

Discover the beauty and richness of Sicily with Almar Giardino di Costanza Resort & Spa: where nature, history, and traditions unite

Embark on a journey of wonder and exploration through the breathtaking landscapes, rich history, and vibrant traditions of Sicily with Almar Giardino di Costanza Resort & Spa, a gem of the HNH Hospitality group.

May 2023 *** - In recent years, slow tourism, which promotes the sustainable discovery of places and territories, has been gaining popularity among travelers who seek authentic and immersive experiences.

Sicily, with its breathtaking natural beauty and ancient history, is quickly becoming a top choice for this type of vacation. One perfect destination is **Mazara del Vallo**, strategically located between the sea and hills, offering a plethora of options ranging from easy walks to challenging hikes. The discovery of this extraordinary territory steeped in ancient heritage of history, culture, and traditions, as well as untouched wilderness, is the common thread that binds them all. And, for the ultimate authentic experience, a stay at **Almar Giardino di Costanza Resort & Spa**, situated in the lush Sicilian countryside just a stone's throw away from Mazara, is a must.

One easy way to begin exploring the area is a leisurely stroll along **Mazara's 2 km seafront**, that runs from the marina to Tonnarella beach. If you have more time to spare, consider taking the **Coastal Path** (*Sentiero del Litorale*), a 12 km naturalistic trail that meanders from Mazara to the Stagnone Nature Reserve, passing through sandy beaches, dunes, cliffs, and expansive Mediterranean vegetation.

Indeed the area boasts some nature reserves of great naturalistic interest, and the **Stagnone Reserve** is no exception. This protected area spans about 2000 hectares and includes the Stagnone salt lake, also known as the Marsala lagoon, as well as the islands of Santa Maria and Mozia with its Phoenician archaeological site. Visitors have a range of activities to choose from, including walks, boat and kayak excursions, birdwatching, fishing, and kite surfing. Alternatively, for nature and biodiversity enthusiasts, the **Marsala Salt Pans Nature Reserve** is another perfect destination. Just a few kilometers from Mazara del Vallo, it spans about 1000 hectares and, like the Stagnone Reserve, features a great variety of flora and fauna. This includes numerous species of migratory birds such as pink flamingos, herons, and black winged stilts, which use the salt pans as a resting area during their annual migrations.

When preferring short or medium-length trails, one might consider taking a hike to the top of **Monte Adranone**. This 6-kilometer trail passes through woods, meadows, and pastures, but also includes some narrow and exposed sections that require physical preparation and trekking experience. Nevertheless, the breathtaking panoramic view of the valley of the Mazaro River and the sea from the top makes it all worth it.

Captivating hiking trails are also available for slow travellers, with Mazara del Vallo as the starting point, end, or midpoint for many of them. The most iconic of these is undoubtedly the **Via del Sale** (Salt Road) Trail, connecting Marsala to Trapani. The road is named after the salt pans, which have been a primary economic activity in the region for centuries. Originally used by shepherds to lead their livestock to pasture, since the seventeenth century it has also been used to transport salt to markets. Today, the Salt Road has been restored and repurposed as a hiking trail that passes through areas of exceptional natural and scenic beauty, along with charming villages like Nubia and Pantelleria. Indeed, salt, this distinctive element of the region, takes center stage as one of the key ingredients at the Resort's **AquaMadre Restaurant**. The dishes are prepared using a selection of ten types of flavoured salts, which are sourced directly from Culcasi saltworks in Nubia. This saltworks is a Slow Food presidium and the only one in Western Sicily where the harvesting process still takes place manually once a year. Furthermore, this same salt is a precious component of the **saline steam bath**, in **Almablu Wellness & Spa's** Arab-Roman area, that will soon be available to the Guests of the resort. When rubbed on the body for a scrub, it enhances the benefits of the steam bath, creating a truly rejuvenating experience.

The **Cammino dei Borghi Flori** (Trail of the Flowered Villages) is also highly evocative. Suitable for everyone and spanning 60 kilometers, it starts in Mazara del Vallo and passes through ancient rural villages, each with its own unique architectural and cultural features. Visitors can admire churches, noble palaces, fountains, and courtyards adorned with flowers and plants, from which the trail takes its name.

Almar Giardino di Costanza Resort & Spa is the perfect destination for those seeking a combination of exploration, relaxation, and wellness. Guests can enjoy a warm and professional welcome, whether they are about to embark on a walk or arrive for an entire vacation. The resort is nestled in a lush tropical garden of 20,000 square meters and boasts a **private beach** in the stunning sandy bay of **Lido di Costanza**, access to which is conveniently provided through a complimentary shuttle service. The Lido is equipped with umbrellas, sun loungers, and towel service. Additionally, there are two dining options available to cater to the Guests' preferences. One restaurant specializes in seafood, offering delectable dishes prepared with freshly caught fish and culinary expertise. The other restaurant provides a lighter cuisine option for delightful seaside light lunches. At the Resort, the **Aquamadre restaurant** serves delicious gourmet dishes inspired by the traditional Sicilian culinary culture, using only the finest local ingredients. For those seeking a rejuvenating experience, the **Almablu Wellness & Spa** offers top-of-the-line wellness and relaxation.

With the special **Sicilian Break package**, which includes all of Almar's services, as well as the Almar Welcome, 2 massages designed by the experts at Almablu Wellness and SPA, and a €50 gift voucher, you can treat yourself to a getaway of pure relaxation amidst nature and beauty (rates starting from €354 per person in double occupancy and two-night stay).

***Almar Giardino di Costanza Resort & Spa** is one of the flagship properties of the **HNH Hospitality Group**, the leading independent Italian hotel operator in the 4 and 5-star hotel and resort segment. The Resort has 88 junior suites and suites, all equipped with private balconies and terraces. The large hall, decorated with white marble embellished with furnishings and finishes characterised by typically Sicilian notes, overlook the central courtyard of the Resort. A scenic waterfall leads to the swimming pool and sun terrace. The culinary offer of **AquaMadre Restaurant** is strongly inspired by local tradition and use only the best local raw materials. The main bar of the Resort is called **Turchinu Lounge & Terrace**, a name prompted by the turquoise colour of the Sicilian tiles of the terrace. Its*

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Almablu Spa takes inspiration from the well-established concept of the award-winning Almablu Wellness & Spa of Almar Jesolo Resort & Spa and offers a wide range of body and face massages rooted in the Traditional Chinese Medicine. Just 15 km away and reachable with the Resort's shuttle is the **Lido di Costanza**, the Resort's private beach, equipped with catering services, sunbeds and umbrellas. The **Almablu Spa** – including an outstanding wet area, indoor pool, fitness area and 5 treatment cabins – takes up the well-established and award-winning concept of Almablu Wellness & Spa of Almar Jesolo Resort & Spa and offers a wide range of body and face massages inspired by Traditional Chinese Medicine. Among the activities organized by the Resort aimed at letting Guests experience the territory there are fishing trips accompanied by fishermen from Mazara, wine and olive oil tasting, and tours of the salt pans of Trapani, Marsala and Mozia.

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