

"Travel, eat, and treat yourself like a local."



VALGUARNERESI NEL MONDO APS

Founded in 2009, the Valguarneresi nel Mondo APS is a non-profit organization made up of young professionals, committed to preserving and enhancing the city's cultural heritage—both tangible and intangible. The Association promotes cultural, recreational, and social activities to engage the local community and spread fundamental values such as human rights and personal dignity.

An important goal of the Association is to keep the connection alive between Valguarnera natives around the world and their homeland, strengthening their emotional and cultural ties to their roots.

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The Charm of Valguarnera

**A GUIDE TO OUR TOWN:
EXPLORING HISTORY,
CULTURE, AND NATURE**

Brief History

Valguarnera has ancient roots, with settlements dating back to the prehistoric period (6000 BC) and Greek fortifications. During the Roman era, the territory was crossed by the "Syracuse-Termini" road. The name "Caropepe" comes from "Caripa," and in 1625 the fief became the town of Valguarnera, thanks to a privilege granted by Charles V. The old settlement can still be seen in the town center and in the Marcato district, with traces ranging from the Copper Age to the late Middle Ages.



THE TOWN

Valguarnera Caropepe is a charming Sicilian village that encapsulates centuries of history, popular traditions, and unique landscape beauty. Located in the heart of Sicily, halfway between valleys and mountains, this little gem is ready to reveal its secrets through museums, mining history, and enchanting natural trails.

Places of Interest

Valguarnera Caropepe offers a variety of fascinating sites where visitors can discover its rich history, deep-rooted traditions, and natural beauty.

The town is located within the Rocca di Cerere UNESCO Global Geopark, a territory recognized for its geological, cultural, and environmental significance.

- Ethno-Anthropological Museum of Valguarnerese Emigration: A journey into the past that explores the daily life and emigration experiences of the people of Valguarnera through objects, photographs, and personal stories.
- Caripa House Museum: A historic building that tells the story of everyday Sicilian family life, evoking emotions and creating a deep connection with the region's heritage.
- Antiquarium: A journey into the past through artifacts and testimonies of ancient civilizations

- Historic Center. Wander through narrow alleyways and charming old squares, and discover the town's heart with its iconic Mother Church.
- Genealogical Research. An opportunity to explore your Valguarnerese roots and reconnect with local traditions and family histories.
- Sulfur Mine. An immersive experience in the town's industrial past, with guided excursions into the sulfur mines that once shaped the identity and economy of the community.
- Trekking and Nature. Surrounded by rolling hills and Sicilian mountains, the area is ideal for hiking and nature walks, offering breathtaking views and a deep sense of connection with the landscape.

Each site tells a unique part of Valguarnera's story, offering experiences that range from historical memory to unspoiled nature.

Unforgettable Experience

In Valguarnera, in addition to its rich history and culture, you can enjoy a unique gastronomic experience. Your sensory journey begins with a visit to a local winery, where you can taste exquisite Sicilian wines, the result of centuries-old traditions. Next, a stop at a local farm will allow you to savor fresh ricotta and typical cheeses, paired with honey or handmade jams. Finally, a visit to a traditional bakery will immerse you in the aroma of freshly baked bread. Valguarnera invites you to experience Sicily with all your senses, offering an unforgettable culinary experience.

