

# Self-Guided Walking on Sicily & Aeolian Islands

Trip Code: SGSI

Version:



WALK & TREK



SELF-GUIDED



LEISURELY



## HIGHLIGHTS

- Hike on the great Etna, Sicily's sleeping giant
- Stay on Lipari and delight in a choice of walking routes
- Enjoy an evening hike on Stromboli for a geological light show as Stromboli spits and hisses before

your eyes

- Discover the rich history of Taormina with its magnificent Greek Theatre

## AT A GLANCE

- Self-Guided
- 6 days walking and sightseeing
- Daily departures available
- Mount Etna guided tour
- Stromboli guided evening hike
- Join at Taormina / End in Catania

## ACCOMMODATIONS & MEALS

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

# Introduction

Step back in time and soak up the rich culture of Sicily and the Aeolian Islands. A place where the relaxed pace of life will leave you wanting to turn your visit into a permanent holiday. We have specially designed this trip to showcase the very best of the islands history, geology, warm hospitality and, of course, exquisite walking.

Arriving in Taormina, steeped in medieval charm, you will soon see why Sicily was an integral stop on the Grand Tour. Enjoy a guided hike on mighty Mount Etna to bring this active landscape to life, and relax over lunch at a local winery before setting sail to the neighbouring Aeolian Islands. Basing yourself on the perfectly located island of Lipari for 3 nights you will have plenty of time to soak in the town's colourful streets and explore Lipari and the neighbouring islands of Vulcano, Salina and Panarea with a choice of walks to choose from. Your final walk of the week is on the magnificent Stromboli where you spend an evening on a guided walk so you can get up close and enjoy the theatrical lava eruption as it lights up the night sky. This is a walk not to be missed. You end your week in the ancient port city of Catania where you can soak up the vibrant atmosphere and get lost in the hullabaloo of the La Pescheria fish market for a truly Sicilian experience.

## Is this holiday for you?

This trip is ideal if you have an interest in geology, love great food and delight in walking through history. We have specially designed this trip to provide the perfect balance of culture, coastal walking and exploring the dramatic volcanic landscapes on foot so you can really get the most out of your experience of Sicily and the Aeolian Islands. With a choice of walks with varying distances from leisurely to more strenuous you can tailor this trip to best suit you. Walking options are up to 14km with up to 600m ascent in a day. Plus guided walks on Etna and Stromboli provide an insight into the formation of the mighty volcanoes.

# Itinerary

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## Holiday Information

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### What's Included

- All accommodation as described
- Meals as described in the Meal Plan
- Full day guided tour 'Etna, Wine, and Alcantara'
- Stromboli guided sunset excursion
- Transfers to/from walks as described
- Self-guided information pack containing your map and route notes

## What's not Included

- Travel insurance
- Travel to Taormina
- Travel from Catania
- Visas (if applicable)
- Ferries and public transport
- Tourist Taxes may apply and are usually under 5 Euros per person per night
- Some meals as described in the Meal Plan
- Personal equipment
- Any additional activities/excursions indicated as optional

## Your Self-Guided Pack & Route Notes

Each self-guided holiday comes with comprehensive route notes and a map or pocket guidebook of the area you are exploring. The route notes contain information about the places you will visit and the local transport you might need, along with the detailed route notes for your daily walks or cycle rides. We even include some tips for the best places to stop for lunch.

You can expect to receive your Self-Guided Pack containing your route notes, a map or guidebook, and all your relevant documents, no later than 3 weeks before your holiday start-date. We will send your documents using a signed-for courier so that you can track your package and know that it is safely on its way to you. For bookings of more than 4 people we will send an additional Self-Guided Pack. If you do not need this additional pack please inform our Sales Team. Your pack will be sent to the lead booker, so please remind them to pack it before setting off.

Should your self-guided trip be part of a longer adventure requiring you to leave home more than three weeks before your holiday start-date, please inform our Sales Team so that we can make alternative delivery arrangements.

## Self-Guided Families

Our Self-Guided Holidays are perfect for your next family holiday and are suitable for children of all ages.

Our partner hotels and accommodations are able to provide cots for young children, and some offer family rooms. We can also arrange hire of children's bikes and tag along bikes for most of our self-guided cycling trips and with trips such as Lake Constance and the Danube offering routes on designated cycle paths you can rest assured in keeping your family safe.

As a parent we trust that you know your own child's capabilities, so please read the itinerary details to ensure the distances covered each day are suitable for your family. If this is a first time walking holiday for your family, a centre based trip is a fantastic option as it allows you to easily opt out of a days walking if a day of building sand castles, swimming in the pool or visiting museums is calling instead.

Please discuss this further with our sales team who will be happy to assist in picking the best trip for your family.

## Joining Arrangements & Transfers

This trip starts at Taormina and ends at Catania. All of our self-guided holidays are sold on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. The nearest airport for this trip is Catania with many departures from UK regional airports.

If you are flying into Catania Airport you can travel via public transport to Taormina. The journey takes around 1 hour 20 minutes using a direct bus. Alternatively you can take the train from the airport to Taormina (around 50 minutes direct, or 1 hour 15 minutes with a change at Catania Centrale). Another option is a private transfer - please ask our Sales Team for details.

Your trip ends in Catania from where you can take the train to Catania Airport (around 10 minutes), or take a taxi for a cost of around €10 - €15.

## Meal Plan

This trip is on a bed and breakfast basis to allow you the most flexibility during your holiday. We have also included one lunch on day 2 to allow you the opportunity to enjoy the local produce of Etna.

## Food & Water

Water from the taps is perfectly drinkable on this holiday - please use this to fill your personal bottles for your daily activities. We do not encourage the purchase of single-use plastic bottles.

Sharing a meal together is at the heart of Sicilian culture, so as you can imagine, you are going to want to sample everything. Sicilian cuisine is completely different from your usual Italian cuisine. It is a culinary melting pot thanks to its historic invasions by the Spanish, Normans, Vikings and Arabs. Each has influenced the islands cuisine to create a foodie heaven. Here you can expect to find a plentiful menu of vegetables and seafood with dishes such as caponata (aubergine with pine nuts) and gambero rosso (red prawns) freshly caught by local fishermen. Whether you are grabbing a quick snack of arancini (delicious balls of creamy risotto which are breaded and deep fried) whilst exploring or sitting down to a 3 course feast the Sicilians will have poured a lot of passion into it.

Breakfasts are generally a continental affair but a firm breakfast favourite in local cafes is a warm brioche bun served with a bowl of frozen granita- crushed ice flavoured with fruit or coffee. It may not be your usual breakfast but certainly worth a try, particularly on a hot day.

Insalata Eoliana is a deliciously hearty salad and a specialty on the Aeolian Islands, perfect for fuelling your walks. Made with the islands famous capers, potatoes, tomatoes, olives, and topped with olive oil, lemon and oregano it is fresh and tasty. Alternatively, you may opt for a quick bite of sfincione, a variation on a pizza slice consisting of a square dough base topped with tomato sauce and possibly grated caciocavallo cheese or anchovies.

In the evenings you will find menus filled with seafood options and lots of tasty pasta dishes often featuring aubergines, a popular vegetable in the region. With an abundance of fresh fish on offer, meat doesn't have a starring role in Sicilian food, though you can expect to find veal dishes.

If like us you have a sweet tooth, then you can look forward to sampling lots of cannoli and gelato- the locals like to enjoy theirs in a brioche bun like an ice cream sandwich. Yum!

## Accommodation

For this trip we have hand selected a wonderful group of 3\* and 4\* hotels, each with their own personal style in keeping with the region. All hotels offer fantastic hospitality, a lovely breakfast and have sociable communal areas perfect for unwinding after a busy day exploring with bars, terraces and one also has an outdoor swimming pool. Perfect for cooling after a busy day exploring.

It is possible to arrange additional nights' accommodation in Taormina before your trip, or Catania at the end of your trip if you would prefer to extend your time living 'la dolce vita'. Please speak to one of our sales team for details.

## Baggage Allowance

For this holiday you should take one piece of luggage and a daypack. Luggage with wheels is useful for this holiday.

# General Information

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## Passport & Visas

### Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

**It is your responsibility to ensure that you have the correct travel documents and visas for your holiday.** Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

## Health & Vaccinations

### Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations.

### GHIC / Medical cover

UK residents should carry a free Global Health Insurance Card (GHIC). This entitles you to state provided medical treatment when you're visiting an EU country or Switzerland. This is not a substitute for medical travel insurance which is vital when travelling overseas.

### Severe Allergies

Please inform our KE Sales and support team of any severe allergies you may have before travel. We will always do our best to help but we are unable to guarantee an allergy free environment on our KE trips. We advise that you always carry your own treatment for the allergy with you such as 'adrenaline auto-injectors' if required. We also recommend that you discuss this with your accommodation on arrival so that they can better assist you.

## Currency

The currency for part or all of this holiday is the Euro.

## Preparing for your Holiday

The advantage of a self-guided walking holiday is that you decide the pace. However, getting some additional exercise before coming on an active holiday makes a lot of sense and the fitter you are the more enjoyable your walks will be. You should be comfortable walking on rugged terrain for approximately 3-4 hours a day, covering a distance of up to 10km and ascending up to 500m.

## Climate

Sicily and the Aeolian Islands have a typically Mediterranean climate with hot, dry summers and cool winters. April to July, and September to October, are when temperatures are the most pleasant. At these times of year, daytime temperatures will vary between 20 and 30 degrees centigrade, falling to between 10 and 20 degrees centigrade at night.

## Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at [travelaware.campaign.gov.uk](http://travelaware.campaign.gov.uk) and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: [www.travel.state.gov](http://www.travel.state.gov) for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

## Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

## Books

Lonely Planet Sicily.

The Rough Guide to Sicily

A House in Sicily - Daphne Phelps

Sweet Honey and Bitter Lemons Travels in Sicily on a Vespa - Matthew Fort



## Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

# Equipment Information

## Self Guided Equipment List

- Hiking boots with good grip soles
- Functional base layer
- T-shirts
- Hat
- Windproof jacket
- Fleece / extra layer
- Long/short hiking trousers
- Hiking socks
- Waterproof jacket
- Waterproof trousers
- Rucksack (approx. 20 l)
- Small first aid kit inside your rucksack

- Sunscreen
- Water bottle or hydration pack
- Camera (batteries/memory card)
- Mobile Phone (ensure your data package covers your destination)
- Power bank
- Waterproof phone cover
- Sun glasses
- Personal wash kit
- Reusable cloth bag for shopping to avoid the use of plastic bags
- Tupperware for picnics
- Walking poles
- Headtorch & spare batteries
- Your self-guided route notes

## Cotswold Outdoor

Many of the equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive a 12.5% discount with Cotswold Outdoor, Snow+Rock and Runners Need. The discount code can be downloaded from your MyKE account and you can use this code at the checkout, either in store or online.

## Land Only Information

Please note our 'from price' listed is based on 4 persons on a twin or double basis, however we can quote for any number of travellers, including solo travellers, contact our sales team for a quote.

All of our self-guided holidays are sold on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. You may even wish to make this holiday part of a bigger adventure or pair it with one of our other holidays. We can arrange additional nights accommodation before or after your self-guided trip, ask our sales team to find out more about this.

Our sales team will be happy to provide you a quote for scheduled flights or alternatively you may wish to book your own flights with a low cost carrier from your nearest regional airport.

Please DO NOT book your flights before you have received your booking confirmation and your deposit has been taken.

# Why Choose KE

## why ke?

We have included guided walks on both Etna and Stromboli so you can get up close to the towering volcanoes for which the region is known.

**Please Note** This document was downloaded on 23/11/2024 and the trip is subject to change