



# SICILIAN FARMHOUSE

E X P E R I E N C E

*Spring Edition*

[www.sicilianfarmhouseexperience.com](http://www.sicilianfarmhouseexperience.com)



## SICILIAN FARMHOUSE

EXPERIENCE

### The Farmhouse

Nestled in the idyllic countryside of Trapani, Sicily, Baglio Fontanasalsa is a historic estate that offers a remarkable blend of tradition, nature, and Sicilian charm. Dating back to the 17th century, this estate is a quintessential example of a traditional Sicilian “baglio”—a fortified rural complex centered around a large courtyard, once the heart of agricultural life. The name “Fontanasalsa” is derived from the salty fountain waters that historically nourished the estate’s land.

For centuries, the estate has been renowned for its olive groves, where generations have perfected the art of olive oil production. Today, guests can still witness the ancient mill in action, producing high-quality extra virgin olive oil with techniques that have changed little over time. The experience at Baglio Fontanasalsa offers a unique opportunity to step back into Sicilian rural life, while also enjoying modern comforts in a tranquil, nature-filled setting. Whether exploring the groves, tasting olive oil, or indulging in local cuisine, the estate captures the essence of Sicily’s rich agricultural heritage.







## Day 1: Arrival and Immersing in History

- **Afternoon:**

Your journey begins with your arrival at Baglio Fontanasalsa, where you'll be welcomed into the estate's beautifully restored buildings that reflect centuries of history. After checking in, take time to explore the sprawling olive groves, citrus orchards, and well-tended gardens that surround the estate. Wander the grounds and breathe in the fragrant air, setting the tone for a peaceful and rejuvenating stay.

- **Evening:**

The first evening invites you to indulge in a chef-prepared dinner at the Baglio, where the estate's talented chefs create a meal showcasing the freshest seasonal ingredients. Enjoy a selection of traditional Sicilian dishes, thoughtfully prepared using local produce. Dine in the historic courtyard or under the stars, soaking in the peaceful ambiance of the estate.







## Day 2: From Market to Plate

### The Art of Sicilian Couscous

- Breakfast provided at the Baglio.

- **Morning:**

Start your day with a trip to the bustling Trapani Fish Market, one of Sicily's most vibrant markets. Accompanied by a local chef, you'll discover the incredible diversity of seafood that makes up the island's cuisine. Learn how to select the freshest fish and shellfish, gaining insight into Sicilian culinary traditions passed down through generations.

- Lunch at guest's leisure.

- **Afternoon:**

Back at the Baglio, you'll roll up your sleeves for a hands-on couscous cooking class. The dish is a staple of Trapani's culinary heritage, and under the guidance of expert chefs, you'll learn how to prepare Sicilian fish couscous, infusing each step with the aromas and flavors of the sea. As you work with freshly sourced ingredients, you'll gain a deeper appreciation for the connection between Sicily's land and sea.

- **Evening:**

The day culminates in a shared meal, where you'll savor the delicious couscous you prepared earlier. Relax in the warm glow of the evening, as the estate's timeless beauty surrounds you.





## Day 3: Artisan Cheese and the Timeless Charm of Erice

- Breakfast provided at the Baglio.

### • Morning:

Embark on an unforgettable journey through the Sicilian tradition with Margherita Aleo, a passionate and knowledgeable cheesemaker, as she takes you through the timeless process of crafting artisanal cheese.

As you arrive, you'll be greeted by the sight of her goats and sheep grazing in the sun-drenched pastures. Here, amidst the serene landscapes, the story of cheese-making begins.

Margherita invites you to witness the first crucial step—milking the animals. With gentle hands and deep respect for her animals, she explains how the quality of the milk is key to creating rich, flavorful cheese. As the fresh milk is collected, you'll hear Margherita's stories about her family's tradition and commitment to sustainable farming practices, ensuring that each drop reflects the essence of the land.

Next, you'll step into the cheesemaking area, where the transformation from milk to cheese happens. Margherita will explain the delicate process of curdling, shaping, and aging, offering insights into the centuries-old methods that have been passed down through generations.

The tour culminates with a tasting of the farm's finest cheeses, each bite bursting with the flavors of the island.

- Lunch at guest's leisure.

### • Afternoon:

Next, you'll travel to Erice, a mystical medieval hilltop town perched above Trapani. Erice's narrow cobblestone streets are steeped in history, with highlights such as the impressive Venus Castle, offering breathtaking views of the Trapani coastline. As you explore the town's historic architecture and charming corners, you'll discover its hidden treasures, from ancient churches to traditional Sicilian sweet shops.

### • Evening:

After your day of exploration, return to Baglio Fontanasalsa for another delightful chef-prepared dinner. Savor a selection of local specialties, carefully paired with regional wines, as you unwind and reflect on the day's experiences.







## Day 4: Savoring Sicily's Citrus and Wines in Marsala

- Breakfast provided at the Baglio.

### • Morning:

Today's journey begins in the orange fields of the estate. On your orange field experience, you'll learn about the cultivation of citrus fruits in Sicily's sunny climate, a tradition that stretches back centuries. Enjoy a refreshing glass of freshly squeezed orange juice as you immerse yourself in the orchard's fragrant atmosphere.

### • Late Morning:

Your next stop is Marsala, a city famed for its fortified wine and historic charm. Wander through the cobblestone streets of the old town, visiting landmarks such as Piazza della Repubblica and Porta Garibaldi, while soaking in the lively yet timeless atmosphere of this coastal city.

- Lunch at guest's leisure.

### • Afternoon:

Join Dario Foderà, the passionate owner of Cantine Foderà, for an unforgettable wine tour through his family's historic vineyards in Marsala. As a fifth-generation winemaker, Dario's deep connection to his land and craft shines through in every bottle he produces.

During the tour, you'll walk through the picturesque vineyards, where Dario will share insights into the unique terroir of the region, from its sun-drenched soils to the ancient winemaking traditions that have shaped the winery. Learn about the grape varieties that thrive here—like Grillo, Nero d'Avola, and, of course, Marsala—and how the climate and history of Sicily infuse every sip.

The highlight of the experience is a guided tasting of six of Dario's exceptional wines. Each pour is perfectly paired with local Sicilian delicacies, allowing you to taste the harmonious balance between the rich flavors of the wines and the island's culinary treasures. From the bold, expressive reds to the delicate whites and fortified Marsala, this tour offers a complete sensory immersion into Sicily's winemaking heritage.

### • Evening:

Return to Baglio Fontanasalsa for an exquisite chef-prepared dinner. Indulge in a carefully crafted menu that highlights the estate's finest produce and the culinary traditions of Sicily. Dine in the cozy atmosphere of the Baglio's dining area or outside, surrounded by the olive groves.





## Day 5: Garlic Fields and the Salt Pans of Nubia

- Breakfast provided at the Baglio.

- **Morning:**

Head to Nubia, renowned for its unique red garlic. During this garlic field experience, local farmers will share their knowledge of garlic cultivation and the meticulous drying process that gives Nubian garlic its intense flavor and distinctive color.

- Lunch at guest's leisure.

- **Late Morning & Afternoon:**

Continue your journey to the Saline Culcasi, a picturesque stretch of ancient salt pans that have been producing sea salt for centuries. Walk among the windmills and salt mounds, learning about the traditional harvesting methods that have shaped this landscape, and enjoy a tranquil moment as the setting sun casts golden light over the water.

- **Evening:**

Return to Baglio Fontanasalsa for another unforgettable chef-prepared dinner. After a day spent exploring Sicily's unique agricultural traditions, delight in a menu filled with the freshest local ingredients and inspired by the island's rich culinary heritage.







## Day 6: Exploring Trapani and the Ancient Temple of Segesta

- Breakfast provided at the Baglio.

### • Morning:

Spend the morning discovering the historic heart of Trapani, where you'll explore landmarks such as the Cathedral of San Lorenzo and the Torre di Ligny, a historic watchtower offering panoramic views of the sea. Meander through the old town's bustling streets, stopping by local shops for souvenirs or treats.

- Lunch at guest's leisure.

Enjoy seafood dishes that highlight the bounty of Sicily's waters.

### • Afternoon:

Your next stop is the magnificent Temple of Segesta, an ancient Doric temple surrounded by rolling hills and lush landscapes. Walk among the temple's majestic columns and explore the nearby amphitheater, imagining the ancient rituals and performances that once took place there.

### • Evening:

After a day of exploration, return to the Baglio for a chef-prepared dinner. Enjoy another evening of exquisite cuisine, with dishes that showcase the flavors and traditions of the Trapani region, all made with fresh, local ingredients.







## Day 7: Yoga Among the Olive Trees & a Final Sicilian Feast

- Breakfast provided at the Baglio.

- **Morning:**

Begin your day with a yoga session on the estate, surrounded by nature and the tranquil beauty of the Baglio. With each breath, you'll feel more connected to the peaceful rhythms of the land, leaving you refreshed and centered.

- **Lunch time:**

Enjoy a special lunch in the olive fields, an alfresco feast set among the estate's ancient trees. With dishes crafted from the freshest local ingredients, this is the perfect way to celebrate the essence of Sicilian cuisine in a serene, natural setting.

- **Evening:**

Spend your final evening at the Baglio with a farewell chef-prepared dinner, enjoying one last sumptuous meal as you reflect on the unforgettable experiences of the past week.







## Day 8: Departure and Fond Farewells

After a leisurely breakfast, it's time to check out of Baglio Fontanasalsa and say goodbye to the enchanting estate that has offered you an unforgettable journey through the heart of Sicilian tradition.







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## ITINERARY INCLUDES

- 7 nights at the farmhouse
- 7 extraordinary breakfast
- 1 olives grove lunch
- 7 exclusive chef prepared dinners
- personal garden boots and cooking apron
- unique experiences access with the farmers
- Private cooking class
- Local bilingual guide
- Wi-Fi

## ITINERARY NOT INCLUDES

- Tips for the staff
- Pre and post travel planning expenses
- arrival lunch and 4 tour day lunches
- Roundtrip airfare
- ground transportation service outside the tours