

San Vito Lo Capo

The ancient fishermen village of **San Vito** is located on the promontory that ends the gulf of **Castellammare**, between the **Riserva Naturale orientate dello Zingaro** (Oriented Natural Reserve of the Zingaro) and that one of **Monte Cofano** (Cofano Mount). It extends along the coast-line and its quite white beach makes it, each summer, required destination of everybody is in the area.

San Vito Lo Capo rose about the XIII century as an outpost of Erice. The present village began to form in the XVIII century around an ancient Sanctuary, dedicated to San Vito martyr, patron of the town. At first it was a Saracen fortress that then changed use and was dedicated to the Saint the town is called after. Yet it maintained the appearance of a fortress to defend the pilgrims that asked hospitality inside it.

On the provincial road, that from the ancient Val di Mazara went to the Sanctuary, rise the **Cappella di Santa Crescenza** (Chapel of St Crescenza): a small chapel, in easy Arab style, that had the aim to protect the people and its sanctuary from the raids of pirates.

In the centre of the town, near the Sanctuary, is located the **Museum of the Sea** where are exposed articles testifying the old activities connected to the fishing. In fact in San Vito Lo Capo, till the half of 1900, had



been working the **Tonnara del Secco** (the Tunny-fishing of the Secco) for the fishing and the processing of the Mediterranean red tuna.

Many are the guard towers erected to defend the coast-line and still visible: among these, the **torre 'Mpisu** ('Mpisu tower), the **torre 'Sceri** ('Sceri tower) and the **Torrazzo**. The land is full of caves, that preserves rocky paintings and engravings: the **Grotta dei Cavalli** (Grotto of the Horses) in **Cala Mancina**, the **Grotta dei Ciaravetti** (Grotto of the Ciaravetti) and that one of the **Racchio** (Grotto of the Racchio), in the neighbourhood of the built-up area of Macari.

The typical course is the **Cous Cous of Fish** which, every year in September, is dedicated the **Cous Cous Fest**, International Festival of Cous Cous.

Informazioni e numeri utili

CAP 91010

Prefisso telefonico (+39) 0923

Comune 0923 621211

www.comune.sanvitolocapo.tp.it

Ufficio Turistico 0923 974300

Guardia Costiera 0923 974371

Guardia Medica 0923 972091

Polizia 0923 972160

Carabinieri 0923 972346

AST (Trasporti Extraurbani)

www.aziendasicilianatrasporti.it

Riserva Naturale dello Zingaro 0924 35108

www.riservazingaro.it

Proloco - Via Venezia, 12 - 0923.833747 -

0923.972464 - 335.1894065

proloco@sanvitoweb.com

What to see

The Zingaro reserve.

Between Castellammare del Golfo and Trapani there is one of the most magical corner of Sicily: narrow and ancient paths lead up to a wonderful oasis surrounded by the typical Mediterranean environment with evergreen trees and shrubs on a rocky ground.

The only thing you can do in front of such a wonderful landscape is keep on being surprised. Massive calcareous walls tumble over a rich vegetation. The blue seawater shades into green. Depths can be admired with the naked eye. The sea gently caresses the white beaches of the small creeks and penetrate inside the submerged caves to hide and show the lives of fish and plants of this area.



The rich vegetation of the Reserve is the favourite haunt for different species of birds and mammals, some of them very rare. A lot of tourists who want to strenghten their soul and body go on a pilgrimage to the small inlets along the coast during the summer, a small uncontaminated and jealously protected paradise.

It is a place that has been tormented and protected by the rough rocks for millenniums, colored by the green of the typical flora of the area and the blue water loved by men and animals. Sheperds and farmers cultivated it for a long time and never damaged it so that today the 1600 hectares of the Reserve and 7 kilometers of the coastline area true natural paradise.

How to have fun in the Zingaro Reserve

- The long trails of the reserve are perfect for walking tours and to do trekking
- The wonderful submarine caves and surprising depths are a paradise for divers
- Equipped areas where to do a picnic are perfect for a relaxing day.
- The Museum of Maritime Activities and the other one of Rural Civilization can tell you the history and the ancient rituals of these places
- And finally... birdwatching for who loves it

Entrance – There are two entrances to the Reserve:

- South: from Scopello - main entrance with accomodation for tourists. From the highway A/29 (Palermo-Mazara) drive to the junction to go to Castellammare del Golfo. Follow the SS 187 towards Trapani untill the junction to go to Scopello.
- North: from San Vito Lo Capo - Getting to the SS 187 as explained below and then drive to the junctionto go to San Vito.

In both cases you must leave your vehicle in the car parks and then continue on foot.



Events

Cous Cous Fest - Since 1998 every year in September, great chefs, people from all over the world and many gourmets gather in the small town of



San Vito Lo Capo for a single reason: to celebrate the cous cous.

What Cous Cous is? - It is a super-fine hard wheat based dish which is typical of different culinary traditions of many countries. It was introduced in Sicily by the Arabs and there it is traditionally cooked with fish, but there are also some good different versions. It's a natural dish with few simple ingredients but with a very particular taste. The Cous Cous Feast - In 1998 took place in San Vito Lo Capo the first feast dedicated to one of the most representative elements from the cuisine of the province of Trapani: the CousCous. Since then, the importance and the success of the event at the international level grew more and more. There are a lot of stands in the streets where people can eat the Couscous cooked according to the local tradition or to the recipes typical of the other countries that share the same love for this dish.

Useful Information and Numbers

Zingaro Reserve

Price: 3 euro

- children between 10 and 14 anni: 2 euro
- groups: 0,50 euro
- visitors aged under 10 free entry

Tel. 0924 35108

Period: From october to March from 8.00 to 16.00. From April to September from 7.00 to 20.00

