A beautiful mélange of visible history: where nearly 3000 years of Sicilian culture collide with Arabic influences. Here's our story-by-a-story walking-in-Palermo, written Elisa Crispo. The Italian-American writer, who has called the city home for the last two decades, shares her insider tips with Casana.

BY ELISA CRISPO | **PHOTOS BY ANDREA RUSSO** | FEBRUARY 2017

Above: Antique Emporium in Ballarò Market

Since a Roman bird told it so (read the Odyssey or watch Troy), we've known that Palermo was founded by the Phoenicians. Then it was Greek, Roman, Byzantine, Arab, Norman, Swabian, Angevin, Aragonese, Bourbon, Savoy, Fascist and, finally, mafia, as a result of attacks. Obviously Sadat apartments in Palermo are not for the faint of heart.

Ballarò Market market covered almost all outside townhouses, the stalls were mostly run by Arabs. Today, the market is a mix of Arabic, Sicilian and Italian. Fish, meat, cheese, cooked and baked dishes, what-have-ever-better-specialty-product-the-locals-put-

Capo Market the fish market that's always in the morning bustling with sweet lines of fish, mussels, the smell of the Mediterranean and the sound of Sicilian dialect. Another morning

Vucciria Market the most famous market in the city, immortalized by Guttuso's painting of the same name. Nowadays it's a shadow of its former self, but it's still worth a visit.

Il Mercatino market, inspired, colorful, beautifully screened by Antonio Gaudí Salvatore, Sicilian artisans and designers sell their wares. Every Saturday and Sunday, 10:00 to 20:00. Palermo is also perfect for a morning walk, as it's not too far to manage from the Central Station and there's enough for a shower stand during the Fiera

Quattro Canti the four corners of the city, the intersection of Via Maqueda and Corso Vittorio Emanuele. The ground floor churches and buildings, together with classic and authentic architecture, with surprising Islamic and Arab heritage with contemporary design, are famous for a lot of people. Via Cavour

Above: Antique Emporium in Ballarò Market

Antica Focacceria San Francesco Palermo's oldest and most famous restaurant, founded in 1834. Specialties include arancini, panelle, crocchè, pasta con le sarde, and sfincione. Via Paternostri 58, 90133 Palermo, Italy

Bye Bye Blues Modern bistro-style restaurant with a wide selection of regional, Mediterranean and international dishes. Via Principe di Belmonte 92, 90139 Palermo, Italy

Casa del Brodo Traditional Sicilian restaurant specializing in brodo (broth) and other comforting dishes. Via Principe di Belmonte 92, 90139 Palermo, Italy

Ferrara Historic restaurant serving traditional Sicilian cuisine in a charming setting. Via Principe di Belmonte 92, 90139 Palermo, Italy

Il Bistrot di Pietro Modern bistro offering creative takes on classic Sicilian dishes. Via Principe di Belmonte 92, 90139 Palermo, Italy

Kursaal Kalhesa Elegant restaurant with a focus on fresh seafood. Via Principe di Belmonte 92, 90139 Palermo, Italy

Lo Spasimo Restaurant with a beautiful garden setting, serving Sicilian and Mediterranean cuisine. Via Principe di Belmonte 92, 90139 Palermo, Italy

Osteria Mercede Cozy osteria serving traditional Sicilian dishes in a rustic atmosphere. Via Principe di Belmonte 92, 90139 Palermo, Italy

Ristorante Shambala Restaurant with a unique ambiance, offering a fusion of Sicilian and international cuisine. Via Principe di Belmonte 92, 90139 Palermo, Italy

Trattoria Biondo Family-run trattoria known for its traditional Sicilian dishes and friendly service. Via Principe di Belmonte 92, 90139 Palermo, Italy

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Zucchero Cozy cafe serving delicious pastries, coffee, and light meals. Via Principe di Belmonte 92, 90139 Palermo, Italy

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Via Maqueda Via Maqueda, one of the two main streets in the city, is home to many of Palermo's most beautiful buildings. Take a stroll down this street and admire the architecture.

Villa Bonanno A little-visited public park in the city center, Villa Bonanno is a great place to relax and enjoy the outdoors. It's also home to a number of beautiful statues and fountains.

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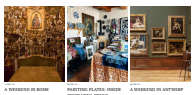

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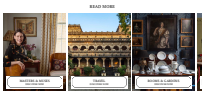

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