Walking the Islands and Volcanoes of Sicily

Trip Code: SVW

Version:

WALK & TREK	GUIDED GROUP	5 MODERATE



HIGHLIGHTS

- Follow volcanic trails on the Aeolian Islands of Vulcano, Salina and Lipari
- Watch Stromboli's eruptions light up the night sky, guided by a volcanologist
- Sample sweet Malvasia wine on Salina and hike the slopes of Mt Etna

- Explore Catania's baroque old town and Taormina's ancient Greek amphitheatre

AT A GLANCE

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

This walking holiday to Sicily and the Aeolian Islands, including hikes on the volcanoes of Etna and Stromboli, the archipelago's most fiery giants, offers the perfect mix of walking, island hopping and cultural highlights.

The verdant, volcanic, Aeolian Islands, named after the Greek god and 'keeper of the winds', Aeolus, lie just off the northern coast of Sicily. Using the hydrofoil to hop between islands, we explore the islands of Stromboli, Lipari, Salina and Vulcano. Pretty Lipari, with its pastel-coloured seafront and famed for its beautiful sunsets, will be our base for this part of our island-hopping adventure.

From Lipari, the 'Gateway to the Aeolian Islands', we'll hike up Vulcano, explore the green jewel of Salina, which boasts a number of vineyards that produce sweet Malvasia dessert wine, and walk on the shoulders of fiery Stromboli.

Our holiday ends with two nights on the stunning Italian island of Sicily, home to beautiful architecture, breath-taking scenery, delicious wines, mouth-watering cuisine, fascinating culture, charming villages, plus a labyrinth of wonderful trails to explore. We'll discover the Baroque masterpiece of Catania and the famed hill-top gem of Taormina, before we end our adventure with a walk on the slopes mighty Mt Etna.

Is this holiday for you?

This is an active island-hopping holiday with a reasonable amount of walking on most days. However there is also plenty of time for sightseeing and relaxing on each day. Walks are generally between 3 and 5 hours and footpaths are good. Some parts of the trail takes you over volcanic scree, however this shouldn't prove a problem to active walkers and is expected on a volcanic island. On each walk you'll only need to carry a small day-sack. During the week we travel by hydrofoil (fast ferry) which keeps the holiday at a price which is excellent value. Sicily and the Aeolian Islands are perfect for regular walkers looking for a destination with good food, coastal views and beautiful scenery.

Itinerary

Version:

Holiday Information

What's Included

- A professional and qualified tour leader
- Additional expert guide on Stromboli
- All land transport involved in the itinerary
- All ferry transport between the islands
- All accommodation as described
- Meals as described in the Meal Plan
- A wine tasting
- Local tourist tax

What's not Included

- Travel insurance
- Tips for local staff
- Some meals as per the Meal Plan
- Miscellaneous expenses - drinks and souvenirs etc.

Joining Arrangements & Transfers

Travelling to your Destination

If flying from the UK there are low cost airlines available to the start and from the end of your holiday.

To benefit from full financial protection, ease your holiday planning, and avoid dealing with airlines, we can book scheduled flights from the UK as part of a flight inclusive package. Scheduled flights are usually more expensive that low cost alternatives, however potentially less stressful if your flight is cancelled or delayed. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

The group will meet at the group hotel in Catania.

Due to the proximity of the airport, frequency of flights and excellent public transport links, we've not included airport transfers on Days 1 and 8. This gives you more flexibility on your arrival and departure day, especially if you're extending your time in Catania.

Taxis are available at the airport and it takes 15mins to reach the centre of Catania. Alternatively, AMT Alibus Service runs a bus service every 20mins between the airport and the centre (0500 to midnight). The departure and arrival point is at a bus station just outside the terminal.

Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

All breakfasts, 1 lunch and 1 dinner are included.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

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.

Part of the experience of any visit to Sicily and Italy is the opportunity to taste its wonderful cuisine. Part of the experience of any visit to Sicily and Italy is the opportunity to taste its wonderful cuisine. Breakfasts will be continental in style - bread, pastries or cakes, yoghurt, jam and honey served with tea or coffee.

For lunch, there will be time each day to visit local supermarkets and buy packed lunch items for the day or on some days you might want to take lunch in a restaurant.

Dinners can be taken local restaurants, which will give you a chance to try traditional Sicilian food and get a real taste of Italy. Alongside food, Sicilian wine is excellent and an important part of any meal - lunch and dinner! Italians love their late afternoon aperitifs from chilled prosecco served pre-dinner to campari, vermouth and cinzano all served over ice.

Accommodation

We will spend 3 nights in a hotel in Catania and 4 nights in a hotel on the island of Lipari. Both of these hotels are small family run establishments and offer a warm welcome. The hotels are well situated, the hotel in Catania is located in the historic centre of the city. . The rooms are all spacious and all are ensuite.

The accommodation is twin sharing. If you are travelling by yourself, you will be paired up with another single client of the same sex. Single rooms are available for a supplementary cost.

If you are planning on extending your holiday, additional nights at the group hotel in Catania are available on request.

Group Leader & Support Staff

The group will be led by a professional and qualified tour leader. There will be an additional specialist volcano guide on Stromboli and on Mount Etna.

Altitude

This holiday does not involve any significant ascent to altitude and we would not expect any altitude issues with this trip.

Spending Money

Approximately €250 - 300 should be allowed for meals not included and soft drinks (including bottled water) and 10 Euro entrance for the Greek amphitheatre in Taormina. We recommend that you carry your travel money in the form of cash (euros) and travel with a credit or debit card that be used in local ATMs. If you are intending to buy expensive souvenirs, you should budget accordingly. Credit cards can be used in restaurants and shops in Catania.

Guidance on Tipping

Tips do not form part of the wages of local staff but they are very much appreciated. It is important to remember that tipping is voluntary and should be dependent on good service. It is best if the tip is given at the end of the trip by the group as a whole. We recommend that each group member contributes around €25 - 30 and distributed between the leader and any support staff. It is a good idea to carry some small change for other tips such as in restaurants etc.

Baggage Allowance

For this holiday you should take one piece of luggage and a daypack. Luggage with wheels is useful for this holiday. For international flights please check your baggage allowance with your airline.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the ‘Dates and Prices’ table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

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.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Preparing for your Holiday

Getting some additional exercise before coming on any active holiday makes sense. The fitter you are the more enjoyable you will find the experience.

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 and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

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

Private Groups Information

Make this KE Adventure holiday your own!

- Do our normal group departure dates not fit?
- Would you prefer to travel with just friends and/or family?
- Are you looking to organise a trip for your local walking, biking or mountaineering club?

It's really easy to make a trip your own. Simply select from our full range of adventure holidays and choose the dates that work for you and your group.

We are experts in creating holidays for groups of friends, families, charities and clubs. Our personal service means you'll be fully involved as we make the arrangements for your perfect adventure holiday.

Independence with Security

Travelling as a KE Private Group allows you more flexibility and choice, but still with the peace of mind that everything is pre-planned and arranged for your group by a reputable adventure travel company.

To take your first step to an amazing adventure with your friends and family complete the private group enquiry form, or call our **Sales Experts on: 017687 73966**

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

Equipment List

Please try to keep the weight of your baggage to a minimum. See the 'baggage allowance' section for further details.

You should bring the following items:

- Hiking boots or shoes
- Trainers or sandals
- Socks
- Underwear
- Walking trousers
- Waterproof jacket
- Waterproof overtrousers
- T-shirts and/or casual shirts
- Fleece jacket or warm jumper
- Sunhat
- Warm hat
- Sunglasses
- Daypack 30 litres
- Headtorch and spare batteries
- Sun protection (including for lips)
- Water bottles 1 litre (we encourage re-filling water bottles rather than single use plastic)
- Washbag and toiletries
- Antibacterial handwash

- Swimwear
- Small towel
- Lightweight gloves
- Basic First Aid Kit including: Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment, insect repellent, and re-hydration salts (Dioralite). Glucose tablets and multi-vitamin tablets.

The following items are optional:

- Trekking poles
- Shorts
- Insect repellant
- Camera
- Reusable cloth bag for shopping (to avoid plastic bags)

You will need to carry your own bags for short distances to when transferring on hydrofoils, so a bag with wheels is useful.

Land Only Information

Please refer to the 'Joining Arrangements & Transfers' within Holiday Information for further details.

Flights and other transport to your destination should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

Land Only Information

We sell this holiday on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. The holiday starts at the hotel Catania, Sicily. Airport transfers are not included.

Why Choose KE

Why KE

With KE you'll wake up in the ancient heart of Catania before discovering the relaxing Aeolian Islands, for a true Sicilian contrast. Alongside lovely walks, why not enjoy a dip in the sea, a stroll along a volcanic beach or an aperitif whilst people watching. KE are proud to be recommended by Wanderlust Magazine as a top adventure in the shadow of volcanoes.

Please Note This document was downloaded on 01/11/2026 and the trip is subject to change