rosalia from Santo Stefano to Palermo; today this is the route of the ritual pilgrimage that annually takes place on the night between 3 and 4 September.

TOUR 2

The places of St. Benedict The Moor

This itinerary wants to reveal the hidden beauty through the streets of the Brancaccio neighborhood: the royal palaces of Norman kings, the remains of the gardens of the Conca d'Oro, but also the recent history of the city, made of oppression, ransacking and then redemption from the mafia, thanks to the example of Blessed Fr. Don Pino Puglisi. The journey continues towards the convent of Santa Maria di Gesù and ends at the huge cypress planted by St. Benedict.

DATE

19 maggio ENG

24 giugno data festa San Benedetto (da def.) ITA

24 giugno data festa San Benedetto (da def.) ENG

1 settembre ITA

15 settembre ENG

6 ottobre ITA

20 ottobre ENG

Distance: 8 km

Duration: 6 h (stops included)

Degree of difficulty: medium/easy (urban path except for 1 km from the convent of Santa Maria di Gesù to the cypress of St. Benedict, on unpaved and forest roads)

Elevation: 260 mt (ascent and descent)

The route starts from the Admiral's Bridge, which is included among the Arab Norman UNESCO sites, and gets to the nearby church of San Giovanni dei Lebbrosi of the same period. Through Corso dei Mille and Via Giafar the route gets to the Castle of Maredolce, one of the ancient palaces of the Norman kings. After the visit of Maredolce, the journey heads towards the Convent of Santa Maria di Gesù, at the foot of Mount Grifone. After visiting the cloister, the church and the other rooms of the convent, we will start the easy route that arrives at the Cypress of St. Benedict, the huge centuries-old tree born from the miraculous rooting of a stick that St. Benedict had placed in the ground.

TOUR 3

Tales & Saints in the Corners of Palermo

A walk through the old town of Palermo is a journey through time, in the thousand-year old history that seeps from every alley, stone and corner of the city. The symbols and characters, legends and events related to the religion and the guardians (saints and spirits) of the city are everywhere and are linked like the pearls of a necklace, offering an unprecedented point of view to explore and discover the Sicilian capital, through churches, statues, fountains, squares and alleys.

DATE

12 giugno (festeggiamenti Sant'Onofrio) ENG

12 giugno (festeggiamenti Sant'Onofrio) ITA

24 giugno ENG

14 luglio (festino Rosalia) ITA

14 luglio (festino Rosalia) ENG

9 settembre ITA

23 settembre ENG

14 ottobre ITA

28 ottobre ENG

Distance: 5,5 km

Duration: 4 h (stops included)

Degree of difficulty: easy

Elevation: non-significant

The route starts from Piazza Verdi (Teatro Massimo) and passes by some of the most important historical and religious sites linked to the life of the patron saints of Palermo. The route is intertwined with the Arab Norman itinerary and allows diversions and digressions towards the most significant places of the old town.

The theme of the walk is the rediscovery of the worship and the relation between Palermo, its people and the patron saints. There were 95 patron saints until 1973, when the decree of Paul VI defined only 10 saints: the main patron saint (Saint Rosalia) and other main and secondary co-patrons. A special attention will also be dedicated to the Genius of Palermo, a guardian of the city. The tour celebrates the most representative places of the city (the Cathedral, the Quattro Canti, the church of Martorana, the historical markets of Ballarò, Capo and Vucciria), but also some unknown corners of great beauty (Churches of St. Francis of Paola, Santa Cristina La Vetere, the Genius of Garraffo). We will eat panelle and crocchè or pane ca 'meusa, during a stop at one of the many stands along the way.

TOUR 4

Retracing the routes of Saint Rosalia. La Rufuliata

At the heart of this easy route there are many themes: nature, history and religion, that will be discovered while walking along one of the first marked nature trails in the history of the excursions in Palermo. Breathtaking views with birds on the horizon, for a new perspective of the island.

9 giugno ITA

23 giugno ENG

7 luglio ITA

21 luglio ENG

11 agosto ITA

25 agosto ENG

8 settembre ITA

22 settembre ENG

13 ottobre ITA

27 ottobre ENG

Distance: 3,5 km

Duration: 3 h (stops included)

Degree of difficulty: medium. Forest roads and trails

Elevation: 340 mt (ascent)

Trekking shoes are necessary for country roads

From the Favorita Park we will climb the western slope of Monte Pellegrino along the Rufuliata path, which is one of the few access roads to the peak of Monte Pellegrino and today it is among the most beautiful hiking trails in the Reserve. After about an hour's walk, among rocks, rare botanical species and the incessant twirling of buzzards, we will reach the peak. There, we will discover the unique humid environment of the Pond of St. Rosalia and then reach the Sanctuary.