

Walking the Islands and Volcanoes of Sicily

Trip Code: SVW

Version: SVW Walking the Islands and Volcanoes of Sicily



WALK & TREK



GUIDED GROUP



MODERATE



HIGHLIGHTS

- Follow volcanic trails on the Aeolian Islands of Vulcano, Salina and Lipari
- Walk on the shoulders of fiery Stromboli and hike on Mt Etna
- Enjoy a Sicilian wine tasting and soak up the Sicilian culture

- Stroll through old Catania and explore the medieval gem of Taormina

AT A GLANCE

- 6 days walking and sightseeing
- Join at Catania

ACCOMMODATIONS & MEALS

- 7 Breakfasts
- 3 nights Hotel
- 4 nights Apartment

[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 Monte Saraceno on 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

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DAY 1

Meet at the group hotel in Catania.

Meet at the group hotel in Catania. With its striking baroque churches, stunning buildings and UNESCO World Heritage historic centre, Catania is a great place to spend our first night. The towering giant of Etna is the city's backdrop.

Time allowing you may wish to head out and explore Catania's bustling streets, which are over 2700 years old and overlooked by a striking black and white palazzi tower. Highlights include the Teatro Massimo Bellini (opera house), Fontana dell' Elefante (elephant fountain) and Piazza del Duomo (central piazza). West of Piazza del Duomo lie the impressive ancient ruins of a 2nd-century Roman Theatre. The ruins lie almost hidden in a residential neighbourhood, and are a jumble of vine-covered buildings. Adjacent to the main theatre is the Casa Liberti, an elegantly restored 19th-century apartment now home to two millennia worth of artefacts discovered during the excavation of the site. The Complesso Monumentale Monastero delle Benedettine covers three sites: a Benedictine convent, the Chiesa di San Benedetto and the Museo Arte Contemporanea Sicilia. The church is wonderful and adorned with splendid stucco, marble and a late-18th-century altar. For a stroll, the elegant street of Via Crociferi and relaxing gardens of Giardino Bellini are perfect for escaping the hustle and bustle.

We meet in the hotel lobby before heading out for dinner. The tour leader can help decide on a local restaurant or trattoria. A major part of Sicilian life is a love affair with food and Catania is known for its tasty cuisine.



Accommodation
Hotel

DAY 2

Vulcano: Hike up to the crater rim for spectacular views before taking the hydrofoil to our island-hopping base on Lipari.

After breakfast, we will have time to explore some of Catania's historic old town before embarking on the scenic coastal drive to the small port town of Milazzo, the departure point for the hydrofoil to Vulcano.

Named after the Roman god of fire, Vulcan, Vulcano island is impressive for its dramatic craters with fuming fumaroles emitting sulfurous gases. We'll enjoy a hike of around 3 hours on the active volcano, ascending to the crater rim (390m). Along the way, you will see the impressive fumaroles from a safe

distance, and when we reach the top, we will be rewarded with excellent views over the entire archipelago.

In the afternoon, we leave Vulcano and take a 10 minute hydrofoil to neighboring Lipari. We will stay here for the next three nights, and after checking into our apartments, we can head out to find a restaurant for dinner.

Meals: **B**

	Accommodation Apartment		Ascent 540M		Descent 540M		Time 4 hrs walking		Distance 12KM
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DAY 3

Lipari: A day walking and exploring our island hopping base.

Lipari is geologically fascinating, dotted with pumice mines, kaolin quarries and flows of dark, glassy obsidian, which all tell the story of the islands volcanic past. The island's rare obsidian flow defined Lipari as a centre for tools and trading in the middle Neolithic (5,000 years B.C.).

Today's walk begins at the Cave di Caolino, disused kaolinite quarries where kaolin has been extracted as far back as the Greek Age, and takes us along the cliffs on the west of Lipari. We will enjoy splendid view of the islands of Salina, Filicudi and the Faraglioni rock formations emerging from the sea. We will also pass by the ruins of the ancient Roman baths. The baths, centered around a thermal spring, are thought to be the oldest spa in the Mediterranean, possibly dating from the Neolithic period.

Our walk ends in Lipari Town, where we will have some free time to explore. Lipari town is a charming place, with attractive harbour and citadel. Elegant historic town-houses with flower filled balconies line the streets and there is a hive of local shops selling souvenirs plus excellent quality food and drink. The Necropolis Diana, where many archaeological finds were uncovered, is just behind the centre. Lipari's Archaeological Museum is definitely worth visiting.

Meals: **B**

	Accommodation Apartment		Ascent 360M		Descent 360M		Time 4 hrs walking		Distance 11KM
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DAY 4

Salina: Hydrofoil to Salina. Walk from Leni to Pollara via Pizzo Corvo. Sicilian wine tasting and lunch. Return to Lipari in the late afternoon.

With two twin peaks, verdant valleys and charming towns, Salina (or Salt Mill) is considered by many to be the prettiest island in the archipelago. It is known as the "Isola Verde" (the green island) and boasts a

number of vineyards that produce sweet Malvasia dessert wine. Salina also produces the best capers in the world, local farmers produce half a million kilos of capers during a good harvest. After arriving at the port of Rinella, we hop on the bus to Leni. From here, we around the Monte dei Porri and over Pizzo Corvo on the west coast of the island, descending down to the cliffs above pretty Pollara. We will have a great view down over Pollara, a sleepy seaside town set at the bottom a steep cliff formed by a collapsed volcano and shaped like an amphitheatre.

Next, we transfer to Lingua where we will enjoy lunch and a relaxed wine tasting where we sample Malvasia, the cream of Sicilian wines. Most varieties of Malvasia are from Malvasia Bianca with its rich colour and slightly sweet taste. Red Malvasia is pale in colour, and as the wine ages it takes on a nutty aroma. Afterwards, we take a private boat from Lingua back to Lipari for our second night on the island.

Meals: **B L**

	Accommodation Apartment		Ascent 700M		Descent 700M		Time 4 hrs walking		Distance 7KM
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DAY 5

Stromboli: Take the ferry to Stromboli. Walk on the shoulder of Stromboli, the 'Lighthouse of the Mediterranean,' with a volcanologist guide, and view the "Sciara del Fuoco" at sunset.

Late morning we will leave Salina and travel by boat to Stromboli, the journey will be just over 2 hours. Arriving into Piazza San Vincenzo, we will have some time to look around, or take a stroll along the black sand beach, before we meet with our volcanologist guide. We follow a nature trail through the Mediterranean vegetation and we will have lovely panoramic views, with the picturesque sea stack Strombolicchio always in the foreground. The path leads up to a viewpoint at around 400m on the slopes of lava and ash. From the viewpoint, we will have a good view of the "Sciara del Fuoco" and we should also be able to see Stromboli's eruptions lighting up the night sky and hear the rumbling from within the mountain. Tonight's dinner is picnic style, which we'll enjoy on the mountain before descending with our head torches.

Arriving back at Piazza San Vincenzo, we board our boat and set off back to Lipari. Looking back at Stromboli from the sea we will be able to understand why it is known as 'the lighthouse of the mediterranean'. We return to our apartments on Lipari for one last night.

Meals: **B D**

	Accommodation Apartment		Ascent 400M		Descent 400M		Time 4 hrs walking		Distance 9KM
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DAY 6

Return to Sicily. Explore the historic gem of Taormina. Overnight in Catania.

After a leisurely breakfast, we take the hydrofoil back to Milazzo in Sicily and continue on to Taormina. Often described as one of the most beautiful villages in Italy, Taormina is nestled on the side of a mountain, offering a spectacular location. We'll have time to visit the historical center and, if you wish, the wonderful Greek amphitheatre (entrance €10). This horse-shoe-shaped amphitheater appears to sit between the sky and sea, with Mount Etna visible in the background. Built in the 3rd Century BC, the theatre is considered the most dramatically built Greek theatre in the world, divided into three parts - the scene, the orchestra, and the auditorium.

Taormina's main street is Corso Umberto I, a charming street with lovely architecture. Palazzo Corvaja features Arab, Norman, and Gothic buildings with decorated windows and shady courtyards. At the other end of Corso Umberto I is Piazza del Duomo, complete with a 13th Century Cathedral and Baroque fountain. Taormina was home to D. H. Lawrence, who lived here between 1920 and 1923.

In the afternoon, we transfer back to Catania, where we will spend the next two nights and have the opportunity to sample the city's excellent restaurants.

Meals: **B**

	Accommodation Hotel		Ascent 100M		Descent 500M		Time 1-2 hrs walking		Distance 6KM
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DAY 7

Sicily: Hike across the slopes of Mount Etna.

Today we leave Catania and transfer (1hr) to the south slopes of Etna. Dominating the Sicilian landscape, Etna is a giant (3329m) and the highest mountain in Italy south of the Alps. Since 1987 the volcano and its slopes have been part of the Parco dell'Etna, a lunar landscape of black lava and beech woods. Approaching 2000m we'll be rewarded with a fantastic panorama of the Sicilian coast and Etna's craters. There will be plenty of time for photos before descending and transferring back to Catania for our final night. After freshening up we'll regroup for dinner, and if you haven't sampled Italy's famous after dinner grappa, then maybe tonight celebrate with one.

OPTIONAL ACTIVITY: Extended Etna Tour

Owing to the volatility of Mt Etna, the Etna Park Authorities have imposed strict trekking regulations. We are therefore unable to take our walk beyond 2000m. Depending on the weather, and levels of volcanic activity, there is an option to hike with an expert volcanic guide beyond 2000m and explore the summit area. This is at an extra cost of approx €85 per person (paid directly on site). The price includes the cable car, 4x4 transport up to 2900m and a walk with an expert guide up to the central crater at 3350m.. The tour lasts 5 hours and the excursion is run by the Etna Park Authorities.

Meals: **B**

	Accommodation Hotel		Ascent 450M		Descent 450M		Time 4 hrs walking		Distance 10KM
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DAY 8

Departure day.

Depending on your departure time you may wish to have a final stroll through Catania. Your tour leader can assist with a taxi transfer or advise you on the regular public bus service to the airport. Catania is a fascinating city and a great place to explore over a few days. If you would to extend your time in the city, then please contact the KE office and we can book extra nights in the group hotel for you.

Meals: **B**

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

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

TRAVEL 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 than 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.

Food & Water

Water is drinkable from the taps on this holiday. Please fill your personal bottles for your day in the morning. We do not encourage the purchasing 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.

The apartments in Lipari where we will stay for 4 nights all have small kitchenettes, and there is a supermarket nearby, so you also have the option to prepare some of your own meals if you wish.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide 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 diet 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.

Accommodation

We will spend 3 nights in a family run hotel in Catania, Sicily. This small family run hotel is well located in the historical centre of Catania. The rooms are spacious and all en suite.

We will also spend 4 nights on the island of Lipari, in the seaside resort of Canneto. Canneto has a black pebbly beach just a short walk from the apartments. We stay in an apartment or 'residence'. Each of the simple apartments has a little kitchenette, bathroom and some have a patio or terrace.

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.

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 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and 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.

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

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. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

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 prior to 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. North Americans can also check out the U.S. Department of State website: 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 direct 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.

Please note that a paper copy of your travel insurance is required if you are travelling to Huaraz and the Huayhuash region.

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 repellent
- 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.

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 12.5% discount voucher from Cotswold Outdoor and other retailers. [>> Find out more](#)

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 21/05/2024 and the trip is subject to change