



# SICILY, ITALY



Sicily, the island being kicked by the toe of Italy's boot, is easily accessible by air. Ryanair and Vueling both have several flights a day non-stop from Rome, typically between \$60-\$100 round trip. Sicily is so conveniently located that it has been repeatedly conquered and colonized by, among others, Vandals, Ostrogoths, Byzantines, Arabs and Normans, and each civilization has left its mark on Sicily's art, architecture, and food.

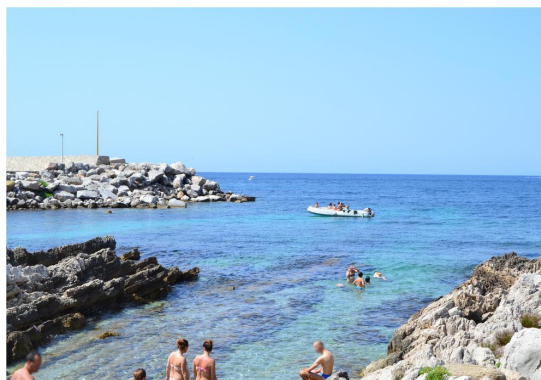


## Capuchin Catacombs

Located at Piazza Cappuccini, 1, 90129. These catacombs are *not* for the squeamish. Unlike the catacombs outside Rome from which all bodies have been removed for reburial, the catacombs of Palermo house hundreds of corpses. When the cemetery of the Capuchin friars of Palermo became full in 1597, the brothers decided to exhume their deceased brethren and re-entomb them in recently excavated caves behind the church's altar. However, during exhumation it was discovered that many of the dead friars had become naturally mummified and remained recognizable years after death. The most famous mummy is little Rosalia Lombardo who died of pneumonia at the age of two in 1920, yet appears to be merely taking a nap almost a hundred years later.

## Mondello Beach

After visiting the catacombs, you will definitely need some fresh air. With ample sections open to the public where you can plop your beach tower (the alternative is renting a private deck chair, and it's not a bad alternative), is a short bus ride from Palermo. Take the 806 bus the end of Via Liberta' near Piazza Politeama; a small kiosk sells bus tickets. Buy one for your onward journey and one for your return journey.



## Isola delle Femmine

If you have no real desire to go into Palermo but simply want sand and surf, you can land at the Palermo airport and take a train directly. A large public beach, known for magnificent scenery and warm waters, Isola delle Femmine is just west of Palermo. A crystal clear sea and close proximity to the town center make this one of the more popular public beaches. The sand is white and there are umbrellas and chairs available in many areas of the beach especially close to the major resorts. The train takes approximately half an hour, departs frequently, and costs only a few euro.

## Catania Beach

Less well known than Palermo is the city of Catania on the eastern side of the island. Again, both Ryanair and Vueling fly to Catania regularly for \$70-\$100 round trip. La Playa is the most popular beach on this side of the island, with the added bonus of having a view of Mount Etna. A bus runs regularly from the city center to the beach; take bus D-EST and get off at "La Playa." There will be an admission charge for the beach.

