Walking Sicily & The Aeolian Islands

Trip Code: SGSI

Version: SGSI Walking Sicily & The Aeolian Islands

WALK & TREK	SELF-GUIDED	3 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

- 6 days walking and sightseeing
- Daily departures
- Join at Taormina / End in Catania

ACCOMMODATIONS & MEALS

- 7 Breakfasts
- 1 Lunch
- 7 nights Hotel

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

Step back in time and soak up the rich culture of Sicily and the Aeolian Islands, 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 island's 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 immerse yourself in the town's colourful streets, as well as visiting the neighbouring islands of Vulcano, Salina, and Panarea, where you will have a selection of walks from which to choose. Your final walk of the week is on the magnificent Stromboli, where you will spend an evening on a guided walk so you can get up close and enjoy the theatrical lava eruptions as they light 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 its 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 of varying distances and grades 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, and guided walks on Etna and Stromboli provide an insight into the formation of the mighty volcanoes.

Itinerary

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DAY 1

Arrive in Taormina and soak in the history of the city.

Arrive in Taormina, idyllically perched atop a rocky promontory high above the sea. Settle into your hotel and stretch your legs with an exploration of this magnificent city. You will soon see why Taormina was an integral stop on the Grand Tour - it is brimming with mediaeval charm and breathtaking views are to be found around every corner. Take time to visit the perfectly horseshoe-shaped Teatro Greco theatre, built in the 3rd century BC. It still hosts concerts throughout the summer months and, if you are lucky, you may be able to watch a concert in what is arguably one of the most spectacular settings in the world.

In the evening stroll to Corso Unberto and soak up the atmosphere of the friendly pedestrianised area with its pretty clock tower, cathedral, and ornate fountain - a perfect spot to enjoy a spot of dinner in one of the inviting cafes.

Accommodation
Hotel

DAY 2

Explore the mighty Mount Etna and the dramatic Alcantara Gorge.

No trip to Sicily is complete without a visit to Mount Etna. Today you will set foot on the flanks of this mighty volcano on a guided hike with a local guide to really bring this active landscape to life. After breakfast you will transfer to Piano Provenzano, where you will meet your guide and begin your walk through the lush vegetation that flourishes in the fertile volcanic soils, leading you to lava flows both old and new to discover a lava cave carved into the mountain. The almost continuous eruptive activity of Mount Etna continues to influence the geology on the island and is essential for enriching the soils of vineyards in the area. When you have finished your walk you will get to sample the divine wines produced on Etna's slopes with an included lunch at a local winery.

In the afternoon you will have the opportunity to visit the impressive Alcantara Gorge with its strange rock formations that were created as ancient lava flows met the freezing waters of the Alcantara River. This is the perfect spot for a paddle after a day exploring, before heading back to Taormina for a second night in this ancient town.

Meals: **B L**

Accommodation
Hotel

Ascent
450M

Descent
450M

Time
4 hours

Distance
10KM

DAY 3

Enjoy a morning in Taormina before taking the hydrofoil to neighbouring Lipari.

Enjoy a relaxed breakfast and the opportunity to enjoy the final sights of Taormina before taking the train to Milazzo, where you will board the Hydrofoil to neighbouring Lipari, the largest of the Aeolian Islands. Check into your accommodation and stretch off your sea legs with a stroll to visit the dominating citadel perched high on the outcrop - the perfect vantage point for keeping watch over the harbour below and the heart of the old town. Alternatively, meander through the colourful streets of Lipari town, laced with elegant historic houses with their traditional balconies, and shops selling the local fare of capers and Malvasia wine. We recommend enjoying a coffee stop at Marina Corta, the historic harbour where you will find fishermen playing cards in the piazza and children playing in the cooling waters. What better place to immerse yourself in the atmosphere?

In the evening, enjoy dinner in one of the many local restaurants where the catch of the day will no doubt be the star of the menu amongst locals and visitors alike.

Meals: **B**

Accommodation
Hotel

DAY 4

Choose from three fantastic walks on Lipari.

Feeling rested, today you get to explore the island, leaving the hustle and bustle of Lipari's main port, according to your interests. Whether that be history or secluded coves and perfect beaches, today you have a choice of three walks depending on what suits your mood.

Option 1: Explore the southern tip of the island and Mt Guardia. Leaving Lipari your walk takes you first to an astronomy observatory accompanied by fantastic views along the coast, then to neighbouring Vulcano, and rugged sea-stack cliffs called 'faraglioni'. The second part of your walk returns you to the old town of Lipari where you can soak in the fantastic historical architecture and enjoy the many cafes. 11km / 475m ascent / 457m descent / 4 hours

Option 2: Walk from Acquacalda to Canneto. Catching the local bus to Acquacalda your route will take you along the beautiful coast hopping from one beach to another as you meander through the Mediterranean scrub which comes alive with colour in the spring. Along your way you will discover pumice caves and reach a magnificent panoramic viewpoint (346m) before descending into Canneto to

end your day with a dip in the ocean before heading back to Lipari.
5km / 370m ascent / 370m descent / 2 hours

Option 3: Walk from Quattropani to Lipari. After taking the bus to Quattropani you will explore the western coast of the island for an opportunity to delve into Lipari's wilderness. Making your way along the rocky coast you will have one breathtaking view after another, before reaching the San Calogero thermal baths, thought to be the oldest spa in the Mediterranean. Although this spa is not suitable for bathing in today, it offers a fantastic insight into the island's history. When you have finished exploring, your route continues through humble villages and fascinating fumaroles to Lipari.
14km / 590m ascent / 950m descent / 5 hours
or
9km / 255m ascent / 580m descent / 3 hours

Meals: **B**

Accommodation
Hotel

DAY 5

Choose from a selection of walks on the neighbouring islands.

Today you have the choice to explore one of the neighbouring islands of Vulcano, Salina, or Panarea. Each island brings its own unique experience, and if you would prefer to stay on Lipari you also have the option of undertaking another one of yesterday's suggested walks.

Option 1: Vulcano Island, around the Gran Cratere. The small island of Vulcano packs a punch, providing an almost lunar landscape for you to explore as you make your way up to the Gran Cratere (great crater) from which its emits its famous yellow sulphurous smoke. Reaching the top you are greeted by magnificent 360-degree views of the Aeolian archipelago. Descending from the crater you can enjoy a changing landscape as you walk through the contrasting greenery which flourishes in the fertile soils, making your way towards to vibrant blue sea below. Taking the afternoon ferry you return to Lipari for a well-deserved coffee before dinner.
Please note: should the crater walk be closed for safety reasons, an alternative coastal walk on the island is possible.
12 km / 310m ascent / 670m descent / 4 hours
or
6 km / 290m ascent / 290m descent / 2 hours.

Option 2: Just a short hydrofoil ride away lies the island of Salina with its magical times-gone-by atmosphere. Taking the bus to Castello di Pollara, you will hike along the western coast towards the pastel-coloured houses of Rinella. Along the way is a challenging climb, however your efforts will be rewarded with views of the Filicudi and Alicudi islands before descending to Rinella where you can enjoy refreshments on the pretty waterfront before heading back to Salina for the hydrofoil to Lipari.
9km / 430m ascent / 430m descent / 3.5 hours
or

7km / 412 ascent / 687 descent / 3 hours.

Option 3: Circumnavigate the small island of Panarea. Taking the hydrofoil to Panarea, the furthest of the islands, this route will take you on a circumnavigation of this tiny island. Hiking over the ridge of the ancient volcano, you will have an outlook over the entire Aeolian archipelago. If you wish, you can add a short detour to visit the island's prehistoric village dating back to the Bronze Age.
7 km / 487m ascent / 487m descent / 3 hours

Meals: **B**

Accommodation
Hotel

DAY 6

Sail to Stromboli to join a guided walk to the summit of the mighty volcano and enjoy its firework-like display.

Today you say farewell to Lipari and set sail for Stromboli, possibly the most captivating of the Aeolian Islands, thanks to the perfectly shaped volcano that dominates its skyline. Arriving on the island, you can stroll through the idyllic narrow white-washed streets to your hotel. Walking on Stromboli is a one-of-a-kind experience, best enjoyed in the evening when the volcano lights up the sky with its theatrical eruptions of lava. Spend your afternoon relaxing in the town and enjoy the evening show on a guided walk to the summit just in time for sunset. Your guide will return you to the town where you can end your evening with a late dinner or glass of wine as you chat about your exhilarating walk.

Meals: **B**

Accommodation
Hotel

Ascent
425M

Descent
425M

Time
3 hours

Distance
9KM

DAY 7

Set sail for Sicily once more for your final evening in Catania.

Enjoy a relaxed breakfast before taking your final hydrofoil of the week, to Milazzo where you will travel to Catania by train or bus to spend your final evening on Sicily. You will have the afternoon to explore this ancient port city, steeped in history. This is a city packed with energy, bars and real life activity. Take time to soak in the vibrant atmosphere and visit Piazza Duomo where the impressive Cathedral di Sant'Agata stands proud dressed in Baroque grandeur. Alternatively, lose yourself in the hullabaloo of the La Pescheria fish market and enjoy a frozen 'granita' at one of the local cafes.

In the evening, enjoy one of the many delightful restaurants in the city where you can enjoy the local

delicacies and raise a toast to a great week's holiday.

Meals: **B**

Accommodation
Hotel

DAY 8

Departure Day.

Today your Aeolian adventure draws to a close as you enjoy a relaxed breakfast before making your onward journey. If you aren't quite ready for your holiday to end yet, it is possible to arrange additional nights in Catania - just ask our Sales Team for details.

Meals: **B**

Holiday Information

What's Included

- All accommodation as described
- Meals as described in the Meal Plan
- Self-guided information pack containing your map and route notes
- Luggage transfer on Stromboli Island between port and accommodation
- Transfers to/from walks as described
- Full day guided tour 'Etna, Wine, and Alcantara'
- Stromboli guided sunset excursion
- Navigation App and GPX tracks available

What's not Included

- Travel insurance
- Travel to Taormina
- Travel from Catania
- Visas (if applicable)
- Tourist taxes may apply and are usually under 5 Euros per person per night
- Some meals as described in the Meal Plan
- Ferries and public transport
- 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.

GPS Travel App

This holiday includes a GPS navigation app, which contains the routes for you to follow each day, as well as attractions, coffee stops and points of interest along the way. The app does not need to have Wi-Fi connection to work, you simply follow the instructions we provide you to download the app to your personal smartphone device before you leave home and you are ready to go.

While the travel app is running, your phone battery charge can be consumed faster than normal, so we strongly recommend that you pack a power bank with you just in case you require it.

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 or cycling holiday for your family, a centre-based trip is a fantastic option as it allows you to easily opt out of a day's 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

Your 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 that 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 more 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.

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.

Sharing a meal together is at the heart of Sicilian culture so, as you can imagine, you might want to sample everything! Sicilian cuisine is completely different from your usual Italian cuisine. It is a culinary melting pot thanks to historic invasions by the Spanish, Normans, Vikings, and Arabs. Each has influenced the island's 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 island's 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-picked a selection of wonderful 3-star and 4-star 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 with an outdoor swimming pool - perfect for relaxing after a busy day exploring.

It is possible to arrange additional nights' accommodation in Taormina before your trip, or in Catania at the end of your trip, if you would like to extend your time living 'la dolce vita' - please contact 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

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.

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 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

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

- Hiking socks
- Long / short hiking trousers
- Functional base layer top and leggings
- T-shirts
- Fleece / extra warm layer
- Windproof jacket
- Waterproof jacket
- Waterproof trousers
- Hat, gloves, and neck gaiter
- Sunscreen
- Sunglasses
- Sunhat
- Small first aid kit inside your rucksack
- Water bottle or hydration pack
- Mobile Phone (ensure your data package covers your destination)
- Power bank
- Waterproof phone cover
- Camera (and batteries / memory card)
- Reusable sealable picnic boxes for picnics

- Reusable cloth bag for shopping to avoid the use of plastic bags
- Walking poles
- Headtorch with spare batteries
- Personal wash kit
- Your self-guided route notes
- Rucksack (approx. 20L)

Land Only Information

Please note that our 'from' price listed is based on 4 persons on twin or double occupancy, 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 - please ask our Sales Team to find out more about this.

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

Our Sales Team will also be happy to provide you with a quote for scheduled flights from your nearest regional airport (where possible). Flight prices are subject to change depending on availability and seasonality. Flight prices will only be confirmed to you when all services have been arranged and confirmed for your requested dates.

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 14/11/2026 and the trip is subject to change